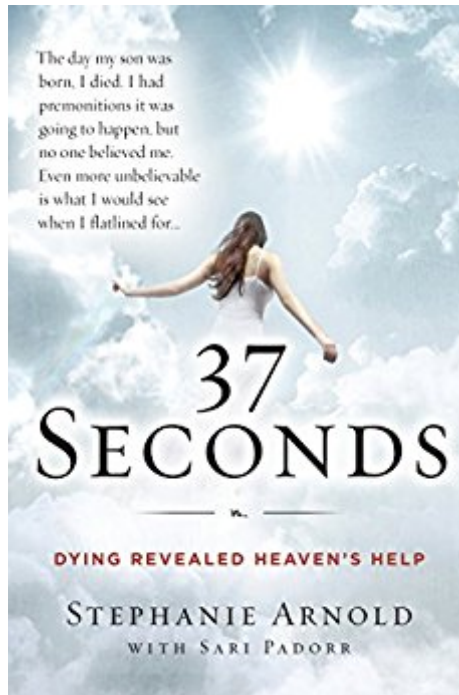


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# 37 Seconds: Dying Revealed Heaven's Help--A Mother's Journey



## Synopsis

Like *Proof of Heaven* and *To Heaven and Back*, a medical drama with heavenly implications in which a woman receives premonitions of her death that come true, and her discovery of the heavenly help available to all of us. When she was pregnant with her second child, Stephanie Arnold had a sudden and overwhelming premonition that she would die during the delivery. Though she tried to tell the medical team and her family what was going to happen, neither the doctors nor her loved ones gave her warnings credence. Finding no physical indications that anything was wrong, they attributed her foreboding to hormones and anxiety. One member of the medical team did take her concerns seriously enough, and made the fateful decision to order extra units of blood — just in case. • Then, during the delivery, Stephanie suffered a rare Amniotic Fluid Embolism. She went into cardiac arrest and flat-lined for 37 seconds. She died. Using the supplementary blood, the medical team revived her, and she remained unconscious for more than six days. After months of recovery, Stephanie began to remember details of her experience, details she knew because she had witnessed the entire dramatic event, including her death, from outside her body — beside other spirits that were with her. In this remarkable true story, Stephanie recounts her harrowing journey and shares her surprising spiritual discoveries: we are not alone and have more loving help than we can imagine surrounding us.

## Book Information

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## Customer Reviews

As one of Stephanie's treating physicians, I could hardly wait to read her book. Once I started turning the pages, her words took me to a place that I have never been in all the years of my training. I read with amazement, as I hope you will too, how her thoughts and dreams became a reality on the day that she delivered her son. I read on with tears streaming down my face at times with the harsh realization that there is so much more to the practice of medicine and the care of patients than we ever realized. It took an experience like this one to open my mind, heart and hands to begin to listen to my patients on a much deeper level. You can gain a tremendous inspiration from her words as well, whether you are a spouse, parent, teacher, whether you have ever faced a medical challenge yourself or not. It will make you contemplate your life, your medical care, and what lies beyond the world of your daily routine...and you will never look at those things the same way again.

Most of us must take the notion of eternal life on faith alone. In this powerful book we meet a traveler who has traveled there and back again. And her story is less about personal growth and redemption and more about how each of us has the capacity to see, feel, and know more deeply. "If you sense something, say something" requires internal faith, and the perseverance to convince others there is something real to intuition.

Wow! This book is so wonderful! this is so unbelievable but at the same time there is no way this could possibly be made up. This book totally makes you believe there is a peaceful, fun and exciting afterlife. This mother went through a horrible experience and a wonderful experience at the same time. I would recommend this book to absolutely everyone!!!

37 Seconds I read this book in one sitting. I'm silent. I'm sad. I'm rejoicing. I'm hopeful. I'm a believer! Stephanie Arnold has inspired and touched me with her amazing story of her life and her death and her unrelenting fight to survive. #37Seconds is a must read for those of you who wonder, who feel, and who have the gift of vision. Mo Fitzgibbon

37 Seconds: Dying Revealed Heaven's Help--A Mother's Journey This book is a must read! Upon starting it I literally could not put it down, what a page turner. Stephanie Arnold's courage, strength and deep love for her family and life is inspiring. I will always remember her words "if you sense something, say something".

Wow! This book is the real deal. I've read books on near death experiences, nothing compares to this! Stephanie is an inspiration and beyond courageous. This book will inspire you and help people in need. A must read.

This book will change your life. It is an unforgettable read - about a brave young mother who experienced the extraordinary - and learned that "if you sense it, say it." You will not be able to put it down.

I loved this book. I loved the author. I loved her grandmother and her uncle and her husband. I just loved this whole story. I read enough reviews before I bought it to know I wasn't going to be reading about some detailed NDE experience with God and heaven, so be aware that is not necessarily where this book is going--although the author does flat line and have some brief other side experiences. It's a great story that grabbed me from the start in which the author has premonitions of dying as a result of giving birth, but her doctors find nothing abnormal in her tests to suggest trouble. What a scenario! It's almost like a thriller in that respect. She has these overwhelming feelings, literally feeling the blood pouring out of her sometimes--but what can she do? How can she prepare? Who will listen? The doctors can't find anything wrong. She's so sure she's going to die, she actually writes letters to her loved ones to be opened upon her demise--although at the last minute, some superstitious feeling keeps her from signing them. I don't want to give away what happens. It's an amazing story. One of the big takeaways: If you sense something, say something! Fabulous book.

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