



Saying Goodbye to Your Angel Animals: Finding Comfort after Losing Your Pet

Allen Anderson, Linda Anderson

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In this thoughtful book, Allen and Linda Anderson walk you through the numbing pain and dreadful sense of loss that arise when a beloved animal dies. They offer solace to help you deal with grief, remember and honor key moments in the animal's life, find comfort through groups and with professionals, and get past the depression. They also include exercises, affirmations, and meditations to use through the various stages of grief. The Andersons' caring, practical advice covers all aspects of pet loss, offering guidance on:

helping children grieve :: honoring your religious beliefs :: grieving for runaway pets :: helping others know what to say or do to console you :: planning an appropriate memorial ceremony or tribute

The book also explores the concept of after-death experiences of departed companion animals and relates many beautiful stories, including the Rainbow Bridge story, that reinforce the love and sense of peace that come from honoring the place animals hold in our lives.



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