

The Dance Of Anger A Womans Guide To Changing The Pattern Of Intimate Relationships

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The Dance Of Anger A

For the first time, after reading so many other books on anger, I finally truly understand the dance, the circle dance that we do to perpetuate the circular dance of anger. And it comes down to having the courage to step up within yourself and be the one to walk away from the dance.

Dance of Anger, The: A Woman's Guide To Changing The ...

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The Dance of Anger: A Woman's Guide to Changing the ...

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. What People are Saying About This

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Like. "Venting anger may serve to maintain, and even rigidify, the old rules and patterns in a relationship, thus ensuring that change does not occur." — Harriet Lerner, The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships. 1 likes.

The Dance of Anger Quotes by Harriet Lerner

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THE DANCE OF ANGER ""I wouldn't have the career I have today had I not read 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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And our entire family is involved in the dance of anger, when someone let's a fireball rip. What we do next is of critical importance. If everyone runs for shelter and the raging person simply gets what they want, we may be setting an example for acceptable behavior that will haunt us and our children for years to come.

The New Dance of Anger: Men and Our Legacy (part 2) | The ...

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The challenge of anger is at the heart of our struggle with intimacy, self-esteem, and joy. The Dance of Anger has inspired more "You changed my life" stories from both women and men than perhaps any other best seller on the American scene today. ©1985 Harriet Lerner, Ph.D. (P)1997, 2004 HarperCollins Publishers, Inc.

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