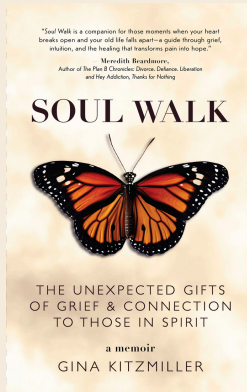


SOUL WALK

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)

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Publication Date: July 7, 2025

Soul Walk became a #1 Amazon eBook Bestseller during its pre-sale and again after publication, resonating with readers 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 how loss reshapes us, the ripple effects of alcoholism, and the ways grief can deepen intuition and inner knowing. Along the way, Gina begins to notice signs and synchronicities that suggest love doesn't end - it changes form. *Soul Walk* offers comfort and perspective, reminding readers that even in life's harder seasons, connection can remain - and we are never truly alone.

About the Author - Gina Kitzmiller

Gina Kitzmiller is an intuitive and energy healer, Certified Grief Educator, and the creator of The Karuna Life® and founder and Grand Master of Trimatri® Reiki. She supports clients worldwide through private Life Path consultations, energy work, trainings, and retreats, offering grounded guidance that helps people strengthen intuition, reconnect with purpose, and move forward with clarity on their soul's journey. Gina also hosts The Karuna Life Podcast, where she shares practical tools for intuition development, deeper self trust, and everyday energetic support.

Awards and Recognition

Soul Walk: The Unexpected Gifts of Grief and Connection to Those in Spirit achieved Amazon bestseller status during its eBook pre sale, ranking #1 in Women's Spirituality, #1 in Family & Personal Growth, and #4 in Spiritual Growth. Following release, it became an Amazon eBook Bestseller again, returning to #1 and also reaching the Top 10 on Amazon in Kindle eBook. The book also received early recognition as a 2025 Finalist for Best Book Cover in The Wishing Shelf Book Cover Contest.

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

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Praise for Soul Walk

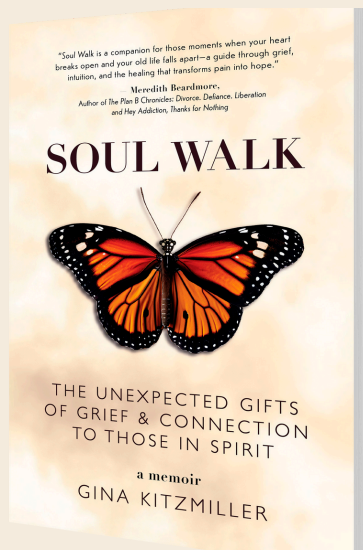
"Her story is tender, raw, and fearless. It's spiritual without being preachy, mystical but grounded. It's exactly the book I wish I'd had when I was navigating my own grief."

- Meredith Beardmore, Best Selling 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.



Suggested Media Segments

"Are You Still With Me? Recognizing the Quiet Signs from Loved Ones"

"How to Better Support Someone in Grief - Small Acts, Big Impact"

"The Power of Inner Knowing
Simple daily practices to strengthen intuition and build self trust in real life decisions."

"The Turning Point: How to Find Clarity When Life Is Changing Fast"

"The Gifts of Grief: The Transformative Power of Grief"

Media & Contact

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For media inquiries and speaking invitations related to Soul Walk, please contact Gina directly. Available for TV, radio, podcast interviews, print features, and live events.

