



A GUIDE TO HELPING FRIENDS, FAMILY, AND LOVED-ONES

ESCAPING THE RABBIT HOLE

HOW TO DEBUNK CONSPIRACY THEORIES
USING FACTS, LOGIC, AND RESPECT

MICK WEST

1
00:00:04,789 --> 00:00:02,899
escaping the rabbit hole as a guide to

2
00:00:06,230 --> 00:00:04,799
helping friends family and loved ones

3
00:00:08,570 --> 00:00:06,240
who have fallen down the rabbit hole of

4
00:00:11,089 --> 00:00:08,580
conspiracy theories we all know someone

5
00:00:12,740 --> 00:00:11,099
maybe they think 9/11 was an inside job

6
00:00:13,820 --> 00:00:12,750
with remote-controlled planes and pre

7
00:00:15,650 --> 00:00:13,830
planted explosives

8
00:00:17,779 --> 00:00:15,660
maybe they believe in the chemtrails

9
00:00:20,269 --> 00:00:17,789
theory maybe they think that all the

10
00:00:21,740 --> 00:00:20,279
recent mass shootings were faked maybe

11
00:00:23,750 --> 00:00:21,750
they even think the earth is flat and

12
00:00:25,429 --> 00:00:23,760
the government is covering this up how

13
00:00:28,070 --> 00:00:25,439

do you talk to your conspiracy minded

14

00:00:29,929 --> 00:00:28,080

friend how can you understand why they

15

00:00:30,380 --> 00:00:29,939

think what they do and how can you help

16

00:00:32,269 --> 00:00:30,390

them

17

00:00:34,670 --> 00:00:32,279

that's what escaping the rabbit hole is

18

00:00:36,590 --> 00:00:34,680

all about a look at the full range of

19

00:00:38,869 --> 00:00:36,600

conspiracy theories the psychology

20

00:00:41,750 --> 00:00:38,879

behind how people fall into them and how

21

00:00:43,549 --> 00:00:41,760

you can help them out a core part of the

22

00:00:45,920 --> 00:00:43,559

book is the interviews with six former

23

00:00:47,900 --> 00:00:45,930

conspiracy theorists their stories

24

00:00:49,700 --> 00:00:47,910

provide useful clues on what works and

25

00:00:52,100 --> 00:00:49,710

what does not but perhaps most

26

00:00:53,840 --> 00:00:52,110

importantly they provide proof that no

27

00:00:55,729 --> 00:00:53,850

matter how deep someone is down the

28

00:00:57,850 --> 00:00:55,739

rabbit hole they can get out with time

29

00:01:00,280 --> 00:00:57,860

and with help

30

00:01:02,340 --> 00:01:00,290

I also take a deep dive into four

31

00:01:06,880 --> 00:01:02,350

popular areas of conspiracy thinking

32

00:01:09,790 --> 00:01:06,890

chemtrails 9/11 false flags and Flat

33

00:01:12,160 --> 00:01:09,800

Earth explain the key evidence claims

34

00:01:13,750 --> 00:01:12,170

and they explain how these have been

35

00:01:17,230 --> 00:01:13,760

debunked and how you can best

36

00:01:18,880 --> 00:01:17,240

communicate this to your friend finally

37

00:01:20,830 --> 00:01:18,890

I take a look at the near future of

38

00:01:23,080 --> 00:01:20,840

conspiracy theories misinformation and

39

00:01:24,760 --> 00:01:23,090

debunking covering efforts to fight fake

40

00:01:26,830 --> 00:01:24,770

news and the role of artificial

41

00:01:28,900 --> 00:01:26,840

intelligence escaping the rabbit hole

42

00:01:31,719 --> 00:01:28,910

has got some great reviews actor and

43

00:01:33,940 --> 00:01:31,729

activist Stephen Fry said my quest

44

00:01:36,609 --> 00:01:33,950

demonstrates with exquisite style wit

45

00:01:39,490 --> 00:01:36,619

and insight how those three rare and

46

00:01:41,770 --> 00:01:39,500

valuable species facts logic and respect

47

00:01:44,499 --> 00:01:41,780

each now on the very brink of extinction

48

00:01:46,960 --> 00:01:44,509

having harness the power to shine light

49

00:01:49,749 --> 00:01:46,970

into darkness and dispel the miasma of

50

00:01:51,400 --> 00:01:49,759

bias superstition and balefully proud

51
00:01:54,260 --> 00:01:51,410
ignorance that is threatening to poison

52
00:01:59,310 --> 00:01:57,570
sceptic Michael Shermer said Mik West

53
00:02:01,470 --> 00:01:59,320
and his metabolic website have become

54
00:02:03,450 --> 00:02:01,480
the go-to sources for curious minds

55
00:02:06,000 --> 00:02:03,460
overwhelmed by fantastic conspiracy

56
00:02:08,550 --> 00:02:06,010
claims circulating pop culture read this

57
00:02:12,360 --> 00:02:08,560
book which belongs in every newsroom and

58
00:02:15,210 --> 00:02:12,370
congressional office amanda marcotte of

59
00:02:17,400 --> 00:02:15,220
salon.com said with candor leavened by

60
00:02:20,190 --> 00:02:17,410
compassion mick west explains why people

61
00:02:21,660 --> 00:02:20,200
get sucked into conspiracy theories why

62
00:02:24,300 --> 00:02:21,670
we should be more sympathetic to their

63
00:02:26,480 --> 00:02:24,310

point of view and yes even how to help

64

00:02:28,640 --> 00:02:26,490

people see the light

65

00:02:30,410 --> 00:02:28,650

so if there's someone you know down the

66

00:02:32,000 --> 00:02:30,420

rabbit hole or even if you're down there

67

00:02:33,380 --> 00:02:32,010

a bit yourself then I think you'll find