

# About the Author

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## John Selby



**John Selby** is a noted author of dozens of books, both non-fiction (*Seven Masters*, *One Path: Let Love Find You*; *The Mindful Marijuana User*; *Quiet Your Mind*, etc) and fiction (*Powerpoint* and the Jack Hadley Mystery series including *Shooting Angels & Google Beta 3*). In addition to writing and therapy work, John is a singer-songwriter, psychological inventor, psych-tech entrepreneur, and mindfulness trainer.

John was born late 1945 in the secluded valley of Ojai near Santa Barbara. The grandson of early west-coast settlers, he grew up on cattle ranches in California and Arizona, and attended the Ojai Valley School. Following an intense year as an exchange student in South Africa, he then went east to Princeton for four years in the mid-sixties.

At Princeton John tried English, Economics and Politics before settling into Psychology - and nearly got kicked out of that department for refusing to torture rats in the name of science. He was the token cowboy in his Eating Club at Tower, and in athletics he placed 4th in the nation in the foil division of fencing.

John was introduced to psychedelics while working at the New Jersey Neuro-Psychiatric Institute. In that medical-research setting, under psychiatrist Humphry Osmond, John ran the world's first EEG examination of the brains of LSD users – the explosive impact of that research is documented in both *Blowing America's Mind* and *Shooting Angels*.

After graduating from Princeton, John and his pregnant wife Karen headed to California, where he did grad work in psychology at UC Berkeley and the Graduate Theological Union. There, he struggled (unsuccessfully) to fit into the Presbyterian tradition and become a minister. Finishing his doctorate in Comparative Religion and Pastoral Psychology (Th.D.), and following the break-up of his first marriage, John spent 1972 to 1975 in Los Angeles, working with Paul Davids on early versions of *Blowing America's Mind* and writing several screenplays.

John finished post-grad therapy training under Dr. Chuck Kelly at the Radix Institute in 1977 and became a Neo-Reichian therapist and breath consultant based in Santa Monica and then (with his second wife Lisette Scholl) in San Luis Obispo. He made lengthy trips to Mexico and Guatemala studying primitive tribal customs, writing fiction, and composing songs. Returning from a wild year in highland Guatemala, in 1979 he sold an early novel, *Powerpoint* to Warner Books.

John's rancher father was also a brilliant musical inventor of the *Melobar Guitar* – and John steadily worked to invent new ways to evoke emotional healing, personal growth and spiritual awakening, developing a number of new therapy tools described in his [\*two-dozen psychology books\*](#) which helped to inform the New Age and mindfulness movements.

In the eighties, John moved to West Berlin where a young generation of Germans proved eager to explore his new therapy and personal-transformation innovations. Using mindfulness techniques he would later bring back to the U.S., he spent 7 highly-productive years leading transformation groups in five European cities.

While in Switzerland in 1984, John met and married the Bavarian artist Birgitta Steiner. Together they envisioned and sold a 24-book 'self-therapy library' to a major European publisher, and worked for 4 years creating both text and audio dimensions for those programs.

John has also regularly worked as consultant to corporate clients. This focus led to the founding of the BrightMind Corporation in 1999, and [WizeWell Inc](#) in 2014. John spent several years working with Microsoft and Plantronics developing MindfulPLUS software to reduce employee stress. During this period he also wrote 4 new novels (the [Jack Hadley Series](#)) exposing the inherent dangers of hi-tech manipulation of emotive states. He then focused with Paul Davids to finally complete and publish *Blowing America's Mind*.

John lives with his wife Birgitta and 2 younger sons in Santa Cruz. His hobbies and passions include hiking, song-writing, photo-art, gardening, cooking, partying, exploring, and meditating - and not necessarily in that order.