

DANCE OF ANGER: A WOMAN'S GUIDE TO CHANGING THE PATTERNS OF INTIMATE RELATIONSHIPS BY HARRIET LERNER

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The Dance of **ANGER**

A WOMAN'S GUIDE TO
CHANGING THE PATTERNS OF
INTIMATE RELATIONSHIPS

Harriet Lerner, Ph.D.

• WITH A NEW INTRODUCTION BY THE AUTHOR •

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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)

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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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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Features

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

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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

Most helpful customer reviews

519 of 533 people found the following review helpful.

What is my anger telling me?

By Marcy L. Thompson

A large number of books on the topic of anger have recently come into my house -- how to recognize anger, what it means, and how to "control" it. This is the only one of these books that I liked. All the other books on this topic seem to treat anger as a loss of control, which should be repressed. In fact, they seem to be about impulse control more than about anger. (I have nothing against people learning to control their impulses, I just don't think that it's the same topic as the topic of anger.) Luckily, I did not pay for any of these books, so I can just be glad I read this one, and forget about the others.

In this book, Lerner treats anger as a signal that something is going wrong. She explains that only when we address the "something wrong" in a useful way will the anger go away. Then she explores the "dances" we engage in, in our attempts to make ourselves feel better. She suggests that most of our attempts to make ourselves feel better focus on the person(s) we think made us mad, rather than on ourselves. She compassionately and wisely shows how to disengage from the anger and the counter-productive patterns, while staying connected and acting with integrity. However, she also acknowledges the effect that this sort of change can have on other people in the dance, and she provides guidance in maintaining oneself in the face of countermoves.

Fundamentally, this is not the kind of self-help book that provides 10 easy steps to ridding oneself of anger. Instead, it describes a different way to think about anger, and discussion of the ways in which one can respond to anger. No easy steps, just a way of thinking, which can radically change the way one engages with the world.

198 of 205 people found the following review helpful.

Use anger to make your life better

By A Customer

I found this book as impossible to put down as any thriller -- it was fascinating even when it didn't directly apply to me. But most of it did.

All my life I have had a problem expressing anger. It usually comes out as tears, which does not impress anyone or improve the situation, or else I swallow it and tell myself it's not important. This book has helped me to understand that when I'm angry, it means something is wrong, and I attempt to calmly identify what that is, and take steps to make it better. I'm not expert at this yet, but the book has given me hope that small changes can lead to big improvement over time.

All in all, this is a great book for anyone whose anger has ever made them feel ashamed or powerless. Read

and reread until your anger works for you, not against you.

108 of 112 people found the following review helpful.

Great, excellent

By A Customer

I highly recommend this to anyone in a struggling relationship. After 10 years of marriage I could see no way of getting along with my wife. My therapist suggested this book and it just opened up a whole new world for me. My marriage is safe and strong. Don't let the title fool you, this is just as much for men as women, yes I am a guy.....

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Anger: A Woman's Guide To Changing The Patterns Of Intimate Relationships By Harriet Lerner could aid you to solve the trouble. It can be one of the appropriate resources to establish your creating ability.