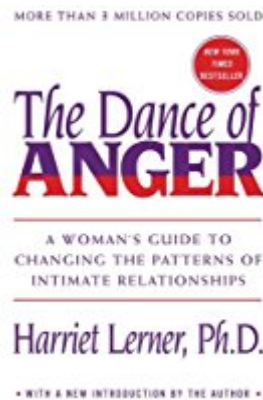


# Reading Ebook Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships By Harriet Lerner



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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) From the Back Cover 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.

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.

Customer Reviews Most helpful customer reviews 2 of 2 people found the following review helpful. Life Changing! By Amazon Customer 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 my 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. 6 of 6 people found the following review helpful. This may be a useful book for those of us with anger issues By Erin Watson This may be a useful book for those of us with anger issues, but I found it to be dated. There are many stale and outdated feminist references that made it a bit too hard to swallow. Has some good advice regarding anger, but I think a more modern book could be found. 2 of 2 people found the following review helpful. A MUST HAVE By WriteOnShan 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!!! See all 512 customer reviews...

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