

About the Author

of

6 Life Changing Energy Healing Methods:

How to Release Emotional Stress, Pain and Illness by John O'Dwyer

Author John O'Dwyer became a health nut at age 27 and is now in his seventh decade. He loves people and enjoys reading health and other books, riding a bicycle, jogging, walking and doing tai chi.

He is a former nuclear submarine officer, mathematics teacher and computer programmer whose strength is making complicated things simple. His mission is to help pass on his extensive health knowledge to others in an engaging and informative way.

While he is not a doctor and makes no medical claims, the author does have certifications in several energy balancing methods. He has helped hundreds of people get free—or largely free—of pain and distress in minutes and has aided others over a longer period of time.

He enjoys learning foreign languages and spent 7 years abroad in Ireland, France, Japan and Canada either attending school, working or both. He has also lived in 11 different states and currently resides on the Mississippi Gulf Coast with his wife, Dorothy. They have 3 grown daughters.