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# The Happy Medium: Life Lessons From The Other Side



## Synopsis

The world-famous medium and star of Lifetime Movie Network's #1 rated show *The Haunting Of . . .* tells her story, shares some astonishing, never-before-revealed details of her celebrity readings, and teaches you how to harness your own energy and access the world beyond our own. When she was nine years old, Kim Russo discovered she had an amazing gift "she could communicate with the dead. Deeply skeptical, she denied her talent for years. But as she gradually reconciled her ability with her religious beliefs, Kim embraced who she is "and ultimately accepted her soul's mission as a voice for the spirit world. Known as the "Happy Medium" for her authenticity, warmth, and her honest, positive readings, Kim has helped people from all walks of life to connect with those who have passed on. Now, this world-renowned medium demystifies the world of the dead for everyone. The key to understanding, she contends, is energy, which cannot be destroyed. *The Happy Medium* interweaves experiences from Kim's life with some of the best, most astounding behind-the-scenes stories of her celebrity readings from episodes of her Lifetime show, *The Haunting Of . . .*. In addition, she gives you the tools to access the energy that is all around us, including the experiments and lessons she uses in many of her sold-out appearances and courses around the world. Following her mantra, "Let them lead you," Kim shows you how to let the world of the dead guide you to greater understanding of life's biggest questions.

## Book Information

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## Customer Reviews

"A truly important and courageous book that will help many people to understand their soul's

journey, to heal grief, and to let go of fear.â • (-- Brian L. Weiss, M.D., author of *Many Lives, Many Masters*)

Many people are afraid of the dead, but Kim Russo is not one of them. Since childhood, Kim, aka "The Happy Medium," has communicated with spirits, learning as much from those in the afterlife as she has learned from the living. Now, in *The Happy Medium*, she shares inspiring stories and lessons to open our minds and help us access the other side. As a student and teacher of the spirit world, Kim has delivered messages to celebrities and people of all walks of life, sparking laughter and tears, and giving comfort to the grieving. Delving into the way that spirits reveal themselves, she teaches about the "clair" and how mediums communicate and tap into their own clairvoyant abilities using all of the senses. In this extraordinary guide, Kim elucidates the mysteries of the world of spirits, providing the tools to develop our own psychic abilities to help us understand the purpose and journey of our soul, which ultimately can improve the quality of our lives.

This book is part autobiography, part how-to. It is a combination of Kim telling the story of her journey to becoming "The Happy Medium" and a how-to on awakening and cultivating your own awareness of the energy around you. The autobiographical part takes you from her childhood to present-day. She speaks of starting to see entities in her childhood and how other family members had experiences as well. She takes you on her journey of trying to understand what she could see and trying to reconcile her abilities with what she had been taught and believed about religion. She speaks of people she met who inspired her, helped her answer some of those questions, and helped guide her. The memoir aspect of the book alone was a fascinating read. But then there's more. There are sections throughout the chapters devoted to helping the readers open up and cultivate their own awareness. It isn't about summoning spirits, or using Ouija boards or doing seances. Nothing like that at all. In fact, Kim warns against things like that. It's all about energy. Energy within us, energy surrounding us...and how to teach ourselves to perceive it and understand it better. In her show, "The Haunting Of", Kim often uses the word "energy" to mean not only the aura surrounding a person and what they give off, but also entities, spirits, or souls. The how-to parts of the book are essentially step-by-step instructions on how to re-learn and re-connect with that part of us that Kim says started out open and more perceptive as children and that, through living in the physical world and judging ourselves and everything else by the experiences of that world, became forgotten or dormant. I like the fact that the book is for both those who've been in

touch with their gifts and those who haven't (like me). Whether you've had experiences that you want to understand, or whether you feel the need to become more aware, you'll find the book can validate and teach. Kim explains things like chakras, the properties of certain crystals, the "clairs." She speaks of what a spirit guide is and how to connect with yours. She addresses questions a lot of people have about things like pets in the afterlife, suicides, trying to reconcile with religious beliefs, etc. Basically, you'll find it interesting and helpful no matter at what stage of learning and perceiving you are. As I said, I've been pretty unperceptive in this regard up to this point, so I'm approaching it like a new student wanting to learn. I read the book cover-to-cover over 3 nights and now I'm going back to study it more. For those of you who aren't too familiar with Kim's work or haven't seen her show "The Haunting Of", I would suggest viewing episodes of the show. The skeptic would say, oh it's all made up or it's all scripted or they're famous people whose information can be googled, but check it out and judge for yourself. The celebrity guests run the gamut from believers to skeptics, from folks who admit to numerous experiences of their own to those who saw something once they can't explain. They (and some of them bring along non-celebrity friends and family whom she can also read) admit to Kim nailing private conversations and situations that are not in any way, shape or form traceable or recorded down anywhere, including quirky things about deceased relatives that only family members would know. Check it out if you can! Hope this review helps!

I really enjoyed this book. I have watched her on TV and am amazed at her gift. Her book lets us see that she is an ordinary human with all of the same insecurities and questions that we all have. She just has an extraordinary gift. She lets us see how a gift like hers can be a blessing and a huge responsibility. She says we all have different similar gifts, it's just like going to the gym and building your muscles. You have to practice and develop these abilities. This book is both educational and entertaining. She teaches how to develop and tap into any gifts you might have. I was sorry when I finished the book, it left me wanting more.

Thank you for your book, Kim. You've answered every question I've had since childhood. I'm so proud of you for your faith and your fight to get the answers needed to be a source of help on so many levels. God bless!

This is the perfect book for someone who wants to gain an understanding of Spirit. For lightworkers, this will be a delightful confirmation of what their own experience has shown them. For wistful skeptics, this book is a warm, wise, grounded guide that will move you over more than a few

notches into the land of hope, belief, and confidence that our loved ones are always with us, that love and Spirit are eternal, that we can access wisdom we all possessed before we got here and then promptly forgot. Kim Russo is known as The Happy Medium. I call her The Soul Doctor. This book heals. It is intelligent, friendly, "down to earth" even as it deals with the ethereal. Just like its author. She and this book are a gift to anyone who is spirit having a human experience, and that is all of us, right?

Such a GREAT book!! I could not say enough good things about Kim Russo. She has such a positive personality and her book was interesting all the way through. We adore her in our household. She's so interesting and has such a kind heart. I bought the hard back book and read it and my son bought the down-loadable version and read it. I hope she will soon get another TV show.

I know I wanted this book, but didn't think I ordered due to the price, but I must have because it appeared on my kindle. What a great book. Ms. Russo told her story so well and explained each step in her journey. I've started reading it a second time in case I missed anything the first time. If you have any interest in this subject, you need to read this book. I'm just disappointed that she hadn't written any others!

This book really stood out to me, because there were so many helpful things in it, besides Kim's story being a very interesting one. I hadn't seen her on TV before reading this so I just had no idea of her awesomeness! I hope she writes another book because I'd love to hear about her experiences in more detail, especially about the crazy haunted house her family moved to when she was a child. But as it is, this turned out to be a real self-help book for me. Things you can do in your home, crystals to use, exercises to open up your own abilities-that's why it was more than a biography, and I really loved it! All the advice and exercises were down to Earth and very easy to follow. It also led me to go online and watch some of her shows, which I really liked too.

Several of the concepts presented in this book I didn't quite agree with, but overall, I enjoyed how the author came across with her experiences. Especially interesting with her instruction of how others can tap into this spirituality and explore their own gifts.

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