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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Acknowledgements

Words alone cannot express the feeling of usefulness I find in my community of books. 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 reach the end of my long nightmare, Devon Price and his book on *Unmasking Autism* and *Unmasking for Life,* simultaneously brought me both clarity and forged the philosophical into the tangible.

And through it all were the people who listened and myself, 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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**Breach 1 - Repeat State: Alive**

**Your Goal which Causes: Intro to Teleoaitology**

**The Goal-cause at the bottom of it all: Alive/Secure/Exists**

**- Hybrid of Etiology + Teleology**

**Breach 2 - The Proof**

**Memory as data for your Goal-cause**

**- Inside Data: Memory as a data mine for Goal-causes (+my own examples + others)**

**- Outside Data: Everything You Sense is a data mine for Goal-causes (+made-up examples)**

**Breach 3 - Supply Seekers**

**Their Goal which Causes: To Flood Input, for Expected Output**

**Breach 4 - Releasing The Flood**

**Stop Consumption, and Return to Sender**

**- Pause (GABA + Serotonin)**

Metaphor: hitting pause on chaos

Breathing + body-scan protocol + Connection

**- Scan (Acetylcholine)**

Metaphor: magnifying glass on the moment

Five-sense ritual & journaling

**- Influence (Dopamine)**

Metaphor: motivational sparks

Track small rewards and nudges

**- Modify (Interfere) (Norepinephrine)**

Metaphor: tweak the recipe

Spotting surprise feedback + confidence loops

**Breach 5 - Acceleration**

**PSIM(I) Accelerator + Societal Tools**

**- Fueling Rapid PSIM(I) Progression**

Boost neuroplasticity through biological inputs and behavioral precision.

**- Supplements & Protocols** | Supplement | Dosage & Timing |

|-------------------------------------|-----------------------------------------|

| Optimized Carnitine (Life Extension)| 2 capsules – morning, empty stomach |

| Sunflower Lecithin (Legendary Milk) | 6 capsules – morning, empty stomach |

| GABAtrol (PureLife) | 2–3 capsules – morning, empty stomach |

| Omega-3 (Amazon Essentials) | 2 capsules – morning, empty stomach |

| Naturelo Multivitamin | 1 capsule – morning, empty stomach |

| BrocElite (if inflamed) | 1 capsule – anytime with food |

| BrocElite + CurcElite (chronic) | 2 BrocElite + 2 CurcElite – split meals |

**- Food Foundations & Behavioral Routines**

High-protein, high-healthy-fat, and Fiber. Why the body doesn’t need sugar, and how it slows circulation and absorption of nutrients.

**- Sleep** **Behaviors:**

**optimized sleep, routine pausing**

**- Movement: Exercise, Walking, anything is better than nothing.**

**- Capitalizing on Emerging Community Safety Nets**

**+ (Total financial cost per month)**

**Breach 6 - Recursion**

**From the Bottom, to the Top**

**- Neurons repeat their state through contradiction, You repeat your state through contradiction.**

**Breach 7 - The Three-Phase State Cure**

A practical sequence for rewiring stress adaptations once labeled as disorders.

**Phase 1 – Dissonance Integration**

Embed PSIM(I) into daily living

Identify contradictions to states as catalysts

**Phase 2 – Stella Sympathetic Reset**

Reset flashbacks, hyperarousal, and mood volatility

Lifestyle tweaks + guided calm rituals

**Phase 3 – EMDR Final Push**

Maximize awareness through eye-movement protocols

Merge insights into daily cognition

**Breach 8: Relating to Others’ Adaptive Loops**

Cultivate dialectical respect and adaptive collaboration.

**Awareness of Other**

Each person runs their own PSIM(I) cycle

Observe without interrupting the loop, but help if you can.

**Do NOT Idealize or Devalue**

No praise, no rebuke

Feedback = data, not judgment

**Encourage & Discard Opportunistically**

Offer nudges—then step back

If a suggestion fails, discard it with neutrality

Discouraging tasks you’ve done or Encouraged is a one-way ticket fuck-town.

**Breach 9: Morals Don’t Exist, and Never Have**

**A Free World Could be...**

**A world where (X) exists, and (Y) does not exist.**

**But that world is here, now, and how to see it, when they don't want you too.**

**This Book will always be here. You're free to come back anytime.**

Don’t Let them eat you,

The Author

**10. Epilogue – Why I made this book**