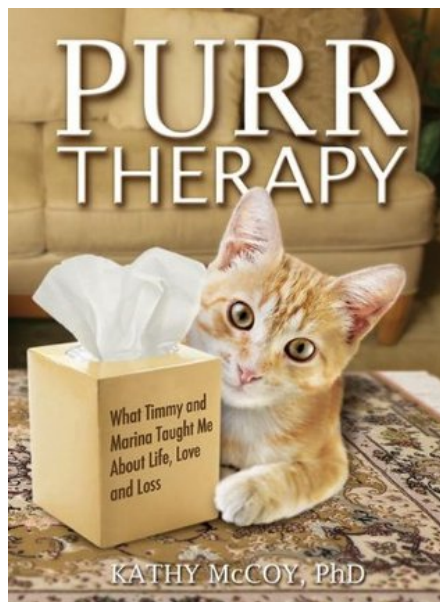




Purr Therapy: What Timmy and Marina Taught Me about Love, Life, and Loss

Kathy McCoy

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Cats aren't a typical choice for animal-assisted psychotherapy, but Timmy and Marnia are anything but typical.

Research has found that petting a cat can lower blood pressure and a cat's purr is thought to help heal body tissues and bones. But not just any cat can be a therapy cat, after all, such animals need to be friendly with strangers and willing to be touched, petted and held by unfamiliar people. They have to be tolerant of loud voices and angry shouting, emotional distress, and sudden movements. It's a tall order for any animal, but a particular challenge for a cat.

In "Purr Therapy," psychotherapist and cat lover Dr. Kathleen McCoy shows how two very special cats rose to this challenge, how they helped wounded souls to heal and how they taught even her lessons in mindfulness, joyful living, and compassion. She also shows readers how animal-assisted psychotherapy works and gives them an intimate and moving inside look at how Timmy and Marina worked with patients, how their double role as animal companions and cotherapists changed lives, and how, after their untimely deaths, the grief shared by those who knew and loved them led to even more growth and healing.

It's no surprise that there is a tidal wave of cat fanciers growing: even the internet prefers cats. No dog site has reached the proportions of the most popular cat sites case in point: the mega-star Grumpy Cat who has over 2 1/2 million followers! More than an internet trend, this very active market is exploding through cat video contests and festivals that are claiming the passions of millions who will benefit from and love "Purr Therapy."

Purr Therapy: What Timmy and Marina Taught Me about Love, Life, and Loss Details

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Author : Kathy McCoy

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From Reader Review Purr Therapy: What Timmy and Marina Taught Me about Love, Life, and Loss for online ebook

Marjolein says

Full review to come!

Kayla Eklund says

I love cats. I have a cat named Sir Pig, and he is my world. Every time there is a book about cats on NetGalley, I request out for review because I know I am going to love it. I definitely ended up loving Purr Therapy. It's my favorite cat book that I've read so far this year.

From the first time he was mentioned, I had a feeling I was going to fall in love with Timmy, Katy McCoy's first cat that she used in her psychotherapy program. He was sweet, loving, gentle, and funny. He reminded me a lot of my Sir Pig. I loved all of the cats in this book, but Timmy was my favorite. I learned a lot about cats when I read Purr Therapy. As a cat owner, it was very insightful. I identified a lot with Katy as she went through the multiple stages of owning a cat.

When I read Purr Therapy, I had just finished taking an Intro to Psychology class, and was starting Abnormal Psychology. Therefore, I found the psychotherapy aspect of this book especially fascinating. It taught me about different situations that I might go through as a psychologist, and how to react in certain situations. I think that after reading this book, I would definitely try animal therapy if I were to become a therapist.

I loved Purr Therapy so much. It made me laugh, and cry at times. It's a very heartwarming book that tugs at the reader's emotions in a way that is completely unexpected. I recommend this book to anyone that loves animals.

Danielle Tremblay says

First, I should mention that I received this book through GoodReads Giveaways in exchange for an honest review.

As a lover of cats, I found the story moving several times, especially the parts where the author and her husband acquired one or more new cats. But the account of individual psychotherapy cases, although different, seem a bit repetitive.

At Timmy's death, I cried, especially as it was due to dry food produced by a Chinese manufacturer that replaced wheat by melamine.

In the middle of the book, Kathy and Bob adopt new cats (a kitten: Maggie and Marina: a cross between Siamese and a red tabby) and Marina participates in pet therapy. Even if the cats have each their own personality and are never quite the same, the author is still following the case description of clients meeting her as a psychotherapist. That's what made me skim parts.

The author took the trouble to list the lessons learned from her cats, which is a good point for her.

The photo on page 90 with Bob and Timmy on his shoulders is particularly endearing.

The memories are well written, but nothing more. So, for all the reasons mentioned above, I give three and a half stars to this book. As GR does not yet allow the half stars, I rounded it to four.

Dana says

Dr. McCoy, a psychotherapist tells how two different pet cats that she owned were able to help her patients open up in therapy and resolve their issues. The two cats were friendly and aware of conflict and jumped in as peacemakers and when patients were upset, the cats comforted them. I love cats and I enjoyed reading about the various personalities of the author's cats and how they were able to help her patients. I think that cat lovers will enjoy this book!

Teena in Toronto says

I love reading stories about animals. This book is about therapist, Kathy McCoy, and her two cats, Timmy and Marina, who found their calling as therapy cats.

Kathy and her husband had always had cats. When the book begins, they have an elderly cat named Freddie who eventually passes away. They can't resist adopting two kittens, Gus and Timmy. Because of his personality, Timmy makes an excellent therapy cat. Unfortunately Timmy dies during the pet food scandal in the late 2000s. They adopt Maggie to keep Gus company and then adopt Marina, who also becomes a therapy cat. Alas, they discover that Marina has feline leukemia and she passes away too soon. The book recounts experiences of the author's patients and how Timmy and Marina had helped them.

I liked the writing style and found it to be an interesting read. Yes, it's sad because cats die but it's uplifting to read how they'd helped the author's patients. It's obvious that the author and her husband love cats.

Blog review post: <http://www.teenaintoronto.com/2014/10...>

Kitta Cat says

I picked up this book because I am a cat-lover, and fascinated by the idea of animal therapy - and also a little shocked at the idea of any cat being so friendly and sociable! Purr Therapy isn't just about the cats - it's about the patients, and the therapist, and the ways in which something so simple can make such a big difference: whether it's unconditional love when you're feeling down, or the distraction of play when everything else is too much to deal with. Many of the stories resonated with me, both as someone who has always lived with cats, and as someone who has suffered from depression. I smiled, I laughed and sometimes found myself in tears. The lessons Timmy and Marina taught are well worth reading - and remembering.

Susan Johnston says

Be prepared to laugh and cry when you read this touching story of two therapy cats, Timmy and Marina. As cat lovers know purrs have therapeutic powers. The head butt or whisker kiss at the right moment can dispel the darkest despair. But these two were beyond amazing.

It was never the intention of Kathy McCoy to bring either of her cats into her practice. In fact, she tried to keep a dividing line between her personal and professional life. Then one day when a patient had to come to her home a miracle occurred. Timmy, all of his own, went over to comfort the patient and it was magical. For those who wished it, he was the second therapist in the relationships between Kathy and her clients. For years he helped bridge gaps and heal souls and tear down barricades that no human could breach. Sadly, he was one of the victims of the Chinese pet food scandal in 2008. His loss was devastating to both Kathy and her family and her clients.

No one expected nor dared hope that another four legged angel would appear but Marina, who was adopted after Timmy died, took on the mantel and succeeded in walking in Timmy's paws.

Sadly, she too had an early demise. Such precious souls are never here for long enough. It was feline leukemia that cut her life short just as Kathy was retiring from her practice. In both cases, the cats taught great lessons of love, acceptance, patience and at the end loss.

Those of us who have loved and lost a beloved pet will empathise with Kathy's emotions as she describes the roller coaster when a pet goes to the Rainbow Bridge.

This is a "must" book for anyone who have enjoyed stories of animals who've made a difference in the lives of lonely or ill people. Any pet lover will enjoy it as well. Even if you are not an animal lover, and you think that they are not intelligent, feeling creatures, read this book. It will change your mind.

Celia says

I am giving the book four stars because I thought Dr. McCoy did a very good job in describing what her cats meant to her and her thoughts on why pets can mean so much so much to people.

The book was less effective in persuading me that cats played a crucial role in her patients therapy (FYI, I am a cat mom and I think cats can be calming and entertaining).

Dr. McCoy's cats seemed to have been therapy cats to her husband in helping in calm down and deal with his depression. Rather than writing about how cats helped her do therapy, I think the better topic would have been what Dr. McCoy's cats meant to her both in her personal and professional life.

Tina says

If you love animals, this book will make you cry. I don't think anyone could read two specific chapters of this book without tears forming - I know I couldn't and didn't. Dr. McCoy manages in her 200 pages to write in such a way as to make you fall in love with her cats, with how they help people and how much they give. Many times while I read this morning I was looking over at my own kitty and thinking about how she helps me, and how I dread the day she'll no longer be with me. This isn't a happy book, but it is a good one.

Bruce Gargoyle says

Full review at <http://thebookshelfgargoyle.wordpress...> (October 8)

I received a digital copy of this title from the publisher via Netgalley.

Ten Second Synopsis:

McCoy relates the story of how Timmy and Marina came to live with her family and outlines how the cats' individual natures changed the course of the therapy journey for clients dealing with a range of issues such as anxiety, grief, marital difficulties and parenting troubles.

This is a well-documented recollection of how cats (yes, cats!) can cut the mustard against their canine counterparts in deeply emotional situations. McCoy provides a good insight into the benefits of using an animal to assist people in emotional distress. Because McCoy came upon the idea of using cats in her practice due to serendipitous circumstance, she provides a good overview of the issues she ran into initially, such as how to manage when and where the cats would work, how to deal with clients with allergies and fear of cats, and how to ensure that every client who wanted to, was able to engage with the cats.

The book is broken up into parts, the first of which focuses on Timmy – the first cat McCoy took into her therapy room – and his journey into McCoy's family and practice. The second part of the book focuses on Marina, McCoy's second therapy cat, the differences between Marina's approach and Timmy's and how each cat was suited to particular client needs. Each part is wrapped up with a handy summary of the most important learnings that McCoy took from her experiences working with the cats and how she applied these to her own life.

I don't think it's a spoiler to say, because McCoy mentions it very early on in the book, but both cats die untimely deaths so if you don't like to read about animals suffering and/or dying, this might not be the book for you.

This is a very accessible and, for the most part, interesting read that really opens up the conversation as to the benefits of using cats in therapeutic situations. It's going to be a hit with cat-lovers and fans of real-life animal stories and would be good to keep on the bedside table and dip into at leisure. I was hoping for a bit more focus on the therapy part of the deal, but while McCoy does feature a number of clients' stories per cat, I felt that the therapy part was glossed over a little in favour of the cats' antics. This was bearable for most of the book, but by the time I got about halfway through Marina's story I was beginning to doubt the veracity of McCoy's recollections – surely no cat could have such astute timing and such perfectly anthropomorphic reactions as these two! Nevertheless, apart from that slight irritation, I'm glad I delved into this book, for the novelty value of cats bucking the stereotype of indifference to human suffering if nothing else.

Diane says

As a cat lover, I was immediately drawn to the title "Purr Therapy", and curious about how cats, who tend to have a mind of their own, could be used as a therapy pet. The book, which I guess you could say is part memoir was written by a psychotherapist who shares with readers how two of her cats were successfully used as pet therapy in her private practice. She explains how the cats helped some of her clients to deal with anger, family/marital issues, loss and to lessen one's grief.

The two therapy cat's were Timmy, a Burmese and red-tabby mix, and after Timmy's needless death by way
PDF File: *Purr Therapy: What Timmy and Marina Taught Me about Love, Life, and Loss...*

of tainted cat food, Marina, a flame-point Siamese became the next therapy cat. Sadly, Marina's life was cut short as well due to feline leukemia. Each cat had different personalities, but both could seem to sense when a client in distress needed them on their lap or close by. A therapy cat helped relax some patients and helped therapy progress.

The author shares some details of her sessions with clients and how the therapy cat would react to different types of clients. She also shares some of her personal life challenges and tells how her cats helped her and her husband in trying times, and also gives some lessons to be learned about loss and grieving.

For the most part I thought the book and photos were good, but there was some repetition, and (3) of the cats do die. One thing that really bothered me and it happened right at the beginning of the book, making me almost close it for good, was the story she told about another cat of hers - a 17 year-old cat named Freddie, who was dying from cancer and kidney failure. According to the author, "the cancer came back, and it spread with vengeance, destroying Freddie's nose, upper lip, and palate." Devastated by the thought of losing him they gave him saline treatments at home, and yet allowed him to roam the neighborhood even when he was sick (seemed like inhumane treatment IMO) I was really bothered by this and if it's true, it probably would have been better to leave this information out of the book.

Sierra says

Purr Therapy follows therapy cats Timmy and Marina. Not only does Kathy McCoy tell us how Timmy and Marina helped her clients in therapy sessions, she tells us how these two cats have changed her life as well as what lessons they've taught her along the way. She eloquently describes her feelings before, during, and after both cats' passing. She describes many of the feelings I felt when my sweet Jewel passed in 2014, and this helped me feel less alone with what I experienced.

I would highly recommend this book to anyone who loves cats, has cats, or has ever lost a beloved kitty. This is one of my favorite books, and I plan to read it again in the future (and I don't typically read books a second time)!

DelAnne Frazee says

Title: Purr Therapy - What Timmy & Marina Taught Me About Life, Love and Loss

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Sub-Genre: Animals, Cats, Self Help, Counseling & Psychology, Research

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Reviewed For NetGalley and HCI Books

Reviewer: DelAnne

Rating: 4.75 Stars

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typical.

Research has found that petting a cat can lower blood pressure and a cat's purr is thought to help heal body tissues and bones. But not just any cat can be a therapy cat, after all, such animals need to be friendly with strangers and willing to be touched, petted and held by unfamiliar people. They have to be tolerant of loud voices and angry shouting, emotional distress, and sudden movements. It's a tall order for any animal, but a particular challenge for a cat.

In Purr Therapy, psychotherapist and cat lover Dr. Kathleen McCoy shows how two very special cats rose to this challenge, how they helped wounded souls to heal and how they taught even her lessons in mindfulness, joyful living, and compassion. She also shows readers how animal-assisted psychotherapy works and gives them an intimate and moving inside look at how Timmy and Marina worked with patients, how their double role as animal companions and co-therapists changed lives, and how, after their untimely deaths, the grief shared by those who knew and loved them led to even more growth and healing.

It's no surprise that there is a tidal wave of cat fanciers growing: even the internet prefers cats. No dog site has reached the proportions of the most popular cat sites—case in point: the mega-star Grumpy Cat who has over 2 ½ million followers! More than an internet trend, this very active market is exploding through cat video contests and festivals that are claiming the passions of millions who will benefit from—and love—Purr Therapy.

A poignant story of how two warm, friendly cats have helped so many open up and discuss their problems and listen calmly to the advice of therapist. This is a book for any cat lover or owner. After all we already know cats are superior beings especially ours.

My rating of "Purr Therapy - What Timmy & Marina Taught Me About Life, Love and Loss" is 4.75 out of 5 stars.

Amazon Link: <https://www.amazon.com/dp/B00NU4LQ88/...>

B&N Link: <https://www.barnesandnoble.com/w/purr...>

Books-A-Million Link: <http://www.booksamillion.com/p/Purr-T...>

Google Play Link: <https://play.google.com/store/books/d...>

Indigo Link: <https://www.chapters.indigo.ca/en-ca/...>

GoodReads Link: <https://www.goodreads.com/book/show/2...>

Kobo Link: <https://www.kobo.com/us/en/ebook/purr...>

The Reading Room Link: <https://www.facebook.com/permalink.ph...>

Twitter Link: <https://twitter.com/DelAnne531/status...>

Rebecca If Only I Could Read Faster says

I wasn't expecting much from this book, but I was pleasantly surprised. In fact I was still reading the first chapter when I thought to myself that I was going to like it, and it isn't often that I think that so early on in a book.

The author has a wonderful way with storytelling, her words are easy to read, interesting and heartfelt. Her love of cats is clear, yet not preachy or annoying in any way. McCoy has clearly been lucky in life to have owned (or been owned by?) some wonderful cats with unique characters. The stories about her therapy cats in actual therapy were short and engaging. Clear examples of how having a cat in the room helped the client were used, but also how having the cats helped the author herself within her therapy practice. The book also contained sadness as some of the cats were lost to tragic illnesses early in life, and McCoy includes suggestions and support for people coming to terms with losing a loved pet.

I'm not really sure who this book is aimed at, and who would enjoy it. I have an interest in therapy and I like animals and I really enjoyed it. I think most people who like cats would enjoy this book, as well as those with an interest in animal therapy. I'll miss reading more about McCoy and her cats.

I was given a copy of Purr Therapy by the publishers through Netgalley in return for an honest review.

Lyn says

I won this book through the Goodreads First Reads and was so excited when I received it. It did not disappoint! I smiled, laughed, contemplated and cried reading through this. God gives us pets to love and be loved by and He certainly gave the author and her husband some wonderful and special ones. Loved reading about them and wish I could have personally met and known them (my daughter was very patient with me during all the times I kept telling her all about what I was reading in the book)! Loved it and am going to be looking up some of the other books listed that Kathy McCoy has written.
