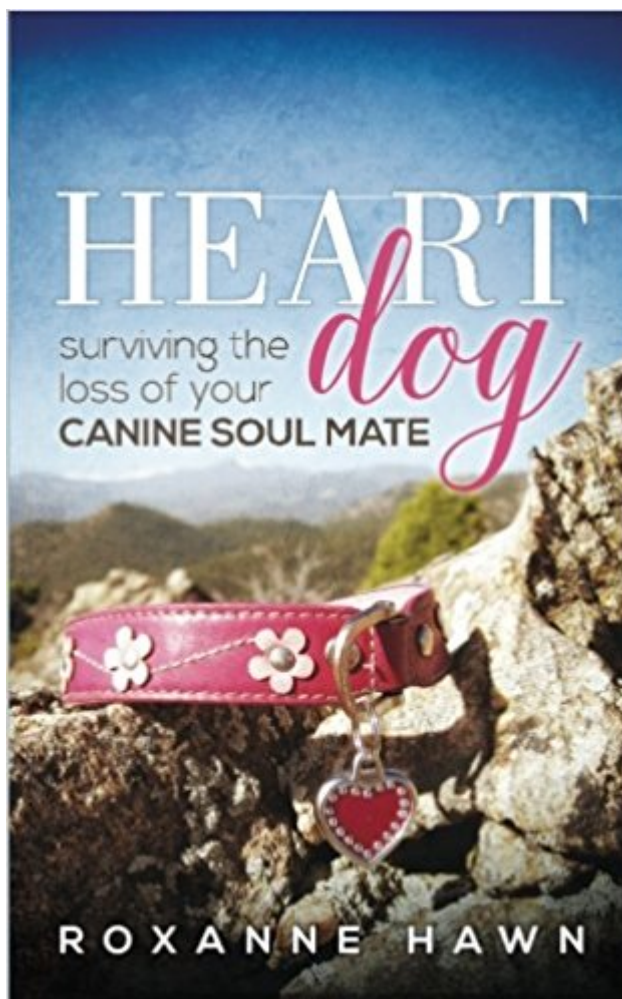


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Heart Dog: Surviving The Loss Of Your Canine Soul Mate



Synopsis

The death of any dog is hard. The death of a Heart Dog — a canine soul mate — is much, much worse. Even if you've experienced pet loss before, losing your canine soul mate is different. Typical grief advice isn't nearly enough. Heart Dog answers all the big questions about canine soul mates, offers practical ideas for coping with each day's dose of grief, and provides inspiration for finding your place in the world after such a profound loss. Others have survived the grief. You can too. Let Heart Dog be your guide.

Book Information

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Customer Reviews

"If you're experiencing the shock and devastation of losing your canine soul mate ... Roxanne Hawn's words in Heart Dog can be that long-distance friend that you need." -- Jackie Bouchard, USA Today bestselling author of *Rescue Me, Maybe* "Roxanne Hawn has the rare gift of melding emotion and logic in good writing ... Never preachy, never judgmental, this book offers the reader tools and the space to deal with the emptiness of losing a best friend." -- Leland Dirks, author of *Seven Dogs in Heaven*

I began blogging about my Heart Dog / canine soul mate, Lilly, in April 2007. A real-time memoir, the blog -- called *Champion of My Heart* -- chronicled life with a brilliant, sensitive dog. Then, things became complicated following Lilly's rare adverse rabies vaccine reaction. The fight for Lilly's life lasted 693 days. Lilly died December 17, 2013. *This book stems from that experience. My recovery from the profound loss remains ongoing.* If you are purchasing this book for yourself, I am

very sorry for your loss. Even without knowing you or the cause of your dog's passing, I can assure you that you are not alone. Many of us have walked the same road. We've survived the loss. You can too.~ ~ *If you're giving this book as a gift, I applaud you for recognizing this profound loss in someone else's life. Not everyone gets it, and that lack of empathy compounds the grief people feel. I'm thankful that you understand, and I'm sure the book's recipient will appreciate and remember your kindness.~ ~

I knew Lilly, the canine soul mate that inspired this book. I followed her story on the author's blog every day, and often felt inspired to work harder with my own furry boy to keep that connection strong and to keep his life with me joyful and alive. When Lilly became ill and the author fought so hard for her life, my heart broke. Roxanne Hawn writes with great clarity and focus. Her devotion to the absolute highest quality of life for Lilly shines through every word, every phrase. I didn't know if I could read the story of her heartbreak in losing Lilly, didn't know if I could bear the sadness. However, Roxanne has created a story that is about survival in the face of deep loss. When that loss is your dog, sometimes the people in your life cannot understand the depth of your sadness. An animal is not the same as a human, so they say. And yet, our bond with a dog can sometimes feel even deeper than the bonds with many of our human companions. My heart still hurts with the loss of Curry in 2008, who I cared for when my daughter's circumstances changed. I still think of him and remain haunted by the way he died. Roxanne Hawn has created a story about honoring the depth of loss one feels and offers solid suggestions for how to process the loss. This is not "how to get over it" but rather is a story about how to respect the connection that existed and to find appropriate ways to heal in the face of such grief. She understands the depth of loss, the questions that will perhaps always remain unanswered, and yet how we live with the loss and the questions. Roxanne offers a variety of resources for the survivor to consider, all practical and well-researched. Because she has lived this, she is able to speak to the heart of one who is grieving their own loss. I don't know of another book like this, a book that helps a human who has given their whole heart to a dog and then watched that life slip away. Thank you for the legacy you've left behind, Lilly, through your beloved human.

I like this book the more I think on it. I am suffering through a heart dog grief no doubt. Tootsie is my canine soul mate. Lost her 11/6/2015. She was not actually sick...but became crippled slowly. Then she slid down fast. You understand the rest. Thank you ,so much for your words and great way of expressing your experience. It will help me for a long, long time as I now understand the depth of

my love, and hence the pain of my grief.!

I am glad I read this book. I am even more glad to have it, waiting on my book shelf. Ready to help me when that monster called grief, will show its ugly face again. I read it with two questions in mind, was Viva my heart dog? am I wallowing? I got my answers, but more importantly, I also found things I could have done differently that would have helped me coping with the grief. Something I never expected would happen. Grief is immensely personal, and I remember how I also wanted to own it. Find my way. Not listen to others. Being stubborn about that nobody could help me, and how I persisted on drinking the cup empty alone. In her book, Roxanne never tells me what to do, instead she gives me the feeling I am not alone, and makes suggestions along the way. She is never wallowing about her own loss - Roxanne's loss of her own heart dog, Lilly - in the book she is the gentle voice saying "I get it", and "here is what you could try to make it easier on yourself". Together with the fact the book is short and to the point - I wouldn't want to read a huge volume about grief, while grieving - I know now I have a new best friend, waiting patiently on my bookshelf for me to reach out to for when I would need it again.

When my heart dog was almost 13 years old, I contacted Roxanne to see when this book was coming out. I wanted to be prepared for what would be coming in the future. The book was a great guide for the process, and I made many decisions well in advance. I selected urns, jewelry, photos, and I started writing his tribute. The loss of my heart dog was immensely painful and devastating, much more painful than any other loss I had. With that said, I seemed to remain functional and able to work that week. Part of it was that it was a very peaceful and painless suffering for a dog who lived a full life. The other part was that many things were already in place such as what I would do with his physical body, which crematory services I would use, what I would write in my tribute. I was able to spend my time soon after his passing with friends and family and remembering the cheerful memories instead of making arrangements. I'm still framing photos and setting up our memorial display, but it is with joyful reflection and not of grief. The most painful part now is letting the organizations and facilities that my dog visited know that he wouldn't be making anymore visits in physical body anymore. This book helped me be in a better place to talk to other people about his passing. One of the questions that plagued me was if I would ever have another heart dog. I reviewed the book again the week that my heart dog became an angel, and it was a great relief. My loss was not only my heart dog, but my first dog. He was a once in a lifetime dog, and as someone called him - "The David Bowie" of our breed. He

was a dog that touched many lives through his community service, and I'm grateful that I got to be a part of his magic. This book gave me insight on what others experienced in grieving over a heart dog, and it gave me hope that I might have another.

There is no book that is going to make it ok that your heart dog is gone... but what this book did do, is give me a little comfort in knowing that I'm not alone in being so completely devastated, and barely able to function without my angel.

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