

Synopsis Manuscript Patrick De Vleeschauwer

1. *Title*

A Manual to Heal Our Broken Minds

7 Lessons in Psychological Power

2. *Back Cover*

Imagine participating in an expedition with the most memorable leaders, artists, healers and scientists who ever walked this planet: an exploration to the deep source of our mind's fragility. Along the way, we also discover the roots of our timeless psychological power. We search for the path of the possibility to live an inspiring life that is worth living enthusiastically - together.

The pandemic, which hit many exceptionally hard, was immediately followed by an unprecedented geopolitical crisis with accompanying humanitarian, environmental and energy crises. We live in a time of remarkably severe emotional challenges for our sensitive minds.

This expedition describes how we can learn to discover and strengthen the potential powers of our own minds; and in addition, it offers an ethical and aesthetic perspective on an emotionally liveable future.

This book is a guide to using our fragile minds; deeply rooted in the latest sciences; including seven experiential exercises to take control of your life from your psychological power. It is a guide for all people seeking a creative solution to cope with this particularly challenging world.

3. *Target Group*

For anyone who feels the need more than ever to learn to discover and develop our natural psychological power: the creative, solution-oriented power of our own mind. For anyone who wants to live mentally healthy, meaningful, and creative lives within the complex pressures of this century's current world problems: for health care providers, those in the mental wellness field, complementary medicine, the body/mind world, the world of mindfulness, meditation, and yoga; but equally for psychologists, psychiatric counsellors, teachers, politicians, and all leaders who want to see a new, fresh perspective on the potential of the human mind.

4. Strong Points

This manuscript offers a new vision of our minds - deeply rooted in our lives. It is based on many years of study and research of the latest insights of neuroscientists like Antonio Damasio, Richard Davidson and Anil Seth; biologists like Robert Lanza and Francisco Varela; emotion researchers like Barbara Fredrickson and Lisa Feldman Barrett; contemplative experts like Alan Wallace and Evan Thompson; and not least the deep insights of Carlo Rovelli.

In an accessible narrative format, the paper brings the most ground-breaking experts in the outside perspective into dialogue with trained experts in the inside perspective. The reader is given a clear path, including exercises to learn to see the deep vulnerability of one's own mind itself, while learning to experience the power and beauty of our full mind capabilities.

The work is built around the narrative structure of a historical event: the three-week walk Mahatma Gandhi undertook to free India non-violently from its colonizers. He made a 400-kilometer trek, leaving with 78 and arriving at the ocean with thousands.

I imagine the same walk, but with the most legendary leaders, artists and scientists who ever inhabited this planet. Next to Gandhi walk Lao Zi, Rumi and Einstein (among many others). This walk becomes a capstone for timeless dialogues and stories with insights about our minds: a manual to heal our broken minds.

During this walk, we will search for the roots and blockages of the inner power of humanity. The uniqueness of this book is that it provides the reader with a concrete method to take charge of life and change it from one's own psychological power (and not from medication).

5. About Me

I worked for 25 years as a psychologist with the most vulnerable and broken people in the world of psychiatric disorders, congenital and non-congenital intellectual disabilities and internees. I was able to get to know the sensitive and very fragile mind very thoroughly and from very close.

In addition, I travelled the world for 25 years giving lectures and workshops on self-actualization and emotional intelligence. I could get to know the learning mind in search of its highest potentials thoroughly, during many dialogues.

6. Contents

Foreword: Psychological Power Is So Much More Than We Think

The Timeless Expedition: Oh Human, Who Are You?

1. First Lesson: Looking at Our Inner Struggle

First Exercise in Psychological Power

2. Second Lesson: The Creation of Curiosity

Second Exercise in Psychological Power

3. Third Lesson: The Deep Roots of Our Vulnerability

Third Exercise in Psychological Power

4. Fourth Lesson: Can We Reinvent Our Thinking?

Fourth Exercise in Psychological Power

5. Fifth Lesson: The Discovery of the Great Feeling

Fifth Exercise in Psychological Power

6. Sixth Lesson: The Beauty of the New Human

Sixth Exercise in Psychological Power

7. Seventh Lesson: Touching the Timeless Mental Power

Seventh Exercise in Psychological Power

7. Publications

In 2009, I published *The Ultimate Challenge* with Ankh-Hermes in Deventer, Netherlands. The book was awarded the Belgian Coaches Prize.

In 2021, I published *Entering Our Highest Possibility, How to Be Human in the 21st Century*, by Austin Macauley in London/New York. At the first international book fair in London, after lockdowns in April 2022, several interested parties popped up for translations (still in development).

Since 2021, I have been authoring monthly articles for *Psychology Today* in New York on emotions, consciousness, and psychological power.

8. *Desired Design*

Together with Wampe De Veer of Blackbird Literary Agency, we will offer this book in translations to the world market. Our goal is to offer a quality hardback and a cheaper paperback format. The book contains about twenty diagrams that can be given an aesthetic design. I would like to see the book as a kind of "manual for the vulnerable mind - in narrative form. (Many ideas for a cover are at hand.)

9. *Websites and e-mails*

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