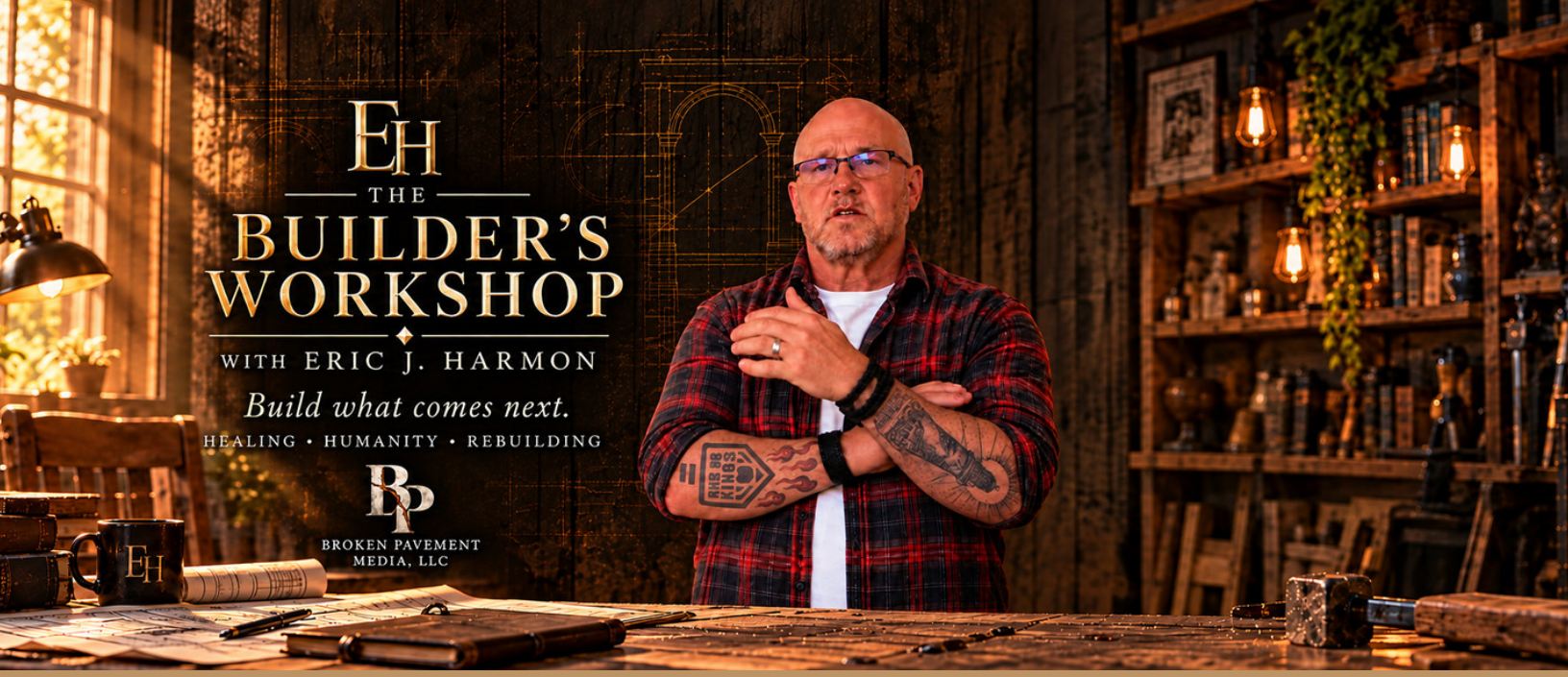



MEDIA KIT / OCTOBER 2026

# ERIC J. HARMON

AUTHOR • SPEAKER • DOCUMENTARY CREATOR • PODCAST HOST

## Stories for the work of rebuilding a life.

Eric J. Harmon is the creator and host of The Builder's Workshop. His writing, films, and podcast draw on a career in home design, design engineering, and executive leadership, and on a life changed by illness, addiction, homelessness, grief, and starting again.

The work brings personal experience into conversation with psychology, recovery traditions, philosophy, and faith. Its continuing questions concern worth, responsibility, belonging, and the lives people learn to inhabit after loss.

PERSONAL HEALING / GRIEF / SHARED HUMANITY

# The stories that open the door.

Cinematic stories about the lives people carry and the work of living more honestly. Select an image or watch label to open a film.




FEATURED CONVERSATION

## The Things We Don’t Get Back

Beginning with his mother’s death, Eric explores grief for people, relationships, roles, abilities, and imagined futures. The film asks how a meaningful life can hold joy alongside what remains missing.

**33:13 | WATCH THE FILM**

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### THE ARCHITECTURE OF SCARS

A life built around being capable begins to reveal its costs. The series moves through perfection, grief, shame, and rebuilding with greater honesty.

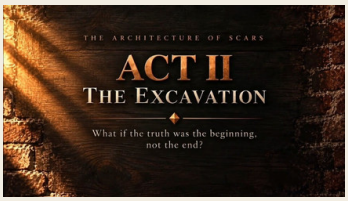
**ALL FOUR ACTS | BROWSE SERIES PLAYLISTS**




### Act I: The Myth of Perfect

The capable person everyone relies on begins to lose sight of his own needs. A film about achievement, appearances, and the cost of making usefulness the measure of worth.

**10:54 | WATCH**




### Act II: The Excavation

A mother’s death opens a conversation about grief, hidden pain, and the ways adaptation becomes identity. Making room for what happened begins changing what can happen next.

**13:21 | WATCH**




### Act III: The Rebuilding

A message received on a shelter cot reconnects Eric with a self that existed before the résumé. The chapter considers responsibility, shame, and an identity large enough to include the past.

**17:17 | WATCH**




### Act IV: The Integration

The closing act turns reflection into daily practice. Drawing on James Clear, Stephen Covey, and Viktor Frankl, Eric explores being known beyond usefulness and building a meaningful life from what remains.

**7:39 | WATCH**

# The Weight of Shared Humanity

A four-part inquiry into shame, responsibility, relationship, and compassion, followed by two films that establish the channel’s larger questions.




## The Brain’s Addiction

An internal courtroom becomes a way to examine repeated thoughts, regret, and identity. The opening chapter asks what changes when accountability no longer requires a life sentence of shame.

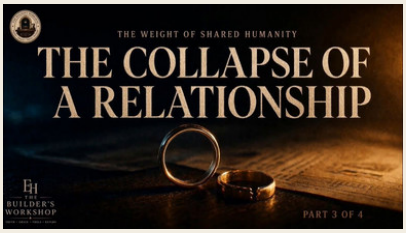
CHAPTER 1 OF 4 | 5:07 | WATCH




## The Hidden Cost of Shame

The distinction between regretting a choice and condemning a whole person. Eric examines hiding, isolation, and the fear of being seen with greater accuracy.

CHAPTER 2 OF 4 | 3:58 | WATCH




## The Collapse of a Relationship

A marriage’s ending becomes a difficult inquiry into the whole story. The film makes room for personal responsibility, each person’s humanity, and the limits of a single verdict.

CHAPTER 3 OF 4 | 4:44 | WATCH




## The Great Debate Inside Recovery

Recovery wisdom, mindfulness, The Four Agreements, and radical acceptance meet at the same workbench. Eric considers responsibility alongside compassion.

CHAPTER 4 OF 4 | 14:22 | WATCH




## The Blueprint We Never Knew We Were Following

An introduction to the ideas behind The Builder’s Workshop: the assumptions through which people hear advice, interpret experience, and decide what a life is allowed to become.

FILM | 8:21 | WATCH




## The Three Chains We Carry

Addiction, trauma, and shame provide the central image for an early film about loss and rebuilding. Personal experience meets the questions that would grow into The Builder’s Workshop.

FILM | 3:07 | WATCH

FIVE-PART DOCUMENTARY SERIES

# When Hiding Becomes a Life

From protecting an image to making room for a person. The series follows the habits, stories, and emotional climates that make hiding feel necessary.




## The Hidden Door

The opening chapter follows the cost of keeping pain out of sight. Addiction, disability, fear, and shame become part of a personal inquiry into the possibility of being known.

CHAPTER 1 OF 5 | 5:39 | WATCH




## Little by Little

A search for explanations about other people becomes an encounter with the self. Eric examines how shame shapes choices and how more honest questions can open a different conversation.

CHAPTER 2 OF 5 | 3:34 | WATCH




## The Weather Inside a Home

The emotional climate people learn to read before they have language for it. A reflection on adaptation, family patterns, and the ways yesterday’s weather can shape today’s relationships.

CHAPTER 3 OF 5 | 6:22 | WATCH




## The Lie That Made Sense

The stories that once helped a person survive can begin limiting the life that follows. This chapter examines shame, protective explanations, and the courage to question a familiar account.

CHAPTER 4 OF 5 | 9:36 | WATCH




## Coming Home

The five-part series closes with honesty, belonging, and a changed understanding of home. Eric considers what becomes possible when a person no longer has to keep performing an acceptable self.

CHAPTER 5 OF 5 | 13:26 | WATCH



## Shame Cost Me Everything… Or So I Thought

An early statement of the channel’s central concern: the difference between owning what happened and allowing it to decide a person’s entire worth.

EARLY SHORT FILM | 1:35 | WATCH

# A place to begin.

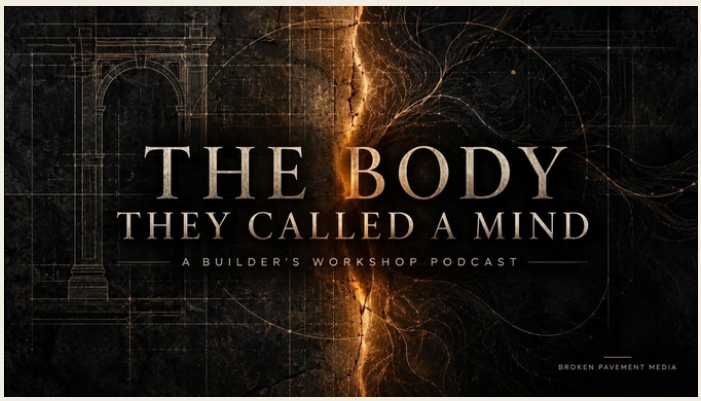
Shorter entry points into the work: being believed, making sense of the past, and the invitation behind The Builder’s Workshop.




## Start Here: You Don’t Have to Rebuild Alone

Eric’s new introduction connects homebuilding, facing trauma, and life after loss with the invitation behind The Builder’s Workshop.

**NEW INTRODUCTION | 1:56 | WATCH**




## The Body They Called a Mind

A personal reflection on unexplained symptoms, invisible disability, and what it means to be heard when an explanation has arrived before the person has been understood.

**PERSONAL REFLECTION | 4:51 | WATCH**




## Reflecting or Ruminating?

The difference between learning from the past and replaying it. Three questions give the conversation direction: What happened? What did I learn? What’s the next step?

**PERSONAL REFLECTION | 2:43 | WATCH**




## Welcome to The Builder’s Workshop

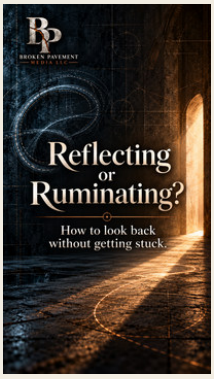
The original channel introduction opens the door to stories about starting again, asking for help, and learning to build a more honest life.

**ORIGINAL INTRODUCTION | 1:39 | WATCH**

SHORT-FORM VIDEO

# Small openings. Larger conversations.

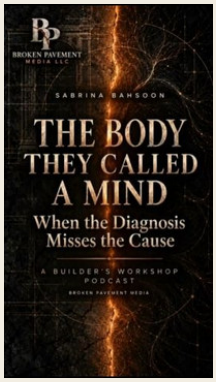
Short reflections and excerpts open larger conversations. Full films and video podcasts are available through the channel.




## Thinking About It or Working Through It?

A short excerpt from Reflecting or Ruminating? about the familiar loop of repeated thoughts and the question of whether looking back is helping anything move.

**1:14 | WATCH SHORT**




## When a Diagnosis Misses the Cause

An excerpt from The Body They Called a Mind. Sabrina Bahsoon's story opens a conversation about symptoms, assumptions, and the experience of being heard.

**0:56 | WATCH SHORT**




## The Agreements We Never Knew We Made

An excerpt from The Architecture of Scars about inherited expectations, acceptable identities, and the beliefs that can stop feeling like choices.

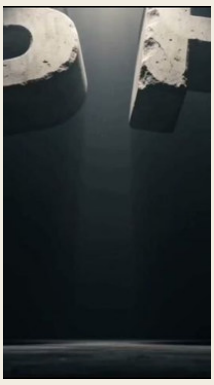
**3:00 | WATCH SHORT**




## September 18 Preview

An early visual preview from The Builder's Workshop catalog. A brief entry into the channel's cinematic language of fracture, light, and rebuilding.

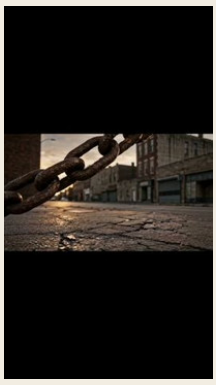
**0:33 | WATCH SHORT**



## September 16 Preview

An early visual preview from The Builder's Workshop catalog, using a brief cinematic image to introduce the larger conversation about what people carry.

**0:31 | WATCH SHORT**



## When Shame Becomes the Heaviest Burden

An early short about guilt, shame, secrecy, and the difficult work of letting a person's past inform the story without defining the whole person.

**1:08 | WATCH SHORT**

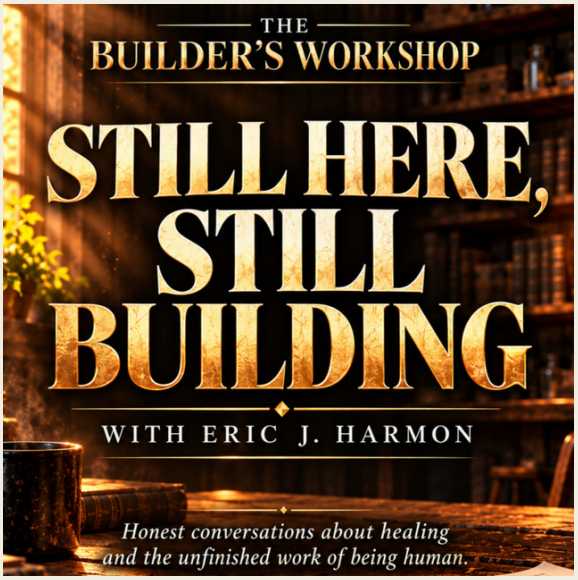
**EXPLORE FILMS, VIDEO PODCASTS & SHORTS AT @EHBUILDERSWORKSHOP**

PODCAST

# Still Here, Still Building

## with Eric J. Harmon

A video and audio podcast from The Builder’s Workshop




### ABOUT THE SHOW

Eric J. Harmon is an author and former home designer, design engineer, and executive. His podcast brings lived experience, reflection, the teachers who have shaped his thinking, and dry humor to conversations about trauma, grief, addiction, relationships, and rebuilding after loss.

The show explores how we face pain, take responsibility, and find meaning as life changes. Healing may leave some losses unresolved; there is still room to build a life worth inhabiting.

**SPOTIFY | WATCH OR LISTEN**
Video interviews and audio

**YOUTUBE | VIDEO PODCASTS**
Still Here, Still Building playlist

**AMAZON MUSIC | LISTEN**
Still Here, Still Building

**APPLE PODCASTS** Audio edition coming soon

FEATURED EPISODE




## The Things We Don’t Get Back

Healing When Restoration Isn’t Possible

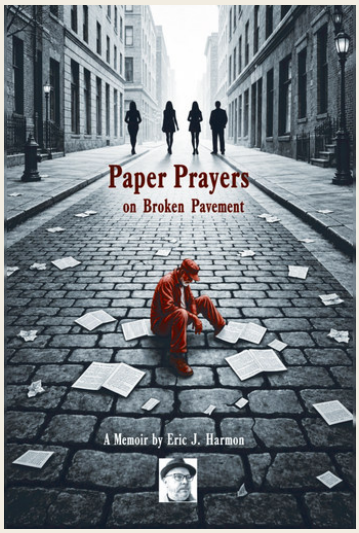
An episode about the grief that can remain as life improves: relationships still apart, futures that never arrived, and versions of ourselves we are learning to release. Eric considers losses without a funeral and the possibility of meaning alongside sorrow.

**33 Minutes | Watch on YouTube**

Select the artwork or platform labels to watch or listen.

# Books for an unfinished life.

Memoir, personal development, and connected essays explore different parts of the same human questions.

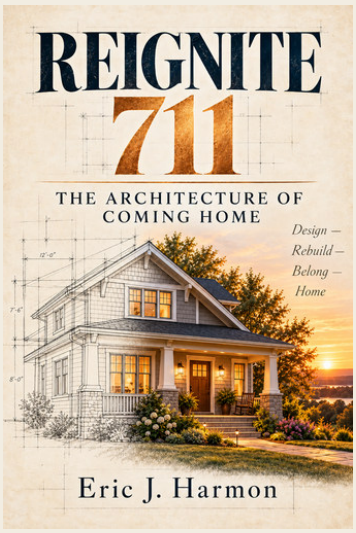



MEMOIR

## Paper Prayers on Broken Pavement

**Completed manuscript**

After years designing homes and leading a company, Eric Harmon enters a Saint Paul shelter with a walker, his dog, and a box of journals. Their pages lead through family, ambition, addiction, illness, and the confusion of usefulness with worth. New love and housing bring joy alongside continuing loss in a memoir about responsibility, belonging, and learning to accept help.



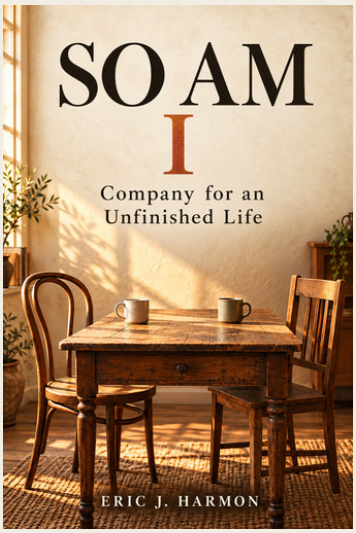

PERSONAL DEVELOPMENT

## Reignite 711

The Architecture of Coming Home

**Full working manuscript**

How can a person rebuild without recreating the conditions that made life difficult to inhabit? Seven Doors and eleven Possibilities help readers examine worth, responsibility, bodily limits, choices, and belonging. Lived experience, psychology, recovery traditions, philosophy, and faith shape an inquiry into making a changed life feel like home.




CONNECTED ESSAYS

## So Am I

Working cover concept

**In development**

A developing collection of connected essays about the parts of life people hide while trying to remain capable, acceptable, or easy to love. Ordinary encounters, unresolved grief, limitation, faith, and belonging shape an exploration of being known while life remains unfinished. At its center is the encounter between writer and reader: one person taking a place beside another.

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Seeking literary representation and traditional publication for Paper Prayers on Broken Pavement and Reignite 711. So Am I is a future project in development. All cover artwork shown is conceptual.

SPEAKING / INTERVIEWS / CREATIVE COLLABORATIONS

# Bring the conversation into your room.

Eric is available for speaking engagements, podcast interviews, moderated conversations, and documentary collaborations on personal healing and life after loss.

**01** **Healing when restoration is incomplete**

Grieving people, relationships, roles, and futures while participating in the life that remains.

**02** **Worth beyond usefulness**

Identity, leadership, capability, and the cost of being the person who can always handle things.

**03** **Compassion with accountability**

Owning harm, accepting consequences, and preserving room for a person to keep growing.

**04** **Disability and being believed**

Personal experience of invisible illness, uncertainty, and the need to hear the person behind the explanation.

**05** **Faith, doubt, and shared humanity**

The questions people carry when familiar answers no longer explain the life they are living.

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**BOOKING & LITERARY INQUIRIES**

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Saint Paul, Minnesota

youtube.com/@ehbuildersworkshop

**WATCH THE WORK**

**SPOTIFY | WATCH OR LISTEN**

**YOUTUBE | VIDEO PODCASTS**

**APPLE PODCASTS | COMING SOON**

**DOCUMENTARY PLAYLISTS**

**AMAZON MUSIC | LISTEN**