



We Are All Innocent by Reason of Insanity: The Mechanics of Compassion (Paperback)

By Kathleen Brugger

Aeolia 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...



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