



Choosing Life: Guidelines to Avoiding Extinction

Michael C. Frost

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This book belongs in the personal library of anyone who is serious about moving daily toward optimal health and mastery. With great care and much love, Dr. Frost has traced the origins of life energy management and spiritual practice from ancient Africa to the present, giving credit to each of the branches of the human race along THE WAY. Most importantly, Dr. Frost has distilled this wisdom into powerful practices and disciplines we can incorporate into our lives today as we thrive to survive. He has laid out clear and present life force choices for helping us to fulfill the Creator's purpose for all living things: to grow into our greatest potential and highest good! In true spiritual tradition, Dr. Frost has loved us enough to share what he has learned on his path toward Mastership.

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