

## STM Parish Library Book/Media Review

<b>Title:</b> Waking Up in Heaven	<b>Author:</b> Crystal McVea
<b>Media type:</b> (check one) <input checked="" type="checkbox"/> Book <input type="checkbox"/> CD/Audio book <input type="checkbox"/> DVD	<b>Call Number:</b> 236 McV
<b>Review submitted by:</b> Ramona Kar	<b>Date:</b> 10/27/13
<b>Subject</b> (e.g. Prayer, Family Life, Sacraments, Saints, Bible Study, Moral Conduct, Social Justice) After life	
<p><b>1. What is this book about? (describe briefly)</b></p> <p>The author, Crystal, a 32 -year old mother of four, writes a first person account about her death - an experience that lasted nine minutes; her encounter with God in heaven, and the transformative impact on the rest of her life. Her experience in heaven transformed her perspective of her past life of suffering and abuse, and helped her embark on a healing journey. She began receiving frequent prompts from God to share her experience with complete strangers.</p>	
<p><b>2. What main message does the author convey? (share a favorite quote/chapter title)</b></p> <p>The author feels inadequate when describing the immense love of God which she experiences in heaven. "It was like being bathed in love.... The best way to put it is this: I was home." The author paints heaven in such comfortable, loving, non-judgmental terms, I yearn to go there. The author realized that regardless of how negatively she viewed herself, and how unworthy she thought she was, God has always loved her. My favorite chapters or sections, were the ones that described Crystal's experience in heaven.</p>	
<p><b>3. What inspired you the most about this book, and why would you recommend it?</b></p> <p>I realize that I do not appreciate how much I am loved, and I do not take the time to savor the love of God. I am afraid of suffering, but I now know that God never leaves my side. This reassures me. I am also reminded of how much I need to attune myself to the voice of God. I am intrigued by the extent to which God actually "nudged" the author to follow his prompts. This book truly helps to exorcise fear and loosen the chains of anxiety.</p>	
<p><b>4. Who would benefit from reading this book?</b></p> <p>If you have fears about dying, questions about the afterlife - this book is for you. If you have a loved one dying of a terminal illness, or if you are carrying a burden of guilt and shame regarding any painful experience - this book is for you.</p>	
<p><b>5. Any other impressions:</b></p> <p>This book provided me a breathtaking glimpse of heaven. I empathize with the grief of Crystal's past, and I rejoice with her that she is now free from all her guilt and shame. I found myself rushing to get past the pages of the author's past, so I could lose myself in the "heavenly details".</p>	