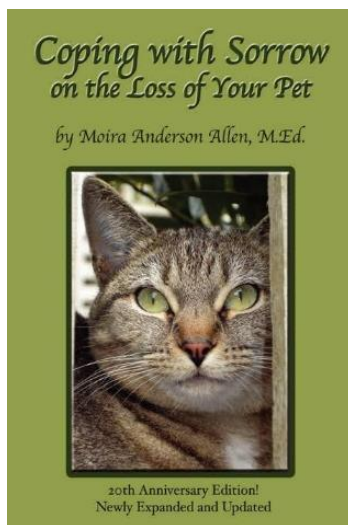


## Pet Loss Books



Coping with Sorrow on the Loss of Your Pet - Anderson, M. (2007) 3rd Edition. Loveland: Alpine Publications.

A wonderful, helpful book filled with information and guidance. Treats this serious subject with sympathetic feelings. An excellent guide allowing us to understand that we are not alone with our grief. Anyone who has a pet should read it. - Dog Week

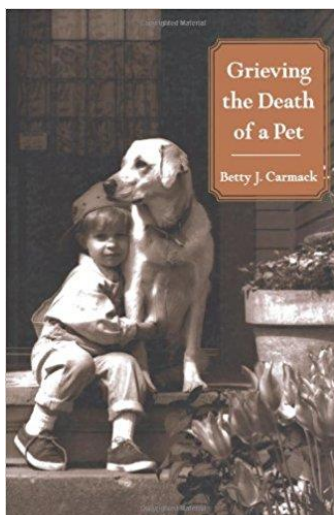
Written with compassion and understanding; truly required reading for any pet owner. - Dog World

Coping with Sorrow addresses every aspect of pet loss and grief. Written in a clear, friendly style. It takes a pet owner by the hand and walks him through the stages of bereavement, offering explanations and coping strategies at every step. - Canine Concepts

A small gem of a book. Anderson's book fills the need for a comprehensive, yet easily read, publication on pet loss and owner bereavement. The message is one of love, common sense, and practical information. -The Delta Society

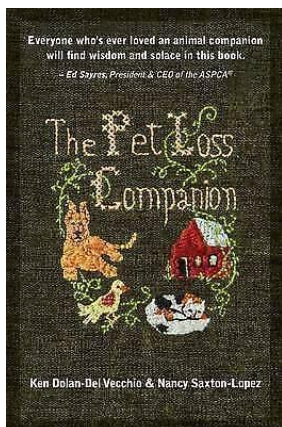
This book has been needed for a long time-like forever! The wealth of information given by pet owners makes the book come alive. It's a lovely thing, beautifully and generously written from the bottom of a superb writer's heart. -Dog Writers Association of America

It gets right to the heart of the issue of pet loss, right to where people are hurting. [Its] warm, down-to-earth language reaches out to a pet owner on the level of friend to friend – Bloodlines [https://www.goodreads.com/book/show/2098887.Coping\\_with\\_Sorrow\\_on\\_the\\_Loss\\_of\\_Your\\_Pet](https://www.goodreads.com/book/show/2098887.Coping_with_Sorrow_on_the_Loss_of_Your_Pet)



Grieving the Death of a Pet - Carmack, Betty J. (2003). Minneapolis, MN: Augsburg Fortress.

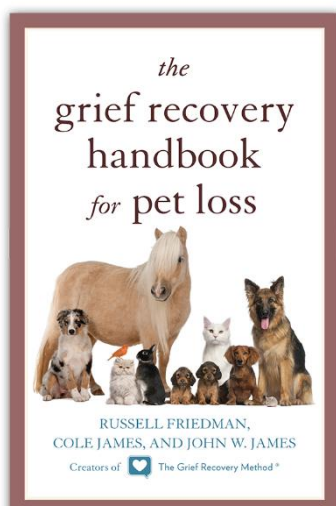
Because our relationships with our animal companions are unlike human relationships, the death of a pet is like no other loss that we will experience. In this book, Betty J. Carmack draws on the wisdom of Ecclesiastes, her own experience, and interviews with dozens of pet lovers to guide the reader through the initial loss of a pet to the dawning of new hope and reassurance.



The Pet Loss Companion: Healing Advice from Family Therapists Who Lead Pet Loss Groups - Dolan-Del Vecchio, K. & Saxton-Lopez, N. (2013). North Charleston: CreateSpace Independent Publishing Platform.

"Everyone who's ever loved an animal companion will find wisdom and solace in this book. The authors share stories drawn from decades of experience leading pet loss groups and practicing family therapy. Their recommendations for taking care of yourself and loved ones during the rough spots of grief will answer all of your important questions and help you feel well-supported. I highly recommend The Pet Loss Companion for companion animal lovers like me." - Ed Sayres, Former President & CEO of the ASPCA®

"The Pet Loss Companion is a wonderfully reassuring book for anyone who cares about pets. It is a loving book, full of personal and practical details about how to care for oneself after loss. The authors are sensitive pet-lovers, empathic and engaging in this moving and meaningful book." - Monica McGoldrick, MSW, Ph.D. (h.c.), Director, Multicultural Family Institute, and author of You Can Go Home Again.



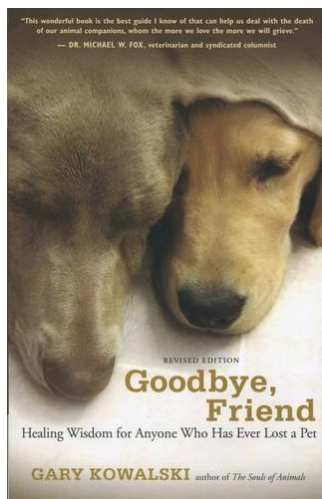
The Grief Recovery Handbook for Pet Loss - Friedman, R. James, C. & James, J. W. (2014). Lanham: Taylor Trade Publishing.

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®, this book addresses how losing a pet is different from losing a human loved one, and ultimately, how to move on with life.



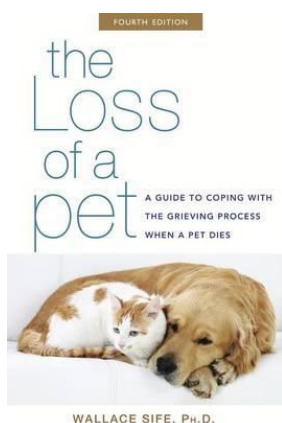
Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet - Kowalski, G. (2012). Novato: New World Library.

From the moment pets come into our lives, we know the day will arrive when we have to say farewell. Still, we are never emotionally prepared for the last adieu. In Goodbye, Friend, Gary Kowalski takes you on a journey of healing, offering warmth and sound advice on how to cope with the death of your pet. Filled with heart-warming stories and practical guidance on such matters as taking care of yourself while mourning, creating rituals to honour your pet's memory, and talking to children about death, Goodbye, Friend is a beautiful and comforting book for anyone grieving the loss of a beloved animal.



A 30 Day Guide to Healing from the Loss of Your Pet - Ross, G. J. (2010). Chapel Hill: Broken Heart Press.

This book is both a journal and a workbook to help pet owners work through the intense grief following the first month of having to say good-bye to their beloved pet. In our society, there is often a message that there must be something wrong with anyone who feels despair and anguish over the loss of an animal. Because of this message, the survivors of animal loss are often left feeling alone and crazy because they are having such a strong reaction to their loss. This book contains the seven phases of recovery as well as the four necessary steps of mourning. In addition, there is a list of resources for grief counselling specifically for pet owners. Finally, there is a copy of Rainbow Bridge which every survivor of pet loss needs to read.



The Loss of a Pet: A Guide to Coping with the Grieving Process - Sife, W. (2014). New York: Howell Book House.

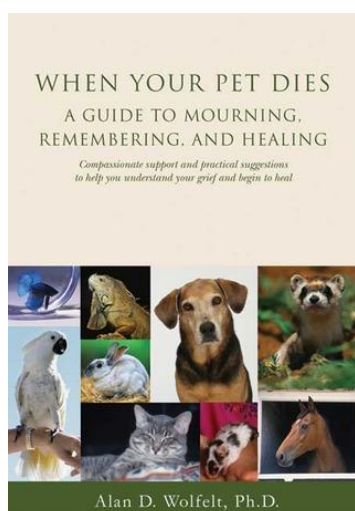
This award-winning book has been hailed as the seminal work in the field. And now the fourth newly revised and expanded edition offers so much more to the bereaving pet owner. This edition also includes a significant new way of considering the meaning of afterlife for us and our pets. It discusses the topic from a twenty-first century scientific perspective that is very different from existing religious or metaphysical ones, offering a new comfort to sceptics and agnostics as well.

It includes topics such as:

- Validating this special kind of grief
- The grieving process, including typical stages of bereavement and techniques for coping
- Children and the death of a pet
- Euthanasia, including important emotional considerations

- Religion and the death of a pet, with articles by various religious leaders, Aftercare facilities, including an extensive index of pet cemeteries, crematories, and memorial gardens

About the Author: Wallace Sife, Ph.D. is a psychologist and internationally renowned authority on pet bereavement, and a pioneer in this field. The first edition of this celebrated classic won the prestigious Maxwell Award for the best nonfiction pet book of 1993. Dr. Sife founded and is the CEO of the Association for Pet Loss and Bereavement (APLB), a non-profit organization that offers a broad spectrum of help to grieving pet owners. He also is renowned for his special seminars to train counsellors in this field.



When Your Pet Dies: A Guide to Mourning, Remembering and Healing - Wolfelt, A. D. (2004). Fort Collins: Companion Press.

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.