



How to Plan Your Heart Attack

Ben Mc Cahill

A CAUTIONARY TALE

Copyright © 2024 by Brainstorm Media Limited.

All rights reserved. No portion of this book may be reproduced in any form without written permission from the publisher or author, except as permitted by U.S. copyright law. This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that neither the author nor the publisher is engaged in rendering legal, investment, accounting or other professional services. While the publisher and author have used their best efforts in preparing this book, they make no representations or warranties with respect to the accuracy or completeness of the contents of this book and specifically disclaim any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives or written sales materials. The advice and strategies contained herein may not be suitable for your situation. You should consult with a professional when appropriate. Neither the publisher nor the author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, personal, or other damages.

First edition 2024

Book Cover by Braindrops.me

Table of Contents

Table of Contents.....	3
Overview.....	4
Step 0: Decision time – Do I want to get up and move ahead?	7
Step 1: Framing – How to survey the landscape you now face	11
Set the Scene correctly (drop the drama)	12
Close up (how you can miss important details):.....	12
Mid shot (Not too close to miss the landscape, not too far to miss details):	13
Zooming out (Tell me again why the Universe owes you anything):.....	14
Summary.....	14
Step 2: Finding your feet and learning to dance	15
Step 3: Learning to thrive	33
Checkpoint.....	35
Potential impact on career and work.....	39
Learning and education	42
Relationships and social life	45
Health and well-being	49
Personal growth and development	49
Step 4: The challenges	52
Challenge 0: What is your ignition key and how to find it	55
Challenge 1: The Spark of creativity	56
Challenge 2: Enjoying the flow state.....	60
Challenge 3: Getting into shape – habits and routines.....	64
Challenge 4: Developing wisdom and detachment	71
Challenge 5: Making your brand your business	74
Change your perspectives – see everything from the outside-in	75
Summary	78
Epilogue.....	80

Overview

I lay rigid on the couch, Hot spears of pain raining down while I feel crushed and breathless under a slab of concrete. I cannot breathe. That was when I realised there was some kind of pre-conscious planning. I had just refused to listen. What follows is a deep and sincere apology to my heart — from a guy lying on a narrow table in a freezing cold operating room. Trying to focus on the Cardiologist, An apology for the deluded thinking that belief or ignorance alone can keep a heart beating. To the small, fist sized muscle which kept me going through everything, just to keep the show on the road.

I had plenty of time to ponder these questions earlier. In fact, it felt like an eternity. Flash back to when I am sitting rigidly upright on the sofa with wave after wave of unimaginable pointy pain crushing my chest. Totally breathless. Two long, sharp throbbing hot spears shooting up through my neck into my eyes and my brain. Oh, there are no words for how it hurts. It seems to go on forever. Even then, the mind is clear. 'This is just not happening. It is Christmas'. Fair enough, says death, turning away laughing. I cannot move or speak or make it go away. The microphone is not working. No more talks or walks or hugs or happiness.

I never realised how cold or how large the operating room is. Highly skilled people silently moving around like a busy scene in a Broadway musical. Calmly calling out numbers and updates. I lie on a hard bench, surprised at how narrow it is. I could easily wiggle and fall off. Why surprised? Then it hit me. I do not belong here, awake, looking around. I am supposed to be unconscious, just another unconscious adult with a busted, broken heart.

Still here, clearly. I am writing with the utmost respect and love for anyone who feels or has ever felt this, or who loves someone who felt this. There is no intention whatsoever to shock or scold or judge. It is simply an honest attempt to look at a situation from a different point of view. To help me process what is happening. To help change happen before a situation turns critical again. For me or for you. There are countless conditions that we cannot know until we investigate them. So, get them checked. Now.

This short book is an attempt by me to make sense of what is happening. It is a sincere apology to my heart—and all the other loyal, silent carriers of life within—that just keeps silently going until they drop.

I need to change. My old life is over. I have a second chance. To be honest, as I look back, it is probably my fifth or sixth chance.

What about the book title, planning a heart attack? Now that I find myself still on the right side of the grass, I see there was something nudging me to get real. That stubborn deluded 'tomorrow is time enough' person who had to experience being gripped under a hail of red hot daggers, crippled, paralysed, no breath possible, silently chewing the carpet, all alone. I count myself fortunate for the chance.

The rest of this book covers the silent signs that something was about to happen, so that I can learn from them and hoping you may, too. It covers the exercises and mental attitude I was being nudged to cultivate, and which I have now embraced with an enthusiasm only the born again can bring.

This is worth doing for several reasons. First, it is a supreme privilege to do this while still being on this Earth, and second, because I have a bounce and a mental vigour I never felt before. The pre-Christmas mental and physical exercises prepared me for where I am now, with my broken heart, yet I am equipped with everything I need to take on the challenges and beautiful experiences that only a body-bound-being can deliver.

People can easily crash into depression or despair after a life-changing event. I am no exception to becoming depressed or feeling absolute despair. This was true even before the event. Make no mistake, I have experienced the feeling of being dangled endlessly head first over a cold, dark, bottomless well for a long time.

All I am saying is that the recent practises and exercises I was using might have helped me now to shorten the grief, the rage, the impotence that descends after such a dangling. It may help someone to go search for the ignition key, which will restart their new life. This key and daily ignition sequence is *everything*. Without finding the ignition sequence that reliably turns you on each day, every day, month after month, then Earth can seem a very grim place.

I found my key. It turns out I was searching in the right place even before ending up on the cold slab, hence the book title. Whatever it was, planning on my behalf, clearly got frustrated and ended up forcing my head right in front of where the key was and held me there. I am stubborn. So full of myself. So full of it that 'it' nearly killed me.

Please. Do not end up as one of 'the surprised'. Make time for your heart, physically and spiritually. Go on a heart date, at least one day a week.

The rest of the book covers the practices that now help me live, and which make me so grateful to my heart and all my bits and blobs for remaining steadfast, and to whom deeply apologize. I write this in atonement, hoping it may help others avoid what I had to go through. Or help them find their key.

This is a work in progress, due for publication (assuming my heart allows it) the same day as my next scan to see what lasting damage there may be. Setting such borders and end dates is an important part of my ignition sequence each day.

If you like it so far, stay with the story and sign up for occasional newsletters here:



Eternal thanks for reading. Distribute as you wish – the book will be free as well.