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a faithful companion.

Chapters address common  
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designed to help them work through their feelings and their relationship with a beloved animal.

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invaluable tool for healing  
emotional pain and loss. It  
saved me after the death of  
my parents and my divorce,  
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"Grief Letters" to our  
"dearly beloved," and read  
it to a listener.

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"Don't Try This Alone"  
The third section of the  
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Grief Recovery Handbook  
details steps a grieving  
person can take in order to  
complete their grief work,  
and is helpful. However, the  
first two sections of the  
book explain, in detail, how  
most of society has been

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to grieve, and how unhelpful  
this is.

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- The Grief Recovery Method  
If you've found that your  
family and friends don't  
seem to understand the level

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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

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our pets, their deaths  
produce a level of pain that  
is difficult to describe.

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help. This book covers: The  
best grief definition you  
will find; Typical responses  
associated with grief

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Recovery Method

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Written by the trio who run  
The Grief Recovery Institute  
in Los Angeles, The Grief  
Recovery Handbook for Pet  
Loss is a straightforward  
and sympathetic self-help  
guide written especially for  
pet owners who feel

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companion. Chapters address  
common myths about grief  
that can impede recovery,  
and walk the reader through  
a straightforward process  
designed to help them work

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through their feelings and  
their relationship with a  
beloved animal.

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is the most comprehensive  
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People come to us not only  
to help others, but because  
their lives were devastated  
by personal loss. Having  
gone through grief, they

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know how hard it can be and  
want to help others who are  
also grieving.

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of your pet please know you are normal. Whether the loss was because your pet died or you had to give up your pet for some reason the grief that you're experiencing is real and completely understandable. This book

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will guide you through the  
steps to help you move  
beyond this loss.

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Drawing from their own

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histories as well as from others', the authors illustrate how it is possible to recover from grief and regain energy and spontaneity. Based on a proven program, The Grief Recovery Handbook offers

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grievers the specific  
actions needed to move  
beyond loss. New material in  
this edition includes  
guidance for dealing with:

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"Recovery from grief or loss is achieved by a series of small and correct action choices made by the griever." This book was so helpful to me after the loss

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of a fourth pet as an adult.  
This pet was very special  
and passed around the same  
time that many pivotal  
people in my life also  
passed. It is okay to be  
grief-stricken when you lose  
a pet!

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