**Question of the Week**

**A sure-fire way to create stress is to search for THE ANSWER -- the one solution to all problems; and when you find it, stick rigidly to it! *(Terry Braverman, in New Thought magazine)***

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**September 13th, 2022 - What drives mass shooters to kill: “America’s epidemic of mass shootings” can’t be blamed on mental illness, said Mark Follman. Politicians and pundits who want to downplay the role of guns and white supremacist ideology are again trying to explain away the Buffalo supermarket massacre by depicting 18-year-old Payton Gendron as a “crazed monster.” Gendron allegedly murdered 10 people after he stockpiled weapons, “detailed his ideological hatred of Black people and others, and surveilled intended targets.” It was no spur-of-the-moment attack by a person suffering from delusions. For the past 10 years, “I’ve studied scores of mass shootings,” and in most cases, “mass shooters don’t just suddenly break – they decide.” Their violent ideas arise from “entrenched grievances, rage, and despair,” and their subsequent attacks are often the result of a “highly organized and methodical process.” Gendron admitted he radicalized himself in online, far-right forums promoting “replacement theory.” Of course, “no person who commits mass shootings is, in a basic sense, mentally healthy.” But most have clear motivations, including a desire for vengeance and lasting infamy. “Making mental illness the bogeyman” is just a way of pretending that nothing can be done. *(The Week magazine, June 3, 2022)***