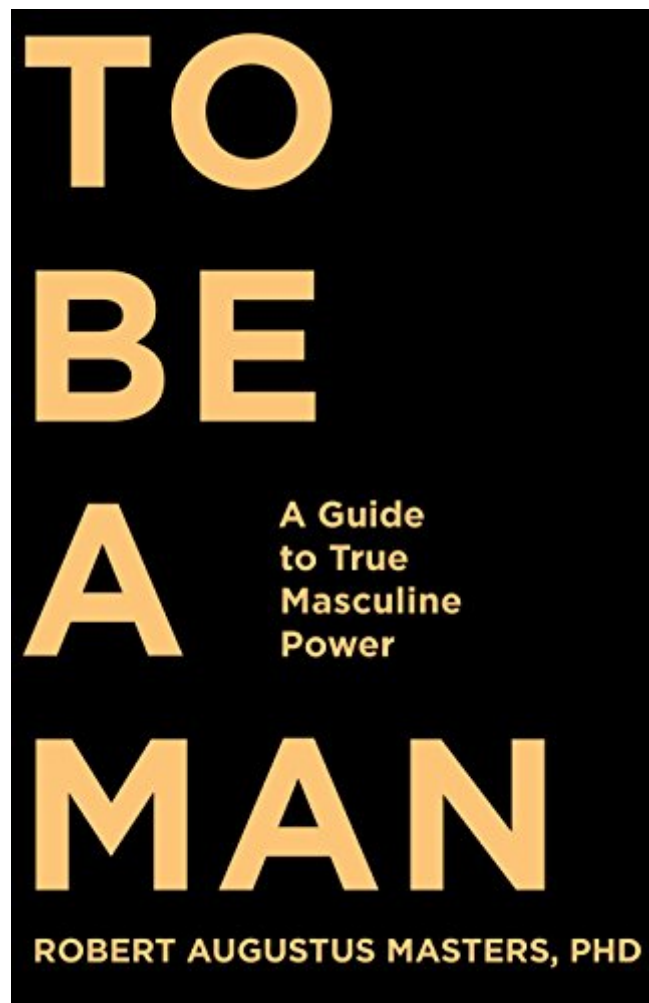




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To Be A Man: A Guide To True Masculine Power



Synopsis

I've got it all—a great job, relationship, and lifestyle—so why do I feel so dissatisfied and disconnected? Why am I not happier in my intimate relationships? How do I become more powerful—without becoming that jerk everyone dislikes? Robert Augustus Masters has helped thousands of men address and work through such issues. What he's found is that the common solution to these dilemmas is challenging yet clear: we must face our unresolved wounds, shame, and whatever else is holding us back, bringing our head, heart, and guts into full-blooded alignment. With *Â To Be a Man*, this acclaimed psychotherapist and relationship expert offers a groundbreaking and deeply insightful guide to masculine power and fulfillment. *Â To Be a Man* clarifies what's needed to enter a manhood as strongly empowered as it's vulnerable, as emotionally literate as it's unapologetically alive—a manhood at home with truly intimate relationship. In this book, readers will explore:

- How your past may be dominating your present
- Shame in its healthy and unhealthy forms, and how to make wise use of it
- How vulnerability can be a source of strength
- Emotional literacy—an essential skill for relational well-being
- Releasing sex from the obligation to make you feel better
- How to disempower your inner critic
- Bringing your shadow (whatever you've disowned in yourself) out of the dark
- Embodying your natural heroism and persisting regardless of fear
- What women need from men
- Understanding and outgrowing pornography
- Entering the heartland of true masculine power

If you've read your share of popular advice on relationships and being a man—but realize on a gut level that it's going to take some serious inner work—here's a great guide to that most rewarding of challenges: doing what's needed to fully embody your authentic manhood.

Book Information

File Size: 1515 KB

Print Length: 320 pages

Publisher: Sounds True (January 1, 2015)

Publication Date: January 1, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B00R54N966

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #223,937 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #32

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Developmental Psychology > Adulthood & Aging #230 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Human Sexuality #293 in Books > Politics & Social Sciences > Social Sciences > Gender Studies > Men

Customer Reviews

amazing book. super deep and insightful. if you are ready for it- it can change your life. a great read for women (which i am one) as well as men- since we all have inner masculines AND feminines. not to mention women have husbands, sons, brothers, father, lovers, friends- and this book can help you understand men more. (first wrote this on august 2nd 2015)i am updating this review to include a bit more. i have done personal and couple's work with robert and am currently in his shadow work training. i get A LOT out of working with him and reading his books.the info in this book on eroticizing our wounds (acting out our hurt through sexual channels) and pornography unplugged (facing the pain that drives us towards porn) is so illuminating! i feel ALL men could benefit from reading just those two chapters considering sex addiction and porn addiction are so prevalent and so easily normalized (men have a high sex drive- it's biological! porn is normal- everyone watches it!). there is much shame and deep pain and wounding underneath these seemingly normal, 'every guy does it' behaviors/attitudes- but you would never know about it if you only stayed on the surface and did not have the courage to dive deep and look at the unconscious conditioning that is running you and your seemingly conscious choices.any man who is on a deep journey of self awareness and self mastery and who truly wants to see his stuff, take accountability for it and move through it should read this book and better yet do work with robert (he does personal work and men's groups). as a woman- if i hear that someone has read this book AND has actually done deep, committed work around the things it brings up it will speak volumes to me about that man's integrity and willingness/commitment to his own personal growth path (and no just reading the book or doing one shadow work session is not enough- this work requires a total commitment and every week if not everyday practice).as i stated in this initial review i am updating- this is a great book for women (as i am one). i have learned a lot about my own internal masculine and what i need to anchor into more

deeply within myself so that i can experience its reflection in my outer life in the form of men in my life and in regards to intimate relationship.i recommend all of his books but if i had to say top 4- i would say it's this one, transformation through intimacy, spiritual bypassing and emotional intimacy. also his audio book on 'knowing your shadow'.i feel that shadow work is so key right now as so much violence and darkness is playing out on the planet today. as jung said 'enlightenment is not about imagining figures of Light but of making the darkness conscious'. in spiritual communities only focusing on Love and Light- the missing piece of shadow work is actually the downfall and the tendency towards spiritual bypassing is actually keeping people stuck in deeply wounding patterns they act out of but cannot see because they are blinded by their own Light. 'the brighter the Light the darker the shadow'. true mastery is integration of both- and knowing our shadow (versus only living in our Light) is the true path to mastery in my experience. (and to be clear i am simply on this path and am not enlightened. i am merely committed to my own awakening and to the awakening of the world at large. blessed be!)powerful read! i highly recommend!

A lot of stuff I already knew, but to be honest- I didn't buy it for myself. I bought it for my 18-year-old son. I want him to grow up to be a real man- not a blowhard or braggart or man who disrespects himself and others- including women. I want him to be sensitive to life and not be ashamed of it. In want him to be respectful to nature and kind to animals, but I want him to grow strong for when the storms of life come and he has to stand up against them. I bought this book for him because the author does a good job of laying it all out in a way that that is reasonable and fairly easy to read. A good counterbalance to the dysfunctional messages by which young men are inundated by newscasts, movies, video games, TV , porn, Internet... etc.

I normally like doing long, thorough book reviews. And I want to do that for this book. But I don't want wait until I have time to do that before sharing briefly what I thought.My title of this review says it all. And I'm not speaking hyperbolically. This book has opened my eyes and heart to wisdom and power I've never before experienced. I have hope now that I have never before possessed in being able to live a rich and meaningful life. I wasn't hopeless before. But never saw the path forward with such honest clarity as I do now.My father was recently diagnosed with a terminal disease. He only has a month or two to live. Business and personal finances are a constant stress and struggle. I've been married for 17 years (yesterday) and have a 15 year old daughter, 12 year old son, and a 9 year old son. And optimism I have in improving all those areas of my life and those relationships is significantly increased as a result of reading this book. But not in a pumped up, rah rah, I can do this

sort of way. It's a very centered, grounded, honest, vulnerable, possibly slow but lasered in on the absolute core and best things sort of way. The antithesis of a shortcut. And yet still the quickest most efficient path to the true change and evolution I seek.

The book talks about a more balanced manhood that is not so rigidly defined as the current model. It is from an American perspective but could be applied much more broadly. I liked that the book was straight forward without being 'instructional'. It covered issues such as shame, anger, guilt, aggression, sex, porn, and love in a fashion that wasn't avoiding the issues, causing more guilt or shame, or judgmental. The basic premise is that men live their lives in a box if they subscribe to the standard models of manliness. Only certain aspects of expression are acceptable. This leaves so much of ourselves in the dark and hidden away. We feel shame for things we want and feel that aren't acceptable in the current framework. For me the book has helped me to free my mind and emotions from the standard model and to feel ok with being more expressive of all emotions. It's going to be a lifelong process that has no end and that's ok with me. This book definitely deals with the human shadow to a certain extent and is a great resource for men who are seeking growth. I suggest that if you're unsure about getting it that you read the chapter list, read the sample, and think about your own life. It's likely that the book will have something to help you grow.

This is another fantastic book by Dr. Masters. Having read and loved *Spiritual Bypassing*, I bought this book because as a therapist who works with men, finding a way to connect with mature masculine power is something that's very badly needed. Dr. Masters is very real and offers his own personal experiences to augment his points and does so eloquently. This is a book I wish I read growing up, it would have saved me from believing a lot of the nonsense boys and young men get programmed to believe that doesn't really serve them.

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