



Fully Alive

Awakening Health, Humor,
Compassion and Truth

by Louise LeBrun

Foreword by Lynn V. Andrews

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Waking the Dead, One Soul at a Time

How to reawaken the body, mind and soul with a worldview that puts the power back where it belongs - with the individual.

Frustration. Cynicism. Hopelessness. Many wallow in these feelings when it comes to overpromised transformation that never materializes, but how to take action when a greater system, not ourselves, seems to have taken control?

In the third edition of her best-selling book **Fully Alive: Awakening Health, Humor, Compassion and Truth**, author and straight-shooter Louise LeBrun sounds the wake-up call for those who feel immobilized by the elusive 'transformation' promise.

Using cutting-edge science and principles from quantum biology that redefine who and what we are, **Fully Alive** introduces a shift in context that illuminates a new path, showing us what to do differently and how to break free of self-imprisonment.

Through her trademarked WEL-Systems® models, LeBrun sheds light on a refreshing worldview that:

- * **Puts the responsibility and the power back where it belongs - with the individual;**
- * **Demonstrates that we are not victims, nor are we helpless and at the mercy of "the system;"**
- * **Strips away the illusions that prevent us from being willing to do more than just talk about it;**
- * **Identifies the habits of thought that prevent us from taking action in our own lives;**
- * **Provides the tools that will make a difference in the quality of our work/life.**

With updates to the original text that include a powerful new first chapter and insights on how our family of origin impacts who we are, **Fully Alive** helps turn the gaze away from gurus, dogmas and fixes to where it rightfully belongs: firmly, purposefully inward.

Praise for **Fully Alive**:

"People around this earth are looking desperately for the reason for life...Fully Alive...is a remarkable exploration into our ordinary lives in an extraordinary and transformative way."

-- Lynn Andrews, 21st century mystic, shaman healer, teacher, and
New York Times best-selling author of *Medicine Woman*

About the Author:

Louise LeBrun is an author, speaker, educator and personal/life coach whose provocative, compelling and original thinking has reawakened thousands to new lives. Creator of the WEL-Systems® body of knowledge, Louise's lifelong commitment to her own evolution flows through every thought, book, CD and program intensive that is identified as WEL-Systems® based.