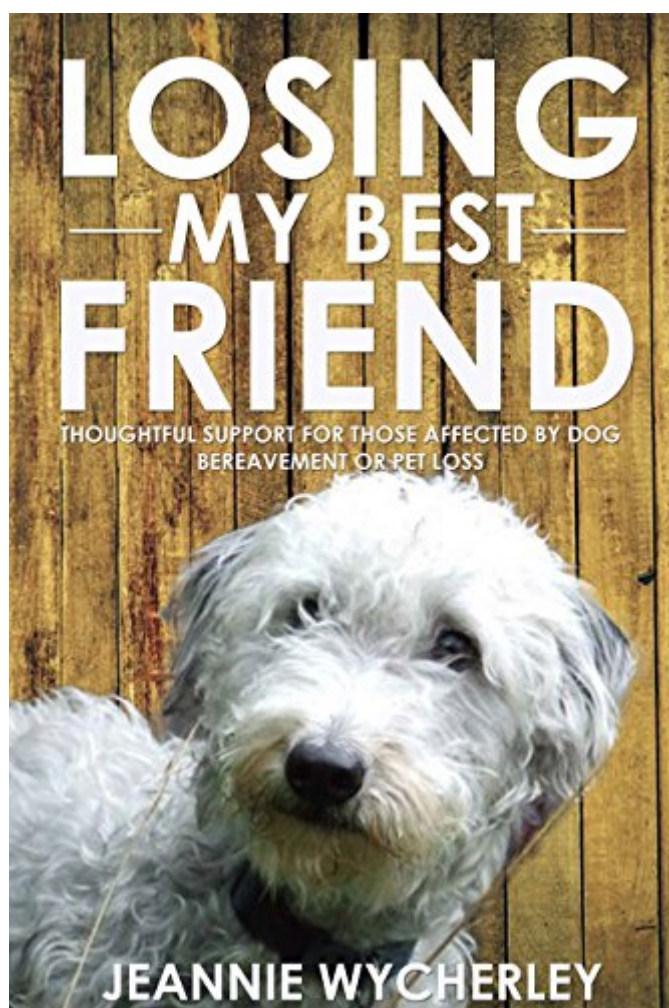


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# Losing My Best Friend: Thoughtful Support For Those Affected By Dog Bereavement Or Pet Loss



## Synopsis

“Remember me with tears and laughter. Remember me though it hurts to do so, because the pain you have is equal to the love we shared, and as long as you feel something, I am here with you. There is no goodbye if you carry me in your heart. Remember all the joy we shared, because there was so much of it for both of us.”

• Herbie Longfellow Alderdice

Are you a dog owner who is in the process of losing your best friend to illness? Or have you lost your beloved friend and you are struggling to get over them? Pet bereavement is tough. Not everyone sympathises with you. Jeannie Wycherley chose to write this book after the loss of her beloved boy, Herbie, because she was hurt by the repetition of the phrase, “he was just a dog.” She realised that her grief transcended that tired notion - one tritely rolled out by people who think they’re being helpful and supportive, failing to realise the guilt and shame many pet owners already experience when they are locked deep in mourning.

*Losing my Best Friend* seeks to dispel the myth that any of our best friends are ever “just dogs”, and it acknowledges that the recovery from dog bereavement is a journey we make mostly on our own, which many find isolating. Losing my best friend demonstrated that there is no rule book, and no hard and fast techniques that will make you “better”. Recovery should be taken at your own pace. There is no schedule, and no-one has the right to say, “Oh, I thought you’d be over it by now.”

• *Losing my Best Friend*: thoughtful support for those affected by dog bereavement or pet loss also offers practical advice about what to do when your dog passes away, including tips on helping your children or other pets cope with the loss, designing your own ceremony to celebrate your dog’s life, and creating memorials. One of the biggest strengths of this book is that it validates what you are feeling. Other people share similar experiences and emotions, and recognise your struggle. You’re normal! In these pages Jeannie Wycherley has created a loving tribute to Herbie, and *Losing my Best Friend* delivers support with a light and loving touch.

## Book Information

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