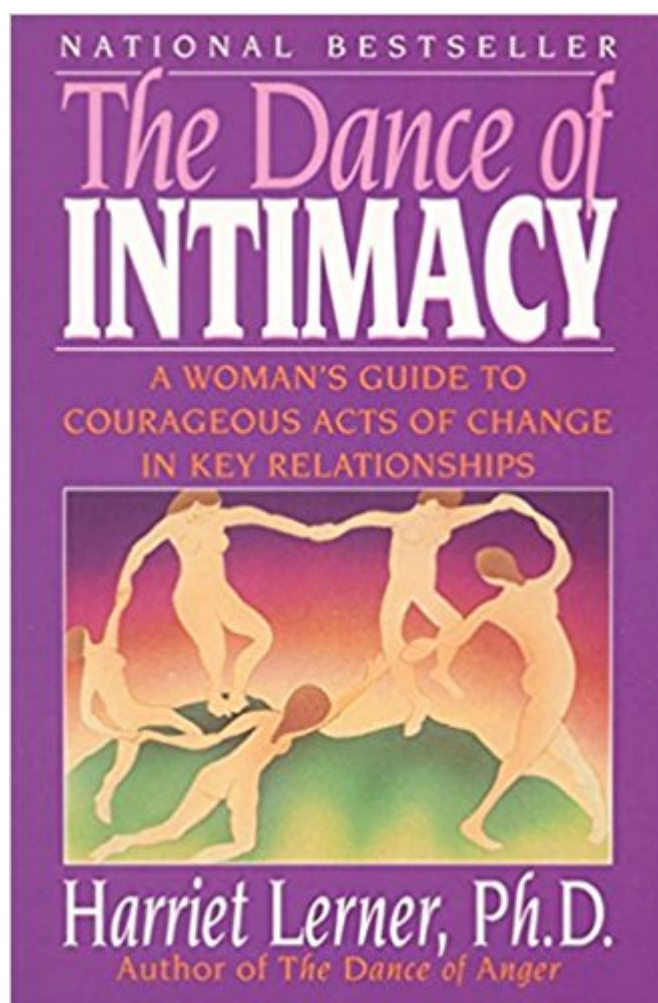


The book was found

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

Paperback: 255 pages

Publisher: Harper Perennial; 1st Printing edition (1990)

Language: English

ISBN-10: 006091646X

ISBN-13: 978-0060916466

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 125 customer reviews

Best Sellers Rank: #44,964 in Books (See Top 100 in Books) #143 in [Books > Self-Help > Sex & Relationships](#) #210 in [Books > Deals in Books](#) #214 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology](#)

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

Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

“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 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.

[Download to continue reading...](#)

The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships
Marriage: Save Your Marriage- The Secret to Intimacy and Communication Skills (marriage, relationships, save your marriage, divorce, love, communication, intimacy) Nora Roberts Key Trilogy
CD Collection: Key of Light, Key of Knowledge, Key of Valor Courageous Princess, The Volume 1
Beyond the Hundred Kingdoms (3rd edition) (The Courageous Princess) Island Kids: Courageous
Kids (Courageous Kids) How to Dance: Learn How to Line Dance, Belly Dance, Ice Dance and
More Marriage: How To Save Your Marriage And Rebuild Connection, Intimacy and Trust By
Understanding It Better (Marriage Help, Marriage Counseling, Intimacy Advice, Relationship
Communication Book 1) The Dance of Anger CD: A Woman's Guide to Changing the Pattern of
Intimate Relationships Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate
Relationships The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate
Relationships Yes. You CAN Ballroom Dance!: Exactly What You Need To Know, In Plain
Language (Couples Therapy, Couples Dance, Healthy Relationships) Escape from Intimacy:
Untangling the ``Love'' Addictions: Sex, Romance, Relationships Act Like a Lady, Think Like a Man,
Expanded Edition CD: What Men Really Think About Love, Relationships, Intimacy, and
Commitment Nourishing Intimacy: Cultivating Trust, Understanding, and Love in All Our
Relationships Act like a Lady, Think like a Man: What Men Really Think About Love, Relationships,
Intimacy, and Commitment Having Sex, Wanting Intimacy: Why Women Settle for One-Sided
Relationships Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships

The Spirit of Intimacy: Ancient African Teachings in the Ways of Relationships Act Like a Lady,
Think Like a Man, Expanded Edition: What Men Really Think About Love, Relationships, Intimacy,
and Commitment Can I Kiss You?: A Thought-provoking Look at Relationships, Intimacy, and
Sexual Assault

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)