

# Essentials

Ingredients for a Healthy  
and Fulfilling Life

I have been working on discerning and fine tuning the core components of what was effective in my work in counseling, teaching, and community organizing for almost fifty years.\*

\*Dr. Ralph Lewis at Michigan State University guided me in this effort for over 20 years

Thus far, I have narrowed it down to four components that appear to be necessary for a healthy and fulfilling life:

***Balance***

***Awareness***

***Truth***

***Belonging***

They sum up what was missing when people sought counseling and what was restored when they were consistently moving in a healthy direction.

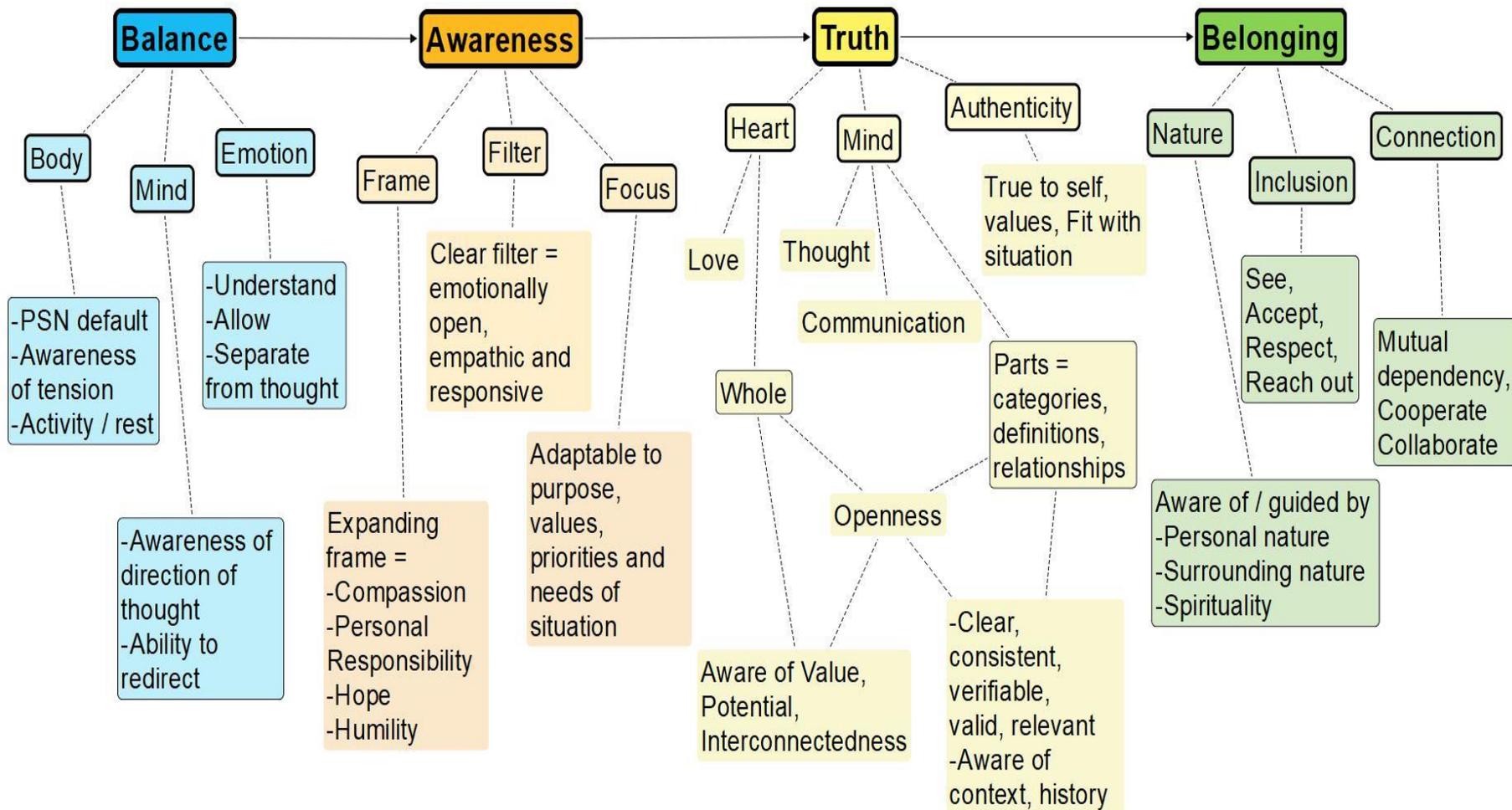
These ingredients form the essential steps to bring truth to fear.

I believe most of the problems we face today can be traced to a lack of these essential ingredients.

They have been summarized on a one page graphic that lists the four components along with relevant information about each of the sub-components.

It is easiest if they are applied in order left to right.

# Essential Ingredients for a Healthy and Fulfilling Life



Graphics have been developed to further illustrate most of the boxes on the previous diagram and will be available in the near future.

We are working on a plan so you can click on any box for specific techniques and more information on how and why they work.

Our hope is to make this available in a variety of formats including, text and video as well animation, poetry, short fiction and music. \*

\*We welcome submissions from artists interested in contributed to this non-profit project

Our vision is to offer it as a free interactive course in Practical Psychology as an open source, open learning system that adapts and grows with new perspectives, information, and developments.

You can view samples of earlier versions of this system at

<http://bobvanoosterhout.com/id5.html>

For more information, please send an email to [bringtruthtofear@gmail.com](mailto:bringtruthtofear@gmail.com)