



# MANIPULISM

AND THE WEAPON OF GUILT

COLLECTIVISM EXPOSED



BY MIKKEL CLAIR NISSEN



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# NOTES

*Manipulism and the Weapon of Guilt: Collectivism Exposed* is the utmost controversial exposé and carefully detailed description of the awful emotional mind game that facilitates communism, socialism, fascism, and social-liberalism, known as collectivism. The book exposes Denmark, the supposed happiest nation on earth, for what it truly is: collectivism's biggest propaganda hoax. Danish author Mikkel Clair Nissen tells the hidden facts and realities of life in Denmark's democratic socialism that they never want you to know.

## Disclaimer

Mikkel Clair Nissen does not hold a degree in any form of psychotherapy, but he has dedicated over a decade to psychopathology, specializing in narcissistic personality disorder (NPD). The contents of this book are not meant to substitute for professional help or counseling. Hence, the reader is encouraged to use the material for both internal as well as external observations. Diagnoses and treatment of personality disorders should only be carried out by specially trained professionals.





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# INTRODUCTION

The most illusive notion known to the modern age is that altruistic egalitarian ideals of the left-wing—known as Marxism—are perceived as ideologies. Social-liberalism, which is the first step toward socialism with the intent to achieve communism, merely defines the severity of inferiority complex: the extremely tiny gap between pathological narcissism and its more extreme form known as narcissistic personality disorder (NPD).

Growing up in a collective society, one is coerced, and virtually left with all but one choice. As a former socialist, finally liberated, who was born and raised in Denmark—supposedly the happiest nation on earth—I have devoted my life to alerting the world about the subliminal secrets of collectivism. How can anyone truly fight anything if one is not 100 percent aware and able to describe exactly what one is fighting?

My intention in this book is to prove that one single voice, with the right words, can have the roar of a million and can influence the world by creating a precise understanding of democratic socialism—or to be more precise and use the latest terminology, “universal welfare society.” Thus, the more appropriate terminology to describe Marxism’s democratic passive-aggressive approach—rather than the usual obvious and complete fascist military takeover—would be “ambient socialism.” Thereby, simply with the weapon of irrefutable knowledge, Marxism can be immobilized. Quite simply, exposure will cause sudden awareness, and socialism, democratically, is less likely achieved once its awful emotional mind game has become common household knowledge. This book, therefore, is dedicated to freedom and the earth’s greatest individualistic culture, the United States of America.

This exposure, based almost entirely on social science, is so controversial and comprehensively detailed that Denmark’s perceived right-wing newspaper—ironically the same newspaper that caused the Muhammad cartoons controversy in 2005 in the name of freedom of speech—will not review my book. This explicative psychological index (e.g., collectivist traits, indoctrination methods, intimidation techniques, and ways of passive coercion) is meant as a gift from me to the reader for self-empowerment through social observations, as well as a subconscious journey for the readers themselves. Please share this knowledge with

friends and support my effort to alert the world.

The intimidations (threats, lies, and deceptions) in attempt to discredit me and deny this book's honesty and preciseness are all worth my while. Regardless, this book will raise questions and effect societal changes, and the outcome will speak for itself. Wars should be fought with words—the right words—and never through coercion or terror. Welcome to my words of revolution.

*“The world will not be destroyed by those who do evil,  
but by those who watch them without doing anything.”*

—ALBERT EINSTEIN

# CHAPTER ONE

## WAKING UP ON THE DARK SIDE OF THE OBVIOUS TRUTH

For several years I have felt obligated to tell my side of this story, especially since the climate convention COP15 in Copenhagen in December 2009, where Oprah Winfrey visited Denmark and later proclaimed that Danes were the happiest people in the world. She was supported by data from Dr. Adrian White, PhD in sociology from the British University of Leicester. Ironically, for over five decades—in the era 1950–2006—Denmark’s suicide rate has averaged just about double that of the United States. Also, Denmark has a much higher rate of alcohol consumption. Moreover, in the same five decades, Denmark’s suicide rate has averaged almost triple that of the United Kingdom, countries with the exact same climates. In addition, Denmark has one of the world’s highest consumption rates of antidepressant medications, a rate that is steadily on the rise. Undeniably, Denmark’s suicide rate has been reduced to a more moderate rate. These statistics are nonetheless deeply misleading since excessive usage of suppressant medications in Denmark are responsible for subordinating, in addition to obscuring, what would otherwise be a much higher suicide rate. Something here simply does not add up, making it difficult for me to agree with Oprah. Unfortunately, all countries have a darker side of the obvious truth.

Not much longer than a decade ago, the way I thought and acted was absolutely no different than the thoughts and actions of any of my fellow citizens. I acted impulsively and subconsciously, indoctrinated with my country’s oppressive inhibitive mentality. My intellectual transformation took place slowly, after having traveled and worked for many years abroad.

In the same way that a religious person might spread the news, I proudly promoted Denmark's collective way of thinking by telling everyone the story about the great and wonderful country named Denmark and bragging equally as much about how great it was to be a Dane.

I slowly began to compare the reality I grew up in to the reality I encountered in the United States, Australia, and Spain. This comparison brought me to see a completely different truth about my own country. It was a reality that few Danes had seen before then. After living a life as a socialist and absolute nationalist who promoted my country as open and caring, I now felt totally deceived when confronted with the reality. I felt embarrassed by the fact that I had personally traveled the world for so many years promoting socialism and a nation that was, and still is, absolutely contrary to what I claimed. Indeed, Denmark is a deprived society living in absolute denial.

Though I despise living here, Denmark is to some extent a bearable place to live, but it is far from better than other nations and not any more socially happy. Danes are best known for being some of the coldest and most reserved people in the world, with neurotic behavior resulting from oppressive, collectivist mentality.

I had a poor yet reasonably decent childhood in Denmark's then safer society. I grew up among socialists in Denmark's democratic socialism and was indoctrinated by family, friends, and fellow citizens, and consequently I was assimilated into their vicious, oppressive pathological mind game.

I once told a friend that I felt like the Danes owned my thoughts through their continuous attempt to undermine my true individual self. He replied, "Maybe they should pay rent then." Though I thought this a cute remark, as an entrepreneur who has risen from the lowest parts of society and achieved an independent lifestyle, I constantly have to be on guard not to trigger my fellow citizens' inferior, inhibitive emotions. In Denmark, unlike in the United States, it is important to avoid social-status confrontations, and instead to give way to the ordinary denigration and envy—the extreme inferiority complex facilitating democratic socialism—though my self-imposed consciousness tells me that I most definitely have the right to be proud of my achievements and shout them out loud.

It was not until I went abroad at the age of nineteen that I started waking up. It was a journey that did not end until fourteen years later. In this period, I spent numerous summer seasons in Spain working in such jobs as bouncer, club management, and club marketing. I lived

several years in the United States, the country that taught me to see, and eventually liberated me from Marxism's strong mental iron grip. For a deeply brainwashed socialist, coerced from childhood to resent the American lifestyle, coming to the United States was the culture shock of a lifetime. My eyes were opened to the undermining measures that Danish society had placed upon me and the realization that this undermining was the prime determiner of my level of self-worth. My lack of self-esteem resulted in a subconscious war between will and vanity that later turned out to be a mental safeguard against any insight into liberty.

First impressions easily mislead, as in the case of Oprah's view of Denmark. One neither sees a person's true character nor a country's true nature until having become truly familiarized. Likewise, one must leave one's natural societal surroundings to truly see and understand its hidden side. This personal story, this exposure, is the exact reason why totalitarian-collective societies (e.g., China, North Korea, and Cuba) restrict information and the right to travel.

I slowly began to compare the enormous differences I observed on my journeys, not only between cultures but also in regard to mentality and behavior. Upon every return to Denmark, I gradually became more and more aware that something was awfully wrong with my country. Like a dysfunctional family, Danes are familiarized all through life with their particular behaviors; thus, they think it is seemingly normal to live with these dysfunctions. Danes, regardless of social status, are terribly insecure. They are always picked on, compulsively corrected and policed, and regularly intimidated by each other. Known in psychology as pathological narcissism, these behaviors are a way of everyday life.

Danes are distant, unlike Americans, whose confident mentality is friendly, uplifting, open, and encouraging. Foreigners often have the impression—due to feelings of inferiority—that Americans are too confident.

Truly baffling were the differences between the unprivileged people in Denmark and those of the United States. The unprivileged people are unmotivated, miserable, and neurotic in my own country, though the government (the taxpayer) spoils them with everything. America's monetary lower class, who are given little or nothing by the government, are still ambitious, open, curious, and confident—in pursuit of happiness—regardless of their social or economic class.

Truly mystifying was the fact that Americans, living in a nation with a great deal higher crime level than Denmark's, are less apprehensive

by far. In the beginning, I simply thought that the United States was culturally different. Then I met and fell in love with an Australian girl, and eventually I moved to Australia. In Australia, I realized how far from the truth I had been.

I felt puzzled by the apparent link between oppressive collective-societal norms—more specifically Scandinavia’s most famous expression, “Don’t think that you are more than others!”—and socialism, with its intent to socially equilibrate. There was evidently more to Marxism’s norms than meets the eye. “Who else but the envious, inferior mind would have the need to debase others?”

Rather opposite to what I was used to, it quite simply became obvious that self-encouragement and self-assurance not only were positive but also were actually appreciated, encouraged, and valued in liberated cultures, where the individual is expected to claim responsibility for oneself. My whole life I had been indoctrinated to think that Scandinavian mentality was normal, and in addition I had been persuaded to believe it was truly unique. Yet in my work, first in Spain with East-Europeans—people from behind the former communist Iron Curtain—and then in Australia, a country located thousands of miles away from my own, the patterns of inferior behavioral, narcissistic similarities were overwhelming. Although still a conservative but largely Marxist-influenced society, Australia was not yet a truly democratic socialist nation. Australia was, however, clearly in the ambient transition and final stages of radicalization when I lived there. There I met the exact same ignorantly arrogant resentment toward Americans. Australians used the same comments and phrases as the Danes, had the exact same suppressed, condemning mentality, and even had a name for this mentality: the tall poppy syndrome. This was my wake-up call. I slowly developed an interest in political ideologies, behavioral science, and psychopathology, and eventually I developed an interest in the social-psychological impact that different ideologies have on personal psyche, identity, and mentality. Thereby, I began connecting the pieces in a mind-breaking sociological and psychological puzzle.

### AN EVERYDAY STORY

*In 2009, I attended a course on sports science. On a break while attending class, some students and I were sitting outside enjoying the sunshine of the last days of summer. I remember one of the girls started to explain that her boyfriend had invited her to accompany him on a holiday to the United States. And with what slowly became an arrogant attitude, she now*



*explained, "I have never been there and will never go. Americans are stupid and arrogant, and they don't care about anyone!" I instantly felt compelled to intervene, and I replied, "I disagree. I have lived in the United States, and I think Americans are absolutely beautiful people. Curious that you just used the word 'arrogant' as you have just explained that you have never been to the United States. So how can you know with certainty that Americans are stupid and arrogant?" I further explained, "Trust me! We Danes are no better than any of the Americans I have ever met, and I personally remember a fun story about a Danish woman at a Manhattan mall who purposely left her stroller unattended outside on a street in the middle of New York with her infant child in it. She was arrested for doing this; thereafter, her husband quite quickly divorced her. So maybe you should mow your own lawn before you do it next door?" The girl never got to make a reply. Instead, one of the other male students instantly stood up and shouted at me, "Maybe you should move to America then!" He quickly left.*

**NOTE:** Do not fool yourself, as this entire book's everyday examples are typical everyday experiences performed by seemingly ordinary, well-educated, and upstanding people. Bringing me to the point that, because of this suppressive collectivist mentality, when confronted with self-identifiable truths or reverse criticism—in fact any disapproval—Danes absolutely lack the ability to take any criticism; therefore, they generally fail to confer before the conversation or debate has even started.

I know I can be awfully sharp and direct, as I do not put up with ignorant arrogance and two-facedness. Bear in mind that I was born in Denmark, and my Danish family tree dates back hundreds of years. Although I have neither signed any contract nor chosen to be born here, my own fellow countrymen evidently feel they are more entitled to reside here than I am, as they are clearly ready to go so low as to ask me to leave my own country just because I utter my opinion with even the least criticism.

Our radicalized, socialistically influenced consciousness has created a supposedly wonderful and caring utopian society that takes care of almost everyone. One unfortunate aspect of democratic socialism is that the family's obligation to parent the children has been completely disabled and replaced with Big Mother Denmark, the government. This new collectivism has essentially immobilized the individual effort of parenting, and Big Mother Denmark nourishes the Danes from birth until death. Life is designed completely without any kind of consequence. Of course, this is true only until one opposes the system or

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