



Physical Immortality: A History and How to Guide: Or How to Live 150 Years and Beyond

By Martin K. Ettington

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A history of the search for physical immortality. Also a theory of how to realize your own immortality and various exercises to significantly lengthen your longevity.

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Editorial Review

About the Author

The owner Martin K. Ettington is an Engineer by training and has had multiple careers. These include technical sales for GE and HP. Martin also Owns his own software and consulting business. Martin's interest in the Paranormal and Occult goes back to his childhood. He has had many paranormal experiences and has been a student of Eastern Philosophies and Meditation for 35 years. Seeking Enlightenment; he knows that we are already all Enlightened. We just have to realize this deeply. His books are expressions of his creativity to help others understand what he has internalized through study, experience, and membership in different societies. Not many technical persons or scientists spend a lot of time in parallel studying the Metaphysical and have had many spiritual or psychic experiences too. Therefore, Martin believes that he can provide a unique vantage point to integrate Western Scientific thinking with Eastern exploration of the mind and spirit.

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