



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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Bibliography

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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:

Connie Simpson:

The knowledge that you get from Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet is a more deep you searching the information that hide into the words the more you get serious about reading it. It does not mean that this book is hard to recognise but Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet giving you enjoyment feeling of reading. The copy writer conveys their point in specific way that can be understood through anyone who read the idea because the author of this reserve is well-known enough. This kind of book also makes your vocabulary increase well. So it is easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having this kind of Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet instantly.

Joyce Greenberg:

Reading can called mind hangout, why? Because when you are reading a book especially book entitled Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet the mind will drift away trough every dimension, wandering in every aspect that maybe not known for but surely will end up your mind friends. Imaging every single word written in a reserve then become one web form conclusion and explanation that will maybe you never get before. 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 data for your better life within this era. So now let us explain to you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary paying spare time activity?

Sallie Farris:

The book untitled Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet contain a lot of information on this. The writer explains your ex idea with easy means. The language is very easy to understand all the people, so do not really worry, you can easy to read this. The book was compiled by famous author. The author gives you in the new era of literary works. You can actually read this book because you can keep reading your smart phone, or program, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site and also order it. Have a nice go through.

Barry Altman:

As a student exactly feel bored to help reading. If their teacher requested them to go to the library in order to make summary for some publication, they are complained. Just little students that has reading's heart or real their hobby. They just do what the instructor want, like asked to go to the library. They go to right now there but nothing reading really. Any students feel that examining is not important, boring and can't see colorful pictures on there. Yeah, it is being complicated. Book is very important in your case. As we know that on this age, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore this Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet can make you truly feel more interested to read.

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