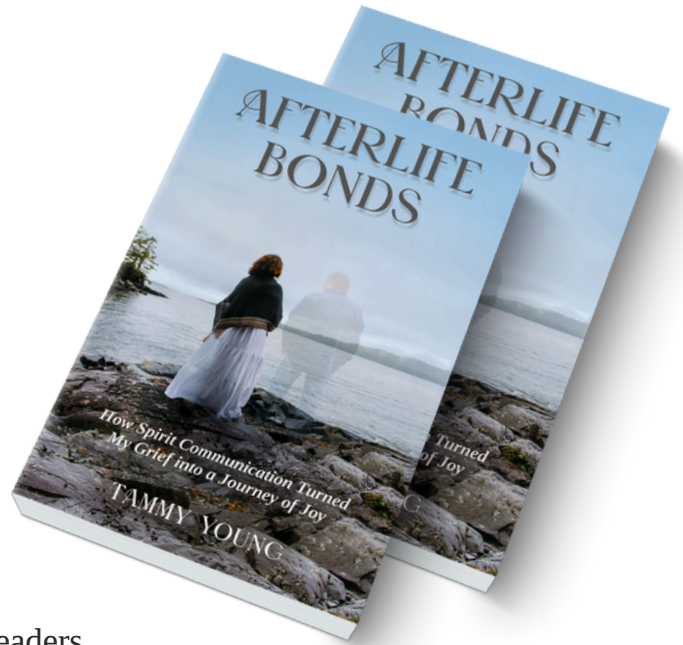


AFTERLIFE BONDS

*How Spirit Communication
Turned My Grief into
a Journey of Joy*



Dear Readers,

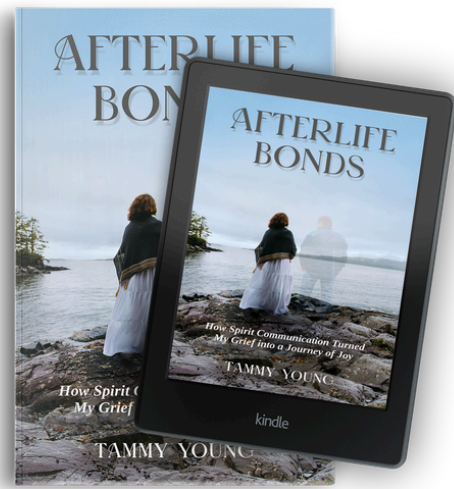
I want to extend my heartfelt gratitude to each and every one of you for joining me on this journey into the pages of *Afterlife Bonds: How Spirit Communication Turned My Grief into a Journey of Joy*. It means the world to me that you've chosen to delve into the profound experiences I've shared within its pages.

As you engage with the themes and exercises woven throughout the narrative, I've crafted a series of questions intended to ignite meaningful conversations and reflections. Your unique insights and interpretations are invaluable, and I wholeheartedly encourage you to share them openly with your fellow readers.

Your presence and participation in this journey enrich our collective understanding of grief, healing, and the transformative power of spirit communication. Thank you for allowing me the opportunity to share my story with you—it's a privilege I don't take lightly.

With deepest appreciation,
Tammy Young

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DISCUSSION QUESTIONS:

- In Chapter 1, Tammy discusses "Losing Trust in the World." How do her personal experiences with loss resonate with your own experiences or those of someone you know? How did this chapter influence your perspective on trust and grief?
- Chapter 2 explores "Telling the Future." Have you ever had an experience where you felt you predicted an event or sensed something before it happened? How did Tammy's insights on psychic awareness and meditation change or affirm your beliefs about intuition?
- In Chapter 3, Tammy talks about "Revealing the Truth." How important do you think it is to remember and interpret your dreams in understanding your subconscious mind? Did the exercise on how to remember your dreams help you in any way?
- Chapter 4 introduces the "Three Musketeers." How do Tammy's experiences with her brothers relate to the dreams? Where do you feel dreams come from? Did the exercises on using the "Clairs" provide you with any new techniques or insights?
- "Hearing Unexpected News" in Chapter 5 can be a profound experience. How did Tammy's stories and the exercise on recognizing psychic intuition affect your views on receiving unexpected spiritual messages?
- Chapter 6 is about "Fighting to Stay." How did Tammy's discussion on recognizing energy fields and the associated activities impact your understanding of the energy around you and your interactions with others?

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- In Chapter 9, Tammy talks about "Visiting in the Kitchen" and introduces automatic writing. Have you tried automatic writing before, or did you try it after reading this chapter? What were your experiences and results?
- Chapter 12, "Celebrating Life," offers an invitation to connect with the spiritual realm. How did this chapter change your perspective on life and death? Did the exercises and activities help you feel more connected to loved ones who have passed away?
- In Chapter 14, Tammy discusses "Healing Through Connection." How has the idea of spiritual connection influenced your healing process or the way you approach grief?
- Chapter 18, "Sharing Stories of Spirit Communication," includes various accounts of spirit signs and symbols. Which story resonated the most with you, and why? Did it change your perception of afterlife communication?

I extend a warm invitation for you to use the hashtag #AfterlifeBonds or tag me as on social media to share glimpses of your book club gatherings or your favorite reading spots. Your active participation and enthusiasm play a crucial role in spreading the word about the book and fostering a vibrant community of readers.

Moreover, if you feel inclined, I kindly ask you to consider leaving an honest review of the book on your preferred online platform. Your reviews serve not only as valuable feedback for me but also as guiding lights for other readers seeking meaningful narratives.

Thank you for your unwavering support and for being an integral part of this journey.

Blessings,
Tammy Young

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