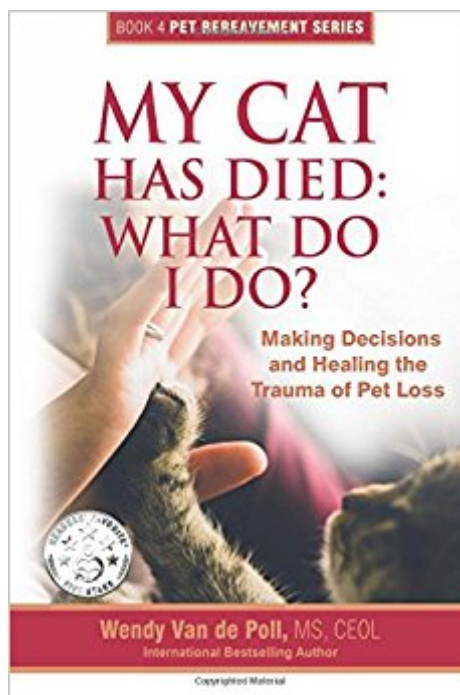




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# My Cat Has Died: What Do I Do?: Making Decisions And Healing The Trauma Of Pet Loss (The Pet Bereavement Series) (Volume 4)



## Synopsis

If you are looking for pet loss books to help you with special ways to prepare for the future, solutions for making important decisions, and you want to do something special to never forget the life you shared with your cat then this book is for you. Healing pet loss is a tender and raw feeling. Let this book help you. Healing pet loss is difficult if you try and do it alone. Start with the supportive tools and compassionate guidance in this book to help you with pet bereavement, cat cancer, grief and loss, pet afterlife and more. 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 cat is not coming to greet you. 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 knowledge of grief and loss, healing trauma, pet afterlife, pet heaven and more. By supporting you in the third of her pet bereavement pet loss books she offers tools and compassionate guidance. Her cat books are read by many to help you heal from the trauma of pet grief. Sharing helpful ways to deal with all the changes that you are going to experience after the death of your cat. My Cat Has Died: What Do I Do? is the third book in the best-selling and award-winning Pet Bereavement Series. It deals with stages of pet grief, pet afterlife and ways to find gratitude in your heart forever. Also, ways to help you make difficult decisions and healing the trauma of pet loss. When you read this book then follow the actions steps at the end, you will experience something deep and forever.

## Book Information

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## Customer Reviews

Wendy Van de Poll is a pioneering leader in the field of pet loss grief support. She is dedicated to providing a safe place for her clients to express their grief over the loss of their pets. What makes Wendy successful with her clients is that she gets <sup>TM</sup>s grief! "Over the years I've dealt with my own grief and helping many families communicate and connect with their pets long after their loss. It's what I've done since I was just 5 yrs old!" • She is compassionate and supportive to all who know her. Her passion is to help people when they are grieving over the loss of a pet and her larger than life love for animals has led her to devote her life to the mission of increasing the quality of life between animals and people no matter what stage they are in their cycle of life! She has been called the animal whisperer. She is a Certified End of Life and Pet Grief Support Coach, Certified Pet Funeral Celebrant, Animal Medium and Communicator. She is the founder of The Center for Pet Loss Grief and an international best selling and award-winning author and speaker. She holds a Master's of Science degree in Wolf Ecology and Behavior and has run with wild wolves in Minnesota, coyotes in Massachusetts and foxes in her backyard. She lives in the woods with her husband, two crazy birds, her rescue dog Addie and all kinds of wildlife.

If you have lost a friend and companion, then this is a gentle, helpful place to start your grief journey. I wish I would've had it when I first realized that my cat was getting old and I was mentally and emotionally trying to prepare myself for the inevitable. Nothing takes the pain away, but this will help you with a healthy approach to moving through the pain.

If you have not lost your cat yet, I recommend you only get her book "My Cat is Dying" (which is great). I ordered it PLUS "My Cat has Died" and the latter did not offer additional information I found useful other than the different types of cremation for pets - you could find this separately online.

The author, Wendy, is a certified end-of-life and pet loss grief coach and has a very deep grasp of this topic. In this valuable book, she shows us how to become a dynamic participant in managing our grief, helping us to feel safe with and understand our feelings, knowing what to expect, what is normal and natural, and debunking pet loss myths and myths about grieving! I found it reassuring to know that it's <sup>TM</sup>s common and universal to feel some level of guilt that we never did enough for our cats, as I experienced feelings of guilt myself by not recognizing some symptoms of illness

before the passing of one of my kitties. If I only know! But, of course, I didn't, so I couldn't have done any differently. This book also includes a discussion on the options of caring for the body of the deceased cat " various options of cremation and burial " how they work and questions to ask. Wendy very simply explains the difference between grief and mourning, which I never knew. This book also discusses helping a child through the grief of losing a pet, and talks about different types of ceremonies for celebrating the cat's life. I found it really fascinating that Wendy is also an animal medium and communicator, and she shared stories of her communications with deceased pets, what the afterlife is like for them, and how they continue to have affection for us and communicate with us from spirit. When we feel an animal's presence after they pass, it probably is not our imagination.

I'm so glad I came across this book when I needed some guidance on how to cope with my grief. My beloved cat who had a chronic kidney disease, whom we were treating in every possible way and were optimistic on enjoying his company for a few more years, suddenly collapsed with no chance of recovery and we had to make that horribly difficult decision of putting him out of his suffering. It happened so suddenly that we were shocked and numb and the whole thing felt very surreal. Only hours later it hit us, that we will never see his sweet face again. The pain of loss was so unbearable that I just wanted to die with him. I was all trembling and shaking and felt nauseated. My heart was pinching so bad, I thought I would have a heart attack. My relatives offered their support but nothing seemed to help. The night was sleepless and our other cat who was his best friend was meowing and searching for him everywhere. The day following the loss of our precious Baby Moose was even worse and I knew I had to do something. I felt like I was losing my mind. He was my soul pet and the hole in my soul was so huge, I couldn't bear the pain. This is when I went online searching for some help with grief relief. I came across this book and it helped me tremendously. It explained why I felt the way I did and offered a lot of helpful information. I read it fast and was ready to ask my vet necessary questions about cremation services they were using. I really wanted to do everything right to pay ultimate respect to the body of my beloved Moosie. I was very lucky to do it on time as his body was picked up early. I obtained phone number from the cremation services where his body was sent and talked to them on how everything will be handled. I felt very much at peace knowing that his little body was in good hands. There is so much more in this book that can help anyone who lost pet recently or a while ago to cope with their pain of loss. Please, invest in this book. It will give you lots of good advice and will teach you how to go about many things, including telling your kids about the loss.

This book is not only for people who have lost their beloved cat. If you read this book you will know how to heal from the loss of any pet. The author is so clearly devoted to her mission. She offers more than just words to read, she offers a blueprint and with it comes helpful contemplation questions at the end of every chapter. One of my favorite parts would have to be the section on self-care, which is to say caring for your soul and learning to let go of any associated guilt you may be experiencing. Further, this author addresses the area of working through the painful time of explaining to children what has transpired. Her advice: Honesty is Critical and I agree. Ms. Van de Poll even gives tips on writing a 'Love Letter' to your sweet beautiful cat to memorialize the life of this important family member. There is a lot in this book and I suggest you read the book and devour every little nugget of wisdom.

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