

# How do we know that we only get one life?

**Post by “DaveT” of April 11, 2026 at 7:03 AM**

Related to this thread, I listened to an interview of David J. Linden a Johns Hopkins neuroscientist on Big Think. He was facing his own cancer death and realized he had difficulty in accepting a world without him in it. After 40 years of his career studying the brain, it is built to constantly predict what happens next; minute by minute, hour by hour and so on. For instance, our brain constantly tries to predict what will happen in the next seconds as I walk along this sidewalk, as I approach a cross street, as I approach the restaurant to meet a friend for lunch etc. Therefore since biologically the brain is constantly trying to predict what will happen next (for my continued existence), it has a problem seeing the world after death. He speculates that this is why an afterlife of some type is an element of almost every religious beliefs system.