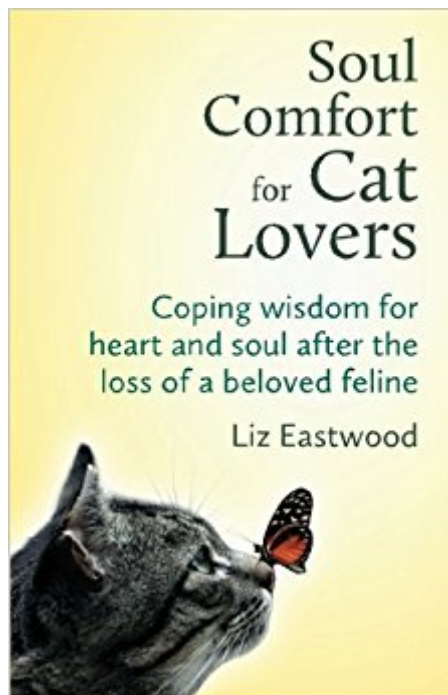




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Soul Comfort For Cat Lovers: Coping Wisdom For Heart And Soul After The Loss Of A Beloved Feline



Synopsis

"...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 Buckley's 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 one's 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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Customer Reviews

I'm grieving from the loss of our extraordinary, loving, handsome fur baby Smokey, who died a month ago from congestive heart failure. The vets only gave him 6 months, but we had him a year with a lot of meds. I have a ton of guilt how he died, and that he was only 9 1/2 years old. I'm getting help from this book, and finding comfort that I'm not alone in my grief and feelings of guilt, regret, etc. She even talks about NDE (Near Death Experiences) which people have had that were peaceful and comforting, and they saw relatives, etc. There are too many to dismiss as coincidence and that helps me too. I believe, as she does, that animals also go to a heavenly, peaceful place, free from pain & suffering. That's comforting. Also, the fact that there isn't "closure" with pet loss - there is still contact with our beloved babies after they've passed if we're open to them. I had done some of the things she recommends already, and will continue to read this wonderful book. I got it on my e-reader, but I highly recommend it in any form.

I loved this book. I bought it after losing my sweet cat Mitten, a beloved friend and companion for over 11 years. It was one of the hardest things I have ever gone through and this book really helped me understand the enormous tornado of emotions I was going through (and continue to go through). This book also helped me to understand that I was not crazy for being as attached as I was/am to my wonderful cat, who was so much more than a pet. A truly comforting and helpful book. I recommend it to anyone who has lost a furr-friend and needs help coping with the grief process and with the overall loss.

This book was exactly the book I needed to read, and it is a marvel that someone was able to capture in words the pain of the loss of a beloved feline soul mate. Just the fact that the author (Liz Eastwood) used those words: 'feline soul mate' made a tremendous impact on me. Yes, sadly I have

been there, and not just once, but many times, since I am a long time cat rescue parent. What I feel is most important for others to understand is that the love of our cats (and dogs) forms an essential bond that supports our own self-identity. When our pet children die - well then, we have surely lost a part of ourselves - and believe me, it is a truly emotionally & physically devastating experience. Liz knows this first hand, from the loss of her own feline soul mate, Bastet - and I want to thank Liz, and Bastet's soul, for bringing forth this wonderful book. Have you ever realized that death was really not the end of your relationship with your darling cat or dog who has crossed over? Well, Liz knows this and understands this and helps you find ways to cope as you painfully grope your way to this discovery. Liz's book helps you find a way to maintain your emotional & physical balance, and easily guides you through the realization and discovery that 'love never dies' and that contact with your beloved cat or dog is an ongoing connection. She puts plenty of scientific facts and info to support this reality into the book, and you will find much helpful advice and info on how to develop that ability to sense the presence of your beloved animal child. There are not enough words that I can write to praise this book.. Please buy and read this book if you are someone who has lost a precious animal child. I would go so far as to say that you should buy this book, even if you have yet to cross into this most difficult space, because if you are a pet parent, there is not a better book to have on hand for that terrible time of physical separation.. I wholeheartedly recommend this book with a 5 Star rating.. I really can't say enough good things about this fine work by Liz Eastwood, a woman dedicated to the proper care of pets and the people who love them.. Oh, and one more thing: I have tangible proof that I am never abandoned by my beloved cats who have crossed over! Check out Liz's blog too: [...] You won't ever regret having come into contact with this caring & helpful cat/dog care advisor.

I have had cats before, but the two we adopted 16 years ago became a true part of our family. For my husband and I, they were our furry "kids". The recent loss of our precious little McCall broke our hearts. I needed something to help heal the hole in my heart and the grief I felt in my soul. This well written and truly comforting book provided the road map for me to begin to heal.

I lost Tasha to the Rainbow Bridge January 30, 2015, to an inoperable cancerous mass in her abdomen. Tasha came into my life when she was 10 weeks old and we developed a bond like I have never had with any other animal in my life. We had almost 13 years ... not nearly enough time ... together. It's been two years since she left and I still grieve for her. One thing I learned from this wonderful book is to not let her loss stop or impede my love for Mischa, Tasha's great-niece. Tasha

loved Mischa dearly, as do I, and I will continue to allow that love and my bond with Mischa to continue to grow and not block it. I am very happy I read this book and recommended it to a friend who unexpectedly lost her cat recently. I will continue to do all I can to honor Tasha's memory.

We just lost Winter a week ago; our chronically-ill cat who suffered a dramatic worsening of her condition before passing away in my arms at the veterinary clinic. We had done everything we could for her for nearly a decade, and still I came away from her death blaming myself for failing her. Eastwood's book found me in that place and helped me begin to navigate it in love, in hope and with my own intuitive sense of the numinous. I would recommend this work to any person grieving the loss of a loved one, any loved one. In fact, I plan to buy a copy or two and keep them on hand to give as gifts to grieving friends.

This really helped me as I struggled with the loss of my kidden. I highly recommend for anyone suffering the loss of their fur-baby. I followed the author's advice and it has helped with the slow process of healing from this heartbreaking loss. Very few understand this kind of pain....I felt like she spoke right to my heart. I cried many times and was grateful to know that someone really understood. Thank you.

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