

# Mental Health is real. Mental Illness is a myth.

Mental Health ... is real. Mental Illness ... is a myth.

Mental Health [ala Branden](#) is real. Mental Illness [ala Szasz](#) is a myth.

## Mental Health ala Branden is real. Mental Illness ala Szasz is a myth.

Gary Dean Deering < [gary@PsychHHologyEngineering.com](mailto:gary@PsychHHologyEngineering.com) > [pdf](#)

**Hello ,**

Welcome to my continuing stuff.

My stuff can be your stuff if you want it to be.

Why you should want my stuff to be your stuff is all about you taking back control over your own life.

### Take Back Control



### Drive Yourself to New Destinations

By taking back control I mean take control over your own psychological growth and development and complete your journey to authentic happiness and fulfilment in this life while you actually live and breathe.

Without happiness and fulfillment being our goal line/goal post there can be no game called: *Human Flourishing*—that is, *human surviving **AND** thriving*.

Taking control means taking control over nature's developmental process, the one identified in *Biocentric Psychology* by its founder, Dr. Nathaniel Branden.

This process, this track, is what he identified and labeled: going *from programmed - to - volitional self regulation*.

*Staying* on nature's track is Mental Health, whereas getting off it can lead to real mental illness.

Real mental illness, not the mythical kind as same has been identified by Dr. Thomas Szasz the psychiatrist from the last century who wrote the book on it: *The Myth of Mental Illness*.

You need to read this book. Go [here](#), get it read it.

Or at minimum read for free on amazon the opening pages offered therein to get a sense (glimmer) of what Dr. Szasz is talking about. (Especially the Preface: Fifty Years After *The Myth of Mental Illness*.)

He's talking about two fundamental things: value-conflicts among people and the importance of correct definitions for your concepts. Value conflicts:

I *value* worshipping reason, religionists *value* worshipping faith,

I *value* NOT getting drunk as ways 'n means to "dealing" with my psychological problems but you perhaps *value* taking psychotropic drugs for dealing with yours,

are NOT opportunities for each of us to declare the other mentally "diseased" (mentally ill) because of the "values" we each hold. Value conflicts are value conflicts, what our respective "values" can and do lead to is up to us AND OUR **VOLITIONAL** CHOICES. If a *Value* of ours is leading us down the wrong path we MAKE the choice to change the value. Then we change it.

For Szasz's other concern—definitions--we turn to Ayn Rand who teaches us the importance of definitions:

The truth or falsehood of all of man's conclusions, inferences, thought and knowledge rests on the truth or falsehood of his definitions.

Rand, Ayn. Introduction to Objectivist Epistemology: Expanded Second Edition (p. 49). Penguin Publishing Group. Kindle Edition.

And Dr. Thomas Szasz shows us how gargantuan an understatement this Ayn Rand teaching is. Again see his famous book, *The Myth of Mental Illness* to see how the concept of "disease" from its anchor point in the physical realm has been corrupted and used in the psychological realm to serve the "needs" of **Social Engineers**—please notice: NOT PsychHology Engineers but **Social Engineers**--in the guise of psychiatrists and other BM's (Bureaucratic Mentalities) desirous of getting and holding onto and keeping and using Political power to destroy autonomous man—that is, INDIVIDUAL *Selfish'ism* men and women.

That is, you and me.

This Szasz book can also help you understand why I developed *PsychHology Engineering* for myself as an antidote to Social Engineering and am now desirous of sharing this brand-new field of "self-study" with you.

You have to learn how to distinguish between "value-conflicts" and "mental illness" and "mental illness" and "psychological problems".

For help with this see your FREE copy of my *Selfish'ism* book—especially the *Nomenclature* and *Glossary* sections to start learning the importance of precisely defining all your key psychological concepts.

See Ayn Rand's *Philosophy of Objectivism* for how to properly define concepts.

Then work to properly define all your key psychological ones.

Our human development--from birth-to-the-leading edge of adulthood--in both the physical and the psychological realm is programmed into us by nature.

Roughly speaking, nature takes care of us up to our 20<sup>th</sup> birthday (give or take).

*Hereafter* we have to take over the reins and *voluntarily* steer our path to complete our psychological growth and development to full adulthood.

Full adulthood is living in a life of authentic happiness and fulfillment that we have created for ourselves.

As suggested, this is the true “*Hereafter*”.

That nonexistent existential “Heaven” we hear so much about--qua a *hereafter*--is the false god of the ancients (ironic isn't it).

Real Heaven is heaven on earth is you achieving and living in a life of authentic happiness and fulfillment in the here and now while you actually live and breathe.

Most people do not believe in this *real* heaven--this ***real*** *heaven on earth*.

But, as our first FREE (ABC) book says, don't be most people: most people believe in life after death which to repeat is simply a fantasy—don't succumb.

Rather than succumb, take back control over your own psychological development. If you are a person who is not *authentically* happy then step one is to take back this control.

I of course am convinced that my stuff can help you out a lot in this task.

But also of course, at the end of the day, you are the only one who *can* do it—no one is going to take responsibility for you to challenge all the lcd pressures in our current day American and other Western Civilization Cultures and rise above them to *succeed* in this life (be happy *AND* fulfilled) while you actually live and breathe.

Rate yourself on a 1 to 10 scale for your so-far-achieved *authentic* happiness (with 10 the highest and 1 the lowest measure of your certainty: e.g., 1 = “I think I'm happy but not really for sure about this.”, 10 = I am authentically happy and I am absolutely sure—that is, I know what I know and I see what I see: Yes, I am happy and I know it.”).

If not then not.

Until my next email.

**Mentally note your number and say it *out loud* to yourself right now *before* you read on.**

If your honest self-rating here is significantly less than 10—you **are** *miserable* and you **know** it--and you are significantly older than 20 then you could be in danger of exiting the value-conflict zone of “mental illness” of Szasz's “mental illness” and eventually entering the Branden Real Mental illness domain: total or near total *loss* of *volitional*

control over yourself and your life. To avoid this fate, you simply have to work harder—read more, think for yourself more, sign yourself up for psychotherapy perhaps and then, think some more, read some more.

Repeat.

Between now and my next email DO SOMETHING in ***action*** to start taking back control over your own psychological growth and development to authentic happiness and fulfillment in the here and now.

**Know Thyself. You can't actualize the unknown.**

---

**Gary Dean Deering, Raise Books, LLC/PsycHHology Engineering**

300 Civic Heights Dr, PO Box 174, Circle Pines  
MN [55014-1793](#) United States

You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)