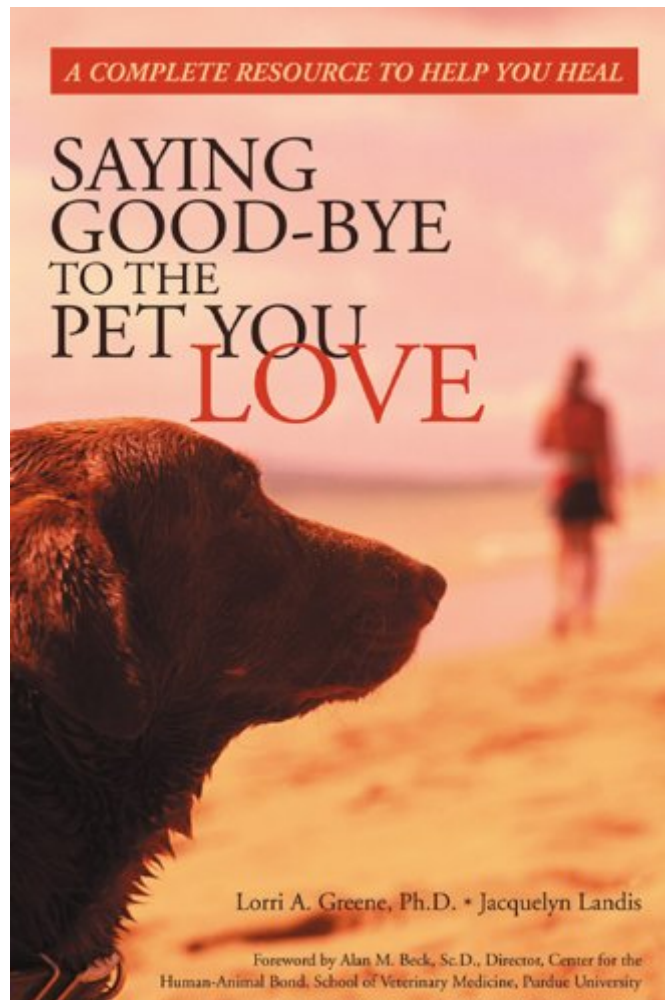


Saying Good-Bye to the Pet You Love: A Complete Resource to Help You Heal PDF



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Saying Good-Bye to the Pet You Love: A Complete Resource to Help You Heal by Lorri A. Greene, Jacquelyn Landis ISBN 1572243074

From a psychologist with twenty years of experience as a pet bereavement specialist, comes the first title to offer cognitive tools and exercises for validating and supporting the particular grief that results from the loss of a pet.

When a pet dies, the vast majority of owners experience significant grief, which is often downplayed by friends, family, and even helping professionals. In this book readers will find validation for their grief, come to understand their human-animal bond, and master solid tools to help them through the grieving process.

Cofounder of San Diego County's Pet Bereavement Program, author Lorri Greene has been specializing in pet bereavement issues for over twenty years. In this sympathetic new book she teaches that pet bereavement is normal and similar in scope to the loss of an important person. Readers evaluate their level of pet attachment and the intensity of their grief experience using Greene's Pet Attachment Worksheet (PAW). They then work through their grief with specific bereavement techniques, including memorializing the pet, recognizing problematic thinking, and finding support. Coping skills are provided for any remaining guilt over medical measures taken or not, and euthanizing a pet. Readers who accidentally killed or witnessed the death of their pets learn about post-traumatic stress symptoms, and are offered self-help resources. Additional chapters include easing a child through pet grief, finding support, and pet loss for the elderly and the owners of working animals.

Saying Good-Bye to the Pet You Love: A Complete Resource to Help You Heal Review

This Saying Good-Bye to the Pet You Love: A Complete Resource to Help You Heal 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 Saying Good-Bye to the Pet You Love: A Complete Resource to Help You Heal without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Saying Good-Bye to the Pet You Love: A Complete Resource to Help You Heal 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 Saying Good-Bye to the Pet You Love: A Complete Resource to Help You Heal having great arrangement in word and layout, so you will not really feel uninterested in reading.