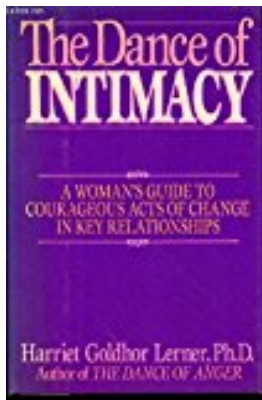


[PDF] The Dance Of Intimacy: A Woman's Guide To Courageous Acts Of Change In Key Relationships

Harriet Lerner - pdf download free book



Books Details:

Title: The Dance of Intimacy: A Woma
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Description:

From Publishers Weekly This sensible self-help book draws on family-systems therapy in recommending thoughtful "self-focus" for women stuck in difficult relationships with either mates or families. Emphasizing that "a truly intimate relationship is one in which we can be who we are,

which means being open about ourselves," Lerner (*The Dance of Anger ; Women in Therapy*) highlights the importance of women defining themselves, their needs and limits, rather than reacting to anxiety unthinkingly--either by emotionally distancing themselves from problems or by overreacting. A staff psychologist and psychotherapist at the Menninger Clinic, Lerner illustrates her points with case studies from her family as well as her practice. To explore what unhelpful patterns of behavior may be passed down from past generations, she advises creating a genogram, or family diagram, going back to a person's grandparents or earlier. Lerner's book presumes at least an acquaintance with professional jargon but should be accessible to most readers of pop psychology.

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Review "A wise and compassionate book that will teach the reader much about the complex emotions our family and love relationships engender." (Lillian B. Rubin, Ph.D., author of *Intimate Strangers*)

"Subtle and literate, *The Dance of Intimacy* is like a long, revealing conversation with a wise and compassionate friend." (Maggie Scarf)

"Dr. Lerner has a truly remarkable ability to analyze our problems with intimacy. She has written a hopeful, respectful, and transforming book." (Carol C. Nadelson, M.D., former president of the American Psychiatric Association) --This text refers to the edition.

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