



# Losing a Pet: coping with the death of your beloved animal

*Jane Matthews*

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The loss of a pet can hit us as hard as the loss of any close friend. Yet pet bereavement is so little talked about that, along with their grief and pain, animal lovers may find themselves having to deal with feelings of confusion and even embarrassment at the strength of their reaction.

For anyone grieving the loss of a pet, or facing up to having a pet put down, Losing a Pet aims to fill the gap. Warm, direct and compassionate, this short book offers practical guidance, emotional support and, above all, reassurance that there is nothing unusual in experiencing such strong feelings.

For those supporting someone through pet bereavement, either personally or in a professional capacity, its blend of understanding and practicality aims to help the healing process.

Contents: the place of pets in our lives; understanding why we feel so strongly; the stages of loss; dealing with difficult feelings; having a pet put down; when a pet goes missing; getting help; healing yourself; commemorating and celebrating your pet; additional resources.

What they say:

"This is the best publication of its kind to date." Kevin Spurgeon, Dignity Pet Crematorium

"I loved this book and think many, many people will be helped by it. The length and content are ideal and I recommend it to anyone facing euthanasia or who is experiencing the grief of losing a pet." Dawn Murray, Pet bereavement counsellor

"This book is excellent - offering not only comfort but wisdom and understanding. I always recommend it to any reader suffering the loss of a pet." Sue Quilliam, author, agony aunt and relationship psychologist

"We send a copy to all our bereaved clients and have had many, many positive comments from clients who find it very helpful and a great source of comfort." Nicky Bromhall BVSc MRCVS, Animal Health Centre, Bristol

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### **From reader reviews:**

#### **Sylvia Harrington:**

This Losing a Pet: coping with the death of your beloved animal book is simply not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is usually information inside this reserve incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This specific Losing a Pet: coping with the death of your beloved animal without we understand teach the one who examining it become critical in thinking and analyzing. Don't possibly be worry Losing a Pet: coping with the death of your beloved animal can bring any time you are and not make your case space or bookshelves' grow to be full because you can have it inside your lovely laptop even cellphone. This Losing a Pet: coping with the death of your beloved animal having fine arrangement in word and also layout, so you will not feel uninterested in reading.

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#### **Dominick Tran:**

Is it you who having spare time subsequently spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something new? This Losing a Pet: coping with the death of your beloved animal can be the answer, oh how comes? The new book you know. You are and so out of date, spending your free time by reading in this completely new era is common not a geek activity. So what these guides have than the others?

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