



# Reaching to Heaven: A Spiritual Journey Through Life and Death

*James Van Praagh*

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## **Reaching to Heaven: A Spiritual Journey Through Life and Death** James Van Praagh

James Van Praagh has touched the lives of millions with his extraordinary ability to communicate with the world beyond. In *Talking to Heaven*, his acclaimed #1 New York Times bestseller, he shared that gift and showed us how to break down the barrier between the earthly and heavenly realms to reach loved ones we have lost. Now, in *Reaching to Heaven*, he continues his uplifting and transcendent message and reveals how to chart a course for living as spiritual beings in a physical world that will sustain and fill us for decades to come. In this guide to inner peace and spiritual healing, the renowned medium shows us how we can greatly improve our feelings of self-esteem and self-worth by getting more deeply in touch with our emotional selves and the creative "god-like" nature we all possess. As in *Talking to Heaven*, Van Praagh shares moving stories of after-death communication. You'll be touched and inspired by true accounts that take us through the grieving process, show us how to ease the pain and hurt of living in the material world, and attain new levels of self-awareness, self-acceptance, and personal freedom. In this unique book, James Van Praagh takes us on a journey of hope, healing, and spiritual growth and enlightenment. Filled with his unshakable faith in our ability to achieve anything we set out to accomplish, *Reaching to Heaven* offers us an evolving vision of ourselves-- and a spiritual realm-- that is within our grasp

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