



The Invisible Presence: How a Man's Relationship with His Mother Affects All His Relationships with Women

By Michael Gurian

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Whether he's conscious of it or not, a man's mother is the model for just about every relationship with a woman he has for the rest of his life. Sometimes it's obvious (just ask his wife or girlfriend), sometimes it's more subtle, but when you see it, it becomes crystal clear. For fifteen years, this book has helped men understand their mothers' pervasive influence over the way they relate to women—both the positive and negative aspects of it. But more than that, it has helped thousands of men break free of old relationship patterns. Gurian gives men a wealth of practical exercises and meditations they can use to recognize their mothers' influence in relationships, and to establish a healthy and rewarding new basis for relationships that will benefit themselves and the women in their lives as well.

This new edition of the book formerly titled *Mothers, Sons, and Lovers* includes a new preface and study questions by the author.

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Editorial Review

Review

“This absorbing book explores, with great feeling, the positive and negative features of the mother-son bond and how they show up in adult relationships. Michael Gurian uses mythic stories and examples that help us understand how we men got to be the way we are. He also offers practices that empower us to become what we can be, fearless lovers. Women will also benefit from this book since it helps them see into our wounds and our potential to grow from them.”—David Richo, PhD, author of *How to Be an Adult in Relationships*

“A caring and compassionate journey. Michael Gurian teaches us to separate the threads of our mothers’ influence in our lives—the parts we love, as well as the parts we hate—and to claim all the power contained in the mother-son bond.”—Warren Farrell, author of *The Myth of Male Power*

“Sensitive, thoughtful, readable, and practical. Michael Gurian’s work has the potential to transform men and women from adversaries into respected partners and friends.”—Carol S. Pearson, author of *The Hero Within*

“Enlivened by examples and easy to read, this book makes a contribution to the literature on male personal development.”—*Library Journal*

A Menstuff.org Book of the Week!

About the Author

Michael Gurian is a pioneer in the study and application of gender studies as they affect homes, schools, businesses, corporations, and public policy. Cofounder of the Gurian Institute, he teaches, lectures, and leads workshops in the United States and internationally. He is the author of more than twenty-five books.

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