

Complete Liberty Inside Out

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Synopsis

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Do you sense that many vital things in the human world are not being considered, from parenting to politics? What if this missing knowledge can be acquired by using your mind with renewed focus, with both clarity and compassion? If you seek to live in freedom rather than in fear, then the practice of self-responsibility becomes a key safeguard that reveals all the arbitrary controls and impositions in our culture as simply relics of distrust and a fragmented inner world.

We live in an unprecedented time of innovation, and we need philosophical and psychological shifts that accord with respect, understanding, empathy, connection, freedom, and prosperity. In this book you'll find ideas and perspectives about honoring the self you were, the self you are, and the self you can be. An inside-out view of complete liberty entails healing, integrating, and growing mentally, so that we can enrich our lives in the most helpful ways, personally and societally.

Commonplace systems of domination and submission of course challenge our resolve - powerful cults of "authority" loom large, and sometimes they may overshadow our yearnings to be happy and free. The American dream has been constantly diminished by systems such as politics. They use coercion and punishment as mainstays. Yet, by compassionately inspecting the nature of childhood and parenting and reviewing their many effects on our lives, we can heal past wounds of trauma and implement win/win strategies to fulfill our needs. A wonderful world awaits.

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