M. K. Ettington Books

The Out of the Box Newsletter
Learn about our Books, Online Training, Misc Wisdom, and Unusual Stories

August 2026

The Newsletter is for those not satisfied with the Dogma we are all taught to believe.

What is the real truth about our lives and the world we live in?

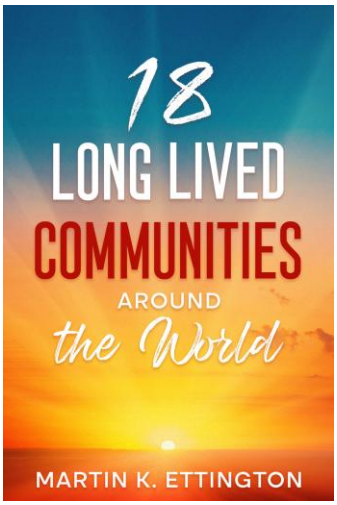
Over 12 Categories of Out of the Box Books:

(Click Below Image for our Website Homepage on over 150 books)

Coaching and Business Books	Paranormal Books	Spirituality Books	Ancient History Books
Alien and UFO Books	Longevity & Immortality Books	Living in Space Books	Survival Books
Sci Fi & Fiction Books	Legendary Beings Books	Strange and Science Books	Time and Dimensional Books
Health & Wellness Books	Self Improvement Books	Rare Occult Books	Political and Social Books
Metaphysics Books	Our Most Popular Books	Specials and Bundles	

Welcome to this newsletter which covers topics from our 150 Plus books about Aliens/UFOs, Longevity, the Paranormal, Strange Science, and much more…

Picture of the Month



18 Long Lived Communities Around the World

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https://mkettingtonbooks.com

August Edition Highlights:

Featured Story-Physical Immortality: A History and How to Guide
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Health and Wellness-The Personal Longevity Training Series
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Mega Universe of the Month
The Longevity and Immortality Universe
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Our Website PDF 25% Standard Discount
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Signup For and Download our Monthly Newsletter

Signup for Our Affiliate Program & Earn up to $499 per sale

Featured Story- Physical Immortality: A History and How to Guide

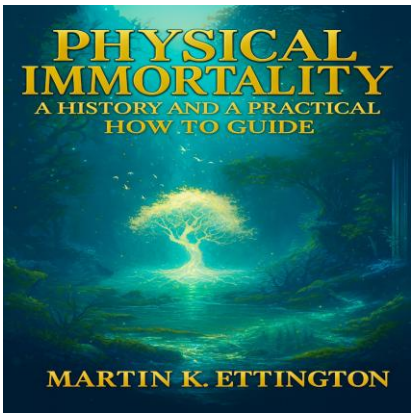
Quote from another satisfied reader:

Read your book at Lakeshrine; it's phenomenal!!! Most comprehensive well-researched book I've read on the subject, and I think I've read most of them out there. Inspiring examples of long lived people! —Lynn Peterson, Immortalist

What you will learn from this Book:

- You will learn about the history of the search for immortality
- Many case histories are given of long lived persons over the age of 150 years old
- Stories of many other persons who may have lived thousands of years
- Long lived Plants and animals
- What Science says about the search for longevity
- A Theory about how your physical health relates to your spiritual health
- Practices to grow spiritually and increase your vital forces
- Practices to improve your health and longevity
- Supplements to improve your body's health and longevity
- How to avoid accidents
- And much much more…..

Does Physical Immortality really exist? And is it only for a chosen few or can anyone become an Immortal? The Reality is amazing and in many ways more simple than you can imagine.



Click on the image above to learn more

Health & Wellness- The Personal Longevity Training Series

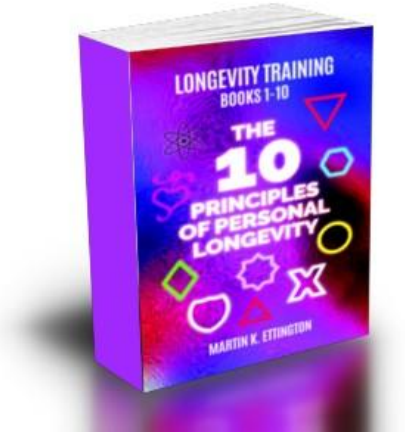
This series of 10 books is a transcription of the Online Personal Longevity Coaching Training Program which normally sells for $1,995 USD.

These training course books offer all of the content in written form which is in each of the ten audio/visual courses on the Longevity Coaching Training server.

All of the videos and reading assignments have been transcibed into text to provide all the detailed guidelines you need to change your life and learn how to live decades longer.

If you were interested in geting the full longevity training program- and don't want to spend $1,999 dollars--Now you can get it all at incredible prices.

What is the value of learning how to live healthy decades longer?



Click on the Book Cover to Learn more and to order

> "Never laugh at live dragons."
> – **J.R.R. Tolkien**

Click These Three Book Categories To See More Books on Health and Wellness:

HEALTH & WELLNESS

LONGEVITY & IMMORTALITY

SPIRITUALITY

SELF IMPROVEMENT

BOOK FOCUS

Book Focus-Diets and Lifestyles of Long Lived Persons

This new book combines the existing ebook on the "Diets & Lifestyles of the Worlds Longest Lived Peoples" with 32 fun and tasty Longevity Recipes from these long lived cultures

It took a while to find all of these Recipes related to these long lived cultures. Most of them are vegetarian. Here are some delicious snapshots:

Four of the Longest Lived Communities in the world are:

• Okinawa, Japan

• The Republic of Abkhazia next to So. Russia

• Vilcabamba, Ecuador

• Hunza People of northern Pakistan

Each of these communities were chosen because they are large enough in population and have a long history of long lived persons to represent unique lifestyles and dietary habits.

We researched each of these communities in detail and found some amazing commonalities !

Even though each community is a lot different--there are many lifestyle focuses and dietary standards that they all do.

Here is one example:

It turns out that three of the four communities are in the mountains, and guess what?

They each have wonderful mountain purified water with many special minerals in it.

We provide an analysis of one of those water sources of health and vitality in the book

There is much more information on each community's lifestyle and diet as well as detailed comparison matrixes for lifestyles and diets.

We answer questions such as:

What type of food does each community eat?

How are these diets all in common?

What are the common lifestyle factors?

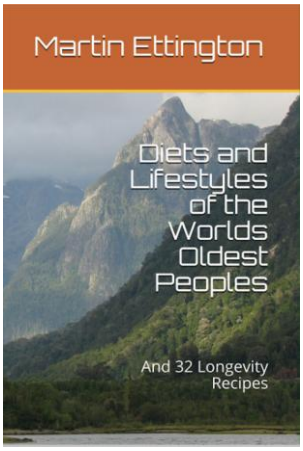
How do these people live everyday?

What are common recipes?

What are specific vegetables, fruits, nuts, and more that they each eat?

What overall lessons can we draw from our comparisons?

How can you apply these lessons to yourself?



Click on the Logo to Learn more and to order

"Think before you speak. Read before you think."
— **Fran Lebowitz, The Fran Lebowitz Reader**

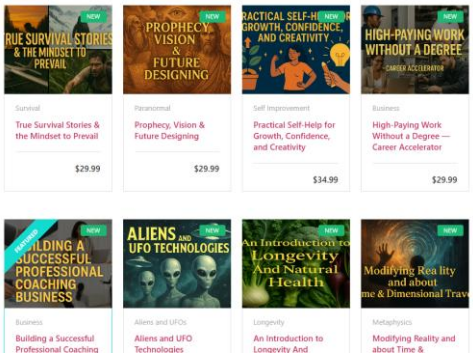
TRAININGFOCUS

Training Focus- Training Courses, Bundles, and Subscriptions

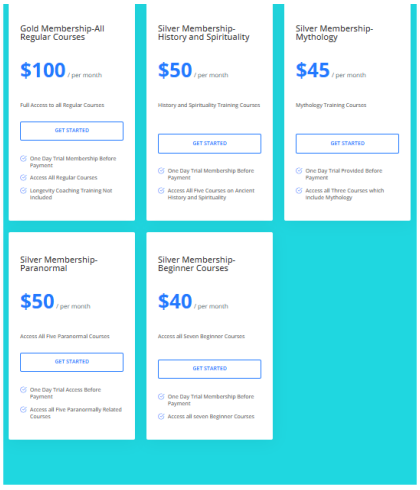
Our website now has comprehensive sections on training courses, mega bundles and subscriptions to courses based on our books These sections are called **UNIVERSES**

Mega Bundles Available:

CLICK ON THE UNIVERSE IMAGE ABOVE TO LEARN MORE



CLICK ON THE COURSES IMAGE ABOVE TO LEARN MORE



CLICK ON THE SUBSCRIPTIONS IMAGE ABOVE TO LEARN MORE

[Download the Online Training Catalog]

"The simple things are also the most extraordinary things, and only the wise can see them."
— **Paulo Coelho, The Alchemist**

Training Courses- Longevity Coaching

Jump on the newest and fastest growing Life/Wellness Coaching Trend by becoming a CERTIFIED LONGEVITY COACH AND MAKE MASSIVE $$$ in 2025!

Do you want to take advantage of the huge growth in anti-aging, long-term

health and longevity coaching?

You know already, that Baby Boomers are out there, and you could see

yourself teaching them how to Master and Take control of their long

term health?

You have lots of life experience and you want to do something more

rewarding, where you can also help others?

There are four good reasons why you should put your thoughts on the mega trend Longevity Coaching…

Personal Freedom

Many people feel stale, without hope, and wonder if life is worth living. Our integrated health philosophy teaches them that they can break psychological barriers, think outside of the box, and make life a much happier and worthwhile way to live. There are immediate benefits to clients from what our Coaches teach in addition to Longevity.

Health Professional problems/needs

Health & Wellness Professionals are looking for new ways to help their clients and to make additional revenue. What wellness programs make sense to add? We are providing an integrated Health and Wellness Philosophy which will integrate with existing skills you already have. You will be able to teach your clients a new longer and healthier lifestyle and earn additional coaching dollars too.

Baby Boomer Mega Market Trends – Chronic Illnesses

Our research shows, that Chronic Illnesses in the U.S. will become over the next years harder and harder to manage with our aging population. Preventative care will become more and more important within daily healthcare. Chronic Illnesses are therefore a good focus to manage with what Long Term Health & Longevity Coaching can offer. The trend toward holistic and complementary medicine will get stronger and stronger over the next decade.

Many Professionals can add Longevity Coaching to their skillsets:

Chiropractors, Massage Therapists, Nutritionists, Natural Health Practitioners, Health Coaches, Personal Trainers-to build your revenue streams

The Personal LONGEVITY Program ©

Click on the Logo to Learn more and to order

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."
– **Rumi**

Universes- **The Longevity and Immortality Universe**

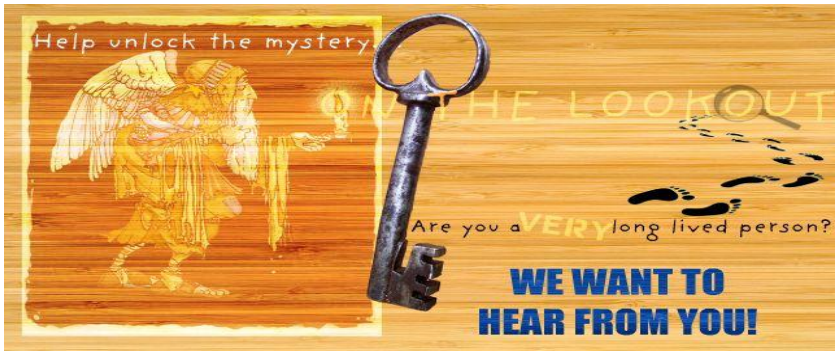
This Universe is all about long lived people and the possibility of real Immortality

We all have eternal spirits and the universe is conscious. How do we realize this?

Longevity & Immortality Universe Highlights

Discover the Path to Longevity and Immortality

The most comprehensive offering of longevity books, training, videos, and bundles in the world



DO YOU OR SOMEONE YOU KNOW HAVE A STORY TO TELL?

Email: mke@mkettingtonbooks.com

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MK Ettington Books

Providing a variety of unusual books on these topics: The Paranormal, Longevity, Aliens/UFOs, Ancient History, and much more….

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About My Organization…

MKEttingtonbooks.com consists of over 150 books written by me from my own experiences (mainly paranormal) and research.

My original content consists or books, training courses, and more. Formats include printed, Ebooks, Audiobooks, and more. The training courses are all online and multimedia.

As a retired Engineer, my goal is to provide an analytical analysis of many otherwise strange and unbelievable phenomena.

The more we learn, the stranger our world and universe turns out to be. We think we know a lot—but we really know nothing about the Reality we live in.

--Marty Ettington

Help Unlock The Mystery! Send Us Your Story Online Today…

Email: mke@mkettingtonbooks.com

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