

Lisa and Franco Esile

Whose Mind Is It Anyway? Get Out Of Your Head and Into Your Life

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LISA ESILE

LISA was born in Wellington, New Zealand, but spent most of her adult life living in the South Island. Lisa has a Masters Degree in science. Her blog has over 8000 subscribers and she regularly guest blogs on Tiny Buddha. Lisa is the author of *Reach Your Big Calm: 52 Powerful Messages to Quiet Your Mind* and her e-book *7 Secrets Your Mind Doesn't Want You to Know* was downloaded over 12,000 times (it was the first incarnation of *Whose Mind Is It Anyway?*).

Lisa Esile (nee Fernyhough) is the daughter of an accountant father and nurse mother. In her mid-twenties Lisa was diagnosed with Chronic Fatigue Syndrome and as a result of this debilitating illness was barely able to leave the house for almost five years. After managing to recuperate somewhat, Lisa moved to Granity, where she ran one of New Zealand's first online bookstores. It was here she met retired psychologist, Don Morrison, and learned some of the insights she writes about today. Lisa also spent the better part of a year being silent and doing nothing as a way to heal.

Since 2012 Lisa lives in Los Angeles, where she writes, is learning to sing and play guitar and where she still can't believe how much traffic there is!

FRANCO ESILE

FRANCO was born in Newburyport, Massachusetts. He spent his early years as a touring musician around the US and The Caribbean. In his late teens he moved into Boston and hired himself out as a bass player while taking writing courses at the Harvard Extension night school. He briefly attended the Berklee School of Music and studied privately under Charlie Benacos. He's written and arranged for his own original bands and also written music for poetical theater, including *Life After Motown*—produced by Nobel Poet Laureate Derek Walcott, and *Where The Red Road Runs*, a Native American perspective of the European settlement of the Americas, which ran for six months in a Cambridge theater.

In 1995 Franco was introduced to the writings of George Pransky, Sydney Banks, and the *Psychology of Mind*, which later became *Three Principles Psychology*. He began to see the role his mind plays in his everyday life and to look there first for the source of any anxiety or stress. What he learned in this time period would later inform his contribution to *Whose Mind Is It Anyway?*

Today, Franco works in film production in Los Angeles. He collaborates with Lisa on her blog and other projects. Among his favorite places to be is in his recording studio where, among other projects, he's recorded 9 albums for homeless street musicians he met on the Venice Boardwalk. They'd leave his studio with a digital master they could duplicate sell on the boardwalk. A CD of Franco's original songs is due out in 2016.