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**Guide To Changing The
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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

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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.

Dance of Anger, The: A Woman's Guide

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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

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signal and one worth listening to," writes

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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.

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The Dance of Anger Quotes Showing 1-21

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of 21 “Our society doesn’t promote self-acceptance and it never will. First of all, self-acceptance doesn’t sell products.

Capitalism would fall if we liked ourselves the way we are now.

The Dance of Anger Quotes by Harriet

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

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this soul-shaking book. Harriet's work fundamentally changed how I thought about my relationships, how I understood my own anger, and her career has long served as an inspiration to me."

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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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"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

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Kristen and Jolenta talk to Trysh Travis,
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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

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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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