

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

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Product Description- "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 women to identify the true sources of our anger and to use anger as a powerful vehicle for creating lasting change. Anger; Anger Management; Emotions; Feminine; General; Interpersonal relations; Non-Fiction; Psychology; Self-Help; Social Science; Sociology; Women

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.

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.

Other Books

Women's Spirituality. 'Women's Spirituality' is an enlarged and revised edition of the widely used anthology that looks at the spiritual and psychological dimensions of women's lives. Using classical and contemporary texts, the present volume illuminates the way feminist issues find grounding in great spiritual teachers such as Teresa of Avila, John of the Cross, Ignatius Loyola, and Jane de Chantal. Four sections develop the central theme. The first considers contemporary issues: women in ministry, different forms of feminist spirituality, and sexism in the church. The second provides contemporary resources for psychological development. The third gives examples of spiritual development in the biblical, Ignatian, Carmelite, and Salesian traditions. The final section considers new visions of women's spirituality in the present day. Contributors to this volume include Anne Carr, Joann Wolski Conn, Kathleen Fischer, Constance FitzGerald, James Fowler, Carol Gilligan, Rosemary Haughton, Elizabeth A. Johnson, Robert Kegan, John McDargh, Jean Baker Miller, Sandra M. Schneiders, Elisabeth Schüssler Fiorenza, Mary Jo Weaver, Rowan Williams, and Wendy M. Wright.

❓ ❓ ❓ ❓ ❓ . In her helpful book, *The Dance of Anger*, Harriet Lerner provides some approaches to assist women in dealing creatively with their anger.¹¹ Lerner emphasizes that anger operates within a system of relationships."