

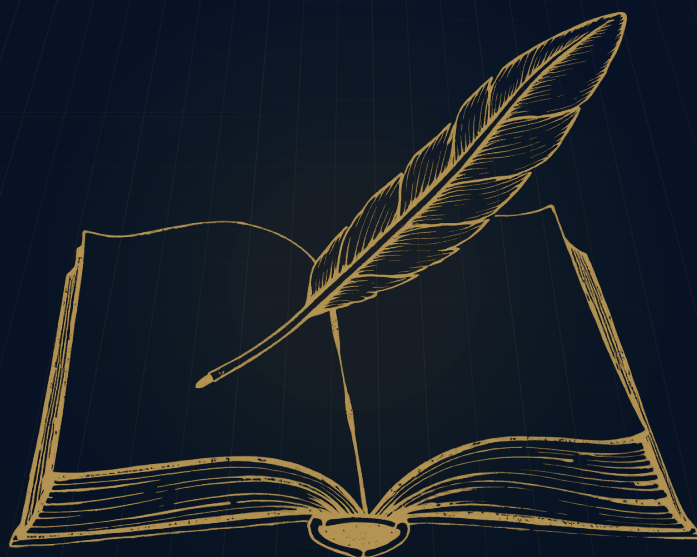
HARBOURSIDE

PET & EQUINE CREMATATIONS

READING LIST

Pet Loss — A Reading & Listening List

Books, podcasts and long reads that have helped



INSIDE THIS GUIDE

- Books on pet loss and grief
- Grief books families quietly love
- Children's titles (5 picks)
- Podcasts and audio essays
- Free online articles and fact sheets

5 PAGES

FREE TO DOWNLOAD, PRINT & SHARE

Written for the families we sit with.

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A reading and listening list

Everything here has been read or listened to by someone on our team, or recommended to us more than once by a family. Your library can order most of the books in; there is no need to buy them.

We have no affiliation with any of these authors or publishers.

Books for adults

Bearing the Unbearable — Joanne Cacciatore

Written by a grief researcher who also keeps rescue animals. Short chapters, no platitudes. The book most often recommended to us by families.

It's OK That You're Not OK — Megan Devine

A firm, warm rejection of the idea that grief is a problem to be fixed. Excellent if people around you are hurrying you along.

The Year of Magical Thinking — Joan Didion

Not about animals, but the most exact description of the searching stage ever written.

Goodbye, Friend — Gary Kowalski

Gentle, practical, and specifically about the loss of an animal companion. Includes ideas for ceremonies.

When Your Pet Dies — Alan Wolfelt

A grief counsellor's companion guide, with journalling exercises. Very approachable.

For children

Read it yourself first, then read it together.

The Invisible String — Patrice Karst

Ages 3–8. The one most families come back to. A string of love connects us to those we cannot see.

Goodbye Mousie — Robie Harris

Ages 3–6. Honest language about death, handled with great tenderness.

The Tenth Good Thing About Barney — Judith Viorst

Ages 5–9. A child lists ten good things about a cat who has died. A classic for a reason.

Lifetimes — Bryan Mellonie & Robert Ingpen

Ages 4–10. Explains beginnings and endings as part of everything living. Beautiful illustrations.

Badger's Parting Gifts — Susan Varley

Ages 4–9. About what remains after someone dies. Good for a whole family to read together.

Podcasts and audio

Griefcast — Cariad Lloyd

Funny, which sounds wrong and is exactly right. Start with any episode that appeals.

All There Is — Anderson Cooper

Beautifully produced conversations about loss and the objects left behind.

Terrible, Thanks for Asking — Nora McInerny

Honest interviews with people in the middle of hard things.

The Grief Gang

Younger voices, informal, good for teenagers and twenty-somethings.

Free online resources (Australia)

GriefLine — griefline.org.au

Free national helpline and moderated online forums. 1300 845 745.

Beyond Blue — beyondblue.org.au

Fact sheets and 24/7 support on 1300 22 4636.

Lifeline — lifeline.org.au

24/7 crisis support on 13 11 14, plus text and web chat.

Australian Centre for Grief and Bereavement — grief.org.au

Practitioner directory and free resources for families.

Pet Loss support groups on Facebook

Search for Australian groups; look for moderated ones with clear rules.

If you find something that helped you and it is not on this list, please tell us and we will add it.