M. K. Ettington Books

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

February 2025

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

https://mkettingtonbooks.com

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Signup for FREE Longevity Video Ecourse

Picture of the Month

Painting of What a Space Habitat Might Look like inside

"Designing and Building Space Colonies"

Featured Story- Fifteen Ideas Which Will Change the World

The world is not as we think it is. We are taught standard accepted beliefs from birth and many of them are not correct or a misunderstanding of the truth.

Who am I to say so? At this writing I'm nearly seventy years old and I've spent my life observing reality as an engineer and explorer of the unknown.

I've had many weird and paranormal experiences and done lots of research. Many patterns have made themselves known to me and this is why I make these types of statements.

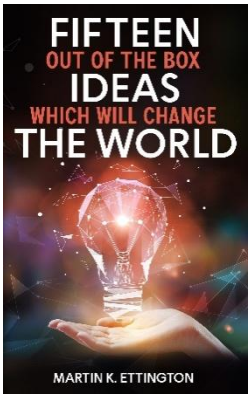
This book is an effort to shed light on these misunderstandings and change your perception of the world we live in.

Much of what I will relate is based on my subjective experiences and research many would say does not conform to the accepted scientific method yet you will see that my observations make a lot of common sense.

Some of these concepts have been around for thousands of years but are not commonly accepted today. My effort is to show you why these ideas are likely true and how these concepts also are built on to provide new understandings.

At the end of each chapter logic is provided on how general belief in these new ideas will change humanity.

My hope is that by the end of this book you the reader will open your mind more about many things which are strange but possibly true.



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> It's not what you look at that matters, it's what you see.
> Henry David Thoreau

BOOK FOCUS

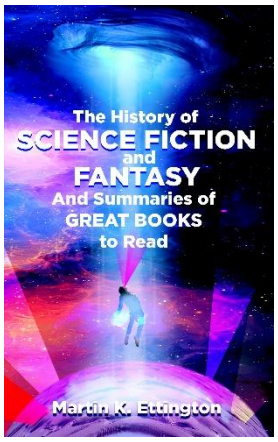
Book Focus- The History of Science Fiction and Fantasy and Summaries of Great Books to Read

Whether you are new to Science Fiction or have been reading this genre for years, I hope you will have as much fun reading this book as I had writing it.

In this history I've tried to include the best known authors and their most famous and interesting works. Many of these stories are groundbreaking.

Some launched new sub genres, and some talked about technology which is now real or being developed. I have read almost all of the novels mentioned here. I've also summarized various great novels throughout this book. These are stories you will enjoy reading. They might be examples of the changing genres, or just really good yarns. There are a lot of stories I love in the sci fi and fantasy realm and I hope you like them too.

I've literally read thousands of science fiction and fantasy books over the years. Starting in the 1960s up until today. Some of the stories I've read have made significant marks on my life. My degree in engineering is also probably a result of my interests in science and technology from growing up reading the wonder the vastness of these stories. Here are many of the best books I've read and enjoyed.



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> By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest. Confucius

Signup for FREE Longevity Video Ecourse

Training Focus- Longevity Coaching

Hello, I'm Marty Ettington.

Through years of research and personal exploration, I've discovered numerous ways to live healthier and extend your life for decades. I've compiled this invaluable knowledge into comprehensive books and a full course guide, designed to help you unlock the secrets of longevity and embrace a vibrant, extended life. Join me on this journey to uncover the fascinating methods of achieving a long, healthy life.

What is your Longevity Goal? How to Get there?

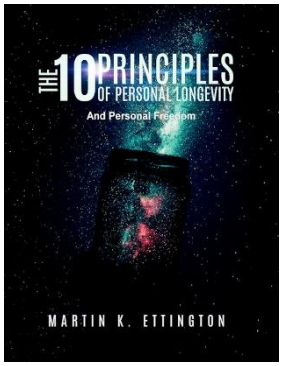
To live a healthier lifestyle and have the energy to be more active in life. Enjoy life more.

Learn the Longevity Lifestyle which improves your health long term and allows you to participate in life more fully.

As a professional offer longevity services for your clients to build value and revenue. Something new they can use

The Personal Longevity training program was designed for professionals who want to offer more to their clients on the subject of longevity

Learn and do specific things that will improve long-term health & longevity Spiritual, Psychological, and Physical focus you learn. This includes the same diets long-lived cultures prepare and eat.



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CLICK HERE TO LEARN MORE ABOUT AFFILIATES AND HOW TO SIGNUP

Everything that irritates us about others can lead us to an understanding of ourselves. Carl Jung

Book Bundle Deal- The Legendary Animals Five Books Bundle

This Bundle consists of five books on various types of mythological creatures. Some are probably real and some we don't know:

Thunderbirds: Legends and Reality

Thunderbirds have been sighted for hundreds of years around the world. This book contains sightings and legends of these giant birds

Sea Serpents and Ocean Monsters

Sea Serpents have been reported throughout history. What is the truth of these sightings and what is fantasy? This book examines the subject in detail.

All About Dragons

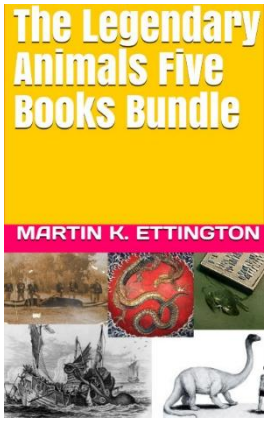
Dragons are part of world history and are in cultures all over the world. This book is all about mythological Dragons, with pictures and videos indicating they really exist.

Are Cyptozoological Animals: Real or Imaginary?

A review of some of the wild claims that strange animals like Bigfoot, Sea Monsters, or Werewolves among others might exist. Evaluations of the evidence are included

Fire in History and Mythology

The History and Mythology of Fire is reviewed. Includes fire building techniques, fire cooking, and lots of mythological animals who had fire as part of their being



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Knowledge is proud that it knows so much; wisdom is humble that it knows no more. William Cowper

Spiritual Practice- The Handbook of Spiritual and Energy Healing: And How to Learn it Yourself

I have been studying the spiritual and paranormal my entire life. This has also led to me having many paranormal experiences such as prophecy. I'm also a Reiki healer and have experimented a lot with vital forces and different healing methods.

Since I'm also and engineer I think this gives me a fairly unique perspective on the scientific and the spiritual. My view is that spiritual/faith and psychic healing can often be entirely separate approaches.

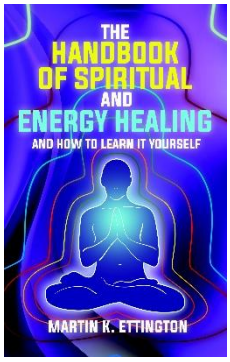
In looking at all the books available on this topic I saw a lot focusing on the spiritual aspects and some focused on Chakra usage or Reiki healing. What I didn't see was an overview and history of the whole topic to help people understand how spiritual and energy healing developed and how it fits into the science and medicine of today.

There is also a need to see how spiritual and energy healing integrates with other medicines to improve a person's long term health.

In Part One of this book we cover the sources of vital forces and energies in the human body.

Part Two is on the history spiritual and vitals forces healings and many examples of spiritual and faith healers.

Part three is all about how you can develop these healing abilities yourselves. Exercises to learn these healing processes are included.



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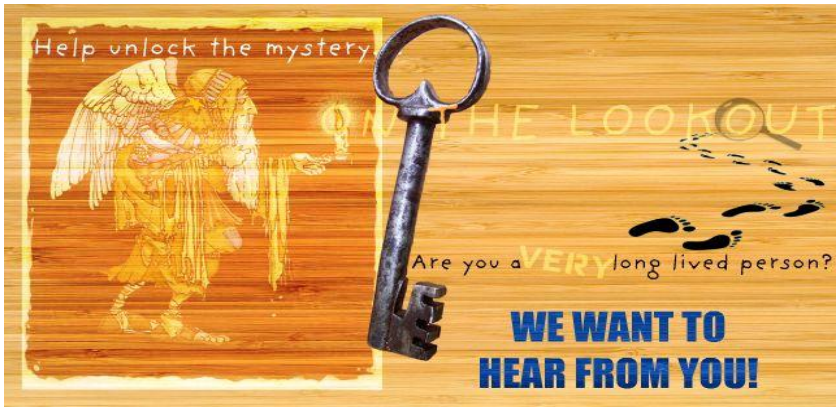
DO YOU OR SOMEONE YOU KNOW HAVE A STORY TO TELL?



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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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https://www.mkettingtonbooks.com/training-home

Contact Us!

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About Our 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…

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