



# Reflections on Anger: Women and Men in a Changing Society

*Christa Reiser*

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This book provides insight into the emotion of anger from a theoretical and empirical standpoint and from the viewpoint of fifty ordinary women and men who share their experiences, beliefs, and perceptions of anger in their own and others' lives. The author's main goal is to explore the extent and sources of anger that women and men feel toward members of the other sex and their perceptions of what angers other men and women. Respondents' general experiences with the emotion of anger are also investigated. Experiences and beliefs about various aspects of gender-based anger are put in the context of respondents' beliefs about recent gender role changes as well as their perceptions of ways to improve relationships between women and men.

Analysis of interviews reveals complicated patterns of convergence and divergence based on gender. Women and men share perceptions in reference to some aspects of anger and some anger-related experiences. However, a significant gender gap exists in other areas. This book makes clear the need for better understanding and management of anger in our lives as well as the need to structure relations between men and women so that new ideals of equality and understanding can be realized in a context of shared responsibilities, respect, and lack of anxiety about what it means to be a man or a woman.

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