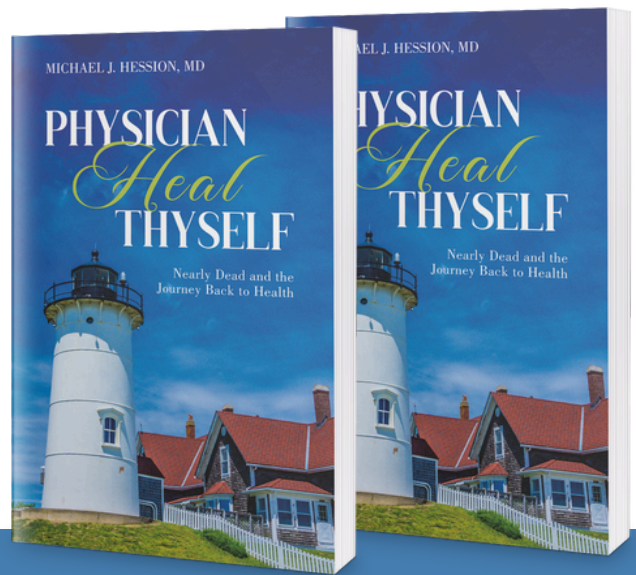


# Physician Heal Thyself

NEARLY DEAD AND THE  
JOURNEY BACK TO HEALTH



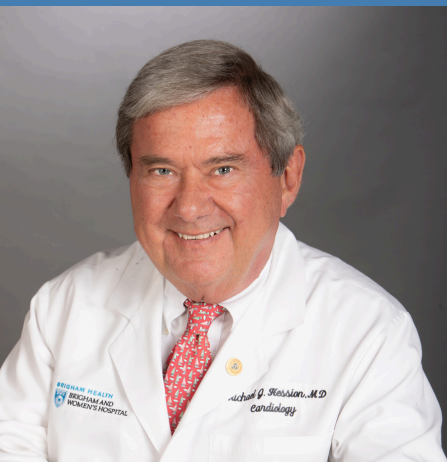
Dying was not something I thought about. In abstract terms, I knew death was inevitable for every living thing. I was young and healthy, so this was not a concept I had given much thought to other than filling out a health care proxy as part of the requirements our lawyer insisted upon when my wife and I revised our wills. Try, if you can, to place yourself in my situation on December 31, 2013, when the abstract became a reality. How could anyone recover from a near-death experience? What are the life skills needed to accomplish this? How could anyone prepare themselves for the unimaginable?

There was no “go bag” ready for me. *Physician Heal Thyself* is a powerful, deeply personal memoir of my near-death experience and how I rebuilt my body, both physically and emotionally, as well as finding a new life’s meaning, purpose, and happiness. This book is written from the unique perspective of someone who was a patient and a physician who routinely cared for critically ill patients. My hope is that this book will resonate and help guide both survivors of near death and their loved ones through the agony of recovery and the herculean task of rebuilding your life.

Purchase through Amazon, along with other fine retailers and bookstores globally.

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Michael J. Hession, MD, is a distinguished Dartmouth Medical School alumni. His journey to becoming a physician, marked by resilience and empathy, was shaped by personal experiences, including two near-death experiences. Recognized for excellence, he's a Fellow of the American College of Medicine and Cardiology. As Chief Medical Officer at Brigham Health Harbor Medical, he impacts clinical practice and education, honored eight times in Boston Magazine's Top Doctors. Outside medicine, he enjoys adventures with his wife of 40 years, Colleen, on Cape Cod, MA.

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