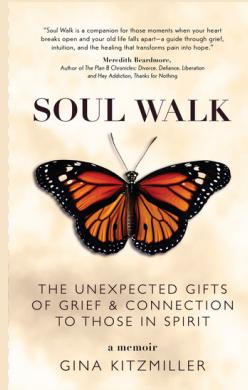


# SOUL WALK



## 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  
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Publisher: Elite Voices  
Publication Date: July 7, 2025

Soul Walk became a #1 Amazon eBook Bestseller during its pre-sale and again after publication, connecting with readers who are seeking comfort, connection, and meaning in the wake of loss.

### About the Book

After a marital separation and the sudden loss of her husband in 2018, Gina Kitzmiller found herself in a chapter she never expected to write. *Soul Walk: The Unexpected Gifts of Grief and Connection to Those in Spirit* is a heartfelt memoir for anyone who has ever asked, *Are you still there? Can you hear me?* Blending honest storytelling with spiritual insight, it explores grief, addiction's ripple effects, and the power of intuition—offering comfort, perspective, and a gentle reminder that we are never truly alone.

### About the Author - Gina Kitzmiller

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

### Awards and Recognition

*Soul Walk: The Unexpected Gifts of Grief and Connection to Those in Spirit* has earned early recognition, including being named a Finalist for Best Book Cover (2025) in The Wishing Shelf Book Cover Contest. The book has also been submitted for consideration in the Memoir category of The Wishing Shelf Book Awards, and it became an Amazon eBook Bestseller.

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.

### 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”**

## Praise for Soul Walk

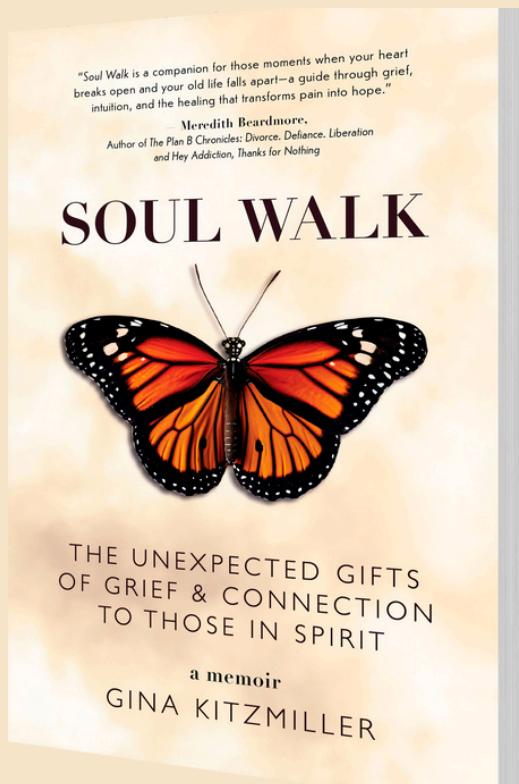
*"Her story is tender, raw, and fearless. It's spiritual without being preachy, mystical but grounded. It's exactly the book I wish I'd had when I was navigating my own grief."*

**- 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.



## 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

