

# The Myths of Life and The Choices We Have

*by Clare Mann*

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Those myths referred to in the title of Clare Mann's existentially relevant book are not myths in the archetypal sense of the word. Rather, they are defined as those widely held but essentially false assumptions that we collectively maintain to this day. Myths, or misconceptions, about who we believe we are (identity myth), the way we should behave (selfishness myth), and six other cultural beliefs are brought to light and revealed as unhelpful hindrances on the path to greater happiness.

Clare Mann's book is born out of her work as an existential psychotherapist and has, in my opinion, some parallels in style with Alain de Bottom's enormously successful *Consolations of Philosophy*. Both books take philosophical treatises and adapt them to relevant situations in modern, everyday life. In this particular case, it is the existential philosophers Sartre, Heidegger and R.D, Laing, among others, who have been the author's source of inspiration. It is a wonderful experience to re-read these luminaries and see their philosophies presented in the new light of personal pragmatism.

The *Myths of Life* is also a work-book that provides the reader with a range of exercises they can use to personalise and consolidate the new knowledge they are encountering. Written with great clarity and wisdom, it is a book that adds much to life's essential question ... "Who am I?"

**Source:** WellBeing Aware Self Guide 2005 (c) Universal Magazines