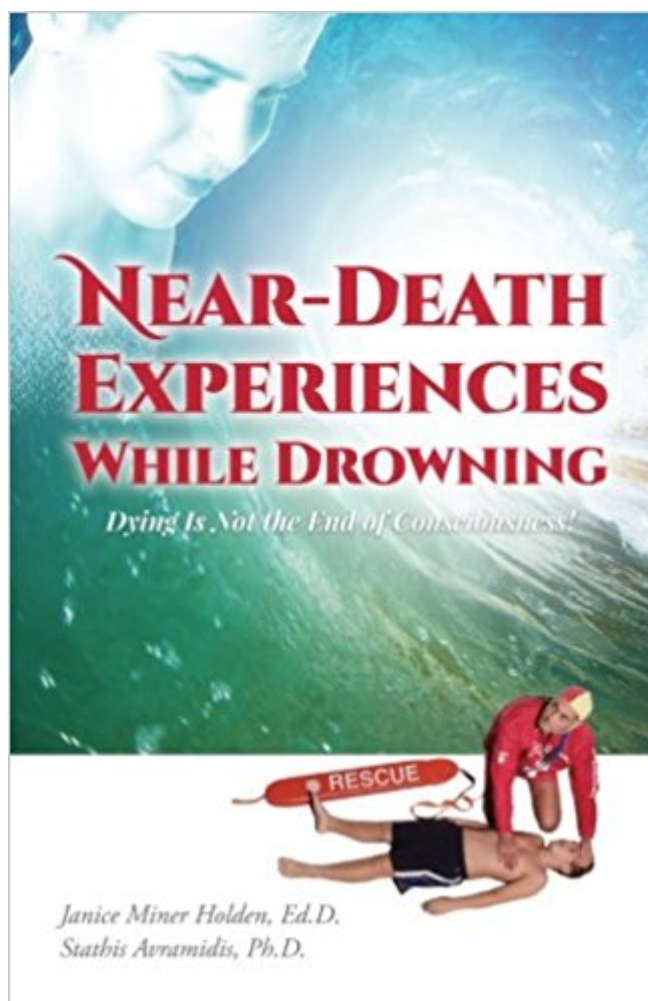


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# Near-Death Experiences While Drowning: Dying Is Not The End Of Consciousness!



## Synopsis

“I could see, floating in the air, the lifeguards attempting to resuscitate a lifeless body; it was mine. I saw a bright light that asked me, in a life review, what I have done in my life for love and learning. I felt peace and no fear of death. These are words of those who died temporarily and reported how they felt when they returned from the other side. Due to advances in resuscitation and defibrillation practices over the past decades, people are returning from the brink of death in numbers unprecedented in human history. Of the millions of people who survive drowning each year, about 20% report a near-death experience (NDE): a reported memory of profound psychological events that contain certain paranormal, transcendental, and mystical features. NDEs are usually hyperreal and lucid experiences dominated by pleasurable feelings and more rarely dominated by distressed feelings. This book presents a summary of 40 years of research on NDEs. It contains 22 drowning NDE accounts and recommendations for how water safety professionals can use NDE-related information in their work with people they successfully resuscitate. A wonderful book about those that reached the borderline of death and returned to the land of living. Patriarch/Pope Theodore II of Alexandria A book worth reading by all lifeguards of the world. Bob Burnside, founder of the United States Lifesaving Association

JANICE MINER HOLDEN, Ed.D., is a professor of counseling at the University of North Texas, USA, who has researched near-death experiences for over 30 years. STATHIS AVRAMIDIS, Ph.D., is an award-winning authority on water safety at the Hellenic Center for Disease Control & Prevention, Greece.

## Book Information

Paperback: 154 pages

Publisher: University of North Texas Libraries; 1 edition (August 24, 2015)

Language: English

ISBN-10: 1680400037

ISBN-13: 978-1680400038

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #677,862 in Books (See Top 100 in Books) #76 in Books > Health, Fitness & Dieting > Sports Health & Safety #23359 in Books > Sports & Outdoors

## Customer Reviews

Since completing her Ed.D. in counselor education in 1988, Dr. Janice Miner Holden has been on faculty at the University of North Texas (UNT) in Denton, Texas, where she is now a professor of counseling and chair of the Department of Counseling and Higher Education. Jan's primary specialization is the transpersonal perspective in counseling, addressing the counseling implications of experiences that transcend the usual limits of space, time, and/or identity, and their associated developmental potential. In particular, she has researched near-death experiences (NDEs), with more than 30 journal articles and chapters as well as numerous presentations, on the topic. Beginning in 2000, Jan served 6 years on the board of directors of the International Association for Near-Death Studies (IANDS), 3 of them as president. She was lead editor of *The Handbook of Near-Death Experiences: Thirty Years of Investigation* (Santa Barbara, CA: Praeger/ABC-CLIO, 2009). At UNT, she developed and regularly teaches a course on the transpersonal perspective in counseling. Jan is a Texas Licensed Professional Counselor, Texas Licensed Marriage and Family Therapist, National Certified Counselor, and American Center for the Integration of Spiritually Transformative Experiences (ACISTE) Certified Mental Health Professional.

Dr. Stathis Avramidis has served aquatics and water safety as an athlete, lifeguard, instructor, academic, and media professional since 1993. In Greece, he works as an Advisor of Health Education and Accident Prevention at the General Secretariat of Public Health at the Ministry of Health, as an Associate in the Hellenic Centre for Disease Control and Prevention, and as a Director of lifesaving sport at the Hellenic Federation of Underwater Activity. He was a Lecturer of Aquatics/Visiting Research Fellow at Leeds Metropolitan University (2003-2012) and presented the TV program *Prevention and Rescue* (2012). He holds a diploma in adapted physical education, a degree in sport science-physical education (University of Athens), an M.Sc. in sport-exercise science, and a Ph.D. with a thesis on the topic of drowning (Leeds Metropolitan University). He has authored approximately 300 publications and conference presentations on water safety and was honored many times around the world, including the Paragon Aquatic Safety and the ISHOF Service awards by the International Swimming Hall of Fame and two diplomas by the Royal Life Saving Society Commonwealth.

Having lived through the experience I found it fascinating to read the accounts of others who have been through the same thing. This is a well written compilation of true-to life accounts of drowning incidents. The research published in this book is fascinating, and provides insight about the near-death experience as a whole. This research can benefit those in the emergency rescue

community by providing first-hand knowledge as told from the point of view of those who have been through the near-death experience. Every word that is spoken by first responders can (often) be heard by the victim, and can make a positive difference to the person who is at the threshold of life, as was true in my case. I applaud the authors for their diligence and devotion to bringing this topic to light for public consumption, as any accounts of near-death experiences are often looked upon with skepticism, especially by those in the scientific community. Doubters in a "hereafter" or the existence of an afterlife may remain skeptic after reading this book, however, a doubter will often remain a skeptic regardless of evidence to the contrary. This book details the stories of people from all walks of life all over the world and the irrefutable evidence and commonalities they all share.

Wonderful book I got as a very welcome gift!

Its good

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