

Rescued from "near Death," Dr. Bernie Dahl lives to share

# Lessons for Living from a *Mt. Washington Misadventure*

by

## Bernhoff A. Dahl, M.D.

*Imagine you're on the mountain, alone, white-out conditions, with hurricane force winds, dying slowly from hypothermia, what would you be thinking?*

**MT. WASHINGTON, NEW HAMPSHIRE** — It was truly a "dark and stormy night," perhaps the darkest and stormiest night 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 veteran 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.*

**Dr. Dahl's Signature Keynote addresses:**

The Misadventure

- *A simple hike*
- *A deadly quest*
- *A waiting rescue*
- *The shadow of death*
- *The rescue and hospitalization*

The Admonitions (messages)

- *Be prepared to die!*
- *Have a plan to live!*
- *Do it now!*

Dr. Dahl's Keynotes are:

motivational and inspirational  
spiritual yet ecumenical • entertaining and interactive  
adaptable to a range of audiences • a message for all attendees



Dr. Dahl's story re-enacted on The Learning Channel's



Photo by: Klyne Studio

**Just a Few of Hundreds of Testimonials**

"You were the highlight of our annual meeting."  
—William Hay, Respiratory Care Society

"Excellent presentation! Any time you can hold a group of auto dealers' attention for an hour on a Saturday night, you have done well."  
—Steve Hartley, President, MADA

"It was suspenseful and spiritual as well. Great job!"  
—Kristie Rowell, President, MIAA

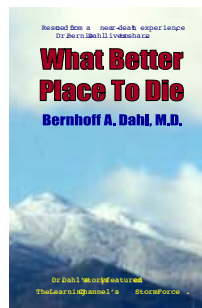
"Your adventure and speaking style enthralled the audience."  
—Wendy Whiting, Executive Director, NEGASC

"Wonderful and insightful, as well as moving emotionally."  
—Michelle Brinck, President, Phi Theta Kappa Honor Society

"The imagery was excellent. I felt like I was on the mountain."  
—Don Quiterio

"Amazing, great story. Great storyteller."  
—Ari Disraelly

"Awesome!"  
—Holly Saurma



Dr. Dahl's accompanying book,  
***What Better Place to Die***  
to be published by  
Apellicon-Pearson Press

