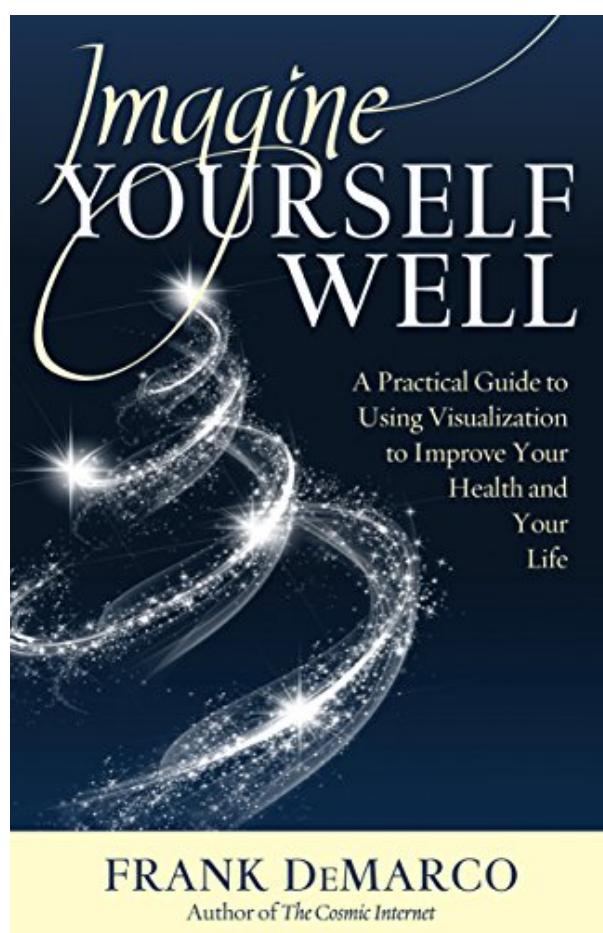
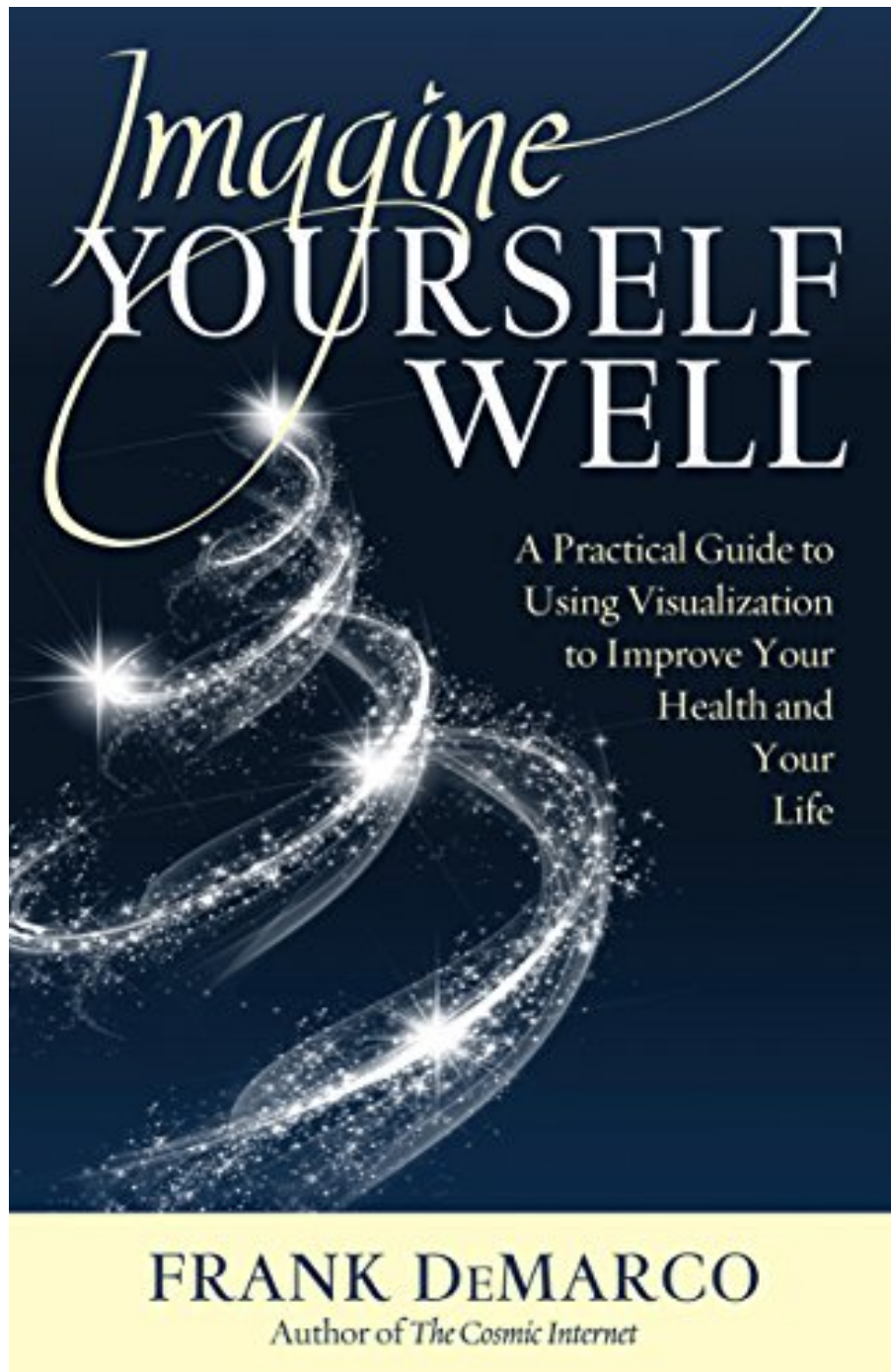


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About the Author

Frank DeMarco is the author of nine books rooted in 25 years of psychic exploration, including *The Cosmic Internet*, *Afterlife Conversations with Hemingway*, and *The Sphere and the Hologram*. Since 2005, he has been actively engaged in an on-going series of conversations with various non-physical beings, including historical individuals, "past lives," aspects of personal guidance, and a generalized group he calls "the guys upstairs."

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This book offers simple, free, effective techniques to improve your health and your life. It will show you how to live without fear, knowing that you are not helpless before accident, and disease, and injury. But more than that, it moves into issues beyond health, because all parts of life are connected, no matter how it may appear. Correct internal imbalances and you will see external circumstances change. There are four key parts:

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- Living Right broadens the application of framework and techniques, because your life is about more than health alone.
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EXACTLY what the wisest doctors order

By MOzarkian

I can't begin to tell people how grateful I am for Frank DeMarco's work on this book. Simple explanations, to the point, just enough background for someone at my stage of learning self-awareness. (Rita was right. No need to apologize on the later personal stories. Biographies are my favorite dramas because they contain recognizable-relatable truth. They give me hope for my own problems/opportunities and additional evidence we're all in this together.) Wish I had read this one all the way through weeks ago...but...was focused on other topics. Got bogged down in Rita's World (though I enjoy exploration there, as well), decided to come back to a more familiar Earth by picking up the wellness book again. Had trouble finding a stopping point this time. Everything was ringing clear and true. Hope I can remember to put these techniques and good common sense to work. TRUST has been my biggest hurdle. Choosing to believe, in order to understand is the first step. And reminding myself I really have NOTHING to lose (fear). In the larger picture, everything works to the ultimate good of the soul. Now...gotta take this hanging on feeling of asthma, itchy lungs, and learn from it. (Clear the air literally and figuratively, give the mind/body/soul mechanism the love it needs, among other basics. One of which is pulling me away from this gadget...sleep!)

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