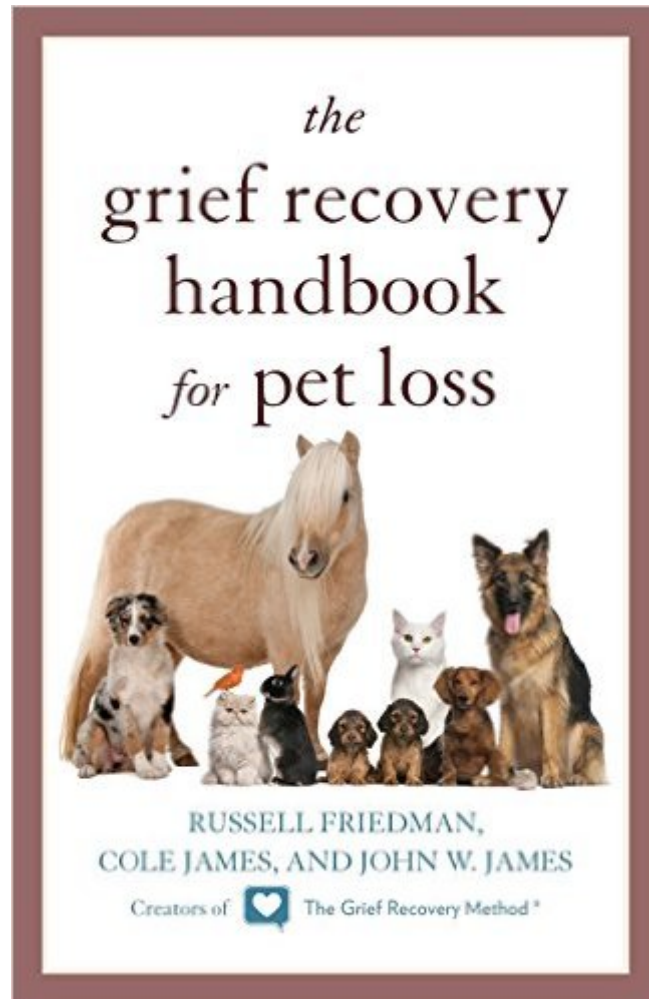


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# The Grief Recovery Handbook For Pet Loss



## Synopsis

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

## Book Information

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[Animal Care > Essays](#) #535 in [Books > Self-Help > Relationships > Love & Loss](#)

## Customer Reviews

Length: 168 pages, including front matter TOC, etc. Before reading the review below, I wanted to pass on a comment by Pope Francis, as reported tonight (December 12, 2014, by Scott Pelly of CBS News: Speaking to a 12-year-old boy, in grief over a deceased pet, said "You will see your pet

again in paradise..."I've had a few dogs and cats over the years and, with the passing of each, have cried like a baby. I normally hide the tears, for, after all, who wants to admit to being so emotionally involved with a 'dumb' animal, right? Well, lately I have been fretting over the future. Our oldest cat is now 13 and our Yorkshire Terrier is 11 years old. Especially, I know my wife is going to be distraught beyond imagination when Buddy goes. I get teary-eyed just contemplating it. That is why I agreed to accept a publisher's complimentary copy of the grief recovery handbook for pet loss, in exchange for an honest review. This book, from the opening chapter, addresses every concern that I have regarding my fears for my wife. But, it goes well beyond that, in its comprehensive treatment of the relationship between pet and pet owner. Specifically, I am referring to chapter 6, The Relationship Graph. I wish I had read this book while I was in grief for my Sheltie Cody, or my Basset Cady, or my cat Midnight. One died of old age. The second from stomach cancer (possibly caused by a veneer plant next door to us in Idanha, Oregon, and the third, a cat struck by a car in Hubbard, Oregon. Anyway, this book does very well address the issue of loss, and, especially, in recovering from the grief associated with the loss of your best pal, and most treasured member of the family.

I received a copy of this book from the publisher through Net Galley for an honest review. I was browsing through the new books for request over at Net Galley and came across this title and new I needed to request it. I am a huge animal lover and the only point in my life that didn't include one or many companion animals was the years I spent in college, even then I had a fish for a few months (the only pet allowed in dorm). If you have pets it is natural that you are going to lose pets; be it to death, surrendering, re-homing or other reason. This loss that we feel over the absence of our friend, no family member is just as devastating as any other sort of loss one can experience. I've lost many good friends over the years and with sharing my life with a group of rapidly aging pet now, I know loss is going to be in my near future as well. I needed to read this book. There is a lot of good advice in this book, and I am inclined to look into their other titles on the topic of loss and grief they have available. Readers need to come to this book with an open mind and be ready to put aside some of the cultural stereo types as to what is acceptable and appropriate behavior when it comes to the loss of a pet. Some of the ideas made me a little uncomfortable, or perhaps I felt foolish when I thought of putting them into practice, but I realized that was just me coming to this from the idea of how we should grieve a pet. While I didn't do all the work they suggested right then, I think I will give it a try next time I have to come to terms with letting a pet go and processing their death. Perhaps it will help. I liked how the authors of this book respected the bond between pet, of any type, and their owner. It felt that they truly wished to honor

those connections that become so important in our lives. Many of the ideas in these pages helped me to understand much of my past behavior and reactions to loss. I am seeing some of the events of my past with a different light and I think I will also be a more compassionate person the next time I go to comfort someone else over their loss as well. I liked how the book was structured as well. It started the reader off slowly, encouraging them to re-read and take the process slowly. The exercises start off rather analytic at first, which gives the griever a safe zone to start exploring the death and loss, and then the text moves into the deeper issues and has the reader face some of their stronger emotions in a non-judgmental way. The personal examples provided helped a lot as well, it gave the reader a way to see that the authors had themselves experienced a similar loss and had taken these steps too. I think it helped the reader empathize and appreciate the advice being given better. This is a helpful and thoughtful book. I'm glad I read it and will draw upon what I learned the next time I am facing a loss of a furred or feathered friend. Thank you.

Russell is a talented communicator, but for me, it was taking you back through pet losses from long ago, and that tacked onto what I was dealing with the recent death - was more than I could take. I also took exception with the letter writing to the pet and always ending "Goodbye"... sounds so final to me. But... I am sure there is merit to his system and the book has obviously been of assistance to others...

Note: This review was written by Donna Marton of Cumberland, MD and I'm posting it on her behalf. A few months ago my best friend was telling me how her aging rescue lab's health was failing, her voice choking up at facing the loss of this gentle dog. I came across this book thinking I might get a few new pointers to help her. It isn't a thick book, so I thought, hmm, a few hours reading, and I'll get back to my tri-peaks solitaire, which I am pretty good at. A few days later, yes, days, since I read it twice, and I cannot get it out of my mind. It has been many years since I lost a pet (friend, really), so I expected no healing was needed here. With the easily understood guidance of these authors, I found time does Not heal all wounds. I will be forever grateful for their help in putting the pain of over 50 years ago finally to rest. I think anyone from 8 to 80 can use this book, and every vet/vet tech should have it as standard guidance, and I wish I could put it in every library.

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The Pet Loss Companion: Healing Advice from Family Therapists Who Lead Pet Loss Groups  
The

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