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Pet Loss: A Spiritual Guide



PET LOSS: A SPIRITUAL GUIDE

Julia A. Harris



Synopsis

Millions of American households include animal companions. The grief that follows the death of an animal companion has only recently become recognized and in mental health field. While it is absolutely normal and healthy to mourn a deceased pet, the grieving process can be crippling emotionally, mentally, and even physically. This insightful and helpful book will help anyone: Discover the many emotional reactions and responses to the loss of a pet. Learn what happens at a pet cemetery burial, cremation, or home burial. Find out arrangements that are legally available that your veterinarian may not tell you. Follow the rituals provided or get ideas for developing your own ceremony to honor your pet. Practice the meditations and chakra exercises to help heal the grief. Cope with the trauma of a terminally ill or runaway pet. Assist your children in coping with and recovering from their loss. Understand how different spiritual belief systems recognize and counsel pet loss. Readers will learn the psychological facts about the human and animal bond and how to deal with the initial shock of their loss, as well as the anger, guilt, and sadness they may feel. Extremely practical, Pet Loss also offers the gift of understanding for those who may feel they are alone in their sorrow.

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Until you've lost an animal friend, you never realized how traumatic it can be! Great book to guide you through the grief and how to get back on your feet

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