

Stacey Niedentohl Featured in Reader's House Magazine

Stacey Niedentohl earns Editor's Choice Award of Literary Excellence in Reader's House Magazine, sharing insights on grief, healing, and her spiritual journey.

LONDON, UNITED KINGDOM, March 14, 2025 /EINPresswire.com/ -- Acclaimed author and spiritual healer [Stacey Niedentohl](#) has been featured in the latest issue of Reader's House magazine, where she opens up about her transformative books on grief and spiritual connection. The issue, which highlights bestselling, award-winning, and exceptional authors, also honours Niedentohl with the Editor's Choice Award of Literary Excellence, a prestigious recognition presented to a select group of exceptional authors.

In the exclusive [interview](#), Niedentohl discusses her journey as a medium, the inspiration behind her books, and the profound role that spiritual healing and crystals play in her life. The magazine praises Niedentohl for her literary contributions, which have offered solace and healing to those navigating grief and loss. Her books, *My Head Knows...But My Heart Still Hurts* and *My Crystal Addiction Diary*, are highlighted for their depth, warmth, and practical guidance, offering readers an invaluable resource on their spiritual journeys.



Reader's House magazine issue 49

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My clients were the inspiration for this book. So many of them would mention being afraid they would forget things about their loved one.”

Stacey Niedentohl

"I finally, after 50 years on this earth, felt comfortable in my own skin. And the most amazing thing happened. I have not had a panic or anxiety attack since," Niedentohl shared in the interview, reflecting on her transformative journey of healing and self-discovery.

The interview dives deep into Niedentohl's personal and professional journey, with the author revealing how her struggles with anxiety and panic attacks led her to

embrace her spiritual calling. Her heartfelt dedication to helping others find peace and healing shines through as she discusses the inspiration behind her books and her ongoing work as a psychic medium.

"My clients were the inspiration for this book. So many of them would mention being afraid they would forget things about their loved one." Niedentohl said of her journal *My Head Knows...But My Heart Still Hurts*. "It's my hope that this journal will help people remember the essence of their loved ones, instead of staying trapped in grief."

Niedentohl also reflects on her practice with crystals and their role in spiritual healing, noting how they have become a key part of her work with clients and her own spiritual practice. She emphasizes the importance of being gentle with oneself during grief and seeking the right support, including professional counseling and spiritual guidance.

The magazine commended Niedentohl for her dedication to her spiritual work and her commitment to helping others navigate the complexities of grief and healing. Reader's House continues to celebrate her achievements and looks forward to her future projects, including new books and an upcoming podcast.

For more insights, readers can explore the full interview and discover Niedentohl's ongoing contributions to spiritual healing in Reader's House Magazine's latest issue.

About Stacey Niedentohl
Stacey Niedentohl is a renowned evidential medium, spiritual healer, and author whose work has touched the lives of many. Her books, *My Head Knows...But My Heart Still Hurts* and *My Crystal Addiction Diary*, have gained recognition for their profound insights into grief, healing, and spiritual growth. Stacey has also worked with numerous clients, helping them reconnect with their loved ones in spirit. She is currently working on new projects,

Healing Through Words

Stacey Niedentohl shares her journey as a medium, discusses her books on grief and crystals, and offers insights into balancing her spiritual and professional life while planning future projects.

STACEY NIEDENTOHL

EXPLORE THE INSPIRATION BEHIND STACEY'S TRANSFORMATIVE BOOKS ON GRIEF AND SPIRITUAL CONNECTION

EDITOR'S DESK

Stacey Niedentohl is a remarkable figure in the world of spiritual healing and readability. Known for her profound ability to connect with Angels, Guides, and Spirit, her work has brought solace and understanding to countless individuals navigating the turbulent waters of grief. As an evidential medium, Stacey offers a unique bridge between the physical and spiritual realms, providing comfort and clarity to those seeking to reconnect with their loved ones who have passed on. Her journey into this extraordinary field is both inspiring and transformative, marked by personal challenges and a deep commitment to helping others heal.

Stacey's literary contributions further underscore her dedication to healing and personal growth. Her award-winning book, *My Head Knows...But My Heart Still Hurts*, has become an essential resource for those grappling with loss, offering a compassionate guide through the grieving process. Her latest work, *My Crystal Addiction Diary*, invites readers to explore the spiritual energies of stones and crystals, encouraging a deeper connection with the self and the universe. Stacey's writing is characterized by its warmth, insight, and practical wisdom, making her books invaluable companions for anyone on a spiritual journey. Through her words and her work, Stacey Niedentohl continues to illuminate the path to healing and self-discovery for all who seek it.

Your work as a Spiritual Healer and Psychic Medium has touched the lives of many. How did you first discover your abilities, and what led you to embrace this path of helping others connect with their loved ones on the other side?

64 || Reader's House

Stacey Niedentohl

"My Head Knows: But My Heart Still Hurts" is a compassionate and healing guide for those grieving. This 30-day journal helps you cherish memories and find solace, making it an invaluable companion in your journey of healing.

I believe it's something that has always been a part of me. But as a child, it scared me, so I thought I was just a weird kid. About 12 years ago, I started having anxiety and panic attacks (10-15 days) I felt as though I was leaving my body, and I would sit on the floor with my husband behind me placing his hands on my shoulders. Ticking clocks would cause anxiety. Making simple decisions would cause my mind to spiral. I couldn't go outside and at times staying inside, also triggered these attacks. I saw the doctor and was diagnosed with PTSD and Anxiety. I sought counseling to work through some traumatic experiences. (In my opinion all Mediums have had some form of trauma or something that has drastically affected their life.) This went on for several years. Ten years ago in April my mother was diagnosed with cancer and passed away in June. The following March I attended a small group reading in hopes to hear from her. Of course she showed up with a beautiful message. After the group, the Medium pulled

were's goats, they were ghosts. This made perfect sense to me. And then she talked me through a meditation to open my third eye. I was instantly transported back into my childhood bedroom with a flashback of a nightmare of an eye chasing me around. My third eye was opening when I was in 2nd grade but it seemed as though it was a nightmare. After a few classes, she told me she didn't need her to teach me what was coming naturally to me and that I should just practice. So I listened. These past 9 years have been an amazing adventure of working in the Mediumship field. I finally after 50 years on this earth felt comfortable in my own skin. And the most amazing thing happened. I have not had a panic or anxiety attack since. I now know Spirit was around me trying to get my attention. Their unknown energy was surfacing as panic attacks. I have found my calling, to help others cherish their loved ones we never far away.

Your journal, *My Head Knows: But My Heart Still Hurts*, is a deeply personal tool for those grieving a loss. What inspired you to create this journal, and how do you hope it will help people on their journey through grief?

My clients were the inspiration for this book. So many of them would mention being afraid they would forget things about their loved one. Some would attend meditation. Releasind energy. Stones have energy and are a great tool to use for meditation. When I meditate, I choose a stone or crystal to place in my hand. This helps me clear my mind and focus on the quietness. I can feel its vibration and it feels comforting and calm. The book was created first stone collection. It enables them to keep track of their stones. Again, using the habit of journaling things, like why they bought the stone, what their spiritual energy is and how things have changed since first starting to work with them.

When I started working with Spirit, I also studied everything I could find including meditation, Releasind energy. Stones have energy and are a great tool to use for meditation. When I meditate, I choose a stone or crystal to place in my hand. This helps me clear my mind and focus on the quietness. I can feel its vibration and it feels comforting and calm. The book was created first stone collection. It enables them to keep track of their stones. Again, using the habit of journaling things, like why they bought the stone, what their spiritual energy is and how things have changed since first starting to work with them.

balancing your roles as a psychic medium, author, and entrepreneur requires a great deal of energy and focus. How do you manage to stay grounded and centered while juggling these different aspects of your life?

I have a great support team. My husband helps keep me grounded. My children and grandchildren also offer their love and support. And I have a

very good friend who helps keep me balanced. But I have to say that my relationship with God keeps me centered. I feel I have a purpose in life. And that purpose is to help others heal. I could not do this alone and I know I could not do this alone and I know I am alone, cannot do this the correct way. I just try to follow the path that is placed in front of me.

Your books are designed to offer healing and support to those who are seeking spiritual guidance. What future projects or ideas are you currently exploring to continue helping others on their spiritual journeys?

You can tune into Connecting To Spirit With Stacey Facebook live every Tuesday morning for Tuesday talks at 10:30 for insight on different spiritual subjects.

I am currently working on two books and a set of Oracle Cards. The one book is about coming back home to yourself after a loss. The other book is about Spiritual experiences. I do not believe in coincidences. It is a collection of stories that include signs, sightings, dreams and vibrations. The Oracle cards are spiritual awakening cards to help connect you with your higher self.

I also offer mentoring to those wanting to open to their channel to spirit and explore their abilities.

I am facilitating an "Only A Whisper Away" Women's Retreat in Pigeon Forge TN in October. This retreat is not just a great retreat but a time to connect with yourself, others and the other side.

There is also a podcast coming in the near future.

I do private readings (in person and on zoom), intimate group readings, gallery readings and speaking engagements.

I have also completed a 2 year mentoring program with Spirit Artist/ Evidential Medium Joseph Shiel and Lane part of John Holland's My Soul Community. I have also studied under Lisa Williams and will be studying under Tony Stockwell late August of this year.

Reader's House || 65

Stacey Niedentohl 's feature page 2

including two books and a set of Oracle cards, to further assist individuals on their spiritual journeys. Stacey regularly offers mentoring to those seeking to explore their mediumship abilities and leads spiritual retreats.

About Reader's House

Reader's House is a premier literary magazine dedicated to showcasing bestselling, award-winning, and exceptional authors. Featuring interviews, book reviews, and exclusive insights from prominent writers, the magazine is available worldwide in over 190 countries and can be found in stores such as Amazon, Barnes & Noble, Walmart, and Waterstones. Reader's House continues to support the literary community by celebrating authors who inspire, challenge, and engage their readers. For more information, visit www.readershouse.co.uk.

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