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# Goodbye, Friend: Healing Wisdom For Anyone Who Has Ever Lost A Pet



## Synopsis

The final parting from a pet is a sorrow that many feel they face alone. Is it appropriate to feel so sad over the loss of an animal? To answer this question, Reverend Gary Kowalski offers a quotation from Garrison Keillor: "If this is foolish, so it be." Since many people view their companion animals as cherished family members, losing them is, of course, painful and even wrenching. In this beloved manual, Kowalski offers not just insight but also practical guidance; on honoring one's own grief and helping children with theirs; ideas for rituals, ceremonies, and solace; and considering death and the continuum of life. His compassionate and comforting guidance provides grieving pet parents with a much-needed resource.

## Book Information

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## Customer Reviews

Almost a year ago, I lost my remarkable rescue dog, Tallulah, after 13 years together. It was a staggering blow; one I knew would come someday, but one I never wanted to prepare for. After talking to my friends for weeks and finding it difficult to discuss how upset I was without tearing up (or bursting into tears completely, depending on how my friends reacted to the news), I found this

book by chance and it really made a difference. For some time, I was "upset that I was so upset," since I had been able to process deaths of family members and move on quickly, while this one struck me as a lingering sadness. Mr. Kowalski's book made me realize that there are reasons for this reaction, and, more importantly, that they are a natural part of human emotion (SPOILER ALERT: We spend every waking moment with our pets, letting them sleep near us, watching us while we get dressed in the morning, and taking them to the mailbox with us, so, yes, it's okay to miss that presence.) I've read some reviews that fault this book for making them more upset, and I can understand why they feel that way. This is not a book that will make the hurt go away, but it is a book that will make you feel better about being upset, and will give you some comfort in knowing that there's nothing wrong with you or the grief you are feeling. We all process our grief on different timetables, but it's important to remember that it's not a race and it's okay to take all the time you need. I read this about six weeks after Tallulah left, and while it turned the waterworks on, it did so in a way that was cathartic and helpful. There's even a chapter on when to open your home up to a new pet (and that depends completely on you) that made me realize it wasn't a betrayal, but a tribute to your beloved to do so. In July, we rescued a Lab/Hound mix named Conrad, and while he won't replace our girl, I realize there's enough room in our hearts to love this little guy just as much. Our pets are a joyous part of our lives. They're steadier in their emotions than we are and accept the fact that they can build their worlds around us and ask for surprisingly little in return. This book acknowledges that whether your pet has four legs, fins, a shell, or scales, when they leave us, they leave a tremendous void that hits us hard. And it let me know that it was okay to ache, because that means they did the job they were sent to do.

I found the book helpful when I was dealing with the grief that followed the death of our dog. He covers many thoughts and feelings that come up at this time. It was good to know what I was going through was normal and to read about ways to lessen the pain of losing one so close to me.

I just lost one of the loves of my life: my 14 year old golden named Sophie. Reading the healing and inspiring passages from this book helped me through what will always be a difficult time.

When the death of a dog sends you into big, dark grief, this book was recommended to us, and it really helped! I will recommend it to others now.

I would recommend this as required reading for anyone who has been blessed by a relationship

with an animal companion and is facing their time to move along. I cried and marked lines I never want to forget while I was going through the book. It helped me prepare for the quickly approaching end of my beloved dog's life.

I enjoyed the book other than the part he judged letting the pet die naturally. I did with my dog and he died peacefully so there is a way to make them comfortable and be at their home they cherished.

I lost my Boston Terrier Jakie a year ago. It's been really hard having to deal with his absence. This book is very helpful. Especially pointing out that you're not alone.

This is a good book to start the process of healing after the loss of my Trixie. I needed a larger frame of reference to deal with the pain of my loss. I will miss her forever.

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