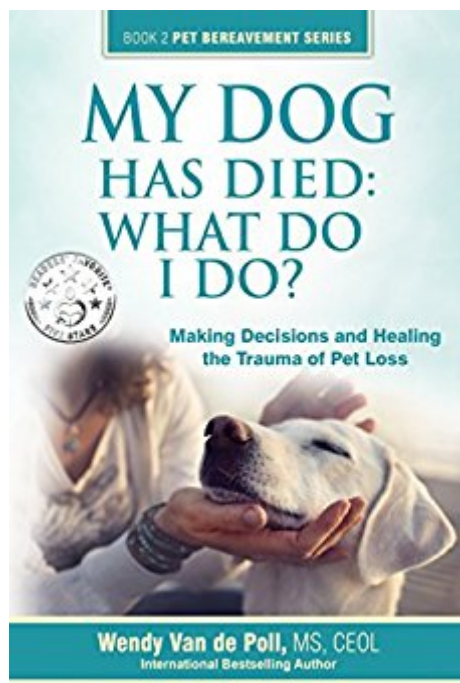




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# My Dog Has Died: What Do I Do?: Making Decisions And Healing The Trauma Of Pet Loss (The Pet Bereavement Series Book 2)



## Synopsis

Healing Pet Loss Grief after the Death of a Pet is difficult if you try and do it alone. This is the second in the Pet Bereavement Series of pet loss books. Start with the supportive tools and compassionate guidance in this book to help you go from grief to gratitude and a forever bond even in pet afterlife. 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 knowledge of grief and loss, healing trauma, pet afterlife, pet heaven and more. By supporting you through your pet loss journey she offers you tools and compassionate guidance 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 dog.

**My Dog Has Died: What Do I Do?** is the second 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. If you are looking for a pet loss book to help you with special ways to prepare for the future, having difficulty making important decisions, and you want to do something special to never forget the life you shared with your dog then this book is for you. Healing pet loss is a tender and raw feeling. Let this book help you. When you read this book then follow the actions steps at the end, you will experience something deep and forever. From grief to gratitude and a forever bond.

**5-Star Reader's Favorite Review** **My Dog Has Died: What Do I Do? Making Decisions and Healing the Trauma of Pet Loss** by Wendy Van de Poll, MS, CEOL, is the second book in The Pet Bereavement Series, following **My Dog Is Dying: What Do I Do?: Emotions, Decisions, and Options for Healing**. An expert in pet loss grief support, Van de Poll helps readers come to terms with the gravity of emotions they experience while grappling with the death of their beloved companions. Offering guidance and compassionate reassurances that most of what a reader is feeling is natural, she then reaches further, covering all the necessary details from helping children understand, making funeral and memorial arrangements, whether or not a reader might be ready to get another dog, and many other areas. These insightful and compassionate chapters include examples, case studies, and questionnaires at the conclusion to help assess where a person may be in the grieving process. Van de Poll ultimately allows readers insight into her expertise as a medium, educating those grieving on spiritual connections and afterlife.

"My Dog Has Died: What Do I Do?" by Wendy Van de Poll is a jewel of a guide for anyone who has lost their

dog, but will certainly prove useful even to those who are grieving over the loss of their cat, or another adored pet. Van de Poll writes with the compassion and caring one needs during a time such as this, and she achieves this while affirming her authority in the field. It's really important that people in these circumstances feel that the pain they are experiencing, and how they are coping with it on an individual level, is normal. Van de Poll validates the grieving process and allows readers with additional tools to assist them on the journey. Nobody ever wants to think about their need for a guide such as this one, but it will prove to be an invaluable resource to those who read it.

~Jaime Michele, 5-Star Reader's Favorite Award

## **Book Information**

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## **Customer Reviews**

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.

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 provides valuable information and insights in dealing with the practical and emotional aspects of losing a pet in a straightforward yet heartfelt way. The "contemplation questions" at the end of each chapter are good summaries and help the reader process the information presented. While Wendy's book is specific to dogs, I believe the message would apply to the loss of any type of pet. I was especially interested in the section on dealing with the body, as my beloved mini-schnauzer is nearing the end of her life and this is a topic of conversation I am now having with my veterinarian. I was also interested in the chapter on helping children and other family members cope with the loss of a pet. I highly recommend this book as well as Wendy's first book "My Dog is Dying: What Should I Do?"

Compassionate and insightful for the end of a beloved pet's life with you. Wendy is a true gift to us in difficult times with difficult decisions to make.

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.

Excellent book. Glad I found it. Worth every penny. Very helpful & to the point. Will use as a reference book. And I plan to loan to others in need too. She has amazing knowledge to share!

I remember losing a family pet as a child and having to walk through the grief silently alone. Wendy's book is a fantastic book that not only helps you look at the grief head on, but with practical

tips and contemplative questions, it begins a process of healing. You also feel that you are not alone in the journey as you continue to read because Wendy's down to earth way of writing makes you feel as though you are talking with a friend as you read. I highly recommend it for not just adults but for families dealing with the grief of a lost pet.

Who hasn't been through the pain, agony and disruptive grief of losing a beloved pet that was your world, your joy, your everything? The loss can be so paralyzing, even debilitating, that you find it difficult to move on. In her most recent book, *My Dog Has Died: What Do I Do?* Wendy Van de Poll, takes her gifts, talents, education and experiences and lays them to paper to help you get through the traumatic time that accompanies such an experience. This book not only deals with how to manage through the grief of your loss or any loss that matters, but also how you can reconnect and stay connect to that lovable pet you had for the short duration of your life and meaningful, joyous period they had with you. She takes the time to help you understand what the grieving process is and how you can manage through it using the old adage, still truthful and useful today - time heals all wounds. She then helps you to muddle through the difficult time period of giving your pet its proper ending here on the physical realm by making you understand the importance of those tough decisions you need to make such as dealing with the loss with your children, burying your pet, caring for the body until internment and seeking out a new companion, if you so choose. She then helps you to understand the joys of celebrating the ending of one ending with a new beginning by getting you to celebrate the life you shared with your pet. She discusses how to celebrate the happiness, companionship and unconditional love they showed you giving meaning to your life with no fear of guilt in embarking on a new, exciting adventure with your next pet. Finally, she truly realizes how not only are we spiritual beings living a human life, but also are pets are spiritual entities, living a pet life on this planet sharing our tears, happiness and routines daily. She provides some simple ways to reconnect with your pet after the transition. Her experience as a medium helping others reconnect with their pets provides not only comfort but insight on how lives matter in this world and the next. This is an easy read and a must for any pet lover that has lost their loved one and is in need of comfort and understanding.

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