

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 vivid, engaging and eminently wise work, Dr. Lerner teaches women to identify the true sources of anger and to use anger as a powerful vehicle for creating meaningful and lasting change. 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.

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