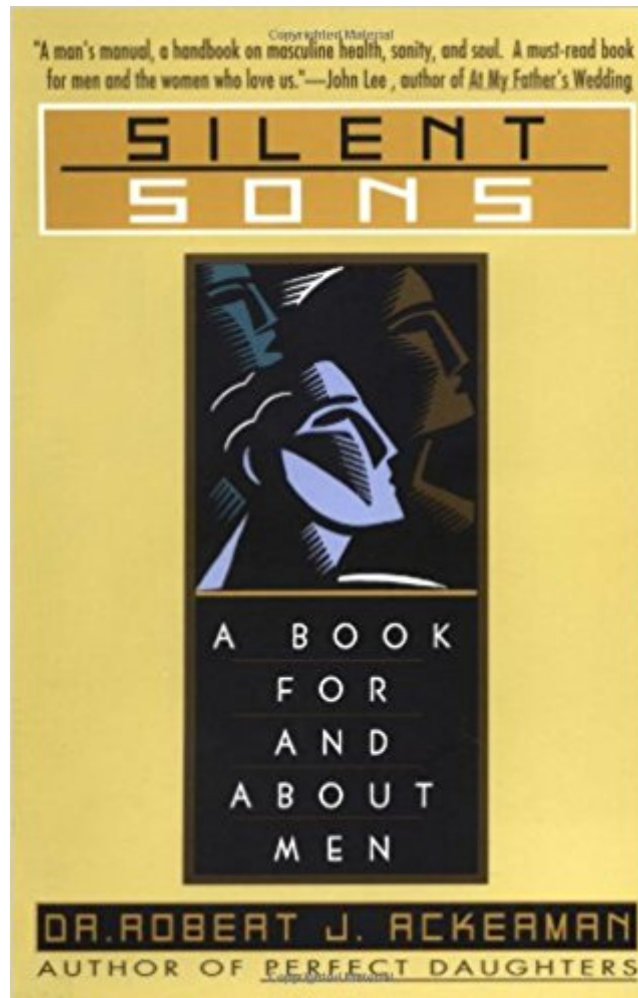




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Silent Sons: A Book For And About Men



Synopsis

It could be you or someone you love. Strong, silent types are everywhere, and it is their telltale silence that has kept their problems hidden until now. A silent son can come from a family that coped with violence, alcoholism, child abuse, extreme rigidity, or divorce, but all silent sons have certain common characteristics: They keep things that bother them to themselves. They deny that unpleasant events occur. They fear letting people know them. They have difficulty interacting with their parents, spouses, or children. They have a strong fear of criticism. They are often angry. In *Silent Sons*, Dr. Robert Ackerman, a silent son himself, examines the problems that commonly confront silent sons, keeping them from experiencing the full range of human emotions. In a compassionate and hopeful voice, the author defines the silent son and examines the impact of parents, particularly fathers, on these men and shows how their dysfunctional upbringing affects their present relationships, especially with women. By putting aside anger, finding peace with one's self, and looking for support from other silent sons, Dr. Ackerman feels every man can realize his full potential and become a well balanced, healthy survivor.

Book Information

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Customer Reviews

The author of *Perfect Daughters* looks at the problems faced by men from dysfunctional families.

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Suzanne Somers Author of *Keeping Secrets* and *Wednesday's Children* Finally, a book to help men and the women who want to understand them. Publishers Weekly Ackerman offers advice on how to

communicate better and grow emotionally. Not just another "men's movement" book, this is a notable addition to the literature on male psychology. Margo Harakas Sun-Sentinel It's a book of hope, a hand-holding guide for all those men who survived their dysfunctional upbringing, but not without wounds and lingering pain.

The only reason I didn't rate this book 5 stars is because the Kindle version I downloaded from has a ton of misspelled words in the text. Fix it please, Mr. ! Otherwise this is an extremely insightful book about men on the effects of growing up in a dysfunctional home. I had previously read a hard copy of the book, which had no typos by the way, and needed to own it. I grew up in a home where a dysfunctional woman married a dysfunctional man and they created an extremely dysfunctional marriage. My brother and I grew up in this dysfunctional home and both of us carried the dysfunction into our own marriages and families. This book helped me diagnose my own low self-esteem and lack of self-confidence which affected my life up until I was 55 years old. A practical and hard hitting book. I am glad that Dr. Ackerman wrote it.

This is a book that gives a voice to men. Not only in one-to-one situations, but also enabling us as the community to shift the focus from feminism and actually giving the evidence that men also have feelings. They may be severely impacted by their personal histories. And that doesn't even mean that they would like or should be treated as victims. But they deserve to be acknowledged and respected. Marvelous read for all that love at least one man in this world.

Very good. If you have a husband or partner that avoids hard issues to talk about, or just doesn't really communicate with you about anything "emotional", then this book may help you to understand him better, and it may help him to "figure himself out" more, and open up.

Excellent book for those adults who grew up with alcoholic fathers. Provides insight into behaviors. I've used this with my clients.

This book is a great read for anyone struggling with addiction or who knows someone struggling with addiction. The book came in perfect condition.

A tool for insight, acceptance, healing. Excellent. I purchased 5 for family.

A book for men who want to heal....

Very insightful. Changes your perspective.~ Â Silent Sons

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