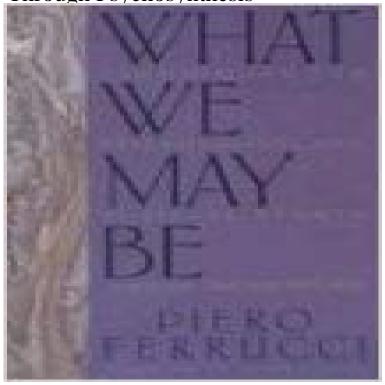
What We May Be: Techniques for Psychological and Spiritual Growth Through Psychosynthesis



A popular and practical introduction to psychosynthesis-the empowering psychology of self-actualization enhanced personal growth.This book outlines specific programme easy-to-perform exercises that form the basis of a total system for psychological and spiritual growth. Drawing on his own case histories as a therapist, the author describes how the reader may resolve seemingly impossible conflicts, redirect aggressive impulses, awaken intuitive and creative powers, develop a strength of will and the sense of personal freedom, and capacity to love.

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