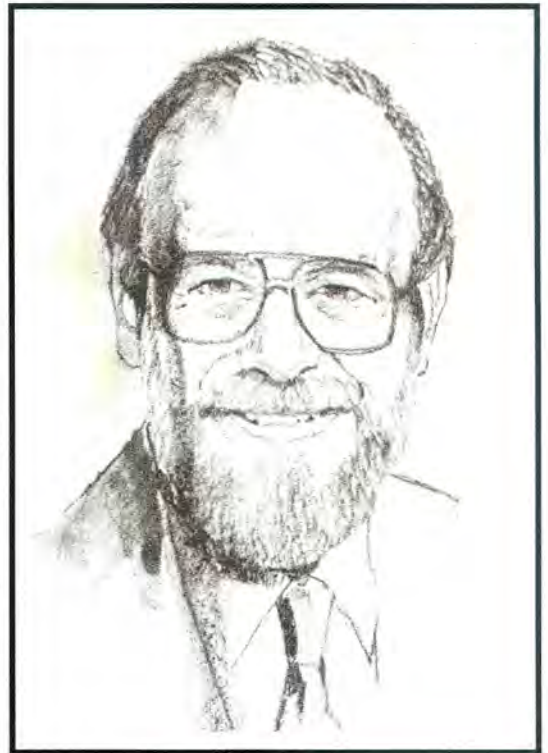


ABOUT THE AUTHOR

Born and raised in Dayton, Ohio, Frank Swift was the youngest of six children. One of his three sisters was an artist and another was the author of seven books. They inspired and encouraged him to develop his talents in art and writing. Over the years, his art included painting portraits, murals, drawing cartoons, and commercial art.

His writing is focused primarily on the positive, creative power that personal peace of mind brings to relationships at family, local-community, and the world-community levels. In addition to stories and articles on these topics, his writing includes lyrics and music for songs in the same genre.



In the 1970's, Frank and his late wife, Fran, were co-founders of the first nonprofit, holistic health education group in Ohio. Facilitators, both local and national, representing all aspects of whole health, body-mind- emotions and spirit, participated in conducting workshops and seminars for the group. Connecting with one's spirit for peace of mind was seen as the core element of a healthy body and emotions.

He was a guest speaker at a variety of events including, "**Dayton's Answer to Unemployment**", the Sisters of Notre Dame meeting on the Bishop's encyclical on **Peace and Justice**, the Dayton Inventor's Club, on the topic of **Creativity**, and workshops on **The Individual's Role in World Peace**. He also conducted an adult education class on how to let go of negative, disabling feelings. By using his cartoon characters, "Reggie Resentment, Andy Anger, Wally Worry, Priscilla Prejudice" and others, class participants were able for the first time, to see their fears in a non-threatening way. He used a flip chart of one of his illustrated, rhyming stories to begin each speaking engagement and class! As a volunteer at **The Dayton International Peace Museum**, he assists with education programs for children.

Frank is "Grandpa" to thirty children, most of them now adults and some with their own children who made him "Great Grandpa" to five little ones. He tries to remember all their names, ages, and birthdays, which is quite a challenge!