



Cooked: An Inner City Nursing Memoir

Carol Karels

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Little did they know what an adventure lay before them when Beth Luetkemeyer approached Manny Kremer in 2008 about an experiment she wanted to undertake. Her spirituality and strong desire to acquire a deeper knowledge of metaphysics merged nicely with his belief that it didn't matter how or why a phenomenon works if we can apply the knowledge we gain from it to our lives. Kremer, who had spent his career on Wall Street, was familiar with channeling and had long believed there was a way to see the stock market's future with help from the other side. The lessons and knowledge given in each session helped Beth as she incorporated them into her work as a massage therapist; very often her clients told her that she'd given them the best massage they'd ever had. She was honored by the Purple Heart Association for her work with returning veterans from Iraq. Kremer applied his philosophy of life to Wall Street, where, for ten years, he wrote a daily market letter for a major firm-his information arose from meditation, though he wrote it in technical terms. His letter was translated into six languages. Foreign investors often came for one-on-one meetings, trying to figure out how Kremer was acquiring his prescient information about the market. Both authors are blessed with open-minded thinking that allows them to take a topic and raise it several levels in order to get at the kernel of truth they are seeking. In December 2010, at the age of seventy-four, Kremer was hospitalized with congestive heart failure. In the time since, he has managed through the meditative practice he describes here to reverse the effects of congestive heart failure and macular degeneration. This book will help anyone who uses it to live a more productive, enjoyable life, to reduce stress, and discover how to be rid of the negativities in life.

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