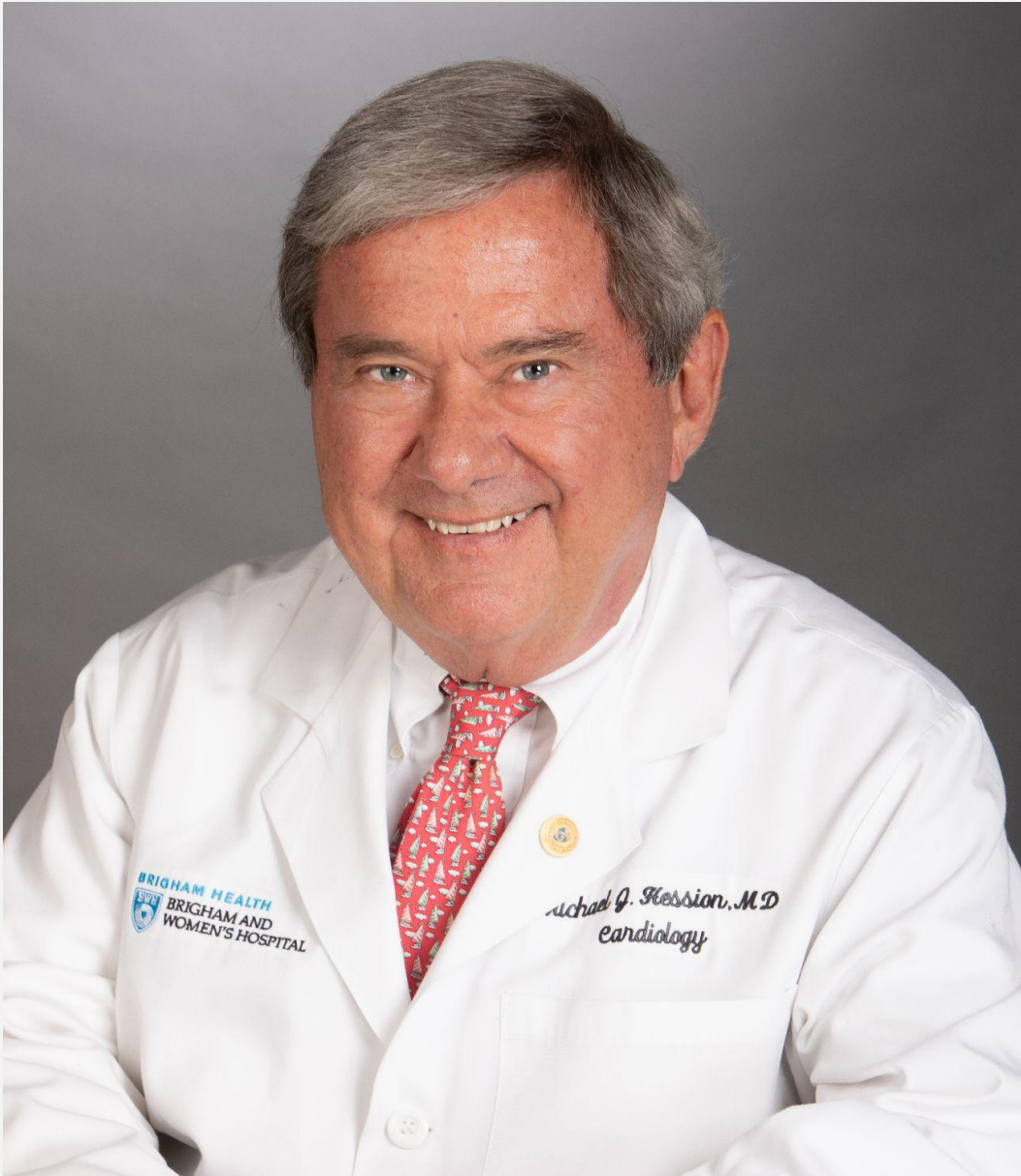


Michael J. Hession, MD

National Bestselling Author . Inspiring Speaker



Meet Michael

The ability to Acknowledge, Accept, and Adapt will help anyone survive even the unimaginable. Life offers up waves of health and sickness, challenges, and achievements.

I hope my story of healing will inspire you to, in my father's words, "Never give up."

—Michael J. Hession

Michael J. Hession, MD, is a distinguished graduate of Boston College High School, Boston College, and Dartmouth Medical School, where he was elected to Alpha Omega Alpha. His journey to becoming a physician is marked by resilience and deep empathy, shaped not only by academic achievements but also by profound personal experiences. Enduring two near-death encounters and health challenges, he emerged with a profound understanding of human frailty, enriching his medical practice with unique empathy.

Recognized for his expertise and commitment to excellence, Michael is a Fellow of both the American College of Medicine and the American College of Cardiology. He completed his Internal Medicine Residency at University Hospital (Boston Medical Center) and further specialized in cardiovascular medicine during his fellowship at Brigham and Women's Hospital under the mentorship of Bernard Lown, MD.

As Chief Medical Officer at Brigham Health Harbor Medical, Michael's impact extends beyond administrative roles. He serves as an attending physician at South Shore Hospital and as a consulting physician at Brigham and Women's Hospital in Boston, MA. Additionally, his contributions to medical education are notable. He has held academic appointments as a Clinical Instructor in Medicine at Harvard Medical School and as an Assistant Clinical Professor of Medicine at Tufts Medical School.

Michael's dedication and expertise have earned him widespread recognition, being honored eight times in Boston Magazine's Top Doctors annual edition. Beyond his professional endeavors, Michael finds joy in sharing life's adventures with his wife of 40 years, Colleen, on Cape Cod, MA. Together, they cherish moments boating on Nantucket Sound, indulging in their love for reading—especially history—and eagerly exploring the world through travel, seeking out the most exotic destinations.

Why Interview Michael



Michael's journey with a close call to death after spending years working with the critically ill highlights the courage, appreciation for life, and hope we all need in our darkest times. As an esteemed physician for many years, death was no stranger to Michael, though his own experience completely altered how he sees life and how he believes physicians should work with their patients when they face a similarly challenging experience. An interview with Michael will offer a greater understanding of what we need most when facing great adversity, leaving any audience inspired.

SUGGESTED DISCUSSION TOPICS

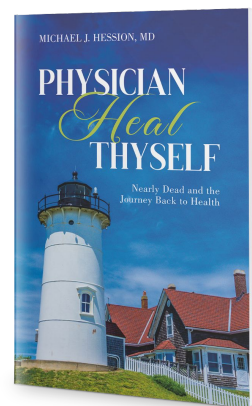
- **From Struggle to Strength: A Physician's Journey to Personal and Professional Growth.** Explore the journey of personal and professional growth Dr. Michael J. Hession, MD, has gone through. Delve into the challenges faced and how they've influenced both his professional perspective and personal development.
- **Beyond the White Coat: How Illness and Near-Death Experiences Shaped Healing Practices.** Join Dr. Michael J. Hession, MD, and delve into the profound impact of illness and near-death encounters on his approach to healing.
- **From Bedside to Rebirth: A Journey of Personal and Professional Evolution Through Near-Death Experiences.** A narrative of personal and professional evolution Dr. Michael J. Hession, MD, has experienced through near-death encounters.

SUGGESTED DISCUSSION QUESTIONS

- Can you share with us what inspired you to write this book, and why you decided to share such a deeply personal story?
- Your book explores your experience with critical illness and near-death experiences. How did these experiences change your perspective on life and your approach to medicine?
- Throughout your journey, you mention moments of fear, hopelessness, and resilience. How did you navigate these emotions, and what kept you going during the darkest times?
- Your story includes vivid descriptions of medical procedures and treatments. How did you balance providing detailed medical information while ensuring the narrative remained accessible to readers?
- In the book, you describe a profound near-death experience. How did this experience shape your understanding of mortality and the afterlife?
- You discuss the importance of faith, meaning, and purpose in your recovery. Can you elaborate on how these elements influenced your healing process?
- In your book, you mention the challenges of transitioning from a physician to a patient. Can you share more about this experience and how it impacted your perspective on healthcare?
- Your book also touches on the importance of support from loved ones during times of crisis. How did your relationships with family and friends contribute to your recovery?
- Throughout your journey, you faced numerous obstacles and setbacks. Can you share some of the most significant lessons you learned along the way?
- Finally, what message or insight do you hope readers will take away from your book, especially those who may be facing their own medical challenges or caring for loved ones in similar situations?

Michael's authentic voice and perspective provide profound empathy and hope, whether through a powerful interview in which he shares his personal triumphs or an inspiring keynote detailing practical steps for persevering through adversity. His unique ability to connect as both an esteemed medical expert and a relatable survivor makes him a truly compelling featured bestselling author or speaker for any audience seeking the courage to overcome life's most daunting challenges.

PHYSICIAN HEAL THYSELF



Nearly Dead and the Journey Back to Health

Dying was not something Michael J. Hession, MD, had thought much about. In abstract terms, he understood its inevitability, but as a seasoned and healthy physician, mortality seemed distant. That all changed on December 31, 2013, when the abstract became a chilling reality. Faced with a near-death experience, Hession found himself grappling with profound questions: How does one recover from a near-death experience? What skills are needed to navigate such a harrowing ordeal?

In the wake of his near-death experience, Hession found himself overwhelmed by fear, confusion, and a sense of existential dread. Struggling to make sense of their newfound mortality, he started to slowly rebuild his body, both physically and emotionally, as well as searching for a new meaning for life, purpose, and happiness.

Although the events in the book occurred between December 31, 2013, through 2015, the inspiration to write this book came in January of 2020. His son was a senior resident in Medicine at Bellevue Hospital in New York City during the COVID-19 pandemic that was laying waste to the world. He felt hopeless and unable to help as he was recovering from elective hip replacement surgery. It was then that he realized that his personal story of survival and recovery could possibly help others. Drawing from his own life-changing experience, Michael J. Hession, MD, offers a unique perspective as both a survivor of near-death and a seasoned physician. With over three decades of caring for critically ill patients, Hession brings unparalleled expertise and empathy to his memoir, providing invaluable insights into the complexities of recovery and the human spirit.

By the end of this compelling memoir, you will emerge with a newfound sense of resilience, hope, and purpose. Through Hession's poignant storytelling and practical wisdom, readers gain the tools and perspective needed to navigate their own healing journeys and feel empowered to face adversity with courage and grace, armed with a deeper understanding of life's fragility.

Physician Heal Thyself resonates and helps guide both survivors of near-death and their loved ones through the agony of recovery and the Herculean task of rebuilding a life. Discover the power of the human spirit to overcome unimaginable challenges and emerge stronger than ever before while finding solace, guidance, and hope for the journey ahead.

PHYSICIAN HEAL THYSELF



Nearly Dead and the Journey Back to Health

Physician Heal Thyself promises to be an inspiring and empowering read for anyone seeking guidance, hope, and a broader perspective on life's challenges and the human spirit's capacity for healing and growth.

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SUBTITLE – Nearly Dead and the Journey Back to Health

AUTHOR NAME – Michael J. Hession, MD

PUBLISHER – Hollymount Press

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