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**Women are angry and they have reason to be:** According to the 2022 Gallup World Poll, women across the world are getting angrier. The pandemic forced many women to take on a disproportionate amount of childcare and household responsibilities compared to their male counterparts, while also juggling work responsibilities, leading to many women dropping out of the workforce.

**Women deal with anger differently:** While women tend to react with anger to the same triggers that cause men to react, they manage it differently. Women are more prone to direct their anger inward. Doing so becomes the foundation for a highly critical internal self-dialogue (*Psychology Today*).

# Releasing Toxic Anger for Women

Somatic Practices and CBT Skills to Transform Negative Thoughts, Soothe Stress, and Stay True to Yourself

KARYNE B. WILNER, PsyD

Discover powerful CBT and somatic practices to help you release toxic anger and find lasting emotional balance.

Do you ever feel guilty for being angry? If so, you aren't alone. We live in a culture that doesn't support the open assertive expression of anger among women. Women and girls are often taught that we are overreacting, or just being too sensitive or unreasonable when anger arises. This bottled-up anger can then lead to inner criticism, self-doubt, resentment, emotional avoidance, and conflicts with others. This repressed anger can also cause a ripple effect throughout the body, affecting our heart, brain, nervous system, immune system, and gut.

In this much-needed guide, a clinical psychologist and somatic therapist reveals how anger—whether it's repressed or misdirected in harmful ways—creates stress in the body and mind, and offers powerful body-based, somatic practices and cognitive behavioral therapy (CBT) techniques to help you let go of internalized anger for greater health, vitality, and purpose.

Anger can be a powerful barometer in our lives, indicating when we care passionately about something; but too often it's misunderstood, misplaced, and mismanaged. This book will help you gain control of your anger—rather than letting it control you—so you can think clearly, communicate effectively, and channel your emotions in ways that can improve your life!

"Releasing Toxic Anger for Women" will be published on December 1, 2024 and is available for pre-order and purchase on [newharbinger.com](http://newharbinger.com), Amazon, Barnes & Noble, and wherever books are sold.

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KARYNE B. WILNER, PsyD



**KARYNE B. WILNER PsyD**, is a licensed psychologist with a private practice in Newport, RI. She currently directs the Core Energetics Academy in Newtown, CT, and was formerly assistant director of the International Institute for Core Energetics, senior director of the Brazilian Institute, and associate director in Australia. She has traveled widely giving lectures, workshops, and seminars, and has written numerous journal articles about somatic therapy and psychology. In addition to her training programs, she is presently teaching master's level holistic counseling courses at Salve Regina University in Newport, RI. Her joy lies in helping people become more authentic and lead richer, fuller lives.

"What a timely book this is. The world is getting angrier, and for many, the skills needed to work with this emotion are sadly lacking. This practical book offers information and tools to guide women with their unexpressed and destructively expressed anger. When women can use their anger in service of life, health, and the world—we will see a beautiful transformation. This book is a gift for women, men, and the world."

—Ann Bradney, founder and director of the Radical Aliveness Institute, who runs a three-year program for Peace Leadership in Israel and Palestine

"This is a thoughtful approach that zeroes in on possibility rather than punishment. Although 'to release' can mean to momentarily reconnect with, I promise you it is in a constructive and empowering way. Karyne Wilner delivers with all of her best insight, steeped in decades of both clinical and heartfelt, no-nonsense practice."

— Jo Standing, one/we; author; and corporate and military wellness facilitator

"Karyne Wilner has been on the forefront of the somatic psychotherapy movement for many decades. *Releasing Toxic Anger for Women* is a culmination of her work. In this book, Karyne Wilner synthesizes an extensive body of knowledge on an embodied approach to working with women and anger. Here you will discover a rich panoply of exercises, insights, and creative approaches for women to reclaim the positive aspects of human anger."

— Brian Gleason, CSW, CCEP, practicing psychotherapist, teacher, writer, cofounder of The Center for Exceptional Marriage, and author of *Mortal Spirit and Relative to Everything*

"Karyne Wilner provides an excellent explanation of the important influence of toxic anger on women's health, and provides real-life strategies to ameliorate it."

—Justin P. Lavin Jr., MD, FACOG, professor and chairman emeritus in the department of obstetrics and gynecology at Cleveland Clinic Akron General

Praise

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