Men Don’t Cry, Women Do-Kenneth J. Doka 2014-03-05 Do men and women grieve differently? This text, while emphasizing that there are many ways to cope with grief, offers a refreshing change from the popular gender stereotypes of grief. Two patterns of grieving are described: an intuitive pattern where individuals experience and express grief in an affective way (stereotyped as female); and an instrumental pattern where grief is expressed physically or cognitively (stereotyped as male). A third pattern representing a blending of these two is also introduced. Of critical importance is that such patterns are related to, but not determined by, gender; and each has distinct strengths and weaknesses. Organized into three main parts, this topical new text begins by defining terms, introducing and delineating the grief patterns, and rooting the book's concept in contemporary theories of grief. The second part speculates on factors that may influence individuals' patterns of coping with loss (e.g., personality, gender, culture, etc.). The final part considers implications and therapeutic interventions likely to be effective with different types of grievers.

Grieving Beyond Gender-Kenneth J. Doka 2011-01-19 Grieving Beyond Gender: Understanding the Ways Men and Women Mourn is a revision of Men Don’t Cry, Women Do: Transcending Gender Stereotypes of Grief. In this work, Doka and Martin elaborate on their conceptual model of "styles or patterns of grieving" - a model that has generated both research and acceptance since the publication of the first edition in 1999. In that book, as well as in this revision, Doka and Martin explore the different ways that individuals grieve, noting that gender is only one factor that affects an individual’s style or pattern of grief. The book differentiates intuitive grievers, where the pattern is more affective, from instrumental grievers, who grieve in a more cognitive and behavioral way, while noting other patterns that might be more blended or dissonant. The model is firmly grounded in social science theory and research. A particular strength of the work is the emphasis placed on the clinical implications of the model on the ways that different types of grievers might best be supported through individual counseling or group support.

Poems That Make Grown Men Cry-Anthony Holden 2014-04-01 In this unique poetry anthology, 100 grown men - bestselling authors, poets laureate, actors, producers and other prominent figures from the arts, sciences and politics, share the poems that have moved them to tears.

Big Boys Cry-Jonty Howley 2019-06-11 Let boys cry! This picture book imagines a world in which boys are encouraged to express their full range of emotions. It's Levi's first day at a new school,
and he’s scared. His father tries to comfort Levi by telling him "Big boys don’t cry." Though the father immediately understands his misstep, he can’t find the words to comfort his son, and Levi leaves for school, still in need of reassurance. Fortunately, along his walk to school, Levi sees instance after instance of grown men openly expressing their sadness and fear. His learned mantra, "Big boys don’t cry," slowly weakens, and by the time he’s at school he releases a tear. Once he’s there, things aren’t so bad after all, and on his walk home he sees everyone he’s encountered earlier, feeling better now that they expressed their emotions. Upon his arrival home, he finds his father waiting for him on their porch, tears in his eyes. His father is able to admit that he was scared and the two embrace, closer than before. Jonty Howley’s gorgeous debut paints the world we wish existed for our boys, and offers a path there! This story is the truest interpretation of the notion that we should “let boys be boys”: let them express the full range of their emotions, vulnerable parts and all!

Real Men Do Cry-Eric Hipple 2008-09-01 Real Men Do Cry, by former NFL quarterback Eric Hipple, is an incredible story of tragedy and triumph. After his 15-year-old son died of suicide, Eric fell into a debilitating downward spiral. Bankrupt and jailed for drunk driving, he found the strength to seek therapy for his own depression and was able to make an amazing comeback. With unflinching honesty, Eric shares his journey, thus opening the door for others to realize that depression is treatable. This page-turner is packed with practical resources for families living with depression and is a valuable tool for counselors and mental health professionals nationwide. Resources include a Nine-Symptom Checklist for Depression along with Signs of Depression and Possible Suicide Risk.

Boys Don’t Cry?—Milette Shamir 2002 We take for granted the idea that white, middle-class, straight masculinity connotes total control of emotions, emotional inexpressivity, and emotional isolation. That men repress their feelings as they seek their fortunes in the competitive worlds of business and politics seems to be a given. This collection of essays by prominent literary and cultural critics rethinks such commonly held views by addressing the history and politics of emotion in prevailing narratives about masculinity. How did the story of the emotionally stifled U.S. male come into being? What are its political stakes? Will the "release" of straight, white, middle-class masculine emotion remake existing forms of power or reinforce them? This collection forcefully challenges our most entrenched ideas about male emotion. Through readings of works by Thoreau, Lowell, and W. E. B. Du Bois, and of twentieth century authors such as Hemingway and Kerouac, this book questions the persistence of the emotionally alienated male in narratives of white middle-class masculinity and addresses the political and social implications of male emotional release.

Why Only Humans Weep—Ad Vingerhoets 2013-02-28 Crying has fascinated mankind for millenia. Since ancient times, we have known that emotional tears are a unique human characteristic. Unsurprisingly, over hundreds of years, scholars from different backgrounds have speculated about the origin and functions of human tears. According to Charles Darwin, tears fulfilled no adaptive function. And yet, this seems in sharp contrast to statements in the popular media about the significance of crying. Crying is thought to bring relief and is considered healthy - and withholding tears unhealthy. In addition, tears have been said to inhibit aggression in assailants and to promote social bonding. Perhaps that could explain why tears have been so important in our evolution. Ad Vingerhoets is one of the few scientists in the world to have studied crying. He examines in Why only humans weep which claims about crying are scientifically tenable - which are fact and which are fiction? Though a psychologist, he doesn't just restrict himself to the current psychological literature, but also explores work in evolutionary biology, neurosciences, theology, art, history, and anthropology to provide an integrated perspective on this complex phenomenon. Written throughout in an academically accessible style, this book is groundbreaking in contributing to a modern scientific understanding of crying. It will have broad appeal to psychologists, psychiatrists, philosophers, biologists, and anthropologists.

Boys Do Cry—Michelle Catanach 2018-11-14 Mental health problems (e.g. depression, anxiety and drug use) are one of the main causes of the overall disease burden in the world. In the UK,
84 men commit suicide every week, rising to 123 per day in the US. In Australia, men are three times more likely to commit suicide than women, and it is estimated that there are approximately 65,300 suicide attempts each year. As much as women have been disfigured by the patriarchy, men have too. From birth boys are given a very disempowering view of what it means to be a real man, told to ‘man up’, that ‘boys don’t cry’, their tenderness and empathy shamed out of them and replaced with a tough, armoured exterior. They learn that women are objects, machismo and misogyny becoming a badge of honour in a world that otherwise leaves them feeling lost, disconnected and unsure of who they’re meant to be. They learn to fight for survival, that success and power are everything, and without them, they’re nothing. As a result, men have suffered, suppressing their emotions and only learning unhealthy expressions of anger, often manifesting as anxiety, depression, addiction and violence towards other men, women and - ultimately - themselves. In Boys Do Cry, 12 men bare their souls, expose their wounds, and share their breakdown-breakthrough moments to change the narrative around masculinity and inspire men of all ages to step into the man they deeply desire to be. Clear your mind, open your heart, and get ready to go on a journey of truth and vulnerability as we redefine what it means to be a man.

Chapters:
- Removing the Masks By Spencer Jacobs
- From Addiction to Recovery By Shaun Coffey
- Facing My Demons By Andy Bowker
- Boys Do Cry By Brad Kenny
- Finding My Way Home By Richie Nelson
- Unmasking the Masculine By Tim Vaughan
- Screaming on the Inside By Tom Jordan
- The Mask By Mark Newey
- Feelings About Feelings By Curtis Harren
- Being Vulnerable Is Your Superpower By Scott Brandon Hoffman
- The Bumpy Road to Success By Reece Formosa
- Taking the Leap By Eugene Stuchinsky

All royalties are being shared equally between Positive Signs, and Campaign Against Living Miserably (CALM - registered charity No. 1110621 and SCO44347.)

Boys Don't Cry - Tim Grayburn 2017-05-04 Boys Don't Cry is a book that will make sense of depression and anxiety for people who might not recognise those feelings in themselves or others. Suicide is the single biggest killer of men aged 20-45 in the UK. Depression and undiagnosed mental illness are huge contributors to these deaths as they’re often more difficult to diagnose in men. And those men don’t tend to talk about the typical symptoms or visit their doctor. Meet Tim. For nearly a decade he kept his depression secret. It made him feel so weak and shameful he thought it would destroy his whole life if anyone found out. And Tim is not alone. After finally opening up he realised that mental illness was affecting many men around the globe - and he knew that wasn’t ok. A brutally honest, wickedly warming and heart-breaking tale about what it really takes to be a ‘real man’, written by one who decided that he wanted to change the world by no longer being silent. This is Tim’s story, but it could be yours too.

Men Don't Cry - Faiza Guene 2021-09-14 A tender and refreshing tale of family life, clashing cultures and belonging in France.

Real Men Don't Cry 2 - Lady Lissa 2019-01-24 Stuck between a rock and a hard place, Gavin must come to terms with the fact that he has two women that are pregnant by him. As the two women come face to face, he must decide whether to put all the cards on the table or hold back until a later time. He chooses the latter which leads him down a path that begins to spiral out of control. When a confrontation in public leads to an arrest, how will Genesis and Gavin handle the situation? As happy as Candy is about her current situation, not everyone is sharing in that emotion. Will she be able to get the support of her family or will she lose another family member? When she and Genesis find themselves alone in closed quarters, will the two make amends or will they battle it out for their babies' daddy? Find out how this love triangle ends and who gets their happily ever after in the finale of Real Men Don't Cry...

Grown Men Don't Cry - MR B. W. DeCaro 2012-08-01 Grown Men Don't Cry chronicles the lives of two young men from adolescence through adulthood searching for purpose in an unforgiving world. From outlandish childhood pranks to agonizing mental anguish, this story depicts the constant highs and lows inflicted by mental illness. Ben Chase and Jimmy Keller are the new kids in the small town of Bristol, New Hampshire. Sharing a love of sports and a bit of a wild side, Ben and Jimmy quickly gravitate toward each other and become best friends. Their bond is strengthened as they realize they both come from dysfunctional families. Growing
up, Ben has viewed his Obsessive Compulsive Disorder (OCD) as nothing more than a nuisance. Then all hell breaks loose the day that he becomes a father and realizes there is a lot in the world that he can’t control. Meanwhile, Jimmy is battling his own demons. Since his return from his third tour of duty in Iraq, he’s suffered from a severe case of Post Traumatic Stress Disorder (PTSD). Declaring he’s had enough, Jimmy makes the conscious choice to end his life. While out enjoying what is supposed to be his last meal, Jimmy overhears a conversation about a former baseball standout that has just months to live, and discovers it’s his old friend. Jimmy puts his suicide mission on hold to reconnect with Ben. In their weakest moments, it’s now shared pain which helps rekindle their unbreakable bond. Grown Men Don’t Cry is the story of sacrifice, friendship, mortality and the will to persevere.

Why Men Lie and Women Cry-Allan Pease
2003-09 Allan and Barbara Pease are the world’s foremost experts in personal relationships. Their books, seminars and TV programmes have made them household names from Australia to the UK and from the USA to Japan. In their follow-up to the multi-million selling WHY MEN DON’T LISTEN AND WOMEN CAN’T READ MAPS, Allan and Barbara use the same combination of startling observation of people’s actions towards one another, humour and practical advice to teach the reader more about what men and women want from relationships, and how to get it.

I Don’t Want to Talk About It-Terrence Real
1999-03-11 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.

The Day She Tried To Leave-Shelli Marie
2019-10-11 Loving a man is hard, but loving an abusive man is definitely a challenge. Somehow, even though an abusive man gives off several warning signs that you should stay away, you can’t. That’s the situation that Gina finds herself in when she meets Sameer. Even though Sameer seemed to have issues with his temper and his sister Nina warned her about him, Gina can’t help but be drawn to the handsome stranger. From the moment they locked eyes, they were attracted to each other, but once Gina decided to give herself to Sameer she was all in. It doesn’t take long for Sameer to start exhibiting violence towards Gina, but she still takes up for him. She claims it was an accident and he didn’t mean to do it. But what happens when the truth finally catches up to her and she realizes he meant everything he did. Will she be able to get away from him in time or will it be too late? Nina is Gina’s twin sister who has her concerns when it comes to Sameer. Her warnings to her sister fall on deaf ears as Gina falls more and more for Sameer. But as much as Nina wants to step in save her sister, she finds herself dealing with her own issues at home. When she and her husband Brock get into and Nina lashes out, she must face her own demons that she’s kept hidden for a long time. Will her marriage end in divorce or will she and her husband find a way to mend their broken hearts? Find out what happens when violence plays a major role into both of these relationships. Which twin will get a happily ever after or will they both become victims and end up being a statistic? Follow these two sisters in the first installment of The Day She Tried to Leave...

Roll of Thunder, Hear My Cry-Mildred D. Taylor
1997 Young Cassie Logan endures humiliation and witnesses the racism of the KKK as they embark on a cross-burning rampage, before she fully understands the importance her family attributes to having land of their own.
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<th>Title</th>
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<tr>
<td><strong>Mommy, Please Don't Cry</strong></td>
<td>Linda DeYmaz</td>
<td>2003</td>
<td>Be encouraged by a child's tender description of heaven, surrounded by peaceful illustrations. Written by a mother who experienced the loss of her child, every page is a poignant gift of hope and healing.</td>
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<td><strong>Mask Off</strong></td>
<td>J.J. Bola</td>
<td>2019-09-20</td>
<td>From Blurred Lines to gang signs, how does society cause toxic masculinity?</td>
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<td><strong>Cry Like a Man</strong></td>
<td>Jason Wilson</td>
<td>2019-01-21</td>
<td>As a leader in teaching, training, and transforming boys in Detroit, Jason Wilson shares his own story of discovering what it means to “be a man” in this life-changing memoir. His grandfather’s lynching in the deep South, the murders of his two older brothers, and his verbally harsh and absent father all worked together to form Jason Wilson’s childhood. But it was his decision to acknowledge his emotions and yield to God’s call on his life that made Wilson the man and leader he is today. As the founder of one of the country’s most esteemed youth organizations, Wilson has decades of experience in strengthening the physical, mental, and emotional spirit of boys and men. In Cry Like a Man, Wilson explains the dangers men face in our culture’s definition of “masculinity” and gives readers hope that healing is possible. As Wilson writes, “My passion is to help boys and men find strength to become courageously transparent about their own brokenness as I shed light on the symptoms and causes of childhood trauma and ‘father wounds.’ I long to see men free themselves from emotional incarceration—to see their minds renewed, souls weaned, and relationships restored.”</td>
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<td><strong>Fahrenheit 451</strong></td>
<td>Ray Bradbury</td>
<td>1951</td>
<td>A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.</td>
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<td><strong>Half the Sky</strong></td>
<td>Nicholas D. Kristof</td>
<td>2009</td>
<td>A Pulitzer Prize-winning husband-and-wife team speaks out against the oppression of women in the developing world, sharing example stories about victims and survivors who are working to raise awareness, counter abuse, and campaign for women’s rights.</td>
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<td><strong>Nice Girls Don’t Get the Corner Office</strong></td>
<td>Lois P. Frankel</td>
<td>2014-02-18</td>
<td>Before you were told to &quot;Lean In,&quot; Dr. Lois Frankel told you how to get that corner office. The New York Times bestseller, is now completely revised and updated. In this edition, internationally recognized executive coach Lois P. Frankel reveals a distinctive set of behaviors—over 130 in all—that women learn in girlhood that ultimately sabotage them as adults. She teaches you how to eliminate these unconscious mistakes that could be holding you back and offers invaluable coaching tips that can easily be incorporated into your social and business skills. Stop making “nice girl” errors that can become career pitfalls, such as: Mistake #13: Avoiding office politics. If you don’t play the game, you can’t possibly win. Mistake #21: Multi-tasking. Just because you can do something, doesn’t mean you should do it. Mistake #54: Failure to negotiate. Don’t equate negotiation with confrontation. Mistake #70: Inappropriate use of social media. Once it’s out there, it’s hard to put the toothpaste back in the tube. Mistake #82: Asking permission. Children, not adults, ask for approval. Be direct, be confident.</td>
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<td><strong>Group Dynamics and Emotional Expression</strong></td>
<td>Ursula Hess</td>
<td>2007-01-29</td>
<td>The study of emotional expressions has a long tradition in psychology. Although research in this domain has extensively studied the social context factors that influence the expresser’s facial display, the perceiver was considered passive. This 2007 book focuses on more recent developments that show that the perceiver is also subject to the same social rules and norms that guide the expresser’s behavior and that knowledge of relevant emotion norms can influence how emotional expressions shown by members of different groups are perceived and interpreted. Factors such as ethnic-group membership, gender and relative status all influence not only emotional expressions but also the interpretation of emotional expressions shown by members of different groups. Specifically, the research presented asks the question of whether and why the same expressions shown by men or women, members of different ethnic groups, or individuals high and low in status are interpreted differently.</td>
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counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this “vital, necessary, and beautiful book” (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and “allows us to understand racism as a practice not restricted to ‘bad people’ (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

Boys Don't Cry; Men Do-Alberto Minzer
2006-06-01 Every man had a dream of the kind of man they would one day become. Have you become this man? Have you ever asked another man whether he become who he always wanted to be? I'm surprised to find that for so many men their earliest dreams for themselves are just a hope for the future. This book is for men, and for everyone who cares about them. We give up our dreams too easily. Our personal growth stops.
What we don't know is that we are missing the connection of full emotional intimacy. Many of us haven't been taught how to create that emotional intimacy and how to distinguish it from sexual intimacy. Without emotional intimacy and joy, men aren't fully alive. What a tragedy that so many men are missing so much. The hope that motivated this book is that someday, all men will be able to reconnect with lasting intimacy and joy that they can have with others, by reconnecting with the man they always wanted to be. The vision is that someday our boys will grow into the men they want to be, living out the deepest longings of their hearts. It is my hope that this book will bring you or those around you closer to being the man you always dreamed of becoming.

Our Subway Baby-Peter Mercurio 2020-09-15
This gentle and incredibly poignant picture book tells the true story of how one baby found his home. "Some babies are born into their families. Some are adopted. This is the story of how one baby found his family in the New York City subway." So begins the true story of Kevin and how he found his Daddy Danny and Papa Pete. Written in a direct address to his son, Pete's moving and emotional text tells how his partner, Danny, found a baby tucked away in the corner of a subway station on his way home from work one day. Pete and Danny ended up adopting the baby together. Although neither of them had
Sexual Harassment of Women-National Academies of Sciences, Engineering, and Medicine 2018-09-01 Over the last few decades, research, activity, and funding has been devoted to improving the recruitment, retention, and advancement of women in the fields of science, engineering, and medicine. In recent years the diversity of those participating in these fields, particularly the participation of women, has improved and there are significantly more women entering careers and studying science, engineering, and medicine than ever before. However, as women increasingly enter these fields they face biases and barriers and it is not surprising that sexual harassment is one of these barriers. Over thirty years the incidence of sexual harassment in different industries has held steady, yet now more women are in the workforce and in academia, and in the fields of science, engineering, and medicine (as students and faculty) and so more women are experiencing sexual harassment as they work and learn. Over the last several years, revelations of the sexual harassment experienced by women in the workplace and in academic settings have raised urgent questions about the specific impact of this discriminatory behavior on women and the extent to which it is limiting their careers. Sexual Harassment of Women explores the influence of sexual harassment in academia on the career advancement of women in the scientific, technical, and medical workforce. This report reviews the research on the extent to which women in the fields of science, engineering, and medicine are victimized by sexual harassment and examines the existing information on the extent to which sexual harassment in academia negatively impacts the recruitment, retention, and advancement of women pursuing scientific, engineering, technical, and medical careers. It also identifies and analyzes the policies, strategies and practices that have been the most successful in preventing and addressing sexual harassment in these settings.

Don’t Cry for Me-Daniel Black 2022-02-01
"Don't Cry for Me is a perfect song."—Jesmyn Ward A Black father makes amends with his gay son through letters written on his deathbed in this wise and penetrating novel of empathy and forgiveness, for fans of Ta-Nehisi Coates, Robert Jones Jr. and Alice Walker As Jacob lies dying, he begins to write a letter to his only son, Isaac. They have not met or spoken in many years, and there are things that Isaac must know. Stories about his ancestral legacy in rural Arkansas that extend back to slavery. Secrets from Jacob’s tumultuous relationship with Isaac's mother and the shame he carries from the dissolution of their family. Tragedies that informed Jacob's role as a father and his reaction to Isaac's being gay. But most of all, Jacob must share with Isaac the unspoken truths that reside in his heart. He must give voice to the trauma that Isaac has inherited. And he must create a space for the two to find peace. With piercing insight and profound empathy, acclaimed author Daniel Black illuminates the lived experiences of Black fathers and queer sons, offering an authentic and ultimately hopeful portrait of reckoning and reconciliation. Spare as it is sweeping, poetic as it is compulsively readable, Don’t Cry for Me is a monumental novel about one family grappling with love's hard edges and the unexpected places where hope and healing take flight.

Men, Masculinity, Music and Emotions-Sam de Boise 2015-08-12 This book examines how we can reconcile the widely held belief that men are 'less emotional' than women, with a history of emotions in music. A belief that men identify with an ideal of rationality - understood as the separation of emotion from rational action - has informed critical studies on men and masculinities. Yet engaging with a wide range of music to stimulate, reflect and express, as well as manage particular types of emotions continues to be the key to music's appeal. Through detailing how judgments about emotions are expressed in relation to music tastes and distastes, this book demonstrates that emotions are as much social, value judgments as embodied, affective responses. It therefore raises the importance of looking at music listening contexts, culture, personal experience and a history of emotions in order to contest the orthodoxy that men’s privilege stems from the 'repression' of emotions.

Men Explain Things to Me-Rebecca Solnit 2014-04-14 The National Book Critics Circle Award–winning author delivers a collection of essays that serve as the perfect “antidote to mansplaining” (The Stranger). In her comic, scathing essay “Men Explain Things to Me,”
Rebecca Solnit took on what often goes wrong in conversations between men and women. She wrote about men who wrongly assume they know things and wrongly assume women don’t, about why this arises, and how this aspect of the gender wars works, airing some of her own hilariously awful encounters. She ends on a serious note—because the ultimate problem is the silencing of women who have something to say, including those saying things like, “He’s trying to kill me!” This book features that now-classic essay with six perfect complements, including an examination of the great feminist writer Virginia Woolf’s embrace of mystery, of not knowing, of doubt and ambiguity, a highly original inquiry into marriage equality, and a terrifying survey of the scope of contemporary violence against women. “In this series of personal but unsentimental essays, Solnit gives succinct shorthand to a familiar female experience that before had gone unarticulated, perhaps even unrecognized.” —The New York Times “Essential feminist reading.” —The New Republic “This slim book hums with power and wit.” —Boston Globe “Solnit tackles big themes of gender and power in these accessible essays. Honest and full of wit, this is an integral read for true partnership in every aspect of our lives. Reframing emotional labor not as a problem to be overcome, but as a genderless virtue men and women can all learn to channel in our quest to make a better, more egalitarian world, Fed Up is surprising, intelligent, and empathetic essential reading for every woman who has had enough with feeling fed up.

Fed Up—Gemma Hartley 2018-11-13

From Gemma Hartley, the journalist who ignited a national conversation on emotional labor, comes Fed Up, a bold dive into the unpaid, invisible work women have shouldered for too long—and an impassioned vision for creating a better future for us all. Day in, day out, women anticipate and manage the needs of others. In relationships, we initiate the hard conversations. At home, we shoulder the mental load required to keep our households running. At work, we moderate our tone, explaining patiently and speaking softly. In the world, we step gingerly to keep ourselves safe. We do this largely invisible, draining work whether we want to or not—and we never clock out. No wonder women everywhere are overtaxed, exhausted, and simply fed up. In her ultra-viral article “Women Aren’t Nags—We’re Just Fed Up,” shared by millions of readers, Gemma Hartley gave much-needed voice to the frustration and anger experienced by countless women. Now, in Fed Up, Hartley expands outward from the everyday frustrations of performing thankless emotional labor to illuminate how the expectation to do this work in all arenas—private and public—fuels gender inequality, limits our opportunities, steals our time, and adversely affects the quality of our lives. More than just name the problem, though, Hartley teases apart the cultural messaging that has led us here and asks how we can shift the load. Rejecting easy solutions that don’t ultimately move the needle, Hartley offers a nuanced, insightful guide to striking real balance, for true partnership in every aspect of our lives. Reframing emotional labor not as a problem to be overcome, but as a genderless virtue men and women can all learn to channel in our quest to make a better, more egalitarian world, Fed Up is surprising, intelligent, and empathetic essential reading for every woman who has had enough with feeling fed up.

The Odyssey—Homer 1903

Inferior—Angela Saini 2017

For hundreds of years it was common sense: women were the inferior sex. Their bodies were weaker, their minds feeble, their role subservient. Science has continued to tell us that men and women are fundamentally different. But a huge wave of research is now revealing that women are as strong, powerful, strategic, and smart as anyone else. Saini takes readers on a journey to uncover science’s failure to understand women and to show how women’s bodies and minds are finally being rediscovered.

Gender and Stress—Senior Scientist Rosalind Barnett, PH D 1987

In this volume the authors examine the variety of ways in which gender affects the stress process.

Truth-Cock—Mark Binet 2021-08

A book for the Emasculated Male ready to Perform his Radical Masculinity. Women will find much here as well.

Why Men Don't Listen And Women Can't Read Maps—Allan Pease 2017-03-01

From internationally renowned authors, Allan and Barbara Pease comes the worldwide bestseller Why Men Don't Listen and Women Can't Read Maps. Men and women are have different values
and different rules. Not better or worse – just different. Everyone knew this but very few people were willing to admit it. That is, until Allan and Barbara Pease came along. Their practical, easy-to-read and often controversial book will help you discover the truth about men and women – and teach you what to do about it. They explore why: • Men really can't do more than one thing at a time • Men should never lie to women • Women talk so much and men so little • Men love erotic images and women aren't impressed • Women prefer simply to talk it through • Men offer solutions but hate advice • Women despair about men's silences • Men want sex and women need love Why Men Don't Listen and Women Can't Read Maps is a sometimes shocking, always illuminating and frequently hilarious look at why the battle lines are drawn between the sexes. Read this book and you'll learn so many secrets about the opposite sex you might never have to say you're sorry again!

Men Cry Too-Alfrieda Brown-Kelly 2016-07-10
Men Cry Too I cannot remember the first time I saw a man crying, but I do know I was an adult when it happened. From my experience, in the African American community, men are taught that it is unacceptable and inappropriate for them to cry openly. It is perceived as a sign of weakness. They are told to, "suck it up," and "hold the tears inside." But, is that a reasonable request? No, it is not. Men have feelings and emotions-just like women. It is discriminating, unnatural and unreasonable to request that a man suppress his emotions. Does that make them less than a man? Of course not—it makes them human. Real men will admit that they cry. It is my hope that men who are taught that crying makes them less than a man read these testimonies and realize that those who contributed to this book are definitely REAL MEN! To the men who wrote their stories for this book, I thank you, salute you and applaud you for your testimonies and your honesty.