



# Secrets of the Monarch: What the Dead Can Teach Us About Living a Better Life

*Allison DuBois*

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**Secrets of the Monarch: What the Dead Can Teach Us About Living a Better Life Allison DuBois**  
**Life lessons from those who know best -- the dead: Allison DuBois shares insights on how you can live your legacy today.**

Known as the inspiration for the hit television show *Medium*, Allison DuBois lives in a world few of us ever glimpse. She can see what is on both sides of the thin line between life and death, and she regularly encounters spirits who have passed. As part of her life's work, she comforts families who have tragically lost their sons and daughters, helps authorities find dangerous criminals, and locates missing persons. But, like all of us, her first job is being a dedicated member of her family, a treasured friend, and a guiding light to her three daughters.

Like the monarch butterfly, whose survival as a species depends on its predecessors' actions several generations before, everyone is influenced by their ancestors. But it is up to individuals, Allison says, to create their own legacies and pass the fire and passion in their lives to their children, their children's children, and the generations beyond.

In *Secrets of the Monarch*, Allison passes on important life lessons she's learned through communicating with the dead. If you want to understand life, Allison teaches, you must understand death. You already know the ending of your story, so make it the best tale you can -- *while* you can. Everyone is part of a bigger story, but by making the most of your life every day, you can positively affect that story.

Some aspects of life and death are leaps of faith. But others are conscious choices that we can make to better our lives and those of future generations. With insightful teachings on both family relationships and friendships, as well as how she herself is inspired to live better tomorrow than she has today, Allison DuBois shows how each of us can make our lives a true masterpiece.

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