



Finding Our Fathers : How a Man's Life Is Shaped by His Relationship with His Father

Samuel Osherson

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With a new introduction by the author, this bestselling, compassionate book returns to help men rebuild their relationships

A seminal classic, *Finding Our Fathers* examines the hidden struggle faced by millions of men: how to reconcile their childhood images of their fathers--and of all men--as silent, stoic breadwinners with the life they want to live now--embracing two-career marriages, closer ties with their children, and greater emotional awareness.

Harvard psychologist Samuel Osherson shows you how your "unfinished business" with your father affects your relationships with your wife, your children, friends, and bosses--and how it can lead to a profound sense of loneliness, vulnerability, and rage. Osherson penetrates the shroud of silences that prevents men from coming to terms with their deepest feelings and fears, and shows how you can resolve the inner conflict of the father-son relationship and begin to develop a new sense of strength and purpose in your family life and career.

"A groundbreaking, classic work as timely today as when it was first published perhaps more so."

William S. Pollack, author of *Real Boys: Rescuing Our Sons from the Myths of Boyhood*

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