

**Lisa Cook:** Good afternoon everyone hi my name is Lisa Cook and I'd like to welcome you to today's Timely Topic, It's Never Too Late to Embrace the Possible. Special thank you goes out to Dr. William Silvers, a loving son of a holocaust survivor who has graciously volunteered to be our sponsor for this important Timely Topic. Bill, wherever you are out there, please accept our sincere gratitude for your generosity and support.

I want to tell you about our exciting schedule of events coming up.

As most of you know, Lotus Network has been presented with a special intimate opportunity to connect with American journalist and noteworthy author Elizabeth Gilbert on Wednesday, May 4<sup>th</sup>, up close and personal.

This VIP event will take place at the Paramount Theater and includes a private meet and greet with Miss Gilbert, and the privilege of listening to this beloved writer's presentation. This masterful speaker and author of the bestselling, *Eat, Prey, Love* will share how important it is for women to know our priorities, set our boundaries, and release the false notion that we can somehow control the world.

Tickets are going fast. In fact, the VIP presentation is already sold out. If you are just interested in presentation-only tickets. There are some available, and we would love to have you join us. Use the link in the chat to purchase tickets. It is sure to be an exceptional and memorable experience.

Next month we are excited to present Dr. Lisa Foster, a business coach, entrepreneur, and author. Her newly printed book *Bag Lady* describes how she started a business for a greener world and changed the way America shops. Lisa is a pioneer in the fight against single-use, plastic, and became a thought leader in the environmental movement. She founded one bag at a time, a first-to-market, reusable grocery bag company, and is ranked in the top 500 companies in the United States. Lisa's sister Carla Bartell is our generous sponsor for May's Timely Topic. Please sign up and learn from our instrumental speaker why *It's Never Too Late to Save the World One Action at a Time*.

Our rescheduled Connector Event at the Lakewood Cultural Center on June 3rd at 6:30 PM is finally happening, and we can't wait. This gathering is generously sponsored by Elaine Asarch, Vicki Pepper, and my mom, Essie Perlmutter. It will be our first hybrid event in more than two years. To say we are looking forward to connecting with you all is an understatement. It will give you a chance to catch up and see Essie and Elaine's art, have a bite of dessert, honor our founding lotus ladies, and hear from our sensational featured guest Marilyn Sherman, who will speak about being bold, brave, and brilliant. Together we will learn strategies to overcome obstacles, have a more positive mindset, and live with more courage, commitment, and confidence.

So please use the link in the chat to purchase your tickets and join us either in person or virtually. Sometimes we all need to be reminded that it's never too late to sit in the front row seat of your life.

Today I have the pleasure introducing you to Dr. Edith Eva Eger, Holocaust survivor, psychologist, and award-winning author. She will be interviewed by my incredibly wonderful son-in-law, Daniel Sturman. Daniel is co-founder and CEO of Evoke Medical care, a Health Tech Company focused on optimizing and revolutionizing remote monitoring in the cardiac care space. Prior to founding Evoke, Daniel was involved in multiple small tech companies as a co-founder, advisor, and angel investor. Additionally, he co-founded or sat on the board of multiple nonprofits, focused on education for at-risk youth. This all took place during his twelve year career in the implantable cardiac device space for Metronics, Abbott and Boston Scientific.

Daniel is a graduate of Washington University in St. Louis, where he received both a BS in biomedical engineering and an MBA from the Olin School of business.

Last fall, Daniel recommended I read the book, *The Choice: Embrace the Possible* by Dr. Edith Eva Eger because he believed this best-selling author's powerful perspective on grief, hope, and forgiveness align with Lotus Networks mission for personal empowerment.

Boy, was he right. I have chills just thinking this is happening. Dr. Eger has dedicated her life to helping others learn to bounce back and thrive. This life-changing author's first-person narrative reveals how her bravery kept her alive through concentration camps, and how it shaped her life.

Oprah highly recommends her book and said, "I'll be forever changed by Dr. Eger's story. *The Choice* is a reminder of what courage looks like in the worst of times, and that we all have the ability to pay attention to what we've lost, to pay attention to what we still have."

In addition to being a prolific author, she is a member of several professional associations, and has a clinical practice in La Hoya, California. Dr. Eger holds a faculty appointment at the University of California, San Diego. She has appeared on numerous television programs and podcasts, including CNN, the Oprah Winfrey show, and Brene Brown, and was the primary subject of a Holocaust documentary that appeared on Dutch national television. She is frequently invited to speaking engagements throughout the United States and abroad and has been a highly sought after speaker for resiliency forums for the past two years.

Dr. Eger published her New York Times bestselling memoir *The Choice* at the age of ninety. During COVID lockdown, she published her international, best-selling guidebook, *The Gift*. Both books are translated into more than thirty languages. This truly incredible woman

survived Auschwitz, is a practicing world-renowned psychologist, a great-grandmother to seven, and the embodiment of light-hearted love and positive energy.

Dr. Eger has made her life's mission helping others lead full lives by making the choice to heal the thrive and embrace the possible. It is a personal privilege and honor to welcome Dr. Edith Eger here today. Daniel, please take it away.

**Daniel Sturman:** Thanks, Lisa. Dr. Eger. Every once in a while you read a book, or hear a story, or meet a person who you know will impact you the rest of your life.

When I read this book, I knew that's what happened to me. Your story is so awe-inspiring. You're such an incredible person. While I was disappointed to learn that this wasn't a one-on-one three-hour therapy session, I'm still very privileged to be able to have this conversation with you.

So I would love to start out just by what I find one of the central themes to your book and your practice and it's how you move past your own individual problems. Traumas and stresses. I know you personally have lived through the worst horrors imaginable, yet you are able to turn your life into positivity, inspiration, and helping others.

So if you could put some time into the specific processes, stories, or anecdotes that you use, that would be great.

**Dr. Eger:** I am so happy to tell you that unfortunately, genocide is something we experience today, but never in a history of mankind has such a scientific and systematic annihilation of people existed, and fifteen highly educated people decided that they can put Jews in the oven, and we call it the final solution.

I'm part of that myself and so you're a Mayor and I'm talking to women letting them know that you're not strong women. You are women of strength. This is what I have discovered in a place where nothing came from the outside.

I was told every day: The only way I will get out of here as a corpse. But my mom told me in the car we don't know where we're going. We don't know what's going to happen.

Just remember no one can take away from you what you put in your mind. That's how I think was the best thing that I could have taken with me to our shreds, because everything was taken away from me. But I had my mind, and I had my sister Maggie

**Daniel Sturman:** Absolutely, and you know, you're such an incredible person. You've been through so much. You're a survivor, you're a teacher, so I don't want to pitch and hold you in any format.

But while I was reading your books, there were definitely certain personality traits or characteristics that popped into my mind repeatedly. Optimism, generosity, forgiveness, courage empathy, curiosity, strength, kindness, and introvertedness, which I know isn't a word.

But the question that I have surrounding it is: What's your opinion on which were and are the most important traits for you? And which of them can we relate to? Which of them can we practice and train on?

**Dr. Eger:** I think that curiosity was a very, very key word. I really always wanted to know what's going to happen next. Even when I was liberated, and my parents were not coming back home. I was tired.

My boyfriend and I were very, very active Zionists, and we were going to go to Palestine and fight. We were part of the Baatar and he was killed the day before liberation.

I remember thinking, God has spoken to me. If I die, no one will know really, and I am now going to choose to be for something rather than against.

And thank God I'm Dr. Eger today. I did go back to school, and I also revisited our shreds, but my sister didn't come to me. She thought I was an idiot. So today the work I do is about grieving, feeling, and healing.

You cannot heal what you don't feel. So crying is very good, because what comes out to your body doesn't make you; what stays in there does. In Hungary there is a saying to women: Don't breathe your pain into your breast. I think that was brilliantly discovered by women in Hungary. That makes complete sense.

So, you know, in terms of helping you survive, curiosity and bravery were honestly incredibly important. But now, in terms of what everyone deals with on a more regular basis. Internal honesty and openness seemed to be critical for moving forward.

**Daniel Sturman:** So if you don't mind I'm going to search. So for me personally, and I hope it relates to a lot of people here, I'm constantly searching for optimal happiness and I you know through purpose and meaning. You and your late friend, Dr. Frankel spent a lot of time and effort on this.

So, if it's okay, I'd like to read a couple of quotes from your book.

The first one you partially quote Dr. Frankel: "Everything can be taken from a man but one thing, the last of the human freedoms, to choose one's attitude in any given set of circumstances, to choose one's own way."

Then you state: “Each moment is a choice, no matter how frustrating or boring, or constraining, or painful or oppressive our experience, we can always choose how we respond. And I finally begin to understand that I, too, have a choice. This realization will change my life.”

And then, a few pages later, you ask, “Why did I survive? What is the purpose of my life? What meaning can I make for my suffering? How can I help myself and others to endure the hardest parts of life, and to experience more passion and joy?”

So, the question is specifically on any advice you have surrounding choosing a path that will lead you towards happiness through finding purpose, meaning, and love.

**Dr. Eger:** Let me tell you what happened. when we were separated and our clothes were taken, and we stood there in our nakedness. And my sister Magda, because she was the prettiest in the family. My mother told me: I’m glad you have brains because you have no looks, so you know you give them a name. You play the game.

So my sister asked me, How do I look?

I had a choice. You have a choice now. I like to bring the dearer, and then to the hero.

Now whether you pay attention to what you lost or I remembered that I became a mirror to my sister. So, I told her, Maggie, that you have beautiful eyes, and I didn't see it when you had your head all over the place. And she said thank you.

So today, I ask people, if you want to say anything, ask yourselves, Is it important? And what are you focusing on? That has to be hopefully in alignment to get you closer to the goal. Is it necessary, and most of all, is it kind?

I'm practicing that every time I'm invited to my daughter to dinner. She made a beauty for dinner, and I'm not going to tell her that that is no salt on the table. I'm going to see just what I do notice and yes, I am, and yes, I can, and yes, I will. I use a lot of yeses and I'm training my patients to also.

Is it kind? Is it necessary?

**Daniel Sturman:** That's so important, and I would love to ask how you balance that because a lot of what you also speak about in the book is being kind, but also not internalized, and making sure you express how you feel.

I know, for these littler things it might be easier. But what's the balance when it's appropriate to internalize in order to be kind versus making sure you express yourself?

**Dr. Eger:** Don't ask How are you? and don't say Why don't you?

We mothers ask questions and give advice. I've been apt to say, it's good to see you. I miss you. I like to train my patients how to speak English properly. That is complementary and say "Yes" and "Got that" while you can feel mad, or glad, or sad.

But in America, people mix thoughts with feelings you may say I feel like going downtown and take care of my errands. That's not a feeling, that's a thought. This is great because later on I want an action plan. So this is one of those things that I can help try and remember.

Yes, yes, especially men want to figure things out. They want to understand the world

I know that I will never forget what happened. I know that I will never overcome. I think I came to terms with it, and I don't run from the past anymore, because it was time for discovery. It was an opportunity, a foreign opportunity for me to discover my inner resources, because nothing came from the outside.

I was told every day. the only way I will get out of here as a corpse.

They took my blood, and I asked, "Why are you taking my blood?" He said, "To aid German soldiers, so we can win the war and take all the world, especially America."

I wanted to yank my arm away but I stopped to myself. You're such a stupid idiot, you know.

I was a ballet dancer, shared with my love towards where I am. You're never going to be in the war and that kept me. We had humor, but it was mostly philosophical rather than sarcasm. We had enough of that to sarcasm, cynicism. We kept each other alive, and cooperation was the name of the game, not competition or domination.

And that time when I was asked to dance for Dr. Mangala, who came to the barracks. The girls just put me in front of him. My teacher was there from the Jewish school, and I still remember the finger. You know. Go, go and do what you are toward. and I just ended up dancing for Dr. Mangala, and he gave me a piece of bread, and then I had a choice to eat that bread.

I was hungry, and, thank God, I did not practice narcissism because I saw my sister and the girls and I climbed up, and I shared my bread.

All we had was each other then, and of course all I have is each of them now.

So I'm happy to tell you that the numbers mean nothing to me. I am.

I am ninety-four, and I feel younger than I did when I was fifty-four, because it's my attitude that I am curious. I want to know what's going to happen next. and I spoke to more than a one hundred thousand people from the Ukrainians, and I'm very, very happy that I have the opportunity to talk about hope in hopelessness

**Daniel Sturman:** That's still amazing I'm not going to lie you're your young attitude is making me feel a little old right now. So I need to.

I need to try that some of that and I believe I don't want to botch the story, but you sharing the bread actually ended up saving your life later on isn't that true? Then your sister in one of the girls help, did it save your life later on.

**Dr. Eger:** I thank you so much for bringing it up, because when we were in a death march from Auschwitz and to Guns kitchen. When you stopped, you were shot, and I revisited that place.

I also went back to Auschwitz. The girls that I shared the bread with came and carried me so I wouldn't die, isn't that amazing? The worst condition brings out the best in us.

And I know that the women that I saw are so committed to it each other because we can be stronger than we form a human family that you can be. You and I can be I.

So one of the questions I ask, especially the children of immigrants. When did your childhood end? Because my little girl was two years old when she went to a daycare center. She taught me how to speak English.

She brought me a book called Chicken later. Then came Ducky Lucky, who see Lucy Turkey. I learned to eat peanut butter and I learned to eat tuna fish that I've never seen in my life, so I think those are good questions.

One of them is, "When did your childhood end?" and the second one is, "Would you like to be married to you?" You have to think about that.

I would like to think the answer is, Yes, for me personally.

You're a role model to the children. The way you treat that your mother so what would be your wife tell me about you. Well, she's sitting about ten feet behind me, so I would bring her up, but I don't think she's afraid to ask I hope only I only positive things. I think she's going to say. He is a Mensch, and that's a compliment you. Thank you.

You're a leader.

**Daniel Sturman :** Well, thanks I'm going to jump a little bit, if you don't mind if you were telling me the stories you were referencing how it took so long for you to finally move past the atrocities and internalize it.

I'm going to read a passage here.

"It was the same question I was still asking myself I had begun to working with my June again.

I apologize. Don't know how to pronounce it

Therapist again, and, despite his admonition that degrees don't replace in her work in her growth I have been toying with the idea of graduate school I wanted to understand why people choose to do one thing and not another; how we meet everyday challenges survive devastating experiences, how we live with our past and mistakes, and how people heal.

What if my mother had had someone to talk to, because she had had a happier marriage with my father, or chosen a different life?"

And what about my students or my own son? The ones who said can't instead of can?

How can I help people fully transcend self-limiting beliefs to become who they were meant to be in the world?

And this is the part that's important, I told my principal. I was considering getting my doctor in psychology, but I couldn't speak my dream without a caveat I don't know I said by the time I finish school, I'll be many years older. He smiled at me and said you're going to be older, anyhow."

That's why, when I finished the book, the person I had to tell to read it was my mother-in-law Lisa because it's what her organization is all about. It's the mindset of, you know, embracing the possible, and it's never too late.

So if you could speak to that a little more.

**Dr. Eger:** Yes, it's never too late.

I think that someone just interviewed me on midlife for women, and we decided that there is no such thing as a crisis. There is a transition, and if you want to go back to school don't worry about the chronological numbers.

It's going to have happen, anyway. it's very true.

So I will never retire. I'm learning every day, especially my patients. The most obnoxious patients are my best teachers. I learned not to say "how are you" and not to say "why don't you" and I don't give advice.

But I do talk about, what are they doing now? and how is it working for them? We're looking for the secondary gains. Every behavior has a consequence, not punishment.

**Daniel Sturman:** I love it because I feel like that that is starting to surround the actual action plan, and how it could be beneficial.

So I'm going to read more quotes here which was there to share the most important truth.

"I know that the biggest prison is in your own mind, and in your pocket you already hold the key.

The willingness to take absolute responsibility for your life, the willingness to risk the willingness to release yourself from judgment and reclaim your innocence, accepting and loving yourself for who you are who you really are human imperfect and whole, and then you jump to and here you are! Here you are, and this sacred present can't heal you or anyone.

But I can celebrate your choice to dismantle the prison in your mind. Brick by brick you can't change what happened you can't change what you did or what was done to you. But you can choose how you live. Now, my precious, you can choose to be free."

This really impacted me when I read it, and it makes you think that the first step you have to do is understand, and then realize that you can be free. You want to take the action.

**Dr. Eger:** All I can tell you that I will never forget what happened.

I ran away from the past until I read. Men search for meaning. I didn't have the verbal capacity.

I didn't want you to feel sorry for me, and I don't know the word overcome, either.

I don't know, because I talk about the time and I went to have stake in a place where I was walking on cobble stones, and immediately it came up for me when children were spitting at us as we were walking calling us pigs and whatever, and I felt so sorry for the children that they were taught how to hate me.

Well, thank God, that was cleaned up when I worked in a military hospital, and I began to work with German families, and the little girl jumped in my lap and called me Omar, and I don't think she realized what that meant for me that love conquers over. Love is the answer.

**Daniel Sturman:** I remember from your stories early on, when you came across, you know, even when you were living in America, when you saw barbed wired fences, you know it would be you know on the bus you would crouch, and there was horrible feelings. But it seems like as the time passed you were able to use those traumas to then benefit you.

**Dr. Eger:** Yes, and I don't ever forget the past I call it my cherished, warned, because part of me was left in our shreds, and we grieve over not what happened, but what didn't happen.

I bring up the example of my granddaughter, who wanted me to buy her a beauty for dress, so she can go to the school for a dance. And of course, I'm a big sucker for a beautiful Laura Ashley, and come home and out of the blue I was crying.

The word “understand” is very much in your head we women go to their heart mostly.

So, I didn't understand, why am I crying I just bought Lindsey a dress, so she can go to her dance, and realized that I am crying, not because Lindsey went to her dance but I never went to a dance.

So, most people have unresolved grief that had nothing to do with the present. And this is why I think I was saved by my beautiful people.

Asked me, where was God in our shreds? God was with me, guiding me how to turn tragedy into something that I was able to learn how to respond and not to react. When you react, you don't think.

**Daniel Sturman:** So, the movie to watch is called the Karate Kid. Maybe you watched it with your children. The best power is brain power, and that's what my mother told me in the catalogue, and that's why I was going to ask him.

I have a feeling you're not easily offended and I don't think this will offend you.

But do you think in your life you have been able to help so many people? You've had such an impact on countless people in so many ways.

If you had not gone through such a horrific trauma, where you have been able to help that many people, and for the average person do they need more trauma in order to grow?

**Dr. Eger:** I never ask people, How can I help you? Because I cannot teach anything to anyone as they have a desire to learn. So I asked the question, How can I be useful to you?

It's not my life, it's your life, and I think it's very important to recognize that your thinking creates your feelings. So it's very important that you don't do yourself dialogue, and see whether it's empowering you or depleting you.

So I changed the “Yes, but” to the “Yes, and I'm here.” I made it the question is not “why me?” the question is “what now?”

That's why I'm so happy that you're interviewing me and promoting women of strength. They can really combine the best of both of us, the brain and the heart And I'm here to hopefully be a good role model to you.

**Daniel Sturman:** Well you are. And I definitely over analyzed, but having a wife and three daughters, I'm surrounded by a lot of women so I'm working on, getting more in touch with my feelings.

My wife's laughing in the background. So, if you're willing, I'd love, to jump into some rapid fire questions that I put together. Some you can answer with one word. Some you can give more thought to.

The first two-part question is surrounding cognitive dissonance during widespread atrocities. And I know you touch on this in the beginning. But how can supposedly typical people be so compliant to unthinkable acts of cruelty, such as the Nazi soldiers against humanity?

And how do we proactively prevent anything similar from ever happening again?

The next question is, actually, I wanted your opinion on Russia and Ukraine right now. Do you think more speaking up is required there?

**Dr. Eger:** I am one of the fortunate women who was able to speak so far to over one hundred thousand people, Ukrainians to never give up, and not to ever give up hope.

I am. I am the one who was there. Later, the chief leader said to all of us, because when you get up in the morning and you look in the mirror, you want to say "I love me" because self-love with self-care. It's not narcissistic or selfish. People don't like themselves.

So I think It's very important for you to model to the children, the way you treat the children's mother. Children don't do what we say. They do what they see. Never raise your voice, never raised your voice.

**Daniel Sturman:** Love it. Thank you.

**Dr. Eger:** And next question, the mental sign of Covid.

There are pervasive mental health concerns. low-income patients currently have a six-month wait to see a psychologist all from the broad scale trauma from social isolation, financial disruption, losing loved ones, depression, polarizing society. Any broad scale advice you give to these people.

You know I spoke to an organization when women show up and they wear the picture of someone who died, and she said to me, I lost my son. He was twenty-nine years old, and my answer was to her: Would you consider that that spirit was sent to you by a loving God for twenty-nine years? You can remember that twenty-nine years. And then he went home. So, which one do you choose, you know? You're not losing your son. You're celebrating twenty-nine years.

So, if your husband we'll ask you to go dancing with him when you go to a wedding. It was funny because it did happen to them, and she told the husband that she cannot let go of the son

and go dancing with a husband. So, I told her that the son wants you to have up for a life. That's what it's all about, your mental health.

The way you think the way you're going to feel and sometimes, if you just change your thinking, you can change your whole body chemistry. That is scientific knowledge.

**Daniel Sturman:** I have to say if you're ever looking for a career. You should consider being a psychiatrist you're pretty good at it.

But it's not a similar to one of the stories you spoke about in your book, about the son who committed suicide, and, as you tell as you even speak there, I mean it requires such optimism and courage, to be able to do what you're saying, but it's incredible what you've done in the fact that you help other people do.

This is really inspired. Thank you.

You know there were two doctors in the elevator, and one of them was totally destroyed, and the other one was there in a put together three-piece suit.

And the discovered one said, you know it's amazing for me to look at you. The way you look after you, listen all day to people, and the guy says, who listens.

You see, Freud right discovered that the patient is lying down and he sits behind, that he doesn't have to go eye to eye with a patient. Think it's important because your eyes can kill, your eyes can lie, and you can really look at like Shakespeare in the family when I go to dinner.

The mother introduces me. This is my shy son, the doctor, and give him a name. They play the game. So, you sit down and the girl is next to me, and I say you have such beautiful profile, and the mother kicks me under the table.

Don't tell her that she'll be conceded so you know you get a lot of free information.

The message is, people carry with them, that there was the pretty one. I was the one who my mother told I'm glad you have brains because you have no looks.

**Daniel Sturman:** I am glad you mentioned eyes, though, because by the end of the book I was underlining every time I saw the word you reference it a lot. I feel like you gather a lot from people's eyes you know you went to your father's eyes your mother's eyes. Eric's eyes. A lot of your patient's eyes.

Is that still something is one of the first things you notice now? Do you notice a lot still with the eyes?

I can kill you with my eyes, and I still have to lift my eyes. I think we give up our genuine self early on to feed the family dynamics. So if you are a firstborn and you marry a firstborn, you're going to have bosses. They both want to be right.

Middle children are peacemakers, you know. Kissinger went to Israel, and God asked him, How are you a Jew first and an American second? He said, No, no, I'm an American first and then a Jew and God am I said in Israel. We read backwards.

**Daniel Sturman:** I will ask is there anything right now that you're currently afraid of, I don't operate on fear.

**Dr. Eger:** I have never seen love coming out of fear, adding, fear may frustration, anxiety. But most of our a lot of fear but I've never seen love coming out to fear.

I think the best thing to do is write on all your fears from the least things, anxiety producing to the most, and to check them off because you were not born with fear.

You were born with love, joy, and passion, for life. I'm full of that absolutely, very clear.

**Daniel Sturman:** What are you most passionate about? What do you look forward to the most right now?

**Dr. Eger:** I'm looking forward to talk more to the people of the Ukraine.

I'm sorry to let them know that they can do what's humanly possible, and if they are perfectionistic, they're going to pro question it and that's not good so get to read of get rid of perfectionism, because, being human means that you're going to make mistakes, And that's okay.

You don't have to make pluses all the time and I think you need to really talk to yourself what is really working for you to be a survivor, to be more flexible rather than black, and white and all or nothing life for that I have a nice piece of paper we can send you, whether you choose to be a victim or a survivor.

**Daniel Sturman:** Just a couple more quick ones do you have a favorite book you've read in the last year?

**Dr. Eger:** I read the life of the woman Diane von Furstenberg. Well, she's one of them. Yes, yes, her mother was in Auschwitz. When it was 1941 of the first that was taken to Auschwitz from Poland. She survived, and had this girl, who is called the Grandmother of the Statue of Liberty.

But I also read the book just lately the woman who gave up her young life to take care of monkeys. Jane Goodall and she wrote the beauty for a book it's in my office now, or I maybe gave it to someone to borrow it, and I also put it down, done, adopted it's not an orphan.

**Daniel Sturman:** I have three daughters, and I know you were fifteen when you were taken away. So two. If you had know nothing about a girl's past no nothing about what her future holes, what's the one piece of advice you would give to a fifteen year old girl?

I would stay in school as long as I can because in America the more pieces of paper you pick up more doors open up for you. So get a doctorate get an MD get a PhD. I just think the more pieces of paper you pick up the models of will open up for you.

So if you don't want to be a psychologist, you can be an artist, and you know some town women don't give themselves enough credit or write a book. Look at that for many years people ask me, write a book, write the book, and I said, I have nothing to say. I have nothing to say.

But then Philip Zimbardo called me. He told me that people who survived and famous are all men. We need a female voice.

So I think that's very very important, especially for women, not to get married until they are emotionally and financially independent that you're a whole person that you don't get the same message.

Sometimes in my generation was stored If I want to be a doctor it's because I couldn't find a husband See they don't tell me to become a somebody. They told me to find somebody that has changed you know women are in medical school and do a beautiful job.

It's wonderful. I am talking now with third year psychiatric rest, and they're mostly women and man. It's happening. I think it really is the brain power is the best power. Again, watch the movie called the karate kid.

I'm glad you'd specified when I should wait till they're emotionally mature, because if I had to wait till I was emotionally mature to get married I would die a single. So thank you for clarifying that there.

What I find interesting is, I feel that you find a lot of meaning in teaching and helping others. and when I look across the business world, or the even the finance world, the people that I've respected Warren Buffett Charlie a lot of them say if they weren't doing what they were doing, they would be helping others.

Is it fairly all uncomfortable? Spend a certain amount of time helping others they'll improve themselves and Is it almost a solution?

**Dr. Eger:** If you're if you're a troubled finding purpose, Victor Franco really taught me a great deal about how to become emotionally really finding purpose in life meaning in my existence I don't have the survivors gear that I used to.

I am thinking that I survived to be able to be a good role, mother, to other women, not to commit suicide. I have a very simple thing to say about that you may have something what you don't want, or you want something what you don't have.

So ask yourself that question, and you become your own good therapist, because what you practice you become better at it. If you practice fear you will have more fear. If you practice love, you start with you because the only one you have for a lifetime is you.

All other relationship will end. Dependency breeds depression that's fantastic.

And once more you said you may have something that you don't want? and you may want something that you don't have.

**Daniel Sturman:** I would love to read one more passage, though if that's okay with you. I mean as you can tell. I really enjoyed the book It's marked up every I love it. I love it. It's good to read my book with the workbook is called Early Recollections.

It doesn't have to be chronological.

“I was eight. I was five. I was cross-eyed, and my school were teasing me, but my mother took me to a Jewish hospital in Budapest.

When I was ten years old, and they had surgery without an aesthetics, and I screamed my head off, and people were holding my hands down, and it worked, and it worked, and my life has changed.”

Well absolutely sorry if you don't mind before I read this one other question I know based it when the stories you were telling you had difficulty opening up about what you had gone through and there were some traumatic times in your house, or static times.

Other times when was there one specific instance or was it just internal maturing like when you finally realized you really needed to open up about it, especially with your children?

**Dr. Eger:** Let's say I remember I became very interested and reading about and working with bad wives, and their brain was by their husbands that they would be nothing without him, and she leaves but then she goes back to him anywhere from eight to fifteen times.

So I was lecturing at the University in Texas, and I had maybe over one hundred students, and I asked how many of you heard the Welsh shreds just a few hands ran up that's when I just I did

like to quart yellow that if I'm not going to do it to where, and I owe it to my parents that they didn't die in vain, and so I've been speaking ever since.

Everybody read Germany. My book has been the number one as I think that's the best revenge to Hitler, and so I do everything in my power for prevention, because the white supremacy is really growing and growing and growing in America, and that's back to just discussing and bring it to light as much as possible. Right?

But that's kind of the best way to try and prevent. Yes, I say what I lived. You cannot argue with me because what I tell you is what I experienced. And what I lived before we had was each other then, and all we have is each of them.

**Daniel Sturman:** Now. Well, so I'm going to read this other passage before that I honestly I want to say thank you so much. Thank you for being who you are I'm proud of you I'm proud of you as a human I'm sure your parents are would be incredibly proud, and thanks for everything.

So, I will read this, and then see if you want to add any thoughts on it.

And then open it up to questions.

“Could I have saved my mother? maybe, and I will live for all of the rest of my life with that possibility, and I can castigate myself for having made the wrong choice?”

That is my prerogative or I can accept that the more important choice is not the one I made When I was hungry and terrified when we were surrounded by dogs and guns and uncertainty.

When I was sixteen. it's the one now I make the choice to accept myself as I am human imperfect, and the choice to be responsible for my own happiness to forgive my flaws and reclaim my innocence. To stop asking why I deserve to survive, to function as well as I can, to commit myself, to serve others, to do everything, my power to honor my parents, to see to it, that they did not die in vain. To do my best in my limited capacity so future generations don't experience what I did to be useful to be used up to survive and to thrive selections every moment to make the world a better place. To finally stop running from the past to do everything possible to redeem it and then let it go, can make the choice that all of us can make.

I can't ever change the past but there is a life I can save. It is mine. The one I'm living right now this precious moment.”

You're so good. Thank you for reading with our heart and knowing that this is where it is. The answer is within us, whether we find meaning and suffering.

**Dr Eger:** You know what suffering makes you stronger. it does. Yes, yes, I am stronger. I don't give up so fast and that's why I'm hoping to be used for to the people who unfortunately left that beautiful, beautiful country, and they may not even see their parents anymore.

So people ask me, are you happy? I don't think I know that word. I'm not happy when children are separated from their parents, and you know I'm useful. I do everything I can that people could hopefully reunite.

But right now, I think a couple of million people are wandering Jews, and I know that I know that my ancestors were slaves, and then wandered in the desert with Moses over forty years and they never gave up. So, I carry good blood. I hope you carry that same blood of a survivor, and not to be a victim, and not to neglect yourself.

**Daniel Sturman:** You're a wonderful role, mother, the way you trade their mother, Dr. Eger. You are such a strong and powerful person again. I am so honored.

Thank you for everything you do for individual humans and humanity.

I'm not sure if there's any other questions. But again, thank you. This was really a privilege and I think I'm going to pass it over to Terry.

**Terry Rubin:** Thank you. Thank you for you, and I know that many people may be struggling with unresolved grief and the word to look for this trigger. Something triggers.

So thank you for the work you do. Thank you. What we have is each other. All we had was each other then, and all we have is each of them now.

**Dr. Eger:** By the way, my Jewish beautiful teacher from the Jewish school made it.

She was the first one to get up. She says you have to exercise, even if you start with your feet, and you know she was amazing, really a wonderful role model to us all That's fantastic.

**Terry Rubin:** Yes, well, thank you so much. I'm Terry Rubin and Dr. Eger, and Daniel, Thank you so much. If we were in the room with you right now, you would see us all with a standing ovation for what you have just shared with us.

Our hearts to you in the very biggest way you, your incredible conversation, and your pearls of wisdom just unmatched.

And I have copious notes here. take with all of everything that you have said, and Daniel, thank you so much for questions, and your readings were just so special to us today.

We appreciate you, Dr. Eger, from the bottom of our hearts.

Thank you from everybody. a lotus network on behalf of all of us. Thank you so much. I thank you for just keep on keeping on, and someday we're going to hug each other.

I hope. Yes, I would love that so much, and from afar here it is. Thank you.

I have a few reminders for the lotus network community to not forget.

Our next program is called Let's Talk About It. This is an hour-long session, where we take it closer and deeper look into the Timely Topics presentation. We are excited to be able to keep this coming and to continue to discuss It's never too late to embrace the possible. This will be on Wednesday, April the twelfth, and it will be at noon MT.

Feel free to bring your questions, and it gives you a second chance to dig deep into this topic, and we you can share your thoughts, and you can see it in the chat on how to register for this.

Many of you know you already know this, that lotus network is all about finding purpose and building meaningful connections for yourself and with others fulfilling our mission, really matters to us. The lotus network board of directors wants to make each participant that's all of you feel appreciated and connected. So we'd love your feedback on today's talk and are very open to any suggestions for future Timely Topics.

Just be your most authentic self. So, thank you. All this was incredible. I know that we all feel this way. It's a thank you so much for joining us today.

Stay safe and please stay in touch. Thank you all, very, very much.