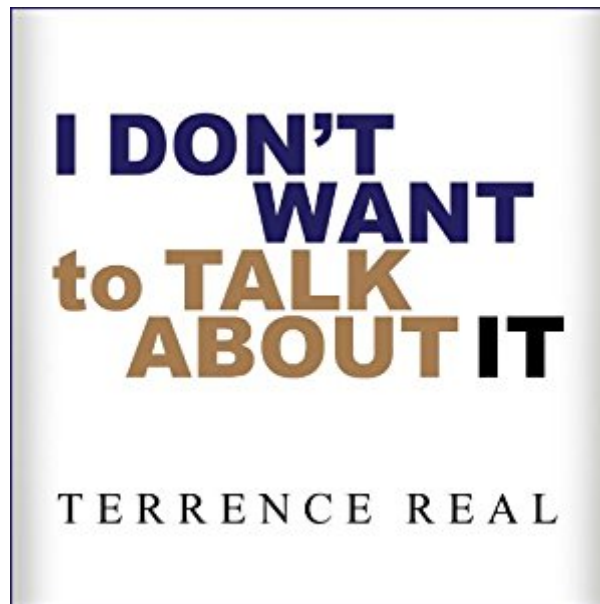


The book was found

I Don't Want To Talk About It: Overcoming The Secret Legacy Of Male Depression



Synopsis

Psychotherapist Terrence Real offers an important and compelling look at the silent epidemic of depression among men and shows, with compassion and clarity, what can be done to break this vicious cycle.

Book Information

Audible Audio Edition

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Best Sellers Rank: #70 in Books > Politics & Social Sciences > Social Sciences > Gender Studies > Men #79 in Books > Health, Fitness & Dieting > Men's Health > General #96 in Books > Health, Fitness & Dieting > Mental Health > Depression

Customer Reviews

I've struggled with depression since childhood. I've read volume after volume on the subject. Most of it, however earnest, just blows smoke. This one's different. Real is the only therapist I've read who captures the anger behind depression--dammit, harm has been done to innocent people, and the pain they suffer is unrecognised, devalued or morally stigmatised because the sufferers happen to be male. The rage they feel against the perpetrator(s) never gets a focus. After all, it would be focussed on the people who cared for you as you grew. What does one do if the hand that beats you is the hand that feeds you? You do what you need to survive the moment. You stay fed. Only later do you fail to thrive. Terrence Real focusses his own rage on this injustice--and rage, indeed, he does. He suffered the abuse that leads to depression, and now helps men face it squarely. Like an ugly scab, healing ain't always pretty. If you never properly clean and dress a wound, grotesque scars disfigure you. Real tells the stories of men who have put the time, effort and care into healing. It ain't easy. But having done so, their scars heal clean, and a happier life begins. Other so-called self-help books (the "inner-child" movement springs to mind) seem to argue that learning to love your scars is the road to happiness. Poppycock. (I might also add that this is less a self-help book than a political and

moral treatise. If sufferers find it helpful, that's a by-product.) Personally, I think Real lets women off the hook too easily in this book. Having endured the female-dominated "caring professions" to effect my own cure, I think Real ought to emphasise the complicity of women in the patriarchy (which he rightly labels as damaging to both sexes).

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