



Pissed Off: On Women and Anger

Spike Gillespie

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Often accused of being overly emotional and mad, Spike Gillespie offers up a lifetime's worth of anger that all women can relate to. Two parts anger and one part forgiveness, *Pissed Off* is a book about Gillespie's lifetime of anger and the inevitable fallouts that ensued, which she uses, along with other women's stories, to describe the positive and negative influences of anger in women's lives. Gillespie's portraits depict anger that stems from interpersonal relationships toward coworkers, offspring, parents, and strangers. Her stories and observations are simultaneously funny and wrenching, providing the backdrop for universal experiences that range from irritation to fury.

Gillespie is opposed to the notion that women must quell their anger rather than examine it. Her message is that anger is a destructive force for those who allow it to consume them, but that anger can also be a useful catalyst. Her observations of forgiveness are about releasing that anger when its usefulness has faded, finding balance, and unlearning habitual anger. She has learned that one cannot simultaneously prevent and prepare for war, and that finding balance and happiness is about forgiving others their transgressions and making space to move on.

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Rita Merritt:

A lot of people always spent their particular free time to vacation or even go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day every day to reading a publication. The book Pissed Off: On Women and Anger it is rather good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the actual e-book. You can m0ore easily to read this book out of your smart phone. The price is not to fund but this book provides high quality.

Kevin Masterson:

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