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# Book Review: In ‘We Are the Prey’ the Breggins Offer a Cure for Our Collective COVID Woes

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Judith Robinson

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Psychiatrist Peter Breggin and his journalist wife Ginger Ross Breggin’s [book](#) “COVID-19 and the Global Predators: We are the Prey,” outlines the underlying societal conditions which they believe allowed powerful opportunists to assume control during the pandemic. They also recommend methods for global citizens to gain back strength and hope.

In this insightful study, the Breggins assume many roles including medical researchers, investigative journalists, political commentators, and spiritual prophets, but they are at their best when they are analyzing contemporary social/economic conditions. The pair cleverly pull back the curtains on media propaganda to reveal the global elite’s well-planned attack on the lower and middle classes, using the pandemic as a backdrop.


This is not just a book about [COVID-19](#). The Breggins’ 541-page commentary provides a framework to understand the collapse of the bourgeoisie and small businesses. While COVID may have sped the process of financial breakdown, the Breggins assert the “predators” had been planning global economic chaos, and a subsequent technological control system, for decades.


## Who Are the Global Predators?


While the Breggins name the usual suspects such as Anthony Fauci, the Koch Brothers, and Bill Gates, the couple expands the list to include “many governments and their leaders,” in particular the Chinese Communist Party, which they call “the world’s largest totalitarian predator,” “the United Nations, and its World Health Organization, most large international corporations, including the pharmaceutical, chemical, and agricultural businesses ... and the military-industrial complexes.”


They also suggest that most of the world’s billionaires and several higher learning institutions may also be involved.


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George Orwell | 2 weeks ago

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In a nutshell: The alleged crimes and criminals and what every American can do to seek justice and hopefully some form of compensation, very sadly, for those injured and the relatives of the dead. Firstly the alleged criminals and crimes: <https://rumble.com/v2dmqOe-its-much-worse-than-you-think-govt-corruption-and-the-creation-of-covid-w-d.html> <https://rumble.com/v1836p4-covid-crimes.html> Secondly what every single adult American can do to seek justice and hopefully some form of compensation for those affected. <https://rumble.com/v2a6ccs-operation-normandy-beach.html> It is time for the American people to step up to the plate and prove to the world that America is still the land of the free and home of the brave. God bless America!



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

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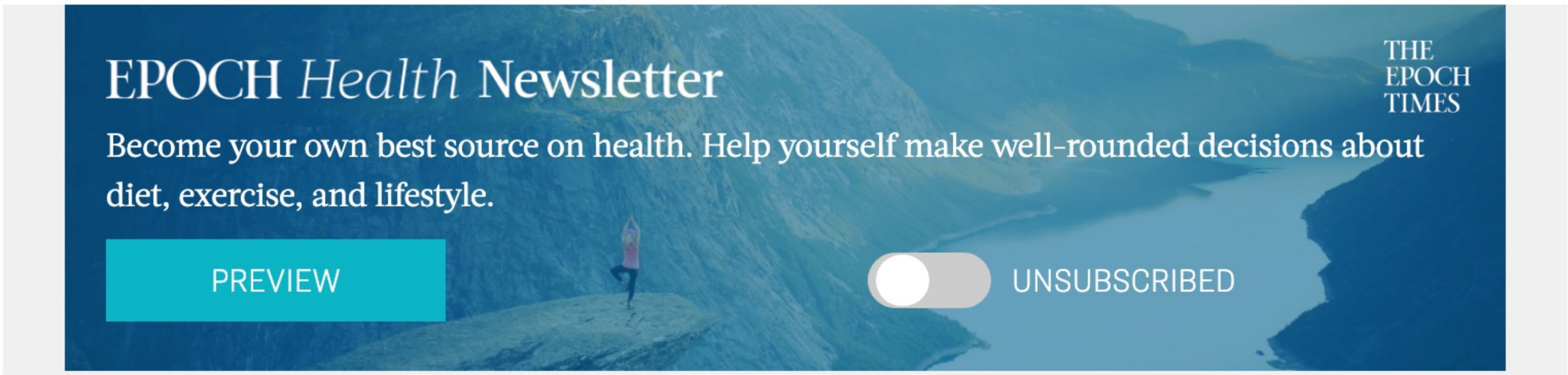
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These global predators can be identified through the following psychological tendencies according to the writers (which could apply to persons or institutions): A blatant denial of the damage they are causing; a rationalization of the harms committed; a tendency to blame and dehumanize their victims, to be grandiose and self-centered and to assert authority, power, and domination; a lack of empathy; a denial of their own previous victimizations and an alienation from their own basic needs; angry responses, and a feeling of empowerment through their exploitations.

## What Do the Predators Want?

While the predators’ agenda may be multi-faceted, the Breggins assert that “their policies enhance the wealthy and drain or destroy the poor, the working class, and middle and upper-middle class.”

The Breggins believe that this agenda has been “built into all the public health policies and practices,” and it includes:

“The shutdown of the economy; the focused suppression of small businesses; the disruption of family and social life; the disruption of our educational system; the focused suppression of religious gatherings; the crushing of the working and middle classes; the rejection of patriotism in favor of planetary concerns, and the forced submission and isolation of our citizens with masking, physical separation, and isolation, making them amenable to authoritarian and totalitarian control.”

The predators “see no inherent value in individual humans and do not treasure human life,” the Breggins state. This may explain the predators’ aim to rid humanity “of its infirm or old people.”

They write:

“Closing small businesses and religious institutions and shrinking the workforce during COVID-19, while leaving open big businesses and government, has not been an accident of fate. Global predators have always intended to destroy this conservative beating heart of America which thrives on personal responsibility, individualism, independence, sound traditions, patriotism, freedom, and God.”

## How to Avoid the Predators and Maintain a Sense of Hope

Despite their dispiriting commentary, the Breggins insist there is a way out of the hopelessness left behind in the wake of COVID hysteria:

“Build your life around trustworthy relationships based on shared values ...”

“Innumerable alternatives to mainstream, global, predatory institutions are being developed by people who believe in personal responsibility, self-determination, personal freedom, the American Dream, and political liberty ... We must remake the future.”

This book is well-worth reading—completely comprehensive in its scope. Whether a reader chooses to focus on the health aspects of the pandemic or the political repercussions, the material may appeal to a wide variety of readers.

*Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times. Epoch Health welcomes professional discussion and friendly debate. To submit an opinion piece, please follow these guidelines and submit through [our form here](#).*

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Judith Robinson

Judith Robinson is an instructor of journalism, communications and creative writing courses. An award-winning graduate of the Iowa Playwrights’ Workshop, she was a regional reporter for the Toronto Globe & Mail for seven years. In 2022, as a Senior Fellow for Children's Health Defense, she wrote and edited health-related content.

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