

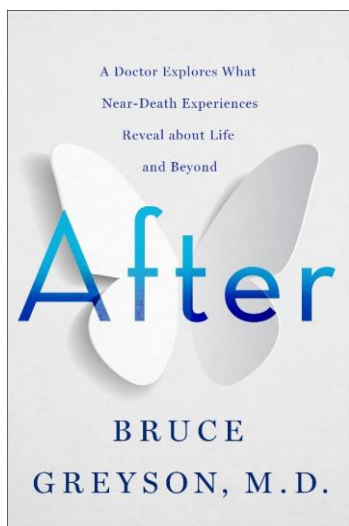
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AFTER

A Doctor Explores What Near-Death Experiences Reveal about Life and Beyond

BRUCE GREYSON, M.D.



“This long-awaited and amazing book is a major contribution to the study of what happens when we die, and will quickly prove to be a classic in near-death studies.”—**RAYMOND MOODY, M.D., Ph.D.**, *New York Times* bestselling author of *Life After Life*

“Dr. Greyson will go down in history as one of the primary founders of the scientific study of near-death experiences. His life story as reported in his book, *After*, will likely become crucially important for millions trying to make sense of life and death. It will also help to nudge the entire scientific community towards realizations that can alter human history.”—**EBEN ALEXANDER, M.D.**, *New York Times* bestselling author of *Proof of Heaven*

“In this very important book, Dr. Bruce Greyson helps elucidate the near-death experience with a scientific sensibility that makes what was exquisitely personal more accessible to a general audience. I believe all who read this book will be led to positive and permanent insights that will have profound and lasting effects in their own lives.”—**ANITA MOORJANI**, *New York Times* bestselling author of *Dying to Be Me*

Reports of near-death experiences have fascinated people for centuries, but have been written off by skeptics as hallucinations, religious visions, or the result of mental illness.

Now, with **AFTER: A Doctor Explores What Near-Death Experiences Reveal about Life and Beyond** (St. Martin's Essentials/Macmillan; March 2, 2021), by **Bruce Greyson, M.D.**, the world's leading medical expert on near-death experiences, we finally have answers from scientific evidence about the mysteries of death, life, and the continuity of consciousness.

Reports of remarkable experiences on the threshold of death can vary. Some near-death experiencers report seeing rare colors, while others hear strange sounds, or else have conversations with dead loved ones or out of body experiences. Whatever they go through, the 10% of people who have these experiences when their hearts stop are forever changed, with profound transformations in their attitudes, beliefs, values, and behavior. Struck by these unexplained but often consistent cases among his patients, Dr. Greyson began to investigate.

His curiosity, tempered by a strong skepticism, inspired a lifelong journey for answers that resulted in **AFTER**, a landmark book on the most profound lessons about life and death based on almost 50 years of scientific research of near-death experiences. The questions the book answers are fundamental to understanding consciousness, our purpose for living, and what it means to be human, and include:

- What do near-death experiences tell us about the mind-body connection?
- How can we tell that near-death experiences are real?
- How can people's consciousness continue when their brain activity has stopped?

Perhaps even more important are the questions Greyson raises about life before death. He found that near death experiences often give people a new outlook on what makes life purposeful and meaningful. **AFTER** is just as much a book about the lives lived *after* near-death experiences as

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it is about the *after*-life, and provides transformative lessons that all of us can apply without having to “walk into the light” ourselves.

Greyson has studied over 1,000 experiencers and includes in this book several of the most dramatic first-person accounts. Part medical detective story and part journey of personal growth, **AFTER** chronicles one doctor’s skeptical inquiry over decades of clinical experience and scientific research as he reluctantly comes to grips with the facts about near-death experiences, their effects on his patients—and, ultimately, on how they came to shape his own life’s purpose, and can reshape ours.

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Additional Advance Praise for AFTER

“*After* is loaded with fresh, exciting, and enormously valuable new understandings. For everyone interested in life after death, science and spirituality, and life’s meaning, this book is a treasure trove of insights and inspiration.”—**JEFFREY LONG, M.D.**, *New York Times* bestselling author of *Evidence of the Afterlife*

“Bruce Greyson is the towering figure in the research on death, the brain, and consciousness. Now, after four decades of meticulous study, this book represents the best of scientific exploration. It will change the way we live our lives.”—**BARBARA BRADLEY HAGERTY, M.L.S.**, Religion Correspondent at NPR and Author of *Fingerprints of God*

“This book addresses the nature and meaning of life through Dr. Greyson’s interweaving of personal stories and scientific evidence and in doing so, provides hope to the dying and comfort to those left behind.”—**MARY NEAL, M.D.**, Author of *To Heaven and Back*

“Dr. Greyson offers a highly knowledgeable, well-contextualized inquiry. He is not here to convert but to present his findings along with a variety of insights and themes . . . A bright, passionate journey through murky waters.”—*Kirkus*

“With a well-written and clear narrative delivered in layperson’s terms, this book chronicles Dr. Greyson’s incredible quest to learn all he could about near-death experiences, or NDEs . . . A must read.”—*Library Journal*

ABOUT THE AUTHOR:



Dr. Bruce Greyson is Professor Emeritus of Psychiatry and Neurobehavioral Sciences at the UVA School of Medicine. He served on the medical school faculty at the Universities of Michigan, Connecticut, and Virginia. He was a co-founder and President of the International Association for Near-Death Studies, and Editor of the *Journal of Near-Death Studies*. His award-winning research led him to become a Distinguished Life Fellow of the American Psychiatric Association, and to be invited by the Dalai Lama to participate in a dialogue between Western scientists and Buddhist monks in India.

AFTER

A Doctor Explores What Near-Death Experiences Reveal about Life and Beyond

by Bruce Greyson, M.D.

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For more information, please visit: <https://www.brucegreyson.com>

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Q&A with Bruce Greyson, MD

1. Q: How do you know that near-death experiences are real and not simply dreams or hallucinations?

A: Unlike dreams and hallucinations, near-death experiences sometimes include accurate perceptions of unexpected events, from out-of-the-body perspectives. Memories of near-death experiences are similar to memories of real events, with vivid and accurate details, unlike memories of dreams or imagined events.

2. Q: Are near-death experiences just reflections of what we expect to happen when we face death?

A: The experiences are generally the same (facing a life review, speaking with a loved one who has passed, meeting some higher power), but they can vary culturally. For example, a Buddhist monk might see Buddha, but likely wouldn't see Jesus as a Christian might.

3. Q: Can we trust accounts of near-death experiences, or are they just anecdotes?

A: Anecdotes are the starting point of all science, the source of all scientific hypotheses. If we dismissed all "anecdotes," we would never have any science.

4. Q: Is the "light" people see in near-death experiences just the light above the operating table?

A: Experiencers uniformly say the "light" they saw was a living being totally unlike either man-made lights or the light from the sun. The "light" is as common in near-death experiences that occur outside the hospital as it is in those that occur inside operating rooms. Reports often include that this sentient "light" gives them a feeling of unity, oneness, peace, and a full envelopment of Love.

5. Q: Are near-death experiences caused by lack of oxygen as we die?

A: Oxygen levels in people who have near-death experiences are the same or *higher* than those in people close to death who don't have near-death experiences.

6. Q: Are near-death experiences caused by drugs given to dying patients?

A: Near-death experiences are reported more often by people who are *not* given drugs than by those who are given drugs.

7. Q: Are near-death experiences caused by chemicals produced by the brain under stress?

A: This speculation sounds plausible for some near-death experiences, but there is no evidence to support it. Some near-death experiences occur when brain activity has stopped, and the brain can no longer produce chemicals.

8. Q: How can people continue to think when their brain activity has stopped?

A: There are conditions other than near-death experiences that show that the mind—that part of us that thinks—is not totally dependent on the brain, and that in extreme circumstances our thoughts continue and may even be enhanced without the activity of the brain.

9. Q: How do near-death experiences affect people?

A: After near-death experiences, people tend to become more spiritual, more altruistic, more caring, less fearful, less competitive, and less concerned with material possessions.

10. Q: What do near-death experiences mean for those of us who haven't had these experiences?

A: People who just hear about near-death experiences often undergo the same kinds of changes, becoming more spiritual and caring and less competitive and materialistic. All of us can learn the lessons of near-death experiences for what makes life meaningful and death no longer frightening.

11. Q: Don't people become more suicidal when they lose their fear of death?

A: After a near-death experience, people become *less* suicidal. Even though they no longer fear death, they also become more appreciative of life, finding meaning, purpose, and joy in life that they hadn't had before.

12. Q: Do near-death experiences provide proof of heaven?

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A: Some near-death experiences provide evidence suggesting that we may continue on after our bodies die. As to what that life after death may be like, I don't think we know enough yet to fully understand the answer.