

PRESS RELEASE — FINAL VERSION

For Immediate Release

Physician and Author Dr. Charles F. Glassman Unveils *Fear Is a Liar*, a Breakthrough Look at Why Modern Life Feels Dangerous—Even When It Isn't

For more than thirty years, Dr. Charles F. Glassman has studied a question at the center of modern anxiety: **Why do ordinary circumstances feel threatening to so many people?** His conclusion—drawn from medicine, psychology, and decades of real-world clinical experience—is that much of what we experience as fear today has little to do with actual danger.

In his forthcoming book, *Fear Is a Liar: From Fight or Flight to Clarity, Peace, and Trust*, Dr. Glassman introduces readers to what he calls the **Automatic Brain (AB)**—a primitive, survival-driven system that still fires as if we are facing life-or-death threats. An email, an uncertain conversation, or a moment of ambiguity can trigger the same fight-or-flight chemistry once needed to outrun predators. The result is a persistent, often confusing sense of fear that quietly shapes decisions, relationships, and emotional well-being.

Drawing from his work as a pioneering concierge physician, his background in longevity and preventive medicine, and years of engagement with a large audience through his CoachMD platform, Dr. Glassman explains how the Automatic Brain fuels anxiety, control, perfectionism, conflict, self-sabotage, and insecurity. He contrasts this with the **Mind**—our reflective, fair, and steady inner capacity—which can recognize false alarms and interrupt these reflexive patterns.

“In my medical career, I kept seeing the same thing,” Glassman says. “People were suffering—not from pathology, but from reflexes. Their lives were being shaped by an ancient alarm system that doesn’t fit our modern world. Once you understand that, everything begins to change.”

Building on ideas first introduced in his earlier work, *Brain Drain*, *Fear Is a Liar* offers readers a clear and accessible framework to:

- recognize when the Automatic Brain is running the show
- understand why harmless situations trigger survival responses
- break cycles of internal conflict, chronic stress, and long-standing emotional patterns
- engage the Mind’s clarity, fairness, and trust
- live in a way guided by awareness rather than fear

Through relatable examples from everyday life, clinical experience, and conversations with hundreds of thousands of readers and listeners, Dr. Glassman presents a new way to understand fear—and a practical path beyond its grip.

Dr. Glassman is also expanding this work beyond the page. He has been invited to facilitate and host retreats with **Lindenhaus** beginning in 2026, bringing these insights into live, immersive settings designed to help individuals break fear-based patterns and reconnect with clarity and trust.

A dedicated book page and early resources, including sample chapters, are available at **TheCoachMD.com**.

Fear Is a Liar is currently being presented to literary agents and publishers.

About Dr. Charles F. Glassman

Charles F. Glassman, MD, is a physician, author, and creator of the CoachMD platform, where he explores the intersection of medicine, human behavior, and the deeper forces that shape our lives. One of the first physicians in the United States to establish a concierge medical practice, he now consults in longevity research and serves as an associate medical director for a life and disability insurance company. His work reaches more than 800,000 followers across social platforms and a 32,000-member email community.