

Anger heals

WHY THE WORLD NEEDS ANGRY WOMEN
By Nilanjana Bhowmick,
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Nilanjana Bhowmick quotes Rebecca Traister's words to open her book — "... in the fury of women lies the power to change the world". For generations, this fury has been buried under the guise of politeness or dismissed as hysteria instead of being recognised as a catalyst for justice.

Why the World Needs Angry Women explores the stories of 13 such "angry" women across India from diverse socio-economic backgrounds for whom anger served as a force to fight for systemic change.

Historically, society has condoned a man's anger as a normal expression of emotion while angry women have been labelled 'difficult', often triggering a 'culture shock'. But Rani Lakshmi Bai, Savitribai Phule, Pritilata Jana, Emmeline Pankhurst, and recently, Neha Bora, to cite a few examples, did not lead sociopolitical movements with patience: they did so with anger. From the rage of Medea to the resistance of Dopdi Mejhen, female anger can feed the fire of revolt against oppression.

One of Bhowmick's primary ideas regarding anger is its connection with healing. She frames healing as a journey, one that begins with acknowledging one's pain, moves through experiencing anger, and ultimately ends in learning how to channel it.

Among others, the book highlights the journeys of Beena Pallical, a Dalit activist whose anger sharpened her determination to help her community; Lakshmi Kushwaha, who channelled her frustration after carrying 30 litres of water over four kilometres every day to become a Jal Saheli and many others.

Bhowmick's book arrives as a timely validation of women's fury: angry women recently took to the streets to protest against injustice. This work proves that anger is not necessarily a destructive force but a necessary medium for survival and transformation. It is also a vital documentation of how marginalised women convert personal grievances into collective political action.

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