

# BECOMING WHOLE AGAIN

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**Finding Safety & Insight**  
In Today's Changing World



BlairLewis.com  
*Living with Freedom & Joy*

Written and Taught by Blair Lewis

# Part 1 – The Call to Adventure

Fear is selfish, Courage is selfless.

“If you want to go fast, go alone.  
If you want to go far, go together.”

Your primordial memory

In surveys asking ‘who’s got your back?’  
55% said no one  
and 60% of them were married...

What if **we** could be the **one**  
in our home and workplace  
that totally gets “what to do!”  
when the day  
goes upside down?

When the whole world  
seems to go upside down?

Or, when we are triggered  
by feelings and sensations  
**WE** can't control?

Nausea, dry mouth, heart racing, bowel  
busting feelings of overwhelm, shame and  
doubt.

If we could manage all  
that comes our way with  
***courage and calm,***  
would that be something  
people are interested in?

This is what **Becoming Whole Again** is all about. That is why I encourage folks to share these emails and journal posts with others.

Before we go further,  
**I would like to tell you a secret.**

Fear and Danger are **not**  
synonymous

Shame and Failure are **not**  
synonymous



We can learn how to manage  
Danger *without* being afraid.

We can learn how to manage  
Failure *without* being ashamed.

These are learnable,  
teachable skills.

And we don't have  
to figure this out alone.

These presentations are here to  
inspire all of us to  
explore and practice  
methods and mindsets  
needed to succeed  
in our life's journey.

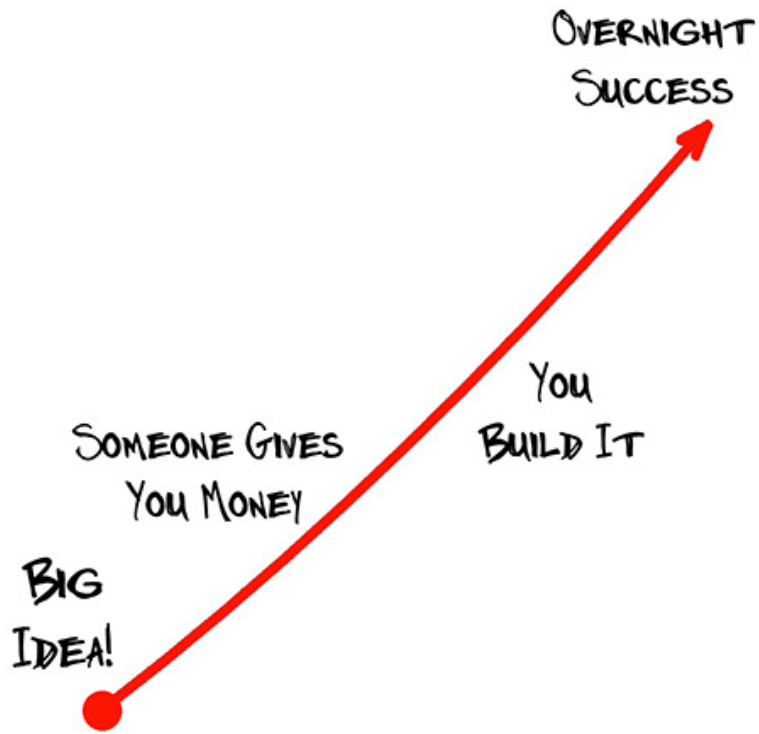
Being happy, confident and  
caring in a crazy world  
is not easy.

The only real way to succeed  
is to being willing to...

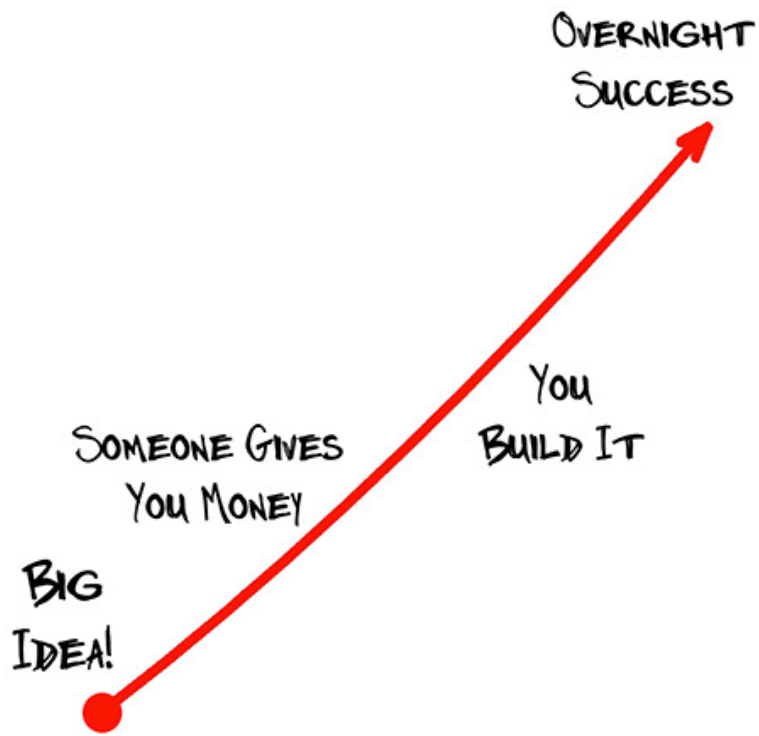
**FAIL!!**

Screw-up  
Mis-understand  
and then...  
Try again.

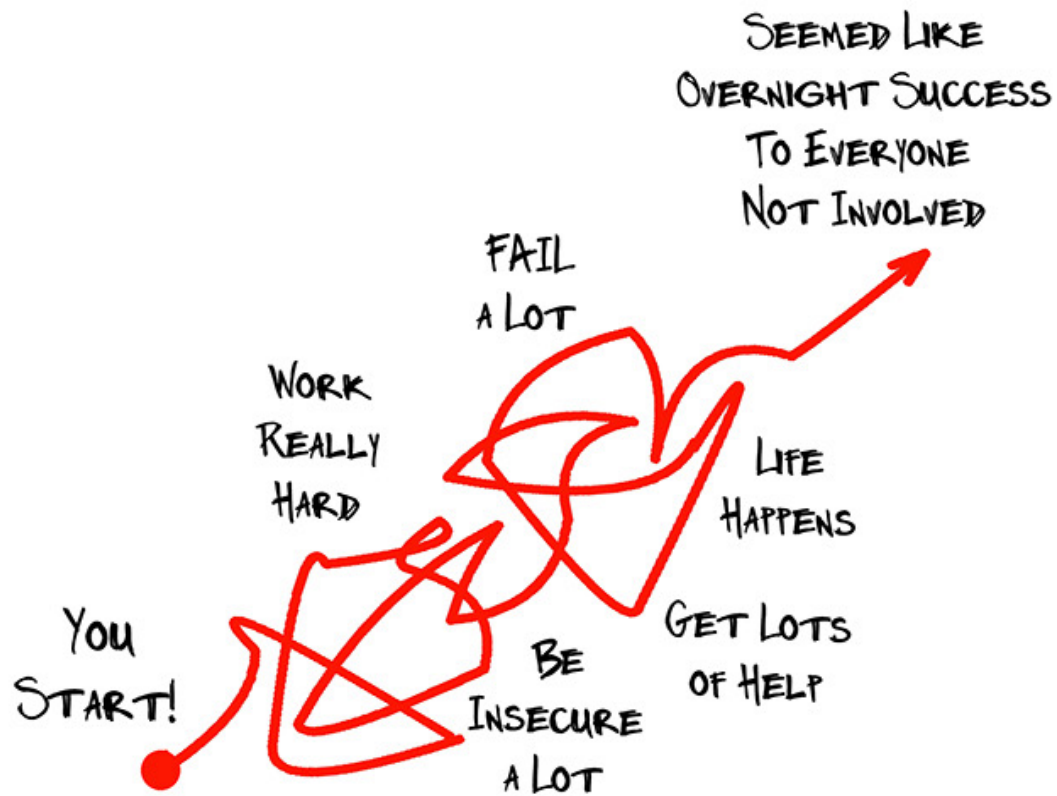
The Path of Success  
is probably not what we  
have imagined it to be!



WHAT PEOPLE THINK  
IT LOOKS LIKE...



WHAT PEOPLE THINK IT LOOKS LIKE...



WHAT IT REALLY LOOKS LIKE...



People who succeed are  
committed to finding answers.

Even when things  
aren't looking so good.  
And even if they have to pay for it.

That's what most of us did.

This is the best time  
to learn new skills, especially  
when the headlines tell us  
that the wheels  
are coming off the bus...

# 33% increase in Depression

**TIME**

Depression Has Spiked By 33% In the Last Five Years, a New Report...

By **JAMIE DUCHARME** May 10, 2018

**TIME  
Health**

*For more, visit [TIME Health](#).*

Diagnoses of clinical depression — also known as **major depression** — have risen by 33% since 2013, according to a **new report from health insurer Blue Cross Blue Shield**.

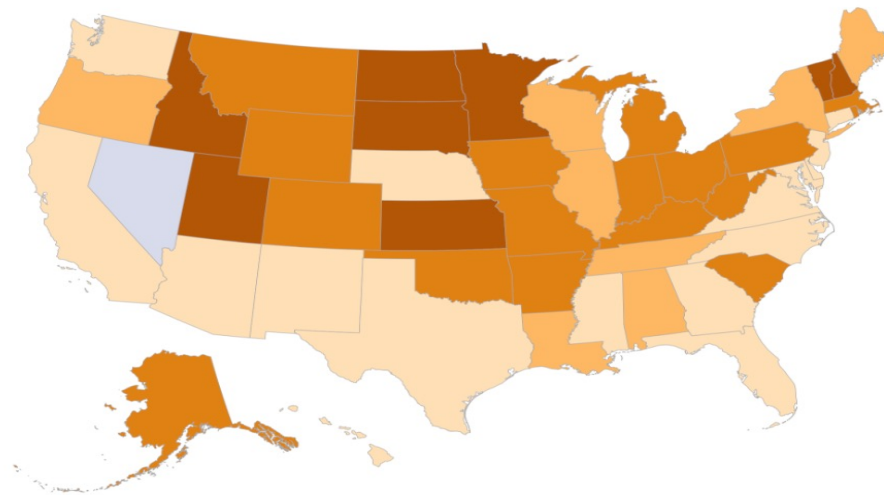
The report, which was based on insurance claims filed by 41 million privately insured Blue Cross Blue Shield members, calls depression the “second most impactful condition on overall health for commercially insured Americans,” behind only high blood pressure. That’s because people with depression also tend to have other health issues, such as chronic illnesses and substance abuse, and as a result may have more significant health care needs and experience worse health outcomes over time.

# 30% increase in Suicide

**According to CDC data**, suicide increased among all sexes, ages, races and ethnic groups.

## Suicide rates rose across the US, 1999-2016

■ -1% ■ +1-20% ■ +20-30% ■ +30-40% ■ More than 40%



Source: Centers for Disease Control

BBC

# More Americans Are Dying of Cirrhosis and Liver Cancer

July 18, 2018 The New York Times by Nicholas Bakalar

Death rates from both diseases have risen sharply, particularly among young adults over the last decade.

Deaths from cirrhosis and liver cancer are rising dramatically in the United States. From 1999 to 2016, annual cirrhosis deaths **increased by 65 percent**, to 34,174, according to a study published in the journal BMJ. The largest increases were related to alcoholic cirrhosis among people ages 25 to 34 years old.

This is a time for heroes...  
and we know why.

Time to Be Confident  
Be Kind -- Be Courageous  
Be the Hero of your Life Story

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