

Shhhh... Listen! Do you hear that vacuum sucking people down?

A severely depressed 16-year-old youth broadcasts his suicide on a webcam via the internet in front of hundreds of horrified onlookers; a third grade elementary school child shoots a parent in cold blood; a public servant is arrested for lewd conduct and solicitation of a gay sexual encounter in a public restroom; a sports legend is found dead of an overdose; political and entertainment celebrities, as well as private citizens, are booking themselves into rehab centers in record numbers. Despite a collapsing economy, the neon signs of gambling casinos and parlors still glare brightly over the boulevards across our nation as people, desperate for a 'kiss from Lady Luck,' gamble away their paychecks. Each one is another life once full of promise, hopes, and dreams falling into another voracious and soul-devouring emotional black hole.

Emotional black holes like these impact the lives of at least five people you know. Individuals seek to fill their emotional emptiness with everything from drug abuse to an excess of even so called good things, like work, exercise, and yes, even religion. These temporary distractions do not avoid the devastation that awaits us while we continue to be drawn even faster into deeper emotional black holes.

There is hope. There is a way to heal the wounds. *Emotional Black Holes* is one author's very personal experience and invitation to step out, as he did, of the emotional blackness of deep and painful holes that snuff out life and move back towards the light and a life of fulfillment, love and joy that we were all meant to experience. Step through the doors of these pages, and you too will share in the author's journey as you also discover the *true* way to escape from your emotional black holes.

EMOTIONAL BLACK HOLES

Grant J. Hallstrom, Esq.



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I first would like to thank my wife, Jean, who has travelled with me on a roller-coaster life of financial and emotional ups and downs as I learned the lessons of life that I share with the reader in this book. She truly is a saint and an elect lady. Her example of forgiveness and love is a phenomenal support to me and our family.

I would also like to thank my secretary, Debi Pugliese, for her contribution in providing both material and editing for this book.



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Grant is married to his sweetheart, Jean, and they have six children and several grandchildren.

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PREFACE

After benefiting from a life-changing experience, I felt compelled to help others find Christ, the source who fills all of our emotional holes. Consequently, I wrote and published a short booklet titled *Emotional Black Holes*, and distributed it to individuals at my own expense. I decided to write this book to more fully expound the message contained in my earlier booklet after several persons expressed how much this booklet helped them, and encouraged me to write a book. I hope that you too will find peace, understanding, direction, enlightenment, hope and support in its pages, and feel motivated to share its message of love with others.

This book is intended to be non-denominational and a benefit to all, Christian and non-Christian alike. I firmly believe that all truth and all goodness come from Christ, and that as we seek truth and goodness we get closer to God. I feel that there is a lot of truth and goodness in all religions and that everyone should start where they are, and value the good in the religious training they have already received. I hope that everyone will show respect and courtesy to individuals from other faiths. I encourage everyone to keep all of the truth and goodness that they already have, but I invite each individual to be open to receiving additional light and truth, regardless of the source.

I am saddened by the number of persons living in spiritual darkness who are blinded by a flash of light, thinking that the few truths they have already learned are everything, and fail to enjoy the beautiful spiritual vistas available to those who keep their hearts open to all truth,

wherever it is found. I am confident that if individuals seek truth, goodness and love, they will find the source (Christ) better than if others try to push it on them. So, please do not make any disparaging remarks to individuals who you feel are lower on the path to God than you are. We all could use as much encouragement as possible from others. So, let's provide support to each other as we all strive to improve.

I am a member of the Church of Jesus Christ of Latter-day Saints (Mormon). The ideas expressed in this book represent my sincerely held, but strictly personal, point of view. I have no authority to speak on behalf of my Church, and no one should assume that the thoughts expressed in this book represent beliefs or doctrines of my religion. Those interested in learning the official position of this religion should go to www.lds.org or www.mormon.org.

I primarily earn my living as the managing partner of the southern California law firm, Hallstrom Klein & Ward LLP, and do not intend to personally receive significant financial benefit from the sales of this book. Proceeds from sales are used to cover the costs of printing, marketing, and distributing the book. Proceeds are also used to create and maintain related websites and other charitable and humanitarian causes. I receive some residual benefit to partially off-set the loss of my income due to the extensive amount of time I dedicate to this cause. Your support by purchasing books and other items through our websites, EmotionalBlackHoles.com and ClearStonePublishing.com, is greatly appreciated.

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