



Pets on the Couch: Neurotic Dogs, Compulsive Cats, Anxious Birds, and the New Science of Animal Psychiatry

Nicholas Dodman

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The pioneering veterinarian and author of the *New York Times* bestseller, *The Dog Who Loved Too Much*, and the national bestseller, *The Cat Who Cried for Help*, recounts his uniquely entertaining—and poignant—stories of treating animals for all-too-human problems as he reveals his amazing breakthroughs with the new science of One Medicine.

The Oliver Sacks of animal brains, Dr. Nicholas Dodman is an internationally renowned veterinarian and research scientist who wrote one of the first popular books to recognize the complex emotional lives of dogs and to reveal innovative ways to help them, including with Puppy Prozac. Now, Dr. Dodman once again breaks new ground with the practice of One Medicine, the profound recognition that humans and other animals share the same neurochemistry, and that our minds and emotions work in similar ways.

Racehorses with Tourette's Syndrome, spinning dogs with epilepsy, cats with Obsessive Compulsive Disorder, feather-plucking parrots with anxiety, and a diffident Bull Terrier with autism—these astonishing cases were all helped by One Medicine, which emphasizes the similarities rather than differences between animals and humans.

Inspiring, sometimes heartbreaking, and utterly fascinating, *Pets on the Couch* demonstrates how what we share with our animals can only lead us to a greater appreciation for them—and our mutual bonds.

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