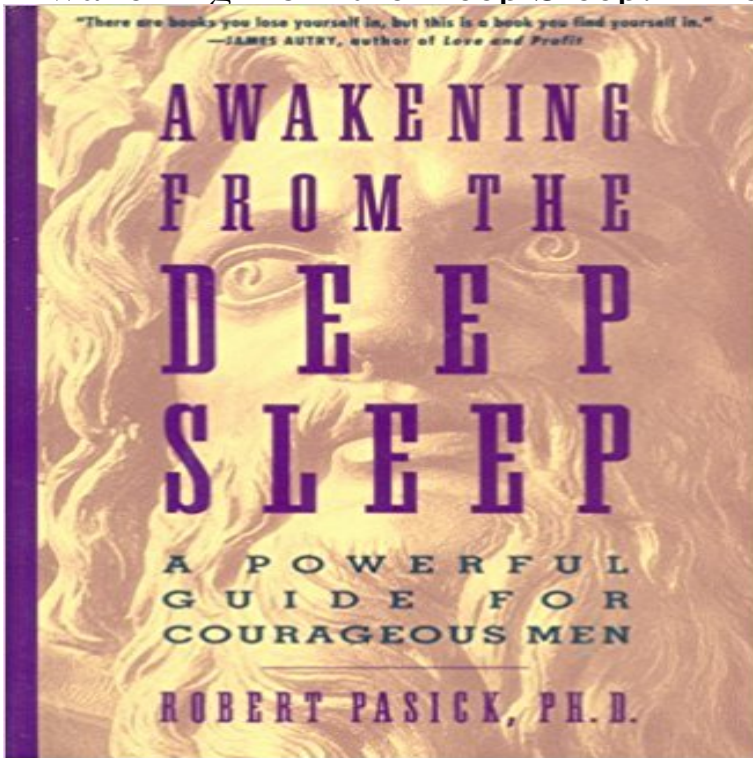


# Awakening from the Deep Sleep: A Powerful Guide for Courageous Men



After years of socialization that mandates fierce independence, invulnerability and strength, many men fall into what psychotherapist Robert Pasick calls a deep sleep. This book offers men a guide to change - drawing from the authors experience of counter-selling midlife men, the author explores the issues of work, anger, grief, women, sexuality, fatherhood and addiction. He emphasizes a new definition of manhood that builds upon the strengths men already have and leads them towards a new discovery of how to take care of themselves and others. By the co-author of Men in Therapy.

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