MEDIA KIT | MILE HIGH GENERAL

A Novel by Terry Grossman, MD

Release Date: December 25, 2026 | Publisher: 5000 Feet Press

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THE CORE CAMPAIGN

"Denver, 1980. One intern. One month. A thousand lessons."

In the high-pressure crucible of a 1980s emergency room, a young doctor learns that the most critical medical instrument isn't a scalpel—it's humanity.

Fresh out of medical school, thirty-two-year-old Dr. Seth Remington thinks he is prepared for anything. But nothing can truly ready an intern for Mile High General, a bustling urban emergency department pushed to its absolute limits. In an era when CT scans are a brand-new luxury and medical protocols are written on the fly, Seth is thrown headfirst into a world where every single shift is a masterclass in life, death, and survival.

Inspired by actual cases from author and physician Terry Grossman's early medical career, *Mile High General* blends medical drama, dark humor, and human vulnerability into a story about the strange, brutal, funny, and deeply personal world behind the swinging doors of an emergency department.

LITERARY METADATA & SPECS

Specification	Details
Title	Mile High General
Author	Terry Grossman, MD
Publisher	5000 Feet Press
Publication Date	December 25, 2026

Genre	Medical Fiction / Contemporary Historical Fiction
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Official Website	milehighgeneral.com

CRITICAL ACCLAIM & ADVANCE PRAISE

"An extraordinary book about medicine—and humanity. Terry Grossman captures the uncertainty, humor, tragedy, and wonder of life in a busy emergency department… *Mile High General* reminds us that medicine is not only about diagnosing disease and treating injury, but about understanding people."

—Ray Kurzweil, futurist, inventor, and *New York Times* bestselling author

"The pacing works, the writing is strong, and the cases are mesmerizing. This is not simply a collection of extraordinary medical stories, but a compelling narrative about a young physician finding his footing in an unforgettable place."

—Joni Evans, former President and Publisher**, Simon & Schuster**

"In the spirit of *The House of God* with a flavor of *Catch-22*, it blends humor, poignancy, and authentic medical practice into a compelling narrative… thoroughly engaging."
—John J. McNamara, MD, pediatric pulmonologist

"The authenticity and intimacy of *Mile High General* make it one of the most engaging and compelling books I have read in the past 20 years. Readers will feel they truly know Seth Remington by the final page."
—Stan Wanat, PhD, Stanford University; Fellow**, Royal Society of Medicine**

BIOGRAPHY OF TERRY GROSSMAN, MD

Dr. Terry Grossman is a physician with nearly half a century of experience on the front lines of medicine. He brings an authentic, deeply knowledgeable, and compassionate lens to his writing, drawing from the real-world chaos, humor, and humanity of early emergency medicine. *Mile High General* is his debut novel.

After completing his medical training, Dr. Grossman practiced medicine in a small Colorado mountain town, delivering over 700 babies and handling unexpected emergencies out of a traditional black doctor's bag, which he keeps in his trunk to this day. He later spent more than three decades in Denver specializing in preventive and longevity medicine, becoming a global pioneer in the field. He co-authored four acclaimed non-fiction books on health and aging, including two works co-written with famed futurist Ray Kurzweil. He and his wife, Judith Bodnar, MD, split their time between Denver, a mountain chalet at 9400 feet in the Colorado Rockies, and a coffee farm in Costa Rica.

FEATURE STORY Q&A | TALKING POINTS

Q: *Mile High General* opens with an ER patient leaking air from a stab wound who waited fifteen hours to seek care because he was fleeing a robbery. How much of this novel is direct reality versus creative fiction?

A: That opening scene is almost entirely real. While *Mile High General* takes the structural liberties that a compelling novel requires, it is deeply rooted in the boots-on-the-ground reality of my early career. The 1970s urban emergency room was a wild frontier. You'd treat a gunshot wound, a bizarre accidental injury, and an eccentric city character all before lunch. The sheer unpredictability and the dark humor of those encounters are 100% authentic.

Q: You have spent the last three decades as a pioneer in preventive and longevity medicine. Why look back nearly fifty years to write a story about emergency medicine?

A: Because the intense crucible of the emergency department is where I—and an entire generation of doctors—learned what medicine is truly about. Today, longevity medicine is all about data, advanced diagnostics, and long-term optimization. But in 1979, ER medicine was pure survival and raw intuition. Looking back at that era allowed me to explore the exact moment a young doctor realizes that medicine isn't just about diagnosing a disease; it's about understanding human vulnerability.

Q: You've previously co-authored bestsellers with famous futurist Ray Kurzweil. How did your work in futurism shape the writing of this historical medical drama?

A: Ray and I have spent decades looking decades into the future of human health. Writing *Mile High General* was my chance to look decades into the past. In 1979, CT scans were a brand-new luxury and electronic health records didn't exist. By contrasting how far we've come technologically with how constant the human element remains, the book highlights a timeless truth: no matter how advanced technology becomes, the most critical instrument a doctor possesses will always be their humanity.

Q: What do you hope modern medical practitioners—and everyday readers—take away from this time capsule?

A: For modern medical trainees who are bogged down by screens and endless bureaucratic charting, I want this book to be a refreshing reminder of why they chose this calling. For the general reader, I want them to step behind the swinging doors and see that beneath the medical drama, the adrenaline, and the dark humor, the best teachers a doctor will ever have are the patients themselves.