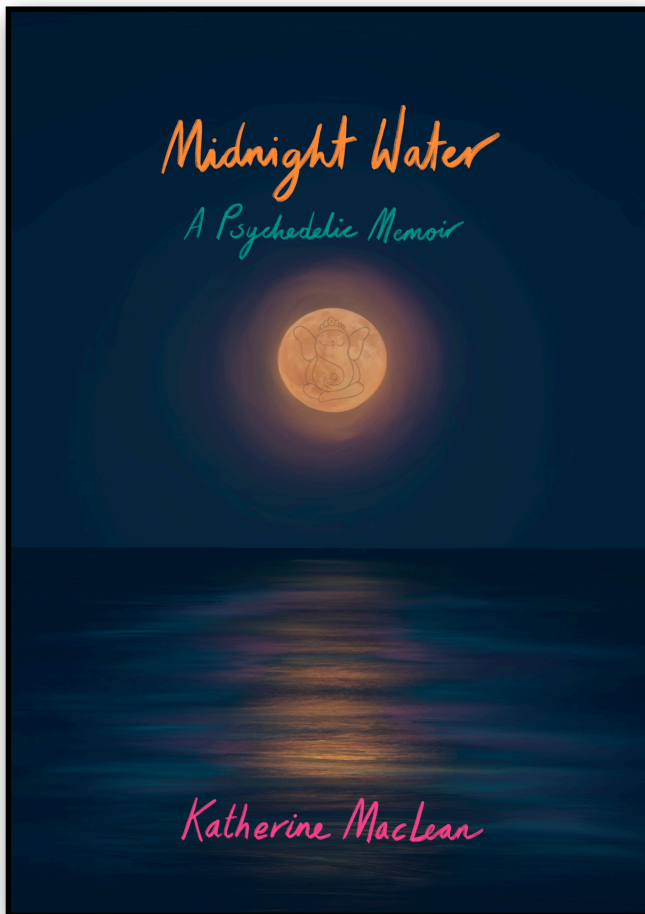


A STORY OF GRIEF AND REDEMPTION BY A GROUNDBREAKING SCIENTIST  
AT THE FOREFRONT OF PSYCHEDELIC RESEARCH

*Midnight Water: A Psychedelic Memoir* by Katherine MacLean, Ph.D.



***Midnight Water: A Psychedelic Memoir***

by Katherine MacLean, Ph. D.

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*“My heart pounded as I walked through the whipping wind across the street to the hospital. I knew at a rational level that it was my sister who was dying, but at a deeper level, it felt like I was going to die too. I remembered this feeling from my Zen retreat, and from so many psychedelic trips. The Katherine who walks into that room will not be the same Katherine who walks out.”*

Beautifully told, [Midnight Water: A Psychedelic Memoir](#) by Katherine MacLean, Ph.D. [ISBN: 979-8-9865324-7-9; \$19.95; Green Writers Press; June 2023] is the first psychedelic memoir from a young female scientist and mother.

Dr. MacLean’s story begins during her first year on the faculty at Johns Hopkins School of Medicine when her path takes a sudden and unexpected detour following the death of her younger sister from cancer. After leaving her faculty job, MacLean travels the world – bringing medical and humanitarian aid to remote Himalayan villages and creating sanctuary spaces for psychedelic support – until she finally settles on an organic farm.

While birthing and raising her two children, leading workshops and psychedelic retreats, and training to become an MDMA therapist, MacLean’s traumatic past and the loss of her sister continue to haunt her. When her father’s lung cancer finally invades his brain, MacLean realizes that she must dive straight into the heart of her own labyrinth in order to forgive her dad before he dies.

***Midnight Water*** is not only a compelling personal story of psychedelic healing but an inspired vision for a psychedelic future that positions women and family caregivers at the center of home-based healing, from birth through death.

“It is possible to survive—and even thrive—after the loss of your most important person, and it is possible to understand and forgive the most difficult person in your life,” Dr. MacLean says.

*(Continued on page 2)*

“Death can be a beautiful and amazing opportunity for connection, awakening, and empowerment. People can be trusted with their own grief, their own lives, and their own deaths. Psychedelics can enable individuals to explore, understand, and heal their own minds and bodies.”

Perfect for anyone who has read *The Wild Kindness* by Bett Williams, *Good Chemistry* by Julie Holland MD, *The Psychedelic Handbook* by Rick Strassman MD, or *How to Change your Mind* by Michael Pollan, ***Midnight Water*** is an intimate and vulnerable story of grief and redemption by a groundbreaking scientist who led the way in psychedelic research.

“I lost my younger sister to breast cancer, which prompted me to leave academia in search of a deeper and more meaningful life,” Dr. MacLean says. “I’m now a work-from-home/stay-at-home mother to two young children. Psychedelics have helped me befriend and be curious about my own pain and suffering, and discover a life of purpose and joy.”

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### **ABOUT THE AUTHOR**

**Katherine MacLean, Ph.D.** is a neuroscientist with expertise in studying the effects of mindfulness meditation and psychedelics on cognitive performance, emotional well-being, spirituality, and brain function. As a postdoctoral research fellow and faculty member at the Johns Hopkins University School of Medicine, she conducted clinical trials of psilocybin, the primary chemical found in “magic mushrooms,” and other psychedelic compounds. Her groundbreaking research on psilocybin and personality change suggests that psychedelic medicines can enhance openness to new experiences and promote mental health and emotional well-being throughout the lifespan. Dr. MacLean co-founded and directed the first center for psychedelic education and training in New York, was featured in the *New Yorker* article entitled “The Trip Treatment” by Michael Pollan, and her TED Talk has been viewed nearly 50K times. *Midnight Water* is her first book. Find her online at [katherinemaclean.org](http://katherinemaclean.org) and on [Facebook](https://www.facebook.com/katherinemacleanphd) (katherinemacleanphd), [Instagram](https://www.instagram.com/katherine.maclean.phd) (@katherine.maclean.phd), and [Twitter](https://twitter.com/thekmacdose) (@thekmacdose).



### **ABOUT THE PUBLISHER**

Green Writers Press, an independent, women-owned, Vermont-based publishing company, is dedicated to spreading environmental awareness and social justice by publishing authors who promulgate messages of hope and renewal through place-based writing, racial justice, and environmental activism. In the past nine years, Green Writers Press has expanded significantly, publishing authors such as Julia Alvarez, Chard deNiord, John Elder, Dr. M Jackson, former Vermont Governor Madeleine Kunin, Congresswoman Becca Balint, Sharyn Skeeter, Ha Kiet Chau, and Clarence Major. The start-up publishing company was invited to be part of the [Women’s Convention](#) in 2017, was a finalist for the Association of Writers and Writing Program’s [Publisher of the Year Award](#) in 2019, and a recipient of [The Vermont Literary Inspiration Award](#) in 2019. The mission of the press is to spread a message of hope and renewal through the words and images we publish. Throughout we will adhere to our commitment to preserving and protecting the natural resources of the earth. To that end, a percentage of our proceeds will be donated to environmental activist groups and social justice organizations. Read more at [greenwriterspress.com](http://greenwriterspress.com).

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### **DISCLAIMER**

This book relates to the author’s own experimentation with psychedelic plant medicines and discusses her other past experiences with illegal drug use. It also discusses the author’s personal experiences as an investigative researcher with alternative therapies, including with psychedelic plant medicines. The book details experiences with substances known colloquially as mushrooms, 5-MeO DMT or Toad, and MDMA, Molly or Ecstasy, which are illegal in the U.S. and many other countries, except for those used in connection with government research trials and in limited state-only legislated situations. This book is intended for entertainment and is not intended to encourage or advise you to take any of the substances yourself. You should not use the plant medicines, or any other illegal drug mentioned in this book, other than in a government sanctioned clinical trial, or in any other legally permissible manner. No attempt at self-diagnosis or self-treatment should be made without first consulting a qualified medical practitioner. The author expressly disclaims any liability, loss or risk, personal or otherwise, that are incurred as a direct or indirect consequence of the use or application of the contents of this book.