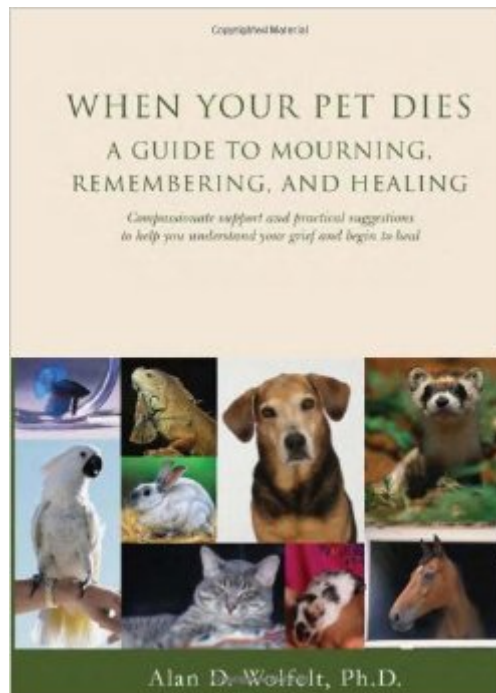


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# When Your Pet Dies: A Guide To Mourning, Remembering And Healing



## 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

As an animal lover myself, as a certified hospice bereavement counselor, and as another author who's written about pet loss and specialized in pet loss counseling since 1992, I loved this book. Like all the rest of Alan's books, this one is clearly stated, clinically accurate and beautifully written -- and it comes from the heart of the author's own personal experience with pet loss. Because Alan Wolfelt is so very well known and respected in the field of death education and counseling, I believe his book about pet loss will do more than help bereaved animal lovers. I think it will lift the experience of pet loss into the mainstream of professional grief literature where it rightfully belongs, and that alone is a cause for celebration. For many years I have felt that uninformed and insensitive mental health professionals can do more damage to disenfranchised bereaved animal lovers than any member of the lay public can do, because they should know better -- and it is up to those of us who know the agony of pet loss to teach them. I want to thank Alan for writing this book, and I wish

him every success in its sales and distribution. For my part, I've already listed it under the BOOKS ABOUT PET LOSS category on the Articles and Books page of my own Grief Healing Web site ([...]) I've recommended it to both pet loss support organizations with whom I consult, and I will continue to recommend it to my clients and participants in my pet loss support groups as well.

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.

This book is part memory book and part written exercise book designed to help you put down in words all the things you want to say to your deceased pet. Your sadness, grief, fears, maybe guilt, your shared joys, deep love and never ending remembrance of them. It's sad, it's painful to do sometimes but it really moves grief towards mourning, which as it points out, is an externalized emotion. And necessary for healing. I found it immensely useful.

I discovered this book when I lost my 2d dog to cancer. She was a rescue and had been with me only 2.5 years - cancer took her in 9 weeks. The grief was overwhelming, both the anticipatory grief as I watched her health failing and the actual grief when she was gone & my heart was broken without her. This book validated that grief and gave me permission to feel it without concern if others

thought it was silly - it's a natural reaction to the wonderful, close connection I had with her and is a testimony to what a wonderful dog she was. This book helped me work through the grief process and get to the other side in a healthy way and I wish it had been available to me when my first dog died. I loaned my copy of this book to a friend when she went through this sad process with her beloved dog and she said it was a great help to her too. If you are hurting because your pet has died, get this book. It will help you grieve & help you heal.

I'm sorry to say that this book didn't help much with my grief. It said the basic things that my family and friends have told me--and that is fine--but not what I was looking for. I was hoping for something deeper. It was also very short and could have been priced lower for that reason. I'm reading a book now of similar title called "When Your Pet Dies: How To Cope With Your Feelings" by Jamie Quackenbush and so far have gotten more out of the first chapter than the book I am reviewing now. I mention this other book only because it addressed my feelings of guilt right off the bat and I know others may be feeling the same way. I'm not too crazy about the fact that in the preface, Mr. Quackenbush said he gave up his 2 dogs and left them in a shelter with the possibility of euthanization when he had to move away... but I'll save that for his book review when I finish it.

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