



## Introduction

This book has been written especially for you, the donor family. You are very special, and what you have done is vitally important. You looked beyond your most painful and personal loss with courage and compassion, and were able to extend the gift of life to someone you do not know. For your very special gift, the recipients and their families will always be grateful.

Now, what is important is YOU—and how you are feeling. You may feel alone with no one to share your deep sense of loss. However, you are not alone. You can share with other donor families and with those around you. The pain you are feeling may eventually soften.

This book was written to offer you some simple thoughts about the death of your loved one. In developing this book, we have spoken to many donor families. We thank them for allowing us to share their thoughts, feelings and personal experiences with you.

This book will also try to answer some of the questions you may still have about your loved one's donation. We have also compiled a listing of other books and pamphlets beginning on page 51 which may comfort you or help you to better understand the way you are feeling. In addition, national bereavement support groups are listed on page 79, and may be contacted for information and assistance.

Lastly, we hope this book will help you as you begin to live without the one you love.