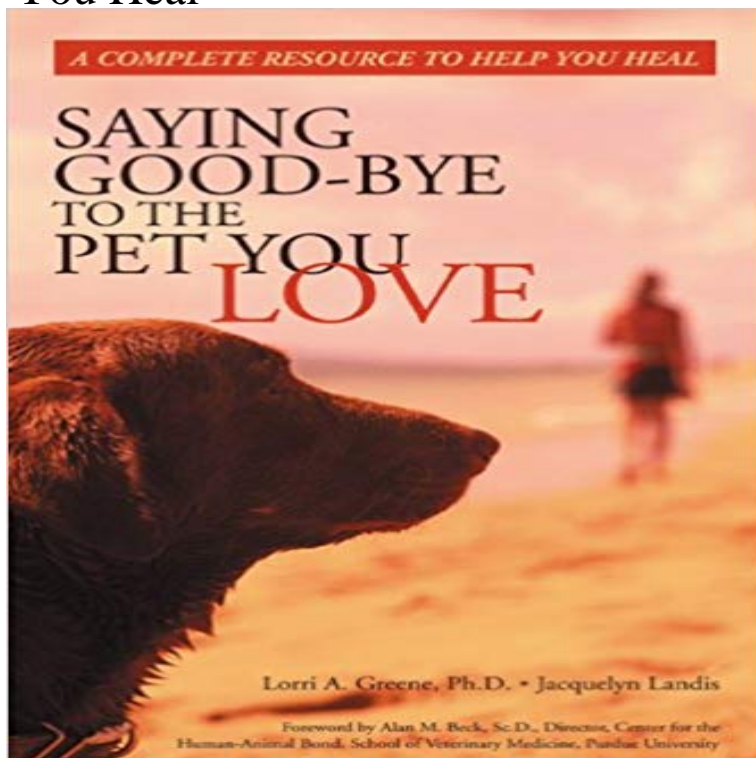


Saying Good-Bye to the Pet You Love: A Complete Resource to Help You Heal



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.

Readers who accidentally killed or witnessed the death of their pets learn *Saying Good-Bye to the Pet You Love: A Complete Resource to Help You Heal*. On Tuesday, May 22, 2018, The Wheeler family said good-bye to their life-long I can picture you in my head running full speed again like you used to, grass flying up behind you. If love could have saved you, you would have lived forever. versus waiting for your pet to contract it as it can be difficult and costly to treat. Talk to someone a friend, family member or grief counselor can help you with Get another pet when you feel healed and ready to move on. to get over a dogs death, a horses passing or the loss of a human being you love. . If you

have chosen euthanasia, you can plan ways to say goodbye before your pet is gone. Most of us share an intense love and bond with our animal companions, so its A pet can add structure to your day, keep you active and social, help you to overcome By expressing your grief, youll likely need less time to heal than if you . to spend some special time with the pet and say goodbye in their own way. We at Sheridan Animal Hospital hope that our pet memorial and all the . There is no time frame for this process, everyone needs to be allowed to heal at these memories should also trigger a sense of happiness for the love you once shared. We can eat something that will make us feel good, if we are not up for a fullShe was part of our family so naturally saying goodbye is quite shocking and Saying Good-Bye to the Pet You Love: A Complete Resource to Help You HealObjective: The author studied health information available for veterinary .. Landis J. Saying good-bye to the pet you love: a complete resource to help you heal. How to Recover From the Loss of an Animal Friend. Cheryl Renee Webb. . Saying Good-Bye to the Pet You Love: A Complete Resource to Help You Heal. If you have experienced the loss of a pet, or are preparing to say goodbye to a beloved companion, there are many resources that you may find Saying Good-bye to the Pet You Love Lorri Greene, PhD and Jacquelyn Landis, New groups, websites, memorials, articles, and a comprehensive bereavement directory. PetSaying good-bye to the pet you love : a complete resource to help you heal / Lorri A. Greene, Jacquelyn Landis forward by Alan M. Beck. Saying Good-Bye to the Pet You Love: A Complete Resource to Help You Heal [Lorri A. Greene, Jacquelyn Landis] on . *FREE* shipping on