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The Zone Beyond the Myth

The real facts of mind over matter (psychokinesis)

(Alameda, California, July 2003)— **For thousands of years, people have dreamed of moving objects and affecting matter with the power of their minds alone.** In a new book that is truly the first of its kind, Pamela Rae Heath M.D., Psy.D., looks at the fascinating subject of mind over matter by combining the anecdotal, experimental and experiential literature in one place, including material that not only spans the globe, but from the earliest recorded writings on the field in ancient China and Rome to modern day times.

The PK Zone is a tour de force, which leads the reader through the long and captivating history of psychokinesis (PK), in all its facets. From the earliest days of levitating saints and rock throwing poltergeists to direct effects of the mind on computers as well as the latest research being done in the field, this book covers it all, documented with painstaking detail. Published by iUniverse, Inc., the leading provider of publishing technology solutions for authors, *The PK Zone* is now available.

The PK Zone is divided into three sections. The first section covers stories of mind over matter from cultures around the globe and across time. Part two switches gears to review over 100 years of experimental literature and current theory. The final portion of the book looks at what PK performers have said about their experiences in their own words, and examines how a variety of factors can alternatively block PK ability or help people learn how to do it.

According to Dr. Heath, her interest in the subject “started about twelve years ago. I was having experiences, mostly ESP, that I couldn’t really explain. Science said they couldn’t happen. But they did happen and I wanted to understand why. That led to going back to school to study Parapsychology, and doing my dissertation on psychokinesis.”

While there have been other books on PK in recent times, they have been spare in their discussion of research on the ability. “It’s been over 25 years since the last book was written that covered psychokinetic research in any depth,” said Heath. “So, I actually started *The PK Zone* as a textbook. However, I found that a lot of other people who might not read that kind of book were more than simply curious about the topic -- they were really hungry for this kind of information, which is grounded in the experimental literature. So, it evolved into something a bit different than I originally expected.”

“*The PK Zone* looks at the topic from a critical viewpoint—which is not necessarily the same as skeptical—and really tries to give the reader a full sense of everything we currently know about the topic as well as an understanding of how that knowledge came about.” The addition of extensive discussion with people who have performed PK in different forms makes this a truly unique book on the subject.

The PK Zone is not only a wonderful read, full of fascinating information told in a conversational, style, but also makes genuine sense of what has been regarded as an obscure and mystifying topic. “Never has a book gone as deeply into both the research and *experience* of a psychic ability as *The PK Zone*,” said Loyd Auerbach, Director of the Office of Paranormal Investigations, author of *Mind Over Matter*, and a world-renowned expert on the paranormal. “This book is a must-read for anyone who wants any kind of understanding of how the mind can

reach out and interact with the world around us.”

Pamela Rae Heath obtained her BA in psychology from the University of Missouri in Columbia in 1976, and an MD from the University of Texas Medical Branch at Galveston in 1980. She practiced medicine full time, becoming Board Certified in Anesthesiology in 1985. She worked at a variety of locations, including serving as Chief of Anesthesia in Humana Hospital-Abilene, as director of education and a member of the Surgery Faculty in Orlando Regional Medical Center, as Anesthesia faculty at the University of Florida in Miami, and as Chief of Anesthesia at Chinle Hospital on the Navaho Reservation. In 1995 she returned to school for a second doctorate degree (Psy.D.), this time in Parapsychology from the American School of Professional Psychology and Rosebridge Graduate School of Integrative Psychology in California. Her dissertation on psychokinesis was completed in 1999.

Dr. Heath has worked with the Office of Paranormal Investigations since 1996. She is an associate member of the Parapsychological Association, serves on the Board of Directors for the California Society for Psychical Studies, and was co-founder of the Paranormal Research Organization. She has been involved with programs for the Learning Channel, the Discovery Channel, and New Zealand’s TV3. Dr. Heath has also appeared in the Contra Costa Times, the East Bay Express, the Iridis, and the Journal of Parapsychology. Dr. Heath currently lives in Alameda, California with her two cats, and divides her time between writing, practicing medicine, and doing field investigations.

The PK Zone (ISBN number 0-595-27658-X), published July 2003, is available for \$26.95 from iuniverse.com and can be ordered from any local or internet bookseller.

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