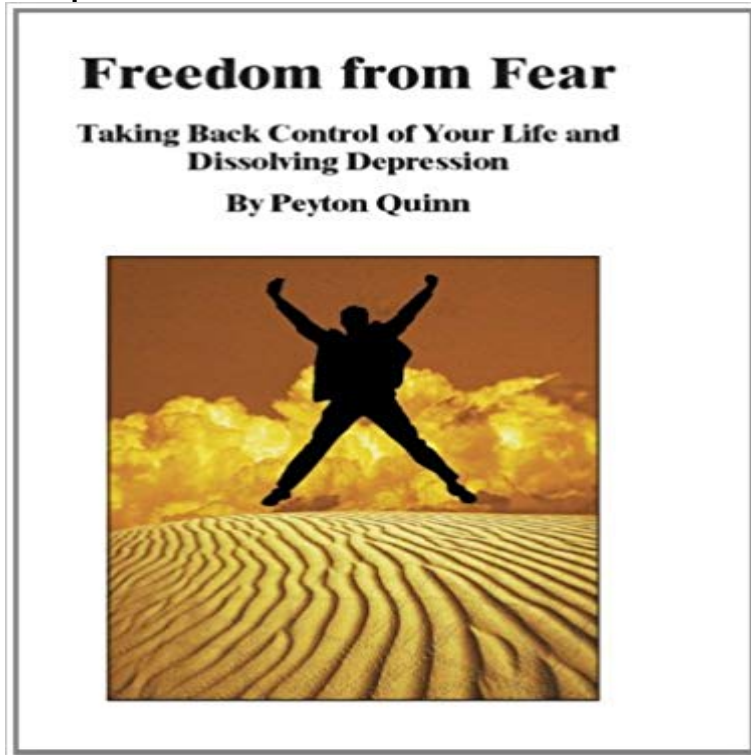


Freedom From Fear: Taking Back Control of Your Life & Dissolving Depression



Reviewer: Bryce Carter, Ph.D. (San Francisco, CA. United States) In the interest of full disclosure I must admit I am a recent graduate of Mr. Quinn's RMCAT program in Colorado; which I also highly recommend. I am also a clinical psychologist and psychotherapist and I have to say that this is a very good book. It is very readable and full of interesting examples, anecdotes, and a very fresh perspective on the problem of depression and fear in day-to-day life. All of Mr. Quinn's principles and strategies for dealing with life's difficulties are very psychologically sound and even robust. His fundamental idea is that many people become detached from their survival instincts through the process of socialization, difficult life experiences, and/or biochemical processes. This makes certain folks vulnerable to depression & fear. We try to deny this, but if we take a clear look at ourselves we find we are turning away from certain challenges, relationships, or engaging in life in the manner we know we should or could. Mr. Quinn offers an approach that is direct, practical, founded in good science & common sense, and grounded in compassion to meet these serious life difficulties. I hope his work can reach a wider audience.

Reviewer: JoeTN This is a very insightful and very practical book and yet it gets into the very core of what truly motivates people, both predators and victims. The tactics and insights that Peyton gives for dealing with people more productively, especially the predators among us, apply to the business world as well as to any other human relationship. Peyton shows how we have separated ourselves from an important part of our very being through our personal socialization. Yet, you can't read this book without seeing that Peyton is not just a very intelligent and observant individual, but also a very empathetic person as well.

Some of the examples he gives made me think, That is exactly what Happened to me, thats the reactive mind trap that I was caught in, so why didnt I see it at the time? The book is worth every penny and more. This guy has lead quite an Extraordinary life and he provides us with the lessons he has learned from that extraordinary experience, and in a very clear and an easily digestible way. It is practical hand book that once you read and think on a bit, then you can start applying these ideas to almost every aspect of your life that involves people. Most of all perhaps, the book gives you the tools to maintain a positive, personal self-image when ones day to day dramas and employment can otherwise often drag you down mentally. It is also a fun read, the guy has quite a twisted sense of humor sometimes. I have never read anything like this book before, he truly lays it out and puts it all together as far as how to deal more effectively with difficult and even aggressive people. If you are looking for more Pop Psychology then just look elsewhere. This guy takes no prisoners he tells it like it really is and yet the whole tone is very positive one too. It makes you think but it is a fun read too. Peyton shows clearly that a bully is a bully and a predator is a predator and they can be found in a bar or in the highest levels of the corporate world too. This guy has worked both sides of those streets and knows where of he speaks. Buy it! He shows you how to avoid being selected as a suitable victim by predator types of all stripes and how to spot them from square one!.

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