



How to Be Free

by Joe Blow

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*Joe Blow , Aussiescribbler*

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## **How to be Free** Joe Blow , Aussiescribbler

How can we free ourselves from mental suffering? How can we unlock what the poet William Blake referred to as “the mind-forged manacles” - those unhelpful, unfounded and inflexible habits of thought which keep us from reaching our true creative potential?

This book provides practical advice on how to achieve this.

But it also offers an imaginative holistic theoretical framework for an understanding of the nature of the universe, the psychological history of the human race and the meaning of life.

## **How to be Free Details**

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# From Reader Review How to be Free for online ebook

## Christina Peebles says

I think the books which exist in and of themselves as objective truth are the best and the most liberating. This is one of the few I know of.

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## G.G. Galt says

Life Is a Non-Stop Party When We Remove Our Suits of Armour!

This review is from: How to Be Free (Paperback)

I loved Joe Blow's book and plan to keep it nearby as a reference. This is my favorite line.

"Life is a non-stop party when we remove our suits of armor."

The author paints a vivid picture by asking us to imagine Mediaeval Knights in full body armor trying to play football. Imagine, he says, how it keeps the body stiff and unresponsive, and how it keeps the free flow of ideas and emotion from a mind that is likewise armored.

His analogy became even more clear, when he asks us to consider being at a party where we have a few drinks and begin removing our clothes--our suits of armor--our inhibitions. Most of us can relate to how relaxed and free we'd feel, regardless of whatever was going on.

The idea here is not to take up drinking or drugs, but to learn how to achieve this feeling naturally so we can at last be free.

Joe Blow says, "When we are armored, our ability to work together on problem-solving is limited. In our insecure state we are prone to find ourselves in conflict with others and the process can be frustrating. But in the non-armoured state, not only are we able to co-operate in problem-solving, it becomes the most enjoyable activity imaginable. What we really want is to be in a state of loving communion with others."

The book does a good job of explaining how we can keep off the merry-go-round that cuts us off from our capacity for unconditional love--how our inner child is as capable of loving ourselves as much as anyone. I took this to mean that when we accept others and ourselves without demands, it makes us all equal and truly free to live a fulfilling and happy life.

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## Matt Beattie says

I had a glorious time with this book. As a sceptic and scientific rationalist, I find it hard to connect with self help books on the whole, dealing as they tend to do with vague notions of spirit, aura, and so on. I am suspicious of anyone who portends to have it "all figured out," or belief systems that have sophisticated systems of circular reasoning in place to silence criticism.

This book provides a working model for understanding the human condition that, while engaging in hypothesis and free thought, never truly deviates from rationality. There are many moments where the author fills the gaps in their knowledge with imagination, but at every point the author is humble to this and never presents their views as fact.

It seems the author has attempted to formalise their own methodology for living a "spiritually enlightened" contemporary life by identifying the constraints of our patriarchal capitalistic social structures, acknowledging/shedding our ego armour and engaging in radical self acceptance, and I am grateful that they were successful.

Time will tell if the science matches this author's prehistoric contemplation on the origins of our collective neurosis, but in the meantime there is plenty here to recommend to anyone looking for some soul food without the snake oil. A+

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### **Kibrom says**

Some sections, the ideas and arguments are interesting,

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### **Kalina Krivachkova says**

Very interesting reading, opened my eyes for a lot of things! Definitely recommend it!

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### **Moon Shine Art Spot ~ Lisa says**

I enjoyed this book of practical advice on how to free your mind of misery and grief so you can enjoy the life before yourself. Most of the ideas are common sense, but most of us neglect to follow the ideas just the same. I began reading "change your thinking" books years ago and have found them very helpful in my own life.

Many people were raised to think negative thoughts and therefore have a very negative life. Being made aware of how important our own thoughts and attitudes are in shaping our own lives is a very important step in becoming a more happy, pleasant, and content person.

The book was free on the iBooks store and I figured it was definitely worth the read and worth providing a positive review for!

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### **Jordi Rubamba says**

In this book, the author is telling us his story. He was diagnosed as being bipolar, having experienced several psychotic Breakdowns, is telling us how he could overpass his depression by accepting what he was and letting his mind be totally free and get out of mental suffering.

This book was very inspiring for me, The author did according to me a great Job and I learned that the beginning of any liberty is in mind, that to feel free physically, you have to feel free in your mind first. I recommend it to anyone whose mind is more likely to a prison than to playground.

As very inspiring to me, I would give to this book a rate of 4 for its originality and its help. I will certainly talk about this book for a long time.

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### **Jeff Carr says**

The author has no experience with psychology and just rambles on about nothing. Waste of time. Not a religious person either which leads to more rambling. I had no idea why anyone would rate this above one star unless you enjoy a author who just writes about depression with no consistent message but to just ramble on about evolution and the thought of killing a baby.

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### **Kathleen says**

After having read this I do not feel free. I expected this book to be like How to Win Friends & Influence People, sadly it wasn't. All I feel now is disturbed. I don't know what the author was attempting to achieve by having this published.

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### **Sean says**

I found many of the ideas in this book to be unique at best. I believe I have an open mind, and so exploring new concepts and new ideas is interesting to me and does not bother me in the least. But I did not find these ideas to be particularly helpful nor insightful. In fact, the only real positive thing I have to say after reading this book is that it was a short and easy read, free of charge (and I got pretty much what I paid for).

The author asserts that in order to be free (or in my words, open-minded) one must right away dismiss the concept of God and faith as neurotic. To me, this supposition is far from open-minded. Atheism is still a religion. And to claim that as the only true path to freedom is as dogmatic as any other religious claim.

Many of the insights put forth in this book were also very unhelpful. Here is just one example from the author: "If you throw a ball at a corpse, you'll hit it quite easily as long as your aim is good." I did not make that up. There are better books out there, and I have better things to do with my time.

Excerpt From: Blow, Joe. "How to Be Free."

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### **MizzSandie says**

I agreed with some of the points in this books, and not with others. I'm not going to go into detail with which is what.

Suffice to say, that I enjoyed Jow Blows personal accounts more than his generalizations on how the world works.

He says himself he 'borrowed' some of these ideas, which is fair enough, but a closer relation of his sources would have been great or a clearer distinction between when he is 'borrowing', when he is diverging but has been inspired, and when he is just freely philosophising.

I need a closer look behind the scenes as to what grounds these ideas, claims and notions are being put forward.

If we are talking about mental illness for example, i'd like to know if it is a client, a psychiatrist, a family member, a politician, or a researcher that is talking? Not because I believe that either one knows or owns **the Truth** about it, but because they will each be speaking from a different perspective, have different agendas, different experiences that colour their view, which can all be interesting and very valid, but I, as a reader, would like to know from which point they are speaking, to appreciate the account better and not feeling lost or misled.

Failing to provide me with a clear point of view, led to me wondering and questioning whether Jow Blows claims/points/hypotheses had roots in some form of research or if it was just hypotheses with no ground being thrown out and about? And that ultimately distracted me from the contents.

For ex. From where does he have this whole theory about how premodern society's changing from one founded on love to one founded on separation and aggression, with mans fall from grace and women's rescue mission? I'm not saying it couldn't have happened that way, I'm just saying I'd like to know more about how this theory was formed, on what grounds etc.

Joes personal accounts and viewpoints, when clearly stated as such, was much more interesting to me, because I found them to be more honest and more authentic, not having to wonder about the source or the viewpoint of the speaker. That doesn't mean I necessarily agreed with everything he said, but I could easily move past that and respect it as his views/experiences, not something claiming scientific authority, perhaps unjustified.

If Joe Blow decides to edit this or make another contribution, I would suggest he focuses on being more clear about where his messages are coming from, what they've been inspired by, and maybe focuses more on the personal accounts, viewpoints and arguments and less on seeming to try to form a consistent validated theory.

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## Mary Overton says

"If anything were ever perfect it would be sterile. It would be a dead end.

"Everything wonderful in the whole universe has grown out of imperfection. That is how the creative principle of the universe works. The universe is a system - a network of energy, some of which behaves in a particular kind of orderly way that we refer to as matter. This matter exists in a web of action and interaction with other matter and forms of energy. And some of that matter is alive and operating under its own internal direction as a subsystem of the whole. And the most complex form of that living matter is ourselves as we look out into the universe and try to understand it.

"But how did we come about? Through a series of mutations, i.e. imperfections. Perfection is a steady-state.

But the creative principle operates through variation. An animal, for instance, is born which is not quite right, a mutation of some kind. If that variation, that imperfection, proves beneficial then something new and wonderful comes into existence, a new branch on the tree of life. And all of those imperfections led to us.

"And yet we somehow became intolerant of our mistakes and imperfections instead of seeing them as an intrinsic part of the creative process of the universe." pg. 7

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### **Darrin Mcpherson says**

Pretty good book, I liked it a lot.

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### **Will Felix says**

The typos and religious quotes were particularly jarring, taking away from what was a pretty good observation of the world.

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### **Josephine Burks says**

Surprisingly I liked this book. I forgot that I had started reading it a year ago and only just finished it now, for the most part I enjoyed it. Particularly reading about his own experiences and loved the line towards the end " Violence is the language of the inarticulate" especially true in today's global climate.

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