



# Real Boys: Rescuing Our Sons from the Myths of Boyhood

*William Pollack*

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Featuring a new preface by the author on how parents can make a difference.

With author appearances on Good Morning America, The Today Show, 20 /20 and NPR's Fresh Air, and featuring articles in Newsweek, Time, and The New York Times, Real Boys is one of the most talked-about and influential books published this year.

Based on William Pollack's groundbreaking research at Harvard Medical School over two decades, Real Boys explores why many boys are sad, lonely, and confused although they may appear tough, cheerful, and confident. Pollack challenges conventional expectations about manhood and masculinity that encourage parents to treat boys as little men, raising them through a toughening process that drives their true emotions underground. Only when we understand what boys are really like, says Pollack, can we help them develop more self-confidence and the emotional savvy they need to deal with issues such as depression, love and sexuality, drugs and alcohol, divorce, and violence.

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