



## Coping with Sorrow on the Loss of Your Pet: Third Edition

By Moira Anderson Allen M Ed

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Coping with Sorrow on the Loss of Your Pet is a compassionate, comprehensive guide to help you deal with the heartbreaking pain of losing a beloved animal companion. It shows you that you re not alone, or crazy, or over-reacting to your loss, by calling upon the experiences and advice of dozens of pet owners like yourself. You ll find words of comfort, understanding, and strategies to help you heal in this time-honored book. Moira Allen knows first-hand how much the loss of a pet hurts, and what a hole it leaves in your life. This book doesn t bring you psychobabble - it brings understanding and real help. Coping with Sorrow helps you deal with every aspect of pet loss and bereavement. It will help you: Understand what your pet meant to you, and why its loss is so painful Deal with the overwhelming feelings you may be having of anger, guilt or depression Recognize the importance of acknowledging your feelings and finding ways to express your pain Adjust to your loss by adjusting your surroundings and...



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