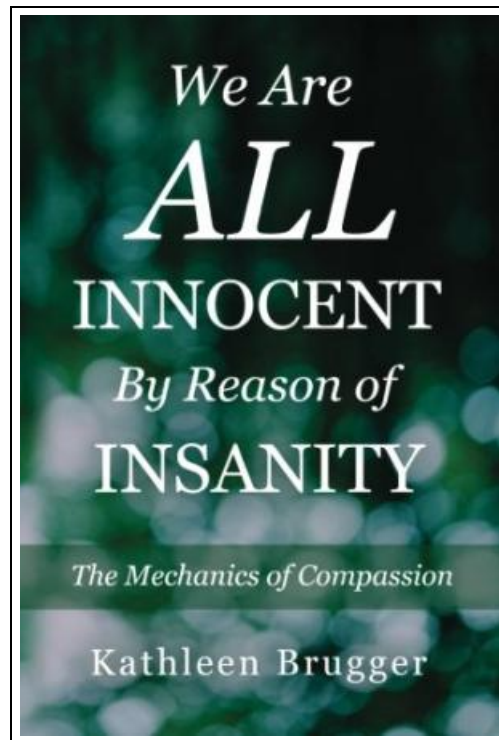


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Aeogia Press, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.We all star in our own personal reality-movie that plays constantly on an inner screen of awareness. We confuse this subjective melodrama with objective reality, which means we are deluded about what is real. We are ALL Innocent by Reason of Insanity defines insanity as: confusing our mind-generated reality with actual reality. In practical terms, this translates as confusing subjective opinion with objective fact. For example: I made a mistake is an objective fact. I made a mistake because I m a loser is a subjective opinion. When I think and act as if the subjective opinion is an objective fact I m confused about what is real. It is this confusion of fantasy with fact that makes me insane. What better explanation for dysfunctional human behavior than universal insanity? What better way to explain why loneliness, fear, and hatred are so familiar and love so rare? Why so many people need to use alcohol and drugs just to get through another day? Why half of all marriages end in divorce? Free will is revealed to be just another one of our delusions. We are driven by subconscious psychological forces over which we have no control. This is good news! This means the end of blame, shame, and arrogance. The recognition of universal insanity is the key to compassion: we re not right in our minds. By understanding that all hurtful behavior-from gossip to mass murder-proceeds from insane thinking, we can experience compassion for ourselves and everyone else. The book includes references to recent scientific and psychological research that demonstrates how out of touch with reality we really are. Other references range from Zen stories to the...

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