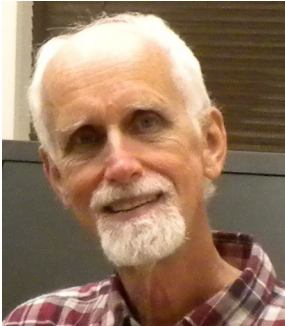


The Afterlife Therapist: Book Overview

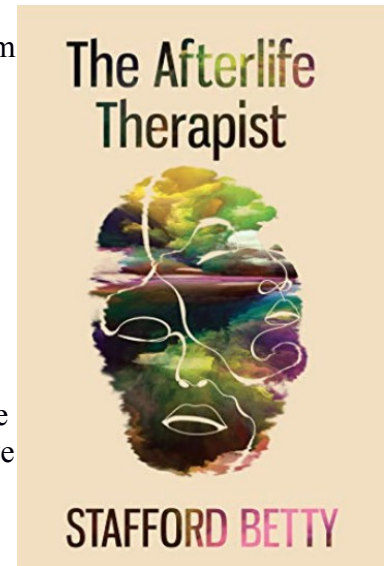
by Steve Freier



I am a big fan of Stafford Betty, PhD who is a retired professor of Religious Studies at California State University, Bakersfield, California. He has so far written fourteen books, equally divided between nonfiction and fiction. The most popular deal with the afterlife. His new novel, *The Afterlife Therapist* has its setting in the next world and brings it to life as only a novel can.

I have read a few of his books the afterlife so I am already acquainted with his work. I am not particularly fond of reading novels in general as I prefer more factual informational types of books.

However, when I saw professor Betty being interviewed about his new book by well-known interviewer, Jeffrey Mishlove on his YouTube channel I immediately became interested. Why, you might ask? Because professor Betty is such an inveterate and credible researcher and teacher about the afterlife and has read hundreds of books which corroborate the types of experiences one can expect to have there, I thought that it would be interesting to see how he managed to create a narrative which would be engaging as well as educational for the reader. Like professor Betty, I have also researched hundreds of books in the same vein and so I'm sure that what he has to say should accurately depict what one might expect after transitioning to the Otherside!



The book centers on the death and afterlife of a workaholic family therapist named Aiden Lovejoy. It's interesting to note that when one dies and transitions into the Afterlife that things do not immediately seem much different! You would still have a body, and have friends, live in a house of some sort, etc. As for work, in other books I have read about the afterlife we generally have to choose some sort of work to do once we are acclimated. And since Aiden Lovejoy had been a successful family therapist in his earthly life he naturally wants to continue to do the same thing in this Afterlife environment. As the story plays out, he begins to discover that even though he is so hard-driving and creative in finding successful solutions to help his clients heal and vibrationally move up, he eventually discovers that there is jealousy in that world and that he must learn to deal with pride and other character defects before he himself can "move on up" to a higher level.

The book reads well, is fast paced and is laced with unexpected twists and turns. For instance, Aiden seems to enjoy the challenge of delving down into the shadowlands area which is the area where people with depression and guilt and other difficult attitudes reside. For Aiden it's a challenge to see if he can counsel them to "see the light" and make a free will decision to move upward to a higher Astral area. (Most average individuals, when they pass over find themselves in an intermediate middle realm of the Astral planes.) He seems obsessed with the challenges that go with trying to help these poor souls. And after awhile he has some notable success counseling some very famous former humans to make the decision to leave their comfortable lower astral haunts and unfortunately this notoriety brought about becomes an even bigger challenge for him to overcome.

You might recall the 1998 film, “What Dreams May Come,” starring Robin Williams, which is based on the book by Richard Matheson. It was very well researched and offers great psychological depth, however, I feel that “The Afterlife Therapist” is at least as deeply researched if not more-so. I heard somewhere that “The Afterlife Therapist” is also being considered to be made into a film as well. And that would be a good thing!

Dr. Lovejoy is by no means too good to be true; his character faults prove frustrating to his colleagues and mentors, just as they did when he was on earth. His “arc of development,” which by no means is completed at the story’s end, is wholly believable. This focus on the imperfections of all-too-human souls sets “The Afterlife Therapist” apart from other similar books.

I thoroughly enjoyed this exciting exploration of what happens in the afterlife of therapist Aiden Lovejoy, and by extension the many other souls he comes into contact with, saints and sinners and everyone in between. This was an engrossing and illuminating read, well worth the time! Get The Afterlife Therapist on [Amazon](#).

https://www.amazon.com/Afterlife-Therapist-Stafford-Betty/dp/1786771357/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=