



You Can't Trust Your own mind

David French

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Did you know our mind lies to us, on a regular basis, causing us to create belief systems and view things as not safe? Dr. David French explains the human psyche in simple terms, showing us how the automatic nature of the mind, as he calls it "The Machine", is formed and programmed from our childhood experiences. This programming triggers our mind to have negative thoughts about other people or events in our life. Compiling over thirty years of triggers and coping mechanisms of thousands of patients will give the reader a new adventure into self-awareness. Dr. French uses metaphors and everyday language to show us how the two parts of an individual work: the authentic or real self and the automatic {machine} defensive part of us. The mind has only one mission-to protect our most valuable jewel, our authentic self. The average person's machine is on 95% of the time, surviving life, rather than living it. The book brings the reader into an adventure of self-discovery and self-awareness. The reader will really understand what they have done to themselves in order to survive. They will be made aware of how their mind lies to them and how they have covered up themselves with protection. The protection of their mind becomes what they trust and who they know themselves to be. This book challenges what we have become and shows us how to return to who we once were.



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