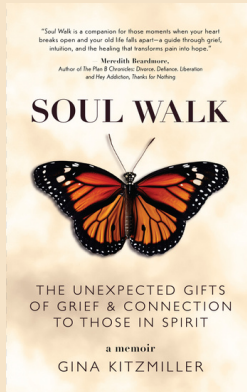


# SOUL WALK

## The Unexpected Gifts of Grief and Connection to Those in Spirit



### Book Details

Soul Walk: The Unexpected Gifts of Grief and Connection to Those in Spirit

Author: Gina Kitzmiller

ISBN-13 (Paperback):  
978-1637657898

(ISBN-10 for reference:  
1637657897)

Publisher: Elite Voices

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**Soul Walk: The Unexpected Gifts of Grief and Connection to Those in Spirit** debuted as an Amazon Bestseller in three categories during its pre-sale, resonating with readers seeking hope, connection, and meaning after loss.

### About the Book

Soul Walk is a companion, a light, and a gentle guide back to yourself. After the unexpected passing of her husband, Gina Kitzmiller began a journey through grief that opened doors she never expected—deepening her intuitive gifts and strengthening her connection to those in spirit. This heartfelt memoir weaves personal storytelling, spiritual insight, and the quiet strength found in healing. It offers more than comfort—it offers perspective, inviting readers to trust their intuition, feel a deeper connection to spirit, and move through grief with grace and possibility.

### About the Author - Gina Kitzmiller

Gina Kitzmiller is an Amazon bestselling author, spiritual teacher, Intuitive, and Certified Grief Educator. Creator of The Karuna Life™ and founder of Trimatri Reiki™, she guides individuals worldwide through energy healing, intuitive guidance, and workshops. Gina also hosts The Karuna Life Podcast and leads retreats focused on healing, spiritual growth, and connection. She lives in Columbus, Ohio, with her family, where she continues to write, teach, and support others in trusting their own inner wisdom.

### Awards and Recognition

Soul Walk: The Unexpected Gifts of Grief and Connection to Those in Spirit has received notable acclaim since its release. It was named a **Finalist for Best Book Cover 2025** in The Wishing Shelf Book Cover Contest and has been submitted for award consideration in the Memoir category of The Wishing Shelf Book Awards. During its eBook pre-sale, Soul Walk became an **Amazon Bestseller in three categories—#1 in Women's Spirituality, #1 in Family & Personal Growth, and #4 in Spiritual Growth**—establishing it as a resonant and impactful memoir

Formats: hardcover, paperback, eBook / [Available Amazon](#), Barnes & Noble & Bookshop.org

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## Timely Relevance

Soul Walk: The Unexpected Gifts of Grief and Connection to Those in Spirit is especially resonant during national observances and awareness campaigns that bring conversations about loss, mental health, and healing to the forefront. These moments provide powerful opportunities for discussion, reflection, and support.

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### Upcoming Dates of Interest & Awareness Tie-Ins

#### August 30 – National Grief Awareness Day

*Hook: How to honor grief as a teacher instead of an enemy.*

A day dedicated to acknowledging grief and encouraging open conversation around loss.

#### September – Suicide Prevention Month

*Hook: Finding hope after unthinkable loss — one woman's story of connection beyond death.*

Raising awareness, offering resources, and supporting those impacted by suicide loss.

#### November–December – Grief Around the Holidays

*Hook: Practical ways to navigate the holidays when someone you love is missing.*

Offering tools and compassionate guidance for those facing grief during festive seasons.

#### May – Mental Health Awareness Month

*Hook: The link between grief and mental health — and why intuition can be part of healing.*

Highlighting the connection between grief, emotional wellbeing, and the importance of community support.

### Suggested Media Segments

**“The Gifts of Grief: How Loss Can Open Unexpected Doors”**

**“Are You Still With Me? Recognizing the Quiet Signs from Loved Ones”**

**“Navigating the Holidays After Loss: A Guide to Grace and Healing”**

**“From Tragedy to Transformation: Finding Hope After Suicide Loss”**

**“Why Grief and Mental Health Go Hand in Hand — And What We Can Do About It”**

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## Praise for Soul Walk

*"Her story is tender, raw, and fearless. It's spiritual without being preachy, mystical but grounded. It's exactly the book I wish I'd had when I was navigating my own grief."*

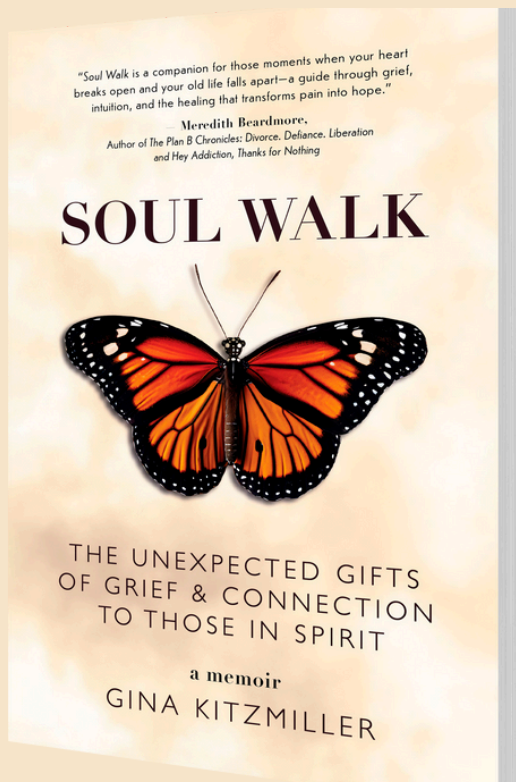
**- Meredith Beardmore, Author of The Plan B Chronicles: Divorce, Defiance and Liberation and Hey Addiction, Thanks for Nothing: A Guide to Loving an Addict Without Losing Your Mind**

*"This book will fill a gap for many seeking help. I'm grateful for this resource. And grateful, others, including grief counselors, may find Gina too.." - Brenda W.*

*"I genuinely loved this book and could feel the truth and compassion in every page. Whether you are experiencing grief yourself, supporting someone through loss, or simply seeking a story of resilience and healing, "Soul Walk" offers comfort, understanding, and hope."*

— Jennifer A.

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## Media & Contact

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For interviews, media requests, or event invitations, please reach out directly. Gina is available for TV, radio, podcast, print, and live events.

Available at Amazon

Barnes & Noble and other select bookstores

