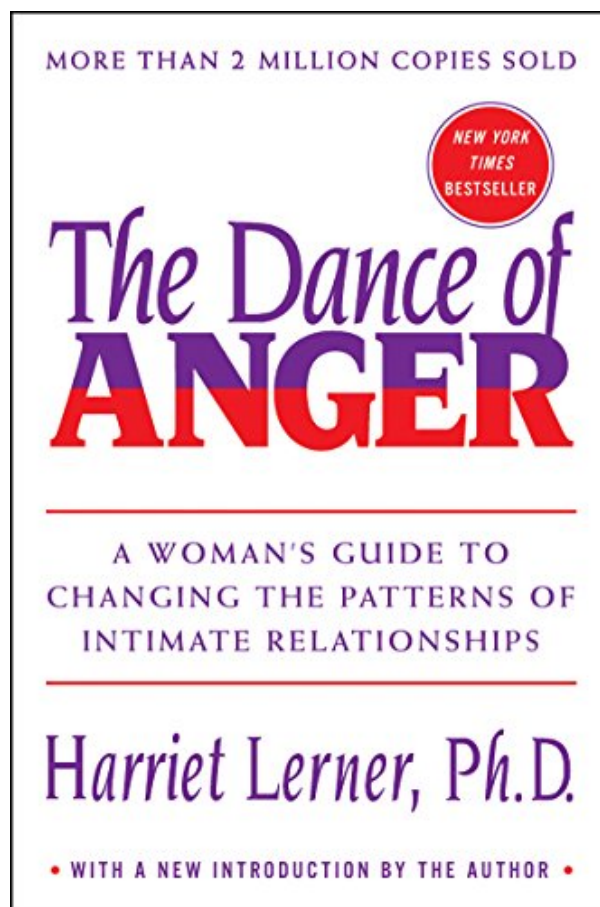


**THE DANCE OF ANGER: A WOMAN'S  
GUIDE TO CHANGING THE PATTERNS OF  
INTIMATE RELATIONSHIPS BY HARRIET  
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# *The Dance of* **ANGER**

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

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*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. It contains an inspirational message for all women, regardless of their age, background, or life experience. Like a family." -- 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

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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!!!

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