

Greg DeMario's Thrilling New Novel '3:17' Asks: What Happens in the Space Between Heartbeats?

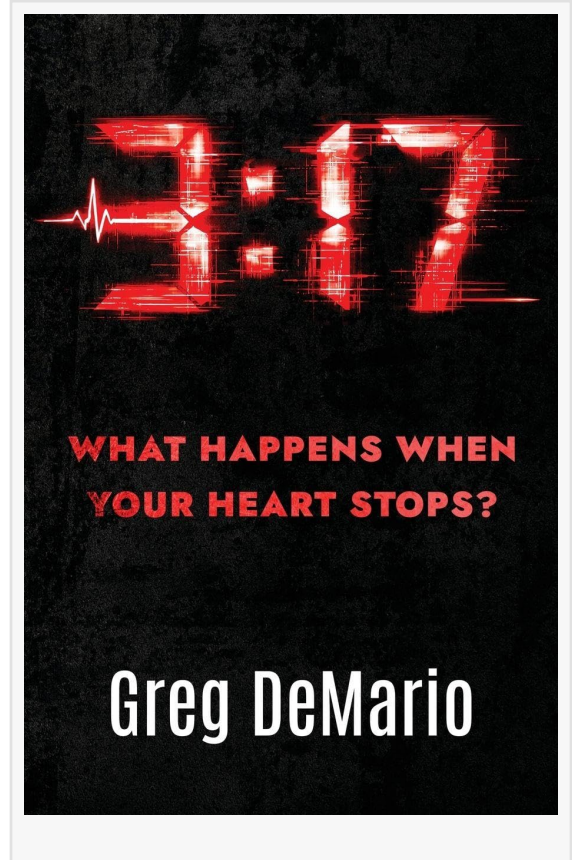
MD, UNITED STATES, August 7, 2026 /EINPresswire.com/ -- Greg DeMario's new novel "3:17: What Happens When Your Heart Stops?" invites readers into a gripping psychological thriller where time twists, reality fractures, and the boundaries between life and death blur. This fascinating, 320-page novel will leave audiences rethinking what they know about existence itself.

"3:17" tells the haunting story of Matthew Harrow, who wakes up in Larkhaven - a mysterious town frozen at 3:17 AM - with no memory of how he arrived. Simultaneously, in the outside world, his sister Anna sits by his hospital bed, struggling to grapple with what doctors cannot explain. The narrative spans time, guilt, and forgiveness, intertwining heart-stopping suspense with philosophical questions about consciousness and the fragility of human perception.

The groundbreaking novel builds on DeMario's fascination with the mysteries of existence. Inspired by a personal, inexplicable experience, the author explores whether consciousness truly ends when the heart stops, and whether love can transcend life and death. Addressing guilt tied to a tragedy from decades ago, "3:17" takes readers on a mind-bending ride that crescendos in a shocking twist, recontextualizing the entire story with its final revelation.

"This book isn't just a thriller - it's an interrogation into what it means to truly live," says Greg DeMario. "'3:17' poses big questions about the nature of time and consciousness, but at its core, it's about forgiveness, love, and confronting the guilt we carry for those we've lost. It's a story that lives in the place between heartbeats."

A blend of psychological thriller, literary fiction, and near-death metaphysics, "3:17" promises to captivate readers who are drawn to themes of reality-bending suspense. The book's unique twist ensures that readers will not only be entertained, but deeply introspective, questioning reality



long after turning the final page.

“3:17: What Happens When Your Heart Stops?” (ISBN: 9781972090008) can be purchased through retailers worldwide, including Amazon and Barnes & Noble. The paperback retails for \$18.99, and the ebook retails for \$4.99. Review copies and interviews with the author are available upon request. Learn more at 317book.com.

[Purchase the book on Amazon.](#)

From the Back Cover:

Matthew Harrow is dying.

His heart has stopped. His sister Anna holds his hand, begging him to come back. But Matthew can't hear her. He's trapped in Larkhaven—a town that shouldn't exist, where the fog never lifts and the clock is frozen at 3:17.

He doesn't know how he got here. He doesn't know how to leave. And the longer he stays, the more he realizes: Larkhaven knows his darkest secret. The choice he made twenty-four years ago. The brother who drowned because Matthew let go.

Now the dead are whispering. Time is unraveling. And Anna, sitting beside his body in the ICU, is starting to feel it too—the sense that reality is fracturing, that something impossible is happening, that the line between life and death is thinner than anyone knows.

By the final page, you'll question everything you thought you knew about time, consciousness, and what it means to be alive.

About the Author:

Greg DeMario writes stories that live in the space between heartbeats—where time bends, reality fractures, and consciousness becomes infinite. After experiencing something that defied explanation, he was inspired to explore the mysteries of consciousness through fiction. He lives on the East Coast in Maryland.

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