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What if I just want to be left alone?

After my dad died, there was a brief time when I wanted to be left alone. I didn't know what to feel, say, or do. I trembled a lot and walked around in a daze. It was like a bad dream.

I didn't want anyone to hug me or hold me. People wanted to comfort me, but I pushed them away. You might feel like this yourself. Maybe you don't want people to know how sad you are. Or maybe you're too upset to talk.



Part of you may wish everyone would just go away. But another part of you, deep down inside, probably needs people more than ever. Let your family and friends help you. You can help them, too.



Sometimes it's fine to be alone. You may want to sit and think about the person who died. Just make sure you don't spend *too* much time by yourself.

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“In a compassionate, enlightening, straightforward manner, Trevor Romain addresses the many questions and thoughts that children have after the death of someone close. This book will go a long way to ease the pain of loss by offering sound advice and comfort at a difficult time.”

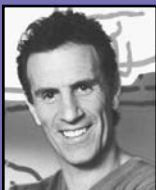
—William C. Kroen, Ph.D., Child Psychologist and author of *Helping Children Cope with the Loss of a Loved One: A Guide for Grownups*

What on Earth Do You Do When Someone Dies?

It's one of the biggest, hardest things that can happen in your life. Someone you love dies, and your whole world changes. What on earth do you do?

Trevor Romain knows, because it happened to him when his father died. This book can help you through a painful time. Trevor answers questions you might wonder about—“Why do people have to die?” “Is the death my fault?” “What happens to the person's body?” “How can I say good-bye?”—in simple, honest words. He describes the strong, confusing feelings you might have and suggests ways to feel better. He tells you it's okay to cry, talk about the death, grieve...and go on with your life.

Read what Trevor has to say. Look at his illustrations. He understands what you're going through, and he can help.



Trevor Romain has written and illustrated more than 30 children's books, including *How to Do Homework Without Throwing Up*, *Bullies Are a Pain in the Brain*, and *Cliques, Phonies, & Other Baloney*. He also has an animated video series for kids based on these best-selling, award-winning books.



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