



How to Survive the Loss of a Child: Filling the Emptiness and Rebuilding Your Life

Catherine Sanders

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"Thank you, *Catherine Sanders*, for giving us a book that few others could have written. Every page speaks both the depth of your compassion and the breadth of your knowledge. This book will be a wise companion on the difficult journey from loss to recovery."

— Robert Kastenbaum, Ph.D., author of *The Psychology of Death*

"*How to Survive the Loss of a Child* is a godsend to those in the field as well as to those of us in need of such a resource for our own mourning."

— Eugene Knott, Ph.D., University of Rhode Island

"Dr. Sanders' insights are profound and poignant."

— Patricia Geiger, M.D., pediatrician, Boone, North Carolina

"Thank you so much for all that you do for bereaved parents but especially for writing *How to Survive the Loss of a Child*. I know that it has changed lives. It changed mine!"

— Nancy Ulmer, bereaved parent, Kindermourn, Charlotte, North Carolina

It is only through experiencing grief that bereaved parents ultimately heal. Moving through the phases of grief, the bereaved person works toward restoration. Understanding these phases, knowing what to expect, and learning what they can do to help themselves give parents greater assurance and comfort.

In *How to Survive the Loss of a Child*, Dr. Sanders, a bereaved parent herself, offers grieving parents practical help and emotional support. This book also helps family members, friends, and caregivers relate to grieving parents and aids them, too, in understanding the process of healing through grief.

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