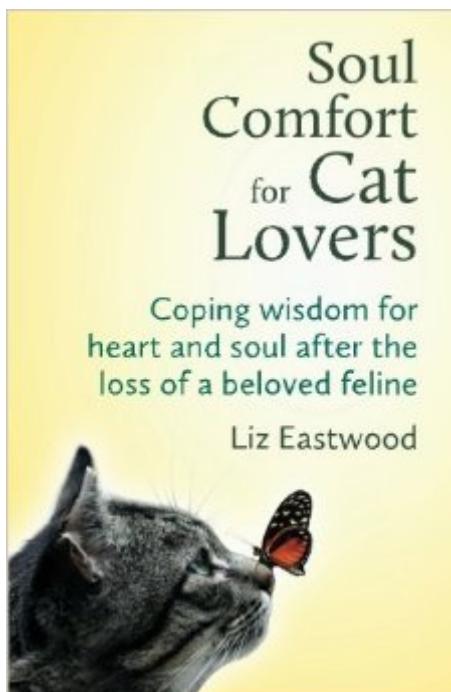


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# **Soul Comfort For Cat Lovers: Coping Wisdom For Heart And Soul After The Loss Of A Beloved Feline**



## Synopsis

"...more than just another book on pet loss. Reading this book is like talking to a friend who knows you almost better than you know yourself...it doesn't stop at just helping you through the grief...it will help you find an even deeper connection to your lost loved ones." - Ingrid King, ConsciousCat.net, author of Buckley's Story and Purrs of Wisdom If the loss of a feline friend has hit you particularly hard, know you are not alone. In Soul Comfort for Cat Lovers, you will find validation, coping insights, and practical wisdom conveyed with spiritual warmth. Liz Eastwood, CNC weaves her own experiences with advice from grief experts and stories from cat lovers to help you: process your feelings and recognize them as normal create something positive out of the energy of grief cultivate a continued sense of connection to your cat deal with inconvenient grief strengthen your natural coping chemistry This book also explores evidence of the most soulful of soul comforts: the possibility of the continuation of your loved one's spirit "and your connection to that spirit "after death. This topic is discussed from a perspective of open-minded curiosity, without bringing in any particular dogma or religion. Asserting that you can live wholeheartedly after loss, and that your feline friend would want nothing less for you, Soul Comfort for Cat Lovers is a compassionate handbook for your grief-healing journey.

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## Book Information

Paperback: 132 pages

Publisher: Sparkletonic Books; 1 edition (December 19, 2012)

Language: English

ISBN-10: 0615739121

ISBN-13: 978-0615739120

Product Dimensions: 5.5 x 0.3 x 8.5 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (57 customer reviews)

Best Sellers Rank: #61,308 in Books (See Top 100 in Books) #13 in Books > Crafts, Hobbies & Home > Pets & Animal Care > Pet Loss #97 in Books > Crafts, Hobbies & Home > Pets & Animal Care > Cats #141 in Books > Self-Help > Relationships > Love & Loss

## Customer Reviews

Even if our cats live into their late teens and sometimes early twenties, it's just not long enough. The price we pay for sharing our lives with these wonderful companions is that all of us who consider our cats family members or best friends will sooner or later experience the pain of loss, and it can be as devastating as the loss of any loved one. There are any number of books on pet loss on the market, but until now, there wasn't a book that addresses the issue of pet loss specifically from a cat guardian's perspective. In *Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline*, Liz Eastwood provides a roadmap for the journey through grief. Liz weaves her own experience with grief together with expert advice from grief counselors and stories from other cat lovers. The end result is a manual on how to navigate through grief in a way that not only soothes the pain, but also provides healing beyond just "getting through." The book is divided into two parts. In Part One, Eastwood provides practical advice ranging from how to get through the first few days and weeks and how to continue to function at work to taking care of yourself physically. She offers suggestions for rituals to honor and celebrate your lost cat's life. I particularly liked the section titled "Choosing Continued Connection Instead of 'Closure'" - because let's face it, there's no such thing as closure. We never "get over" these losses, the best we can hope for is that we learn to incorporate the love for our lost cats into our lives in a meaningful way. In Part Two, Liz explores the possibility that death is not the end. She examines the topic from a spiritual perspective and with an open mind, without applying any dogma or belief system. "When my feline soul mate Bastet died, my relationship with her illness, and her dying process, were all so intense that it was like I became aware of death for the first time," writes Eastwood. "And. Death. Suddenly. Terrified. Me." Eastwood felt that she had two choices. "I could either become permanently, tragically disappointed in the universe itself....or I could try to recover the best of me, try to rediscover the sense of wonder and optimism I used to have about the Mystery of Life." In addition to the spiritual component, she presents scientific research that suggests that there is more to life and death than

we think we know, and she ultimately finds comfort in her findings - and so will the reader."...if you can still feel connected to your loved one who has died, why not embrace that? If you, in your heart of hearts, envision being with them again someday, why not allow that possibility?"She concludes that there is a way to change your life for the better through grief - a concept I wholeheartedly embrace. I'm flattered that Liz chose to quote me on this topic in the book's final chapter (from my article Coping with unexpected loss: a personal journey):"Grief can be a transformational experience. It rips your heart wide open, and you'll never be the same. It's up to each individual whether they'll choose to let grief destroy them, or whether they'll do the challenging and difficult work that will ultimately allow it to be transformed into personal growth and expansion."This book is more than just another book on pet loss. Reading this book is like talking to a friend who knows you almost better than you know yourself. It provides comfort and hope for anyone going through the agony of grief after losing a beloved cat, but it doesn't stop at just helping you through the grief. It offers healing on a deep level, and it will help you find an even deeper connection to your lost loved ones.

A must-read for any cat lover. Poetic. Deeply touching. Beautifully balanced and written. Humorous. Compassionate. Brilliant. Transformative. This book creates an open door to transform loss into love-lived, and grief into an expansive awe. My relationships with dear special pets I have lost, have been restored to something more than I ever expected. Reading this book was a special journey, and the author become my sherpa across the mountains of love, loss and beyond. The way she interweaves the stories, experiences, quotes, research and tips, in a way that is still a soothingly easy read, allowed my heart to open to my own unique experience and healing. And all my pets, living and not, seemed to be present. And, surprise... unexpectedly, it also deepened the bond I have now with my living cat; somehow, after reading this book, I have embodied a way to appreciate my cat more fully, in ways that transcend time, and I now trust will endure forever. And I am so grateful for this. Like me, reading this book may deepen who you are, how you love, and how you live with your loving pet relations. For me, it was an experience that comforts the grief from loss, and transforms love-lost to love-expanded. Like a loving companion near a heart warming fireplace, each chapter flows and develops so beautifully. I'm getting a few copies to have at hand for anyone I know who may lose their beloved pet. A must read for all whose joy of life includes loving animals and pets. Thank you, Liz, for creating this wise council that truly emanates from the heart.

I loved this book. I bought it after losing my sweet cat Mitten, a beloved friend and companion for

over 11 years. It was one of the hardest things I have ever gone through and this book really helped me understand the enormous tornado of emotions I was going through (and continue to go through). This book also helped me to understand that I was not crazy for being as attached as I was/am to my wonderful cat, who was so much more than a pet. A truly comforting and helpful book. I recommend it to anyone who has lost a furr-friend and needs help coping with the grief process and with the overall loss.

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