



How To Build Your Life On A Rock Foundation (so as to always have deep fulfillment, great purpose and never worry)

by *Dennis Marcellino*



Dennis Marcellino started out in engineering and then ended up in the music business. As a very successful musician who always wanted to improve in his craft, he was led to ponder an important question for all of us: how can we live spontaneously, yet maintain harmony with all around us and within us? Exploring this question and his inner workings led to many years of in-depth research into psychology, spirituality, religion, personal growth and different lifestyles. He also was very motivated to experience life at its best, as well as not having to experience life at its worst (because he was doing some of both and all points in between). In his search for the best life, he had a trust in the prevailing “ways of the world” and if they sounded good or came on good recommendation, he would try them. But that approach, rather than improving his life and solving his problems, often created new and even bigger problems. Some of those problems included: the problems in his marriage, uninspired work, lack of inner peace, compulsions, addictions, disharmony with others and self, identity crisis, lack of self-esteem, confusion about life and its meaning, lack of deep fulfillment, a certain inner emptiness, inability to consistently achieve feelings of peace and love, etc. But all this turmoil was coupled with an excitement and dedicated search to know THE truths about life, living and this universe including: What are the optimum ways to live? Is there a meaning to life, or are we, as the song says, “Dust in the wind”?

He recognized at one point that we aren’t free to make up answers to all of this AND have our bodies, minds and hearts produce peace and joy. There are certain laws of nature that we can’t change but can only learn to read correctly and flow with for a fulfilling life. He claims that now, after 35 years since starting his journey, he’s discovered truths of life that show a way of living that lead to deep fulfillment and purpose, are functional and can keep us out of life’s worries and pitfalls. These truths boil down to very easy to understand principles of how our mind, body, heart and soul are designed to operate. He says that these are the bottom-line truths and not just another pop psychology approach (most of which he previously tried and found wanting). After all his years of research into the many approaches to living and testing them out himself, he says that his main purpose in life now is to pass on the truths he’s discovered to others because he feels a compassion for all people who are suffering mostly unnecessarily. He is excited to tell others all the greatness and beauty that life has to offer and how to find our way to it.

Dennis is an active speaker, writer and concert performer whose credentials include: 210 college units in engineering, science, psychology, philosophy, spirituality, theology, religion and general education...and 35 years of deeply delving into the most prominent experiential and intellectual approaches to psychology, personal growth, lifestyle, spirituality, creativity and philosophy. (For more information on his speaking and music career, see “reviews and quotes” and “performance reviews” at www.UltimateTruths.com) He is also a **former member of some of the top bands of the 1960’s and ‘70s** including The Tokens (the band who once had the hit, "The Lion Sleeps Tonight"), Sly & The Family Stone, The Elvin Bishop Group and Rubicon. He has been a guest star on many television shows and scored and performed the music for a number of movies. His current CDs can be heard at www.DennisMarcellino.com.

Presentation Includes:

- How to know exactly what you should be doing in your life every moment
- Why most approaches in the world are based on sand and not rock
- A way to good self-esteem
- How to not live at the mercy of addictions or other people’s opinions
- How to live in peace, love and deep fulfillment and never worry

Speaking Testimonials

“Dennis Marcellino is a man of many talents and interests. His hour-long program was well-received by the audience. He deeply cares about the negative experiences people are going through in our world today, and his mission is to show that these sufferings are unnecessary and that a great solution exists.”

– *Bill Bennett, (review in) The Capitol Voice*

“Your speech was perfect!... combining humor, practical information, entertainment and a LOT of inspiring wisdom.”

– *Suzanne Sivy, Bonneville Power (a federal agency)*

Reviews for Dennis’ book, *Why Are We Here?*



“This is a very important book that is **greatly needed at this time**”.

*Mark Victor Hansen, World-renowned speaker, and Co-author of New York Times #1 Best-Selling **Chicken Soup For The Soul** series*

“**Dennis Marcellino has the answer.** Actually, with an education that ranges from science and engineering to theology and psychology, Marcellino has **many answers.** But in his new book, *Why Are We Here?*, he chooses to answer the one question that has puzzled intellectuals for centuries.”

Laura Gunderson, Clackamas Review

“In using science to explore what is usually an emotionally charged subject, Marcellino provides a strong fact-based philosophical approach which is **compelling.**”

Diane Donovan, The Philosopher’s Bookshelf, The Midwest Book Review