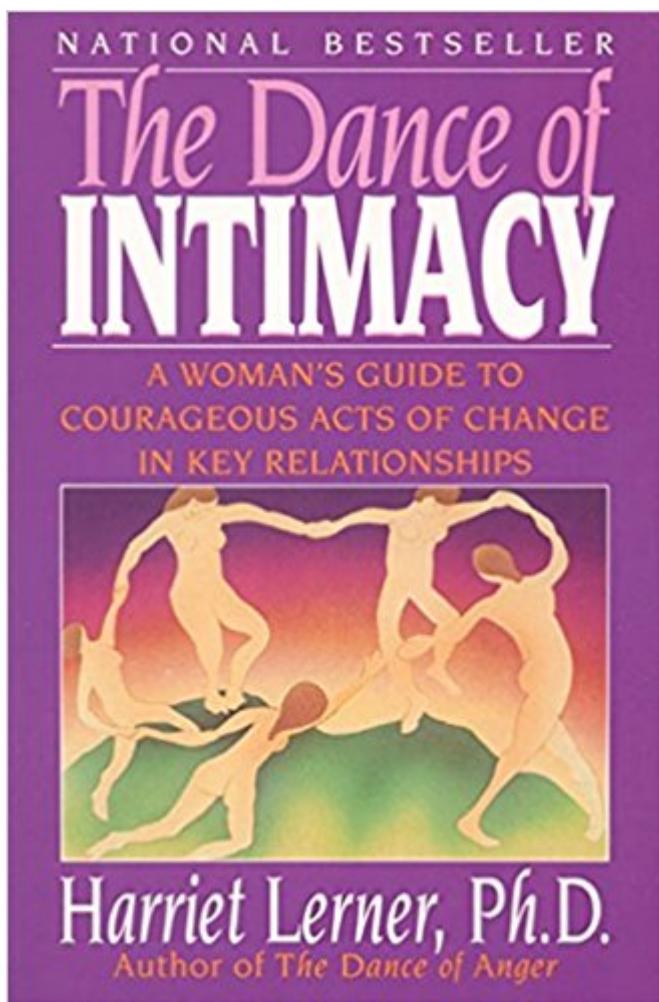


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The Dance Of Intimacy: A Woman's Guide To Courageous Acts Of Change In Key Relationships



Synopsis

In *The Dance of Intimacy*, the bestselling author of *The Dance of Anger* outlines the steps to take so that good relationships can be strengthened and difficult ones can be healed. Taking a careful look at those relationships where intimacy is most challenged--by distance, intensity, or pain--she teaches us about the specific changes we can make to achieve a more solid sense of self and a more intimate connectedness with others. Combining clear advice with vivid case examples, Dr. Lerner offers us the most solid, helpful book on intimate relationships that both women and men may ever encounter.

Book Information

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Customer Reviews

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. Copyright 1989

Ã¢ "A wise and compassionate book that will teach the reader much about the complex emotions our family and love relationships engender.Ã¢ " (Lillian B. Rubin, Ph.D., author of *Intimate Strangers*)Ã¢ "Subtle and literate, *The Dance of Intimacy* is like a long, revealing conversation with a wise and compassionate friend.Ã¢ " (Maggie Scarf)Ã¢ "Dr. Lerner has a truly remarkable ability to analyze our problems with intimacy. She has written a hopeful, respectful, and transforming book.Ã¢ " (Carol C. Nadelson, M.D., former president of the American Psychiatric Association)

This book was useful in that it discussed things I had not previously heard about, such as the concept of triangulation and histograms. It is a useful book too for women who are wanting to learn more about setting boundaries in relationships. It is a bit outdated (you can tell it wasn't written in this decade). Also as a lesbian I found it lesbian-friendly in a way that some books about relationships are not, but again in a somewhat outdated sort of way. Overall I would recommend this as a book for people (particularly women, as it does seem written more for women than men) who want to gain a deeper understanding of human relations.

This is a theory of relationships book, not a how to book. It is well organized, systematically written. Written from a female perspective, but the issues are recognizable by men with spouses or sisters in the workforce. Clear warnings by the author that presenting problem and solution histories in one chapter makes things look easier than they are. Enough stories without "happy endings" to realistically present difficulties. Have read one dance book before, fear. I am considering reading another, anger, in the near future. Recommended by psychologist treating me for depression when I brought up marital concerns.

This book surprised me in a good way. It has not only good insight on how women can achieve healthy intimate relationships but it depicts great examples of how other women achieved this. Lerner also comments on the social context of the women she is talking about; at times she talks about feminism and makes parallelisms between change in the social structures and change in intimate relationships. I recommend this book greatly.

recommended and excellent

I agree with another reviewer --- Harriet Lerner is a frigging genius. Every las one of her books, but this is her masterpiece.

Excellent read. It helped me tremendously in my relationships!!!

great book.

I read dance of anger before I read Dance of Intimacy. Both are very insightful and can be read repeatedly. Very simple and valuable. Though Harriet Lerner's writing makes the change the women have made in their life's seem like it happened quick, the women described in the case studies took time to make those changes. The author does mention this fact at the end of the book. Recommend reading it.

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