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1989, Thorson's London, ISBN 0 7225 3623 2 Although this book is written primarily to help women develop a new perspective on anger, it will nevertheless.

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What selling 3 million copies of 'the dance of anger' has taught

Of all the books written about women's personal relationships and how to improve them, Dr. Harriet Lerner's The Dance of Anger (which is celebrating this year the milestone of 3 million copies sold) has been highly instrumental to me and so many others, and is considered

Harrietlerner

These include The New York Times bestseller *The Dance of Anger*, and her new book, *Why Won't You Apologize? Healing Big Betrayals and Everyday Hurts*. ?.

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There is one book I've yet to write about, and it's perhaps one of the most recommended readings I share with clients. It's *The Dance of Anger* ('85, '97, '05) – a

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The dance of anger: a woman's guide to changing the patterns of intimate relationships. Author: Lerner, Harriet Goldhor. Publisher: Harper & Row. Publication

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About Paul Sigafus. I'm Paul - the Director of Colorado Counseling Center and a Certified EFT Couples Therapist & Supervisor. My passion is helping people

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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

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Harriet Lerner, Ph.D., (born November 30, 1944) is a clinical psychologist and a contributor to *The Dance of Anger*, a New York Times bestseller that has been translated into more than 35 foreign editions, was the first book published in the

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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

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Synopsis: Lerner, a specialist in the psychology of women, takes a look at anger: how it hurts us when we avoid it or express it in the wrong way

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If I could define my life in one emotion, it would be Anger. My relationship with anger has been an intimate, tricky and rather agonising one.

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