M. K. Ettington Books

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

September 2025

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
Science Fiction Books	Legendary Beings Books	Strange and Science Books	Time and Dimensional Books
Health & Wellness Books	Self Improvement Books	Rare Metaphysics Books	Political and Social 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

A Classic Painting of Little People
"The Little People"

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https://mkettingtonbooks.com

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Featured Story- Non Traditional Healing Practices Around the World

The history of medicine and health therapies was based on many traditional practices which evolved over thousands of years.

Some of these practices were a waste of time, but many produced actual results of better health for the patients of these traditional healing practices.

This book is divided into five sections:

Part I: Ancient Wisdom for Modern Times

Part II: Energetic and Spiritual Pathways to Health

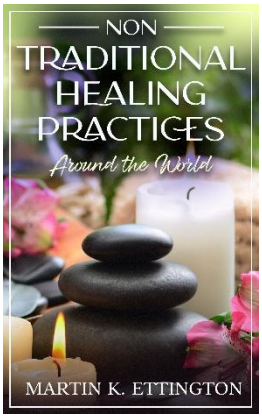
Part III: Mind-Body Connection and Healing

Part IV: Earth-Based and Natural Therapies

Part V: Integrating the Old and the New

After reading this book I hope the reader will realize that there are many types of healing therapies besides the ones currently accepted by western medical professionals.

Hopefully some of these therapies will help you.



Click on the book cover above to learn more

As you walk down the fairway of life you must smell the roses, for you only get to play one round. Ben Hogan

Health & Wellness- Food Supplements to Reduce Blood Sugar

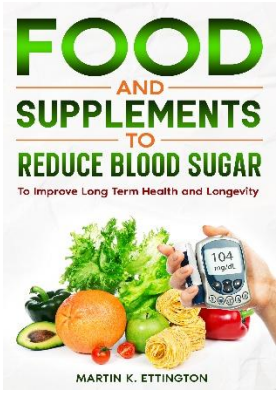
There are many foods and supplements which help control or reduce blood sugar. As a Type 2 Diabetic myself this is important information.

This is why I put this book together to cover all the types of foods, drinks, and supplements which would be good for me to make as part of my diet.

There are various foods you can eat which either slow sugar absorption or reduce blood sugar entirely by reducing insulin resistance.

A number of natural supplements also are keys to reducing blood sugar.

I've also included technical information on how these substances actually work.



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

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

HEALTH & WELLNESS

LONGEVITY & IMMORTALITY

SPIRITUALITY

SELF IMPROVEMENT

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BOOK FOCUS

Book Focus- Living the Technology Revolution

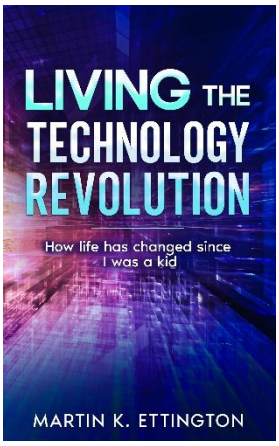
This isn't a book filled with dry timelines or technical blueprints of the digital revolution. Instead, it's a firsthand journey—my journey—through one of the most astonishing transformations in human history: the rise of personal computing and the dawn of the digital age.

I was born in November 1955, at a time when the word “computer” was barely whispered outside of military labs and universities. My earliest memories include a bulky black-and-white television with rabbit-ear antennas, broadcasting a single channel. That flickering screen was my first encounter with electronic media—a far cry from the high-definition, touch-responsive world we live in now.

Over the decades, my path as an engineer and software developer placed me squarely in the midst of this technological upheaval. I didn’t just watch the future arrive—I helped build it, one line of code and one innovation at a time.

This book is a personal time capsule—a chronicle of what it was really like to live through the shift from analog to digital, from typewriters to tablets, from rotary phones to the infinite power in our pockets today. If you're a younger reader curious about how we got here, or someone who remembers the glow of vacuum tubes and the clack of punch cards, I invite you to walk with me through the decades.

You may be surprised by how far we’ve come—and how much we’ve forgotten along the way.
Many of the chapters are identified with the years or periods of time where these changes occurred.



Click on the Book Cover to Learn more and to order

He who lives in harmony with himself lives in harmony with the universe. Marcus Aurelius

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Training Focus- Modifying Your Reality

I've had many paranormal experiences in my life and some pretty cool spiritual enlightenment experiences too. This has given me a good understanding of the spiritual development process and the development of paranormal abilities as a side effect.

I'm also and Engineer with a lot of Physics mixed in to my education so I have a pretty good understanding of the conventional views of engineering and science as taught in our universities.

My fascination with the unusual and unknown also led me to write about off the wall subjects like the paranormal, time travel, and moving between dimensions. The research I did convinced me that these strange and weird phenomena do exist and are not fantasies.

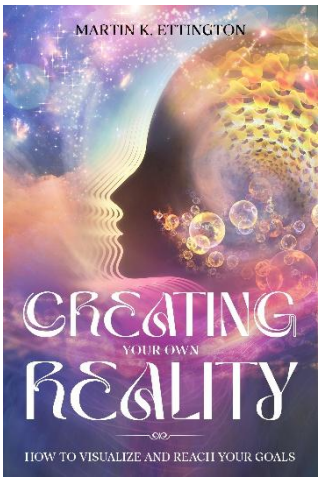
All of these factors have led me to this book which has the goal of better understanding the Universe we live in, a

how we can change the reality we live in through our willpower and beliefs.

My numerous experiences and research have led me to conclude that although we may think we live in a stable Universe—that is a big misunderstanding. The more I learn the more convinced I am that the Universe is much more complicated than we ever thought.

In this book I want to show you the reader that the stable reality we take for granted does not exist and we can manipulate many more things than we ever thought possible.

The more I learn, the more I realize that our Universe is a much more mysterious place than we ever thought.



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The higher we are placed, the more humbly we should walk. Marcus Tullius Cicero

Click here to learn more about Online Paranormal Training

Book Bundle Deal- A Trilogy of Self Help Books

This Package of Three Self Help Titles Includes the Following books:

Building Self Confidence

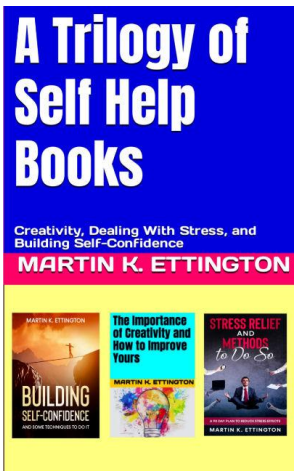
Self-Confidence is learned and is important to our success in life. In this book we discuss what self-confidence is, fears, confidence builders, experience building self-confidence, stories of self-confidence and much more

The Importance of Creativity and How to Improve Yours

This book is all about creativity. What is it? How can you use it? and How you can develop it. Also includes a test to see where you rank now with your creative abilities

Stress Relief and Methods to Do So

We all have stress in our lives. The ways we deal with it will determine our health, happiness, and longevity. This book goes into details such as how stress affects your body, many methods to deal with it, stressed individual stories, and a 90 day plan to start dealing with you own stress



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Turn your wounds into wisdom. Oprah Winfrey

Spiritual Practice- Memories Before Birth and Reincarnation

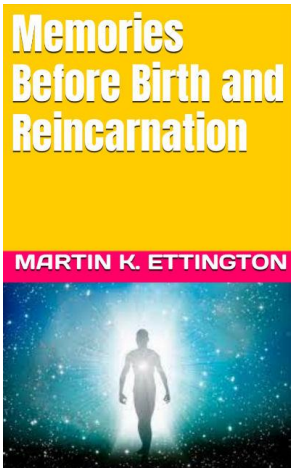
I think I must be one of those persons who has been reincarnated. I never considered myself to be such a person but always had memories from before my birth, in my Mom's womb, and my early childhood. One of my earliest memories was of being disembodied, looking down on the Earth, and recalling my many previous incarnations on Earth.

My story is included in this book as well as many other stories of people who have reported remembering from before their birth.

This is all closely related to the topic of Reincarnation and so this book covers that topic too. The history of Reincarnation, research on the topic, and many stories of claims people have about being reincarnated.

The belief in reincarnation has been around for thousands of years so this subject is not new. What I'm trying to do in this book is provide as many credible stories as I can to provide the reader with more information to form your own opinion on this subject.

Also, some of the possible reasons for reincarnation are covered here too.



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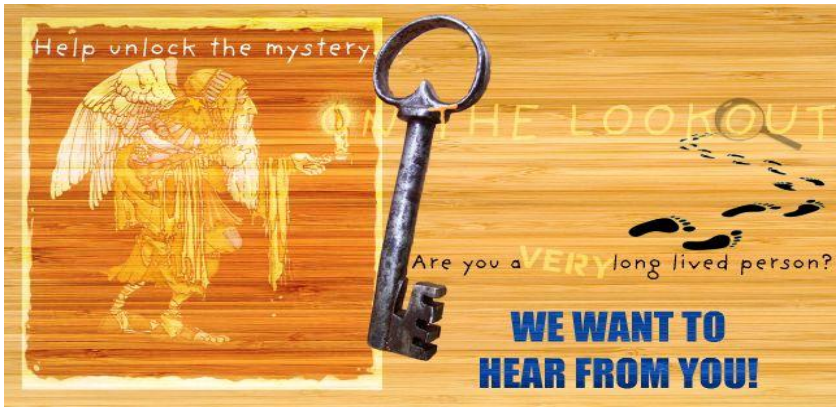
DO YOU OR SOMEONE YOU KNOW HAVE A STORY TO TELL?



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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Send a greeting to:

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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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