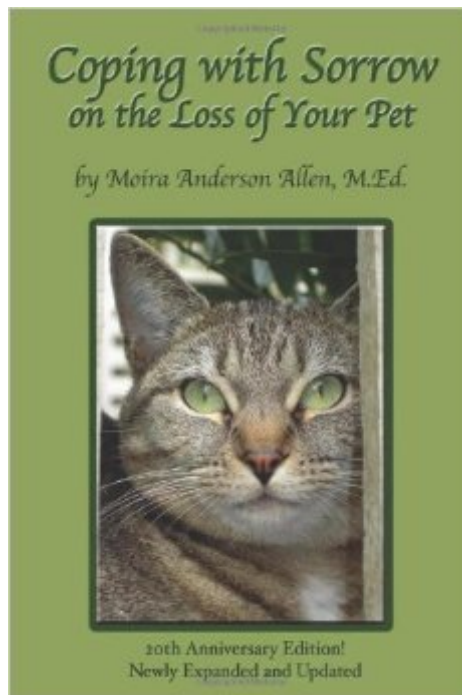


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# Coping With Sorrow On The Loss Of Your Pet



## Synopsis

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

## Book Information

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## Customer Reviews

This is the best of the pet-loss/grief books I've read. We recently lost our faithful dog at age 9--far too soon. This book says whats in my heart. It feels like I wrote it, so much of it rang true. I highly recommend it to anyone who is grieving and especially if they have no or too little support around them. No one can understand or relate unless they too have lost a pet who was a family member.

This author can take the place of friends or family who don't get it. She discusses all the stages of grief and how they specifically relate to animals, ie: feeling guilty for making the decision to euthanize. So many people will get another pet immediately, but I always feel angry at the mere idea of some other animal sleeping in my pet's place, or wanting my affections. She addresses this issue too, so I knew my feelings weren't abnormal. I'm sure this will help anyone in a pet loss situation.

In 2 years i lost my 19 year old kitty and 18 year old kitty. I had looked for a long time for a book that would give me comfort and explain what i was feeling. Pets are members of the family and when they pass it can be a very hard thing to deal with. This book has helped me and i hope it help why ever gets it.

This is a REVISED REVIEW; my initial one was unfair to the Author. When I first bought this book, I had wanted it to perform a "miracle" for me and wipe-out the pain of losing my cat. I expected more than ANY book could deliver. On re-consideration, I see that this book could be very valuable to persons who need help and understanding as they mourn. It has sensitive and wise advice in negotiating the grieving process. Certainly, there is a measure of comfort in knowing that others have experienced the same sense of loss, and that in time, there can be recovery. This book can help you along.

My cat Knuckles made it to be 18 years old. He had diabetes, and fibro sarcoma. Despite him living a good long life, it was hell putting him down. This book really helped me cope with all of the questions I had, and the guilt I was dealing with. Should have I put him down sooner? Should have I have let him live longer? My questions were all answered. In one of the chapters, the author described how to do something in the memory of a pet. I bought ten of the author's books and donated them to Knuckle's vet clinic. On the inside of the covers I wrote "In the memory of Knuckles, mama, loves you". They are lending these out to people that have lost their pets. I had to take my dog there recently, and the vet tech said she gave one of these books to someone that lost their cat of 19 years. So, I helped someone, I think. Sorry to have rambled. The clinic did say, they ask them to bring the books back, so they can lend them out again. So, my good kitty will live on.

I purchased the original 2007 printing, but I had to look up the author's name for this book today and figured it was time to write a review. I got this book about 4 years ago, when I first started doing

foster care for a local no-kill cat shelter. When I first started volunteering, there was a cat there who was old, arthritic, was missing a big chunk of fur from when she was injured before coming to the shelter, and was an all-around sad looking case. Of course, I fell in love right away. Katie was the first of my many fosters, and now I basically do long-term hospice care for our elderly kitties. Losing Katie was extremely hard - she was the first pet I lost as an adult, where that pet was entirely dependent upon me for their care. I found some online resources, but was frustrated because many took a religious tone, and as a non-religious person, it just made me more upset. *Coping with Sorrow on the Loss of Your Pet* is a wonderful guide to managing the grief that comes with the loss of a pet. The first half of the book is devoted to dealing with the actual grief. There are some parts that pertain more to religious people than others, but I didn't feel that it had the preachy tone that other resources might take. The second half of the book focuses on other practicalities of pet ownership that might trigger the same emotions as grief: what if your pet runs away? If your pet is elderly but still living, how do you make the decision to euthanize, and what are your options if you choose to do so? What if you have to give up your pet due to circumstances outside of your control? This book is now my go-to resource whenever I lose one of my beloved fosters, and I always recommend it to friends who have lost their pets, too. I might cry the whole time I'm reading through it, but it helps get the healing process started and reminds me that my grief will subside and I will be okay.

When I recently lost my companion of 11+ years, in my pain I sought comfort. I found some of it in this book. As I read through the pages - which sometimes brought tears - I felt as though I was listening to a good friend who truly understood my feelings of loss, pain, despair, anguish and loneliness. The sharing of the stories of so many people who expressed feelings that I was also experiencing gave credit to my grief and I plan to keep this book close as I continue to work through the emptiness in my heart. Thank you for sharing this wonderful gift with the world.

On March 13th my 17 year old cat, Puckster was euthanized while I held my hand near his heart. The memory makes me tear up every time and so does this very insightful and tearful read.

Great book in helping one cope with and understand how powerful are the wide-ranging emotions with the loss of a beloved pet. Steps through all the various phases from denial to guilt to acceptance. Particularly helpful in dealing with the emotions of having to euthanize your pet and then wondering if you had done more could that painful step have been avoided. It helped me understand the depth of my feelings for a beloved feline, Loki, of 14 years and slowly adjust to the

fact that he is no longer here with me. Highly recommended.

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