



“Hey, I’m Erik. Yeah, the dead guy. Weird, right? Trust me, I get it. It took me awhile to get used to it too. I’m not a zombie, and I’m not a ghost—that’s not really how this works. But if you come along for the ride, I promise I’ll show you how it does.”

Meet Erik Medhus, author from the afterlife.

My Life After Death: A Memoir from Heaven (on sale September 1, 2015, Beyond Words/Atria) begins on the fateful day when Erik Medhus, at the age of twenty, took his own life. What follows is Erik’s detailed, moment-by-moment account of his death, transition, and the new life he discovers on the other side—told for the very first time in his own words as channeled by renowned medium Jamie Butler and transcribed by Erik’s mother, Elisa Medhus, MD.

The follow-up to *My Son and the Afterlife* (Beyond Words/Atria, 2013), Erik delivers on his promise to show what heaven is like and how it works. Erik’s candor, irreverent humor, and fascinating story is riveting, while also offering guidance, hope, and a deeper understanding of what happens when your time on Earth ends.

My Life After Death provides peace and solace for those who have grieved a loss and answers crucial questions for anyone who has ever wondered about the existence of an afterlife. Ultimately, Erik’s message is, “Life never truly ends.”

Erik explains that death is a transition, not a separation or end of life, and that consciousness lives on. He offers ways of creating a new relationship with those who have died, so you “don’t just bury them,” as well as a glimpse into heaven. *My Life After Death* explores questions such as:

- What happens to our loved ones right after their physical “death”?
- What crossing over is like and the life review?
- What does the afterlife feel and look like?
- Why is communication with the other side helpful?
- What jobs are in the afterlife and why do we have them?

“One thing unique about Erik is his style. He’s candid, casual, and often blunt,” Dr. Medhus explains. “This along with his ‘sailor talk,’ seems to make him more approachable, unlike other spirits who begin with, ‘Welcome my dear one.’ As far as the bad language is concerned, Erik says, ‘Words are just a string of letters. They get their power from the intent behind them,’ and his intent is pure and loving.”

Erik’s message is clear and profound: *Life carries on*

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“*My Life After Death* takes us on an extraordinary journey filled with inspiration, love, and hope. Well worth reading and celebrating. Thank you, Dr. Medhus and Erik.”
—Gary E. Schwartz, PhD, author of *The Sacred Promise* and *The Afterlife Experiments*

“Dr. Elisa Medhus offers a heartfelt, deeply moving story that invites readers to question their own beliefs of love, loss, and the afterlife.”
—Eben Alexander, MD, author of the *New York Times* bestseller *Proof of Heaven*

ABOUT THE AUTHORS

Erik Medhus is an eternal twenty-year-old man who struggled with severe bipolar disorder since he was 14 years old, along with learning disabilities. Erik passed away on October 6, 2009. From his new place in Heaven, Erik’s main occupation is as a spirit guide who helps those who struggle with their human experience, and he is the inspiration and contributor to the Channeling Erik blog and community.

Elisa Medhus, MD is a physician and mother of five who has practiced internal medicine for over thirty years. She is the author of three award-winning parenting books and has lectured on parenting for schools, parent groups, and corporations. After the death of her son Erik, Dr. Medhus began journaling her grief in her blog ChannelingErik.com.

Jamie Butler received a Master Hypnotherapist degree from the New York Institute and studied with Dr. Brian Weiss, MD. She is also the founder of Love and Light LLC, designed to support, create, and inspire spiritual growth through public channeling, guest lecturers, classes, and private sessions for all ages. Jamie has been a guest speaker at many colleges and community forums, as well as radio shows throughout the US.

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