

A MUCH BETTER WAY!

by Dr. William E. P. Fairmont

The discoveries in this book put it in a class by itself. It tears away the hype, flack, and fears, uncovering and attacking the problem that is: We're living as if we were blind and with no alternatives!

That being the case, this book reveals how our sexually deviant, schoolboy sham, repeatedly leads us, unopposed, into squandering our vitality.

Without practicing this book's proposals, we will be progressively less capable of willingly receiving A MUCH BETTER WAY.

DEDICATION

To Jill for her strengths and weaknesses, her tenacity, loyalty, and startling unending stream of talents, all of which are woven into and support every word herein. To boot, it was her idea to present this book in audio form as well as the written version.

ACKNOWLEDGMENTS:

The Menstruation Song: Lyrics and music by Dr. William E. P. Fairmont

The Menstruation Song: Musical arrangement, Lalo Rojas

Design and confection of Menstruation Man's suit: Yina Narváez

Special Shoes and Details on Menstruation Man's Suit:

Gerardo Ibarra of Calzado Ibarra

Menstruation Man's Vehicle, The Menstrual Cycle: Coby Condor

Graphic Design of Menstruation Man's Logo: Nao Arte

Confection of Logo for Menstruation Man's Suit: Textiles J. B.

Graphic Design of front and back cover and text: T. F. Soluciones

Printing and binding: Impresos Fenix

© 2013 by Dr. William E. P. Fairmont / Dr. William E. Paer

All rights reserved. No part of this book may be reproduced in any form or by any electronic or mechanical means, photocopying or recording, including information storage and retrieval systems without permission in writing from the author, except by a reviewer who may quote brief passages in a review.

Published by The Real You Publications

Apartado 452 Centro Colón 1007

San José, Costa Rica

Central America

Tel: (506) 2232 0342

E-mail: drfairmont@realyoupsychology.com

www.realyoupsychology.com

Library of Congress Cataloging-in-Publication

Data is available upon request.

158

F1724a Fairmont, William E.P. seud

A Much Better Way: The truth told for the first time,
explaining how real LOVE is repressed, maligned, and
hated in everyone's life.

/ William E.P. Fairmont. – 1 ed. – San José, C.R. :

The Real You Publications, 2013.

184 p. ; 14 X 21 cm.

ISBN: 978-9968-9523-8-5

1. Self-esteem. 2. Self-help. I.

A MUCH BETTER WAY!
by Dr. William E. P. Fairmont

The discoveries in this book put it in a class by itself. It tears away the hype, flack, and fears, uncovering and attacking the problem that is: We're living as if we were blind and with no alternatives!

That being the case, this book reveals how our sexually deviant, schoolboy sham, repeatedly leads us, unopposed, into squandering our vitality.

Without practicing this book's proposals, we will be progressively less capable of willingly receiving A MUCH BETTER WAY.

**THE TRUTH told for the first time, explaining how real LOVE
is repressed, maligned, and hated in everyone’s life.**

TABLE OF CONTENTS

Letter To My Readers 1

Track One 3

A story that should have been and should be told..... 4

The two options in life - the only two. 5

A preference for permanent, painful, perverse insanity. You like being crazy. ..6

The awful truth will lead you to LOVE. Do you LOVE yourself? For most of us
LOVE is a fate worse than life. 7

Track Two 11

The allure of an intense pain in your big toe, and for all the pain you can get. 12

Getting the skeletons out of the closets of all time, so we don’t have to deny
anything. We can naught but benefit from giving the devil his due.16

Track Three 17

People don’t really know what menstruation is.18

Both men and women ebb and flow with our beautiful, vertical biped
menstrual cycle.18

Technology devours vertical biped life. More technology—less you! 20

Track Four..... 21

The subconscious mind controls the development and outcomes in our lives. 22

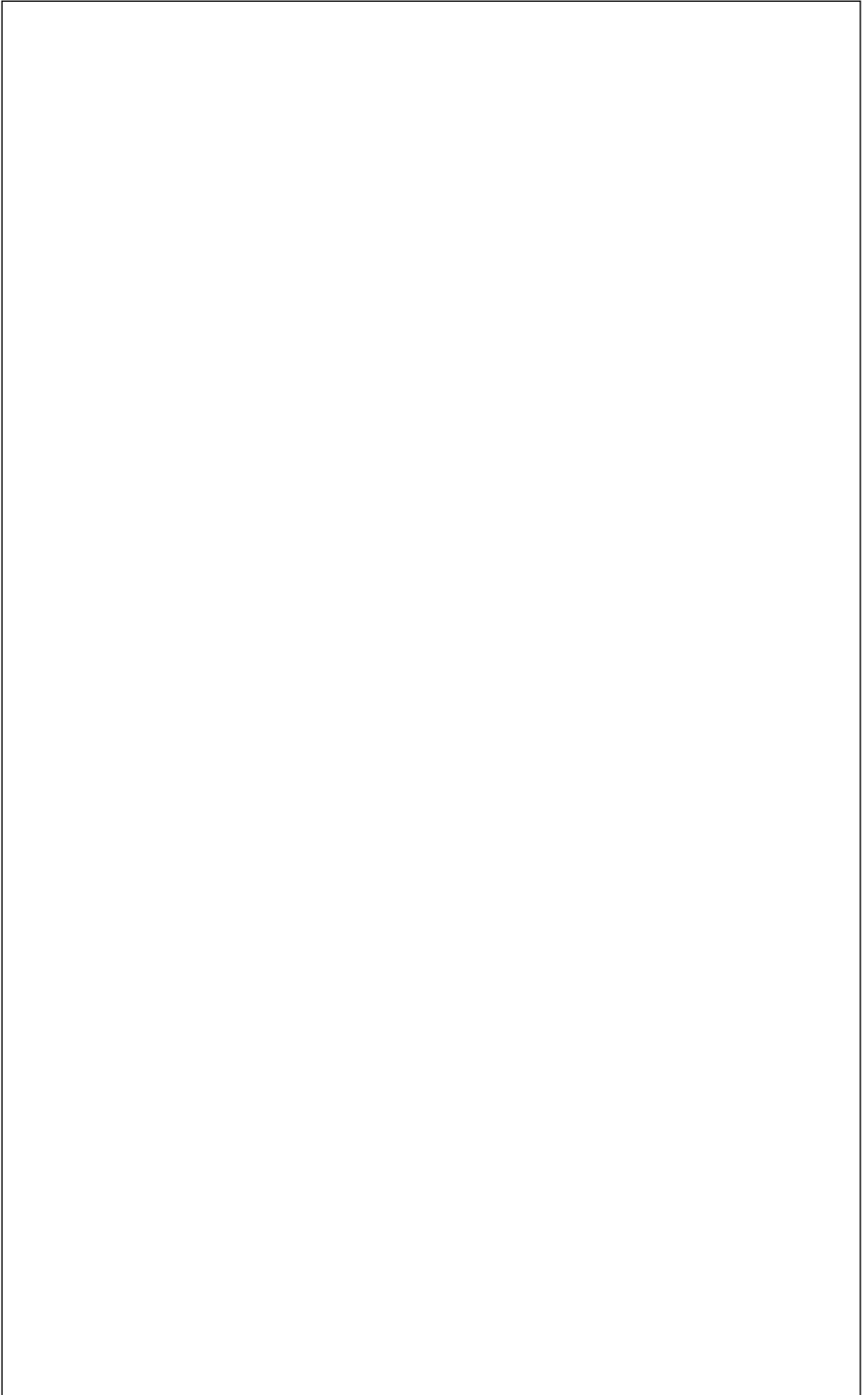
Menstruation is woven into our ever-present menstrual cycle. Not as they say:
Menstruation is when women are experiencing “that time of the month.” 24

Track Five	27
Our luscious menstrual cycle; as it should be described.	28
Track Six	37
So called “human beings” have never been LOVED. Their feelings range from discomfort to violent resistance when and if the opportunity to LOVE and be LOVED comes by.	38
Track Seven	41
Our brain—especially our neocortex—inhibits real self-appreciation—self-respect—and our ability to LOVE. That being the case, we fake or ignore all of those.	42
Our menstrual cycle is a beautiful—awesome—living treasure.	42
Track Eight	45
We’re not “humans.” The word ‘human’ is misleading.	46
We’re two-footed. We’re brainy bipeds...that is...vertical bipeds. Being bipeds gave menstruation “a bad name.”	47
The consequences of seeing each other’s genitals: Fear of castration—great fear of women (symbols of castration).	50
Track Nine	53
Ambivalence: A first look at an underestimated, devastating disease.	54
Track Ten	59
Linking our modern nature to our evolutionary origins.	60
Track Eleven	63
The worldwide mistreatment and torture of women during the menstrual flow period throughout history.	64
Track Twelve	73
Ambivalence: A second look.	74

Track Thirteen	79
The color red is hot and bloody.	80
Track Fourteen	87
The understanding or misunderstanding of an idea, an attitude, or even one word (unclean); dramatically influenced the course of our lives.	88
Track Fifteen	95
We have poisoned life with a lustful application of primitive hallucinations. .	96
Track Sixteen	99
False cures for obesity. Obesity is a deep-seated psychological disease.	100
Track Seventeen	103
The Bible on menstruation	104
Our neocortex is affected and makes decisions. Watch out for hasty and blind obedience.	105
Early (Middle Ages, Medieval period) influences of the church on our attitudes toward women.....	106
Comments of women after hearing a talk on this new attitude toward menstruation.	107
Track Eighteen	109
How constant influences effect the course of life.	110
Track Nineteen	115
The effects on us today, of centuries of daily torturing and killing women in the Middle Ages (The Malleus Maleficarum) (The Bible) (the death penalty)..	116
Track Twenty	125
The effects of burying the truth about menstruation.	126

Track Twenty-One	131
Great horrors inflicted on women and examples of how we deny them.	132
Track Twenty-Two.....	149
Getting naked helps self-understanding. "Old Man River" tells it like it is. ...	150
Track Twenty-Three	155
Evolution's power has invented menstruation. We live in conflict with evolution.	156
Childhood is the ideal time for receiving a preparation in menstruation and reproduction. We do not prepare our children in self-understanding.	157
Track Twenty-Four.....	163
The menstrual cycle continues after menopause, all life long.	164
Track Twenty-Five	167
The combination of the extraordinary sensitivity of newborns, infants, and toddlers (1-3 years); with the stimulation they receive, determines their future.....	168
Track Twenty-Six	173
Mothers who can LOVE plus newborns and infants who can receive her LOVE equals vertical bipeds who LOVE themselves and each other.	174
Track Twenty-Seven.....	181
The cause and the cure for all the significant problems in vertical biped life..	182
Track Twenty-Eight	185
The people that "love" and foster castration fear.	186
Epilogue.....	189

A Much Better Way!



Letter To My Readers

This package is your ticket of admission to an adventure that will lead to a meaningful change for the better in your life, and in all of our lives.

It offers proof that without this exciting experience, we will continue to stand in line hoping to get into the next disaster.

Without doubt, we have the capacity to change for the better.

No hocus-pocus. No hype. The way to real change is staring us in the face. Yet, we have all been taught to avoid it. Notwithstanding, right now you have it in your hands!

Do you want A MUCH BETTER WAY? This is the moment to begin getting it.

I invented Menstruation Man because I felt that a super-hero like him would help draw attention to the critical importance of the message of this book titled A Much Better Way!...and he does!

Menstruation Man is bigger than life. I even made him bigger than I am. But, every time I present him to an audience, I soon enough take the extravagant costume off, come back down to earth and as calmly and clearly as I can, explain the urgency of incorporating the message herein into our lives.

The book comes in two versions: audio and written. The idea is to help you absorb its maximum benefit. If you're listening to the CD's you might want to stop once in a while—put it on pause—and even go back and re-listen to a track. Another option is to listen and read along at the same time.

Centuries of the influences of cultures gone awry have blocked real self-understanding, self-appreciation, and hence the capacity to reason appropriately in favor of life and LOVE. This suppressed, but authentic history is explained herein.

The solutions for our problems are presented in the final few tracks of this book. Naturally, the body of evidence and reasoning to support the conclusions must be presented first in order that the findings be understood. At the end, all the pieces fit together but first, you have to know what the pieces are.

The good news is that this recording offers tangible intervention into the innumerable compulsions and obsessions that are driving us into a life without any hope of even getting close to LOVE and LOVING. Yet, considering that LOVE is 'an unknown' in "human" existence, living without it has apparently become our "second nature." Just look at your newspaper and listen to the news.

For whatever the reasons, LOVE is very often perceived (subconsciously) as a threat to fear, hate, rage, inhibition, tension, etc. etc. all of which most people apparently hold "dear." That's why there's so little LOVE around and overabundance of phony-baloney nonsense that passes for real LOVE.

We've had centuries of life full of destructive foolishness and harmful energy. Now, with a calm-receptive attitude to this book, a change toward LOVE cannot help but take place. That change has the potential to open up a different way of life, "A MUCH BETTER WAY."

My sincerest wishes,

Dr. William E. P Fairmont



Track One

- A story that should have been and should be told.
 - The two options in life - the only two.
- A preference for permanent, painful, perverse insanity.
You like being crazy.
- The awful truth will lead you to LOVE. Do you LOVE yourself? For most of us LOVE is a fate worse than life.



A STORY THAT SHOULD HAVE BEEN AND SHOULD BE TOLD.

This is a story that should have been and should be told to every person from the beginning of their lives, continuing throughout their lives, becoming more robust and full of LOVE, through study—personal introspection—and inspiration, as time goes on. I'm using the word LOVE here. LOVE is what's good and desirable. Yet, I believe, that nobody knows what it really is. Nobody lives LOVINGLY.

Now before you get upset, I ask you to allow me to discuss that point because I'm convinced that facing up to the argument I've developed, will open prospects for LOVE coming from a direction that's always been there; but according to my research and experience, nobody has taken that route. On the contrary, real LOVE has been viciously defiled. The defensive substitute for LOVE is a deviant caricature, a disguise, a desperate excuse for knowing deep down that we are incapable of LOVING. With all due respect, most people are hatefully committed to defending all kinds of ridiculous substitutes for LOVE. These fear-ridden fakers never even consider that LOVE is not only absent in their lives, but any sign of it that may accidentally present itself, is automatically rejected as if it were the plague.

This recording is a story of LOVE and a story of the absence of LOVE. Ideally it should be told tenderly and respectfully by our mothers and fathers.

Everything indicates though that this story is not being told nor has it ever been told. As a consequence we live as if there isn't any absence of this knowledge. After all, how can we be aware that something is missing if we don't even know it

exists? We do listen however to all kinds of off-the-top-of-the-head babbling, and in the process, we continue to lose contact with our vital forces.

I'm Dr. William E.P. Fairmont, author of The Lollypop Factor, a book about ourselves dealing with characteristics in our lives that we are failing to look at square in the eye. I'm convinced that as a result of skimming through life, we are courting all kinds of unsavory states and experiences like sickness—drab, depressing, day-to-day routines—a living death—and ultimately premature death itself.

In my book, The Lollypop Factor, I concluded, pointing out that there are two options in life available to us people (I call us, “vertical bipeds” in “Lollypop” to get away from the designation, “human,” which is misleading and therefore harmful in relating to our specie.) The following are the two options I singled out. There are two—only two—and I quote them here:

THE TWO OPTIONS IN LIFE - THE ONLY TWO:

1. “Give backing to MATERNAL LOVE as the first priority. This means strengthening women over the entire course of their lifetime with the objective of promoting, disseminating, and practicing LOVE in every facet of life,” or...
2. “Continue becoming a sickening, phony (artificial) head without a base nor personal identity, without self-expression or the capacity to move without outside assistance; in other words; a ‘LOLLYPOP.’ ”

That's alternative number two. Later at the very end, in presenting my six point "Solution in a Nutshell;" point number three of the six, states—quote:

"We must help women LOVE themselves starting with respectfully and enthusiastically disseminating the wondrous truth of menstruation. This information must be made available to vertical bipeds at all ages."

**A PREFERENCE FOR PERMANENT, PAINFUL,
PERVERSE INSANITY. YOU LIKE BEING CRAZY.**

Well, if you're already turning your nose up at the concrete viability of these options and solutions, I won't be surprised. People have done that for centuries. Those however, who have carefully read The Lollypop Factor, have exposed themselves to the rationale for these conclusions. This recording is a follow up to that rationale. It lays out the proofs I have unearthed to support its validity. Nevertheless, in this insane world, it may be a lot to ask, with so much high-powered, big-money, perverse energy around trying to hysterically distract people, it may be unreasonable to envision people willing or even capable of sitting down and reading, much less understanding a book that challenges the way we have been formed from the inception of vertical biped existence. Still and all, things may have come to be so unpleasant—so questionable, so threatening—that asking you to listen to the real story of our undoing and to solid ideas on how we can get out of this mess, may not be too much to ask. So in that light—this recording is aimed at those who have an interest in understanding themselves. Granted, that's not much of a popular fascination nowadays. Nevertheless, the value of listening and looking at the true story of what we have come to be, is that it will right away lessen the burden of faking

your way through life. Until we can stop pointing our fingers at the “bad guys”: like governments, institutions, parents, and other mafias; we will be doing nothing but strengthening their sordid cause. Most of us are the puny pathetic products of a feudal style education designed to make miserable vassals out of us. Unfortunately, we do not understand that. The doubly unfortunate thing is, we wouldn’t have it any other way. We “love” to sing the anthems—pay the fees—and even die to defend causes we know nothing about. The rafters of school stadiums and auditoriums quake with our cheers and screams when just a couple of colors are mentioned. Blue and Gold—YEAHHHHHH!!!! Of course, the basic passionate yearning of the Blue and Gold is to beat the hell out of the Turquoise and Beige and a lot of people get big salaries to make sure that happens. After our schooling, or let’s say, after being castrated; we continue with our educational indoctrination in wars, in space races, in corporate competition, in beauty contests, in neurosis and psychosis, and other assorted super bowls. Yet, all the while, we ourselves are where the solution is at. This recording will explain why we are incapable of wanting anything more than the depraved fandanglements of what’s served up to us, ¿from the beginning of our lives? NO! ...from the beginning of our specie. That is, way before the sexually copulative event that launched you into this bajagalupe mélange we call, “living.”

THE AWFUL TRUTH WILL LEAD YOU TO LOVE. DO YOU LOVE YOURSELF? FOR MOST OF US LOVE IS A FATE WORSE THAN LIFE.

You will find here that only reminding you about what you have become—looking at the reality of it, which is by the way, what our prejudiced, nincompoop “educators”—hysterically struggle to keep out of our consciousness— just looking at

that reality will begin to effect the cure in you. It will wear away at the feelingless fuddy-duddy effects of the liars and criminal fat-heads that schemed and bribed others of their kind to keep you away from your real nature and theirs, and blind us all so that we won't be able to identify with our real barbaric formative history. Just looking at that reality will lead us away from the traps we got tangled into in infancy and give our newborns and their unborns a fair chance to know themselves for the miracle that they really are. It will nurture LOVE in you for you. That's the medicine. When LOVE'S in town the corrupt bimbos just shrivel up and disappear. That can only happen if you find the way to LOVE yourself.

I ask you—is LOVE in town? Is it in the street—in the subways—in traffic—in concerts—in churches—schools—business—is it there at all? Is there LOVE in your home—in you? Do you LOVE yourself for all that you are? I ask you that, underlining for all, all, all that you are. Do you hate the shape of your nose? Are you ashamed of the way you spoke to your neighbor the other day? Do you feel adequate as a sex partner? Have you scheduled a plastic surgery, breast lift, or skin tuck? Do you eat a good diet? ...exercise? ...feel good? Do you really LOVE yourself? The potential for LOVE is born in you when you are born. Did you have conditions for the nurturing of LOVE in you in your infancy? Did your mother and father LOVE themselves? Did they LOVE each other? Do you LOVE your menstrual cycle? Is it possible to LOVE another or anything, if you don't LOVE all of yourself?

Now let's look at some of those people that have an influence on our perspective for living. Does your government LOVE you? ...your religion? ...your teachers? ...your family? ... your husband? ...your wife? Can they lay claim to LOVING at all if they don't LOVE our menstrual cycle? Does your

psychologist—doctor—dentist—lawyer—mechanic—LOVE you? Do they LOVE themselves?

Most people will slough off these questions, perhaps because the answers may be too frightening. Most people might agree that an atmosphere of LOVE really isn't there. Yet we drudgingly accept things as they are and try to jazz ourselves up or down with the likes of the dirty-scummy news of the day, a porno flick, or some pill—drug—or any hallucinogen or technological trinket to compliment the understructure composed of our hysterically misconceived hallucinated existence.

It's worthwhile to observe how us sensitive, sexual, vertical bipeds can get attracted—even addicted; to negative stimulations which can easily become substitutes for LOVE. That means bad living can be preferred over living well with LOVE. Of course, that's much more likely to be the case if we numbly continue to give no real importance to an orientation of LOVING all of ourselves: a LOVING preparation in LOVING ourselves that will give us the strength to fend off the effects of inevitable negative intrusions.

A MUCH BETTER WAY!

Dr. William E. P. Fairmont has taken extracts from history, psychology, anatomy, religion, anthropology sexuality, and funneled them into an irrefutable explanation of the human preferences for: SUFFERING ABOVE ALL.

In his lively, sharp-witted, feisty manner, he takes us from pre-historic to present times offering evidence for the cause of our ridiculous yet oftimes grotesque, painful problems, all created by ourselves. Then

he tells us how to get relief from our self-destructive nature (a relief that is generally shunned as if it were poison).

As you read this book, let Dr. Fairmont's discoveries sink in and you'll wake up one day with a new perspective. Without struggling, you'll have found a much better way—the unexpected-surprising-gracious way to self-LOVE.



© 2013 by Dr. William E. P. Fairmont / Dr. William E. Paer
All rights reserved. No part of this book may be reproduced in any form or by any electronic or mechanical means, photocopying or recording, including information storage and retrieval systems without permission in writing from the author, except by a reviewer who may quote brief passages in a review.

ISBN: 978-9968-9523-8-5

