

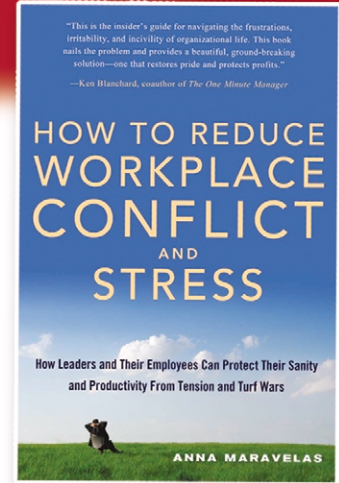
# REVIEWS FROM AMAZON.COM. . .

. . .on the companion book to the seminar,  
“Self-Defeating Habits of Otherwise Brilliant People”®

**Karen Hoffman - The IDEA Coach**  
*St. Louis Dispatch*



I will be placing my fourth order this week. I read the review in Oprah Magazine and ordered it immediately. I LOVE it. My first order was for me; my second order (9 books) was for clients and friends; my third order was for 5 more.



**“This Method Works!”**  
**Margaret Kloster, R.N.**

Anna's book is helpful on many levels. I'm so glad I read it!



**Randall Van Nostrand, California**

I can't recommend this book enough. I've sent copies to 3 colleagues.



**“A Message that Stays With You,”**  
**Gordon Hall, Scotland**

Anna provides so many messages that stay with me. An inspiring and very useful book.



**“A Must Read for Every Human Being”**  
**Bev Peterson Fitz**

I carry this book with me everywhere. I am learning how to un-learn my destructive, unhealthy habits. This book is the greatest gift since Patch Adams wrote his books.



**“I Applied These Insights Immediately”**  
**Lori Strom (California)**

This book is a must-read.



Anna's book has earned a place in my library and as a resource in my life.



**“Dynamite for Managers!”**



**Maggie Capocasa, Department of Revenue**

I have used Anna's insights and tips over and over. When I emulate what she teaches in this book, problems are resolved and employees leave my office feeling much better about their ability to deal with difficult situations.

**MATT VILLANO  
THE NEW YORK TIMES**

*“The best source on workplace irritability and tension.”*

**“A Must Read for Those Working in Government”**



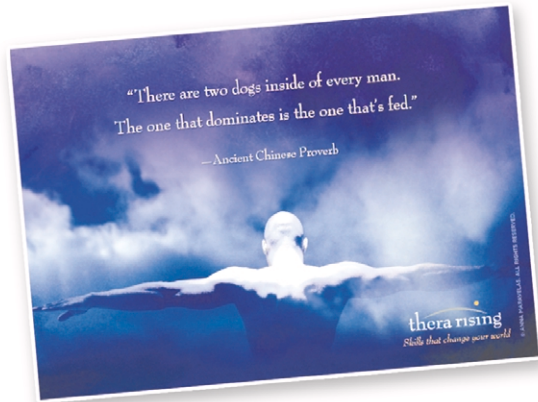
**Dr. Sheftel, Veterinary Medicine**

I read every page and some pages twice! Anna helps you remove barriers to effective collaboration. The goodwill generated by her techniques is infectious.

**“Simply Insightful,”  
DBG**



Anna succeeds in helping the reader reframe their perspective and leads them to the path of success.



**“Actionable Insights”**



**Cindy Browne, Executive Director,  
Iowa Public Radio**

Anna's insights are invaluable to those who are desperate to find a way out of cycles of mistrust.

**“A Must Read for Busy Execs”**



**Robert D. Russell**

I marked the hell out of this book!  
I recommend it to all executives.

**“Conflict and Stress in Management is My Business”**



**Roger Aiken, US Postal Service**

I saw instant results as people's eyes lit up with hope that there are ways out of this workplace mess we are in. This book stands out. You will save you time and money--and return home a happier person.

**“Make Life Smoother” • Darin Jensen, Chief Engineer**



I highly recommend this book. I have been teaching techniques from Anna's book at all levels — with great success for the company and people's personal lives.



For information on Seminars, Keynotes, Train the Trainer, Team Building, Leadership Development and Conflict Resolution go to [www.TheraRising.com](http://www.TheraRising.com)