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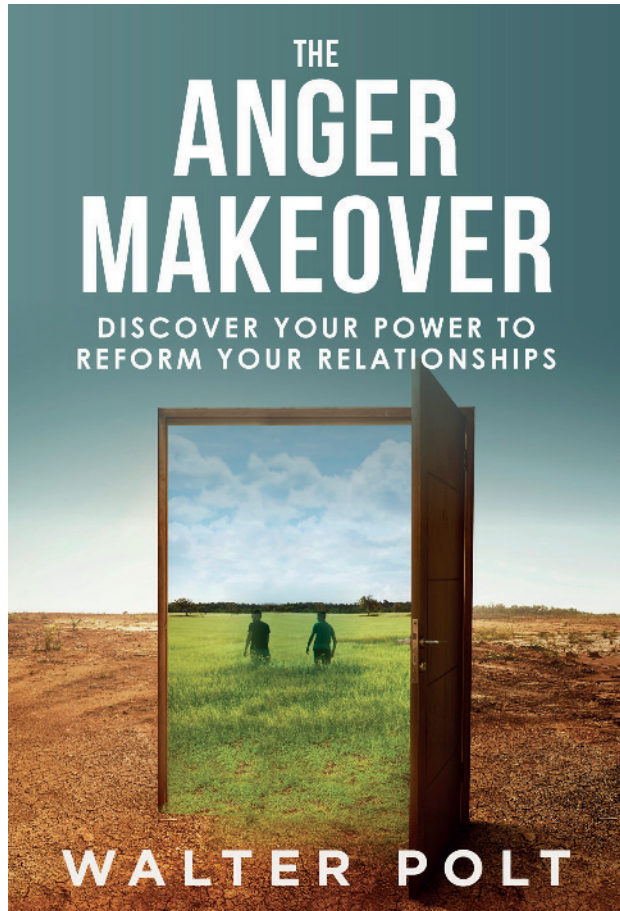
THE ANGER MAKEOVER

Engrossing, with myriad examples from everyday life. Eminently readable! I recommend this book to everyone confronting the conflicts and misunderstandings so prevalent in our world today.

— Molly Brown, USA, author of *Unfolding Self* and *Growing Whole*

Based on practice and rooted in Polt's own work and experience. A brilliant and up-to-date guide. Manage anger and facilitate its expression. Enhance and strengthen relationships. Bravo!

— Piero Ferrucci, Italy, author of *Beauty and the Soul*, *Your Inner Will*, etc.



Turn typical anger into healthy power. Help clients.

— Dorothy Firman, EdD, USA,
director of The Synthesis Center

Let Walter guide you in how to live with anger.

— Richard Schaub, PhD, USA,
coauthor of *Transpersonal Development*

Clear, wise. I recommend this book wholeheartedly.

— Kenneth Sørensen, Denmark/Norway,
author of *The Soul of Psychosynthesis*

A gift. Simple, practical, powerful. I recommend it.

— Petra Guggisberg Nocelli, Switzerland,
author of *The Way of Psychosynthesis*

Turn anger around and use the energy for good.

— Jan Kuniholm, USA
founding Editor, *Psychosynthesis Quarterly*

A resource for growth and healing. Proven, practical!

— Ilene ValEssen, PhD, USA
author of *Bring Out the Best in Your Child and Yourself*

Excellent, practical. Invaluable. Finding the power in anger.

— Will Parfitt, England, UK,
author of *Psychosynthesis: The Elements and Beyond*

A rare gem. Thorough, descriptive, clear. I put it to work personally and with clients. Amazing results!

— Barbara Veale Smith, MEd, USA
founder of *The Undefined Heart.org*
Board Certified Psychosynthesis Coach

In this fine book Polt over and over again shows how we can use the energy without inflicting the harm.

— Ron Seybold, USA, author of *Viral Times* and *Stealing Home*

Helped me see anger and power in positive light reflecting my values. Grounded in modern neuroscience.

— Douglas Russell, USA, founder and editor of *Psychosynthesis Digest*

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