

## **The Complexity of Serving Male Victims: Knowing the Factors That Perpetuate Abuse and Create Isolation**

### **Books**

#### **Masculinity: Understanding and Healing the Malaise of American Manhood**

*Authors: Charlie Donaldson and Randy Flood*

Brief description: Why do men assault women? Ridicule each other? Need to win at any cost? Get road rage? Seclude themselves in their man-caves for endless hours of TV sports? Why do even “good guys” refuse to talk about their personal lives or cry over the death of a close friend? Here’s a book that, for the first time, answers these questions with a single word. If you want to understand men, get this book!

<https://masculinity.org/product/masculinity-book/>

#### **Awakening from the Deep Sleep: A Powerful Guide for Courageous Men**

*Author: Robert Pasick, Ph.D.*

Brief description: Drawing on years of counseling experience, the author explores issues of work, anger, grief, sexuality, fatherhood, and addiction, offering men advice on how to successfully navigate change during the middle years.

[https://www.amazon.com/Awakening-Deep-Sleep-Powerful-Courageous/dp/0062506501/ref=sr\\_1\\_1?ie=UTF8&qid=1511301590&sr=8-1&keywords=awakening+from+the+deep+sleep](https://www.amazon.com/Awakening-Deep-Sleep-Powerful-Courageous/dp/0062506501/ref=sr_1_1?ie=UTF8&qid=1511301590&sr=8-1&keywords=awakening+from+the+deep+sleep)

#### **Be A Man!: Becoming the Man God Created You to Be**

*Author: Fr. Larry Richards*

Brief description: Men are rediscovering the importance of the spiritual life. And Father Larry Richards is helping them do it. While some writers apply a one-size-fits-all approach to the Christian life, Father Richards draws on his many years of ministry and his own experience as a man to inspire other men as men. In *Be a Man!*, he recounts his struggles to learn true manhood, as well as the inspiring stories of others he has served in his decades as a priest. He tells men how to focus on the right goal, how to live as a beloved son of God, of the need to acknowledge one's faults and to live according to the Holy Spirit, to be a man of true love and of wisdom, to appreciate properly the differences between men and women, to pursue holiness, and to make a difference in the world. Not preachy but direct, Father Richards challenges men to be strong, without putting on a mask of false strength or machismo. He calls men to admit their weaknesses and limitations, while urging them to find strength in faith and genuine love to overcome their sins and faults. Although a celibate priest, he minces no words when it comes to the place of sexuality--for the unmarried man as well as for the married man. He shows that true manliness is not opposed to love but thrives on it. Father Richards stresses that a relationship with Christ reveals the meaning of a man's life and his identity as a man. He inspires men to become the true heroes they long to be--men of authentic courage, compassion and integrity. This

is a highly readable book for men by a man who knows how to talk to men about the things that matter most.

[https://www.amazon.com/Be-Man-Becoming-God-Created/dp/1586174037/ref=sr\\_1\\_1?ie=UTF8&qid=1511301740&sr=8-1&keywords=be+a+man+book](https://www.amazon.com/Be-Man-Becoming-God-Created/dp/1586174037/ref=sr_1_1?ie=UTF8&qid=1511301740&sr=8-1&keywords=be+a+man+book)

### **I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression**

*Author: Terrence Real*

Brief description: A revolutionary and hopeful look at depression as a silent epidemic in men that manifests as workaholism, alcoholism, rage, difficulty with intimacy, and abusive behavior by the cofounder of Harvard's Gender Research Project. Twenty years of experience treating men and their families has convinced psychotherapist Terrence Real that depression is a silent epidemic in men—that men hide their condition from family, friends, and themselves to avoid the stigma of depression's "un-manliness." Problems that we think of as typically male—difficulty with intimacy, workaholism, alcoholism, abusive behavior, and rage—are really attempts to escape depression. And these escape attempts only hurt the people men love and pass their condition on to their children.

This groundbreaking book is the "pathway out of darkness" that these men and their families seek. Real reveals how men can unearth their pain, heal themselves, restore relationships, and break the legacy of abuse. He mixes penetrating analysis with compelling tales of his patients and even his own experiences with depression as the son of a violent, depressed father and the father of two young sons.

[https://www.amazon.com/Dont-Want-Talk-About-Overcoming/dp/0684835398/ref=sr\\_1\\_1?ie=UTF8&qid=1511301995&sr=8-1&keywords=book+i+don%27t+want+to+talk+about+it](https://www.amazon.com/Dont-Want-Talk-About-Overcoming/dp/0684835398/ref=sr_1_1?ie=UTF8&qid=1511301995&sr=8-1&keywords=book+i+don%27t+want+to+talk+about+it)

### **Video Clips:**

#### **Documentary: The Mask You Live In**

*The Representation Project –*

Brief Description: *The Mask You Live In* follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity. Research shows that compared to girls, boys in the U.S. are more likely to be diagnosed with a behavior disorder, prescribed stimulant medications, fail out of school, binge drink, commit a violent crime, and/or take their own lives.

<http://therepresentationproject.org/film/the-mask-you-live-in/>

#### **Honest Bully – Comedy Central**

<https://www.youtube.com/watch?v=CUvFeyGxaaU>