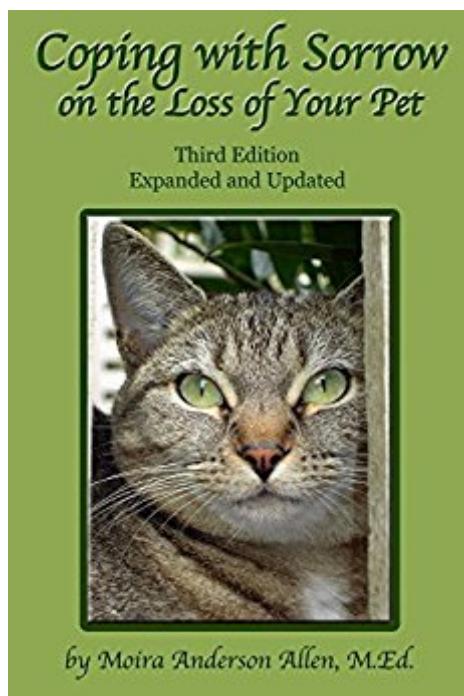


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# Coping With Sorrow On The Loss Of Your Pet



## Synopsis

Coping with Sorrow on the Loss of Your Pet is a compassionate, comprehensive guide to help you deal with the heartbreaking pain of losing a beloved animal companion. It shows you that you're not alone, or crazy, or "over-reacting" to your loss, by calling upon the experiences and advice of dozens of pet owners like yourself. You'll find words of comfort, understanding, and strategies to help you heal in this time-honored book. Moira Allen knows first-hand how much the loss of a pet hurts, and what a hole it leaves in your life. This book doesn't bring you psychobabble – it brings understanding and real help. Coping with Sorrow helps you deal with every aspect of pet loss and bereavement. It will help you:

- Understand what your pet meant to you, and why its loss is so painful
- Deal with the overwhelming feelings you may be having of anger, guilt or depression
- Recognize the importance of acknowledging your feelings and finding ways to express your pain
- Adjust to your loss by adjusting your surroundings and schedule
- Pay tribute to your pet and bring closure to your loss by creating an appropriate memorial

It will also help you help others in your family cope. Coping with Sorrow offers tips to help you help your children through what may be the first real loss in their lives. It will guide you through the most painful decision a pet owner can make: The decision to mercifully end a pet's suffering. It provides insights into "what to do next" – choosing the best final resting place for your beloved companion. And finally, it will help you make one of the most important decisions yet to come: When (or whether) to bring a new animal companion into your life. This book also touches on a host of topics that no other book on pet loss bereavement covers, such as:

- How to cope with "pre-loss bereavement" – the special grief that begins BEFORE a pet dies, when we learn that a pet is terminally ill and its loss is inevitable.
- Other books talk about the pain that follows loss – but the pain that can precede it is every bit as real, with no closure in sight.
- How to deal with the pain and uncertainty surrounding the "missing" pet – and steps you can take to help recover a lost pet.
- How to protect pets during a disaster or emergency
- How to cope if circumstances force you to give up a beloved pet, and how to make that transition as painless as possible for you and your pet
- How to provide for your pets in your will

A final appendix – which has garnered some of the most ardent praise for this book – addresses the question, "Do pets go to heaven?" When you have lost a pet, you want answers fast, and this caring book has been providing healing to pet owners for nearly 30 years. It is also the perfect gift when someone YOU care about is grieving. Please note: This is a reprinting of the 2007 edition. This is not a NEW edition.

## Book Information

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## **Customer Reviews**

Great book in helping one cope with and understand how powerful are the wide-ranging emotions with the loss of a beloved pet. Steps through all the various phases from denial to guilt to acceptance. Particularly helpful in dealing with the emotions of having to euthanize your pet and then wondering if you had done more could that painful step have been avoided. It helped me understand the depth of my feelings for a beloved feline, Loki, of 14 years and slowly adjust to the fact that he is no longer here with me. Highly recommended.

As painful as it was to live through the experience of losing a pet, this book was an excellent guide through the pre-loss bereavement to eventual grief and recovery. Chapters include discussions of the effects of the death on the family, the familiar round of powerful emotions following an unwanted diagnosis, and practical decisions such as euthanasia, cremation, or burial. I have tremendous gratitude for Moira Allen's work in this book. It has been one of many comforts that somehow helped me through these first few weeks alone. There were many decisions to make after my cat was

diagnosed with lymphoma, and I felt overwhelmed. I read several books on pet loss, but this is the one I bought to help with any future losses, or to give to friends.

Our daughter had a Bichon Frise who passed away recently. She lived a pretty long life, however, that does not take away the pain and grief. We were pretty much the Grandpa and Grandma for little Brianna. My wife would call the house and the grand kids would tell Brianna "Grandma's on the phone" and she would start to happily bark. When she heard Grandma's voice on the phone she would get excited. All that to say, we and in particular my wife have had a difficult time with her loss. I ordered the e-book and read it. My wife was not ready to read it she said and needed more time. The author, Moira Allen, has different chapters dealing with loss, new puppies, etc. The writing gave me some peace regarding the loss of Brianna. This is the revised edition, I believe. It is wonderful to hear about others who have lost their "fur babies" and how they have coped. Ms. Allen gives excellent advice as you go through each step of the grieving process. This is a very positive book although you will find yourself crying at times because of your loss and how others have coped with their loss. A must read for anyone who is experiencing a loss of their pet or who has already gone through the loss.

This is the best of the pet-loss/grief books I've read. We recently lost our faithful dog at age 9--far too soon. This book says what's in my heart. It feels like I wrote it, so much of it rang true. I highly recommend it to anyone who is grieving and especially if they have no or too little support around them. No one can understand or relate unless they too have lost a pet who was a family member. This author can take the place of friends or family who don't get it. She discusses all the stages of grief and how they specifically relate to animals, ie: feeling guilty for making the decision to euthanize. So many people will get another pet immediately, but I always feel angry at the mere idea of some other animal sleeping in my pet's place, or wanting my affections. She addresses this issue too, so I knew my feelings weren't abnormal. I'm sure this will help anyone in a pet loss situation.

I have been in deep sorrow since my 17 year old little girl GIZMO. Disappeared, after doing all the right things as far as, reports, flyers, postings on various social media sites, etc. I found out, she was found, turned into the local shelter, and put to sleep. Five days, after she disappeared. This book, was a great comfort, in learning how to deal with such a huge loss in my world. I continue to use it daily. Why? 17 years of; loving companionship, joy, and peace....was bundled up into a little 8

Ib. cat called Gizmo; my heart still aches. But, the manner in which this book was detailed, and written. Allows me to try to come to terms with my sorrow, and start to remember. All the joy, and love. Anyone who has lost a beloved pet, the money you spend on this little book, will help; I hope for you, to heal your broken heart! I did purchase this book through .com, and the ISBN-10:1598584537. I want to compliment .COM. For still sell real books! So, many times, some books are only available, limited, or e-books. This book is a tool, and will be used. Thank You!

This is a REVISED REVIEW; my initial one was unfair to the Author. When I first bought this book, I had wanted it to perform a "miracle" for me and wipe-out the pain of losing my cat. I expected more than ANY book could deliver. On re-consideration, I see that this book could be very valuable to persons who need help and understanding as they mourn. It has sensitive and wise advice in negotiating the grieving process. Certainly, there is a measure of comfort in knowing that others have experienced the same sense of loss, and that in time, there can be recovery. This book can help you along.

My cat Knuckles made it to be 18 years old. He had diabetes, and fibro sarcoma. Despite him living a good long life, it was hell putting him down. This book really helped me cope with all of the questions I had, and the guilt I was dealing with. Should have I put him down sooner? Should have I have let him live longer? My questions were all answered. In one of the chapters, the author described how to do something in the memory of a pet. I bought ten of the author's books and donated them to Knuckle's vet clinic. On the inside of the covers I wrote "In the memory of Knuckles, mama, loves you". They are lending these out to people that have lost their pets. I had to take my dog there recently, and the vet tech said she gave one of these books to someone that lost their cat of 19 years. So, I helped someone, I think. Sorry to have rambled. The clinic did say, they ask them to bring the books back, so they can lend them out again. So, my good kitty will live on.

Very useful. Who would have thought the loss of a pet would hurt so much. This book helps explain all the feelings of grief and the stages we all go through. How to help yourself and others grow.

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