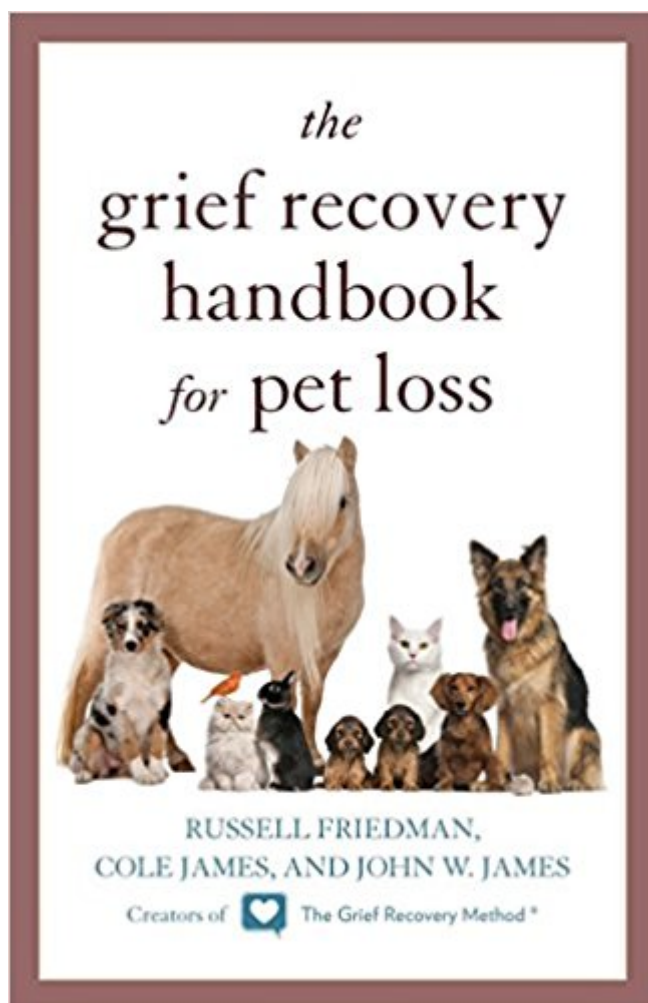


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# The Grief Recovery Handbook For Pet Loss



## Synopsis

If you've found yourself almost inconsolable after your pet died, please know that you're normal. If you've found that your family and friends don't seem to understand the level of your grief, please know that, too, is normal. Without comparing our relationships with our pets to those with people, we know that, because of the unique emotional relationships we have with our pets, their deaths produce a level of pain that is difficult to describe. If you relate to any or all of these sentences, this book is for you. We have been there and most probably will be there again. We will be with you on this journey to help your heart deal with the absence of your cherished companion. Russell, Cole, and John Your relationship with your pet is special—it's a bond that is very different than those that human beings share with each other. When a beloved pet passes away, people often resort to incorrect mechanisms to deal with the grief, such as trying to move too quickly past the loss (dismissing the real impact), or even attempting to replace the pet immediately. However, these are merely two myths out of six that the authors discuss and dismantle in *The Grief Recovery Handbook for Pet Loss*. Based on the authors' Grief Recovery Method®<sup>®</sup>, this book addresses how losing a pet is different from losing a human loved one, and ultimately, how to move on with life.

## Book Information

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## Customer Reviews

This book discusses unique aspects of the human-animal relationship and aims to help grieving owners complete what was left emotionally undone by the physical loss of an animal. Authors Friedman, John W. James, and Cole James apply their Grief Recovery Method to pet loss.

Focusing on the physical, emotional, and spiritual aspects of animal deaths, the book takes readers through various steps, including graphing the relationship, dividing the entries into categories, and writing a completion letter to the animal. Verdict: For pet owners who would benefit from new strategies to deal with their grief over the loss of a pet. (Library Journal)

The Grief Recovery Handbook for Pet Loss is a straightforward and sympathetic self-help guide written especially for pet owners who feel crippling sadness after the passing of a faithful companion. Chapters address common myths about grief that can impede recovery, and walk the reader through a straightforward process designed to help them work through their feelings and their relationship with a beloved animal. Practical as well as emotional considerations are also kept strongly in mind. ⚠️Caution: Throughout the United States, Great Britain, and other countries, there are local rules and regulations regarding the scattering of ashes. Please make sure that you don't break any of those laws. With the use of online searches, you can easily find out what, if any, restrictions there might be. ⚠️; The Grief Recovery Handbook for Pet Loss is an excellent choice for personal use, or as a gift for a friend or family member who has recently lost a cherished pet. (Midwest Book Review)

For the past forty-four years as a practicing veterinarian, I have wished there was a book I could recommend to my clients to deal with their broken hearts when their pets have died. Finally, The Grief Recovery Handbook for Pet Loss is available to help them deal directly with their emotions, at the time they most need it. (Suresh V. Dogra, DVM, Aloro Pet Clinic, Studio City, California)

Full disclosure: My husband John and my son Cole coauthored this book with Russell. John was helping grieving people deal with all losses—very much including the deaths of pets—when I met him thirty-four years ago. I can't tell you how many people have shed tears in our living room as he helped them deal with the agonizing pain caused by the death of the pet that had graced their lives. This book contains the same help he gave them. It will change your life. It can't bring your pet back, but it can help you get back your heart. (Jess Walton, two-time Emmy Award-winning actress)

Written by the trio who run The Grief Recovery Institute in Los Angeles, The Grief Recovery Handbook for Pet Loss is a straightforward and sympathetic self-help guide written especially for pet owners who feel crippling sadness after the passing of a faithful companion. Chapters address common myths about grief that can impede recovery, and walk the reader through a straightforward process designed to help them work through their feelings and their relationship with a beloved animal. Practical as well as emotional considerations are also kept strongly in mind. ⚠️Caution: Throughout the United States, Great Britain, and other countries, there are local rules and regulations regarding the scattering of ashes. Please make sure that you don't break any of those laws. With the use of online searches, you can easily find out what, if

any, restrictions there might be." The Grief Recovery Handbook for Pet Loss is an excellent choice for personal use, or as a gift for a friend or family member who has recently lost a cherished pet. (Wisconsin Bookwatch)

John W. James and Russell Friedman are coauthors of the bestselling Grief Recovery Handbook, When Children Grieve, and Moving On. They are also the creators of The Grief Recovery Method®. Cole James left a successful career in the entertainment industry after discovering his passion for helping people and now works alongside his father and Russell. Together, the three run The Grief Recovery Institute in Los Angeles, which has helped more than one million people rebuild their lives after crippling losses.

Russell is a talented communicator, but for me, it was taking you back through pet losses from long ago, and that tacked onto what I was dealing with the recent death - was more than I could take. I also took exception with the letter writing to the pet and always ending "Goodbye"... sounds to final to me. But... I am sure there is merit to his system and the book has obviously been of assistance to others...

After losing my Yorkie after 14 years in December 2014, I was an emotional wreck. I felt like all the grief I had avoided from losses during my life came back and grabbed me so hard in such a way that the feelings of loss I repressed in combination with the loss of my dog were unbearable. Like I always do, I turn to books for help, especially during a crisis. After reading a few popular pet loss books, I came across The Grief Recovery Handbook for Pets. The book is not for passive reading. I followed each and every single one of the exercises, including reading a letter aloud to someone. When I completed the book, it was one of the worst and best days of my life. Soon the grief quickly became bearable, and I started to feel a little better. It was not a straight line, though, to feeling a lot better. I had still had moments, and I probably always will, but I could accept my feelings of loss and tolerate them. I'm forever changed from my relationship with my dog and his passing. The book helped me get through the worst part of grieving. I highly recommend it, and I highly recommend doing all the exercises.

There are very few books that provide solace when your lose is a beloved pet. Although I still grieve, this book helped me, especially in regard to friends who cannot comprehend why I grieve for my four legged constant companion.

Continues the work started with the Grief Recovery Handbook to include dealing with Pet Loss. An area where many people are told just get another one, this book acknowledges the intense loss as well as how to recover and get your life back while still honoring your lost pet. Great book, even better for parents with children so we don't set them up to think with their brain, when it is their heart that hurts.

I keep Grieving books for loss of cats and dogs on hand to give away to friends who have lost a pet or are worrying about the possibility of their elderly sick pet passing soon. The author Russell Friedman also has a human grieving book and a course that is offered in some areas for people who have recently lost a spouse. I have a niece who is bi-polar and has two 14 year old cats who she is sure are going to die soon and she just doesn't think she will be able to handle their passing. I asked what she had done to prepare herself for this happening. I sent her one of these books to help her prepare. I have no idea if it helped or she even read it, but she thanked me for sending it.

I love The effective way the Grief Recovery Institute teaches to deal with emotional pain so as to move beyond and really recover. Now John and Cole James with Russell Friedman do it again. They wrote a book that in a sensitive way lead grievers. Many pet owners try to dismiss their sorrow or hideout, minimize it, fearful that they will be judged and criticized as it was "only" a pet. Sadly this wrong idea keeps them trapped. This book provides the tools to reclaim a plentiful life. Good for them and a big thank you to the authors.

If you lost a pet and follow this book's suggestions, it will make the grief process a lot easier. Really a lot of good suggestions that I would not have thought of on my own.

Very helpful for pre-processing our dear Bunky kitty's death. He was 17+ and had terminal cancer and was doing very badly, but it was incredibly hard for me to consider actively hastening his departure. This book helped me let go. And, as it's based on the same processes used for handling grief at human loss, it has been helpful for me in understanding how to help others in that area. Many thanks to the authors.

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