



# My Life After Death: A Memoir from Heaven

*Erik Medhus, Elisa Medhus M.D.*

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In the follow-up to Elisa Medhus's *My Son and the Afterlife*—"a heartfelt, deeply moving story" (Eben Alexander, *New York Times* bestselling author of *Proof of Heaven*)—her son Erik tells his astounding story directly from the afterlife, describing in detail his death, transition, and spiritual renewal.

*My Life After Death* begins on the tragic day when Erik Medhus took his own life. What follows is a moment-by-moment account of the spiritual life he discovers on the other side—told for the very first time in his own words as channeled by medium Jamie Butler and then transcribed by his mother Elisa.

Overflowing with his signature honesty and candor, Erik describes more than just a visit to the afterlife. He personally walks us through the experience of dying, transitioning into spirit form, and reveals a detailed look at the life awaiting us on the other side.

In this intimate and provocative memoir, crucial questions will finally be answered, including: What does it feel like to die? What is it like to become a spirit? Why and how do spirits communicate with the living? Is there a heaven? Ultimately, Erik's story provides the answers that will help readers find solace and remove the fears surrounding death, showing that love has no boundaries and life does not truly end.

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