

Mt. Washington, New Hampshire It was truly a “dark and stormy night,” perhaps the darkest and stormiest of my life, for I came to within five key minutes of death... my death... because my rescuers were about to give up! As a physician and pathologist, I had developed a close professional relationship with “death and dying”... but not with my dying... certainly not with my death! During the long night, as I lay waiting for rescue in “whiteout” conditions, with wind gusts to 98 miles per hour, and then waiting for my Death, I had abundant time to think about living, to think about dying. It has been said since ancient times that to know how to live one must first learn how to die. Bernhoff A. Dahl, M.D., author, speaker, consultant, humorist, and veteran mountaineer shares his life - threatening experience in a positive, motivational, and inspirational message focusing on three admonitions: Be prepared to die! Have a plan to live! Do it now! After taking the trip to the mountain with Dr. Dahl, he will lead you through the three admonitions and start you on your own Journey Into the Self. Elaine Pearson Dahl (1949-2010), author, civic leader, offshore sailor, and white water champion not only help create this book, but she lived the three admonitions, right to the end. Included is an adaptation of Dr. Dahl’s international bestselling Optimize Your Life!, for which Mark Victor Hansen, co-author of the Chicken Soup for the Soul book series noted: “Everyone needs to be strategic. My friend Dr. Bernie, makes it easy to understand and do-instantly!” Dr. Dahl’s story was featured on The Learning Channel’s StormForce series.

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