

Healing the Vicious Circle: Releasing Guilt and Anger

Part One: Understanding the Human Condition

Chapter One: Guilt: The Root of all Evil

Chapter Two: Shame: Guilt run Amok

Chapter Three: Anger: The Denial of Guilt-It is Your Fault

Chapter Four: The Dance: Guilt Marries Anger

Chapter Five: Fear: The Inevitable result of denied Guilt and Anger

Chapter Six: Depression: Retreat into Victimization

Part Two: The Healing Power of Oneness

Chapter Seven: Releasing Guilt: Can it really be done?

Chapter Eight: Meditative Consciousness: Creating the proper Frame of Mind

Chapter Nine: Accepting Healing: Allow, allow, allow

Chapter Ten: Prayer: Turning to Spirit

Chapter Eleven: Energy Psychology: Clearing the Trauma

Chapter Twelve: Forgiveness: Self and Others