



## World-Renowned Medium Deb Sheppard Pens Book on Overcoming Grief

*Grieving to Believing: Discovering the Afterlife serves as an aid to people after a loved one takes their own life.*

**Denver, Colo., July, 2018** – Deb Sheppard, internationally recognized medium, psychic, author and speaker has released her second book titled *Grieving to Believing: Discovering the Afterlife* (ISBN-10: 1732045607). In it, Sheppard unveils the process of grieving and how best to address your experience after the death of a loved one. Sheppard relies heavily on her personal experience when in 2008, her husband Brad died by suicide and then four years later her nephew chose the same path.

“It took some time for me to address my grief after the death of my husband,” says Sheppard. “At 48, I didn’t expect to become a widow. And, I didn’t expect to become a single parent, but with my belief about the afterlife and understanding that Brad was very ill, I was able to put one foot in front of the other.”

Sheppard explores her journey to becoming a medium and how her experience with the afterlife proved valuable to her while she mourned the loss of her husband and nephew. She cites her feelings of loss and the process to move beyond them, while acknowledging that her experience is not a template for others, including her own children.

“My daughter and son coped with the loss of their father in ways I never foresaw,” says Sheppard. “While my daughter dove into her studies and graduated both high school and college early, my son drew inward and struggled. It was beyond my control, but I remained extremely supportive, and they now are thriving.”

Contending with a suicide is a unique and difficult process. Sheppard outlines nine guideposts for those experiencing grief and extolls the virtues of meditation as means find the light at the end of the tunnel. Sheppard’s book is available through [Amazon](#).

**About Deb Sheppard** –Deb Sheppard, internationally recognized medium, psychic, author and speaker, has connected thousands of clients to their loved ones in spirit, helping bring life full circle. Death is a part of every life, and Deb believes those who have crossed over remain connected to us—although they are on the other side, they are forever by our side. Analysis of Deb’s incredible ability places her in the top 3% most accurate in her profession and is recommended by James Van Praagh. She is also listed in the Best Psychic Directory

as a top-rated medium. Deb has been a regular guest on numerous radio shows and television stations. Through her work, Deb is a big supporter of AFSP – American Foundation of Suicide Prevention.

For more information, call 720-315-5235 or visit [www.debsheppard.com](http://www.debsheppard.com)