



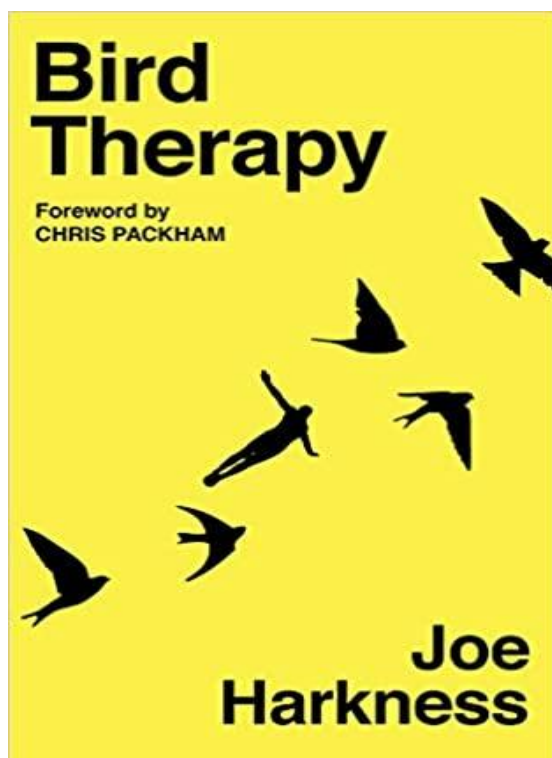
## Suntrap Book Review

Bird Therapy

Written by Joe Harkness

Published by Unbound Publishing p/b £9.99

**Age range:** Adult



### Description

When Joe Harkness suffered a breakdown in 2013, he tried all the things his doctor recommended: medication helped, counselling was enlightening, and mindfulness grounded him. But nothing came close to nature, particularly birds. How had he never noticed such beauty before? Soon, every avian encounter took him one step closer to accepting who he is.

The positive change in Joe's wellbeing was so profound that he started a blog to record his experience. Three years later he has become a spokesperson for the benefits of birdwatching, spreading the word everywhere from Radio 4 to Downing Street.

In this ground-breaking book filled with practical advice, Joe explains the impact that birdwatching had on his life, and invites the reader to discover these extraordinary effects for themselves.

### Reviews



#### Longlisted for the 2020 Wainwright Prize

'I can't remember the last book I read that I could say with absolute assurance would save lives. But this one will' **Chris Packham**

'Fabulously direct and truthful, filled with energy but devoid of self-pity . . . I was impressed and enchanted. Highly recommended' **Stephen Fry**

'Unflinchingly honest and enormously affecting, Harkness's account of how ornithology saved his life is one of the most perceptive literary testimonies of mental illness. With an insightful foreword from Chris Packham, *Bird Therapy* engages and moves profoundly.'

**Waterstones**

'Open, lucid and unpretentious... Harkness quietly, but very persuasively, makes the case for birdwatching (and wildlife-watching) as a counter to the stresses of modern life, and as a way of connecting with something larger than ourselves' ***Bird Watching Magazine***

'A life-changing book' ***Countryman***

A heartfelt account of one man's return to wellbeing, and his love of nature shines through' ***Herald Scotland***

'This joyous journal celebrates the redemptive power of nature.' **The Simple Things**