

Rage Becomes Her: The Power of Women's Anger

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Summary:

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A transformative book urging twenty-first century-women to embrace their anger and harness it as a tool for lasting personal and societal change.

Women are angry, and it isn't hard to figure out why.

We are underpaid and overworked. Too sensitive, or not sensitive enough. Too dowdy or too made-up. Too big or too thin. Sluts or prudes. We are harassed, told we are asking for it, and asked if it would kill us to smile. Yes, yes it would.

Contrary to the rhetoric of popular self-help and an entire lifetime of being told otherwise, our rage is one of the most important resources we have, our sharpest tool against both personal and political oppression. We've been told for so long to bottle up our anger, letting it corrode our bodies and minds in ways we don't even realize. Yet our anger is a vital instrument, our radar for injustice and a catalyst for change. On the flip side, the societal and cultural belittlement of our anger is a cunning way of limiting and controlling our power.

We are so often told to resist our rage or punished for justifiably expressing it, yet how many remarkable achievements in this world would never have gotten off the ground without the kernel of anger that fueled them? Rage Becomes Her makes the case that anger is not what gets in our way, it is our way, sparking a new understanding of one of our core emotions that will give women a liberating sense of why their anger matters and connect them to an entire universe of women no longer interested in making nice at all costs.

Following in the footsteps of classic feminist manifestos like *The Feminine Mystique* and *Our Bodies, Ourselves*, *Rage Becomes Her* is an eye-opening book for the twenty-first century woman: an engaging, accessible credo offering us the tools to re-understand our anger and harness its power to create lasting positive change.

Rage Becomes Her by Soraya Chemaly Following in the footsteps of classic feminist manifestos like *The Feminine Mystique* and *Our Bodies, Ourselves*, *Rage Becomes Her* is an eye-opening book for the twenty-first century woman: an engaging, accessible credo offering us the tools to re-understand our anger and harness its power to create lasting positive change. *Rage Becomes Her: The Power of Women's Anger*: Soraya ... *Rage Becomes Her* makes the case that anger is not what gets in our way, it is our way, sparking a new understanding of one of our core emotions that will give women a liberating sense of why their anger matters and connect them to an entire universe of women no longer interested in making nice at all costs. *Rage Becomes Her: The Power of Women's Anger* by Soraya Chemaly In *Rage Becomes Her: The Power of Women's Anger*, author Soraya Chemaly explores and confronts the gendering of emotions, in this case the gender ideas of anger. Social norms teach us that anger expressed by females is undesirable, uncomfortable, and certainly not feminine, unlike with males where it is accepted because of its normalized tie to masculinity.

'*Rage Becomes Her*': The Current Conversation Around Women ... Excerpt from "*Rage Becomes Her*" by Soraya Chemaly My parents' 1965 wedding was a lavish affair that went on for more than twenty hours, with over five hundred guests in attendance. *Rage Becomes Her* by Soraya Chemaly - Review | BookPage Soraya Chemaly's *Rage Becomes Her: The Power of Women's Anger* is part cultural analysis and part call to arms. Chemaly's an award-winning author, activist and the Director of the Women's Media Center Speech Project writes with clear-eyed conviction. *Rage Becomes Her* - overdrive.com *Rage Becomes Her* makes the case that anger is not what gets in our way, it is our way, sparking a new understanding of one of our core emotions that will give women a liberating sense of why their anger matters and connect them to an entire universe of women no longer interested in making nice at all costs.

'*Rage Becomes Her*' By Soraya Chemaly Is A Nuanced Look At ... *The Rage Becomes Her: The Power of Women's Anger* by Soraya Chemaly, \$25, Amazon. Despite the fact that women have plenty of things to be mad about — unequal pay, unfair labor practices. *RAGE BECOMES HER* by Soraya Chemaly | Kirkus Reviews The director of the Women's Media Center Speech Project interrogates the nature of modern female anger and outrage. In this powerful essay collection, Chemaly draws on interviews, research, and personal experience to examine why patriarchal Western cultures continue to demand that women silence their rage, much of which is well-earned. *Rage Becomes Her* | Book by Soraya Chemaly | Official ... *Rage Becomes Her* INTRODUCTION NICE TO MEET YOU, RAGE My parents' 1965 wedding was a lavish affair that went on for more than twenty hours, with over five hundred guests in attendance.

Soraya Chemaly: *Rage Becomes Her* - Strand Books Buy a copy of *Rage Becomes Her* or a \$15 gift card in-store at the event to attend. This event will take place in the Rare Book Room, located on the 3rd floor of the Strand and accessible via the stairs or elevator next door at 826 Broadway.. Women are angry, and it isn't

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