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When Good Men Behave Badly: Change Your Behavior, Change Your Relationship

David B. Wexler

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This is the only book written specifically for men in a language that is respectful to men, about how to deal better with the most important relationships in their lives. It provides real tools for men who have trouble dealing with the emotional demands of relationships and those affected by them.

The premise of this book is that good, well-intentioned men can, in times of stress and emotional conflict, act in destructive ways that don't reflect their true character. From a humanistic and empathetic perspective, this book explores the latest research about male psychological development to create a new, compassionate narrative for the struggles men face. Learn to recognize and label your internal states. Find out why displays of not-so-masculine emotions are so difficult to deal with, and why they can provoke episodes of problematic behavior. Explore the father-son relationship and the reality of male peer relations; see why these patterned interactions can reinforce bad behavior from generation to generation. Structured exercises and strategies help transfer the concepts of the book into daily experience.

David B. Wexler, Ph.D., is the founder and executive director of the Relationship Training Institute, an organization designed to help couples and especially men who are having problems in relationships.

His previous work includes*The Adolescent Self* and*The PRISM Workbook.*

Visit the author at his Web site: **www.rtiprojects.com.**

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