



FOR IMMEDIATE RELEASE

PRESS RELEASE

Contact: Stacey J. Miller
Telephone: 781/986-0732 or Email: sjmiller@bookpr.com

Heroes, Suicides, and the Afterlife: What Happens?

Imagine this. You die heroically, and you meet the Angel Gabriel. He tells you that, as a reward for your good deed, you can go back to Earth and relive any five days of your life that you choose.

How would you select five days from your whole life? Would you pick days so perfect that you wouldn't change a thing about them? Or would you choose days that required you to make pivotal decisions -- and, with the benefit of hindsight, would you now make different decisions during those days that would change the course of your life and the lives of your loved ones?

That's the dilemma that greets high school Algebra teacher Mike Postman during a particularly draining day in Matt Micros's novel, *Five Days: Which Days Would You Choose*. The protagonist, Mike, is a 40-year-old who walks along the Connecticut shoreline on an Autumn day, and he hears the faint shout of a little boy as he comes around the bend. "Mister! Mister! My friend just fell off the pier...please help!"

Mike doesn't hesitate. He throws his jacket onto the ground, kicks off his shoes, and dives off the pier headfirst. He manages to get the drowning boy over to his friend who lifts him onto the pier so that he's safe, but then he finds it's so much easier to just close his eyes, let go, and float away peacefully rather than to

--continued--

10 Turning Mill Lane
TEL: 781-986-0732
sjmiller@bookpr.com

Randolph, MA 02368
FAX: 781-963-6883
www.bookpr.com

swim to the pier himself and save his own life, too.

So Mike dies a hero with one hitch: he may have committed suicide, and suicides are not encouraged by the management team of the afterlife. While it's not condemned outright, suicides certainly don't get treated in the same way as heroes ... except in cases, such as Mike's, when it's tough to differentiate between heroes and those who took their own lives.

As readers watch Angel Gabriel give Mike the gift of choosing five days that he could go back home and relive, we're challenged to think about which days we would select, if we could. Would we choose to have one last day with the person we loved the most so that we could say everything we'd always wanted to say? Would we elect to try to reverse a mistake that we once made? Or would we opt to simply have the experience of the most blissful day imaginable to enjoy one more time?

The character takes us on a journey through events of modern history both heroic and tragic. And on the question of ending one's life prematurely, readers are left to ponder whether suicide is always a mistake that overshadows everything good you've done for others, or whether it's just ... a choice, perhaps one that's made on the spur of the moment and wouldn't ever be a choice you could defend or would repeat. Could it be that suicide isn't enough to prevent you from entering heaven ... but that the important thing to remember is that things are seldom as dire as they may appear?

Five Days: Which Would You Choose?

By Matt Micros

Micropulous Press

ISBN: 978-0692206843

www.mattmicros.com

#

Author Bio

Matt Micros received a B.A. in American Studies from the University of Notre Dame and his M.S. in Television, Radio and Film from Syracuse's Newhouse School of Communications, before spending seven years in Los Angeles working in television and video production. He has donned the "referee shirt" for the popular kids' game show, "Wild and Crazy Kids," and claims to have attended more weddings than anyone else in the world after working as a wedding videographer, followed by a stint at Creative Artists Agency.

A former high school Athletic Director and Math teacher, he currently runs a youth soccer club and coaches the women's soccer team at Post University. His diverse work experience frequently provides the backdrops for his novels, beginning with "The Knights of Redemption" and "The Chameleon"—both released in 2014. His recent novel, "Five Days," was also released this year. Matt currently resides in Stratford, Connecticut with his wife, Katy, and their crazy, but lovable yellow lab, Mr. Beans.

Suggested Interview Questions

1. The protagonist of *Five Days* is a high school Algebra teacher who has had a highly stressful day. You've worked as a teacher. Did you find it as stressful as Mike Postman does?
2. You left Hollywood and show business to become a high school teacher. Why? How do you feel about that choice now?
3. Where did the idea for *Five Days* come from?
4. Did you give any thought to which five days of your life you might live over again, if you could?
5. Your main character, Mike, doesn't save himself after he prevents the boy from drowning. Why does he make that choice?
6. Would you call Mike's choice a suicide?
7. Does suicide overshadow the heroism that we're all capable of?
8. How do you define the word "hero?"
9. You're a soccer coach, and that seems like an unusual background for a writer. How does your day job factor into your writing? And how do your other experiences, including teaching and working in show business, affect your writing?
10. What brought you to writing novels?