

**Living with a Brain Injury
And
Putting the Pieces in Place**



60 Video Presentations

Craig J. Phillips MRC, BA

Introduction

Hello and welcome back to Second Chance to Live my friend. I am happy to have you around my table. On February 6, 2007 I created Second Chance to Live, at the encouragement of a friend; to share my experience, strength and hope through writing and publishing articles.

In July of 2011 a friend suggested that I begin making video presentations of my articles. On July 31, 2014 I established a You Tube channel and began making video presentations of my articles. I began creating these various presentations to make the information available in a video and audio format.

I began creating these presentations to make the information available for individuals who learn through watching and listening.

During the past 30 months I have created 250 video presentations of my articles, which I have uploaded to You Tube. I have created an archive of the presentations that I have created and placed them in categories. In this e-book I am going to offer a selection of those video presentations.

Although many of the titles of the video presentations contain traumatic brain injury in the title, the messages with in the video presentations are universal. The messages can benefit anyone facing adversity.

Earlier this year I created an archive of my video presentations and created categories with in those archives. To access the complete archive of my video presentations, you may visit this link [Second Chance to Live Video Presentation Categories](#).

As you watch and listen to these video presentations and questions come to mind, please send those questions to me. All questions are good question. You may send those questions or comments to me by clicking on this link: [Contact Page](#).

I look forward to hearing from you.

Craig

You have my permission to share my articles and or video presentations with anyone you believe could benefit, however please attribute me as being the author of the article (s) video presentation (s), and provide a link back to Second Chance to Live . In the event that you have questions, please send those questions to me. All questions are good questions. Thank you. I look forward to hearing from you.

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Acknowledgments

I want to thank several people for their encouragement and help. These individuals have encouraged me to start and continue writing. One such individual is Dr. Tony Morris. Dr. Morris is the individual that encouraged me to start a blog as he said, "Your material is ripe for a blog". I am so happy that I followed his encouragement and started Second Chance to Live on February 6, 2007.

I want to thank several of the people that I met through Second Chance to Live that have helped me to learn about and navigate the world of the blogosphere: Laura Benjamin, Judith Blair and Raincoaster. I want to thank Judith and Lorrie for helping me with the workings of my Wordpress blog. Their time, kindness and willingness to help me have been unending during the course of the past 82 months.

I want to thank my brother Skip for his help and suggestions to make Second Chance to Live more streamlined. I want to thank my Mom as she has been one of my biggest cheerleaders. Thank you Mom and Skip. I want to thank my friend John Eerenberg in particular for helping me with learning how to create this ebook. He has also helped me in so many other ways in my development and use of my computer. Thank you John!

In the words of Mr. John Bradshaw, "We stand on the shoulders of people who have come before us." I want to thank Mr. Bradshaw, Jane Middleton-Moz, Alice Miller, Virginia Satir, Margaret and Jordan Paul as well as a host of other authors who have shared their wisdom with me over the years through their books and tapes. They have helped me to put words to concepts that helped me to find my way on my journey.

I want to thank the many people who have left comments and sent in testimonials surrounding my articles and the impact that Second Chance to Live has had upon their lives and families. Your comments and testimonials have served to encourage, motivate and empower my path and journey with Second Chance to Live. Your words of encouragement have served to confirm what God placed in my heart. Thank you. I am so glad that I took the risk to start Second Chance to Live nearly 8 years ago.

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Traumatic Brain Injury Survivor Support Group/ Meetings

Posted by Second Chance to Live on August 5, 2007

I am happy you are attending support group meetings. I want to be a part of your continued participation in those support groups. In that spirit I want to encourage, motivate and empower your process by sharing my experience, strength and hope with you. Consequently, I want to participate in your process by making material from Second Chance to Live available to be used in your support group meetings. You are free to use material from Second Chance to Live to generate discussion and to empower the members with in your support group meetings.

In the spirit of sharing my material with your support group meetings I need for your to honor several requests. Do not edit any of the material you use from Second Chance to Live. I spend many hours designing articles for Second Chance to Live in such a way to convey a specific message. Consequently, to change the structure of my material would be an infringement of copyright law. I need for you to honor my request so as to not dilute message. Please do not take snippets from my articles on Second Chance to Live to then copy and paste into any other format. Thank you.

Secondly, I need to be credited as the author of the material that you use from Second Chance to Live. Therefore, I would ask that you include a copy of my Resource Box on each page of material that you make available to each support group member. The Resource Box is to be placed at the bottom of each page of material that you provide to the support group members. Below you will find my Resource Box.

Resource Box

Craig J. Phillips MRC, BA is the creator and author of Second Chance to Live. Second Chance to Live presents topics to encourage, motivate and empower the reader to live life on life's terms. Our circumstances are not meant to keep us down, but they are meant to build us up! Please visit Mr. Phillips' web address at www.secondchancetolive.wordpress.com For an in-depth view of his process, please read his 7 Part series My Journey thus Far. All material presented on Second Chance to Live is copyright and cannot be copied, reproduced, or distributed in any way without the express, written consent of Craig J. Phillips, MRC, BA

In the event that I can be of assistance to you or to your support group meeting please do not hesitate to contact me through a comment or a confidential email through my Contact Page by clicking here. I look forward to being of service to you.

Have a pleasant and rewarding day.

Craig

You have my permission to share my articles and or video presentations with anyone you believe could benefit, however please attribute me as being the author of the article (s) video presentation (s), and provide a link back to Second Chance to Live . In the event that you have questions, please send those questions to me. All questions are good questions. Thank you. I look forward to hearing from you.

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Introducing Second Chance to Live on YouTube

Posted by [Second Chance to Live](#) on July 29, 2011

A little while ago I uploaded my first video presentation to YouTube. In this video presentation I introduced Second Chance to Live to the You Tube community. The video presentation is less than 2 minutes long.

To watch the video presentation, you may click on this link: [Introducing Second Chance on You Tube](#).

To date I have created a total of 250 video presentations that I have uploaded to You Tube.

As you watch the video presentation and questions come to mind, please ask. And remember, all questions are good questions my friend. I look forward to hear from you. You may contact me through You Tube by leaving a comment.

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My First Department of Vocational Rehabilitation Experience Video Presentation

Posted by [Second Chance to Live](#) on August 16, 2011

For many years I felt like some one all dressed up with no where to go, although I diligently attempted to succeed in my academic and vocational pursuits.

While working as a Department of Vocational Rehabilitation counselor, I was made a client of the Department of Vocational Rehabilitation. I was then terminated as a counselor and continued the process as client.

To watch and listen to this presentation, you may click on the following link: [**My First Department of Vocational Rehabilitation Experience**](#)

As you watch the video presentation and questions come to mind, please ask. And remember, all questions are good questions my friend. I look forward to hear from you. You may contact me through You Tube by leaving a comment.

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My Second Department of Vocational Rehabilitation Experience Video Presentation

Posted by [Second Chance to Live](#) on August 18, 2011

Approximately 4 years after I completed my First Department of Vocational Rehabilitation Experience, I found myself once again unemployed and with little prospects.

Because of the ongoing cycle of getting and then losing jobs, I decided to re-apply, for the 3rd time for SSDI and also to re-apply to the Department of Vocational Rehabilitation in the city I had moved to begin the new job..

To watch and listen to the video presentation of My Second Department of Vocational Rehabilitation Experience, please click on the following link: [My Second Department of Vocational Rehabilitation Experience](#)

I share this video presentation, as well as My First Department of Vocational Rehabilitation Experience to encourage you to not give up on your process. More will be revealed to you, as it has been to me with time.

As you watch the video presentation and questions come to mind, please ask. And remember, all questions are good questions my friend. I look forward to hear from you. You may contact me through You Tube by leaving a comment.

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EEG's, Neuro Psychological Evaluations and Brain Injury Recovery Outcomes Video Presentation

Posted by [Second Chance to Live](#) on December 10, 2014

In my experience, I have undergone 3 EEG's and 2 Neuro Psychological Exams over the course of the past 47 years.

The EEG's and Neuro Psychological Exams verified the impact of the traumatic brain injury that I sustained when I was 10 years old. The results showed that I would probably not be able to succeed beyond high school academically. In 1993 I underwent another EEG and a Neuro Psychological Evaluation. In 1998 I was deemed, after a Department of Vocational Rehabilitation evaluation process; to be unemployable.

I am glad that I did not allow the findings and predictions of these tests and evaluations to dissuade me from following my dreams and learning how to use my passion through my gifts, talents and abilities in ways that would work for me. I am glad that I did not give up on the process, a loving God or myself, for I found that more would be revealed in time.

In this video presentation, I further explain my experience with EEG's, Neuro Psychological Evaluations and brain injury recovery outcomes.

To watch and listen to the video presentation, you may click on this link: [EEG's, Neuro Psychological Evaluations and Brain Injury Recovery Outcomes Video Presentation](#)

In the event that you would like to read the article, in addition to watch and listen to the video presentation; you may click on this link: [EEG's, Neuro Psychological Evaluations and Brain Injury Recovery Outcomes](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

You have my permission to share my articles and or video presentations with anyone you believe could benefit, however please attribute me as being the author of the article (s) video presentation (s), and provide a link back to Second Chance to Live . In the event that you have questions, please send those questions to me. All questions are good questions. Thank you. I look forward to hearing from you.

Traumatic Brain Injury Recovery Predictions — What May be Limiting Your Recovery Process? Video Presentation

Posted by [Second Chance to Live](#) on November 21, 2014

Several days ago I wrote Traumatic Brain Injury Recovery Predictions – What May be Limiting Your Recovery Process. In today's article, I would like to share what I discovered through my process.

In my experience, I discovered that there were 3 contributing factors, that in effect; kept me focused on what I could not change. In my experience, I discovered that these 3 factors, in effect; kept me fighting against myself, instead of teaching me how to champion the gains that I was making as an individual who had been living with the impact of a traumatic brain injury.

As you watch and listen to this video presentation, may you be encouraged to change your focus from what you can not change to what you can accomplish with in your set of circumstances. As you read, watch and listen to this video presentation, may you be encouraged to stop fighting against yourself and start championing the gains that you are making as an individual living with a traumatic brain injury.

To watch and listen to this video presentation, you may click on this link: [**Traumatic Brain Injury Recovery Predictions — What May be Limiting Your Recovery Process? Video Presentation**](#)

In the event that you would like to read the article from which this video presentation is made, you may click on this link: [**Traumatic Brain Injury Recovery Predictions – What May be Limiting Your Recovery Process?**](#)

As you watch the video presentation and questions come to mind, please ask. And remember, all questions are good questions my friend. I look forward to hear from you. You may contact me through You Tube by leaving a comment.

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How to Get Past and Keep from Being Pulled back into a Victim Mentality Video Presentation

Posted by [Second Chance to Live](#) on May 19, 2014

Several weeks ago I received a question from a friend, “How do we get past a victim mentality(victim hood)? I keep getting pulled back in!”

In this video presentation, I would like to share with you what has helped me get past and keep from being pulled back into a victim mentality.

To watch and listen to the video presentation, you may click on the following link:

[How to Get Past and Keep from Being Pulled back into a Victim Mentality Part 1 Video Presentation](#)

[How to Get Past and Keep from Being Pulled back into a Victim Mentality Part 2 Video Presentation](#)

In the event that you would like to read the article, in addition to watching and listening to this video presentation, you may click on these links:

[How to Get Past and Keep from Being Pulled back into a Victim Mentality Part 1](#)

[How to Get Past and Keep from Being Pulled back into a Victim Mentality Part 2](#)

As you watch the video presentation and questions come to mind, please ask. And remember, all questions are good questions my friend. I look forward to hear from you. You may contact me through You Tube by leaving a comment.

You have my permission to share my articles and or video presentations with anyone you believe could benefit, however please attribute me as being the author of the article (s) video presentation (s), and provide a link back to [Second Chance to Live](#) . In the event that you have questions, please send those questions to me. All questions are good questions. Thank you. I look forward to hearing from you.

Traumatic Brain Injury and Transition Video Presentation

Posted by [Second Chance to Live](#) on February 27, 2012

Several years ago I wrote an article by the titles of Traumatic Brain Injury and Transition. Because I have found that some people learn better through listening and watching — instead of by reading – I also share my articles in a video presentation format.

In my experience, I discovered that I needed to move through a transition process, before I could stop fighting against myself. In my experience, I discovered that although I thought that my hopes and dreams had perished because of my traumatic brain injury, my transition process revealed a new truth. In my experience, I discovered that my hopes and dreams experienced a sort of resurrection.

What I thought had perished took on new life.

In my experience, I discovered that my hopes and dreams took on a different form. A different form than I had once envisioned for myself. In my experience, I discovered that I could experience my hopes and dreams beyond my hopes and dreams. In my experience, I discovered that I could live the life that I had imagined. In my experience, I discovered that my hopes and dreams could take on new meaning.

“When one door of happiness closes, another opens; but often we look so long at the closed-door that we do not see the one which has been opened for us.” Helen Keller

To watch the video presentation, you may click on the following link: [Traumatic Brain injury and Transition Video Presentation](#).

In the event that you would also like to read the article, you may click on this link: [Traumatic Brain Injury and Transition](#)

As you listen to and watch the presentation and questions come to mind, please ask. All questions are good questions. In the event that you would like to leave a comment, I would invite you to leave that comment. I look forward to hearing from you.

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Living with a Traumatic Brain Injury and Facing Walls Video Presentation

Posted by [Second Chance to Live](#) on September 10, 2012

As I shared in one of my most recent articles, I have been sick for about 10 days. In my experience, I have found that when I am not feeling well I am more susceptible to bleak and stinking thinking.

During the past 10 days I have struggled with such bleak and stinking thinking. In my thinking I felt as though I had come up against a wall that I could not see beyond what I perceived as a wall. Yesterday, I called a friend and she encouraged me to write about the struggle that I found myself facing because of the wall.

As I thought about what she encouraged me to do, I remembered an article that I wrote almost 5 1/2 years ago. As I re-read my article, I found myself being encouraged. My hope is that you will also be encouraged as you read my article – **Living a Traumatic Brain Injury and Facing Walls** – when you are faced with a wall (s) as you live your life.

To listen to a watch and listen to this video presentation, you may click on the following link [Living Life when Facing Walls Video Presentation](#)

In the event that you would also like to read the article, you may click on the following link: [Living Life when Facing Walls](#)

As you listen to and watch the presentation and questions come to mind, please ask. All questions are good questions. In the event that you would like to leave a comment, I would invite you to leave that comment. I look forward to hearing from you.

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Are You being Bullied? -- How I Overcame Being Bullied Part 1 Video Presentation

Posted by [Second Chance to Live](#) on October 29, 2011

This article is being used to introduce the first part of this video presentation.

I will create Part 2 of this presentation to accompany Part 1 of this presentation. Please watch the presentation and as you have questions, please ask. All questions are good questions my friend. I look forward to hear from you.

Here is the link to my You Tube Video presentation – [How I Overcame Being Bullied Part 1 – Video Presentation](#)

To read the article from which this video presentation is made, you may click on this link: [How I Overcame Being Bullied Part 1](#)

As you watch the video presentation and questions come to mind, please ask. And remember, all questions are good questions my friend. I look forward to hear from you. You may contact me through You Tube by leaving a comment.

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Are You Being Bullied? – How I Overcame Being Bullied Part 2 Video Presentation

Posted by [Second Chance to Live](#) on October 30, 2011

This article is being used to introduce the second part of this video presentation.

In **Part 2** of this presentation, I will share how I learned to overcome erroneous beliefs — beliefs that set me up to be bullied.

To watch the video presentation please click on the title, [**How I Overcame Being Bullied Part 2 Video Presentation**](#)

To read the article from which this presentation is made, you may click on this link: [**How I Overcame Being Bullied Part 2**](#)

As you watch the video presentation and questions come to mind, please ask. And remember, all questions are good questions my friend. I look forward to hear from you. You may contact me through You Tube by leaving a comment.

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Are You being Bullied? – How I Overcame Being Bullied Part 3 Video Presentation

Posted by [Second Chance to Live](#) on October 31, 2011

This is the 3rd and final installment in this video series – How I Overcame Being Bullied.

In this part of the video presentation, I share what I have learned to overcome erroneous beliefs – beliefs I believe that led me to believe that I deserved to be bullied.

Although the video is nearly 10 minutes, I would strongly encourage you to listen to the complete presentation. I believe the information will help you to understand, address, confront and overcome the affects of bullying.

To watch the the 3rd Part of the video presentation, please click on this link: [**How I Overcame Being Bullied Part 3 — Video Presentation**](#)

Part 3 of this video presentation is an extension of the Part 2 of the written article.

As you watch the video presentation and questions come to mind, please ask. And remember, all questions are good questions my friend. I look forward to hear from you. You may contact me through You Tube by leaving a comment.

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What Set me Up to Believe that I Deserved to be Bullied Part 1 Video Presentation

Posted by [Second Chance to Live](#) on November 9, 2011

Several days ago I appeared on a radio program titled, “Stop Bullying”. During the radio program, I shared what I found that set me up to believe that I deserved to be bullied, both at home and away from home.

I shared my thoughts from an article that I had recently written on the topic of **Being Different and Being Bullied**. In part 2 of **Being Different and Being Bullied**, I share a list of articles that I have written during the past 4 1/2 years. The information contained in the articles helped me address my distorted beliefs — that set me up to be bullied — and helped me stop the cycle of being bullied.

In yesterday’s video presentation, I shared the 1st of those articles, **Who Am I?** In that presentation, I spoke to the need to set, have and maintain healthy boundaries. In today’s video presentation I will share what I discovered – through my recovery process – that set me up to believe that I deserved to be bullied.

To watch Part 1 of this video Presentation, you may click on this link: [Traumatic Brain Injury and the Identified Patient Video Presentation Part 1](#)

To read Part 1 of the article, you may click on this link: [Traumatic Brain Injury and the Identified Patient Part 1](#)

As you watch the presentation and questions arise, send those questions to me. All questions are good questions. I look forward to hearing from you.

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What Set me Up to Believe that I Deserved to be Bullied Part 2 Video Presentation

Posted by [Second Chance to Live](#) on November 10, 2011

Yesterday I made the first part of this video presentation to share what set me up to believe that I some how deserved to be bullied.

In the 2nd part of this presentation, I continue to share information that has empowered my process and given me hope. In the event that you find yourself being bullied – because of your brain injury, an invisible disability or because of some other quality that makes you different please take the time to watch both parts of this video presentation.

I believe the information that is presented in Part 1 and now in Part 2 of this video presentation will empower your journey and instill hope into your process. We no longer have to be bullied.

To watch Part 2 of this video presentation, you may click on the following link: [**Traumatic Brain Injury and the Identified Patient – Part 2 Video Presentation**](#)

To read the article from which this video presentation is made, you may click on this link: [**Traumatic Brain Injury and the Identified Patient Part 2.**](#)

As you watch the presentation and questions arise, send those questions to me. All questions are good questions. I look forward to hearing from you.

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Is the Group that You are In Hurting You? — Are you being Bullied? Video Presentation

Posted by [Second Chance to Live](#) on April 30, 2013

During the course of the past 5 or 6 days I have wrote a 3 part article series, **Is the Group that You are In Hurting You? – Are you being Bullied?**

I wrote this article series to share what I have learned through my experience, that I was unaware of for many years. The information in this series has helped me to recognize and make healthier choices for myself as I interact with individuals and groups of individuals. May you also be encouraged my friend.

To watch and listen to this video presentation series, you may click on the below links:

[Is the Group that You are In Hurting You? — Are you being Bullied? Part 1 Video Presentation](#)

[Is the Group that You are In Hurting You? — Are you being Bullied? Part 2 Video Presentation](#)

[Is the Group that You are In Hurting You? — Are you being Bullied? Part 3 Video Presentation](#)

To read the article series from which this video presentation series is made, you may click on these links:

[Is the Group that You are In Hurting You? – Are you being Bullied? Part 1](#)

[Is the Group that You are In Hurting You? – Are you being Bullied? Part 2](#)

[Is the Group that You are in Hurting You? – Are you being Bullied? Part 3](#)

As you watch the presentation and questions arise, send those questions to me. All questions are good questions. I look forward to hearing from you.

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Traumatic Brain Injury and Suicide Video Presentation Part 1

Posted by [Second Chance to Live](#) on February 1, 2012

This morning I felt led to create a video presentation of a 2 article that I wrote in November 2007. The article, Traumatic Brain Injury and Suicide.

Please do not give up on hope. Dark times will end and dark clouds will pass. Rest assured my friend. More will be revealed to you in time, as more is being revealed to me my friend.

And please do not use a permanent solution for a temporary problem. More will be revealed in time.

To watch part 1 of this 2 part video series. To watch the Part 1 of the presentation, you may click on this link: [**Traumatic Brain Injury and Suicide Video Presentation Part 1**](#)

To read the written article, you may click on this link: [**Traumatic Brain Injury and Suicide Part 1**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Traumatic Brain Injury and Suicide Video Presentation Part 2

Posted by [Second Chance to Live](#) on February 2, 2012

Yesterday, I created the 1st Part of this video presentation **Traumatic Brain Injury and Suicide Video Presentation Part 1** to share an article that I wrote several years ago,

Today's articles is written to introduce the 2nd Part of the video presentation, **Traumatic Brain Injury and Suicide Video Presentation Part 2**.

To watch part 2 of this video presentation series, you may click on this link: [Traumatic Brain Injury and Suicide Part 2 Video Presentation](#)

To read Part 2 of the article, you may click on this link: [Traumatic Brain Injury and Suicide Part 2](#)

In closing let me say, please do not give up on hope. Please do not give up on your process. Please do not give up on a loving God. Please do not give up on yourself. Please do not use a permanent solution for a temporary problem. And please remember that there are people in your future who are desperately needing for you to come into their lives to bring what you have to give to them. They are counting on you my friend!

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Why do I feel so Alone? – Understanding the Power of Identification Video Presentation

Posted by [Second Chance to Live](#) on December 18, 2011

Today's article is being used to introduce my newest video presentation, Understanding the Power of Identification.

The power of identification helps us to come out of hiding, to break free of the shadows of isolation and remove our sense of alienation.

My hope is as you watch and listen to this video presentation that you will begin to experience what I have come to recognize as the power of identification.

To watch the video presentation, you may click on this link: [**Understanding the Power of Identification Video Presentation**](#)

To read the article, you may click on this link: [**Understanding the Power of Identification**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Are You Driven to be Perfect? – There is hope – The Principle of Progress not Perfection Video Presentation Part 1`

Posted by [Second Chance to Live](#) on September 7, 2011

For many years of my life, I cowered under the cruel taskmaster called perfectionism. Under the taskmaster I was enslaved by a struggle to be accepted by performance. I discovered that I had become what I heard Terry Kellogg describe as a human doing. As a human doing I sought to prove my worth, value and significance through measuring up to the demands and expectations of what other people expected and demanded of me.

Nevertheless, many of my efforts to satisfy the taskmaster were met with dissatisfaction and disapproval. What made matters more difficult — living under the tutelage of the taskmaster — was that the taskmaster would invariably either raise or move the bar of expectation or demand each time that I thought I had met the implicit or explicit expectation or demand. In this video presentation series, I explain what helped to set me free

In the event that you find yourself being driven to be perfect, my hope is that as you watch and listen to this presentation that you will find freedom from the taskmaster called perfectionism.

To watch and listen to the video presentation of the series, you may click on the following links:

[**Second Chance to Live and The Principle of Progress Not Perfection Part 1**](#)

[**Second Chance to Live and The Principle of Progress Not Perfection Part 2**](#)

[**Second Chance to Live and The Principle of Progress Not Perfection Part 3**](#)

[**Second Chance to Live and The Principle of Progress Not Perfection Part 4**](#)

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Are You Driven to be Perfect? – There is hope – The Principle of Progress not Perfection Video Presentation Part 2

Posted by [Second Chance to Live](#) on September 7, 2011

To read the article series from which this video presentation is made, you may click on these links:

[**Traumatic Brain Injury and the Principle of Progress Not Perfection Part 1**](#)

[**Traumatic Brain Injury and the Principle of Progress Not Perfection Part 2**](#)

[**Traumatic Brain Injury and the Principle of Progress Not Perfection Part 3**](#)

[**Traumatic Brain Injury and the Principle of Progress Not Perfection Part 4**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Creating a Destiny with Puzzle Pieces and Threads Video Presentation

Posted by [Second Chance to Live](#) on February 17, 2014

Yesterday I published an article on Second Chance to Live. Today, I created a video presentation of this article. Below is an excerpt from the article:

“Hello and welcome back to Second Chance to Live my friend. I am happy to see that you decided to stop by to visit with me. Thank you. In my keynote presentations and the workshops that I lead I speak to the principle, the visual of a puzzle. Living life can be likened to a puzzle. The puzzle is made up of individual pieces, that by themselves may make little sense, but collectively they create a beautiful story. Each individual puzzle piece created by a different set of circumstances, lessons, opportunities and possibilities.

Living life can be likened to the creation of a tapestry. One side only showing jumbled threads, while on the other side something of great worth and value is being designed. Each thread woven together intricately. Each thread given to empower. Each thread birthing hope. Each thread providing grace. Each thread preparing a destiny. Each thread providing a legacy. Even the threads containing apparent discouragement, disappointment and disillusionment; even the threads that contain confusion and make little or no sense.

Below are several quotes that help me to see the value of each puzzle piece and every thread in place.”

To listen to and watch the video presentation of the article, you may click on the following link:

[**Creating a Destiny with Puzzle Pieces and Threads Video Presentation**](#)

In the event that you would like to read the article, in addition to watching and listening to the video presentation, you may click on this link:

[**Creating a Destiny with Puzzle Pieces and Threads**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Am I falling Behind? – Running Our own Race Video Presentation

Posted by [Second Chance to Live](#) on December 5, 2011

In my experience I have found that it is essential to remember that I need to run my own race

By running my own race and staying committed to my course, I am find the freedom from the pull to compare myself with other people. As I run my own race, I am able to celebrate my mission and vision.

By running my own race, I am able to celebrate other people's vision and mission, while not comparing my race to their race.

To watch the video presentation, you may click on this link: [Running Our own Race Video Presentation](#)

To read the article, you may click on this link: [Running Our own Race](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Traumatic Brain Injury and Activities of Daily Living Video Presentation

Posted by [Second Chance to Live](#) on February 14, 2012

In September 2007 I wrote an article, **Traumatic Brain Injury and Activities of Daily Living**. Traumatic Brain Injury and Activities of Daily Living has been published with in Canada, the United States and in Australia.

Today, I felt led to share this article through a video presentation format. To watch the video presentation, you may click on the following link: [Traumatic Brain Injury and Activities of Daily Living Video Presentation](#).

To read the article, you may click on this link: [Traumatic Brain Injury and Activities of Daily Living](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Traumatic Brain Injury and Innovative Brain Injury Treatments Part 1 Video Presentation

Posted by [Second Chance to Live](#) on March 3, 2012

In my experience, I have found innovative ways to enhance my brain and body function as a traumatic brain injury survivor. In this 2 part video series I will share what I have learned and what has worked for me in my process as a traumatic brain injury survivor.

My hope is that as you watch **Part 1** and then **Part 2** of the series — if you have not already begun – that you will begin to look for innovative ways to enhance and empower your life and process as an individual living with the impact of a brain injury.

To watch Part 1 of this video presentation, you may click on this link: [**Traumatic Brain Injury and Innovative Brain Injury Treatments Video Presentation Part 1**](#)

To read the article that Part 1 and Part 2 is made from, you may click on this link: [**Traumatic Brain Injury and Innovative Brain Injury Treatments Part 1**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Traumatic Brain Injury and Innovative Brain Injury Treatments Part 2 Video Presentation

Posted by [Second Chance to Live](#) on March 5, 2012

In my experience, I have learned some valuable principles and lessons through my journey as a traumatic brain injury survivor. In **Part 2** of this video presentation, I share these principles and lessons. These principles and lessons have served to enhance and empower my life as a traumatic brain injury survivor.

To watch Part 2 of the video presentation, you may click on the following link: [**Traumatic Brain Injury and Innovative Brain Injury Treatments Video Presentation Part 2**](#).

To read the written Part 2 of the article, please click on the following link my friend: [**Traumatic Brain Injury and Innovative Brain Injury Treatments Part 2**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Neuroplasticity, Muscle memory, Coordination, Agility and Creating Hope Video Presentation

Posted by [Second Chance to Live](#) on February 10, 2013

You may not be aware, but I have lived with a tremor in my left hand for most of my life which is attributed to my traumatic brain injury. My left hand shakes a bit when I am tired.

Last year I wrote the article, **Neuroplasticity, Muscle memory, Coordination, Agility and Creating Hope** to share what has and what continues to help me in my ongoing recovery process.

According to MedicineNet.com definition, “neuroplasticity is the brains ability to reorganize itself by forming new neural connections through out life. Neuroplasticity allows the neurons (nerve cells) in the brain to compensate for injury and disease and to adjust their activities in response to new situations or to changes in their environment.”

To watch the video presentation, you may click on the following link: [**Neuroplasticity, Muscle memory, Coordination, Agility and Creating Hope Video Presentation**](#)

In the event that you would like to read the article in addition to watching / listening to the article, you may click on the following link: [**Neuroplasticity, Muscle memory, Coordination, Agility and Creating Hope**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Approval Seeking, People Pleasing, Anxiety and Hope Video Presentation

Posted by [Second Chance to Live](#) on January 29, 2013

Several days ago I wrote an article by the title of **Approval Seeking, People Pleasing, Anxiety and Hope**. Today I created a video presentation of this article.

To watch the video presentation of this article, you may click on the following link: [**Approval Seeking, People Pleasing, Anxiety and Hope Video Presentation**](#)

In the event that you would like to read the article, in addition to watching and listening to this presentations, you may click on the following link: [**Approval Seeking, People Pleasing, Anxiety and Hope**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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How to Move Forward — Make Peace with the Past Video Presentation

Posted by [Second Chance to Live](#) on May 1, 2012

In today's article I am going to introduce the video presentation of my article, **How to Move Forward – How to Make with the Past**.

To watch the video presentation of the article, you may click on the following link, [**How to Move Forward–
Make Peace with the Past Video Presentation.**](#)

In the event that you would like to read the article, in addition to watching this video presentation you may click on the following link [**How to Move Forward – How to Make with the Past**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Making Peace with God Video Presentation

Posted by [Second Chance to Live](#) on January 12, 2012

In July of 2007 I wrote an article in which I shared specific details that enabled me to move through my anger and love / hate relationship that I had with God of my understanding at that time.

In the event that you find that you are angry at the God and have a love / hate relationship with Him, I would encourage you to watch my 4 part video series, **Making Peace with God**.

Please note that each Part of the Video Presentation Series builds on the previous Parts of the Video Presentation Series. Consequently, I would strongly encourage you to watch each Part of the series in order, Part 1 then Part 2, Part 3 and then Part 4.

[**Making Peace with God Video Presentation Part 1**](#)

[**Making Peace with God Video Presentation Part 2**](#)

[**Making Peace with God Video Presentation Part 3**](#)

[**Making Peace with God Video Presentation Part 4**](#)

If you would like to read each part of the article, you may click on the following links:

[**Making Peace with God Part 1**](#)

[**Making Peace with God Part 2**](#)

[**Making Peace with God Part 3**](#)

Note: Because of the length of Part 3 of the article series, I created a 4th Part of the Video Presentation

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Are you Carrying your Parents Shame? – Whose Shame are you Carrying? Video Presentation

Posted by [Second Chance to Live](#) on March 24, 2013

In today's article I am going to introduce the article: Living with a brain injury – Whose Shame are you Carrying? in video format.

In my experience, I needed to address this question to be able to be able to begin to love and accept myself as an individual living with a brain injury and an invisible disability. .

My motivation is to provide insights to the parents of individuals living with brain injuries. My motive is to provide awareness.

The beauty in living is that we can make a decision to change our behavior at any time. The process of behavior modification usually begins with awareness, that is followed by acceptance and results in action.

Awareness provides the opportunity to address whatever is not in our best interest or in the best interest of the people we love. Acceptance acts like a balm to soften the walls of our resistance and bring us to a place of action.

The action that we take provides the momentum that resolves our guilt and shame.

To watch this video presentation, you may click on the following link: [**Living with a brain injury – Whose Shame are you Carrying? Video Presentation**](#)

In the event that you would also like to read the article, please click on the following link: [**Living with a brain injury – Whose Shame are you Carrying?**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

You have my permission to share my articles and or video presentations with anyone you believe could benefit, however please attribute me as being the author of the article (s) video presentation (s), and provide a link back to Second Chance to Live . In the event that you have questions, please send those questions to me. All questions are good questions. Thank you. I look forward to hearing from you.

Road to Recovery — Whatever Road You Are On Part 1 and Part 2 Video Presentation

Posted by [Second Chance to Live](#) on October 4, 2012

Yesterday I finished a 2 Part article Road to Recovery – Whatever Road You are On. I create video presentations of my articles because I have found that individuals learn in different ways.

I decided to include both Part 1 and Part 2 of this article in this video presentation to help with the flow of the article in the video presentation. To watch and listen to the presentation, you may click on the following link: [**Road to Recovery — Whatever Road You Are On Part 1 and Part 2 Video Presentation**](#)

In the event that you would like to read Part 1 and Part 2 of the article, you may click on the following links:

[**Road to Recovery — Whatever Road You Are On Part 1**](#)

[**Road to Recovery — Whatever Road You Are On Part 2**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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How to Create and Maintain a Budget while Living on a Fixed Income Video Presentation

Posted by [Second Chance to Live](#) on October 24, 2014

Several days ago, I wrote the above article. To provide the information to individuals who learn more effectively through watching and listening, I create video presentations of my articles. Today, I am introducing the video presentation of the article. Below is an excerpt from the article my friend.

“Hello and welcome back to Second Chance to Live my friend. I am happy to have you around my table. Because of the financial insecurity that I experienced — for many years — once I began living on a fixed income I decided to set up a budget. I did so to avoid continuing financial insecurity.

In July 2012 I wrote an article to share what has helped me to avoid financial insecurity for over a decade. I learned some of these principles from my Mom and then adapted them to fit my particular set of circumstances. As you read through the article, the principles applied may also help you to avoid financial insecurity.

In the event that the principles with in the below article help you, please let me know my friend. Thank you.”

The principles that I share in this article can benefit anyone, regardless of whether you are living on a fixed income or not. The principles are helping me to be financially disciplined and responsible.

To listen to and watch the video presentation, you may click on the following link: [**How to Create and Maintain a Budget while Living on a Fixed Income Video Presentation**](#)

I would encourage you to read the article to see the way that I set up columns, in the process of setting up my monthly budget. To read the article to see how I set up the columns, you may click on this link: [**How to Create and Maintain a Budget while Living on a Fixed Income**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Overcoming a Fear of Failure and Making Changes Part 1 and Part 2 Video Presentation

Posted by [Second Chance to Live](#) on September 22, 2012

Approximately a week ago, I wrote a 2 part article series, Overcoming a Fear of Failure and Making Changes.

In today's article, I am going to present a link to the video presentation, in which I will combine both Part 1 and Part 2 of the article. I combine both parts of the article in this video presentation to aide in the flow of the article.

To watch the video presentation of the 2 Part article, you may click on the following link: [**Overcoming a Fear of Failure and Making Changes Part 1 and Part 2 Video Presentation**](#)

In the event that you would like to read this 2 Part article, in addition to watching this video presentation, you may click on the following link: [**Overcoming a Fear of Failure and Making Changes Part 1**](#) and [**Overcoming a Fear of Failure and Making Changes Part 2**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Traumatic Brain Injury and Resilience Video Presentation

Posted by [Second Chance to Live](#) on February 16, 2012

In life I have found that specific qualities have encouraged, motivated, empowered and instilled hope in my life. One such quality is resilience. In February of 2008 I was asked to write an article on the topic of resilience.

In today's article I am introducing that particular article, **Traumatic Brain Injury and Resilience** in video format.

To watch this video presentation, you may click on the following link: [Traumatic Brain Injury and Resilience Video Presentation](#).

In the event that you would like to read the article, in addition to watching and listening to the article, you may click on this link: [Traumatic Brain Injury and Resilience](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Traumatic Brain Injury and Life Video Presentation

Posted by [Second Chance to Live](#) on July 13, 2014

Several days ago I re-posted the article, **Traumatic Brain Injury and Life** under the above title: **Life may not be the party we had hoped for, but...**

I re-posted the article under this title because I need to remember that I always have a choice, regardless. I need to remember that it is not as important as what has happened or happens to us, as how we respond to what happens to us. As I engage in what happens, I learn and grow from what happens to me, instead of feeling defeated.

“Hi, and welcome back to Second Chance to Live. You are always welcome around my table. I have been thinking about the nature of life. We may not have chosen to be brought into this world. We may not like the way life looks today. We may be a traumatic or an acquired brain injury survivor. But what of that...

“Do what you can, with what you have, where you are.” Theodore Roosevelt

We may think that life is not fair. We may believe that our life no longer matters. We may want to give up on ourselves. We may want to blame our circumstances. We may feel stuck in the ashes of our disappointment. We may find ourselves arguing with God. We may be angry at the world, just because...

“Success is not final, failure is not fatal, it is the courage to continue that counts.” Winston Churchill“

To listen to and watch the video presentation, you may click on the following link: [Life may not be the party we had hoped for, but...Video Presentation](#)

In the event that you would like to read the article, in addition to watching and listening to the video presentation, you may click on this link: [Life may not be the party we had hoped for, but...](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Finding Wholeness in Our Body, Soul and Spirit Video Presentation

Posted by [Second Chance to Live](#) on November 11, 2012

In today's article, I am going to introduce a video presentation of my article, **Finding Wholeness in Our Body, Soul and Spirit**.

In my experience, I have found that living as a human being involves functioning in those dimensions. In my experience and through my studies I have found that these dimensions involve my body (the vehicle helps me to experience my world), my soul (who and what makes me uniquely me as an individual) and my spirit (the part of me that enables me to connect to what is not seen).

In my experience, I have found that independently these dimensions limit my capacity to live my life, however collectively these dimensions (body, soul and spirit) synergize my capacity to live my life.

In this video presentation, I share what I have learned through my process. To watch the video presentation you may click on the following link: [Finding Wholeness in Our Body, Soul and Spirit Video Presentation](#)

In the event that you would like to read the article in addition to watching the video presentation, you may click on the following link [Finding Wholeness in Our Body, Soul and Spirit](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Empowering Your Life — The Difference between Humility and Humiliation Part 1 Video Presentation

Posted by [Second Chance to Live](#) on October 12, 2012

Several years ago I wrote an article titled, **Live Beyond Limitations**.

This article was divided into 4 Parts. In April of 2012 I edited and updated Live Beyond Limitations and wrote a 2 Part article, **Empowering Your Life — The Difference between Humility and Humiliation**.

In the past 3 or 4 weeks, Empowering Your Life — The Difference between Humility and Humiliation Part 1 and Empowering Your Life — The Difference between Humility and Humiliation Part 2 have been among the highest read articles that I have written for Second Chance to Live.

Because of this interest, I want to make the article accessible to individuals who learn through watching and listening. Consequently, I have made the decision to create a video presentation of both parts of the article.

Today I will create a video presentation of the 1st Part of the article. To listen to and watch the 1st Part of the presentation, you may click on the following link [**Empowering Your Life — The Difference between Humility and Humiliation Part 1 Video Presentation**](#).

In the event that you would like to read Part 1 of this article, in addition to watching and listening to this article, you may click on this link: [**Empowering Your Life — The Difference between Humility and Humiliation Part 1**](#).

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Empowering Your Life — The Difference between Humility and Humiliation Part 2 Video Presentation

Posted by [Second Chance to Live](#) on October 13, 2012

Several years ago I wrote an article titled, **Live Beyond Limitations**.

This article was divided into 4 Parts. In April of 2012 I edited and updated Live Beyond Limitations and wrote a 2 Part article, Empowering Your Life — The Difference between Humility and Humiliation Part 1 and Part 2.

In the past 3 or 4 weeks, Empowering Your Life — The Difference between Humility and Humiliation Part 1 and Empowering Your Life — The Difference between Humility and Humiliation Part 2 have been among the highest read articles that I have written for Second Chance to Live.

Because of this interest, I want to make the article accessible to individuals who learn through watching and listening. Consequently, I have made the decision to create a video presentation of both parts of the article.

Today I will create a video presentation of the 2nd Part of the article. To listen to and watch Part 2 of the presentation, you may click on the following link [Empowering Your Life – The Difference between Humility and Humiliation Part 2 Video Presentation](#).

In the event that you would like to read Part 2 of this article, in addition to watching and listening to the video presentation you may click on the following link [Empowering Your Life – The Difference between Humility and Humiliation Part 2](#).

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Forgiving Yourself and Finding Freedom Video Presentation

Posted by [Second Chance to Live](#) on May 15, 2013

In today's article I am going to introduce the video presentation of **Forgiving Yourself and Finding Freedom**. Below is an excerpt from the article.

“In today's article, I want to share some thing with you that helps me to remember to be kind to myself. As you watch this video presentation may you too remember to be kind to yourself.

For many years of my life I berated myself for not being enough. I chided myself for not being enough because I did not live up to expectations – other people's expectations and my expectations. For many years I used my sense of not being enough as a reflection of not merely making mistakes – for not measuring up to expectations — but of being a mistake. Consequently, in my quest to eliminate my sense of being a mistake, I was driven to do more, to be more, in an attempt to be enough, however more never seemed to be enough.”

To watch the video presentation of the article, you may click on the following link [Forgiving Yourself and Finding Freedom Video Presentation](#)

In the event that you would like to read the article, in addition to watching and listening to the article, you may click on the following link. [Forgiving Yourself and Finding Freedom](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

You have my permission to share my articles and or video presentations with anyone you believe could benefit, however please attribute me as being the author of the article (s) video presentation (s), and provide a link back to Second Chance to Live . In the event that you have questions, please send those questions to me. All questions are good questions. Thank you. I look forward to hearing from you.

Understanding the People we Interact with as Traumatic Brain Injury Survivors Video Presentation

Posted by [Second Chance to Live](#) on April 16, 2014

In August of 2007 I wrote an article that helped me to understand the people that I interact with as an individual living with an invisible disability. The information in this article helped me to sort out what I had been experiencing for many years. The article helped me to begin to accept myself.

Recently, I realized that I had not made a video presentation of the series. Consequently, I made a video presentation of the 4 part series I would encourage you to watch all 4 parts as each part further clarifies what I discovered that helped me to begin to accept myself. With this being said, you may click on the below links to each part of the video series.

[**Understanding the People we Interact with as Traumatic Brain Injury Survivors—Learning to Accept Our Reality Part 1 Video Presentation**](#)

[**Understanding the People we Interact with as Traumatic Brain Injury Survivors—Learning to Accept Our Reality Part 2 Video Presentation**](#)

[**Understanding the People we Interact with as Traumatic Brain Injury Survivors— Respecting My Limits Part 3 Video Presentation**](#)

[**Understanding the People we Interact with as Traumatic Brain Injury Survivors— Win / Win Outcomes Part 4 Video Presentation**](#)

To read each part of the series, you may click on the following links:

[**My Struggle Living with an Invisible Disability Part 1**](#)

[**My Struggle Living with an Invisible Disability Part 2**](#)

[**My Struggle Living with an Invisible Disability Part 3**](#)

[**My Struggle Living with an Invisible Disability Part 4**](#)

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What Helped Me to Stop Fighting Against Myself as a Traumatic Brain Injury Survivor Part 1 Video Presentation

Posted by [Second Chance to Live](#) on April 27, 2014

As you may have noticed I recently finished finished a 4 part video series on the topic of Understanding the People we Interact with as Traumatic Brain Injury Survivors. As I shared in the series, we as individuals living with invisible disabilities need to be aware of our reality.

In the 4 Part video series I spoke to how individuals in 4 different groups interact with us. In the series, I shared with you how being aware of these interactions can serve to either bewilder or empower us. If bewildered, we can find ourselves feeling victimized, ostracized and excluded. On the other hand, by being aware of our realities, we can find ourselves empowered by respecting our limitations and by creating win/win outcomes.

In my article What Helped me to Accept Myself as a Traumatic Brain Injury Survivor I shared that there were 2 article series that helped me to accept myself as a traumatic brain injury survivor. In today's article I will share the 1st Part of the 2nd article series in video format. In my experience, I discovered that denial has been one of my biggest enemies in my ability to accept myself. I also discovered that denial kept me joining in with the chorus of individuals who criticized and berated me.

What I share in this 2 Part article series helped me accept myself and in the process stop fighting against myself. What I share in this series helps me to keep from being lulled back into a denial system that seeks to minimize, marginalize, dismiss and discount who I am as an individual living with a traumatic brain injury survivor and an invisible disability. As an individual living with a traumatic brain injury living and an invisible disability I would encourage you to watch this 2 Part series.

I believe the information with in this 2 Part series will help you to grow in self acceptance. I believe that the information presented with in this 2 Part series will help you to stop fighting against yourself.

To watch Part 1 of this series, you may click on the following link: [**What Helped Me to Stop Fighting Against Myself as a Traumatic Brain Injury Survivor Part 1 Video Presentation**](#)

To read Part 1 of the article from which this video presentation is made, you may click on this link: [**What Helped Me to Stop Fighting Against Myself as a Traumatic Brain Injury Survivor Part 1**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

You have my permission to share my articles and or video presentations with anyone you believe could benefit, however please attribute me as being the author of the article (s) video presentation (s), and provide a link back to Second Chance to Live . In the event that you have questions, please send those questions to me. All questions are good questions. Thank you. I look forward to hearing from you.

What Helped Me to Stop Fighting Against Myself as a Traumatic Brain Injury Survivor Part 2 Video Presentation

Posted by [Second Chance to Live](#) on April 30, 2014

Recently, I published and presented the 1st part of the 2 part video presentation of my article, Having an Invisible Disability – The Consequence of Denying my Reality. In Part 2 of the video presentation I share what I discovered that helped me to stop fighting against myself. In my experience, I had to become aware of what I had been doing to myself; because of denial, so that I could break free from affect denial was having on my life.

Through being aware of denial's strategies, I was able to discover what kept me stuck for many years. Through staying aware, I was able to stop feeling responsible for other people's inability to accept my reality. Through staying aware of my reality, I was able to see that I could be responsible to other people, without being responsible for what they choose to believe. Through staying aware, I was able to begin to recognize where people ended and where I begin. Through staying aware, I was able to begin to see myself as the solution, not the problem.

Through being and staying aware, I am able to use my once distracted and depleted time and energy to pursue my destiny. Through being and staying aware of my reality, I am able to see myself as an empowered individual, instead of as a victim of a traumatic brain injury. Through being and staying aware of my reality, I am able to use my freedom to explore as an empowered individual. Through being and staying aware of my reality, I am able to use my time and energy to develop my gifts, talents and abilities — in ways that work for me.

Please watch Part 2 of the video presentation to gain insight into what I discovered you may click on this link: [**What Helped Me to Stop Fighting Against Myself as a Traumatic Brain Injury Survivor Part 2 Video Presentation**](#)

To read Part 2 of the article from which this video presentation is made, you may click on this link: [**What Helped Me to Stop Fighting Against Myself as a Traumatic Brain Injury Survivor Part 2**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Is Struggle worth the Pain? Flight of the Butterfly–A Wonderful Lesson Video Presentation

Posted by [Second Chance to Live](#) on December 28, 2011

In March of 2007, I wrote the article — Flight of the Butterfly.

A wonderful lesson can be gained through the butterfly.

To listen to and watch the presentation, you may click on the following link: [**Flight of the Butterfly – A Wonderful Lesson Video Presentation**](#)

To read the article, from which this video presentation is made, you may click on this link; [**Flight of the Butterfly – A Wonderful Lesson**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

You have my permission to share my articles and or video presentations with anyone you believe could benefit, however please attribute me as being the author of the article (s) video presentation (s), and provide a link back to Second Chance to Live . In the event that you have questions, please send those questions to me. All questions are good questions. Thank you. I look forward to hearing from you.

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Living with an Invisible Disability — Taking Back my Power Video Presentation

Posted by [Second Chance to Live](#) on September 22, 2013

In today's article, I want to share a video presentation of an article that I wrote several days ago. I will include an excerpt from the article below:

I have been thinking about some thing that I would like to share with you. As an individual living with an invisible disability, I have found myself feeling shame for my deficits and limitations when I am around people who hold me accountable for things they do not understand.

When I was in graduate school, one of my professors encouraged us to encourage the people we would work with to educate people concerning their disabilities. What he shared with us has stuck with me. As an individual living with an invisible disability, who is learning how to read social nuance, subtitles, and non-verbal communication I have found that by sharing that with people, I am empowered.”

To watch the video presentation of the article, you may click on the following link: [**Living with an Invisible Disability — Taking Back my Power Video Presentation**](#)

In the event that you would like to read this article, in addition to watching and listening to this article, you may click on this link: [**Living with an Invisible Disability — Taking Back my Power**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Finding Hope in Our Powerlessness and Unmanageability Part 1 Video Presentation

Posted by [Second Chance to Live](#) on July 16, 2012

During the past week I wrote a 2 Part article series, as well as 2 additional 2 part article series. In today's article, I want to share with you the 1st part of the 1st 2 part article series with you. I will share the 2nd Part of the series in the next several days.

I would encourage you to watch the 2nd of this Part 2 of this article series and I would also encourage you to watch my 2 subsequent 2 Part article series, which I will create over the next week: **Accepting Myself when Family and Friends Can Not** and **Second Chance to Live – Action Steps Revisited**. Each 2 part article series will build upon the previous 2 Part article series.

To watch Part 1 of the 2 Part series, you may click on this link: [Finding Hope in Our Powerlessness and Unmanageability Part 1 Video Presentation](#)

In the event that you would like to read Part 1 of the 2 Part article series, you may click on this link: [Finding Hope in Our Powerlessness and Unmanageability Part 1](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

You have my permission to share my articles and or video presentations with anyone you believe could benefit, however please attribute me as being the author of the article (s) video presentation (s), and provide a link back to Second Chance to Live . In the event that you have questions, please send those questions to me. All questions are good questions. Thank you. I look forward to hearing from you.

Finding Hope in Our Powerlessness and Unmanageability Part 2 Video Presentation

Posted by [Second Chance to Live](#) on July 17, 2012

Today's article is to introduce Part 2 of the video presentation of my article Finding Hope in Our Powerlessness and Unmanageability.

If you have not already watched Part 1 of the video presentation, I would encourage you to watch Part 1 of this article's video presentation

To watch Part 2 of this video presentation, you may click on the following link: [**Finding Hope in Our Powerlessness and Unmanageability Part 2 Video Presentation.**](#)

In the event that you would like to read **Part 2** of this article in addition to watching this video presentation, you may click in the following link [**Finding Hope in Our Powerlessness and Unmanageability Part 2**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Accepting Myself when Family and Friends Can Not Part 1 Video Presentation

Posted by [Second Chance to Live](#) on July 18, 2012

In today's article, I am going to be introducing Part 1 of the 2 Part video series **Accepting Myself when Family and Friends Can Not**.

I wrote this 2 Part article series in follow up to the 2 Part article series, **Finding Hope in Our Powerlessness and Unmanageability**.

I wrote the 2 Part series **Accepting Myself when Family and Friends Can Not** to share how I began to heal on an emotional and spiritual level.

To watch **Part 1** of the video series, you may click on the following link. [Accepting Myself when Family and Friends Can Not Part 1 Video Presentation](#).

In the event that you would like to read Part 1 of this article in addition to watching and listening to this video presentation, you may click on the following link. Thank you. [Accepting Myself when Family and Friends Can Not Part 1](#).

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

You have my permission to share my articles and or video presentations with anyone you believe could benefit, however please attribute me as being the author of the article (s) video presentation (s), and provide a link back to Second Chance to Live . In the event that you have questions, please send those questions to me. All questions are good questions. Thank you. I look forward to hearing from you.

Accepting Myself when Family and Friends Can Not Part 2 Video Presentation

Posted by [Second Chance to Live](#) on July 19, 2012

In today's video presentation I am going to be sharing Part 2 of the article series Accepting Myself when Family and Friends Can Not.

In Part 2 of this series I will share what I have discovered that helped me to begin to accept myself as a traumatic brain injury survivor. I would encourage you to share these video presentations with your family and friends and encourage them to subscribe to my You Tube channel.

To watch the second Part of the video presentation Accepting Myself when Family and Friends Can Not you may click on the following link [Accepting Myself when Family and Friends Can Not Part 2 Video Presentation](#).

In the event that you have not already watched Part 1 of this video presentation series, please click on the following link my friend: [Accepting Myself when Family and Friends Can Not Part 1 Video Presentation](#)

In the event that you would like to read Part 2 of the article, in addition to watching Part 2; please click on the following link my friend [Accepting Myself when Family and Friends Can Not Part 2](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Second Chance to Live — Action Steps Revisited — An Overview Part 1 Video Presentation

Posted by [Second Chance to Live](#) on July 20, 2012

In today's article, I am going to be introducing the 1st part of the article series, **Second Chance to Live – Action Steps Revisited**. I wrote this article originally in May 2008 and felt led to share this as an addendum to my last 2 part article series, **Accepting Ourselves when Family and Friends Can Not**.

Because of the length of the original article, Second Chance to Live – Action Steps, I made the decision to break the article into 2 Parts.

In Part 1 of this article series, I am share an overview of the Action Steps. In Part 2 I will give a synopsis of the 12 Action Steps.

To watch the 1st Part of this video presentation, you may click on the following link [Second Chance to Live — Action Steps Revisited — An Overview Part 1 Video Presentation](#).

In the event that you would like to read Part 1 of this series, you may click on the following link [Second Chance to Live — Action Steps Revisited — An Overview Part 1](#).

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Second Chance to Live — Action Steps Revisited — A Synopsis Part 2 Video Presentation

Posted by [Second Chance to Live](#) on July 23, 2012

In today's article I am going to introduce Part 2 of the 2 Part article series Second Chance to Live – Action Steps Revisited – A Synopsis Part 2 Video Presentation.

In Part 1 of this presentation I shared an overview of the 12 Action Steps to share my perspective in narrative format.

In Part 2 of the video series, I will share the 12 Action Steps in a list format. To watch and listen to the Part 2 of this video presentation, you may click on the following link my friend, [Action Steps Revisited – A Synopsis Part 2 Video Presentation](#).

In the event that you would like to also read **Part 2** of the article Action Steps Revisited – A Synopsis Part 2 you may click on the following link my friend. [Action Steps Revisited – A Synopsis Part 2 Video Presentation](#).

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Why Don't I Fit In? – Overcoming Societal Stigmatization Video Presentation

Posted by [Second Chance to Live](#) on September 30, 2011

Over the past several days, I wrote a 2 Part article series – **Traumatic Brain Injury and Societal Stigmatization**.

In follow up to the 2 part article, I created this video presentation. To listen to and watch the video presentation of the article, you may click on this link: [Overcoming Societal Stigmatization Video Presentation](#)

In the event that you would like to read the 2 part article from which this video presentation is made, you may click on these links:

[Traumatic Brain Injury and Societal Stigmatization Part 1](#)

[Traumatic Brain Injury and Societal Stigmatization Part 2](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Do You Feel like Giving Up? Video Presentation

Posted by [Second Chance to Live](#) on August 19, 2011

A little while ago I uploaded a video presentation to YouTube. This is my 7th YouTube video presentation.

Because my YouTube channel is relatively new – July 29 – I am writing accompanying articles to notify you when I upload new videos. I hope you are enjoying the presentations as much as I am in making them.

To listen to and watch my video presentation, you may click on the following link: [**A Word of Encouragement – Keep Swinging at the Fences Video Presentation**](#)

To read the article from which this video presentation is made, you may click on this link: [**A Word of Encouragement – Keep Swinging at the Fences**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Learning How to Be at Peace with Ourselves Video Presentation

Posted by [Second Chance to Live](#) on November 27, 2013

Several days ago I wrote an article, Learning How to Be at Peace with Ourselves. To make the article available to individuals who learn through watching and listening, I create video presentations of my articles. To date I have created 180 video presentation that are located in my Site Map for my Video Presentations. In today's article, I will introduce the video presentation of this article.

Below is an excerpt from **Learning How to Be at Peace with Ourselves**:

“I have been thinking about a conversation that I had with a friend the other night. During our conversation he shared with me that there are people with certain traits that really annoy him. He went on to share that he recognizes that he himself once had those similar traits. As we spoke, I shared something with him that I had learned about myself.

I shared with him that unless I make peace with the traits that I see in other people — that I do not like or did not like in myself – I will not be at peace with myself. Consequently, when I recognize traits that I do not like in other people, I need to examine why I do not like those traits. In my experience, I discovered that I needed to be honest with myself to be at peace.”

To watch and listen to the video presentation of this article, you may click on the following link: [Learning How to Be at Peace with Ourselves Video Presentation](#)

In the event that you would also like to read the article from which this presentation is made, please click on the following link: [Learning How to Be at Peace with Ourselves](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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Living with a brain injury and the Fable of the Tortoise and the Hare Video Presentation

Posted by [Second Chance to Live](#) on February 23, 2012

In life, we may feel that it is too late to get started. Started following a dream. We may feel that our brain injuries, invisible disabilities or adversity has some how disqualified us from running our race winning.

In today's video presentation, I would like to share a parable with you in this video presentation. As you watch and listen to this presentation may you be encouraged to run your race and win.

To watch and listen to the video presentation, you may click on the following link: [**Living with a brain injury and the Fable of the Tortoise and the Hare Video Presentation.**](#)

The information that I share in this presentation has helped me to accept who I am as an individual who is living with a brain injury and to realize that I do not have to be swift to run in and win my race.

May the information in this presentation, encourage you to accept who you are as an individual who is living with a brain injury and to realize that you do not have to be swift to run in and win your race.

In the event that you would like to read the article, in addition to watching and listening to video presentation,, you may click on this link: [**Living with a brain injury and the Fable of the Tortoise and the Hare**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

You have my permission to share my articles and or video presentations with anyone you believe could benefit, however please attribute me as being the author of the article (s) video presentation (s), and provide a link back to Second Chance to Live . In the event that you have questions, please send those questions to me. All questions are good questions. Thank you. I look forward to hearing from you.

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Biographical Information Video Presentation Part 1

In February of 2007, I began an article series to share My Journey thus Far. Over time I have added to the series. Currently there are 7 Parts to the article series. In June of 2012 I created a video presentation of the series to offer the information to individuals who learn through watching and listening.

Below are links to my 7 part video presentation series, as well as the 8 part article series:

[**Living with a Brain Injury — My Journey thus Far Part 1 Video Presentation**](#)

[**Living with a Brain Injury — My Journey thus Far Part 2 Video Presentation**](#)

[**Living with a Brain Injury – My Journey thus Far Part 3 Video Presentation**](#)

[**Living with a Brain Injury – My Journey thus Far Part 4 Video Presentation**](#)

[**Living with a Brain Injury – My Journey thus Far Part 5 Video Presentation**](#)

[**Living with a Brain Injury – My Journey thus Far Part 6 Video Presentation**](#)

[**Living with a Brain Injury – My Journey thus Far Part 7 Video Presentation**](#)

[**Second Chance to Live — My Journey thus Far Part 8 — A New Beginning Video Presentation**](#)

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Biographical Information Video Presentation – continued

In the event that you would like to read the series, in addition to watching and listening to the series; you may click on the following links:

[**My Journey Thus Far**](#)

[**My Journey thus Far — Part 2**](#)

[**My Journey thus Far — Part 3**](#)

[**My Journey thus Far — Part 4**](#)

[**My Journey thus Far — Part 5**](#)

[**My Journey thus Far — Part 6**](#)

[**My Journey thus Far — Part 7**](#)

[**Second Chance to Live — My Journey thus Far Part 8 — A new Beginning**](#)

As you listen to and watch the video presentations and questions come to mind, please ask. All questions are good questions. If you would like to leave a comment, please do so my friend. I will respond to you.

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