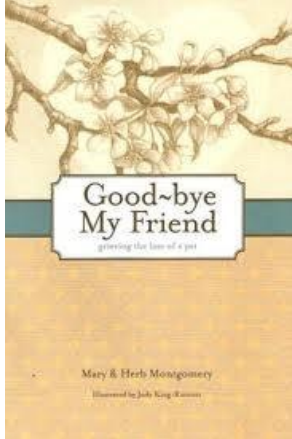


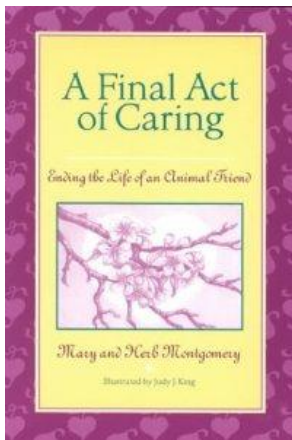
ARGUS INSTITUTE

Recommended Readings for Adults



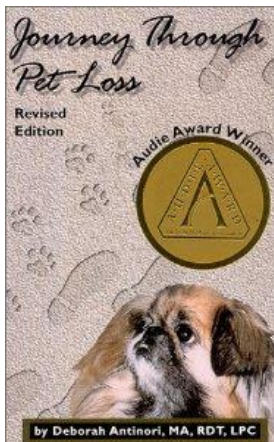
Goodbye My Friend by Mary and Herb Montgomery, Montgomery Press, ISBN 1879779005 (2001)

This soft cover, 31 page booklet offers the reader comfort by providing a variety of personal stories written by different individuals who have experienced the loss of a pet. Stories range from sentimental, to educational (helping children), to uplifting, and provide an opportunity for individual reflection.



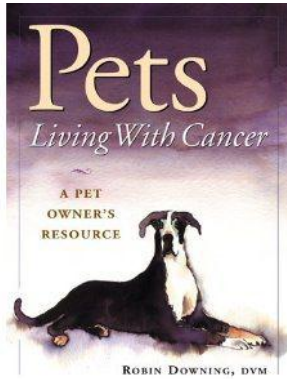
A Final Act of Caring: Ending the Life of an Animal Friend by Mary and Herb Montgomery, Montgomery Press, ISBN 1879779021 (1993)

This soft cover booklet provides comfort to pet owners who must deal with end-of-life decisions for their pets. It encourages people to seek medical facts and emotional support from their veterinarian in order to clearly understand all options available. It includes information about euthanasia.



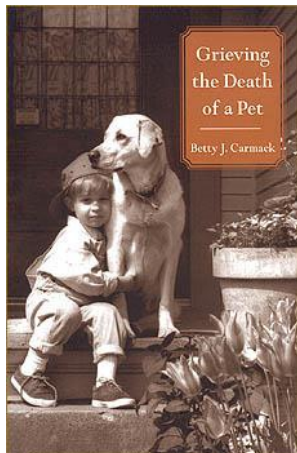
Journey through Pet Loss by Deborah Antinori, YokoSpirit Publications, ISBN 0966884817 (Revised edition 2000) Audio Cassette

Journey through Pet Loss is an insightful, creative, and heartfelt odyssey through the loss of a beloved companion animal. As an experienced drama therapist, Deborah Antinori understands the importance of using creativity and imagery to help move grief from the intellectual realm to the emotional one. Anyone suffering from the loss of a special friend should experience Deborah's unique approach to healing. She provides valuable ideas in a way that feels very personal and meaningful. (Review by Dana Durrance, formerly of Argus)



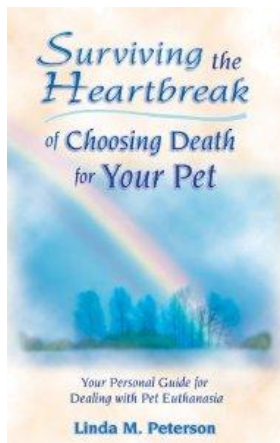
Pets Living with Cancer: A Pet Owner's Resource by Robin Downing, DVM, American Animal Hospital Association, ISBN 1583260226 (April, 2000)

Where do you turn for an educational resource for your clients whose pets have just been diagnosed with cancer? *Pets Living with Cancer* will help you educate your clients about their pet's cancer diagnosis, treatment options, and their role in the pet's therapy. Taking a sensitive and caring approach to your clients' fears will help them face their pet's diagnosis with a positive outlook. Dr. Robin Downing shares her expertise and personal experience with her own dog, Murphy.



Grieving the Death of a Pet by Betty J. Carmack, Augsburg Fortress Publishers, ISBN 080664348X (January, 2003)

In this book, Carmack draws from her experience of counseling more than two thousand people who have lost a beloved pet, as well as the loss of her Rocky and other furry friends. She offers the book as a kind of pet-loss support group to counter "a world that reminds us repeatedly that grief for an animal doesn't count as much as grief for a person." (Copyright 2002 Reed Business Information, Inc.)



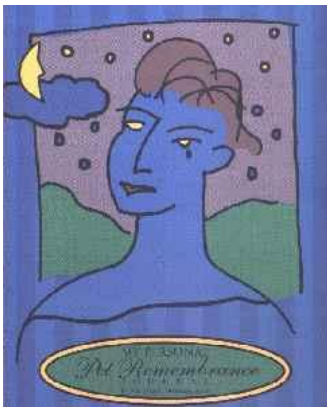
Surviving the Heartbreak of Choosing Death for Your Pet: Your Personal Guide for Dealing with Pet Euthanasia by Linda Mary Peterson, Greentree Publishing, ISBN 0965257223 (1997)

From a customer who purchased this book: "Having to choose death for my best friend of 20 years was incredibly painful and brought feelings of guilt, despair, relief and depression. At the time, I felt I might just be losing my mind. This book helped me work through all of my feelings. It gave me a peaceful feeling. It let me know that I was not alone. There are a number of useful references in the back."



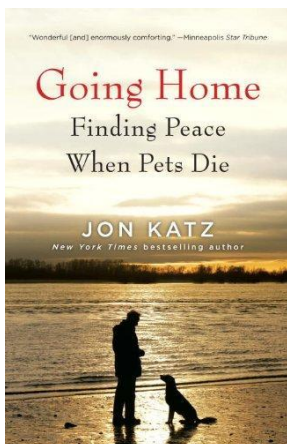
Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet by Gary Kowalski, Stillpoint Publishing, ISBN 1883478227 (2006)

Kowalski's book is full of sound, compassionate advice to get you through the loss of your pet(s). The book addresses animals' grieving; their life spans; their growth, illnesses and needs. These are similar to ours: the need to eat, to exercise, to sleep, to have fun, to enjoy companionship and to expect routine. Kowalski includes advice on how to take care of yourself after the death of a pet and the importance of honesty when talking with children about this event. (Summarized from a review by Independent Publisher.)



My Pet Remembrance Journal by Enid Traisman, Dove Lewis
Emergency Animal Hospital, ISBN 0965113108 (1998)

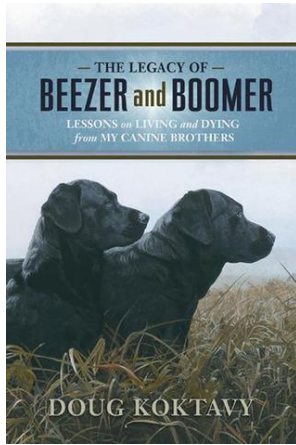
This gentle and enchanting journal is an excellent place to celebrate the life and passing of a much-cherished animal companion. It encourages a deep and healing introspection, gives tribute to the unique gifts of our animal companions, and documents our path into, up, and beyond the dark hollow of mourning and grief. (Summarized from a review by Best Friends Animal Sanctuary Workshop)



Going Home: Finding Peace When Pets Die by Jon Katz, ISBN 0345502701 (2012)

From the Publisher:

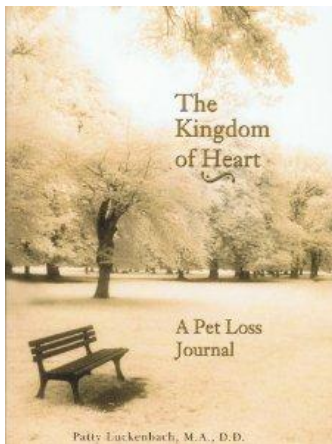
Drawing on personal experiences, stories from fellow pet owners, and philosophical reflections, Katz provides support for those in mourning. By allowing ourselves to grieve honestly and openly, he posits, we can in time celebrate the dogs, cats, and other creatures that have so enriched us. Katz compels us to consider if we gave our pets good lives, if we were their advocates in times of need, and if we used our best judgments in the end. In dealing with these issues, we can alleviate guilt, let go, and help others who are undergoing similar passages. By honoring the animals that have graced our lives, we reveal their truly timeless gifts: unwavering companionship and undying love.



The Legacy of Beezer and Boomer: Lessons on Living and Dying from My Canine Brothers by Doug Koktavy, ISBN 978-0982126004 (2010)

From the Publisher:

An inspirational and constructive memoir about dealing with the painful emotions we go through as we care for and say goodbye to our terminally ill or aging pets. *The Legacy of Beezer and Boomer* describes Doug Koktavy's own journey through anticipatory grief when his beloved dogs were dying. During this time, he was engulfed with fear, guilt and hopelessness, but found strength and powerful solutions when he began to listen to his wise dogs. The award-winning book illustrates how we can learn to stay present, cope with emotions, and ultimately find peace in the most difficult situations.



The Kingdom of Heart: A Pet Loss Journal by Patty L. Luckenbach, ISBN 978-0972718455 (2005)

From the Publisher:

Every loss we experience holds its own special meaning for us, and losing a beloved pet can be as difficult as any other transition. But unlike other deaths, the passing of an animal friend does not bring together family and friends. It is hurt that we generally manage all alone. *The Kingdom of Heart* provides both ways to express and to release our grief. A cathartic tool and a memorial, this workbook is designed for anyone who carries tender memories of his or her special animal companion.

Colorado State University

