



## Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships

By Harriet Lerner

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### Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships By Harriet Lerner

The renowned classic and *New York Times* bestseller

Anger is something we feel. It exists for a reason and always deserves our respect and attention. We all have a right to everything we feel—and certainly our anger is no exception.

"Anger is a signal and one worth listening to," writes Dr. Harriet Lerner in her renowned classic that has transformed the lives of millions of readers. While anger deserves our attention and respect, women still learn to silence our anger, to deny it entirely, or to vent it in a way that leaves us feeling helpless and powerless. In this engaging and eminently wise book, Dr. Lerner teaches both women and men to identify the true sources of anger and to use it as a powerful vehicle for creating lasting change.

For decades, this book has helped millions of readers learn how to turn their anger into a constructive force for reshaping their lives. With a new introduction by the author, *The Dance of Anger* is ready to lead the next generation.

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## **Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships** By Harriet Lerner Bibliography

- Sales Rank: #5469 in Books
- Brand: Unknown
- Published on: 2014-03-25
- Released on: 2014-03-25
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .58" w x 5.31" l, .45 pounds
- Binding: Paperback
- 256 pages

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### Editorial Review

#### Review

“Of all the books that have been written about the personal relationships of women and what to do about them, this is the most sound. Like a family heirloom, it can be passed from generation to generation as it is based on profound and lasting truths.” (Peggy Papp, M.S.W., The Ackerman Institute for Family Therapy)

#### About the Author

Harriet Lerner, Ph.D., is one of our nation’s most loved and respected relationship experts. Renowned for her work on the psychology of women and family relationships, she served as a staff psychologist at the Menninger Clinic for more than two decades. A distinguished lecturer, workshop leader, and psychotherapist, she is the author of *The Dance of Anger* and other bestselling books. She is also, with her sister, an award-winning children's book writer. She and her husband are therapists in Lawrence, Kansas, and have two sons.

#### From [AudioFile](#)

In a snappy abridgment of her 1985 book, the author examines the reasons anger in women is still so misunderstood, feared, and punished. She sees women's anger as a normal reaction to common interpersonal threats and conflicts that too often get resolved by being overpowered by the man's anger. By delineating the threats and supports that expressing anger activates, she offers a refreshing look at the cultural and institutional forces that condemn a woman's anger as unjust and crazy. With great wisdom and sensitivity, she sets up a logical frame for getting through the common arguments in relationships. As genuine as it is authoritative, this is one of the very best learning audios on a mental health topic. T.W. © AudioFile 2005, Portland, Maine-- Copyright © AudioFile, Portland, Maine

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#### Nancy Smith:

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**Eldon Hall:**

Playing with family within a park, coming to see the coastal world or hanging out with friends is thing that usually you may have done when you have spare time, and then why you don't try thing that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships, you may enjoy both. It is fine combination right, you still desire to miss it? What kind of hangout type is it? Oh seriously its mind hangout folks. What? Still don't obtain it, oh come on its named reading friends.

**Adam Gutierrez:**

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**Marsha Gleason:**

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