NeuroSimplicity

What to Do with Our Flooded Minds in a Culture of PTSD, Narcissism and Gaslighting

By Charles D. Miller V

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The Long Nightmare - Acknowledgements

Words alone cannot express the feeling of usefulness I find in my community of knowledge. Floundering in my uncertainty and unawareness, reflective mediums have helped me find my own answers to the deepest questions I didn’t know I was asking.

In the beginning of waking up from my long nightmare, there was Pete Walker and his consistently useful books: *Complex PTSD* and *The Tao of Fully Feeling.*

In the middle, when I saw no way up – and life was to be a decent into perpetual suffering – *The Courage to be Disliked* and *The Courage to be Happy*, both by Ichiro Kishimi and Fumitake Koga, helped me see a path forward.

And as I reached the end of my long nightmare, Devon Price and his book on *Unmasking Autism* and *Unmasking for Life,* simultaneously brought me clarity and forged prior philosophicals into tangibles.

And through it all were the people who heard my voice and saw my self – in my search for answers – diving deeper and deeper...

*“A prayer cannot be born out of those who know nothing but joy. Oh, child of suffering, cursing life itself… Certainly there is something only you can do.”* —Akihito Tsukushi, *Made in Abyss*

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Dedication

This book is dedicated to all children; small and large, young and old. To the ones who are fibrous, fleshy, furry, scaley, or chitinous. To the valued and devalued. To those loved and those discarded. To the ones that move and the ones that are still. To the visible and invisible, may you all be heard and seen.

Induction

Etiology or Teleology?

The sharp contradiction between etiology and teleology[[1]](#endnote-1), as Kishimi and Koga explained it, poured over me like ice-cold water in the middle of a deep sleep – more of a deep nightmare really – especially after having read Complex PTSD by Pete Walker so recently. Let’s define these terms. They’re foundational:

*Etiology* – Greek Root: aitia, which means “cause, responsibility.” The study of causes, or beginnings.[[2]](#endnote-2)

*Teleology* – Greek Root: telos, which means “goal, result.” The study of goals, or ends.[[3]](#endnote-3)

Do you see how tricky it can be to pick either etiology or teleology as a lens? Are there only causes? Are there only goals? Disorienting, really. So, I had to take a step back and think. To literally think about thinking. Funny right? But seriously, where does thinking, feeling, and doing happen?

Simple: the brain. My brain. Your brain. Their brain. There’s this guy named Peter Putnam who made this *Outline of a Functional Model of the Nervous System* in 1963. A very dense work for sure, but he says that the brain is sort of a bunch of correlated neurons that seeks a kind of stability.[[4]](#endnote-4) As much as people love and/or hate their brain, that’s where the thinking, feeling, and doing originate – all to seek stability. To see the big end goal of the brain – the teleological end – we kinda have to see where the brain originates – the etiological origin from the metaphorical perspective of a neuron. I want you to remember that this book serves as a simplified metaphor of the complicated. Please keep that in mind going forward.

If the brain is made of a bunch of neurons, then what does a neuron do? Why does that matter? Teleology: do neurons have goals??? Etiology: Are they reacting to causes??? Neurons don’t have brains themselves, so why even ask these outlandish questions? My answer might surprise you: it kinda looks like both etiology AND teleology apply! It seems as if something causes the goal, then the goal manufactures causes, leading to more goals, then causes again, and so on and so forth... in directions.

But what causes lead to goals? From there, what goals lead to causes? The closest wording I could make up for a metaphor that encapsulates a neuron would be: neurons HAVE a goal-cause and neurons ARE a goal-cause. They are a kind of convergence point. To bridge neuron to brain, I extend this metaphor to say, like neurons: brains HAVE a goal-cause and brains ARE a goal-cause. Even when writing this book, I’m still confused myself, so I made up a word to use here: goal-cause.

Let’s see if we can breach through the dissonance, contradiction, and confusion, together. I want to see if there’s a bottom to all of this. Let’s breach through this confusion and hopefully resolve it – together – once and for all.

Breach 01

The Goal-cause

Words chapter hello testing

Glossary

Goal-Cause

Type: Metaphor / Neologism / Technical / Narrative Symbol

Definition: A playful reframing of causality.

Origin: Coined by author to represent recursion between teleology and etiology.

Purpose: This is not a scientific term. It's metaphorical and used to facilitate conceptual understanding.

First Appears In: Chapter 1 – "The Floodgates"

References

1. Kishimi, I., & Koga, F. (2018). *The courage to be disliked: The Japanese phenomenon that shows you how to change your life and achieve real happiness*. Atria Books. [↑](#endnote-ref-1)
2. Harper, D. (2025). etiology. In *Online Etymology Dictionary*. Retrieved July 30, 2025, from <https://www.etymonline.com/word/etiology> [↑](#endnote-ref-2)
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