
Book Review

Olvídate de ti: Vive desde el centro **[Forget About Yourself: Live from the Center]**

Jenny Moix
Ediciones Onfalo (2026)

In a society like ours, where the cult of personality and narcissism reign supreme, this book is an invitation to pause and rethink what we do in this world and how we do it. To do this, the first step is to observe our psyche. Based on the classic Eastern metaphor that likens our mind to a monkey, the recommendation is to observe it and believe almost nothing of what it says. We are accustomed to being hijacked by the thoughts and emotions randomly generated by our brain, with only a minimal fraction of our thoughts being voluntarily produced.

Having analyzed the mind, the text moves to the core of the problem—the ego—which the book compares to the absolute power of a pharaoh. Contemporary psychology views the self as a collection of labels that we have gradually developed and identified with throughout our lives. These categories act like colored glasses that distort our view of the world. Identifying with these labels—and unaware of their weight—we interpret the world based on these parameters. The world we perceive is a projection of our mind, yet we consider what we see to be objective reality. This section also emphasizes the importance of forgiveness, one of the most liberating acts for human beings. It also offers a profound reflection on loneliness, the intensity of which is inversely proportional to our ego. Yet all of this is approached with deep affection toward our ego—toward our persona—since it is not the enemy, but simply the adaptation we’ve had to develop to survive in our environment.

One of the remedies for suffering is undoubtedly compassion—both toward others and toward oneself. The book leads us to this conclusion through an embedded narrative that seems to have a life of its own, confronting us with aspects of our worldview. It also offers us a challenging metaphor: a parallel world where a double of every human being coexists. What would we do with that double? How would we relate to them? Whatever our answer may be, this is already happening right here and now, since the way we relate to ourselves is a koan that each of us must resolve—and compassion should be the keystone supporting the entire structure.

Another remedy the book offers is humility, a quality that has frankly fallen out of favor in these times. The author connects us

with humility in an original way, creating an unexpected plot twist in the book. She describes one of the research topics currently occupying her time: out-of-body experiences. In addition to introducing us to this fascinating topic, she uses it as a first-person paradigm of humility. When a successful researcher leaves the well-trodden path and explores phenomena for which science lacks a clear explanation, she is often lambasted by journal reviewers for veering off the highway into murky territory.

All of this culminates in the book’s arrival at the *omphalos*, the center. By connecting profound aspects of psychology—such as the unconscious as perceived by thinkers as diverse as Jung and James—and relating them to recent theories about the origin of the universe, such as the Big Bounce, the book leads us to what she calls the “omphalos mode of the mind,” which would allow us to connect the limited world of our ego with primordial universal wisdom.

No work can be separated from its author. I had the pleasure of meeting Jenny Moix more than twenty years ago, when we were both working on the psychological aspects of pain. At that time, we were serious, orthodox researchers. Two decades later—and as is to be expected, given that impermanence is the quintessence of the world—neither of us resembles who we once were. We have both evolved in a similar way: without abandoning orthodoxy, we have broadened the scope of our interests to include areas on the fringes of science, such as spirituality, meditation, and out-of-body experiences. Today, the conditions exist for us to investigate these topics—something that would have been impossible years ago.

This book, like all good treatises, does not aim to provide answers, but rather to pose questions that we can attempt to answer through reflection on our own lives, so that we might arrive at some epiphanies—some “aha!” moments—to accompany us on this complex, unpredictable, and beautiful journey that is human existence.

Javier García Campayo
University of Zaragoza, Spain
E-mail: jgarcamp@gmail.com

