

Author and Internist Dr. James Abshire to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- Everyone fears death. We struggle with questions like: Is it painful when we die and is there an afterlife?

Dr. Abshire is a first-rate internal medicine doctor practicing at Mercy Medical group for over 25 years and the author of the thought provoking book "Live, Love, and Let Go: A Doctor's Insightful Approach to Living and Dying."

"I was seeing patients struggle with life and death situations so I wrote this book to help people comprehend and ultimately embrace dealing with end of life issues" says Dr. Abshire. "I address hospice care, pain, suffering, and fear of death while sharing my own personal experiences and insight."



Dr. Abshire's own harrowing life experience all inspired him to write this book. Both his parents were hospice patients so he experienced first-hand the tragedy of loss. In 2004, a propane explosion set his arms, face, and head on fire and knocked out a disc in his neck causing excruciating and debilitating pain. Then in 2010, he was diagnosed with non-Hodgkin's lymphoma and underwent chemotherapy where he's now currently in remission and doing well.

"This book is a proactive approach to end of life issues and the underlying theme prevalent in my book is attitude, focus, and perspective," says Dr. Abshire. "Keeping a positive attitude, focusing on your faith, and viewing problems with a more positive perspective will help tremendously on how you deal with all life issues."

Dr. Abshire's book is faith based because it's essential to have some sort of higher belief system. It's certainly challenging to make sense of anything and he steadfastly believes you have to use your faith to survive tough times.

"God exists and Heaven and eternity is a long time," explains Dr. Abshire. "So whatever time we are suffering here on earth from this eternal perspective is trivial compared to the eternity and magnificence of being in Heaven."

Dr. Abshire was endorsed by a Catholic Bishop, an Evangelical Christian minister and a Rabbi and is a keynote speaker at hospice groups. Being that he wrote this book solely to help others, all royalties for the book goes to charity.

“Most of us fear death because we fear the unknown, pain and suffering and what happens after we die,” says Dr. Abshire. “The actual moment of death is virtually pain free; most of us endure worst actual pain like illnesses and child birth.”

Dr. Abshire strongly suggests if you fear the afterlife then strengthen your faith and this will brighten your outlook and fully diminish your anxiety.

“When speaking to people who have undergone near death experiences, their fear of death is non-existent,” says Dr. Abshire. “When you read my book it answers many of your questions and if I can help even one person it’s all worth it, even though my hope is to help everyone.”

CUTV news will feature Dr. James Abshire in an interview with Jim Masters January 29th at 1 pm.

Listen to the show on [BlogTalkRadio](#).

If you have any questions for our guest please call (347) 996-3389.

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