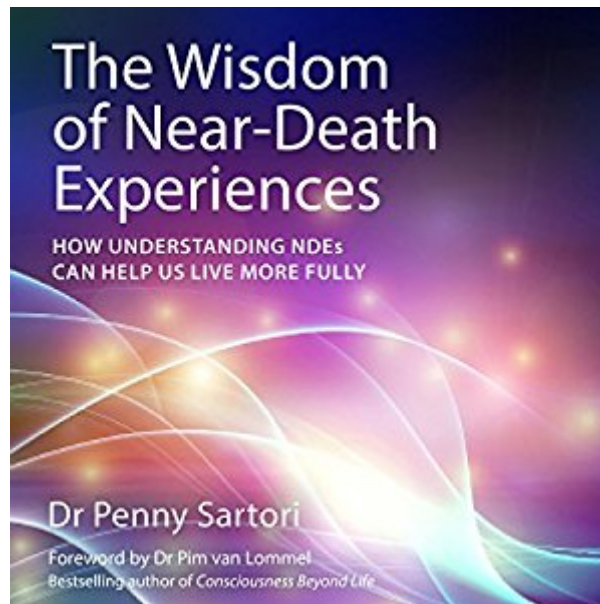


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# The Wisdom Of Near Death Experiences: How Understanding NDE's Can Help Us To Live More Fully



## Synopsis

Dr. Penny Sartori is a registered nurse who began researching Near Death Experiences (NDEs) in 1995 after one of her long-term intensive care patients begged her to let him die in peace. The event shook her deeply and eventually led her to enroll in a PhD program to research NDEs. The findings, along with the profound spiritual lessons that she has gleaned from her work, are published here. During her academic work, Dr. Sartori studied three samples of ICU patients during a five year period. The first consisted of 243 patients from the first year of data collection who survived their ICU experience. Of those, two experienced an NDE, and two an out-of-body experience (OBE). The second cohort consisted of survivors of cardiac arrest during the five year period. Of those, 39 patients (or 18%) experienced an NDE. The third cohort consisted of all the patients who experienced an NDE during the five year period. Their stories are captured in her new book. One patient in particular, patient number 10, stands out for Dr. Sartori. When asked about the biggest takeaway from her research, Dr. Sartori says, "In medicine, we're trained to believe that the brain gives rise to consciousness. My research into NDEs has made me question this prevailing paradigm, which admittedly is very widespread. The most important lesson for me has been a deeper appreciation for death and a whole lot less fear and anxiety about it." In addition to detailing dozens of case studies, the book also discusses childhood NDEs, differences in NDEs among different cultures, and the after-effects of NDEs - one of which is the inability, in some patients, to wear a wrist-watch. Penny Sartori PhD, RGN is an expert in NDEs and undertook the UK's first long-term prospective study. She is the author of *The Near-Death Experiences of Hospitalized Intensive Care Patients: A Five Year Clinical Study* and lectures both nationally and internationally.

## Book Information

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## Customer Reviews

Penny Sartori PhD, RGN is an expert in Near-Death Experiences and undertook the UK's first long-term prospective study. She is the author of *The Near-Death Experiences of Hospitalized Intensive Care Patients: A Five Year Clinical Study* and lectures both nationally and internationally. She currently teaches two courses she has written entitled *Death and Dying as Spiritual Transformation and Science*, *Spirituality and Health* at Swansea University. She lives in UK. Though there are many books about NDEs by individuals who wish to share their insights and other books written by people who have out-of body (OBE) experiences with the same intent, few have studied these phenomena to the extent that Penny Sartori has. This book is more than just a tickler for those who are curious about what NDEs may be: this is a comprehensive study of three groups of patients Sartori studied - those who survived ICU having had a NDE, those who survived cardiac arrest, and a core group of all those who she encountered who had an NDE over a five year period. Interviewing and working closely with these patients provided Sartori with an immense amount of information that show links among the experiences, commonalities, and the life changes that these patients experienced - unafraid of death, better adjusted to life, diminished anxiety, and the various forms of change in physical status as well as mental status that results in a compendium that becomes as much a philosophical treatise as a scientific examination of a heretofore poorly understood phenomenon. Reading this fine book restores a sense of trust in the workings of the universe and the place we each fill with our lives here. It is very well written, completely comprehensible, and should be read by all those who fear death or are dealing with a friend or family member in the throes of the fear of dying. Experience it: you will never be the same. Grady Harp, March 14

I have read a lot of accounts of near death experiences but this is the first time I have found an academic exploration that satisfies my inquiring mind. Sartori comes to his area of research through her own medical training and experience and develops reliable tools to record and explore the near-death experiences of her patients. She does not ignore the spiritual implications for her patients and other doctors who would pooh-pooh the reports of their own patients. It is her respect for both her patients and her colleagues that guide her and that balance shows in how she explores and records and then interprets her findings. Altogether a very satisfying journey into the current

views on Near Death Experiences and the possibilities for understanding among the general public and patients and their families. It is not enough to hear and acknowledge, but to respect and learn from become the next steps. I hope many health care professionals read this book.

*The Wisdom of Near-Death Experiences; How Understanding NDE's Can Help Us Live More Fully* is a comprehensive study of not just Near-Death Experiences. Working with dying patients on a regular basis, Penny sought to explore what they were experiencing in the Near-Death state. A skeptic turned believer in the phenomenon, as many who honestly study it become, this book explores not only that unusual state, but how we treat death, and subsequently, life. She explores the after effects of the NDE, the way that it changes almost everyone who has one, and the common themes, she deals with the NDE's of children, and how the experience varies from culture to culture. She also openly explores various explanations for the NDE, and their strengths and weaknesses. It is written in a very personal way, many of the stories coming from people she either directly interviewed or who have written her. She discusses some other unusual death experiences, such as Alzheimer patients becoming lucid just before death, lights being seen around a dying person, and even shared death experiences, where loved ones share a vision with the person dying. Penny presents this in a very non-speculative way, simply reporting the experiences, and showing their commonalities. A really wonderful book on the subject, and very much worth reading.

I am a retired nurse who had a first hand experience with a patient who died and was revived two times. She had an NDE and was very angry at staff for the second code because she had changed her status to DNR and it was missed. She described the same experiences in the book and **DID NOT WANT TO COME BACK HERE**. She said the other side was wonderful. I found this book an easy read and very inspiring.

Penny Sartori's book is the latest in a series of high quality books on the NDE that combine clinical data with careful analysis and a theme that focuses on the author's area of expertise. In this case, the author combines clinical research with a deep compassion for patients that is manifested in a desire to understand and provide practical help to those who have had NDEs and are adjusting to life in this world again. There are several examples of NDEs and a very interesting section of the book that describes the author's eventual realization that consciousness is almost certainly separate from the physical brain, and that the consciousness or soul is experiencing the NDE apart from the body as the experiencers claim. She discusses her own findings in precise, specific detail, and her

conclusions are essentially the same as those of Pim van Lommel in "Endless Consciousness" and Sam Parnia in "Erasing Death" - both recent high quality books on the subject - and Michael Sabom's 1982 classic "Recollections at Death". I would have preferred more descriptions of NDEs but that is a small quibble. This book is recommended for those who are new to the subject and those who are interested in the health care aspects. People who are close to death are often left without a listening ear and people who are aware. Sartori makes an eloquent case for addressing those needs.

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