



Radical Men: Simple Practices for Breaking the Myth of Masculinity and Embodying Your Authentic Self

By Dr David Franklin

Anschel Press, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Between mass media, cultural standards, and well-meaning men's leaders, chances are that you are overwhelmed with expectations of what it means to be a man. As a result, many men constantly chase an external ideal that often results in unfulfilling work, addiction, obsession with sex and pornography, depression, unsatisfying relationships, and a sense of meaninglessness, confusion, and feeling lost. Featuring fifty body-based practices that can be done in the midst of daily life, this book by men's leader, educator, and coach David Franklin presents new possibilities for being a man in today's world. Outlining the tenets of Radical Men, David offers new perspectives that shatter current notions of masculinity. Using both personal stories and examples from his work with clients, he presents practical guidelines to support you in discovering who you are and how to live from your core in order to experience a deep sense of purpose, meaning, and connection in all areas of your life. Radical Men will help you: Break free from traditional and current ideas of what it means to...



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