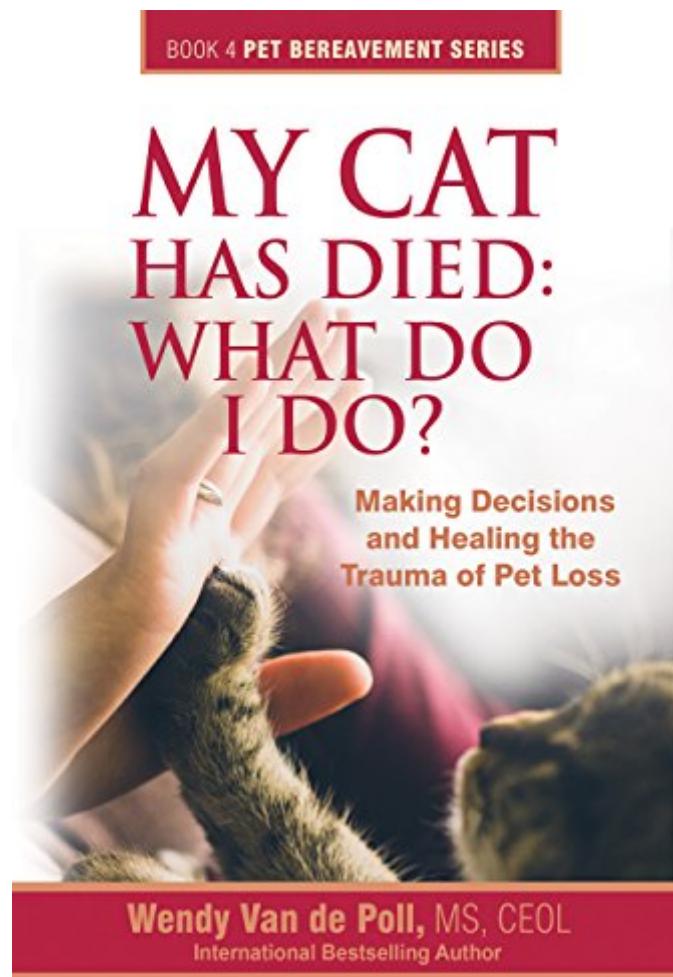


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# My Cat Has Died: What Do I Do?: Making Decisions And Healing The Trauma Of Pet Loss (The Pet Bereavement Series Book 4)



## **Synopsis**

You are on the couch and within split second you are aware of something very unusual. Something is missing and you are feeling alone--your heart is empty. The reality hits you! Your cat is not on your lap sharing the love in your heart. Devastated with pet bereavement you ask yourself, "What am I going to do?" The answer to this question and the good news is that Wendy is sharing her new book *My Cat Has Died: What Do I Do? Making Decisions and Healing The Trauma of Pet Loss* with you as she supports you through your pet bereavement journey. Offering you tools and compassionate guidance to help you heal from the trauma of pet loss and pet bereavement. Sharing helpful ways to deal with all the changes that you are going to experience immediately after the death of your cat. Plus, special ways to prepare for the future. If your cat has died and you are experiencing grief, having difficulty making important decisions, and you want to do something special to not forget the life you shared with your cat then this book is for you.

## **Book Information**

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## **Customer Reviews**

*My Cat Has Died: What Do I Do? Making Decisions and Healing the Trauma of Pet Loss* is the

fourth book in Wendy Van de Pollâ™s Pet Bereavement Series. As per the title and the book dedication, this is a book intended âœto rescue the hearts of cat-lovers, coping with the loss of their feline companions. The book is divided into three sections, Section 1 - Life without your cat begins, Section 2 - Decisions to be made and Section 3 - Celebrations of life for healing. As with Wendyâ™s previous books in this series, she offers contemplation questions at the end of each chapter, not found in other books on this subject and which are designed to help you as the reader âœproceed even more profoundly and personally in your journey.â• In addition, this book also offers you a free, downloadable Healing Cat Loss Meditation.mp3 which anybody in this situation will find enormously beneficial as they navigate their way through this distressing time. From personal experience I know only too well how holidays, birthdays and special days can trigger oneâ™s grief and memories in an instant so I particularly appreciated reading about this, first covered in Chapter 5 - Understanding the Future and then again in Chapters 12, 13 and 15 when Wendy provides some specific suggestions on how to create memorials and markers of time to help one celebrate the memory of oneâ™s cat. This is a book is highly recommended for all cat owners whether you have lost your pet yet or not. It is always a good idea to be prepared for the inevitable and this book will help you do just that.

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 itâ™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 knowâ• But, of course, I didnâ™t, so I couldnâ™t have done any differently. This book also includes a discussion on the options of caring for the body of the deceased cat âœ various options of cremation and burial âœ 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 catâ™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 animalâ™s presence after they pass, it probably is not our imagination.

As always, Ms. Van de Poll has met my expectations with her touching, much needed advice for pet owners. She has drawn on her own personal experience and addressed each step gently and lovingly that we go through when we lose our feline loved ones. I particularly love the meditation she has made available to help deal with the release of the grief and renewing of the soul that feels it has lost a part of itself from the passing of a bereaved pet. If you need help dealing with what is to come, or are still reeling from the lost past, I would highly recommend this book to you. Losing a pet is always difficult, but Wendy can help you get through the trauma with the understanding of a kindred soul.

I very much appreciated the holistic approach to the grieving process that the author has taken. She helps the reader focus on the mind, body and spirit during such a traumatic time. Let's face it: our cats are such an important part of our lives, and when they are no longer with us, it hurts! Most helpful to me were the case studies and reflection questions. Both of these helped me get a handle on my emotions and helped me to realize I am not alone in this! I also valued the section on developing a self care plan. How it is ok to take time for yourself to relax, unwind and reflect. I found relaxing did not diminish the emotions I was feeling, but helped me sort them out and manage them. Thanks to the author for tackling such a subject!

Wendy is a leader in her field, that of pet loss, healing and coping with the difficult decisions when facing the death of a beloved animal. Reading her books has helped me deal with not only the loss of pets long gone - for which I still felt guilt over whether I did the right thing, to dealing with the tragic loss of my dachshund, to providing well researched and heartfelt ideas for when I have to inevitably deal with this again with my three pets. Book 4 is another great addition to the series.

Wendy shows her passion and Love for our furry friends as well as her dedication to helping us navigate the painful waters of life and death. Wendy, your passion, dedication, and Love is appreciated! If you, or someone you know needs help in these stormy waters there are tools, exercises and resources right here! I highly recommend this work!

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