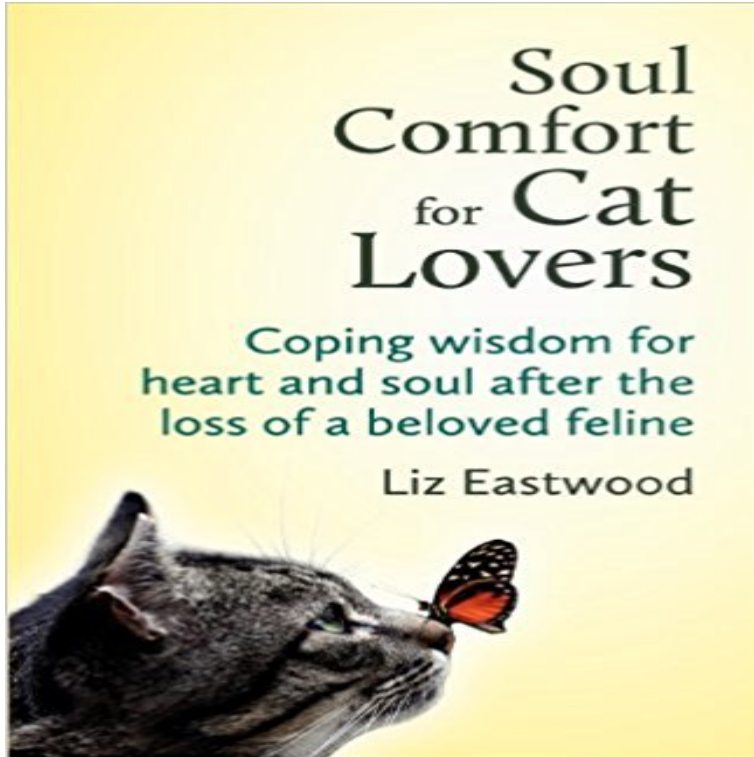


## Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline



...more than just another book on pet loss. Reading this book is like talking to a friend who knows you almost better than you know yourself...it doesn't stop at just helping you through the grief...it will help you find an even deeper connection to your lost loved ones.- Ingrid King, ConsciousCat.net, author of Buckleys Story and Purrs of Wisdom If the loss of a feline friend has hit you particularly hard, know you are not alone. In Soul Comfort for Cat Lovers, you will find validation, coping insights, and practical wisdom conveyed with spiritual warmth. Liz Eastwood, CNC weaves her own experiences with advice from grief experts and stories from cat lovers to help you: process your feelings and recognize them as normal create something positive out of the energy of grief cultivate a continued sense of connection to your cat deal with inconvenient grief strengthen your natural coping chemistry This book also explores evidence of the most soulful of soul comforts: the possibility of the continuation of your loved ones spirit and your connection to that spirit after death. This topic is discussed from a perspective of open-minded curiosity, without bringing in any particular dogma or religion. Asserting that you can live wholeheartedly after loss, and that your feline friend would want nothing less for you, Soul Comfort for Cat Lovers is a compassionate handbook for your grief-healing journey.

CONTENTS PART 1 Coping with the Loss of Your Feline Friend: Wisdom for mind, body, and spirit How Long Should This Be Taking? Learning to Ignore Everyone Who Doesn't Get It Understanding What Feelings Are Normal at This Time Giving Sorrow the Space to Transform Replenishing Your Coping Reserves Using Ritual to Honor Your Cat, Heal, and Feel Connected Creating Something Positive Out of Grief Energy: The Tribute Saving Memories You Don't Want to Forget

Choosing Continued Connection Instead of Closure Asking a Magic Question Considering the Right Time to Adopt Another Cat Knowing When and How to Get More Support PART 2 Finding Comfort in Wonder: Allowing the possibility that death is not the end Choosing Wonder Looking at Experiences of Connection After Death Exploring Science That Suggests More to Life and Death PART 3 Conclusion: Emerging Whole After Loss Emerging Whole After Loss Appendix: Soul Comfort Poems for Ceremonies Acknowledgements About the Author

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