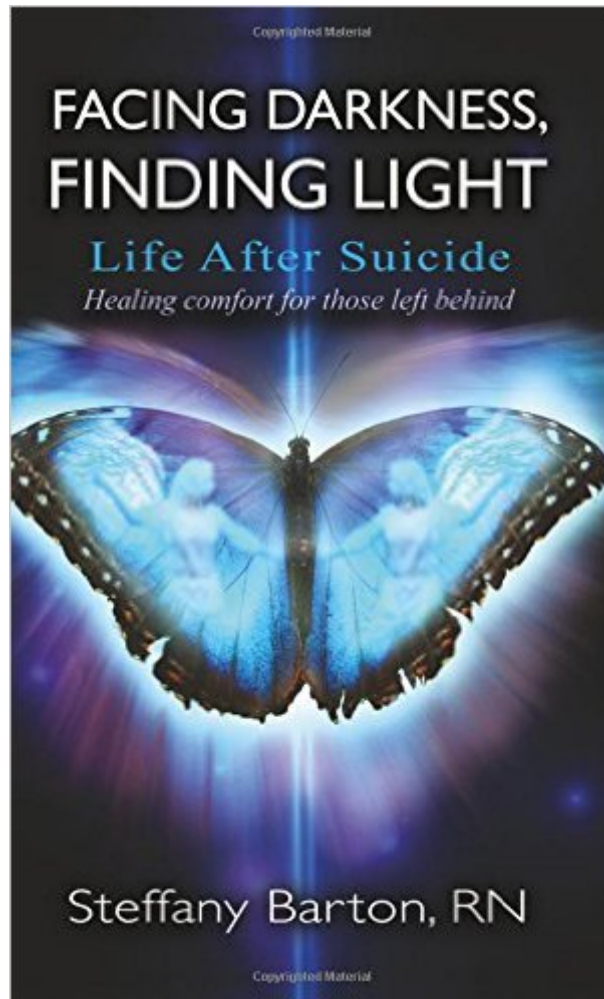


The book was found

Facing Darkness, Finding Light: Life After Suicide



Synopsis

In this powerful book, Steffany Barton, RN, documents her decades long journey to understanding and embracing the valuable lessons offered in life after suicide. With personal passion and professional integrity, Steffany carefully listens to the voices of departed souls and compassionately speaks to those left behind, building a bridge of timeless love between heaven and earth. Facing Darkness, Finding Light provides insight into the afterlife of those who commit suicide, sheds the light on healing in life after suicide, and shares meaningful techniques for forging new bonds between the departed and those left behind. Though the journey begins in the darkness of death, there is hope, there is light. Find it here.

Book Information

Paperback: 128 pages

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Product Dimensions: 7.7 x 5 x 0.4 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #345,589 in Books (See Top 100 in Books) #148 in [Books > Self-Help > Death & Grief > Suicide](#) #440 in [Books > Religion & Spirituality > New Age & Spirituality > Reincarnation](#) #699 in [Books > Self-Help > Relationships > Love & Loss](#)

Customer Reviews

This is one of those rare, wonderful books that comes along and stays with you long after you put it down. The point of entry into the conversation of what happens when we die is a subject a lot of people prefer not to face. The author lovingly, fearlessly and without judgement confronts the question of life after suicide, a traumatic question for many, particularly those who've been brought up to believe in fire and brimstone. Yet while this common exit door was the thread that tied these stories together on the surface, what amazed me was how much this book is for everyone who has loved and lost and wondered, "Are they gone? What now? Was that a sign from them?" I realize mediumship may bump up against some belief systems. But if you believe even so much that you're a spirit living in a body that will one day wear out and wonder what happens next, then this book is just as much for you. Steffany lovingly recounts real-life stories of people who

have given loved ones unmistakable accounts of what happened, of feeling whole, and of being in a place of tremendous peace. Page after page, you can feel the healing happening in those left behind. Through those who have crossed over, Steff has also gained a unique understanding as to what people see when their â œlife flashes before their eyes.â • A unique step on our soulâ™s journey called a Life Review. For those whose lives may include parts too painful to remember, memories that for some led to the decision to seek peace by exiting their bodies, she also explains how that life review may be bypassed or shortened, what that means, and how loved ones can help in the healing process.

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