

# Mental Health, Psychiatry and Wellbeing

March 20-21, 2019 | New York, USA

SCIENTIFIC TRACKS | DAY 1 INTERNATIONAL JOURNAL OF EMERGENCY MENTAL HEALTH AND HUMAN RESILIENCE 2019, VOLUME 21

DOI: 10.4172/1522-4821-C2-029

## F.E.A.R: Finding Enlightenment After Rage

**Tom Corner**

The PMA Partners, USA

'A life of fear and anger is not a life worth living' were the words that manifested for him. Tired of the constant battle deep within he gave up, no longer willing to tolerate a life of anger, self-destruction, and cutting. T.E. was faced with a self-imposed ultimatum to either end the struggling and suffering by leaving the physical world behind or change the way he viewed the world and the people in it. Plagued by self-sabotaging thoughts, self-mutilation in the form of cutting and cigarette burning soon followed. His realization was he created

physical pain to mask his mental pain. Upon failed attempts at counseling, he invested decades of his life in search of meaning. He researched spirituality, mindfulness, meditation, and even business success. Even though he forged his way into the working world and established a successful career in the financial services industry, he carried his scars in shame as a burden for decades. The scars from his past haunted him, until he hit a breaking point, needing to end it all. And he did! Ultimately he rose above and holds onto a higher awareness of mindset and the power of thought. Learn about T.E.'s teachings and what he refers to the Mosh Pit of Your Mind, The Amazing A's of Awareness, Barrel o' Fear and Eraser Bear. His story has a wonderful ending as he found a way past

his mental pain by releasing his past, forgiving himself and the world. All of which is reflected in his memoir, Borrowed Eyes, and Feet-Finding Enlightenment After Rage (2018 Balboa Press). He now walks in the light of love with a higher awareness of our energy and power of thought. This is a powerful and enlightening study in human behavior and opens our eyes to a new way to treatment and healing.

### Biography

Tom Corner is an expert in mindset and higher awareness of thought which ultimately defines who we are. A two-decade career in financial serves preceded by more than a decade of success in the restaurant and hospitality industry has sharpened his skills as a speaker, professional and visionary leader. His success is multifaceted as a family man, the father of three, business professional and inspirational author. He opens the door to all things possible in life by casting aside our ego to face our fears and reveal our true "Why?"

*inspire@tomcorner.net*