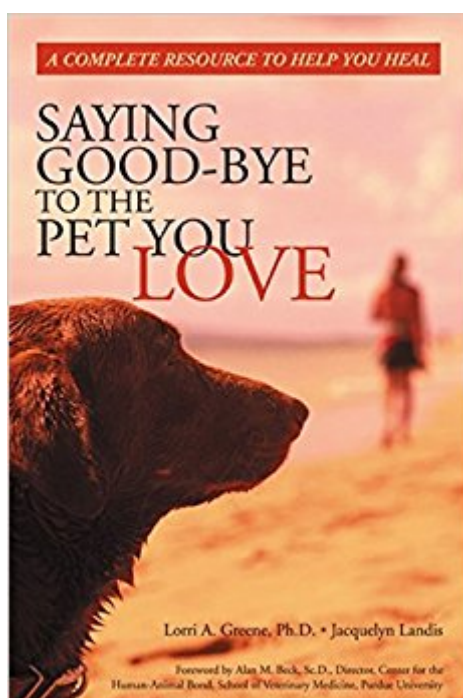


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Saying Good-Bye To The Pet You Love: A Complete Resource To Help You Heal



Synopsis

From a psychologist with twenty years of experience as a pet bereavement specialist, comes the first title to offer cognitive tools and exercises for validating and supporting the particular grief that results from the loss of a pet. When a pet dies, the vast majority of owners experience significant grief, which is often downplayed by friends, family, and even helping professionals. In this book readers will find validation for their grief, come to understand their human-animal bond, and master solid tools to help them through the grieving process. Cofounder of San Diego County's Pet Bereavement Program, author Lorri Greene has been specializing in pet bereavement issues for over twenty years. In this sympathetic new book she teaches that pet bereavement is normal and similar in scope to the loss of an important person. Readers evaluate their level of pet attachment and the intensity of their grief experience using Greene's Pet Attachment Worksheet (PAW). They then work through their grief with specific bereavement techniques, including memorializing the pet, recognizing problematic thinking, and finding support. Coping skills are provided for any remaining guilt over medical measures taken or not, and euthanizing a pet. Readers who accidentally killed or witnessed the death of their pets learn about post-traumatic stress symptoms, and are offered self-help resources. Additional chapters include easing a child through pet grief, finding support, and pet loss for the elderly and the owners of working animals.

Book Information

Paperback: 168 pages

Publisher: New Harbinger Publications; 1 edition (December 10, 2002)

Language: English

ISBN-10: 1572243074

ISBN-13: 978-1572243071

Product Dimensions: 6.4 x 0.4 x 9 inches

Shipping Weight: 0.8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 31 customer reviews

Best Sellers Rank: #871,565 in Books (See Top 100 in Books) #138 in Books > Crafts, Hobbies & Home > Pets & Animal Care > Pet Loss #642 in Books > Crafts, Hobbies & Home > Pets & Animal Care > Essays #1038 in Books > Crafts, Hobbies & Home > Pets & Animal Care > Cats

Customer Reviews

This is a book for loving pet owners who have lost a pet. Often friends and family downplay the sorrow one experiences over the loss of the pet, but this new book helps pet lovers of all sorts,

including those with working animals, deal with all levels of grief. It not only includes cognitive self-help tools to help readers truly understand and work through their grief, it is also written by a psychologist who is a leader in the field of pet bereavement.

I gave this book only 3 stars; however, to be fair, any book I read on this painful topic probably would get the same. As someone who lost my very first pet after almost 16 years, it is tough for me to say any one book will help soften the pain. This book took me almost 3 months to read but not because of the length. I started to read it several times in the days after I lost my dog; however, reading about "how to help" was too difficult at first and I just had to find the right pace for me. The book covers the whole gamut of pet loss; however, I found myself skipping lots of chapters as they did not apply to me (i.e. accidentally killing your pet, giving up a pet, other pets loss, etc.). The best advice I received was through my compassionate, empathetic friends and family who lost pets. It was difficult to bring up and talk about before and after, but I'm glad I did because they helped me tremendously. Overall, I would recommend the book because it's inexpensive and does provide good tips, guidance, and exercises. It's easy to spend a lot of time in one chapter, but then skip others. It also gives a lot of anecdotes which can put things in perspective.

This book helped me understand my pain and work through it. I was searching for something or someone who could tell me I could move on, and this book saved me. I give this book to every person I know who loses a pet. The last person I gave this to told me it saved her from suicide. I highly recommend you purchase this book if your pet has a terminal illness, or if you've lost your pet. This book helped me like no other.

this is an excellent book for those people who have lost their beloved pet, and had had a very deep and loving bond with them. when their pet means as much to them, as any family member, and their pet passes on, and the pain and sadness that they are experiencing, becomes unbearable, this little book, definitely offers some much needed comfort by explaining to the reader, what they are going thru, and why they're feeling this kind of despondency, I highly recommend this book, if a person ever finds themselves in this most unique type of loss and sadness they should definitely purchase this book.

Very helpful book! I had recently lost my 14 year old corgi and needed something that would help me process this loss. Highly recommend!

I'm still working through the book. I write down my feelings in an online journal. It can be a little clinical or hard at times -- especially when you don't want to hear it, but it's very helpful when processing through guilt -- an aspect that the author, Lorri A. Greene, explains is especially difficult for pet parents (and I can tell you this pet parent is feeling oodles of guilt). I like reading it in order and work a little bit at a time as my energy allows me. This book came highly recommended via the grief counselor at the San Diego Humane Society's Pet Grief Group at the Central Campus.

My husband and I both read this book about 3 months losing our 13 year old Westie. Had we known about it, we would have read it earlier. It was very helpful in that it made us realize that other people go through the same things and have similar feelings. The quizzes were beneficial as well. I would recommend this book to anyone who is trying to make the decision to euthanize a beloved pet or has just lost one.

This book really helped me to recover after my beloved pet died. It talks about the process of grieving and how grieving after the loss of the pet differs from other types of loss. Although it took me several years to recover fully, I know that the grief for my dog has been resolved completely.

I lost five of my senior companion animals in 2012 to cancer, diabetes, heat failure etc. It has been difficult as I considered them my family. This book helps by letting you know it is normal to grieve the loss of your companions, even if they have paws or hoofs.

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