



# Liberation Psychology: Technologies of Mind Management and Self Actualization

*Denis Carville*

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## **Liberation Psychology: Technologies of Mind Management and Self Actualization** Denis Carville

Liberation Psychology – Technologies of Mind Management & Self-Actualization What is our purpose in life? Why do we think and act the way we do? How do we develop from being a child with no knowledge and no skills to being a fully formed person of character and achievement? Are there technologies of mind, of human actualization? Liberation Psychology constructs informed answers to these questions, and more. One of the foremost purposes of life for a human being is to bring the stupendous potentials latent within us into full flower. If we are to succeed at this we must learn to manage our native minds. The Automatic-Reactive Mind, however, is a big horse, and the emerging Self a small rider. As riders, we face a simple choice. We will either learn how to ride, or we will be dragged wherever that horse is spooked into going. There is no third option. This book is intended as a riding manual of sorts. Tools you will find here include the Automatic-Reactive Mind and the Rational-Adaptive Mind, Operating Sets, the Law of Reflexive Effect, the COMODO triangle, a Growth Compass, a 3-part question that can free you from unpleasant and useless mindsets, the several Event Horizons of the mind and an ethics of attention. Along the way you will encounter the Cookie Monster Caper, apt cartoons, poems wry and feelingful, rich metaphor and sharp, funny repartee between Reader and Author, all offered in the sincere belief that you will find here ideas your mind will use.

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