M. K. Ettington Books

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

July 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
Our Most Popular Books	Self Improvement Books	Specials and Bundles	Political and Social Books

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

An AI Base Image on Jupiter's Moon IO
"Settling the Solar System"

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https://mkettingtonbooks.com

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Signup for FREE Longevity Video Ecourse

Signup For and Download our Monthly Newsletter

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

Featured Story- How the Paranormal Affects Mental Illness

My career was being trained as and working as an Engineer mostly for Fortune 100 companies.

In parallel with that I've also been working on spiritual enlightenment and developing my paranormal abilities for the last fifty years.

This unusual combination of skills has led me to my passion of writing about the paranormal and many "out of the box" concepts and topics. I've actually written twelve books about the paranormal based on my experiences and research into these topics.

One topic which has always fascinated me has been how many paranormal experiences are usually interpreted by mental health professionals as delusional and mentally ill behaviors.

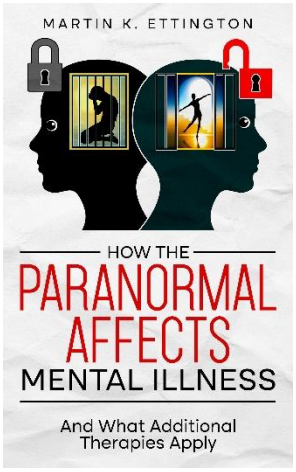
My thinking is that most people have spiritual and paranormal abilities and these cause experiences which can overwhelm some people to make them fit the diagnosis of them having mental illnesses.

Certainly there are a lot of legitimate mental illnesses which cause the need for treatments by mental health professionals.

But what happens when persons having these experiences may be normal and stable in their other behaviors but these experiences are so far beyond the norms of society that others think they are "crazy" and therefore treat them as such?

I've heard and read a number of stories over the years where I wonder if they were real experiences which might have just caused the person who lived them to have a nervous breakdown.
This book is my effort to help people understand the interfaces of real paranormal experiences and mental illness and how to tell which is which.

Also, what additional therapies can be used to help people who may be overwhelmed by these experiences?



Click on the book cover above to learn more

My father said there were two kinds of people in the world: givers and takers. The takers may eat better, but the givers sleep better. Marlo Thomas

Health & Wellness- A Guide to Longevity Foods, Diets, and Supplements

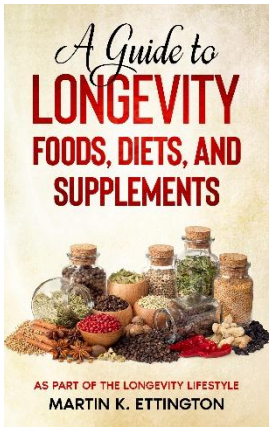
There is great interest out there in what people can do to extend their longevity. I've been writing books about longevity for fourteen years and I realized there was one topic I had not really covered in detail. That topic is what are the foods and supplements we can take which will help make us healthy enough to lengthen our lives.

Improving individual longevity is not just about foods and supplements. There are a lot of factors which all affect longevity so I have a chapter here which talks about my work "The 10 Principles of Personal Longevity" which covers those issues in more detail. In addition there are some specific physical issues like telomeres, inflammation, and oxidative stress which also affect chronic diseases and therefore longevity and these are discussed in detail.

I also think it is pertinent to see what long lived communities eat so I've copied some of the key data and conclusions from my book on four long lived communities around the world to see what types of foods they eat. Some recipes of their traditional foods are also included.

Foods and supplements which have been known from historical times and today are discussed in detail for you to learn what the wisdom of the ages and science knows about the correct foods and supplements to eat.

After reading this book you will have new ideas about the food, diets, and supplements you can eat to help you live a much longer and healthier life.



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The more you like yourself, the less you are like anyone else, which makes you unique. Walt Disney

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

LONGEVITY & IMMORTALITY

SPIRITUALITY

SELF IMPROVEMENT

Book Focus- About the Little People

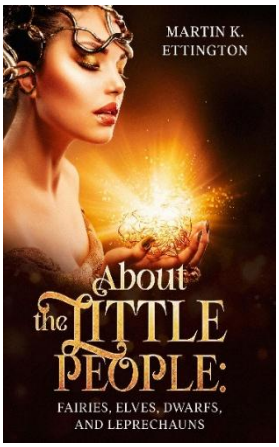
I've written a number of books about legendary beings such as Bigfoot, Dragons, Thunderbirds, Sea Monsters, Giants, and more. I also wrote a book titled "The Mythical People of Ireland" which covered the Tuatha Da Danann, Druids, and Leprechaun elves. The information I found for that book caused me to become more curious about the little people generally.

There are legends of the Little People all over the world. Even more interesting is that a race of very small people who were close to three feet tall were uncovered recently in Indonesia. This race is called the Flores Man and was of a similar size to the beings in many of the legends of the little people.

This find is amazing because none of the other legendary beings have confirmed evidence of those beings in archeological sites. These findings add a lot of credibility to those old legends.

In this book we cover these little beings from different areas of the world. This includes where they came from, stories about them possibly coming from different dimensions, and stories about sightings of them.

Hope you enjoy this adventure into what seems like it might be a real race of intelligent beings.



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

Signup for FREE Longevity Video Ecourse

Training Focus- Anomalies of Ancient History

Some Questions About History to be answered:

How can there be so many Out of Place Artifacts (OOPAs) existing before man existed?

What ruins exist underwater which were built many thousands of years ago?

Who built the ancient underground wall in Rockwall, Texas?

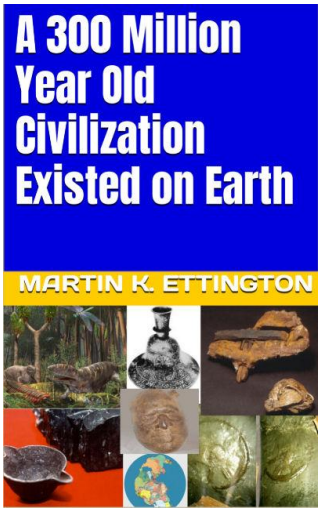
What Ancient underground cities and towns exist on Earth?

Did a civilization on Earth exist 300 Million years ago? The case for the destruction of civilization about 10,500 B.C.

The research I've done for my seventeen history books have led me to find many patterns and inconsistences in current thinking.

This course shares many of these myteries and anomalies with you.

CLICK ON THIS LINK TO LEARN MORE ABOUT THIS TRAINING COURSE



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CLICK HERE TO LEARN MORE ABOUT AFFILIATES AND HOW TO SIGNUP

The more sand that has escaped from the hourglass of our life, the clearer we should see through it. Jean Paul

Book Bundle Deal- The God Like Powers Series: Volume2

This compilation of paranormal books includes five additional books written since volume one came out. The books in this bundle include the following:

1) Prophecy: A History and How to Guide

Prophecy is a subject which has been important since the Caveman. In this book the history of Prophecy and Prophets is discussed. Then some personal experiences are reviewed. Finally, a theory of how it works and practices you can try to enable your future seeing ability are described.

2) Levitation

This book is all about Levitation. Historical witnessing of levitation experiences, fake and Fakir levitating, and how you can spiritually develop to do this yourself.

3) The Reality of Ghosts and Spirits

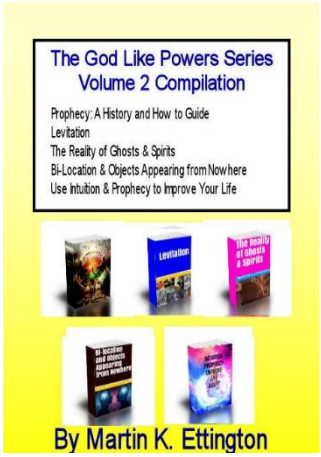
Are Ghosts and Spirits Real? A listing of pictures, haunted houses, haunted ships and the Author's own experiences with this phenomena

4) Bi-Location and Objects Appearing from Nowhere

Bi-Location is a phenomena reported throughout history of people being in two places at once. This is also related to objects spontaneously appearing and disappearing. Many stories and case studies are given as well as exercises to learn Bi-Location Yourself

5) Use Intuition and Prophecy to Improve Your Life

Intuition and Prophecy are real phenomena and these are skills you can develop and use yourself. You can avoid danger and pick different paths in your future. Learn the history, how these abilities work, and how they can change your life to be better.



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Singleness of purpose is one of the chief essentials for success in life, no matter what may be one's aim. John D. Rockefeller

Spiritual Practice- Enlightenment for Newbies

This book is for anyone who wants to understand what enlightenment is all about… and how to experience enlightenment in their own life.

My opinion is that anyone interested in enlightenment must be very smart overall. But, enlightenment is Different than Most People Think.

There is a big misunderstanding by many on what really happens when a person is enlightened. Most people think it takes years of commitment and is really a lot of work. Most of us like the idea of being enlightened, living at a high state of spirituality where there's maximum freedom, happiness and fulfillment with life.

But… there's the thought of "That's nice but I'm pretty busy now and I don't want to take all that time out of my life".

It's true that enlightenment may may not happen all at once but gradually. It may not be a cosmic consciousness experience. But enlightenment can be experienced by almost anyone — and despite what you may think, it doesn't take years to experience.

In fact, **all of us are *already* enlightened.**

I realize this is a bold statement. That's why, fully understanding the above statement is half the battle. If you're serious about becoming enlightened, you've come to the right page. This is an overview of the subject of enlightenment. In the next few minutes, I'll tell you what enlightenment really is and the exact steps you must take to get there.

But first let me explain…

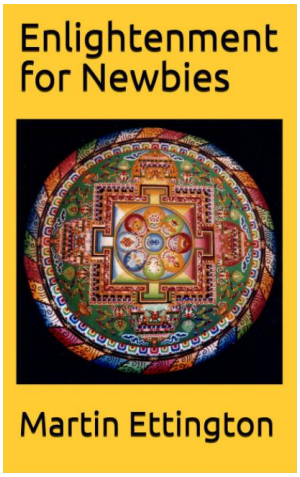
What is Enlightenment and Why do People Want this Spiritual State?

The most popular image in the west about Enlightenment was the character Tyrone Power played in the movie "The Razor's Edge" made in 1946 and was remade with Bill Murray in 1984.

The story is of a man looking for fulfillment who finally goes to India. There he finds an Indian Master and stays there for years. He lives in the mountains for a long time and finally becomes enlightened.

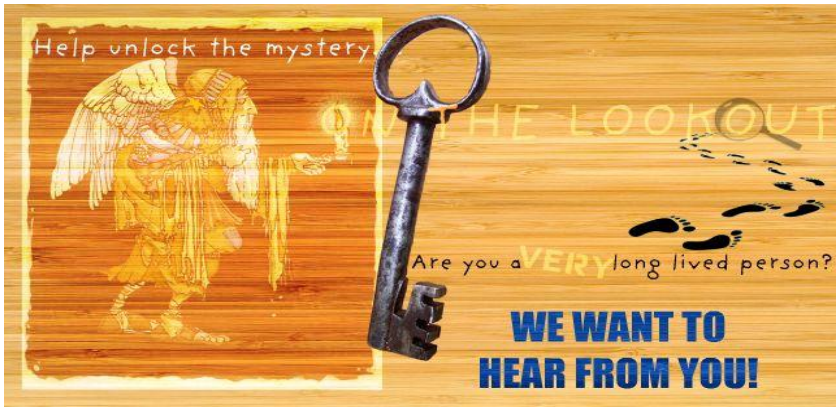
I've spent my life studying Religions and Spiritual growth philosophies. I've also belonged to several occult groups and have learned and read many techniques to improve your life and it's length.

As an engineer I'm also very careful analyzing my experiences, data, and sources to make sure they are valid paranormal Groups for Joining, Discussions, Training, or Support.



Click on the book cover above to learn more

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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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…

Email: mke@mkettingtonbooks.com

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