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Book Review 22 Liberation From the Lie: Cutting the Roots of Fear Once and for All

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Available at: https://works.bepress.com/william.mcpeck/28/

The Uniqueness of Me, April 6, 2009, Rating: 4 Stars

Having read some of my other reviews, the author contacted me and asked me to review this book. I found the book to be both interesting and challenging. Interesting in theory and concept and challenging in how to apply and make sense of it all. At times I felt like I was back in my college philosophy class, chasing my tail and never catching it. I can only imagine how challenging it was for the author to write the book.

If you read this book, be prepared to be exposed to psychological, sociological, anthropological, philosophical and theological concepts as they relate to the development of the human psyche. For me, one of the more interesting concepts was the author’s linking the nature of the human psyche to the evolution of human culture. This was a new concept for me.

The book is built around the premise that when we are born, we are born with a unique, authentic being with our own life force or “original core.” Unfortunately, to one degree or another, we all experience separation and invalidation from our parents and other significant persons in our life resulting in what the author calls “The Wound.” Our wound becomes the source of “our greatest fears and self doubt, even self contempt.” The author posits that our personality develops in a way that shields us from experiencing the pain of our wound. The author calls our personality our fear selves because it is built around protecting us from our greatest fears. This means that how you see yourself or how you see others is based on these false fear selves and is not a true representation of our core or authentic self.

Liberation From the Lie delves into great detail about The Wound, the various types of fear selves and their relationship to our authentic core or original life force. Fortunately for us, both The Wound and the fear selves we have adopted are porous enough so that our stronger original authentic core or life force can be observed at times and as a result, more fully uncovered.

The Liberation From the Lie presents the framework for embarking on a personal journey. The journey is one of self learning and discovery, rather than self help. In fact, the author states that employing self help techniques results not in self discovery, but in further refining or making our fear selves more sophisticated. To assist you on your personal journey of self discovery, the author has incorporated into the text, exercises for the reader to complete, thereby adding to the value of the text.

If you are looking for a prescriptive self help solution to your psychic pain, this is not the book for you. Reading this book will not be quick and it will require your full attention. You will need to think about and personally explore what the content means to you. If you truly contemplate what you have read, you will increase your understanding which
aids your self development. While this book requires you to think, I believe you will be the better person for it.