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FOR IMMEDIATE RELEASE

## Are you ready to hear what your cat *really* thinks?

Feline expert vet Dr Jo Lewis reveals the truth about cats and how to make them happy in her new book *What's My Cat Thinking?*

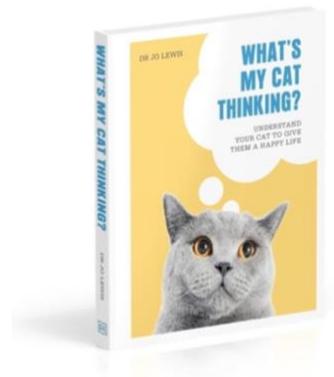
London, 21<sup>st</sup> October 2021

Cats rule the Internet and, in the UK, outnumber dogs as the most popular pet. With around a quarter of us inviting one into our home\*, it's about time we grasped exactly what makes them tick. That's what cat expert, award-winning vet, author and founder of The Cat Vet, Dr Jo Lewis, believes and she's on a mission to show us how. Her debut book for DK Penguin Random House, *What's My Cat Thinking?* is released today in all good book retailers and is set to reveal what goes on behind that inscrutable feline gaze [www.thecatvet.co.uk/whats-my-cat-thinking-book-dk-cat-expert-author-dr-jo-lewis.html](http://www.thecatvet.co.uk/whats-my-cat-thinking-book-dk-cat-expert-author-dr-jo-lewis.html).

*What's My Cat Thinking?* also draws on Jo's lifetime of experience loving and helping cats to lead long happy and healthy lives. She realised early in life that one of the secrets to understanding *what* cats think, is recognising *how* they think and the primal urges and emotions that drive their behaviour. It was this insight and a desire to reduce feline stress levels and improve their health, that led her to create the UK's first dedicated home visiting vet clinic and now, her book.

As Jo explains, "Getting into a cat's mind is about understanding their biology, instincts, and what life experience has taught them along the way. Understand this and you stand a much better chance of truly knowing what your cat needs and wants. And crucially for cats, getting a grip on this is the best way to improve their health and wellbeing as they accompany us through our hectic modern lives – which, believe it or not, are quite stressful for cats".

As well as sharing the latest science behind your cat's quirky and endearing habits, *What's My Cat Thinking?* shows you how to interpret the subtle body language which offers up vital clues on a cat's mood and intentions - things that might otherwise be easily missed. Dr Jo breaks down the biology and mindset behind over 80 frequently pondered cat behaviours. She offers her expert tried and tested approach, with step-by-step practical solutions, all brought beautifully to life with annotated watercolour illustrations created especially for each and every double page spread.



It's clear from reading Jo's book that learning to think like a cat not only reduces stress levels for cats but also those of the devoted humans that care for them. So, if you are fed up with your Siamese serenading you in the wee hours, or ticked off with a tabby that turns their nose up at your latest gourmet meal-offering, perhaps one of the things they're thinking is that you need to put Jo's book on your 'must read' list sooner rather than later?

*What's My Cat Thinking?* by Dr Jo Lewis is published by DK Penguin Random House and retails for £12.99. It's available from all good book stores in the UK and many countries across the globe in hardback and as an audiobook.

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### **Notes to Editors**

About The Cat Vet: The Cat Vet was founded by cat expert, author & award-winning feline vet Dr Jo Lewis BSc BVMS (Hons) MRCVS. A lifelong cat lover with three cats of her own, Jo has a passion for understanding how cats see the world. Jo set up the UK's first dedicated mobile cat clinic as a one-woman band, so she could bring her veterinary expertise to cats in the comfort of their own home. In doing so she has inspired a whole community of vets to do the same. She's now on a mission with her book & online courses, to teach other humans the world over how to understand cats better by pondering #WhatsMyCatThinking?

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\*PDSA PAWS Animal Wellbeing Report 2021