



Anger Among Angels: Shedding Light on the Darkness of the Human Soul

William G. DeFoore

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The Place Where Love and Anger Meet

Inherent in every human being is the capacity for great goodness and great harm. To live peacefully and productively in the world, we must learn how to recognize and channel these diverse energies. In this groundbreaking work, therapist William DeFoore shows us why the only way to address the violence, cruelty and perpetration of harm in the world around us is to first traverse the dark dimension of our own soul. He explores anger from a spiritual perspective and shows you that, in order to be whole and healthy, you must explore and accept both your innate innocence, and your shadow personality.

Drawing on historical events, popular culture and the true experiences from his own life and those of his clients, DeFoore weaves a compelling and sometimes unnerving look at the angelic and angry aspects of human nature. By exploring this meeting place between goodness and evil, he explains the natural roots of anger and why it emerges as rage in some people, but is channeled in healthy ways in others. He reveals the precursors to toxic anger as well as the symptoms that show when someone is being overcome by it, which can serve as warning signals.

In today's rage- and violence-prone society, this important book is a much-needed resource for parents, educators, mental health professionals and anyone concerned with the welfare of our society.

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