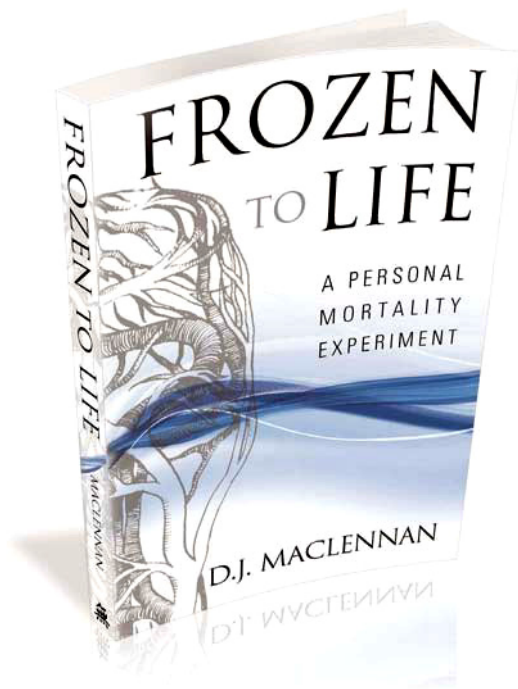


*How far would you go to avoid death?*

# FROZEN TO LIFE

A PERSONAL MORTALITY EXPERIMENT

D.J. MACLENNAN



*“I don’t think I’ve read a better or more poetic exploration of what it means to be. Or indeed not to be, or only potentially to be.”*

Steve Grand OBE, creator of the *Creatures* artificial life simulation

Published in Paperback by Anatta Books (distributed by Ingrams) on 31st August 2015, £12.99/\$19.95  
Non-fiction/Popular Science, ISBN 978-0993334405

*Frozen to Life* is the true account of the author’s extraordinary answer to this question: If he cannot escape the constraints of a 'natural' lifespan, he will, upon his death, have his severed head preserved in a vat of liquid nitrogen in the Arizona desert.

This book illuminates the astonishing science behind his decision, and the transformative power of the patternist thinking that carried him to it. From the initial confusion and isolation of his upbringing on the Scottish islands of Benbecula and Skye comes a curious inkling that collides with dominant religious dogmas and alters relationships: *What am I? What is a 'self'? Must selves die?*

Neuroscience – including the latest theories about the way mind emerges from the architecture of the brain – interweaves with philosophy, Buddhism, and personal testimony to create a fascinating and emotionally-charged insight into the psyche of a 'cryonaut' in waiting.

Written with empathy, searing insight, and dark humour, *Frozen to Life* is both cutting edge and bleeding heart: a postmodern experiment in falling in love with life while preparing for death, in ways we can change ourselves radically without losing our treasured humanity, and in coming to understand that neither life nor death is what we think it is.

## Author

D.J. MacLennan was born in 1971, in an old schoolhouse on the almost-drowned Scottish island of Benbecula. Since 1975, he has lived on the Isle of Skye, Scotland. The Alcor cryonics facility currently houses some 115 liquid-nitrogen-vitrified 'patients' – of whom over two-thirds are head-only 'neuropatients'. Of around 980 members worldwide, MacLennan became one of only a handful that have allowed their names to be made public.

D.J. is available for interviews/features and the book is available for extract.  
For more information, please call (+44) 1471 898 095 or email [ftl@anattabooks.com](mailto:ftl@anattabooks.com)