



# Losing a Pet: coping with the death of your beloved animal

*Jane Matthews*

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The loss of a pet can hit us as hard as the loss of any close friend. Yet pet bereavement is so little talked about that, along with their grief and pain, animal lovers may find themselves having to deal with feelings of confusion and even embarrassment at the strength of their reaction.

For anyone grieving the loss of a pet, or facing up to having a pet put down, Losing a Pet aims to fill the gap. Warm, direct and compassionate, this short book offers practical guidance, emotional support and, above all, reassurance that there is nothing unusual in experiencing such strong feelings.

For those supporting someone through pet bereavement, either personally or in a professional capacity, its blend of understanding and practicality aims to help the healing process.

Contents: the place of pets in our lives; understanding why we feel so strongly; the stages of loss; dealing with difficult feelings; having a pet put down; when a pet goes missing; getting help; healing yourself; commemorating and celebrating your pet; additional resources.

What they say:

"This is the best publication of its kind to date." Kevin Spurgeon, Dignity Pet Crematorium

"I loved this book and think many, many people will be helped by it. The length and content are ideal and I recommend it to anyone facing euthanasia or who is experiencing the grief of losing a pet." Dawn Murray, Pet bereavement counsellor

"This book is excellent - offering not only comfort but wisdom and understanding. I always recommend it to any reader suffering the loss of a pet." Sue Quilliam, author, agony aunt and relationship psychologist

"We send a copy to all our bereaved clients and have had many, many positive comments from clients who find it very helpful and a great source of comfort." Nicky Bromhall BVSc MRCVS, Animal Health Centre, Bristol

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