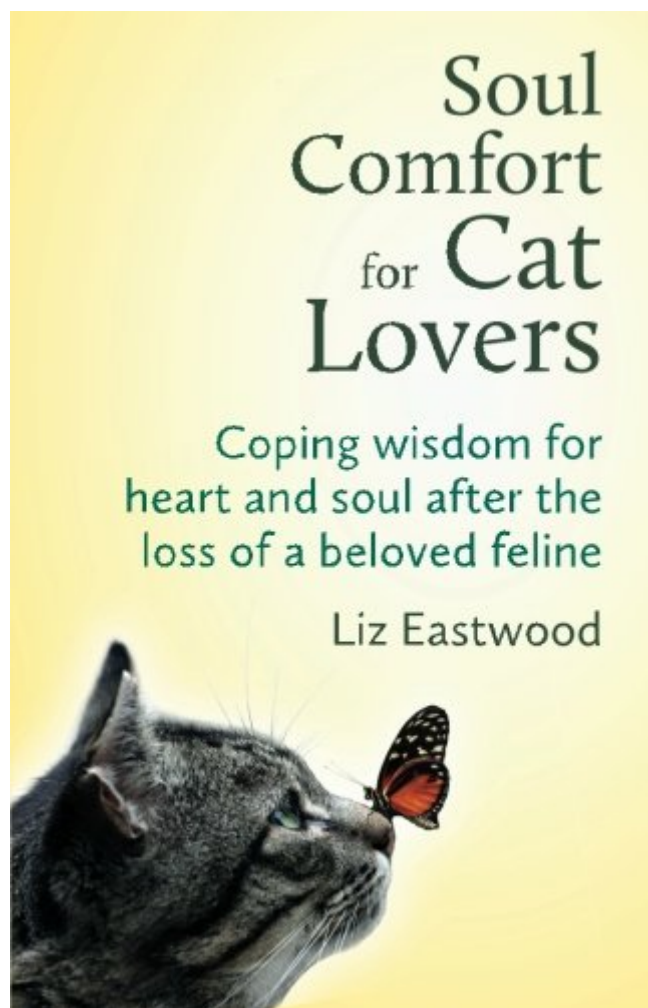


Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline PDF



Download



Read Online

Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline by Liz Eastwood ISBN 0615739121

"...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:

Appendix: Soul Comfort Poems for Ceremonies Acknowledgements About the Author

•
•
•
•
•
•

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.

CONTENTSPART 1 Coping with the Loss of Your Feline Friend: Wisdom for mind, body, and spirit

- How Long Should This Be Taking?
- Learning to Ignore Everyone Who Doesn't Get It
- Understanding What Feelings Are Normal at This Time
- Giving Sorrow the Space to Transform
- Replenishing Your Coping Reserves
- Using Ritual to Honor Your Cat, Heal, and Feel Connected
- Creating Something Positive Out of Grief Energy: The Tribute
- Saving Memories You Don't Want to Forget
- Choosing Continued Connection Instead of "Closure"
- Asking a Magic Question
- Considering the Right Time to Adopt Another Cat
- Knowing When and How to Get More Support

- Choosing Wonder
- Looking at Experiences of Connection After Death
- Exploring Science That Suggests More to Life and Death

- Emerging Whole After Loss

Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline Review

This Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline having great arrangement in word and layout, so you will not really feel uninterested in reading.