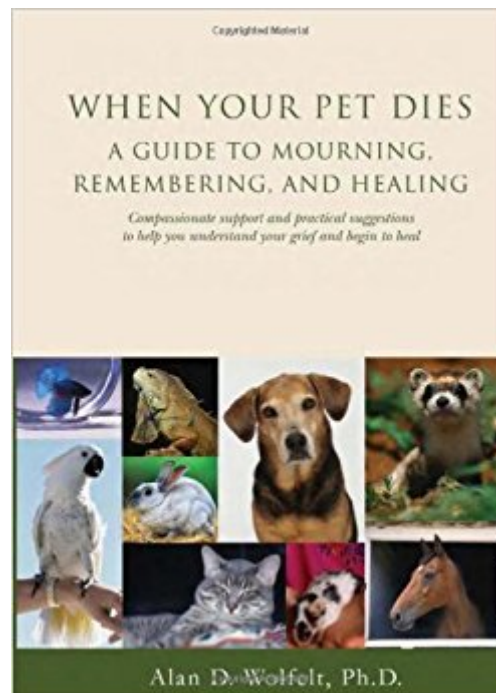




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# When Your Pet Dies: A Guide To Mourning, Remembering And Healing



## Synopsis

Affirming a pet owner's struggle with grief when his or her pet dies, this book helps mourners understand why their feelings are so strong and helps them overcome the loss. Included are practical suggestions for mourning and ideas for remembering and memorializing one's pet. Among the issues covered are understanding the many emotions experienced after the death of a pet; understanding why grief for pets is unique; pet funerals and burial or cremation; celebrating and remembering the life of one's pet; coping with feelings about euthanasia; helping children understand the death of their pet; and things to keep in mind before getting another pet.

## Book Information

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## Customer Reviews

"A compassionate, practical guide for pet lovers." -- Parents Express

Alan D. Wolfelt, PhD, serves as director of the Center for Loss and Life Transition. He writes the "Children and Grief" column for Bereavement Magazine and has appeared on The Oprah Winfrey Show, Larry King Live, and Today. He is the author of *Healing Your Grieving Heart*, *Healing a Teen's Grieving Heart*, and *Understanding Grief*. He lives in Fort Collins, Colorado.

Nothing in this world could have prepared me for the unexpected death of my pet. One morning, I found my beloved Choly dead. I remained in a state of shock for many days. I perceived neither hunger nor sleepiness, neither a need for coffee nor a need for water. "When Your Pet Dies" offered me invaluable insight into the grieving process. What I also liked about this book were the exercises

it provided us with: it asked us to write about our first encounter with our pet, our most treasured moments with our pet, and other things we wanted to share. I spent many, many hours writing about my experiences. I also spent many hours reading and re-reading important paragraphs in the book that I had highlighted during my first read. Needless to say, I spent hours and hours shedding tears of grief. What type of pain is worth acknowledging? This book will reassure you that the answer is entirely up to you. No one in your life is entitled to tell you that you cannot grieve your deceased pet or that you cannot allow yourself to celebrate and remember your pet's life. This book offered me tremendous comfort. I felt proud that I was allowed to privately, intimately, and painfully mourn Choly's sudden death. Until this day, I still choke up when someone asks me how Choly and his littermate are doing. I hope he did not suffer during the hours preceding his death. I understand that every variation of pain is different for each individual. If you have difficulty connecting with someone who understands pet loss or if you simply feel the need to grieve privately (as was my case), I would recommend this book to you.

The book definitely helped me as I grieved the loss of my precious little girl. It was nice to read and know that all the sadness and various other emotions and thoughts were not just mine and many like myself had gone through this and this was normal to feel. I didn't use the sections where you're supposed to write because I couldn't do it without sobbing but I plan on doing it eventually. I recommend this book. Very short and well thought out and the stories of other people and their precious furry friends are heartwarming.

EXCELLENT book!!! It was recommended to me when my cat died. Probably the most important thing I came away with is the notion that mourning a pet is just as profound as mourning a person. Sometimes more so. As the author points out, we spend more quality (touching, cuddling, etc.) time with our companion animals than we do in our primary relationships with other humans. I felt it gave me "permission" to experience my feelings.

This book is a great book for, if nothing else, giving pet owners permission to grieve deeply for their lost pets. A lot of people don't understand, so a lot of pet owners keep the grief to themselves. This book offers understanding, information and most important of all permission about grieving the death of a pet. We used it with a few friends for a few months helping each other grieve the loss of our pets.

This is a great little book. If you are grieving & having a extremely hard time like I am. You must get this book. I can't say enough about it.....

I highly recommend this book to those struggling with the loss of a beloved pet.

Dr. Wolfelt relies on both great experience in dealing with grieving people and his own experience as a pet owner to offer insights into how mourning a pet is like - and is different from - mourning a person. The ten rights to which he says bereaved pet owners are entitled may be especially helpful.

The book basically gives you permission to grieve with a few ideas on how to memorialize your pet. I didn't find it particularly helpful, but is well written and is good for those having trouble grieving.

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