

PRESS RELEASE

Physician and Author Dr. Charles F. Glassman Introduces *Fear Is a Liar: From Fight or Flight to Clarity, Peace, and Trust*

For more than thirty years, Dr. Charles F. Glassman has explored a question at the center of modern anxiety, stress, conflict, and self-sabotage: **Why do ordinary moments so often feel dangerous, even when no real danger is present?**

His conclusion, drawn from medicine, psychology, and decades of clinical experience, is that much of what we experience as fear today is really an ancient survival reflex—one trying to protect us from threats that, in modern life, often no longer exist.

In his forthcoming book, *Fear Is a Liar: From Fight or Flight to Clarity, Peace, and Trust*, Dr. Glassman introduces a distinction that reframes how we understand fear: the **Automatic Brain (AB)**, a primitive, survival-driven reflex, and the **Mind**, our reflective capacity for awareness, truth, courage, compassion, and choice. Even everyday situations—an uncertain conversation, ambiguity at work, or interpersonal tension—can activate the same fight-or-flight chemistry once needed to outrun predators. The result is a persistent, often confusing sense of fear that shapes decisions, relationships, and emotional well-being over time.

Drawing from his work as a pioneering concierge physician, his background in longevity and preventive medicine, and years of close observation of human behavior, Dr. Glassman shows how the Automatic Brain fuels anxiety, control, perfectionism, and chronic stress, among other patterns that erode well-being over time. He contrasts this with the Mind, which can recognize false alarms and interrupt reflexive patterns before they take over.

“In my medical career, I kept seeing the same pattern,” Glassman says. “So often, people weren’t dealing with pathology alone—they were reacting, running on an ancient alarm system that just doesn’t fit the modern world anymore. Once you can see that system for what it is, you stop taking its warnings at face value.”

Fear Is a Liar also moves beyond the usual mind-body discussion. Dr. Glassman explores how fear can shape health, relationships, identity, faith, and even the doctor-patient relationship itself, offering spiritual reflection alongside the clinical framework. The book reframes many of our most painful patterns as protective reflexes that were, over time, mistaken for truth. Readers do not need to share his theology to benefit from the central insight: fear often lies, and learning to recognize that lie can change how we live, relate, heal, and make decisions.

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

- Recognizing when fear is reflexive rather than truthful
- Understanding why harmless situations can trigger survival responses
- Breaking cycles of chronic stress, control, avoidance, and internal conflict
- Seeing how childhood patterns and emotional conditioning shape adult reactions
- Distinguishing the Automatic Brain’s voice from the Mind’s steadier guidance
- Living with greater clarity, trust, courage, humility, and peace

Through personal stories, clinical examples, cultural observations, and practical reflection questions, *Fear Is a Liar* offers a conversation-ready framework well suited for long-form podcast discussion, conversations on faith and psychology, and interviews on physician wellness, self-sabotage, and modern stress.

Fear Is a Liar is expected later this year, continuing the independent publishing path that first brought Dr. Glassman's earlier work, *Brain Drain*, to readers.

A dedicated book page and sample chapters are available at **TheCoachMD.com**.

Fear Is a Liar is currently being shared with select podcasters, reviewers, and literary agents.

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, fear, faith, and the forces that shape how people think, feel, and act. One of the first physicians in the United States to establish a concierge medical practice, Dr. Glassman has spent more than thirty years helping patients look beyond symptoms to the patterns driving stress, health, relationships, and personal change. He now consults in longevity research and serves as an associate medical director for a life and disability insurance company. His work reaches readers and listeners across digital platforms.

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