

Press Overview

Physician and Author Dr. Charles F. Glassman Introduces *Fear Is a Liar*, a New Framework for Why Modern Life Feels Dangerous—Even When It Isn't

For more than thirty years, Dr. Charles F. Glassman has explored 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In his forthcoming, unpublished book, *Fear Is a Liar: From Fight or Flight to Clarity, Peace, and Trust*, Dr. Glassman introduces a simple but powerful distinction between what he calls the **Automatic Brain (AB)**—a primitive, survival-driven reflex—and the **Mind**, our reflective capacity for awareness 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 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 close observation of human behavior, Dr. Glassman explains how the Automatic Brain fuels anxiety, control, perfectionism, conflict, self-sabotage, and insecurity. 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 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 distinction, everything begins to change.”

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

- recognizing when fear is reflexive rather than informative
- understanding why harmless situations trigger survival responses
- interrupting cycles of chronic stress and internal conflict
- engaging clarity, trust, and perspective in real time
- living from awareness rather than fear

Through relatable examples from everyday life and clinical experience, Dr. Glassman presents a conversation-ready framework that resonates with themes of psychology, mindfulness, choice, and inner life—making the work particularly well suited for long-form podcast discussion.

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

Fear Is a Liar is currently being shared with select podcasters, editors, 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, and the deeper forces that shape how people think, feel, and act. 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 hundreds of thousands of readers and listeners across digital platforms.