



# The Psychology of Totalitarianism

Mattias Desmet

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**“Desmet is waking a lot of people up to the dangerous place we are now with a brilliant distillation of how we ended up here.” —Robert F. Kennedy, Jr.**

**With the coronavirus, we have, for the first time in history, reached a point where the entire world population is in the grip of a mass formation—a dangerous, collective type of hypnosis that destroys ethical self-awareness and robs individuals of their ability to think critically.**

**Desmet’s work on mass formation theory, now a bestseller in Belgium and Holland, was brought to the world’s attention by Dr. Robert Malone on *The Joe Rogan Experience* and in major news outlets around the globe. Read this book to get beyond the sound bites.**

In *The Psychology of Totalitarianism*, Professor of Clinical Psychology Mattias Desmet documents the extensive evidence of mass formation, of humanity being hypnotized and forcibly led into a reality of technocratic totalitarianism. Desmet shows how we are being controlled by the dominant crisis narrative perpetuated by Big Media and the State (the dull technocrats), which aggressively excludes any and all alternative views and relies on destructive groupthink, which vilifies non-conformist thought as “dissident”.

With detailed analyses, examples, and results from years of research, Desmet deconstructs the societal conditions that allow this collective psychosis to take hold including:

- An overall sense of loneliness and lack of social connections and bonds
- A lack of meaning—unsatisfying “bullsh\*t jobs” that don’t offer purpose
- Free-floating anxiety and discontent that arise from loneliness and lack of meaning
- Manifestation of frustration and aggression from anxiety
- Emergence of a consistent narrative from government officials, mass media, etc., that exploits and channels frustration and anxiety

Desmet’s work on mass formation theory offers answers to how and why we have surrendered our freedoms, and exposed ourselves to government-led censorship and a fundamental loss of privacy—willingly.

**“Desmet has constructed an explanatory framework...that clearly and concisely explains what is happening and what the next steps that each and every one of us needs to take to break the ‘spell’ and restore normalcy. A must read for our time.” —Peter A. McCullough, MD, MPH; Chief Medical Advisor, Truth for Health Foundation**

## About the Author

**Mattias Desmet** is recognized as the world’s leading expert on the theory of mass formation as it applies to the COVID-19 pandemic. He is a professor of clinical psychology in the Department of Psychology and Educational Sciences at Ghent University (Belgium) and a practicing psychoanalytic psychotherapist. His work has been discussed widely in the media, including on *The Joe Rogan Experience* and in *Forbes*, *The New York Post*, *Salon.com*, and Fox News, among hundreds of other outlets. His interviews have been viewed by millions of people around the world. His previous books include *The Pursuit of Objectivity in Psychology* and *Lacan’s Logic of Subjectivity: A Walk on the Graph of Desire*. Desmet is the author of over one hundred peer-reviewed academic papers. In 2018 he received the Evidence-Based Psychoanalytic Case Study Prize of the Association for Psychoanalytic Psychotherapy, and in 2019 he received the Wim Trijsburg Prize of the Dutch Association of Psychotherapy.

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