

Nancy Yuskaitis, Author of 'Hi Mom, It's Me,' Announces Free Guided Journal for Bereaved Parents

For National Grief Awareness Month and her book's anniversary, a bereaved mother and medium, helps parents connect with their child through spiritual practices

TAMPA, FL, UNITED STATES, August 25, 2026 /EINPresswire.com/ -- A Soulful Journey Through Grief: An Intuitive Guidebook offers a unique approach to navigating grief in self-care practices with encouragement to remain open to a continuing spiritual connection.



Nancy reminds us that our loved ones on the other side are just a thought away, offering us love and compassion as we search for ways to survive our sorrow and grief. Available as a free PDF download, the guidebook is a companion to her book, *Hi Mom, It's Me*, providing gentle, actionable guidance for healing and honoring a child's enduring presence.

Hi Mom, It's Me tells the story of a mother's deepest heartbreak. Nancy lost two daughters, decades apart, and the book follows the intuitive bond that kept their love alive across that distance. Over the past year, the memoir has reached readers around the world. It offers a compassionate way to look at grief and how a parent can carry love forward while learning to live with loss.

Through personal stories, afterlife conversations with her daughters and others, spiritual practices, guided meditations, and journal prompts, Yuskaitis shares the tools that supported her in her own healing journey.

"Grief is a deeply personal and often isolating journey," said Yuskaitis. "My hope is to illuminate a path that encourages soulful self-care, honors our children, and reminds grieving parents that developing a continuing relationship is possible in a beautiful new form."

Readers have described the book as hopeful, heartfelt, and deeply moving. One reader described the memoir as “a beautifully compassionate and tender book about navigating grief and finding connection beyond loss,” noting that the way Yuskaitis shares her story is sincere and intimate while offering support and encouragement for those learning to live with heartbreak.

Another reader, who called himself a “science guy by nature and training,” wrote that Nancy opened his eyes to another realm of existence in a way he never expected. Others have shared that the book gave them encouragement to keep loving and to stay present to the signs that love is still near.

Now Nancy is expanding her work by offering *A Soulful Journey Through Grief: An Intuitive Guidebook* as a printable resource filled with heart-centered practices designed to meet readers wherever they are in their grief. It provides reflective and creative suggestions that individuals can explore at their own pace.

The Digital Guidebook includes:

- Comforting Daily Reflections: Small moments of mindfulness that help you find solace in simple ways.
- Soulful Self-Care Suggestions: Gentle activities to nurture body, mind, and spirit.
- Meditation Practices: Soulful exercises intended to ease some of the emotional and physical weight of grief.
- Moments of Connection: Thoughtful ways to become more aware of the signs from loved ones that may carry personal meaning.
- Intuitive Journaling: Writing prompts that provide a private space for processing sorrow, expressing love, and reflecting on memories.
- Art Therapy Activities: Creative practices, including painting kindness rocks as personal tributes to loved ones.
- Creating Legacy: Heartfelt ways to continue the bonds and carry your loved one forward with you.

The Art of Soulful Inspired Living beyond Loss: Supportive ways to nurture your body, heart, and soul in small acts of self-care.

Parents, grief counselors, and support organizations can download their complimentary copy of the guidebook by visiting the authors Substack page at:

<https://hopeloveandtheafterlife.substack.com/welcome>

BOOK DETAILS:

-Title: *Hi Mom, It's Me: Hope, Love, and the Afterlife*

-Author: [Nancy Yuskaitis](#)

-Publisher: [Global Book Publishing](#)

-Genre: Grief Memoir, Metaphysical and Afterlife Communication, Life After Loss, Spiritual

Healing, Child Loss

-Release Date: August 14, 2025

-Book link: <https://a.co/d/4tZUuuD>

ABOUT THE AUTHOR:

Nancy Yuskaitis is a bereaved mother, spiritual medium, and the author of the mystical memoir, *Hi Mom, It's Me*. Following the loss of her two daughters, decades apart, she dedicated her life to helping others navigate deep grief through spiritual connection and intuitive healing. Through her writing, advocacy, and virtual Soulful Starlight Sessions, Yuskaitis provides comfort, hope, and compassionate tools for healing to families worldwide. Nancy donates a portion of every book sale in support of bereaved parents.

#NationalGriefAwarenessMonth #GriefSupport #BereavedParents #HealingAfterLoss
#AfterlifeCommunication

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