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# Secret 9 – Eat Breakfast with Jack

You need trusted companions on this journey of yours. The very word companion summons great imaginings of true friends. And the word can be broken up – “com” meaning with. “Pan” meaning bread. Break some bread with true friends.

Jack and I have been having breakfast most Thursdays for 14 years.

Morris and I meet weekly for the last 14 years or so.

I enjoy breakfast with Dick every three weeks or so depending on his extensive travels.

**A single conversation across a table with a wise man is worth a month's study of books. -- Chinese proverb**

Do have a great relationship with your spouse. But you need friends too, especially, same gender friends. The spouse role differs from the best friend role. Don't confuse them. It's a different job.

A walk and talk is especially suited for men. I walk and talk with my male friends. I find it works well when meeting with my female friends, too.

I can't speak for women on the matter. I know many who walk and talk together. Play with it. Find out what works best for you.

If you're an extrovert, you may want to meet in a group. If you're like me, an introvert, you like your friends one at a time.

Mastermind groups are great for some. Because of my introversion, I like masterminding in a sequence of people one at a time. I am able to have the same benefits as a mastermind group in this kind of sequential conversation.

My conversation continues from one person to the next. I get to test ideas. I get to make promises and to be held accountable. It's good stuff.

## **Get Mentored**

Friends form one resource, but you may also want to be mentored. I do.

I get mentored by a couple of gifted healers. I see them each once a month.

My newsletter that you'll automatically receive because you got this book serves as one way to be mentored. The newsletters address being whole in one way or the other. They support you.

If you unsubscribed and want to try again, go here to get my newsletter and **The Eight fundamental Secrets to Living Well.**

<http://www.bodyandsoulmentor.net/get8secrets.html>

Naturally, my website, [www.BodyAndSoulMentor.com](http://www.BodyAndSoulMentor.com) provides other good mentoring tools. Take the free tour to find all the FREE goodies.

I also have a few openings for private mentoring by phone or in person at my Seattle office. Email me at [William@BodyAndSoulMentor.com](mailto:William@BodyAndSoulMentor.com) or call 206.328.2073.

You may want to find mentors in your specific field. Shop around and choose wisely. You want to feel safe, nurtured, and appropriately challenged.

## **Now That You've Tasted the Wares...**

You can get the fully guaranteed Life Giving Manual by going

**Here => [www.bodyandsoulmentor.net/wholesome2options.html](http://www.bodyandsoulmentor.net/wholesome2options.html)**

Further Questions? [William@BodyAndSoulMentor.com](mailto:William@BodyAndSoulMentor.com)  
or **206.328.2073**.

Blessings on your journey,

William