

Dance of Anger A Womans Guide to Changing the Patterns of Intimate Relationships

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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

BOOK DETAILS

- Author : Harriet Lerner
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BOOK SYNOPSIS

"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.

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