



REBECCA ROSEN BIOGRAPHY

Internationally acclaimed best-selling author, spiritual medium, and speaker, Rebecca Rosen has made it her mission to open the line of communication between the spirit world and our day-to-day world.

Rebecca's spiritual journey began in 1997 as a college student struggling with depression and a debilitating sleep-eating disorder. Following months of therapy and medication, Rebecca finally, out of desperation, began to pray. On one particularly unremarkable day while sitting in a bookstore, she felt compelled to write in her journal. That's when her deceased Grandmother Babe answered her prayers. Rebecca was flooded with words that she involuntarily transcribed, or channeled, not even realizing what she was writing. The handwriting was Rebecca's, but the words were her Grandmother's.

Because she, herself, was skeptical, Rebecca asked for proof that what was happening was real. Grandma Babe told her three specific things she wanted Rebecca to share with her father, Grandma Babe's son. All three turned out to be true and were things only her father and Grandma Babe could possibly know. For the next 18 months, Grandma Babe was Rebecca's guide, giving her life lessons and even predicting specific personal events that would later come true. At the end of this time, her Grandmother told Rebecca to fulfill her life's purpose, and ultimately help others.

Rebecca's journey as a medium started with personal readings for family and friends, which were uncannily accurate. These experiences were shared with friends, and then friends of friends. Soon strangers began asking for readings too, and Rebecca realized she had officially arrived as a professional spiritual medium. Now, over 20 years later, Rebecca's passion lies in transforming people's lives by helping them connect to their deceased loved ones, angels, spirits, and guides through one-on-one sessions, small group readings, larger audience

events, and a variety of spiritual growth products and resources.

Her incredibly accurate and detailed readings have amazed and empowered clients and led Rebecca to national media appearances on The Dr. Oz Show, E! News Specials, Fox & Friends, Dr. Phil, Entertainment Tonight, Extra, Nightline and The Rachael Ray Show, among others. Rebecca appeared as the star of LMN's (Lifetime Movie Network) show *The Last Goodbye*. Through the show, Rebecca connected people seeking answers from their deceased loved ones, and shed light on the truth that death is not the end and love never dies.

In addition to her first three books, *Spirited*, published in 2012, and *Awaken the Spirit Within*, published in 2013, and *What the Dead Have Taught Me About Living Well*, published in 2017, Rebecca's newest book, *What's Your Heaven?*, was released in March 2023. In her newest book, Rebecca teaches us how to connect to the deepest sources of wisdom within and around us—in order to live with more intention and honesty, identify our biggest lessons, and embrace the personal “homework” that needs to be completed to become who we're meant to be.

Rebecca's podcast, *Small Medium at Large*, explores many facets of our connection with our “team spirit” on the other side. In these episodes, over two seasons, Rebecca interviews fascinating guests, shares messages from Spirit, and offers some of her own tools and resources to strengthen our intuition.

Rebecca resides in Denver with her husband and children. Her mission is to share her gift and show others how to receive wisdom and insight that can profoundly, and positively, impact their lives. For more information on Rebecca, her readings, in-person and virtual events, spiritual growth products, and more, please visit www.rebeccarosen.com.