

Grief, Curiosity About Heaven & Addiction



Cynthia Girman, DrPH, FISPE, an executive consultant in epidemiology & biomedical research, and no prior psychic experience, had an astonishing spiritual encounter with her departed son. In October 2021, Alec Girman, a vibrant 22-year-old tragically died from the toxic effects of kratom. Stuck in profound grief for the next year, she and her husband sought to move beyond the grief while still honoring their son. On a quest to understand whether he was lost in the ether, Cindy was awestruck when she connected and co-wrote a book with him about his journey into the afterlife, with his words coming from the other realm.

A rare mind-boggling glimpse of heaven in all its beauty and infinite dimensions, this book bridges two realms to finally connect the dots that have remained a mystery throughout time, bringing deep understanding and comfort. This is a heartwarming thought-provoking tale of hope, love enduring death, acceptance and self-discovery that helped on the path to healing, and changed her life forever.

STORY IDEAS

GRIEF AND HEALING

1. GRIEF AND THE DREADED HOLIDAYS

Rather than suppressing, include them in festivities to help you heal.

2. A MOTHER'S JOURNEY THROUGH GRIEF

Loss of a loved one reflects a huge change in relationships but not a lost one. Continue conversing with your departed to help you heal.

3. DEEP GRIEF CHANGES YOU: FINDING LIFE'S PURPOSE

Death of a child/spouse changes you forever. You never get over it, you learn to walk beside it. Often, this can help identify your life's purpose.

WHAT'S HEAVEN LIKE?

1. WHAT HAPPENS WHEN WE DIE?

My departed son shared his journey step by step, going well beyond what NDEs report.

2. WHAT'S HEAVEN LIKE?

Unimaginable beautiful imagery; connectedness to all things and the past, present and future. An eternity of learning, a huge school, exploring the universes.

3. LOVE IS ALL

We are here to have experiences to learn how to be more loving and compassionate. Understanding your true inner self and self-love are needed to love others fully.

4. LIVING IN THE NOW

My son told me: "Don't let life just happen to you. Experience it, grasp onto it and live it to its fullest every day."

ADDICTION

1. NEW NON-INVASIVE TREATMENTS FOR ADDICTION

40-60% relapse within 30 days of recovery programs and up to 85% within the first year. Reducing cravings would make traditional programs more effective.

2. PARENTS BEWARE: AN OPIOID ANYONE CAN BUY

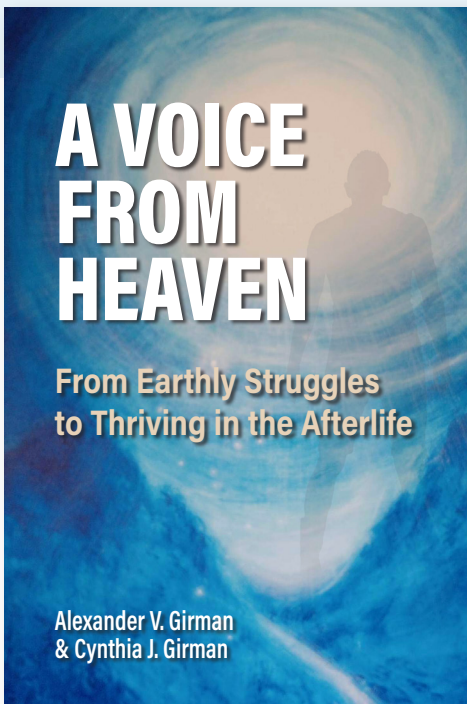
Kratom, a plant-based opioid, not regulated by FDA can be ordered online, or bought in vape shops or other shops. Highly addictive and toxic, it caused our son's death.

3. WHAT TO WATCH OUT FOR IN RECOVERY

Triggers cause relapse and vary by individual. Find out what they are for your relative/friend to help them avoid them.

4. ASSURANCE OF A HIGHER POWER IN RECOVERY

Many in recovery are unsure of a higher power. I had the life-changing experience of my son explaining God to me.



EDITORIAL AND READER REVIEWS

"Threads wondrous imagery and comforting possibilities. Beauty that no mortal eye has seen, colors beyond physical vision, even great cosmic wonders." Chanticleer Review

"I couldn't put it down." KDV

"...perfectly flawless and inspiring..." N. Khan

"...insightful... transformative" J. Chiomaa

"...profoundly moving ...thought-provoking..." P. Pandey

"love transcends life and death" S. Klumbhejkar

"Absolutely breathtaking, unique, heartfelt, inspiring ...a rollercoaster of emotions" K. Shah

"So profound, it shook me to my core." A. Arsenault

"I was captivated." Ojukotimi

- 1ST PLACE NONFICTION GRIEF 2023 PENCRAFT AWARDS
- 2023 LITERARY TITAN BOOK AWARD
- 2023 GLOBAL BOOK AWARD



MEDIA EXPERIENCE

Podcast interview – Wise Skies Collective (<https://www.wingsofpeacepress.com/post/a-voice-from-heaven-podcast>)

BBC broadcast of a scientific presentation in London

Invited plenary presentations, numerous oral presentations in symposia/workshops at International Conference for Pharmacoepidemiology (ICPE)/other society meetings over 40 years, annual ICPE course instructor

50% OF PROCEEDS

of the book are donated to fund research into more effective treatments substances use disorder (addiction).

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