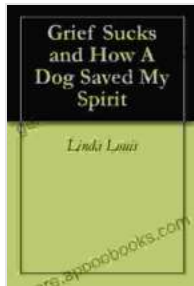


Grief Sucks: And How My Dog Saved My Spirit

I never thought I'd be one of those people who said their dog saved their life. But here I am, writing this article, to tell you that my dog, Buddy, did just that.



Grief Sucks and How A Dog Saved My Spirit by Lee Strobel

★★★★★ 5 out of 5

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I lost my husband suddenly and unexpectedly two years ago. I was devastated. I couldn't eat, I couldn't sleep, I couldn't even get out of bed some days.

I was in a dark place. I didn't know how I was going to go on without him.

One day, my friend suggested I get a dog. She said it would help me get out of the house and meet new people.

I wasn't sure if I was ready for a dog, but I decided to give it a try.

I went to the local animal shelter and met Buddy. He was a small, brown and white dog with big, floppy ears and a wagging tail.

I knew right away that he was the dog for me.

Buddy has been my constant companion ever since. He's helped me through some of the toughest times of my life.

When I'm feeling down, Buddy is always there to cheer me up. He'll lick my face, cuddle with me, and make me laugh.

Buddy has also helped me to get out of the house and meet new people. I've met other dog owners at the park, and I've even started volunteering at the local animal shelter.

I'm so grateful for Buddy. He's helped me to heal from my grief and find joy again.

If you're grieving the loss of a loved one, I encourage you to consider getting a dog. A dog can provide you with unconditional love, support, and companionship.

A dog can't take away your pain, but they can help you to heal.

Here are some tips for grieving with a dog:

- Allow yourself to grieve. Don't try to bottle up your emotions.
- Talk to your dog about your feelings. They may not understand what you're saying, but they will listen.

- Spend time with your dog outdoors. Fresh air and exercise can help to improve your mood.
- Don't be afraid to ask for help. If you're struggling to cope with your grief, reach out to a friend, family member, or therapist.
- Remember that grief is a journey. It takes time to heal. Be patient with yourself.

With the help of a dog, you can overcome grief and find joy again.

Buddy has taught me that even in the darkest of times, there is always hope.



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