

Angry Men, Passive Men: Understanding the Roots of Men's Anger and How to Move Beyond It

Marvin Allen

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"An exciting and inspiring book for any man who wishes to understand himself better--and for any woman who wishes to understand men."

NATHANIEL BRANDEN, Ph.D.

Author of THE PSYCHOLOGY OF ROMANTIC LOVE

Nationally known therapist Marvin Allen explores the root causes of men's emotional problems and offers a comprehensive solution to restore their sense of joy and well-being: men working together in therapy groups. Drawing on the life stories of scores of men as well as the author's own personal experience, this landmark book dramatizes the groundbreaking techniques that men can use not simply to discuss their buried emotions but to release them in the healing company of other men. It provides a powerful catalyst for changing men's lives.



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