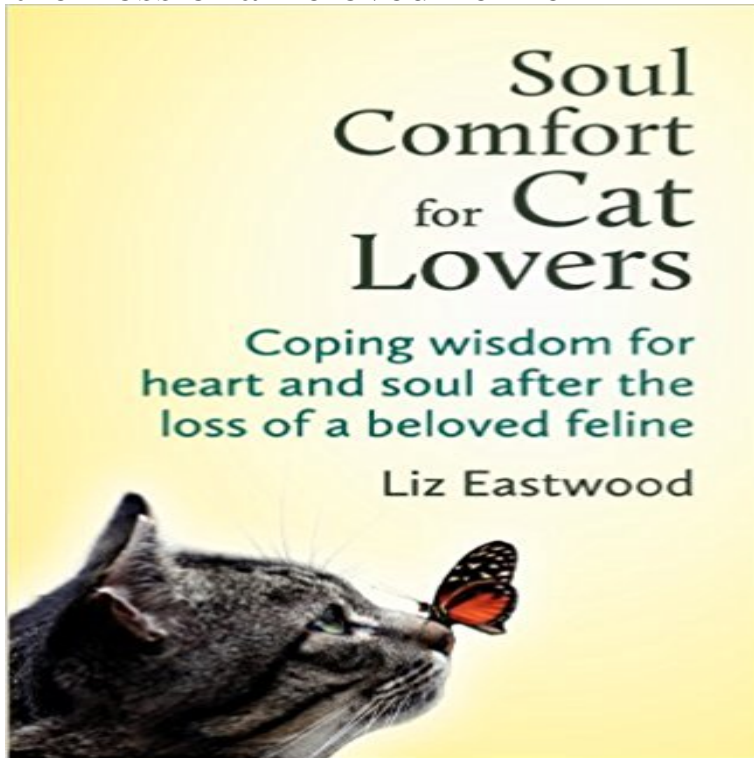


# Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline



...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 Buckleys 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 passionate handbook for your grief-healing journey.

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