Press Release

Falling into Freedom

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The journey from the edge of existence to find freedom was worth every single step.

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This is the engaging adventure of stepping back from the cliff's edge
to find the wisdom that would set him free.

Sausalito, California, USA, November 23, 2018 – Author and spiritual explorer, Michael Doud, dedicated ten years of his life to find out what it takes to be happy and experience personal freedom. This ten-year journey is documented in *Falling into Freedom,* the first of three books. In this wild, intimate, and compelling adventure he pulls the veil back and exposes five powerful principles for living freely.

In the winter of 1989, on a windy cliff overlooking the Pacific Ocean, it hit him. Michael was miserably depressed and had been for nearly his entire 38 years. Looking down at the churning sea, he considered ending his life right there. His only other option was to change it, completely. *Falling into Freedom* is the story of the crazy adventures that began after he stepped back from the cliff and set out in search of the wisdom that would set him free.

His first act after he chose life over death was to throw away his old life. Downsized out of his job, he quit looking for a new one; sold his home; and lived for a time in his car. Freed from physical distractions, he reflected on his strict upbringing by salt-of-the-earth parents; his flirtation with academic disaster in high school; and his impulsive decision to escape his perceived worthless life by joining the Army. Adding to this was his devastation after killing human beings in Vietnam; his fall into drug addiction to numb his pain, and the agony of going cold-turkey in a little hut assisted by a wise old woman.

His search began by participating in and leading personal growth seminars testing his relationship to fear. One exercise was a hands-free escape after being pinned down by a five-foot bamboo pole pressed across his neck by two strong men. Witnessing and embracing his will to live, he journeyed into an obscure bookstore and found books that taught him about how to look inwards for more answers. With this gained wisdom and a daily meditation practice, he learned how to forgive himself for killing others along with

his many other misdeeds. He also realized that by not identifying with "self," as a set of physical and mental attributes, he could better understand his relationship to his possessions and personal identifiers like a job title. By letting go of his attachments and aversions to everything, he was able to begin to accept life as it is, not as he interpreted it to be.

The journey leads to an old monastery in England. There, three months of sitting in silence allowed him to lift the veil of illusion and see the world, and life, as it is.

Reviewer's comments:

Daniel Casey at misanthropester.com: "Many readers of the spiritual and self-help genre will find **Falling into Freedom** at once touching and challenging as it is designed not just to inspire but to provoke action. As such, it is one of more superior works of personal growth and transformation one could find."

Gordon Radley former President of Lucasfilm Ltd. wrote: "There is no need to summarize how it is the exemplar of how one can hopefully be in this life. It was and is the 'truth' of human existence and I will carry that moment with me for the rest of my life."

FALLING INTO FREEDOM

My Journey from the Edge to Find Personal Freedom

Michael Doud

Now Available here

About the Author:

Michael Doud is an explorer of the inner and outer worlds of this life. Along with a 50 plus year meditation practice, he's taught and led meditation groups; he's worked for corporations, been jobless, and has been an entrepreneur. He's lived in beautiful homes, apartments, and has been homeless. Michael has also had lots of possessions and has been owned by those same "things." Michael currently lives in Sausalito where he continues to inquire within and write.