



The R.E.M. Effect

J.M. Lanham

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It's 2021 and Paul Freeman just landed a job with Asteria Pharmaceuticals, a world leader in revolutionary drug development. Paul knows the company's future is riding on the success of their latest product—a sleeping pill designed to interact with the human genome to deliver the perfect eight-hour sleep cycle.

Just a few blocks from Asteria's Atlanta headquarters, troubled self-help guru Donny Ford is selling a different kind of drug, empowering followers to take control of their lives using a sacred meditation technique skeptics believe may have already taken his mind to a dangerous place.

3,000 miles away, war-hardened journalist Claire Connor sits captive in a top-secret facility hidden deep in the Costa Rican jungle, guilty of two offenses: seeking help for a sleep disorder, and asking too many questions.

When these worlds collide, the three will discover just how far some companies are willing to go to protect the bottom line.

The R.E.M. Effect Details

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Author : J.M. Lanham

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From Reader Review The R.E.M. Effect for online ebook

Roxie Prince says

Read this review and more on my blog at [Roxie Writes].

'The REM Effect' by J.M. Lanham

????????? 4/5

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Finished on June 15, 2017

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BOOK DESCRIPTION:

It's 2021, and Asteria Pharmaceuticals, a world leader in revolutionary drug development, has developed a revolutionary drug for sleep disorders. It's a sleeping pill designed to interact with the human genome to deliver the perfect eight-hour sleep cycle. But the side effects, for some of the participants in the clinical trials, prove to be forever life-changing.

MY REVIEW:

I was given a free copy of this book in exchange for an honest review.

This is a compelling, frightening story. Millions of us (me included) take medications to help us sleep and rely on pharmaceutical companies to either make our lives easier or to keep us alive. We put a lot of trust in them. What if they don't necessarily care what happens to us? What if what really matters is the money, their product, their reputation? That's a really scary concept, and Lanham does a great job of conveying it in this novel.

The abilities the study participants gained in this story were reminiscent to me of early Stephen King stories and were, in themselves, exciting, but combined with other elements of the story, they created a terrifying narrative.

Overall, I liked this novel. I read it in only a couple of sittings as it kept me enraptured. I wished there had been more of the brother's story, and I feel like the characters could have been a little bit more developed, but the plot of this novel was intriguing enough to overshadow those things.

Randy Troyer says

Science fiction or inevitable reality? Most fans of sci-fi realize that many "outrageous ideas" of 100 years ago (or even 50) have become commonplace in the 21st century.

It's 2021 and Big Pharma is doing what Big Pharma do. Greasing the wheels for FDA approval on a new drug. "Ocula" promises to deliver a straightforward 8 hours of truly restful sleep. It resets your body and the natural sleep cycle to allow the user to regain a natural sleeping rhythm. As with all new meds (and many old ones) it can have some side effects.

Only when research turns up some extremely unusual side effects does this book shift into high gear, hold on

to your butts, oh no-what happens next questioning, scary sci-fi. In fact, the read may seem a bit of a jumble at first but Lanham weaves the story together in such a way that it is understandable and very hard to put down within the first few chapters.

I enjoyed this work and I would recommend it not only for fans of sci-fi but for basically any reader in search of a very readable work that has the propensity of exercising your grey matter. Take some time exploring a few thoughts and possibilities that do not seem so far out given our new reality of conspiratorial evil doings from Big Pharma.

Money? Power? Greed? Cover-up? Insanity? Murder? Mayhem? and, a little bit of pondering left for the reader when it's done(?). What else can I say? Read it. You will enjoy/be intrigued/get scared. In the end, isn't that what we read a book for, to invoke some sort of reaction? Otherwise, a book is just words on a page. I don't know about you but I have read enough of those types to last me through eternity.

Greg says

Author J.M. Lanham Hit it out of the park with his new novel "The R.E.M. Effect". It is an action paced science fiction thriller with all the necessary elements to make for a great read. The plot is fascinating, the character development is spot on and the story is captivating. I found it hard to put down and finished it in three days. I'm glad it is Book 1 of the Ocula Series with the assumption there is more to come. The author combines science fiction, meditation, corporate greed and suspense to keep the reader fully immersed in the story while making it a fun read. I always enjoy reading new author's works and I was very pleased to discover the talent of J.M. Latham.

5ngela says

I always love science fiction thrillers. So when I find about this book, I know immediately that I will read and review it. Thanks all the authors that enroll their books in Kindle Unlimited. It really helps me satiate my hobbies.

The R.E.M Effect tell the story about company that making drug that help people to sleep. Unfortunately there are side effects like migraine, headaches, etc. This people then able to develop ability to make dreams into realities. Paul is one of those people even though he doesn't realize it at first. And then you have other characters like Alex, Donny, and Claire. They have their own stories and problems with the side effects. The characters are good. I cannot say they are perfect. It just that I can relate with them. Unfortunately Ryan Tanner fail to act like good antagonist. You expect more from him but he fail to give a good "match" for our own main protagonists. It was quite anti climax.

Like typical science fiction genre, there's involved a lot disbelief scenario. But, the beauty of science fiction is you can accept them as long as it was an interesting story. Dream that make reality happen. It was a good premise. I like the story. My problem is there are some questions unanswered. I can see the author try to left hints right here and there. But, some facts are overlapping at best and contradictory at worst. I cannot tell it without spoiling the story. The pace is also quite inconsistent near the end. Certain scenes need to be cut short to make it more the point. Other scenes need more elaborations. I feel the ending was too rushed, as if the author realized it was too long already and need to end it. Anyway, despite all the shortcoming, it was an

enjoyable read. I recommend this story for people looking for enjoyable science fiction read.

Rating : 4 of 5

www.sharing55stories.blogspot.com

Temple Williams says

Pharmaceutical profits can kill.

The R.E.M Effect is a well-written, well-researched sci-fi book that draws back the curtain on pharmaceutical skulduggery. Chasing a profit has deadly consequences. It has an open ending, suggesting more to come. I look forward to it. -- Temple Emmet Williams, a former editor at the *Readers Digest*

Faith Jones says

We're all slaves to our emotions. Now consider what that actually means. Our conscious decisions are like headlines, short and prominent, but much more goes on in the subconscious, like the full article in all its detail, than we could ever hope to keep track of. Breathing, the regulation of body temperature, digestion, when to sleep and all the rest happen because of instructions we don't even register in the conscious. That's the mind but how about the body? The DNA we have in every cell instructs the construction of the body on a cellular and sub-cellular level. Sometimes replication errors creep into the blueprint and then the design becomes vulnerable and fails or at least turns less efficient. From myopia and arthritis to cancer, mutation and 'bad genes' are the engine room of evolutionary development because sometimes they confer an unexpected advantage but they're also an Achilles heel that fails our systems. Naturally, we can't intervene in these hidden processes of the mind and body to tailor the system to suit us, can we? Let's try that question again. Could we?

Picture this: Set a story in a world in which a pharmaceutical drug is in development that can inhibit genetic instructions that inform systems which regulate the body, including the brain. This is also a world in which devotees of an ancient form of mystical philosophy can give their subconscious mind body-regulating orders. Got the picture? Merge the systems and amplify. Now let's take both abilities to the mass market and monetize the discovery. Yea! We take control of our inner systems and set up the conscious as an aegis to fumble around in the full potential of our minds and bodies like an untrained surgeon, the very thing that natural biology didn't trust us with! We're all gods now. Excuse me? Does anyone remember what hubris means? Dr F?

Now let's re-visit a deeply carved sci-fi concept. Arthur C. Clarke pointed out that any sufficiently advanced technology is indistinguishable from magic. If we re-consider the claims of our planet's traditional and weathered spiritual disciplines like Buddhism, Yoga, all the sutras, asanas, high llamas, blokes who sit up poles etc., then drill down to their less exercise-based extremes, usually hearsay, like yogic flying, transcending death, remote viewing or out of body projection (vomiting?) or balancing the budget, these can all be interpreted as claims of 'magic'. If manipulation of the brain, either with a chemical compound or through a mind control technique were to allow any of this to actually happen, it would be rigorously tested and then accepted scientifically, i.e. this ancient mystical stuff is arguably a kind of science fiction because

it's one step beyond what we know is possible and the fiction tag would have to drop if the effect that's claimed could be replicated. (Question: What do you call alternative medicine that has been proven to work? Answer: Medicine). One day, is it inconceivable that Astra Zenica or Glaxosmithkleinbeechamsmithandnephew or whatever they've joined up to become by then might make a subconscious mind and body control-style breakthrough? Prepare for the distinguished Hindu gentleman at the AGM sticking up his hand and saying "We told you so". Until that happens, we can explore the fiction.

This book is a flowing, well written and efficiently copy-edited (everyone forgets the editor) adventure thriller that explores the values of big pharma on one hand and on the other the kind of showman who has his own TV channel and can sell the public any commodity, including shallow corruptions of things intended to be more spiritually meaningful. It's also a story of resistance and escape, since each advance grinds new victims beneath it, as the situation gradually plays into what it feels like when your dreams turn rancid and the hounds are out. There's a paragraph I like which describes driving up to a traditional Tibetan temple, so you think the car is out of place but that neatly misdirects the reader from the real outlier as the building turns out to be in Atlanta. I like the baddies, the goodies, the people up trees and decaying aeroplanes. Arthur C. Clarke also noted that the limits of the possible can be found by venturing a little way past them into the impossible, which is what this book does, using the small-step terrestrial sci-fi approach, where the changes don't confer ridiculous magical super-powers (laser beams from your eyes igniting snowballs, catching bullets and flying at the speed of sound without your cheeks flapping open) but veer just far enough into the incredible to make the fantasy come alive and prompt the all-important questions about how far we should go – whether our profit incentivised exploration would have the wisdom and maturity to stop and take a loss if a tool a little too powerful was ever discovered. "Somewhere, something incredible is waiting to be known" (Carl Sagan, optimist). I am in a quotey mood, aren't I?

Would you decline a new ability or cure for your ailments? Would you pass up the chance to use new found powers or knowledge? Could you or your business afford to choose not to profit from your research and investment? For all those who take the self-righteous approach, how would your answer if you or your loved ones were desperate? Even if you still abstained, would you trust everyone else not to use it? "It is a profound and necessary truth that the deep things in science are not found because they are useful; they are found because it was possible to find them." (Julius Oppenheimer). Boom.

The reason why I think you would enjoy reading this book is because it's a good, engaging story which the author steers with competent control. It's as simple as that. The scenes aren't too short, they're not too long and there's a second tier character called Donny who stands out from the cast like the lawyer's character does from Breaking Bad. Donny, Donny, "If you can bear to hear the truth you've spoken twisted by knaves to make a trap for fools" (Kipling had the little shit lined up right there).

This corporate medical industry subject matter tends toward something the author clearly knows about but the easy-going and confident writing style tells me that he could change subjects and pull the reader in just as effectively doing something else. I looked J.M. Latham up because I didn't think this could really be the first book he's attempted, but apparently so. This yarn is next-step, terrestrial scientific fiction so the reader isn't expected to come out convinced it will work and expecting the whole shebang to be announced next Tuesday but I like the story in a mainstream-missed-out kind of way and I think you will too.

Jay Williams says

This is an exciting story with unique and interesting characters. The premise of one person's mind controlling

others while that person sleeps leads to a number of interesting situations. It is no surprise that Big Pharma provides the evil. The action pair develops as two victims escape from a hidden lab. They have much excitement as they return to Atlanta, and the writing captures scenes without too many words. Unfortunately the book ends without resolution, and I have to wait for the next episode to see what happens.

Silver Screen Videos says

NOTE: The author graciously gave me a copy of this book and asked me to write a review.

When Robin Cook wrote his best seller, *Coma* in 1977, he created a new literary subgenre, the medical thriller. Since then, dozens, if not hundreds of authors have tried their luck with Cook's formula, including J.M. Lanham in his debut novel, *The R.E.M. Effect*, Lanham has mastered the formula and put some solid, interesting research into the book, but a number of rookie author mistakes detract somewhat from his effort.

The R.E.M. Effect has all the elements of a top-notch medical thriller. A pharmaceutical company makes a groundbreaking new discovery, a new technology based on using medication to modify key genes in the body and thus cure common ailments. The company uses this technology to develop a highly effective new sleeping pill. However, the pill has an unforeseen side effect on a handful of test subjects, giving them some very advanced mental powers, which could be highly dangerous in the wrong hands. The company wants to conduct tests on these subjects to further develop their abilities for sinister purposes, but a couple of the subjects, including one of the company's own employees, Paul Freeman, go on the run and try to avoid capture while getting the goods on Freeman's employer.

Author Lanham is obviously very interested in the genetic therapy he discusses, as well as a number of other disparate subjects, from the con artistry of fake psychics to principles of Buddhist meditation. He even has a few choice comments about the weather in Atlanta (where the pharmaceutical company is based and Freeman lives) that I as a long time Atlanta resident enjoyed. He talks about these subjects at length throughout the book, and these asides make for entertaining reading for anyone interested in this type of scientific research.

Unfortunately, Lanham is not writing a book of essays, but, rather, a thriller, a genre that depends on keeping the action moving and developing suspense. The author's digressions often aren't integrated very well into the plot, often bringing the action to a halt. Typically in *The R.E.M. Effect*, Lanham resorts to having characters deliver lengthy information dump monologues, usually at times that these people would never in real life waste that much time chatting. In fact, one character in the book describes another who has just unloaded one such information dump as longwinded. This type of dialogue is not natural and is quite distracting, so much so that readers may have trouble getting back into the flow of the main storyline when Lanham goes back to it. In addition, the book contains a few distracting grammatical errors as well ("could care less" instead of "couldn't care less").

Readers should also be forewarned that *The R.E.M. Effect* is obviously intended as the first book in a series and, for that reason, has a rather indeterminate ending. It's not a true cliffhanger ending, but the author does leave the central conspiracy unresolved, one way or the other. Those who want closure in novels may be put off by this ending. That didn't bother me as much, but I did sense the author was running out of gas towards the ending, with his descriptions of the actual action that is taking place getting more fragmented and abbreviated.

These distractions are somewhat a shame, because Lanham has a very good idea for a story here and creates a couple of entertaining supporting characters, including a Buddhist police detective whose ideas about meditation clash with the company's pharmaceutical-based methods of relaxation. In addition, one of the villains in *The R.E.M. Effect* comes to a rather innovative end that will undoubtedly please most readers.

Overall, I think that *The R.E.M. Effect* represents a promising beginning for an author rather than a polished final product. There's undoubtedly a learning curve in novel writing, especially a novel in a very familiar genre, and now that the author has dumped most of the background information already in this first book, other novels in the series may flow better and generate more suspense and thrills. I still recommend *The R.E.M. Effect*, but I wouldn't be surprised if this story gets more entertaining in a subsequent book or two.

Jack says

An intriguing scientific thriller

Disclaimer: I was asked by the author to read *The R.E.M. Effect* and provide an honest review. This is my sincere opinion of the book.

Too many times, when I read a book classified as a science fiction thriller, it's either heavy on the science fiction but not very thrilling or thrilling but not particularly scientifically literate.

The R.E.M. Effect is a pleasing exception.

While the science behind Ocula, a sleep aid that induces abnormal mental states, is speculative, it is by no means beyond possibility. As evidenced by the resources cited at the end of the book, plenty has been published by the scientific community suggesting something like Ocula might be just around the corner.

The writing is nicely balanced between scientific exposition and action. The dialogue never feels artificial. The characters are well-developed and interesting. If I had to compare Mr. Lanham's writing to another author whose work I enjoy, I would recommend *The R.E.M. Effect* to anyone who enjoys the novels of Douglas Richards.

This was a novel I was pleased to read and Latham is an author I'll be sure to keep an eye on.

Jill says

Power money hungry pharmaceutical executive are not new. They use pseudoscience, lab rats, human testing, and political support to get the latest and greatest drug to the public that needs a legalized fix. This tale of make believe starts with journalist Claire literally locked up in a drug testing trial. The first few book chapters as new characters are introduced and their roles explained. All the action keeps returning to the sleep deprived, a little pill, and unexpected dreamy results. At times, the point of view switches are distracting while some of the scene read like the action is right before your eyes. Paul, a company employee, his boss, and Claire have pivotal roles. Some of the twists will satisfy the mystery reader, while some of the results make the horror reader happy. A nice touch is the resource lists that explores concepts used in plot development. Overall, it is a decent read with few questions left to answer when book two of the Ocula

Series is released.

I received this book free from the author. I was not required to write a positive review. The opinions I have expressed are my own.

10914 Reviews (Britny) says

For me, this book was hard to get into at first. I don't think this book is something that I would normally be into subject-wise (although I do love my conspiracy theories!), but once I got past the first few chapters, surprisingly, I got really into the story. The characters were all well-developed and I feel like I know who each person was, but I still craved to know more (in a very good way!). I would love to see Claire, the journalist, get her own series, so we can learn about all of her cool stories and adventures as a journalist. So, I'm super curious as to what's next! Please note that if you are a reader who only reads certain genres or books about a certain subject matter, this is definitely the book to branch out with and learn something new!

Amber M. McCarter says

This had intriguing bits, and is decently composed. But it felt forced - there was a glaring lack of nuance. There was so much writing dedicated to not much happening, punctuated periodically by grizzly events requiring too much suspension of belief. And the character development was superficial, despite most of the story being spent in their heads and dialogue. It feels like this was a story rushed into, without quite enough brainstorming/development of plot points.

Danielle Urban says

The R.E.M. Effect by J.M. Lanham is one brilliant science fiction thriller. I wasn't quite sure what to expect. The writing style blew me away. Every page adds to the intense situations. Danger, medical science, and more. J.M Lanham has created characters that make this a fascinating read. Each one adds to the plot. Making it build up into one explosive book. Those interested in pharmaceuticals, technology and action...then this is definitely a recommended read. Despite the topics introduced the material was super easy to read and follow along. I personally love anything that deals with corruption and the government doing things it shouldn't. The R.E.M. Effect has all of that. The human brain, is a great topic and it's used in dark way. Humans are always experimenting on and for something...how far it goes can be deadly and frightening. Overall, I recommend this book to readers everywhere and look forward to reading The R.E.M. Project.

Marian Thorpe says

Set a few years in the future, The R.E.M. Effect combines cutting-edge genetic research with fast-paced action, resulting in a science-fiction thriller that kept me turning the pages. Ocula, a drug that promises a good night's sleep by silencing a specific gene that causes insomnia, is highly effective in trials, but for a few

people, the effects go far beyond the purpose for which it was designed. One rogue executive wants to harness those side effects...even if the participants in the drug trials are unwilling.

Author J.M. Lanham has done his research, and he does a pretty good job of condensing and explaining the science in a manner that is accessible to the reader without talking down to them. There are a few debatable points around interpretation and generalizations, but until I asked my resident Ph.D in genetics to read the relevant pages and comment, it just niggled at me a little (I've only got an master's degree in the same field, and I haven't used it in a very long time.) So, I think it's safe to say most readers won't notice, or care –and it's a lot more accurate than the science in Jurassic Park!

The story is well paced and the characters likeable; the writing is competent and appropriate to the genre. I lost track of one story thread, but that's as likely to be my fault as the writer's. It was only the ending that confused me: it left a lot of unfinished questions, and I had to dig around a bit to find that there is a sequel in the works. For that reason only, my rating is four stars rather than five. I'd definitely recommend The R.E.M. Effect for fans of the science-based thriller.

I received a copy of this book in exchange for an honest review.

MICHAEL CLICK says

A pretty good story

This is a pretty good story, if a trifle unbelievable. I prefer a bit more Science in my SF, but once you go with "the suspension of disbelief" it's OK. I could believe that a person's mind could affect other organisms, particularly at short range, but setting off a volcano half a world away? Can Ocula make us gods with no limitations except what we put on ourselves? Sounds like the old "creatures of the Id" from "Forbidden Planet" (and we know how that turned out) only multiplied thousands of times! It would be a chaotic world at best and might even threaten mankind.
