



You Will Always Be a Part of Me. . . A Guide & Journal for Grieving the Loss of Your Pet

Timothy J. O'Brien, M.S.

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While there might be 5 to 7 stages of grief, there are only 3 steps to deal with it: Relief, Release, and Recovery. Right now, you might not feel anything at all, and just be numb with the shock of the situation. It is a very uncomfortable feeling, but a very natural reaction to your loss. When you are ready, this program will assist and guide you. You might start and stop a few times. That's ok; take it at your own pace. The Three Steps for a Person Using the Program Are: Step 1) Immediate relief by using the CD attached to the front of the book with its relaxation and sleep sessions. Relaxation and Sleep are critically important for you as you grieve. Step 2) Compassionate understanding and giving yourself permission to grieve in the A Season for Healing section. Step 3) Adjusting to the new way of living after the loss of your beloved pet, in the A Reason for Hope section. Each of these 3 steps will help you in a different way and at a different time as you grieve your loss. Grief is a process; it takes time. Everyone and every situation is unique and different. Be gentle with yourself. Give yourself time to heal. You will always be a part of me... provides the tools needed to effectively cope with the anger, depression and other strong emotions of grief. It is a unique, print, audio and Internet based Grief & Mourning Support Program.

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