



From Rage to Courage: Answers to Readers' Letters

Alice Miller

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From Rage to Courage: Answers to Readers' Letters Alice Miller

Collected for the first time, Alice Miller's most helpful, therapeutic, and invaluable answers to hundreds of readers' letters.

The renowned childhood researcher, psychotherapist, and best-selling author Alice Miller has received, throughout her long and distinguished career, countless personal letters from readers all over the world. In *From Rage to Courage*, Dr. Miller has assembled the most recent, producing an insightful work that illuminates the issues and consequences of childhood abuse. Whether exploring the connection between repressed anger and physical illnesses like cancer, the reasons why many survivors of abuse turn to drugs or crime, or the cycle that condemns generations of families to cruelty in childhood, Dr. Miller's answers are sensitive, honest, and supported by decades of experience. Unafraid of controversy, she discusses much-debated theories such as the impact of religious belief on the cultural traditions of child abuse and the therapeutic community's denial of the truth and dependency on antidepressants. A practical guide to Dr. Miller's unique therapeutic concept, this work once again affirms the healing and liberating power of retrieved emotions.

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