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The Dance Of Anger A

For me, it was "The Dance of Anger" by Harriet Lerner. This book was a person choice to read after finding myself often feeling frustrated and irate about things that shouldn't make me feel that way. Sometimes we can write it off as a bad day, PMS, bad night's sleep, lack of coffee, or running into grumpy people all day.

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Dance of Anger, The: A Woman's Guide To Changing The ...
The Dance of Anger, recommended by a therapist, will show the reader how to express anger -- and deal with anger being directed toward you -- without yelling, screaming, name calling, etc. This was literally the first clue I ever got about how to express anger in a calm way and to actually RESOLVE an issue, without constantly exploding over it, or being the "explodee" ** A Life Changing Book **

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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
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we liked ourselves the way we are now.

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else's is critical to becoming a healthy adult. The layers and
layers of armoring have to be unwelded from our hearts, and

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We have to be willing to feel the fear of being raged at. It is important that we learn to be angry.

Men and Our Anger Issues: The New Dance of Anger (part 1

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?The ladies reply to listener comments about The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships by Harriet Lerner. Plus, Kristen and Jolenta talk to Trysh Travis, cultural historian in the Center for Women's Studies at the University of Florida. Trysh puts the book...

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By The Book: Epilogue: Dance of Anger on Apple Podcasts
When Harriet Lerner began work on her book *The Dance of Anger* at the Menninger Clinic nearly 30 years ago, there were no books on this subject. Today it is a classic in the field. Now with the audio learning program *Harriet Lerner on Anger*, this distinguished psychologist shows how women can reclaim this emotion as a vital, life-changing force. Our culture encourages and even rewards aggressive men, yet when a woman shows anger, she is shunned, devalued, and ridiculed.

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