

The Life Trap – a quick summary

1. We're more vulnerable to manipulation than we think

Most of us believe that we think for ourselves and shape our own destinies all the time, but the latest research from psychology and neurology shows that this is simply not the case. Our views, beliefs and behaviour are strongly influenced and moulded by other people around us. Our picture of human beings and how we think and behave is outdated and incorrect - we aren't as rational as we previously thought.

2. Most of us are being manipulated all the time - but don't realise it

We also live in a world with more pressures and influences acting upon us, and information for each of us to deal with, than ever before. These include obvious influences such as advertising, but also many hidden but equally powerful influences such as the media, political language and the economic ideas that overarch our society. These pressures can have a massive effect on how we see the world and how we behave.

3. This manipulation can trap us, take away our freedom and ruin our lives - and society

As a consequence, many people are trapped in very restricted, limited lives, only following the path that they've been fed by the dominant ideas of the society they live in. This can have a massive effect on our lives and what we get out of them. It can also have a significant effect on how we behave towards other people and the wider world around us. It can make us more selfish, more materialistic, less willing to help others and ultimately less civilised.

The repercussions of this manipulation also run to a societal level. It makes people more vulnerable to the influence of others - from negative influences like materialism through to the influence of political demagogues. At a time of political upheaval and rising populism, this is clearly an urgent issue.

4. We need changes to education and society to protect us from manipulation

Given this picture of non-rational human beings and the complex, pressurised world we live in, we need to be taught to understand how we think and how we can be influenced, and given the skills to live our own well-informed lives and not simply be moulded by other people - including the wealthy and powerful. We also need a society that provides the conditions for us to think for ourselves.

Sadly, the society we currently live in and the institutions that surround us - including our children's education system - don't recognise the importance of these skills and don't equip us with them to anywhere near the level we need. In fact, we live at a time where the external conditions in society actually militate against us developing them.

This book is therefore a call to action for us to take steps now to build the skills and tools we need into our society's infrastructure and our own lives.

5. How you can escape the Life Trap

The book explores what we can do about this situation - both as a society and as individuals. It will also show how we can empower ourselves with these skills so that we have a better chance of escaping our own particular 'life traps' and move towards a happier, fairer and more peaceful society.

Read the full book now

Download and read or listen to the full book here www.lifesquared.org.uk/life-trap – and find out how to escape the Life Trap - and give everyone the best chance of happy, free and fulfilled lives, and a good, peaceful and civilised society.

