



media kit

The
POWER of
PETS

A Journey To
Healing From
Unexpected
Pet Loss



From
EMPTY To
EMPOWERED



Marybeth
Haines

THE BOOK

DESCRIPTION

When it comes to healing from pet loss, how do we release the pain from an unexpected loss? How do we take the steps of healing from grief knowing that deep inside, we are screaming for a reprieve of the myriad of emotions our body and mind are going through?

Experiencing the sudden and unexpected death of your pet, you may feel like you are climbing a mountain and there is no rest or known outcome. The mountain you climb is high and tall. Each step you take to gather footing to climb one step upwards becomes harder as the mountain appears so expansive in the distance. The momentum and confusion you feel is overwhelming. You move forward towards the peak and with each step you think you'll feel better because you know you will be at the top soon. Now look at the last peak on the mountaintop. You see it getting closer with each step and you sense some comfort. As you come closer to your destination, you calm down and breathe deeper. Your thoughts are more focused and you know there is hope. When you reach the top and find food, water and shelter, your happiness and relief is soothing. You are safe. You prepared yourself and you worked through the hard times and got to the top.

So when we are healing, how do we climb that mountain and pace ourselves so we can get to a level of comfort and sense that we are going to be okay?

When you identify what is happening in the shock of the moment and take positive steps towards regaining perspective, you empower yourself in the healing process. At the same time you gain perspective on how to take care of your body so that you can make decisions with a clearer mind. Your mind is clearer when you are calm and not in a constant state of panic. You are experiencing the grief of losing your pet and at the same time you are taking care of you so that you can be *'present'* in every way possible to grieve and to heal.

When you utilize the information contained in this book and put certain steps into action, you can move away from the chaos. When you feel better, you can

think more efficiently. When you understand what is going on with your body you can understand yourself and your reactions better. This book will present tools and steps to help you take care of yourself and soothe any grief you may be experiencing.

From Empty To Empowered isn't just a book to that put on your shelf. It is a tool that will give you the direction on how to take an active role in your healing journey. The messages you will receive in this book are not only heartfelt, they are essential so that your heart can heal.

LEARN HOW . . .

- You can take an active role in your healing journey and bring back purpose to your life. This practical healing guide reveals the strategies and tools in building a foundation in which will support your journey in the recovery of the sudden, unexpected loss of your pet.
- Gain insights from leading professionals in the healing industry and learn how healing from pet loss affects your life on many levels (physical, emotional, psychological). By putting into practice the tools shared in this book, you will become more connected and in control after the unexpected loss of your pet.
- You are invited to step forward, use this time in honour of your pet and receive the comfort you need to reach the destination of healing.

"Pets are for LIFE. Let's honour, remember and celebrate together."

Marybeth Haines

THE BOOK

IN THESE PAGES YOU WILL UNCOVER . . .

In these pages you will uncover powerful tools to move forward and heal from the sudden, unexpected loss of your pet. You will find a safe space in which you can release, learn and heal. Healing is like a snowflake where there is not one that is designed the same. Just like a snowflake, your healing is also unique and these pages will guide you to move from a feeling of emptiness to a place of empowerment.

Discover the tools to take care of yourself and soothe any grief you are experiencing. Break FREE from society's perceived stigma when healing from pet loss and join together in understanding the unique reasons for your grief. Find yourself empowered in how you can transform grief into healing.

- Enter this journey by giving yourself permission to heal. By doing this, you are building a foundation of support in which to guide and serve.
- Learn how to create a safe space to heal and move forward while still keeping your pet's memory close in your heart.
- Identify how your body is wired to react to stress and trauma. When you understand the effects on a physical, emotional and psychological level, you take back control with understanding and guidance.
- Remember that experiencing grief effects all levels of body, mind and health and this book will educate on how to build a safe foundation of support.
- Read about how the concept of guilt is a natural and normal experience. The secret is in learning how to move through it and use it in healing.
- Learn how to incorporate an 'Active Mourning Process' and a system for healing unique to you.
- Recognize the many questions you might be asking and the purpose they serve in healing.

- Discover the magnitude of the bond and connection shared with our pets and for many, how there can be something else that lies deep within on an emotional level.
- Uncover steps of action that are most important to take right now. In order to move forward in anything in life, be it a project or a transition/time for healing, action steps must be taken to get from point A to point B.
- Learn how animals are our teachers. Animals and humans are two different species in how we sense things, handle experiences and live our lives. Humans anticipate the future; animals are in "the now".
- Break through to receive tools and guidance including a healing checklist of simple strategies and reminders that you can add into your daily agenda.
- Transform unrelenting emotions that are currently surfacing and retreating like a roller coaster to a place of empowerment.



THE AUTHOR

Marybeth Haines empowers people to make choices that promote action, personal growth and healing.

After obtaining her diplomas in Educational Resources and Special Needs/Applied Behavior Analysis, Marybeth began her career by providing support to people with physical and developmental disabilities. Soon she discovered those disabilities were indeed 'abilities' and her clients in turn taught her many things. It was a beautiful exchange of supporting one another.

Throughout the years, Marybeth has upgraded her education and is trained in the top communication tools of Neuro Linguistic Programming (NLP), Time Line Therapy and Hypnotherapy. As an ordained minister, grief consultant and educator, she has worked with people and animals in a variety of settings. In addition to this book, Marybeth is the author of *The Power Of Pets - 7 Effective Tools To Heal From Pet Loss*.

Having experienced grief and loss many times in her own life, Marybeth has made it her passion to share with others how to transform grief into healing and has built a global community initiative called "The Power Of Pets" with pet lovers around the world. She and her husband Troy devote their lives to their 'furry children' and continue to support rescue and rehabilitation organizations for animals.



BOOK INFO

Book Title: **From Empty To Empowered**

Subtitle: **A Journey To Healing
From Unexpected Pet Loss**

Release Date: **January 2016**

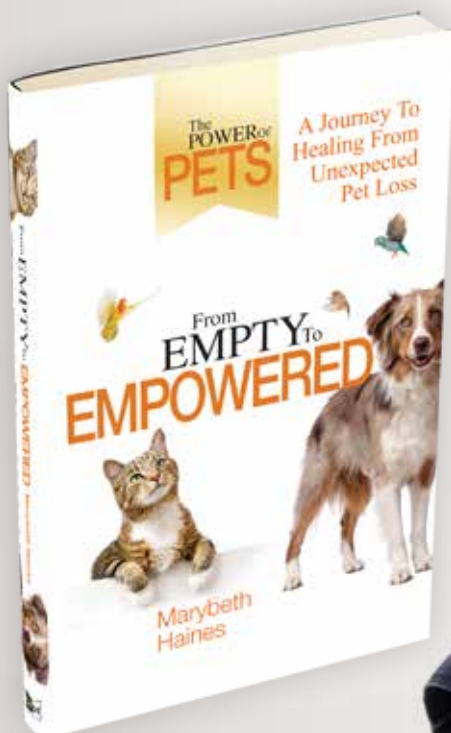
Price: **CAD 23.95**

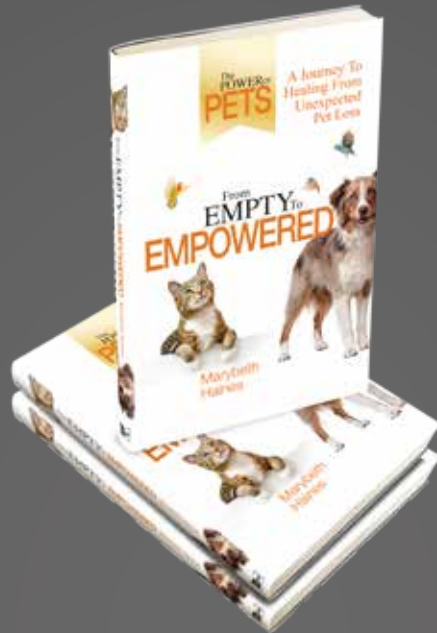
ISBN: **978-1-77204-268-9**

Website: **www.authormarybethhaines.com**

E-mail
Address: **marybeth@powerofpets365.com**

Phone: **+1 905 931 5159**





Publisher

Black Card Books

Suite 214

5-18 Ringwood Drive
STOUFFVILLE, Ontario

CANADA, L4A 0N2

Tel: 1 877 280 8536

www.blackcardbooks.com