

# Finding Peace in our Global Mental Asylum

Source: [Jason Liosatos Outside The Box](#)

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<http://www.youtube.com/watch?v=grqG7Fd4Da4>

In this show I talk about finding peace, happiness and a better world for humanity, and how it is completely normal and natural to feel despair, depression, unhappiness, exhaustion which are all natural responses and symptoms from a healthy body and mind trapped in an insane system that is driving it mad.