

Book Reviews

Dr. Rick and Rosalie Malter have written a highly informative book on the "Judge" part of personality. The "Judge" may also be described as the "Inner Terrorist." The book describes the power of imagery in effective psychotherapy and personal growth. In this book, the Malters introduce a new psychological model relating the Judge ("Inner Terrorist"), the Inner Child, and the Warrior archetype from Jungian psychology. Basically a simple idea, the Judge dominating the Inner Child has proven to be one of the most powerful tools they've discovered for emotional growth, healing childhood trauma, recovery from addiction and codependence, and making fundamental life changes with greater freedom and self-confidence.

I was amazed by "Shrinking the Judge." I really didn't expect too much when I first picked this book up, but a few pages in, I was hooked. By the time I had finished it, I was just shaking my head in disbelief and giggling...I had quite an epiphany while reading this book! Amazing. I've been studying myself through meditation, psychedelics, depth psychology, mysticism, world religion and philosophy, recovery, etc. basically my entire life and "Shrinking the Judge" helped me more in a few hours than anything else ever has. To my genuine astonishment, I discovered that this book was the exact conceptual monkey wrench I needed to start dismantling the mechanisms of childhood pain that have kept me depressed since about the age of 6.

As the title suggests, the book is about the Judge. What is the Judge? The Judge is the pathological, anti-life part of every person whose sole function is to criticize and condemn. The Judge operates outside of your awareness, attempting to use fear and shame to take control of your life, make you miserable and stop any attempt at personal growth. If you have ever suffered from attacks of fear, hopelessness, shame, depression or a sense of worthlessness for no real reason at all, then you have met your Judge.

This no-nonsense book will help you to identify your Judge, learn how it functions in your life, and then to "deflate" it--negate the power it has over you and reclaim that power for yourself. The Judge operates in darkness, terrifying your inner child. This book shows you how to turn on the light and see the Judge for what it really is, just a pile of old memories, like a TV showing scary old movies, powerless to harm you.

STRANDS OF HEALTH - BOOK REVIEWS

"Dr. Rick Malter has drawn on his many years of study, experience, and practical clinical application of hair Tissue Mineral Analysis (TMA) in writing THE STRANDS OF HEALTH. He has spent countless hours in exploring the relationship between physiology and the mind. In this book he shows how nutrition affects both the mind and the body's physiology. Dr. Malter is one of the very few in his field who not only understands the mind/body connection, but who has been developing and applying these concepts for over two decades. Information in THE STRANDS OF HEALTH is not just theoretical, but brings to you practical, hands on information from Dr. Malter's personal and clinical experience accumulated from working with thousands of actual cases. He shows how the relationship between the mind and the body is clearly reflected in hair TMA profiles. This book is a significant contribution to understanding nutritional science." Dr. David L. Watts, Research Director, Trace Elements Laboratories, Dallas, Texas