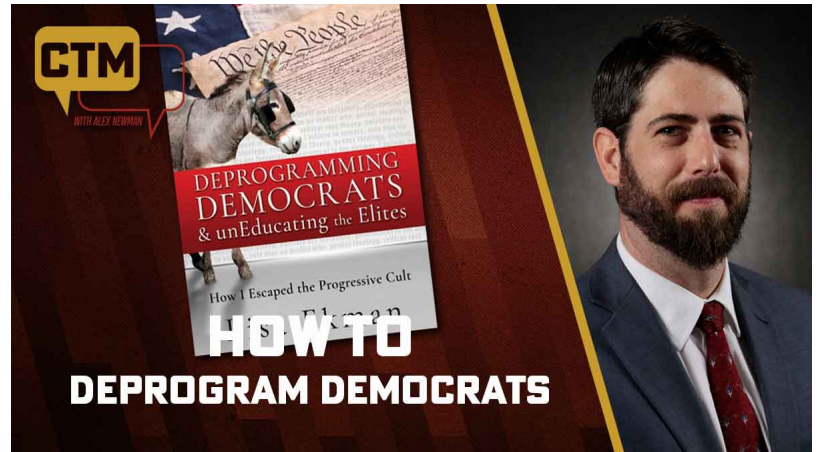




Written by [Alex Newman](#) on February 14, 2025

## Ex-Swamp Creature Explains How to “Deprogram Democrats”

The Socratic method with meaningful questions is the best way to bypass emotional triggers when speaking with indoctrinated Democrats and victims of propaganda, explained self-described “former Swamp creature” Lisa Ekman in this interview on Conversations That Matter with The New American magazine’s Alex Newman. Ekman, whose new book *Deprogramming Democrats and unEducating the Elites* offers insight into this process, also shares her own story of waking up from the programming. After years working in the D.C. Swamp for Democrats and the federal government, policies such as censorship, attacks on health, and more caused her to start asking questions. Now she is sharing with the public how to rescue their own brainwashed families and friends from the dangerous programming.





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