

Healing Rage: Women Making Inner Peace Possible



Healing Rage: Women Making Inner Peace Possible

by Ruth King

★★★★☆ 4.5 out of 5

Language : English

File size : 1441 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 240 pages



If you're a woman struggling with rage, know this: you are not alone.

Rage is a common experience for women. It can be triggered by anything from sexism to sexual harassment to domestic violence. And while rage can be a powerful force for change, it can also be destructive, both to ourselves and to those around us.

In her groundbreaking book, *Healing Rage: Women Making Inner Peace Possible*, Dr. Thema Bryant-Davis offers a path to peace and healing for women who are ready to let go of their anger and create a life filled with joy and fulfillment.

With warmth, compassion, and wisdom, Dr. Bryant-Davis guides readers through a process of self-discovery and healing. She helps us to

understand the roots of our rage, to develop coping mechanisms, and to build a life that is free from violence and oppression.

Healing Rage is more than just a book. It's a movement. It's a call to action for women everywhere to come together and create a world where all women can live in peace and safety.

If you're ready to heal your rage and create a life filled with peace and joy, then I invite you to read *Healing Rage: Women Making Inner Peace Possible*. It will change your life.

What Others Are Saying About Healing Rage

"Healing Rage is a powerful and important book that offers a path to healing and peace for women who are struggling with rage. Dr. Bryant-Davis writes with warmth, compassion, and wisdom, and her insights are invaluable. This book is a must-read for any woman who is ready to let go of her anger and create a life filled with joy and fulfillment." - **Oprah**

Winfrey

"Dr. Bryant-Davis has written a groundbreaking book that offers a lifeline to women who are struggling with rage. *Healing Rage* is a must-read for any woman who wants to understand the roots of her anger and find a path to healing." - **Gloria Steinem**

"Healing Rage is a powerful and important book that offers a roadmap to healing and peace for women who are struggling with rage. Dr. Bryant-Davis's insights are invaluable, and her writing is both compassionate and empowering. This book is a must-read for any woman who is ready to

break free from the cycle of anger and violence." - **Tarana Burke, founder of the #MeToo movement**

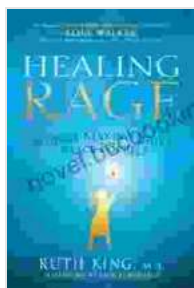
About the Author

Dr. Thema Bryant-Davis is a clinical psychologist, author, and speaker. She is the founder of the Center for Cultural and Psychological Studies in Silver Spring, Maryland. Dr. Bryant-Davis has written extensively on the topics of race, gender, and trauma. Her work has been featured in The New York Times, The Washington Post, and on NPR.

Dr. Bryant-Davis is a passionate advocate for women's rights and social justice. She is the recipient of numerous awards, including the American Psychological Association's Award for Distinguished Contributions to the Practice of Psychology. She is also a member of the Oprah Winfrey Winfrey Book Club.

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