BOOKS & APPS PRESS KIT

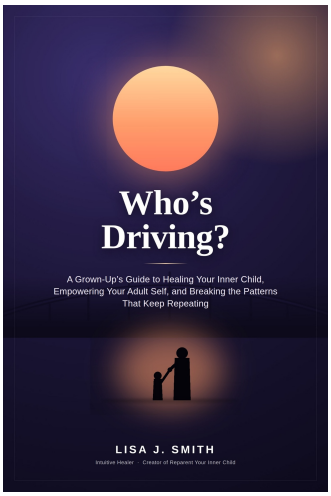
LISA J. SMITH • AUTHOR • APP CREATOR • EVIDENTIAL MEDIUM

Eleven selected books and companion resources, grouped by subject for journalists, reviewers, podcast hosts and producers. All covers below are the original files supplied by the author.

About Lisa

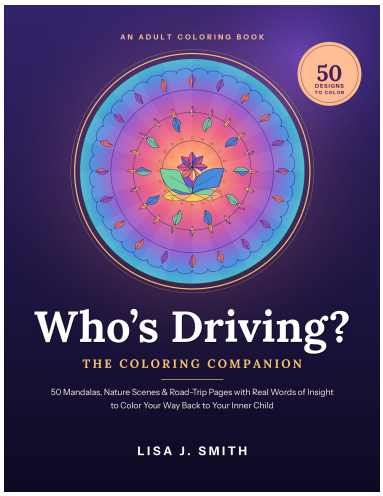
Lisa J. Smith is an evidential medium, author, speaker and teacher with more than 25 years of experience helping people with their humanity while exploring their spirit. Her writing spans grief, inner-child awareness, relationships, intuitive development and everyday personal growth.

Inner Child Healing & Personal Growth



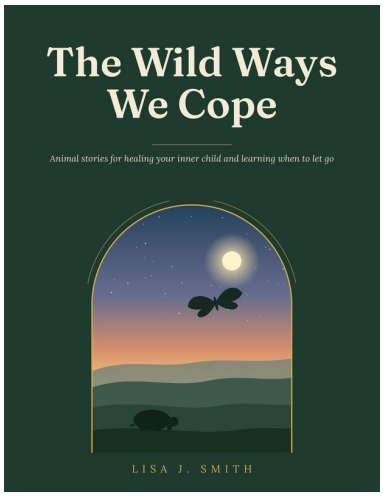
Who's Driving?

Reparenting your inner child, empowering your Adult Self and breaking repeating patterns.



Who's Driving? — The Coloring Companion

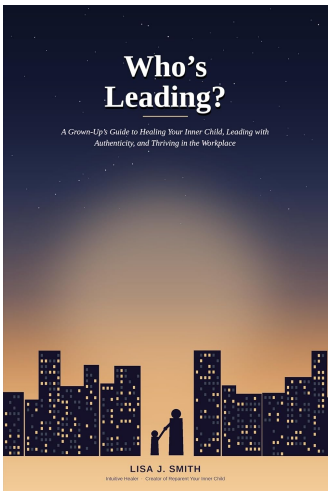
A creative companion with 50 designs and reflective prompts.



The Wild Ways We Cope

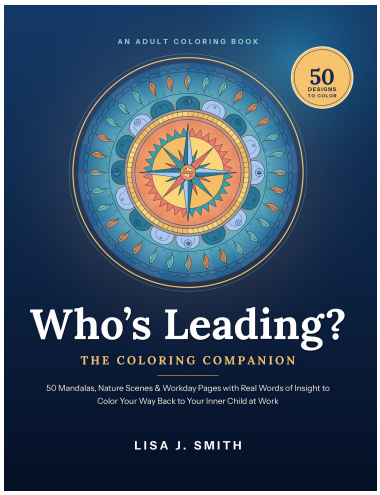
Animal stories for inner-child healing and learning when to let go.

Leadership & Workplace Relationships



Who's Leading?

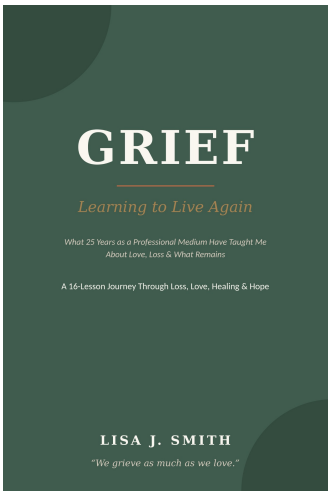
Inner-child awareness, authenticity and healthier patterns at work.



Who's Leading? — The Coloring Companion

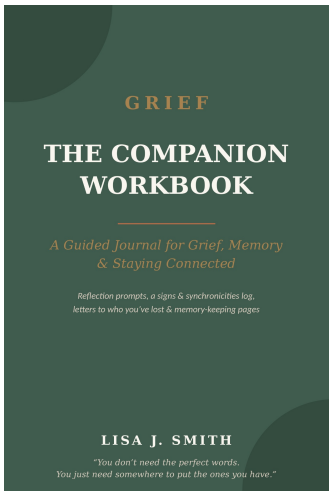
50 designs and insights for workplace reflection.

Grief, Loss & Healing



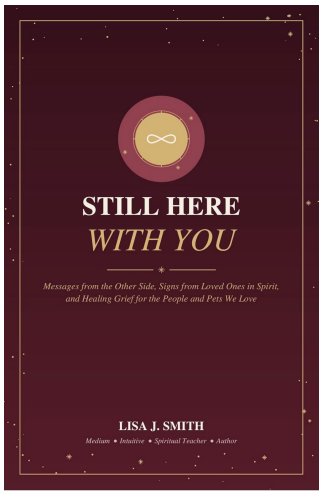
Grief: Learning to Live Again

A 16-lesson journey through loss, love, healing and hope.



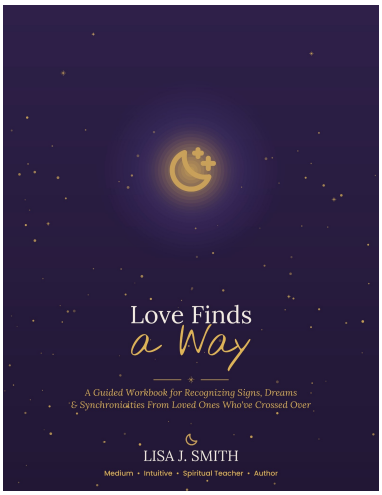
Grief — The Companion Workbook

A guided journal for grief, memory and staying connected.



Still Here With You

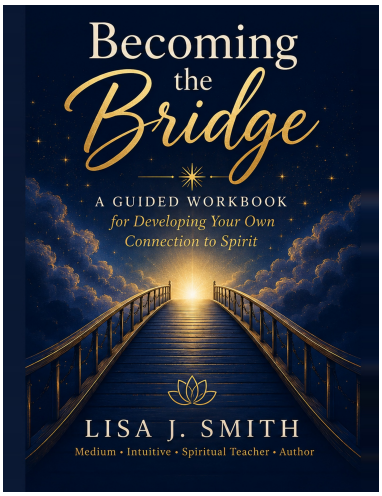
Signs and messages from loved ones and pets in spirit.



Love Finds a Way

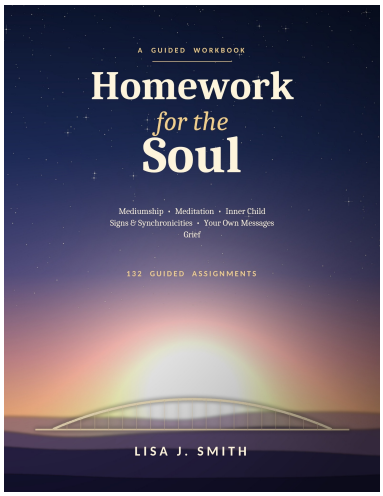
A guided workbook on signs, dreams and synchronicities.

Mediumship, Intuition & Spiritual Development



Becoming the Bridge

A guided workbook for developing your own connection to spirit.



Homework for the Soul

132 guided assignments on meditation, intuition, grief and inner-child work.

Companion Apps

Who's Driving? — An inner-child and Adult Self awareness companion with practical reflections and repeatable exercises.

Learning to Live Again — A grief support companion with check-ins, journaling and practices for death-related and other losses. Availability depends on platform and approval status.

Suggested Interview Angles

How inner-child patterns influence relationships and work; why grief includes more than bereavement; recognizing signs and synchronicities; turning books into daily practices; creating practical tools for self-awareness.

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