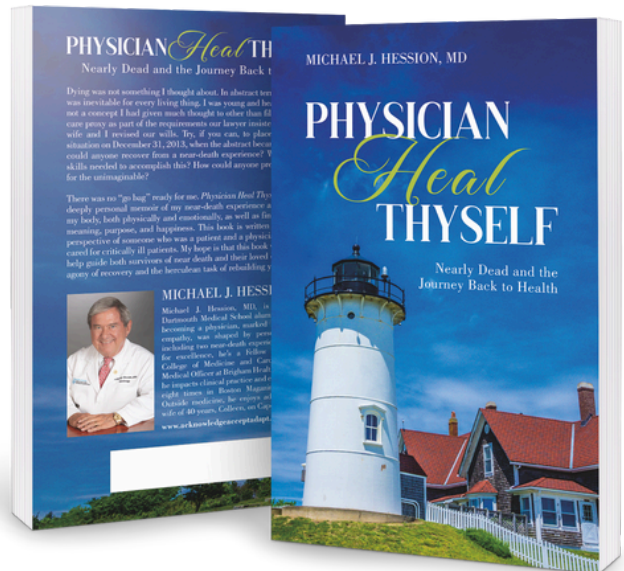




# Physician Heal Thyself

NEARLY DEAD AND THE JOURNEY BACK TO HEALTH



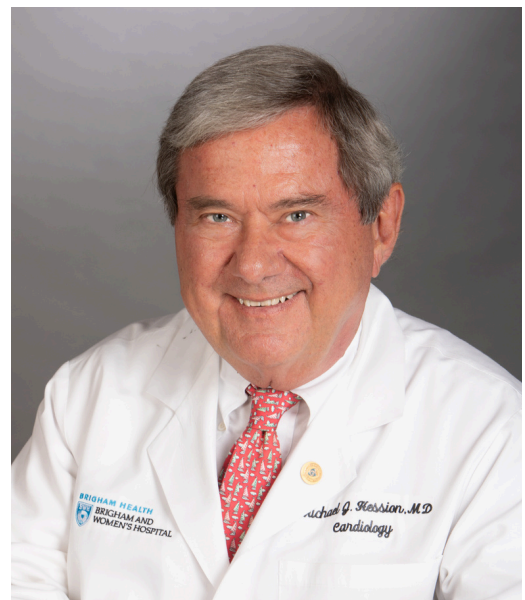
Dear Readers,

I want to extend my heartfelt gratitude to each and every one of you for joining me on this journey into the pages of Physician Heal Thyself: Nearly Dead and the Journey Back to Health. It means the world to me that you've chosen to delve into the depths of my memoir and explore the profound experiences I've shared within its pages.

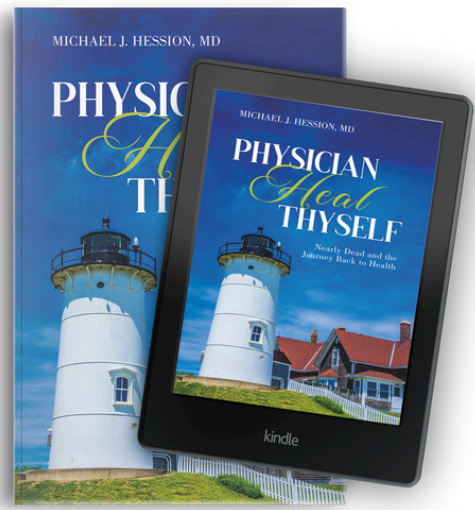
As you engage with the themes and characters woven throughout the narrative, I've crafted a series of questions intended to ignite meaningful conversations and reflections. Your unique insights and interpretations are invaluable, and I wholeheartedly encourage you to share them openly with your fellow readers.

Your presence and participation in this journey enrich our collective understanding of resilience, hope, and the human spirit in the face of adversity. Thank you for allowing me the opportunity to share my story with you—it's a privilege I don't take lightly.

With deepest appreciation,  
Michael J. Hession, MD



# Physician Heal Thyself



## DISCUSSION QUESTIONS:

- Reflecting on the author's journey from a physician to a patient, how did this transition impact your perception of healthcare and the doctor-patient relationship?
- In what ways did the author's dual perspective as both a survivor of near-death experiences and a seasoned physician enhance the narrative? Did you find this perspective valuable?
- The book explores themes of resilience, hope, and purpose amidst adversity. Which moments resonated with you the most, and why?
- How did the author balance providing detailed medical information with maintaining accessibility for readers? Did you find the medical aspects of the narrative engaging?
- Discuss the role of faith, meaning, and purpose in the author's recovery journey. How did these elements influence his healing process, and did they resonate with your own experiences or beliefs?
- In the book, the author describes a profound near-death experience. How did this experience shape your understanding of mortality and the afterlife, if at all? How did you react to the description of passing from light to darkness, the lady in white?
- How did you feel when he was told that on the night he was transferred to the Brigham and Women's ICU the students of the University of Notre Dame were asked to pray for him at the replica Grotto to Our Lady of Lourdes?

- The importance of support from loved ones during times of crisis is a recurring theme in the book. How did the author's relationships with family and friends contribute to his recovery, and how did this resonate with your own experiences?
- Throughout the narrative, the author faces numerous obstacles and setbacks. What were some of the most significant lessons he learned along the way, and how might these lessons apply to readers facing similar challenges?
- Reflect on the author's journey of personal and professional growth. How did his struggles ultimately lead to strength, and what insights did you gain from his experiences?
- Finally, what message or insight do you think the author hopes readers will take away from the book, especially those who may be facing their own medical challenges or caring for loved ones in similar situations? How did the book impact your own perspective on life, mortality, and resilience?

I extend a warm invitation for you to use the hashtag #PhysicianHealThyself or tag me as **@michaeljhession** on social media to share glimpses of your book club gatherings, your favorite reading spots, or any insights you've gleaned from our shared journey. Your active participation and enthusiasm play a crucial role in spreading the word about the book and fostering a vibrant community of readers.

Moreover, if you feel inclined, I kindly ask you to consider leaving an honest review of the book on your preferred online platform. Your reviews serve not only as valuable feedback for me but also as guiding lights for other readers seeking meaningful narratives.

Thank you for your unwavering support and for being an integral part of this journey.

Warm regards,  
Michael J. Hession, MD

