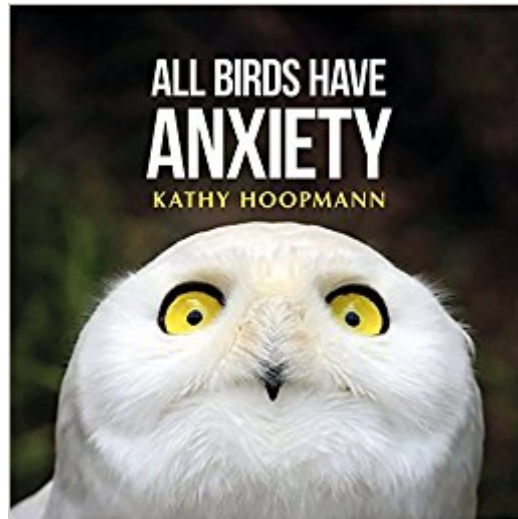




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# All Birds Have Anxiety



## Synopsis

Life as a bird can be stressful! From worrying about airplanes, windows, and getting enough worms to eat, it is clear that birds can be anxious beings. Through a light-touch, quizzical depiction of bird behaviour, *All Birds Have Anxiety* uses colourful images and astute explanations to explore with gentle humour what it means to live with anxiety day-to-day, and how to begin to deal with it. Following the style of the best-selling *All Cats Have Asperger Syndrome* and *All Dogs Have ADHD*, wonderful colour photographs express the complex and difficult ideas related to anxiety disorder in an easy-to-understand way. This simple yet profound book validates the deeper everyday experiences of anxiety, provides an empathic understanding of the many symptoms associated with anxiety, and offers compassionate suggestions for change. The combination of understanding and gentle humour make this the ideal introduction to anxiety disorder for those diagnosed with this condition, their family and friends and those generally interested in understanding anxiety.

## Book Information

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Age Range: 6 and up

Grade Level: 1 and up

## Customer Reviews

Whilst anxiety is a normal and universally experienced emotion, problems with anxiety are becoming increasingly common in children. Anxiety affects many aspects of children's functioning. Children who experience excessive anxiety find it more difficult to learn, and they feel uncomfortable

socially. Anxiety can take the fun out of childhood. In the book, *All Birds Have Anxiety* Kathy Hoopmann creatively communicates in a developmentally appropriate way information about anxiety, how it affects people and most importantly what can be done to manage it. Using beautiful pictures and carefully crafted words, *All Birds Have Anxiety* is an excellent book that will enable adults to discuss anxiety with children and together develop better strategies to cope with this difficult emotion. \* Associate Professor James Scott, Child and Adolescent Psychiatrist at the University of Queensland Centre for Clinical Research \* With their mix of words and pictures Kathy Hoopmann's books have always put a smile on my face even as they've explained complex and sometimes scary issues in terms any child can understand. *All Cat's Have Asperger's* made autism relatable to thousands of children. Her new book on anxiety promises to do the same for a much more common condition that all of us know, and many of us live with. \* John Elder Robison, NY Times Bestselling author, *Look Me in the Eye* and *Switched On*; Neurodiversity Scholar, The College of William & Mary \* Kathy's wonderful book is a powerful educational resource for parents and teachers alike. This book normalises the experience of anxiety, it explains how worry happens and how it affects us, but it also gives hope on how to overcome worry, stress, and fear. It helps children and adults overcome self-doubt and life challenges. The beautiful images are carefully selected, displaying common emotions amongst all living beings. I strongly recommend this fun book to children of all ages, educators and parents. -- Dr Paula Barrett, International Author of the Friends Resilience Programs, [www.friendsresilience.org](http://www.friendsresilience.org) Once again, I am in awe of Kathy's ability to make the seemingly complicated, simple and accessible for all. Anxiety runs deep in our society - sometimes emerging as a pattern, and impacting on a negative way in our classrooms, home places and work places. 'All Birds Have Anxiety' is a wonderfully engaging resource that reminds us how to recognise the symptoms of anxiety in ourselves and others. She provides practical advice on how to acknowledge and deal with this emotion effectively. Not only will this book benefit the children that access it, but so too will it remind the adults in their lives of effective strategies that we can employ for ourselves and model for the children in our care. I will be recommending this resource as part of an intervention strategy to be implemented by parents, teachers and therapists of children that are facing challenges in managing anxiety. So too will I recommend it for use as part of a pro-active approach to promoting and maintaining positive mental health in our schools. -- Grainne Boyle, Educational Psychologist and Director of The Innovation Hub, Dubai Building on *All Cats Have Asperger Syndrome* and *All Dogs Have ADHD*, Hoopmann uses stock photographs of dozens of birds to convey aspects of life with anxiety. The project relies heavily on anthropomorphism-namely reading worry, frustration, and fear in the faces and body language of

eagles, penguins, and other birds, none of which are identified. 'When stress builds up, anything can set off anxiety, such as: a change of plan, something new, a comment, a thought. Stuff,' writes Hoopmann beside an image of a horned owl, its wide, orange eyes meant to signal extreme alarm. The text and images are well paired, but 50 pages of stressed-and-depressed-looking birds and their 'symptoms' ('Wide-awake thoughts churn in our minds') is a lot to wade through before Hoopmann begins to suggest ways to combat anxiety in the final third of the book. Ages 4-up. (Mar.)

\* Publishers Weekly \* K-Gr 3-Hoopmann explores the complicated subject of anxiety, including many of its causes and symptoms and different coping mechanisms, in this compact, accessible title. The book is composed of colorful and often humorous photographs of various types of birds, accompanied by simple sentences about day-to-day life with anxiety. For example, a page about feeling nervous in crowds is paired with an image of a large colony of penguins. This lighthearted approach helps make a complex topic child-friendly and easy to understand. Readers are provided with an overview of the daily feelings and challenges associated with apprehension. Suggested solutions are also presented. Hoopmann encourages readers to face what scares them and see it as something that can be managed. By offering an empathetic and relatable look at anxiety, this resource can help promote mental health awareness among children and their families. VERDICT A fine addition to school libraries and guidance counselor offices. \* School Library Journal \*

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Great little book about anxiety and how to deal with it, using wonderful pictures of birds. For myself who has anxiety and PTSD after losing my husband in the San Bernardino terrorist attack, this book brought smiles and comfort.

I loved the companion books (All Dogs Have ADHD and All Cats Have Aspergers), and this one didn't disappoint. Very cute.

not as good as the other two books in the series, birds just aren't as interesting, a six year old friend agrees.

5 stars Absolutely gorgeous, funny, helpful, useful book! I haven't read the early books, All Dogs have ADHD or All Cats Have Asperger's, but I certainly will. I had no idea this would be such a beautiful production. The bird photography is fabulous. Close-ups of wide-eyed owls, looking nervous, penguins huddled, baby chicks, bright parrots, just everything. They illustrate how we feel when we're anxious. [On my Goodreads review, I have a photo of a goggle-eyed bird from the book: "To make things worse, we don't sleep well."] There's a message with every photo, always worded gently and with affection. This explains what anxiety feels like, what you might think people think of you, how you might think you look, and the futility of worrying about things either outside your control or not worth spending the energy on in the first place. [Also on my Goodreads review is a photo of an owl with its head turned almost upside down, saying "It's also good to remember that anxiety is not your fault and it will not rule you forever. Then you can practise choosing to think about things in a different way."] The humour is a great help. It's hard not to smile at some of these photos, and even the most anxious person - child or adult - will find something that speaks to them. There are 66 different bird photos, and at the end of the book, there's a small photo with the page reference and the real name of the bird so people can look them up. Just loved it! A new favourite. Thanks to NetGalley and

Jessica Kingsley Publishers for a preview copy of this magnificent production.

Growing up I was a pretty nervous kid. A worrier. In adulthood it eventually manifested as a full blown disorder that eventually left me nearly crippled by its power. It has been an arduous journey finding the right tools to make it manageable. I can leave my home again! But it can be hard to explain it to those for whom anxiety is nothing more than an emotional reaction versus a medical condition. What I loved about *All Birds Have Anxiety* was that it is all ages friendly. Since I work with kids I found this book could work well at broaching the subject with my little worriers. Full of vivid photos, gentle humor, and hopefulness I think this would be a wonderful resource for teachers, counselors, and parents who have children (and adults) in need of some encouragement. Notes: ARC received via NetGalley.

The author, Kathy Hoopmann, has found a great vehicle in using photographs of the expressive faces of birds in partner with a short phrase describing the very real and very serious subject of anxiety. The fabulous photographs bring the words to life. Each description of a level of anxiety allows the reader to empathize with and feel compassion for the very stressed out "birds". This is totally relatable to one's own perceptions of and connections to anxiety but it also gives insight into the world and people around us. The book presents many varied aspects of anxiety and how they negatively affect us physically, mentally and emotionally. After taking the reader through these very descriptive definitions of anxiety and its out-reach (or in-reach, as it were), I so appreciated the feeling of lightness and a belief that there can be relief from the pain and stress anxiety causes that was evident at the end of the book. The book offers various coping skills to allow a person to really hear what their inner self is saying and how to bring themselves out of fear such as learning to trust oneself, being brave, and taking action such as eating well, exercising, doing yoga, snuggling pets and caring for themselves and others (human, animal or plant); all of these leading to the initiation of the relaxation response to counteract the negative effects of the continual firing of the fight or flight response. And thereby, releasing a person from the grips of anxiety and arriving at a calmer place. I recommend this book with its straight-forward prose and the beautiful and often comical photographs, to both children and adults. It is an extremely accessible tool for those who are experiencing anxiety. It should be available in schools, doctors offices, libraries and anywhere else people might find a little relief from their anxiety. Full Disclosure: Kingsley Publishers (London & Philadelphia) sent me a copy of this book. All opinions are my own. Mindful Teachings by Eve: How I will use this book: A certain amount of

stress is normal but an over production can lead to an anxiety disorder which can wreck havoc on a child physically, mentally, emotionally and energetically. Yoga is an accessible, adaptive and inclusive method to decrease anxiety and bring about a better state of mind and a stronger connection to oneself. Yoga for anxious children creates opportunities for them to: Build self-esteem and confidence in a relaxed atmosphere while they improve their balance, coordination and proprioception. Practice independence in a safe, non-judgmental environment Experience a sense of community Learn how to focus on and use their breathing effectively (which has a direct effect on their vagus nerve and the multiple benefits of a fit vagus nerve. The vagus nerve is the longest of the cranial nerves (nerves in the brain). The word *vagus* means "wanders" and this nerve wanders all the way from the brain through the neck and into the abdomen. The vagus nerve is literally the captain of your inner nerve center the parasympathetic nervous system, to be specific, which controls the relaxation response as a counteraction to the fight or flight response of the sympathetic nervous system. This "captain" will do a great job of navigating functions and impulses of the body.) Practice calming techniques such as visualization, meditation and physical movement. In general, poses that bend forward are calming and poses and backward bending poses are uplifting. A forward bending pose has a long exhale (to calm) and a back-bend has a deeper inhale, to invigorate. If you are feeling depressed, do not practice too many forward folding poses as they will increase your feelings of melancholy, but a few can certainly make you feel safe, secure and quiet. Back-bending poses are great to amp-up energy, open the heart and to increase joy. Yoga To Settle In and Calm Down (not necessarily feeling anxious): Belly Breath Twist 30 seconds to 1 minute of stillness in body, mind and energy ADD: Tree Pose ADD: Challenge: Tree to Dancer to Tree ADD Challenge: Partner Tree/Partner Dancer (FINAL POSE): 1-minute Exploration Yoga To Energize (suggested use, after lunch): Trunk Breath Mt-Up Mt-Chair-Skier-Rock-Hang-Roll-up Balance poses Real or imaginary "Blow-A-Pinwheel" breath Mini Back Bends (energizing, invigorating, opening and warming) Warrior I-II-III sequence (add in awakening affirmations) Shake it out/ Tap it out 1-minute Exploration Yoga for an upset or anxious student: Belly Breath Child's Pose (either on floor, standing, in chair or at desk) Possibly lay on belly, if that is available. Imaginary or Real "Blow-A-Pinwheel" breath Forward bends (calming, cooling, exhale poses) Back Drawing 1-Minute Exploration

All Birds Have Anxiety by Kathy Hoopmann is THE book to get if you have a kid with anxiety. I wish



I had this when my son was younger, I am sure this would have helped. This approaches a serious subject without stress but using funny faces of birds at the right time of the conversation. This light touch eases the stress and the story is about how the BIRDS have to deal with the stress of their day. All the symptoms of anxiety is discussed and pictures showing birds lighten the mood. How stress effects the day to day activities and what can a bird do is also in there. It is so well done. Delightful! Explains stress/anxiety symptoms, effects, and coping in such a caring and fun manner! Thanks NetGalley for letting me read this wonderful book!

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Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - ( How to Overcome Stage Fright and Performance Anxiety ) Anxiety Cure Secrets: 10 Proven Ways to Reduce Anxiety & Stress Rapidly

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