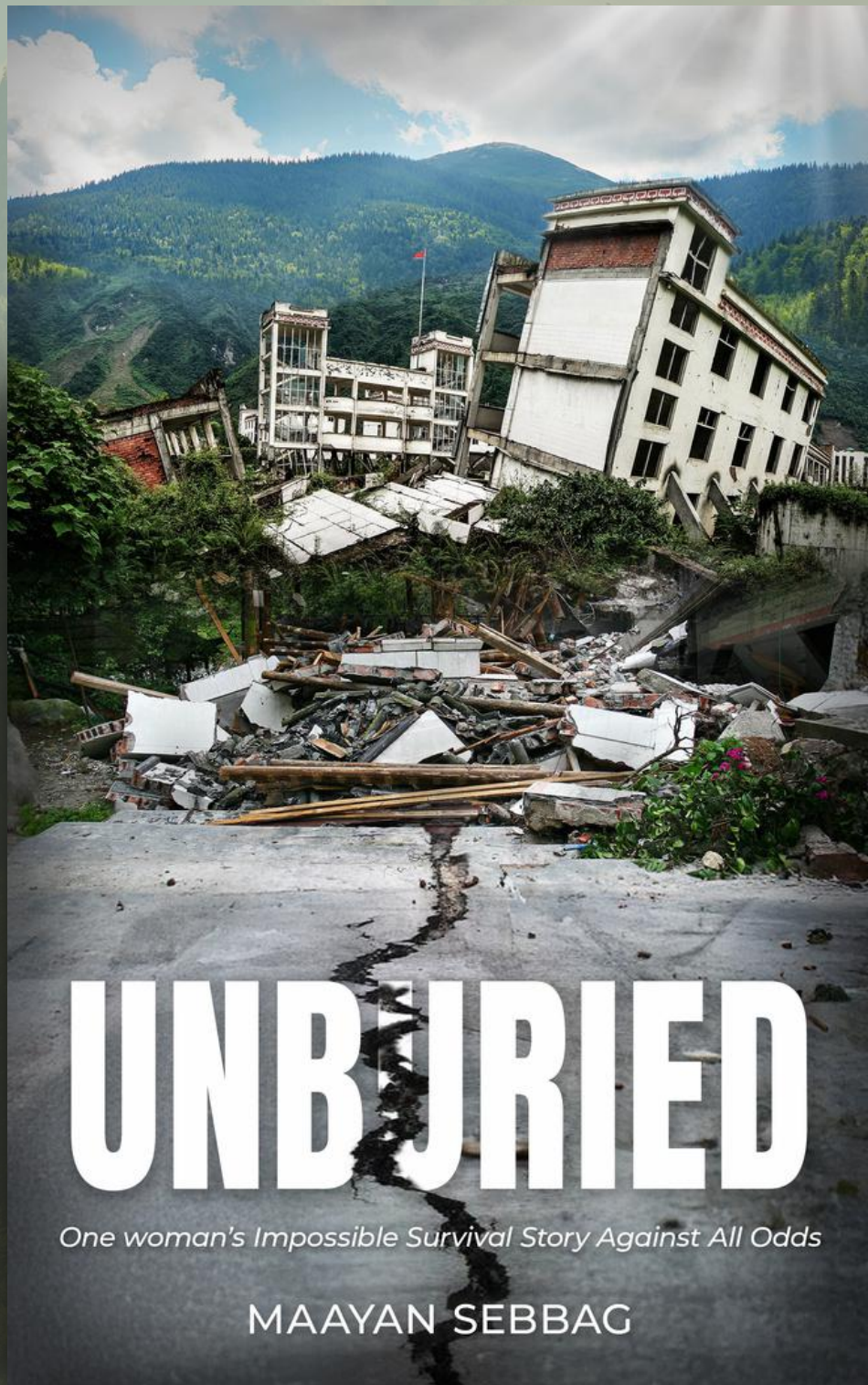




Something is **crawling** over my face.
My body turns to stone as **panic takes hold** of me.
The **taste of metal** floods my mouth all at once...
Blood.

ABOUT THE BOOK

Wreathed in darkness beneath the ruins of a fish restaurant, gasping for dense polluted air, twenty-seven-year-old Maayan Sebbag wakes knowing one thing: she is about to die. It is May 12, 2008. The worst earthquake in Chinese memory has just hit Sichuan Province, burying her and her friend Anat under tons of steel and concrete.

But Maayan makes an impossible decision: she will not wait for rescue. With her face shattered and bleeding, her friend's finger severed, and nothing but hope and a backpack, she undertakes a three-day trek across devastated mountains, raging rivers, and flooded villages toward the hospital in Chengdu. Over terrain that seems impassable and with a body approaching death, she is guided by strangers who become angels, an inner voice that refuses to surrender, and a profound Near-Death Experience that answers the one question that matters: why choose to live?

Unburied is the harrowing and ultimately transcendent memoir of a young woman's encounter with the impossible—and her discovery of what it truly means to be alive. Part survival story, part spiritual awakening, part healing guide, Sebbag's account weaves together visceral details, Traditional Chinese Medicine frameworks, and insights rooted in both Jewish mysticism and Eastern philosophy. The result is a book that transforms readers' understanding of crisis, resilience, choice, and transformation.

Genre: Survival Memoir / Spiritual Transformation / Healing | Complete Manuscript | 75,000 Words

For readers of Viktor Frankl's *Man's Search for Meaning* and Edith Eger's *The Choice*, *Unburied* offers a contemporary survival narrative grounded in spiritual insight, medical reality, and the transformative power of conscious choice. The book appeals to trauma survivors, women navigating life transitions, individuals interested in Near-Death Experiences, practitioners of Eastern medicine, psychotherapists, and anyone seeking proof that transformation is possible.



WHY THIS BOOK MATTERS

Unburied answers the question so many face during crisis: Is survival just about physical endurance, or does something deeper guide our will to live? Maayan's story shows that survival begins with a specific internal choice—and a purpose worth living for.

The book combines the raw immediacy of a survival memoir with the depth of spiritual transformation. It is not just about escaping physical danger; it is about discovering one's true self through crisis. For readers facing trauma, loss, or life-changing challenges, Unburied offers proof that "the impossible is possible" and provides concrete tools for transformation.

Unlike many survival stories, Sebbag's narrative is anchored in medical reality. She explains trauma at the cellular level using Traditional Chinese Medicine frameworks, discusses her trauma-induced diabetes and its spontaneous stabilization, and integrates psychological insight with spiritual experience. The result appeals to both believers and skeptics—those seeking proof that the impossible can happen.

The 2008 Sichuan earthquake killed approximately 70,000 people. Among the survivors, Maayan's perspective as a young foreign woman, a medical student, and ultimately a spiritual seeker offers a unique and powerful angle on one of the worst natural disasters in modern history.





ABOUT THE AUTHOR

MAAYAN SEBBAG

Traditional Chinese Medicine
Practitioner | Psychotherapist | Trauma
& PTSD Specialist | Inspirational
Speaker | Founder of a Private Clinic

Maayan Sebbag is a holistic practitioner of Traditional Chinese Medicine and psychotherapist specializing in trauma recovery and PTSD. Her life-changing journey began in Chengdu, China, during the 2008 earthquake when she was a twenty-seven-year-old medical student. Today, she channels her experience into highly sought-after inspirational talks on survival, resilience, and inner strength. She owns a private clinic in Israel where she treats complicated traumas using Chinese medicine and other therapeutic techniques. She is a mother of four and brings her unique perspective—combining lived experience, professional training, and spiritual insight—to her work worldwide.

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CONTACT US
www.valcagroup.com
tali@valcagroup.com
+972-52-223-7216

Represented by

