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We are pleased to announce the publication of
**SAYING GOODBYE TO THE
PET YOU LOVE**

by Lorri A. Greene, Ph.D. and Jacquelyn Landis.

For many Americans pets are bona fide family members. Just look at the stats: 68 million cats and dogs receive Christmas gifts; over 22 million people celebrate their pets' birthdays; and nearly 75 percent of those who've lost a pet experience emotional trauma and grief. This trauma and grief is all too often minimized or dismissed by friends and family, who are quick to point out that, after all, it was *just* a pet that died. But, overlooked as it may be, the human-animal bond is a strong one and when a pet dies the grief is very intense, very jarring--and very real.

In the course of her twenty-year career psychologist Lorri A. Greene has helped nearly 3,000 people overcome the sadness, shock, and anger that the death of a pet can generate. In *Saying Goodbye to the Pet You Love* she combines her unique expertise with genuine compassion to give readers the skills and empathy they need to work through their grief.

Readers begin by filling out the Pet Attachment Worksheet (PAW), which gauges their level of attachment to their pet. They then go on to complete a series of exercises that address the sadness, guilt, loneliness, and denial that the loss of a pet leaves behind. In addition, Dr. Greene includes strategies for helping a child cope with the loss of a pet, which is often a child's first exposure to death. Readers whose pets are in the final stages of life also find information on hospice care and guidance on when it may be time to consider euthanasia and how to make letting go less painful.

T. O. C.

About *Saying Goodbye to the Pet You Love*.....p.1

Story ideas.....p.2

About the authors.....p.2

Suggested interview questions...p.3

Raves for *Saying Goodbye to the Pet You Love*.....p.4

SAYING GOODBYE TO THE PET YOU LOVE
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Story Ideas

1. What to do when grief over the loss of your pet isn't taken seriously.
2. How to help you child cope with the loss of a pet.
3. How to overcome guilt and grief if you've accidentally killed you pet.
4. Psychologist specializes in helping people overcome grief over the loss of their pets.
5. Pet loss takes a heavy toll on senior citizens.
6. People who see pets killed can suffer PTSD.
7. How to overcome guilt after euthanizing your pet.
8. How you can memorialize your pet.

About the Authors of **SAYING GOODBYE TO THE PET YOU LOVE**



LORRI A. GREENE, PH.D.,

is a licensed clinical psychologist who has been helping people grieve the loss of their pets for more than twenty years. In 1986, Greene cofounded the San Diego County Pet Bereavement Program, one of the few programs in the United States offering continuous support for those who have lost companion animals. Dr. Greene conducts frequent pet-loss support groups, and she speaks nationally and internationally on the topic of pet loss and the human-animal bond. She maintains a private practice in San Diego,

JACQUELYN LANDIS is a freelance writer and author of *The Insiders' Guide to San Diego*, as well as numerous other books and articles about life in San Diego. She lives with her cat, Kali, in the San Diego area.

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Suggested Interview Questions for
SAYING GOODBYE TO THE PET YOU LOVE

1. You talk a lot about the human-animal bond in your book. How did this bond develop and why is it so strong?
2. You ask readers to complete the Pet Attachment Worksheet or PAW to determine how bonded they are to their pet. What are the different levels of bonding?
3. Grief over the loss of a pet is often minimized by friends and family. What effect does this have on the grieving person?
4. What are a few exercises you recommend to overcome the loss of a pet?
5. You say the guilt is a common response to pet loss. Why?
6. What does hospice care offer for dying pets and their owners and who should consider it for their pets?
7. You encourage readers to think about a number of issues when considering euthanasia for their dying pets. What are some of them and why is it important for pet owners to address them?
8. Chapter 7 of your book deals with post-traumatic stress disorder that has been triggered from seeing the violent death of a pet. How does PTSD differ from ordinary grief and what are some tools for coping with it?
9. Chapter 8 deals with children's grief over pet loss. How is grief different for them than for adults and what do you suggest for parents who are trying to help their children?
10. How does the loss of a pet affect seniors and how can they cope?

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Raves for **SAYING GOODBYE TO THE PET YOU LOVE**

“*Saying Goodbye to the Pet You Love* is one of the best books on pet loss and bereavement that I have ever read. Greene and Landis tenderly and respectfully offer effective tools to help those in mourning heal their hurts caused by the devastating rupture of the human-animal companion bond. Highly recommended!”

—Larry Lachman, Ph.D., Host of The Family Animal show, on KAZU-90.3 FM, author of *Dogs on the Couch & Cats on the Counter*, and Feline Behavior columnist for *Cat Fancy* magazine

“This book is a must for all animal lovers who have lost a beloved pet. Our friends and family, though well-meaning, generally do not understand and are not equipped to provide the necessary support for a grieving pet owner. As a veterinarian, I know this book fills a long-overdue void and I wholeheartedly recommend it!”

—Gary A. Gallerstein, DVM, Owner and Hospital Director, Acacia Animal Health Center, Escondido, California; author of *The Complete Pet Bird Owner's Handbook*

“After 20 years as a professional in the animal world, I realized after reading the first few chapter of *Saying Goodbye to the Pet You Love* that I was privileged to be holding a practical yet humane resource, that not only legitimizes grieving the loss of a pet but helps people understand how to deal with the loss. It has something for every type of person who has been touched by such an event.”

—Mark Goldstein, DVM, President, San Diego Human Society and SPCA

“I wish that a book like this had been available to me when one of my rabbits died suddenly. Lorri Greene was of immense help to me at that time and I've been able to pass along much of her advice to others who have lost their pets. This book will be a wonderful resource for those of us who love our pets and need help coping with their inevitable passings.”

—Amy Spintman, educator, House Rabbit Society (San Diego Chapter)

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