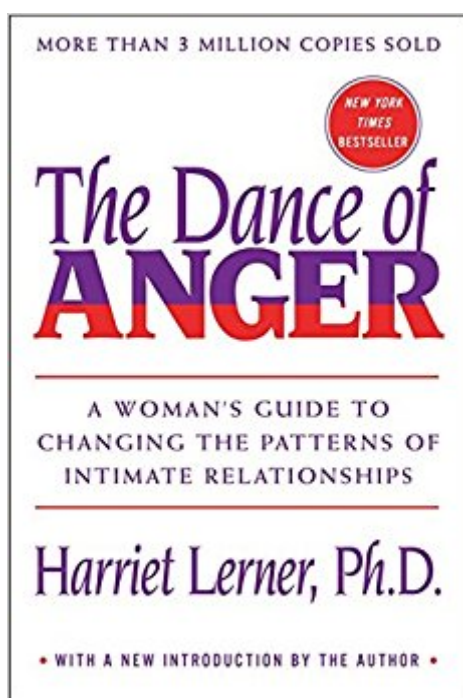


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# Dance Of Anger: A Woman's Guide To Changing The Patterns Of Intimate Relationships



## Synopsis

The renowned classic and New York Times bestseller that has transformed the lives of millions of readers, dramatically changing how women and men view relationships. 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.

## Book Information

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## Customer Reviews

"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)

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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.

This book is written so well, in my opinion, and has really helped me to improve my personal life, self understanding, and relationships with others. I have learned through this book how to recognize, embrace, and use my emotions to foster good communication and relationships, rather than avoid my emotions or let them control me. I highly recommend this book to anyone, not just someone suffering from anger. A really good read for someone looking to strengthen their self awareness and make life long behavior changes for the better.

Lerner had a knack for articulating the fundamental issue, and offers practical tools for navigating through inescapable emotions. I took away from it a much better awareness and more accurate perspective of what is mine to own, and more important what isn't. It left me feeling optimistic, more equipped, and less frustrated. It's on my "within reach" book shelf for fast troubleshooting. Thank you Harriet Lerner!!!

I have read this book before and bought this copy for someone I met recently who I believe will benefit from it. While Ms. Lerner and I would disagree on many things, this book and her other "Dance" books - I believe there are five total that I own - shed great insights. I read "The Dance of Anger" very slowly the first time over ten years ago. Even if you do not feel like you have unresolved anger, or if you are a guy, there is probably some new insight about family dynamics you can take away from reading this book.

Although this book was originally intended for women, the information in it applies just as much to men. From the title I had imagined it to be about coping with anger issues. And it is. But not about

inappropriate violence. Rather, it addresses the validity of anger, as a legitimate emotion, and the importance of expressing anger in a way that will lead to positive resolution of the issues causing the anger. I have found it to be both thought provoking and helpful. Highly recommended.

Best book EVER on all types of relationships. Every relationship you have is in a circle, and you can't change them, only change how you yourself handle things. Life changing book, and reread it often (after having this and sharing with friends who also love it), had to get another copy!

This isn't a self-help book; it is self-discovery. Part of a journey I began in deepest pain due my husband's diagnosis of lung cancer and the loss just weeks before of a cousin and a brother. Through therapy and reading authors like Brene Brown and Lerner; I am, despite no change in my circumstances, learning that as Brene a Brown would say, I am enough.

So far it's ok, but hasn't really TAUGHT me much about controlling my anger, it didn't hold my interest either

The book is really good, it explains our feelings -especially the anger we love to harbor. It is a bit difficult to understand at first just because we all have a specific , unique problems in our relationship. I would recommend to read this book with full understanding and do it twice.

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