

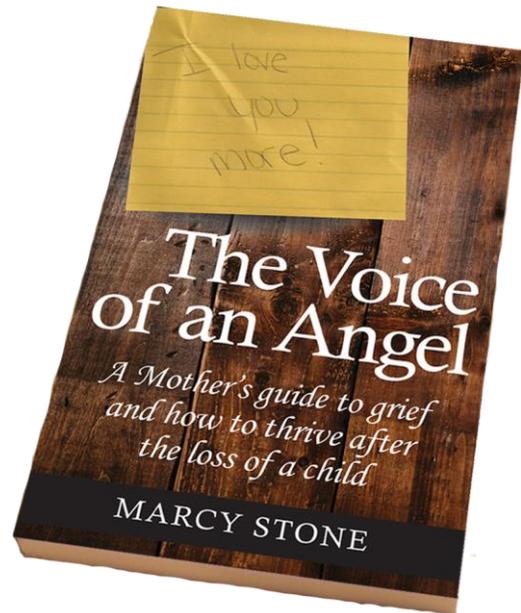


## ***The Voice of An Angel: A Mother's Guide to Grief and How to Thrive After the Loss of a Child* by Marcy Stone**

November 15, 2018

HARLEYSVILLE, Pennsylvania—How does a parent cope with the loss of a child? How does life go on in the face of a tragedy no parent is prepared for? In her haunting and powerful story of losing her daughter Sydney at age 21 at the hands of a drunk driver, author Marcy Stone recounts her heartbreaking loss and offers other parents who have lost children comfort and hope that life will go on. Through her personal experiences and training as a certified life coach, Stone shows parents who have lost children that they can—and deserve—to thrive despite immeasurable loss.

Stone's first autobiographical novel follows her personal journey through losing her daughter Sydney to a tragic accident and how she was able to find joy and love in life again—a life marked by the new reality that her youngest daughter no longer had an earthly presence in.



Through the pages of *The Voice of An Angel: A Mother's Guide to Grief and How to Thrive After the Loss of a Child*, Stone explores grief and shares her very personal experiences with it: "I found that for me and for people like me, that the first year is the most critical time to address the heart, while it is still numb." While most people tend to grapple with grief a year or more removed from a tragic event, Stone faces grief head-on and encourages others who have lost loved ones to do the same as part of the healing process.

In her journey to find peace with her new way of life without her daughter, Stone's lifelong calling to act as a healing force to others is invigorated. As a certified Life Guide and healer, both Stone's personal loss and her professional training come together to provide hope to others experiencing loss that there are brighter days ahead.

*The Voice of An Angel: A Mother's Guide to Grief and How to Thrive After the Loss of a Child* is available for purchase on Amazon. To learn more about Marcy Stone and her healing techniques, visit <http://www.marcystone.com/>



For press and publicity inquiries, please contact Kelsey or Marina at, [info@imarketingpr.com](mailto:info@imarketingpr.com) or 630-358-9051.

### About Marcy Stone

Marcy Stone is a certified and accomplished Life Guide with over 15 years of experience and holds advanced training certifications in several healing modalities. An entrepreneurial spirit, Marcy has over 17 years of business leadership experience and is the creator of the Soulfull Paths® technique that uses noetic science, applied quantum physics, and life-force healing to help humans manifest their dreams and gifts into reality. Marcy had a calling at an early age to heal, and ever since then, she has embraced her gifts of intuition and compassion to help others create conscious life transformations. Marcy lives in Pennsylvania with her husband and has two beautiful daughters, one who walks with her on earth and another that watches over her.



 /marcy.stone.14

 Marcy Stone



## Media Questions

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### 1. *The Voice of an Angel: A Mother's Guide to Grief and How to Thrive After the Loss of a Child.*

#### What an interesting title. What's at the heart of this book?

On the first page in the Introduction of the book, I explain that Sydney was a foodie and when Sydney was younger she would make crazy concoctions in the kitchen and tease me, *"just you wait momma, someday you're going to see my name in lights"*. Soon after she was killed, she would come to me in dreams and share things with me to help me understand as well as providing messages to let me know I was never going to be alone. To name the book *"The Voice of an Angel"* seemed only too appropriate and my way of giving her the wish of seeing her name in lights, so to speak.

### 2. Why did you write the book?

The book came to fruition when I was unable to find anything out in the world that resonated with me regarding grief. As I battled through the first few days, I struggled with the way most people approach loss. Then when my daughter began speaking to me in my dreams, she explained to me that I needed to journal and help others out in the world that were strong like me and who will also need a place to turn in their time of grief and pain. Hence, the book was born.

### 3. What makes your book different than similar books on grief and healing after loss?

In looking back at what was created, I believe the book provides comfort to someone that has lost a child or a close loved one. The difference is that it comes from a place of love and hope and forgiveness. By using the love that we hold so dearly in our hearts for this person whom we will never hold in our arms again, it allows us to keep our hearts open for the chance to find ways to live and move forward with them in new ways. At first, this feels virtually impossible but it is true what they say about love healing all. If you move forward with guilt, anger, resentment and hate, the heart doesn't stand a chance at finding joy or peace again.

### 4. What do you want women to get out of reading this book?

Women, mother's...momma bears...there is nothing more precious than being blessed with this role in life. When this is taken from you prematurely, there is a black hole within you that, if allowed, can consume and destroy you. My hope is that if someone is faced with this horrific loss, that they find the book and find comfort in knowing they are not alone, others have survived and that they too can find hope, peace and eventually a good life in an otherwise sad and incomprehensible existence.

### 5. The cover of the book is both touching and intriguing. What message were you conveying?

The cover is near and dear to me. I saw it in a dream and quite honestly there was no one that was going to be able to talk me out of it. The yellow stickers on the front and back are Sydney's



handwritten notes that she would leave me all over the house, my car and sometimes in my lunch. The background, all I can say there is that Sydney was simple and natural in all the right ways. It feels like the perfect way to represent her “down to earth demeanor”.

**6. How can people get in touch with you?**

[www.marcystone.com](http://www.marcystone.com) or messenger

## Chapter Excerpt

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### **One – If you're reading this, your worst nightmare has come true**

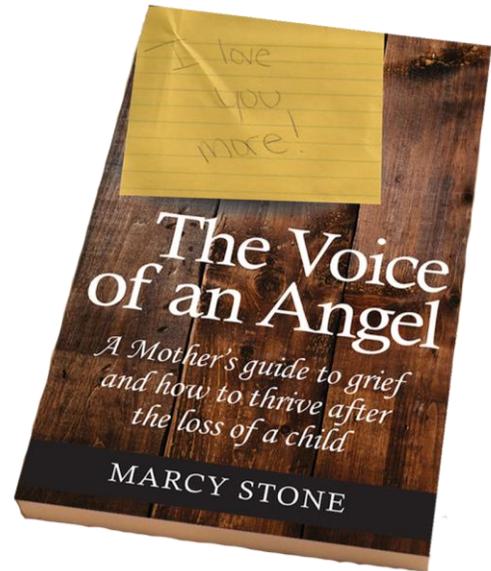
There is no greater bond than a momma bear's love for her children. For nine months we are one, breathing the same air, eating the same food, feeling the same feelings and even experiencing the same emotions. This unique and beautiful connection is then compounded when we, as momma bears, are blessed with the day they take their first breath. Their warm, perfect little bodies now for us to explore and ensure that everything is as it should be and that they are healthy. An example being their first breath and disconcerted cry, using those precious lungs and vocal cords of theirs as they express their very first solo functions and emotions. And so it continues, the incredible bond of momma bear and child. It is at that moment, when you look into your sweet baby's eyes and you make that silent solemn vow that you will do everything you can to protect them and to give them all they need in this world. You realize that there is no other reason to be alive and you ask yourself, "What took me so long to decide to become a momma bear?"

Every "first" in your baby's life, for you, is exhilarating with moments of terrifying, sometimes mixed in, but again, you wouldn't trade it for anything. As they grow, they demonstrate their little personalities and their interests and you slowly realize not only are you their teacher but you are their student. Through watching them and seeing what they need, you realize and learn how to help them understand the balance of things: letting them fall vs. coddling them, choice and consequence, truth vs. rationalize, lead vs. follow, listen vs. watch, right vs. wrong, love vs. hate, etc. Every moment, every breath they take simply captivates you and it's beautiful at every level for those that cherish the momma bear, child relationship.

As our children grow, we need to give them their space to utilize the wisdom we have instilled over the years. Some through living by example and some by listening to what they need and what is important to them. The time has come to let them spread their wings. They explore and experience the world and to your delight, your sweet child is happy to return to embrace you as if they were seven again, with that sweet innocence that is like a drug to a momma bear. You just can't seem to get enough of their love and the beauty of their presence and they still regard you as the best momma bear ever! That just never gets old and can still bring a tear to your eye. You find yourself occasionally daydreaming, wondering what they will be when they grow into the person they are becoming? Will they get married? Have children? Maybe start their own business? But then you come back to the moment and are happy you don't have those things too close to contend with because each moment of today is really just wonderful and you wouldn't trade a thing. LIFE IS BEAUTIFUL.

## About the Book

If you are reading this, you have just experienced every parent's worst nightmare, the loss of your beloved child. And while you are completely numb, yet feel like you're suffocating, you intrinsically know you can and will survive this insufferable loss. Despite the pain, you want to thrive again with an open heart and make a difference in your life and in the lives of those you will continue to walk by your side and look to you for strength. This book will guide you through the true process of grieving, identify and embrace your new reality, teach you to trust your inner wisdom, and to better understand the soul's journey. This book gifts you the permission to thrive and live the extra-ordinary life you are meant to live and share with others.



In this book, you'll learn how to:

- Ride the rollercoaster of loss with more than just survival in mind-Bust the myth of "acceptable" timelines for grieving
- Be okay with not being okay
- Make peace with the empty space left behind from your child
- Learn to trust your gut



## Endorsements

“The Voice of an Angel is a warm, compassionate guide for any parent that has experienced the unspeakable grief of losing a child. Marcy is a remarkable example of courage and grace in the face of intense pain, as she takes the reader by the hand and leads them on a path toward hope and healing. May God bless Marcy for sharing her wisdom for how to cope with life’s most difficult tragedy. The journey never ends, but having someone with whom to share it makes it more bearable than it otherwise would be.

– *David Fox, M.D., Author of Comfort, Healing, and Joy: Secrets to Living a Magnificent Life*

“The Voice of an Angel provides a road map for any mother who has experienced a sudden and tragic loss of her child. The coping mechanisms Marcy uses to deal with her unbelievable loss can also be applied to everyday life and the message here is simple; LOVE. Marcy reminds us to live by simple and easy to understand principles and have faith, as hard as it may be sometimes, and life will be much more beautiful.

– *Sgt. Daniel Mulligan, Head of the Crash, Analysis and Reconstruction Unit*

“With the energetic whispers of the spirit of Sydney from the other side, this mother daughter partnership reveals an easier way to travel through and experience that, which is in all respects far from easy. “The Voice of an Angel” is a beautiful testament to a brave, courageous and determined mother who refused to allow her biggest tragedy to break her and instead rebirthed her in a stronger wiser and more present version of herself.

– *Jo Jayson Intuitive Artist, Teacher and Author of the award winning book Self-Love through the Sacred Feminine – A guide to self-love through the paintings and channeling of Jo Jayson*