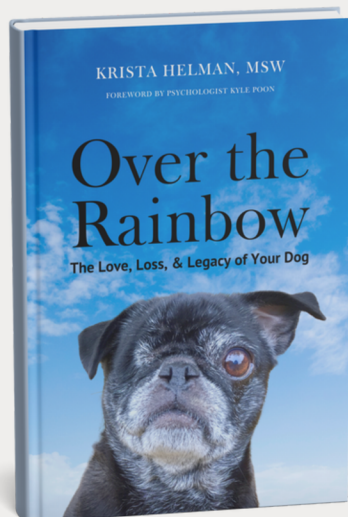


Over the Rainbow

The Love, Loss, & Legacy of Your Dog

A love story about grief, connection, and what our dogs teach us about resonance in the moment.

About the Book



When a beloved dog dies, our grief can feel invisible, but love doesn't end where life does. *Over the Rainbow* helps readers find meaning after loss, blending stories and the science of healing. It gently explores how connection continues beyond goodbye, including After-Death Communication (ADC) as a natural, human experience. The book invites readers to laugh, cry, and grow as they remap their connection, and reorient themselves after loss – transforming grief into gratitude, and pain into lasting legacy. Grief isn't the end of love, it's love finding a new way to reach us.

Perfect For

- Book clubs exploring emotional resilience
- Pet lovers and healers
- Media features on grief, connection, and meaning

Talking Points

- Why pet loss can feel deeper than human loss
- How love changes but never ends
- The healing power of continued connection
- How the brain rewires after loss and steps towards recovery

“The loss of a canine friend can be devastating because you did not lose a something; you lost a someone.”
–Krista Helman, *Over the Rainbow*

About the Author

Krista Helman, RSW, MSW, is a therapist, speaker, and Founder of the Trauma & Grief Institute. She developed the EMDR-GRIEF© protocol, and helps people find healing and meaning after trauma and loss.



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