

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

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The Dance of Anger Quotes by Harriet Lerner

The Dance Of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships. Paperback – April 14 2005. by Harriet Lerner (Author) 4.5 out of 5 stars 832 ratings. See all formats and editions.

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Staying present in the dance of anger, 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 to feel the fear of being raged at. It is important that we learn to be angry.

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The ladies reply to listener comments about The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships by Harriet Lerner. Plus, Kristen and Jolenta talk to Trysh Travis, cultural historian in the Center for Women's Studies at the University of Florida. Trysh puts the book...

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