

PET LOSS SUPPORT RESOURCES

Books, Journals, & Helpful Tools for Your Grief Journey



Books and journaling can be meaningful tools while navigating pet loss, anticipatory grief, and remembrance.

Our grief counselors have recommended the resources below. Some books are available to borrow from our [Pet Loss Support Lending Library](#). Others are personal keepsakes designed for your own journaling and reflection.

Scan the QR code:

- To request Pet Loss Support Program services
- For additional support & resources

sdpets.org/petlosssupportprogram



Recommended Books & Journals

A Field Guide for Pet Caregivers: Anticipatory Grief & Caregiver Fatigue

By Jayne Law

A compassionate guide that helps pet caregivers understand anticipatory grief, caregiver fatigue, guilt, and the emotional challenges of caring for an aging or seriously ill pet. Ideal for anyone supporting a beloved pet through their final stage of life or preparing for end-of-life decisions.

Just One More Day: A Dog Lover's Guide to Quality of Life and Healing from Pet Loss

By Geoffrey Bain

A practical and compassionate guide to evaluating a dog's quality of life, navigating end-of-life decisions, and coping with grief after loss. Best for dog owners facing a terminal diagnosis or recent loss.

Available as [Ebook](#) / [Kindle](#)

My Pet Remembrance Journal

By Enid Traisman, MSW

A guided journal with writing prompts and reflection exercises to help honor a pet's life and process grief through memories and storytelling. Ideal for anyone seeking a structured way to remember and heal after losing a beloved pet.

Life After Pet Loss: Daily Reflections for Working Through Grief

By Judith Eve Rosen, LCSW

A collection of daily reflections and gentle encouragement to support the grieving process one day at a time. Best for individuals looking for ongoing comfort and emotional support following the loss of a pet.

The Invisible Leash

By Patrice Karst

A comforting children's picture book that reassures young readers that the bond with a beloved pet continues through love and memories, even after death. Ideal for children and families coping with the loss of a pet.

More Recommended Reading

[Association for Pet Loss and Bereavement](#)

<https://www.aplb.org/recommended-reading/>



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