



Healing Rage: Women Making Inner Peace Possible

Ruth King

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Healing Rage: Women Making Inner Peace Possible Ruth King

Now in paperback, the self-published success that provides guidance for women in identifying and transforming one of the most challenging emotions of our lives

Self-help authors rarely distinguish between anger and rage, but Ruth King has devoted her career to exploring the subtle varieties of this emotion. In *Healing Rage*, she gives all readers access to her pioneering, breakthrough program, which has already changed thousands of lives through workshops nationwide.

Written for every woman—from counselors and their patients to those who may not realize that rage is at the root of their unhappiness and have just begun to seek new paths of hope—*Healing Rage* is a unique invitation for transformation.

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