



# Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet

By Gary Kowalski

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From the moment pets come into our lives, we know the day will arrive when we have to say farewell. Still, we are never emotionally prepared for the last *adieu*.

In *Goodbye, Friend*, Gary Kowalski takes you on a journey of healing, offering warmth and sound advice on how to cope with the death of your pet. Filled with heartwarming stories and practical guidance on such matters as taking care of yourself while mourning, creating rituals to honor your pet's memory, and talking to children about death, *Goodbye, Friend* is a beautiful and comforting book for anyone grieving the loss of a beloved animal.

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# **Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet**

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### Editorial Review

#### Review

“This wonderful book is the best guide I know of that can help us deal with the death of our animal companions, whom the more we love the more we will grieve.”

— **Dr. Michael W. Fox**, veterinarian and syndicated columnist

“Saying goodbye to a pet soulmate is something we dread but must inevitably accept. *Goodbye, Friend* offers answers that are woven into a tapestry of care, compassion, and unconditional love for the pets with whom we’ve shared our hearts and homes. Then, we can become much more than our pet’s best friend — we can become healers, teachers, and angels for our friends and family when they, too, lose a beloved pet.”

— **Marty Becker, DVM**, coauthor of *Chicken Soup for the Pet Lover’s Soul*

“The death of a beloved pet is one of the hardest things to bear. This insightful and compassionate book will help readers accept the grief and move on in their lives.”

— **Philip Gonzalez**, author of *The Dog Who Rescues Cats*

“Uplifting, comforting, spiritual. If you have an elderly or ailing animal companion, please read this book!”

— **Alex Pacheco**, cofounder of People for the Ethical Treatment of Animals (PETA)

#### From the Author

**The bond we share with animals is especially pure: one hundred percent love, undiluted and unadulterated. Because the relationship is so direct and powerful, the grief we experience when our pets die can be profound and intense.**

**As a parish minister, I often counsel those seeking comfort in time of loss. And as an animal lover myself (having accompanied two fine dogs to the end of the trail and helped my children struggle with the loss of an assortment of parakeets, rodents, and goldfish) I know the emotional roller-coaster firsthand.**

**There are no timetables for healing. There are no easy repairs for an aching heart. While I can't offer any way around the pain, I can share what's helped me and assisted others in finding peace, for you are not alone on this journey. Through the centuries, people of varied faiths (as well as poets, physicians, veterinarians and philosophers) have accumulated insights that help us face death with hope and wisdom, with gratitude for the years we share, with trust in the mystery that is at once beyond our ken and present in every living creature.**

#### About the Author

The Reverend **Gary Kowalski** is the author of eight books on nature, spirituality, science, and the

environment, including *The Souls of Animals, Revolutionary Spirits: The Enlightened Faith of America's Founding Fathers and Science and the Search for God*. His work has been translated into French, German, Spanish, Chinese, Japanese and Czech, appeared in magazines like *Tikkun* and *Yoga Journal*, and been voted a "Reader's Favorite" by the Quality Paperback Bookclub. A graduate of Harvard College and the Harvard Divinity School, Reverend Kowalski has served Unitarian Universalist congregations across the United States. He currently resides in Burlington, Vermont.

## Users Review

### From reader reviews:

#### **Lori Johnson:**

A lot of people always spent their own free time to vacation or go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you would like try to find a new activity that is look different you can read the book. It is really fun for yourself. If you enjoy the book you read you can spent the entire day to reading a e-book. The book *Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet* it is quite good to read. There are a lot of people that recommended this book. These were enjoying reading this book. Should you did not have enough space to create this book you can buy the e-book. You can m0ore very easily to read this book from a smart phone. The price is not very costly but this book offers high quality.

#### **Anthony Sierra:**

Reading can called imagination hangout, why? Because while you are reading a book mainly book entitled *Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet* your brain will drift away trough every dimension, wandering in most aspect that maybe unfamiliar for but surely will become your mind friends. Imaging each and every word written in a reserve then become one web form conclusion and explanation which maybe you never get prior to. The *Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet* giving you another experience more than blown away your mind but also giving you useful details for your better life in this particular era. So now let us demonstrate the relaxing pattern here is your body and mind are going to be pleased when you are finished studying it, like winning an activity. Do you want to try this extraordinary investing spare time activity?

#### **Kate Sutton:**

Within this era which is the greater individual or who has ability in doing something more are more important than other. Do you want to become one of it? It is just simple strategy to have that. What you must do is just spending your time almost no but quite enough to experience a look at some books. On the list of books in the top record in your reading list is *Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet*. This book which is qualified as *The Hungry Hillsides* can get you closer in growing to be precious person. By looking up and review this book you can get many advantages.

**Sang Weems:**

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