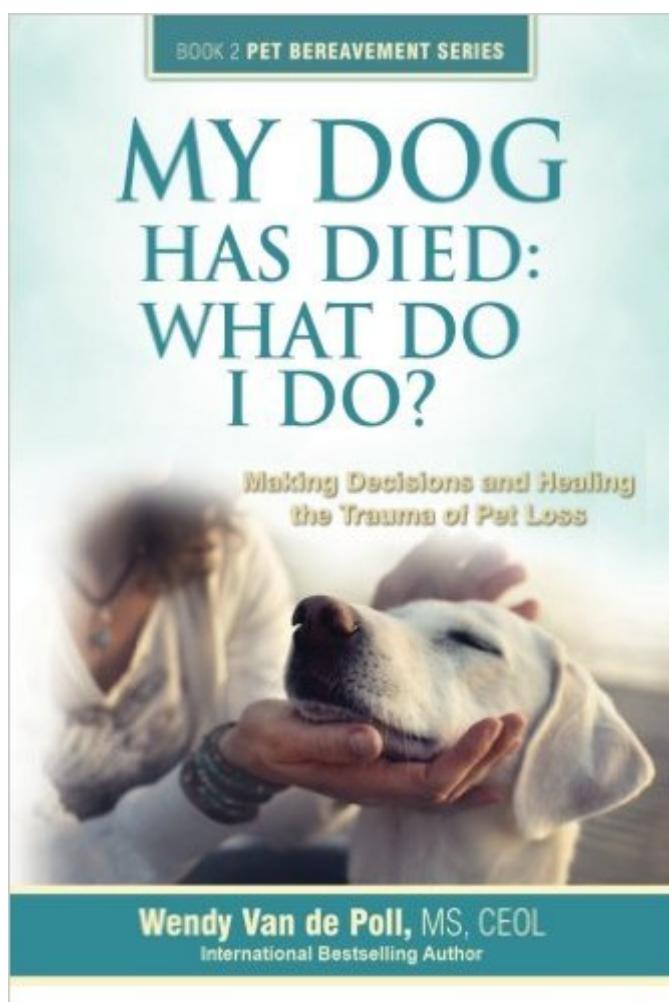


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# My Dog Has Died: What Do I Do?: Making Decisions And Healing The Trauma Of Pet Loss (Book 2 Pet Bereavement Series)



## **Synopsis**

You just arrived home and in an instant, you realize that something is very different. Your house is quiet and there is a cold feeling of emptiness. These feelings are taking on a life of their own, and suddenly reality hits you! Your dog is not bounding through the house to greet you. Your dog is no longer enveloping you with unconditional love, kisses, and endless joy. Devastated you ask yourself, "What am I going to do?" • The answer to this question and the good news is that Wendy is sharing her new book with you as she supports you through your pet bereavement journey. Offering you tools and compassionate guidance to help you heal from the trauma of pet loss. Sharing helpful ways to deal with all the changes that you are going to experience immediately after the death of your dog. Plus, special ways to prepare for the future. If your dog has died and you are experiencing grief, having difficulty making important decisions, and you want to do something special to not forget the life you shared with your dog then this book is for you.

## **Book Information**

Series: Book 2 Pet Bereavement Series

Paperback: 170 pages

Publisher: Center For Pet Loss Grief (June 29, 2016)

Language: English

ISBN-10: 0997375612

ISBN-13: 978-0997375619

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 11 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ See all reviewsÂ (54 customer reviews)

Best Sellers Rank: #714,396 in Books (See Top 100 in Books) #123 inÂ Books > Crafts, Hobbies & Home > Pets & Animal Care > Pet Loss #2458 inÂ Books > Self-Help > Death & Grief #3279 inÂ Books > Crafts, Hobbies & Home > Pets & Animal Care > Dogs

## **Customer Reviews**

This book spoke to my heart. When I was a child, I lost my best friend, a Min Pin, and never got over the loss and never got and kept another pet. It was just too traumatic to lose her. So Mrs. Van de Poll's book with gentle, caring understanding and support let me release some of that grief and heal. I would like another puppy. Maybe now I can let another furry baby back into my life, understanding that there may be loss again, but also so much unforgettable love.

Having recently become a dog owner I was very drawn to this book. I found it easy to read and practical and it covered all aspects of the process of losing a dog. The 7 stages of Grief were very useful and the well placed, relevant case studies added to the credibility and interest of the book. The inclusion of Chapter Wrap Ups and Chapter Contemplation Questions is a great idea and very useful in providing consolidation and clarity. I found the Spiritual Self section a very relevant and welcomed guide which is often ignored by other writers of grief or pain. Spiritual practice will be very soothing in this situation I am sure. I am so attached to my dog - I'm pleased to know I have such a self help guide to turn to again when the time comes. All in all an excellent read and well recommended.

The grief we feel from losing a pet is so traumatic, it feels like it will never go away for many of us. Wendy has been there, too, and shares the missing link in helping us deal with the overwhelming emotion that goes with losing a pet. In Chapter 3 she addresses the psyche and how to deal with the psychological pain, as well. This is a book I will recommend to anyone going through the loss of pet.

Wendy Van de Poll, as a certified end-of-life coach, a pet loss grief coach, a tested animal medium and communicator, and animal lover her self has created a book to guide us through the devastating loss experienced by the death of our beloved canine friends. The book leads us through the various stages of learning to live without our dearest friends while allowing ourselves to experience the depth of our loss, face decisions, and help our children experience pet loss. Her book addresses the physical self, the mental self, and the spiritual self. *My Dog Has Died* provides a meditative session to be used daily as needed to help ease our grief. She concludes each chapter with three contemplative questions that help us to explore feelings more deeply, set goals, and generate empathy and compassion for our loss. Wendy cleverly ties together each session of questions at the end of her book with a wonderfully releasing exercise to help bring us more closure and peace. Wendy's depth of understanding and caring for her clients is felt throughout the book through the narratives she uses as examples. She honors their losses and allows them time to gain self understanding to help process the mourning. This is a unique subject matter for a very real and widely experienced life situation,

The loss of your dog is very similar to that of a close friend passing away - the first 24 hours are the hardest to deal with. Therefore, the author explains the normal feelings, stages and symptoms of

grief, together with common myths and abnormal signs. She encourages you to identify your feelings of grief and to seek appropriate help. Also included in this book are numerous case studies which help you to put into practice the ideas the author discusses. One of the chapters I liked was on the insensitive comments people can make in their attempt to trivialize the grief you're going through. These comments aren't helpful or warranted. The other thing I liked with a timeline of what and when you can do certain things to help overcome your grief and be able to move on. This book is written with a great empathy and knowledge of dogs and their owners. It therefore provides a very good guide of what to do in a grieving situation where you may not know how to cope and what to do.

If I could give this book 6 stars, I would. The author presents the grieving process to cope with the loss of a beloved dog is truly thoughtful and empathetic. Resources for additional support at the end of the book is helpful and a free gift of a downloadable meditation mp3 for healing was a welcome surprise. I highly recommend this book and wish it was written long ago when I lost my dog. Look for the special message from Addie at the end!

I lost my Border Collie, Storm, to liver cancer three months ago. I have been having a difficult time missing him. I found Wendy's book to be very helpful and insightful. She really does understand pet loss and has some excellent advice and suggestions. I'm glad that I read this book. It helped me to feel less alone in my healing journey. I would definitely recommend this book to anyone who has lost a dog recently and needs some guidance and support with their grief.

Van de Poll leaves no stone unturned. She shares information from the nitty gritty about cremation to the cascade of emotions one feels when losing a dog along with stories in a comforting mix. Having lost a dog 5 months ago, I understand more about the process I have experienced and what lies ahead. A good book that will guide you when you lose a fur buddy.

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