



# Back to Sanity: Healing the Madness of Our Minds

*Steve Taylor*

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## **Back to Sanity: Healing the Madness of Our Minds** Steve Taylor

Have you ever thought that there might be something wrong with human beings, even that we might be slightly insane? Why is it that so many human beings are filled with a restless discontent, and an insatiable desire for material goods, status and power? Why is it that human history has been filled with endless conflict, oppression and inequality? In this ground-breaking and inspiring book, Steve Taylor shows that we *do* suffer from a psychological disorder, which he refers to as *humania*, or *ego-madness*. This disorder is so close to us that we don't realize it's there, but it's the root cause of all our dysfunctional behaviour, both as individuals and as a species.

This book explains the characteristics of *humania*, where it stems from and how it leads to the madness of materialism, status-seeking, warfare, inequality and other symptoms of our insanity. But equally importantly, *Back to Sanity* shows how we can heal this mental disorder and allow the fleeting moments of harmony that we all experience from time to time to become our permanent state of being.

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