



Man Enough: Fathers, Sons, and the Search for Masculinity

By Frank Pittman

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Examines the experience of growing up male and learning masculinity, the problems of maturing without a solid male role model, and the joys of submitting one's own masculinity into teamwork with other men and intimacy with a mate.

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- Sales Rank: #1356910 in Books
- Published on: 1993-05-31
- Released on: 1993-05-31
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 6.30" h x 1.03" w x 9.26" l,
- Binding: Hardcover
- 286 pages

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Editorial Review

From Publishers Weekly

Being manly doesn't mean being macho, declares Atlanta-based psychiatrist Pittman (*Private Lies: Infidelity and the Betrayal of Intimacy*). Here he explains the "masculine mystique" and suggests how men can overcome their obsession with masculinity, achieving greater happiness and intimacy with members of both sexes. The first section details three kinds of men afflicted by "masculopathy": philanderers (who can't make or keep commitments), contenders (who feel driven to compete) and controllers. The second section explains how men become masculopathic. Through sometimes humorous anecdotes and numerous references to films, Pittman explores such areas as father/son relationships, homophobia and the striving to separate from Mother (and thus, the "feminine"). Finally, he shows men how to shed the "mystique" through cooperation (as opposed to competition) and emulation (rather than envy); how to let go of the fear of women and the need to dominate them; and how to "raise themselves" through raising their children. A sensitive and reasonable guide for enlightened men--and those who want to be.

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From Kirkus Reviews

Atlanta psychiatrist Pittman (*Private Lies*, 1989) returns with an engaging, if not always convincing, assessment of the causes and cures of masculine inadequacy in America today. Citing a diminished patriarchy and patrimony as reasons for the difficulties modern men have in making the transition from sons to fathers, Pittman isolates three primary character types-- ``philanderers," ``contenders," and ``controllers"-- as reflecting arrested or socially damaging development. Histories of the author's gym-buddies and cases from his family-therapy practice, specifics of a difficult relationship with his own father and of turbulent times with his son, and a dazzling array of references to popular cinema from *Life with Father* to *Dances with Wolves* help to illustrate these types, with a similar variety of examples used to examine the conditions necessary for becoming and being a ``man." When absent, overbearing fathers create men out of balance, Pittman says, equilibrium is attained only by understanding bonding and friendship, and, if necessary, by coming to terms with and forgiving one's parents. Men can then perceive women as equals and can ``join the team" by working with others rather than by always striving to prove their masculinity. Long on personal anecdote but short on substantive analysis, and gushing with feel-good fixes from a seemingly bottomless reservoir; still, a witty, well-meaning consideration of a serious social problem. -- *Copyright ©1993, Kirkus Associates, LP. All rights reserved.*

About the Author

Frank Pittman, M.D., is a psychiatrist and family therapist in Atlanta, Georgia. His revolutionary research on family therapy as an alternative to psychiatric hospitalization, conducted with Langsley and Kaplan in Denver in the mid-1960s, won awards from both the American Psychiatric Association and the American Family Therapy Association. In the late 1970s, Pittman championed community mental health as he directed the public psychiatric at Atlanta's Grady Hospital

For the last twenty years, Pittman has been in private practice, teaching in the department of psychiatry at Emory University and in the department of psychology at Georgia State University, and doing workshops around the world.

Since 1983, he has written a regular movie review for the *Family Therapy Networker*. Since 1991, he has written a monthly advice column for men in **New Woman** magazine.

He works and lives in Atlanta with Betsy, his wife of 33 years, and a steadily changing menage of their grown children, nieces and nephews.

Users Review

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Lisa Knight:

This Man Enough: Fathers, Sons, and the Search for Masculinity book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is actually information inside this reserve incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. This particular Man Enough: Fathers, Sons, and the Search for Masculinity without we realize teach the one who reading it become critical in considering and analyzing. Don't possibly be worry Man Enough: Fathers, Sons, and the Search for Masculinity can bring if you are and not make your tote space or bookshelves' come to be full because you can have it with your lovely laptop even cellphone. This Man Enough: Fathers, Sons, and the Search for Masculinity having fine arrangement in word in addition to layout, so you will not truly feel uninterested in reading.

Charlene Stidham:

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