

"You need to read this book, whether you think you do, or not. I learned a great deal myself and you will too."

--Alex Loyd, Ph.D, author of *The Healing Code*

MEN **ALIVE**

STOP KILLER STRESS
WITH SIMPLE
ENERGY HEALING
TOOLS

by **Jed Diamond, PhD**

author of *The Irritable Male Syndrome*

I'm pleased to offer you an advanced sample from my new book, *MenAlive: Stop Killer Stress with Simple Energy Healing Tools*. The book is due for publication in June, 2012. If you'd like more information you can reach me through my website at www.MenAlive.com or email me at Jed@MenAlive.com. Feel free to email this to a friend and share via your social media network. I'll enjoy hearing from you.

Best wishes,

Jed

Acclaim for Jed Diamond's

MenAlive

"You *need* to read this book, whether you think you do or not. Dr. Diamond is a brilliant, caring professional. He is one of the world's leading experts in men's health. I have been a health care professional for many years and learned so much from Jed's book myself. You will have multiple *aha* moments as you read. The *aha* moments will lead to practical positive changes in your life. It has in mine."

—**Alexander Loyd, PhD, ND**, author of *The Healing Code*

"In this wonderful book, Jed Diamond lucidly explains the major challenges facing men in navigating their way through this most critical period of human history. More important, he shows us how to address the hazards and opportunities in ways that are new, creative, and highly effective. It will change the way you think about the life you have been given and empower you to find greater fulfillment in it."

—**David Feinstein, PhD**, coauthor of *The Promise of Energy Medicine*

"*MenAlive* is more than a book. It is a complete tool kit for relieving stress and bringing about lasting health. It changes the way we look at ourselves, each other, and the world."

—**John Gray, PhD**, author of *Men Are From Mars, Women Are From Venus*

"After decades of intense men's work together, Jed knows what men need. Being a great pioneer he immerses himself in new 'tools' until he finds what works. Jed offers the precious gift of his hard-won wisdom for us to care for our own body, mind and soul.

—**Bill Kauth**, Co-founder of The ManKind Project, author of *Circle of Men* and *We Need Each Other: Building Gift Community*

“Jed Diamond’s book dispels two myths. One, that as time passes we will inevitably develop age-related aches and pains that we will simply have to live with. The second is that ‘energy healing’ is complete nonsense. These myths cause us to pay unnecessarily for pills and doctors when fresh air, sunshine, and a barefoot walk in the grass can make us feel much better. This book introduces practical personal energy tools with which to feel better longer and save money at the same time.”

—**James L. Oschman, PhD**, author of *Energy Medicine: The Scientific Basis*

“The problem with simple energy healing tools is that they seem just too simple! If you can find it in you not to scorn simplicity, you may get a world of help from Jed Diamond’s new book.”

—**Eric Maisel, PhD**, author of *Rethinking Depression*

“*MenAlive* is a wonderful and easy-to-follow guide for stress reduction in men. It helps create awareness to address challenges in new and effective ways, which will lead to self-empowerment and positive changes.”

—**Rollin McCraty, PhD**, Director of Research, Institute of HeartMath

“Dr. Diamond’s new book is not only packed with information but offers powerful solutions. One of Diamond’s gifts is his ability to write books that help men change their own lives while helping women understand men at deep, empowering levels. This book is needed... a must-read if you are growing through the stresses and strains of a lifetime (and who isn’t?). I highly recommend this book to all men—and to the women who love them.”

—**Michael Gurian**, author of *Leadership and the Sexes* and *How Do I Help Him?*

“Jed Diamond’s remarkable book is full of insights, tools, and touching truths. It is a great open window into a man’s soul, stresses, and strains. I highly recommend it to both men and women.”

—**John Lee**, author of *The Flying Boy and The Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self*

“*MenAlive* is a veritable compendium of the most readable and understandable information related to energy healing that starts at the beginning historically, weaves through time, takes the reader systematically to the present, and then discusses the four simple energy healing tools in depth, which are the centerpiece of this book. If you only buy one book this year, make it *MenAlive*, and buy one for every man in your life and every woman who loves them!”

—**Jackie Black, PhD**, author of *Couples & Money: Cracking the Code to Ending the #1 Conflict in Marriage*

“Diamond has researched the entire field of energy healing, found out what really works, and applied it to specific issues that men face—such as stress, irritation, and depression. He doesn’t stop there, however. He sets out a series of practical techniques that any man can learn and use to de-stress, relax, and heal. If you’re a man, learn these tools. If you’re a woman, buy this book for your man.”

—**Lion Goodman**, Director of Men’s Programs, The Shift Network

“As a long-time leader in the men's movement and author several books that inspired me, once again Jed brings an important new set of tools for men to grow with.”

—**John W. Travis, MD, MPH**, Co-author of *Wellness Workbook*

“Two facts are indisputable: Baby Boomers are aging, and they're aging into a time of life fraught with greater risks of disease and decline. Further, a significant number are health and wellness oriented, and these explorers are more than willing to go beyond traditional medical paradigms to discover how to become healthier and less dependent on conventional treatment modalities. Jed Diamond has picked exactly the right moment to give them the gifts of energy healing.”

—**Brent Green**, author of *Generation Reinvention: How Boomers Today Are Changing Business, Marketing, Aging and the Future*

“Dr. Diamond's wondrous synthesis of theory and practice allows us to understand the true nature of what ails modern mankind and empowers us to recreate our health. This book moves us from the sick-care model of the solid atom to a true health care model based on dynamic energy fields. Read it and be all you can be!”

—**Gregory J. Nicosia, PhD, DCEP**, Immediate Past President, Association for Comprehensive Energy Psychology

“Jed Diamond has created an extraordinary book which allows men to access both physical and emotional vitality. In a sea of self-help books geared towards the female demographic, this book stands out as a practical and effective guide for men to learn more about self-healing techniques which have been proven to really work.”

—**Clint Ober**, coauthor of, *Earthing: The Most Important Health Discovery Ever?*

“This book is a must-read for all men and the women who love them. Jed Diamond's pioneering work will change the way men view their health.”

—**Carole G. Stern**, President, Association of Comprehensive Energy Psychology

“An invaluable resource and guide for men who struggle with their life, health and negative emotions—and consequently in their love relationships.”

—**Martin Ucik**, author of *Integral Relationships: A Manual for Men*

"MenAlive illuminates key challenges blocking men from shifting into more mature masculinity, and provides equally key tools for succeeding. We men owe it to our loved ones, our spheres of influence, and most importantly ourselves, to take *MenAlive* to heart."

—**David Gruder**, PhD, DCEP, author of *The New IQ (Integrity Intelligence)*, ManKind Project Elder, Founding President of the Association for Comprehensive Energy Psychology

MenAlive: Stop Killer Stress with Simple Energy Healing Tools
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Published by Fifth Wave Press

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Library of Congress Cataloging-in-Publication Data

Diamond, Jed
MenAlive: Stop Killer Stress with Simple Energy Healing Tools / Jed Diamond

ISBN: 0911761004
ISBN: 13: 9780911761009

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Books:

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How to Connect with me:

For more information about books and other resources or if you need help dealing with the stresses in your life, I invite you to visit me at www.MenAlive.com.

Let's start a conversation. Say "hi" on Twitter [@MenAliveNow](https://twitter.com/MenAliveNow) or use the hashtag #MenAlive to join the discussion by sharing your insights and examples. Find how others are using the concepts you'll read about.

You can also join me on Facebook at <http://Facebook.com/MenAliveNow> for more tips and ongoing dialogue.

Men**Alive**: Stop Killer Stress
with Simple Energy Healing Tools

Jed Diamond, Ph.D., L.C.S.W.



“The cell is a machine driven by energy. It can thus be approached by studying matter, or by studying energy. In every culture and in every medical tradition before ours, healing was accomplished by moving energy.”

-- Albert Szent-Györgyi, Nobel Laureate in Medicine

Acknowledgments

This book is the culmination of work over the last forty-plus years, and there are many more people to thank than I have space to do so here. Three groups of people deserve special mention.

1. Leaders in the field of Energy Healing.

David Feinstein, PhD challenged me to write a book on Energy Healing for men. His wife, Donna Eden, inspired me when I read *Energy Medicine for Women* after buying it as a gift for my wife, Carlin.

I've learned a great deal from Patricia Carrington, Dawson Church, Gary Craig, Blair Dunn, Charles Elder, John Freedom, David Gruder, Sue Johnson, Lindsay Kenny, Bruce Lipton, Alex Lloyd, Carol Look, Michael Mayer, Rollin McCraty, Caroline Myss, Gregory Nicosia, Clinton Ober, James Oschman, Lynne McTaggart, Betsy Muller, Candace Pert, John Petersen, Robert Schwarz, Stephen Sinatra, Carole Stern, Greg Warburton, and Martin Zucker.

2. Leaders in the men's health field.

Peter Alsop, Jean Bonhomme, Robert Bly, Malcolm Carruthers, Will Courtney, Gordon Clay, Stephen Dinan, Warren Farrell, Brent Green, Lion Goodman, John Gray, Michael Gurian, Ron Henry, James Hillman, Bert Hoff, Steve Imparl, Thomas Joiner, Bill Kauth, Sam Keen, Howard LaGarde, John Lee, Tom Matlack, Michael Meade, William Pollack, Mark Schillinger, Justin Sterling, Rich Tossi, and John Travis.

3. Those who helped bring this book into being.

Mike Aplet, Tony Black, Hal Zinna Bennett, Josh Bowers, Rosamond Crowder, Ian Fitzpatrick, Jeff Franklin, Betha Gibson, **“Gold Diamond” Supporters (Dianna and Tim Browning, Carlin Diamond, Brad Dunne, Denis Sutro, David Terrell, Judy Whelley, Lawrence and Elaine Yundt)**, Leon Greef, Angela Hennek, Aaron Nelson-Moody, David Newman, Whitney Parks, Ken Petron, Tom Plunkett, Tom Porpiglia, Geoff Pomeroy, Kathy Regan, Amanda Rice, Lucille Rock, Rani Saijo, Suzanne Sifuentes, Sherryll Soukup, and Mary Zellachild.

Author's Note

The practices, ideas, and suggestions in this book are not intended as a substitute for medical or psychological attention. When considering applying these methods to various health-related issues, please consult with your medical doctor, psychotherapist, or other appropriate health-care professional.

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Introduction

How to Get the Most Out of the Book

I grew up in a family that relied on things you could see, touch, and take apart. My mother was the office manager for a company called Tubular Structures, which made solid scaffolding out of pipe—the kind you see big burly men climbing up and down as they paint houses and fix upper-story windows. My stepfather was a welder, carpenter, and all around handyman. This was a mechanistic world, a clockwork universe, where separate objects could be assembled and where things were more important than feelings. My family believed in hard science and taught me to distrust anything that couldn't be measured.

But there was another side of my family story we rarely spoke about. My biological father was a writer, poet, and stage actor. In the years following my birth, he struggled to find work and support his family. Stresses in his life mounted, and when I was five years old he tried to commit suicide. He was sent to a mental hospital for treatment. Growing up, I tried to understand what had happened to him. My mind couldn't grasp the idea that he had been taken down by a mysterious “nervous breakdown” that I couldn't see and no one seemed to be able to explain. Looking back I realize that two competing forces shaped my life:

- (1) The world of things we can engage and manipulate with our five senses: the “tubular structures” of the world.
- (2) The world of energy and spirit that can cause “nervous breakdowns” as well as inspired writing and beautiful poetry.

Energy Healing enables us to bridge these two worlds. As you'll learn, it allows us to deal with problems at the physical level as well as those that are caused by emotional and spiritual disturbances. It has taken a long time for me to accept my relationship with Energy Healing. Even after I knew it worked, I couldn't quite believe it. I needed a scientific explanation for *how* and *why* it worked. I wanted to be sure Energy Healing wasn't just new-age snake oil that promised to cure anything and everything, but really did very little.

Energy Healing is based on the supposition that illness results from disturbances in the body's energies and energy fields and can be addressed via interventions into those energies and energy fields. It is one of five domains of "complementary and alternative medicine" identified by the National Institutes of Health (NIH). David Feinstein and Donna Eden are two of the most widely acknowledged experts in the emerging field of Energy Healing say that conventional medicine, at its foundation, focuses on the biochemistry of cells, tissue, and organs. **Energy medicine, at its foundation, focuses on the fields that organize and control the growth and repair of cells, tissues, and organs, and on ways of influencing those fields.**ⁱ

Although there is still a lot we need to learn, I believe the [scientific foundation of Energy Healing](#)ⁱⁱ is solid enough to share what I've learned thus far. I'm convinced that we can now stop the stresses that are killing so many men and their families. These simple tools are deceptively powerful, so powerful that we no longer have to rely solely on "experts" to keep us healthy. Using the tools of Energy Healing, we can regain control of our own lives. We can embrace the wisdom of [William Ernest Henley](#) who said, "*I am the master of my fate: I am the captain of my soul.*"

This book is meant to guide you through the process. I'll be with you every step of the way, sharing what has worked for me and what has worked with friends and clients. Though this book is focused on men's health, it is not just for men. Women, too, are concerned about the health of the men in their lives. I've included the results of the latest science and the cutting-edge research that demonstrates the value of Energy Healing in dealing with the most difficult problems we face today. I've shared the tools that I've found to be most useful and effective, but there are web links and end notes for further study once you learn the basics.

Energy Healing: The Mind/Body Connection

My first experience with Energy Healing occurred shortly after I graduated from UC Berkeley in 1968. My wife and I had found a wonderful house in Pinole, a rural suburb in the East-Bay, across the bridge from San Francisco. Our neighbors had horses they let us ride whenever we wanted to. Life was wonderful.

The first summer in Pinole, we invited our closest friends from college for a visit. They had a four-year-old son who was cute as a bug and adventurous. While we recounted stories of success, the little boy wandered off and climbed under a fence into the horse corral, where a skittish horse kicked him.

By the time the boy's father reached him, he was screaming in anguish, with a red welt rising on his forehead. His mother immediately comforted the boy with her words. She calmly told him that she was there and things would be all right. She held up one hand about three inches above his head and passed her hand back and forth over the wound, while the father called for an ambulance. The boy seemed to relax and eventually stopped crying.

I wondered how waving her hand over the boy could be helpful. She kept her hand moving slowly and told me, “It’s energy healing.” I nodded as though I understood. She turned her attention back to her son. I rolled my eyes and looked at my wife, thinking, “We love her, but what she’s doing is *nuts*.”

Well, things turned out okay. The boy was checked at the local hospital, and there didn’t seem to be any permanent damage. My scientific mind concluded that he must not have really been hurt. I relegated energy healing to new-age mumbo jumbo and forgot all about it. Much later I learned that solid science had demonstrated that healing the energy body could help heal the physical body.

Over the years I’ve had occasion to try a number of different Energy Healing practices. Not all of them worked for me, but the four I describe in the book have proven themselves over time. I have found these four to be the easiest to use, the most effective, and the most scientifically grounded.

Options for Using This Book

If you’re skeptical, that’s fine. It’s good to have a prove-it-to-me attitude. All I ask is that you keep an open mind and an open heart as you learn more about the power of energy to heal. Whatever you think about the field of Energy Healing, I suspect you’ll agree with me on the following:

- **We can no longer afford to get sick.**

Our current medical system is not working well for many people. It’s too expensive and not effective enough in treating the chronic problems most of us face today.

- **It's better to prevent problems than to treat them.**

Stress is at the root of many of our medical problems. If we can reduce stress, we can improve our health.

- **Treating humans as though we are machines doesn't work.**

Our modern world separates us from ourselves, from each other, and from the earth.

Our medical practices treat a thousand separate problems, but often neglect the whole person. We need to have better choices available to us. There must be a better way.

There are a number of ways to approach this book.

1. **Start at the beginning and go to the end.**

Many people like this approach. You take it in sequence, one step at a time.

2. **Go directly to the tools section and put them to use.**

In Part II of the book, I describe the four most effective Energy Healing elements. You can read this section and apply them to the issues you are dealing with in your life.

There's a saying in the Energy Healing field, "Try it on everything." Although I offer specific examples in this book of how these tools can be used, they have proven themselves for a variety of issues.

3. **Start with the issues section.**

In Part III of the book I address the issues of most concern to men. You can learn more about an issue such as pain, midlife sexuality, or anger, then try out various tools to see how they work on the problem that is most concerning you.

Notions that may be particularly helpful are in **bold** lettering so you can easily spot the gold. Of course, these are just the nuggets I think are important. You'll undoubtedly want to have a highlighter or pen available to mark your own.

One Caution

If you're like me, you may find these tools work so well you'll have trouble believing them. Perhaps your skeptical mind will jump in to tell you to stop using them, even when they are working for you. In a world where we are taught that real medicine is costly, time consuming, and painful; we have a hard time believing in practices that work *and* are inexpensive, quick, and painless. **Just remember, some things are just too good to be true. Others are just plain good.** These techniques are still new, and there is a lot more to be learned. But there's no reason to wait any longer to get started.

We can all learn from each other's experience, and I genuinely enjoy hearing from people. Contact me through my website at www.MenAlive.com. Let me know how these tools work for you.

Part I: The Cost of Stress and the Promise of Energy

Healing

Chapter 1: The Hazards and Blessings of Being Male

It isn't easy being a man today, though many of us try to hide this fact. We are told that males are the privileged sex and boys have it better than girls. We learn that real men are tough, take care of their own problems, and don't complain. After all, what could we have to complain about? Social scientist Thomas Joiner, PhD tells us, "Men make a lot of money and have all the accompanying privileges and power. This has been so for millennia. Men are over-represented in each of the following categories, just to name a few: those earning over \$100,000 per year; Fortune 500 company CEOs; and U.S. presidents, state governors, and senators." ⁱⁱⁱ

I'm assuming that you (and most of the men reading this book) don't fall into any of those "privilege and power" categories. But for all of us, regardless of our wealth or position, the stresses we face can be deadly. A recent report states, "Males experience higher mortality rates than females at all stages of life from conception to old age." ^{iv} Suicide is the most extreme indicator of the stress men feel today, particularly in men over forty. **According to the National Center of Disease Control and Prevention, 34,598 people killed themselves in 2007** (the last year that full statistics were available)—**27,678 of them (80 percent) were male. Eleven times that number attempted suicide.** ^v I felt the reality of these statistics at a very young age.

I still remember the terror I felt when I heard my father had an "accident" and was taken to the hospital. I was five years old and he was forty-two. I didn't learn until years later that he had tried to take his own life, but even as a small child I was aware of the stresses he felt as an out-of-work writer trying to support his family. When I was forty, I came across a journal he had

written during that critical time of his life. He describes his mounting frustration, anger, and despair as his hopes and dreams began to fade away:

June 4

Your flesh crawls, your scalp wrinkles when you look around and see good writers, established writers, writers with credits a block long, unable to sell, unable to find work; yes, it's enough to make anyone, blanch, turn pale and sicken.

August 15

Faster, faster, faster, I walk. I plug away looking for work, anything to support my family. I try, try, try, try, try. I always try and never stop.

November 8

A hundred failures, an endless number of failures, until now, my confidence, my hope, my belief in myself has run completely out. Middle-aged, I stand and gaze ahead, numb, confused, and desperately worried. All around me I see the young in spirit, the young at heart, with ten times my confidence, twice my youth, ten times my fervor, twice my education. I see them all, a whole army of them, battering at the same doors I'm battering, trying in the same field I'm trying. "Yes, on a Sunday morning in early November, my hope and my life stream are both running desperately low, so low, so stagnant, that I hold my breath in fear, believing that the dark, blank curtain is about to descend".

As a midlife man myself, I felt my father's pain as his self-esteem slowly eroded away, the fear and frustration of trying to support a family had taken its toll, and the tide of shame began to envelope him. Six days after his November eighth entry, he tried to kill himself.

Though he survived physically, our lives were never the same. Over the last thirty-five years, I've treated more and more men who are facing stresses similar to those my father experienced. The economic conditions and social dislocations that contributed to his feelings of shame and hopelessness continue to weigh heavily on men in today's down economy.

As psychologist Herb Goldberg reminds us in his book, *The Hazards of Being Male*, **“The male has paid a heavy price for his masculine ‘privilege’ and power.”** He writes, **“He is out of touch with his emotions and his body. He is playing by the rules of the male game plan and with lemming-like purpose he is destroying himself—emotionally, psychologically, and physically.”**^{vi}

Three Critical Stages Where We Lose Men

In order to reclaim our health and well-being, we have to overcome our denial and take a hard look at the reality of our lives. When I think about men's health, I often think of my father. He loved baseball, but he would never watch it on television. He always preferred to listen on the radio. I think he liked bringing his own imagination to the words and picturing the action in his mind. When I think about the crisis in men's health, I picture a baseball field. To be successful in the game of baseball, you have to touch all three bases and make it home. If life were like baseball, I believe we're losing too many men before they can make it around the bases and back to home plate. I believe we are losing men at three critical stages of their lives.

Too many young men don't ever make it to first base. Stresses of young adulthood lead to accidents, alcohol and drug abuse, and violence. We lose young men before they've had a

chance to truly live. Many mid-life men have trouble letting go of their youth. They try and stay forever young. They deny their age, refuse to make the turn at second base and end up alone in left field. Older men often give up on life and become isolated, depressed, and withdrawn. They aren't able to make the turn at third and end up dead in the dugout.

When I've talked with men over the years they often feel powerless to change their lives. This surprises women who often see men as having most of power. In his book, *Why Men Are the Way They Are*, gender researcher Warren Farrell helps us better understand why men and women often have a difference experience of power and powerlessness. He says, "When a woman is divorced, has two children, no alimony, no child support, and no job experience—that is her experience of powerlessness. When a man is in the hospital with a coronary bypass operation caused by the stress of working two jobs to support two children his former wife won't let him see, and he feels no other woman will get involved with him because of those very circumstances—that is his experience of powerlessness." Farrell concludes, "both feel loneliness. The flip sides of the same role make both sexes feel powerless."^{vii}

It doesn't have to be that way. We can change the restrictive roles that harm men and women. Men are not destined to get sick and die before their time. Men can have wonderful and productive lives. But in order to live long and well, we have to recognize the stresses we are under and take a hard look at our current state of health.

The Reality of Men's Health Today

The Men's Health Network (MHN) is a national non-profit organization whose mission is to educate men and their families about the state of men's health today and how it can be improved. MHN details the "silent health crisis" of men as follows:^{viii}

1. Life Expectancy Gender Gap

In 1920, the life expectancy gender gap was only 1.0 year. By 2011, men are dying 4 to 6 years younger than women.

2. Leading Causes of Death

Men have a higher death rate than women for all ten of the leading causes of death: Heart disease, cancer, injuries, cerebrovascular disease, chronic lower respiratory disease, diabetes, pneumonia/flu, HIV infection, suicide, and homicide. We all die of something, but if you're a guy you are more likely to get a serious disease and die from it than are women.

3. Heart Disease

Almost twice as many men as women die of ischemic heart disease, the leading cause of death, by far, for both men and women. This year, over 400,000 men will die of heart disease, 25% of whom are under age 65. More than 50,000 men will die of a stroke. Of course, the death rate for women compared to men goes up as they get older, but that's because there aren't as many older men. Too many of us have already died.

4. Cancer

50% more men than women die of cancer. This year over 700,000 men will be diagnosed with cancer and nearly 300,000 will die of it. Over the course of a lifetime, half of all men will get cancer at least once.

5. Homicide

We know that men are more likely to kill others than are women. A research study^{ix} showed that although women comprise more than half the U.S. population, they committed only 14.7% of the homicides noted during the study interval. Many don't know that although men do most of the killing they are also most likely to be *victims* of homicide. Over the ten year period 215,273 homicides were studied, 77% of which involved male victims and 23% female victims. I

The study noted that men are more likely to be killed by someone outside the family, while women are more likely to be killed by their spouse or intimate acquaintance. In contrast to men, who killed non-intimate acquaintances or strangers in 80% of cases, women killed their spouse, an intimate acquaintance, or a family member in 60% of cases.

6. Depression and Suicide

Suicide is the ultimate indicator of despair and men suffer at rates more than 4 to 17 times higher than women. Not only do men commit suicide at rates much higher than women, but they kill themselves indirectly as well. Psychotherapist Terrence Real, author of *I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression* says: **“Hidden depression drives several of the problems we think of as typically male: physical illness, alcohol and drug abuse, domestic violence, failures in intimacy, self-sabotage in careers.”**^x

Most people know that men are more likely to commit suicide than women. But most are not aware of how much more likely men are to kill themselves or how our risk differs with age. “The suicide rate is 4 times higher among males than females overall,” says Dr. Will Courtenay, author of *Dying to be Men: Psychosocial, Environmental, and Bio-behavioral Directions in Promoting the Health of Men and Boys*. “Suicide rates for males range from 2 times higher

among children aged ten to fourteen to more than 17 times higher among adults aged eighty-five or older.”^{xi}

Even in the armed services, where we tend to think of men dying in battle, suicide is a major problem. “To our knowledge, for the first and only time in human history, a country at war—the United States—lost more of its service members in a month to suicide than to combat,” says Dr. Thomas Joiner. “That occurred in early 2009.”^{xii}

All my life I’ve felt the reality of men’s pain. From the time my father tried to commit suicide when I was five, to the struggles I’ve had in my own life with depression. These statistics tell an important story: At every age, including when we are young, men are much more likely to commit suicide than females. That is a tragedy for everyone - men, women, *and* children.

Randolph Nesse, M.D. and colleagues at the University of Michigan examined premature deaths among men in 20 countries. They suggest that as many as 375,000 lives could be saved in the U.S. alone if male mortality rates were brought into line with those of women. **Being male is now the single largest demographic factor for early death, the study concluded. “If you could make male mortality rates the same as female rates, you would do more good than curing cancer.”**^{xiii}

Why Men Live Sicker and Die Sooner

Some people have come to believe that reason men don’t live as long or as well as women is simply because...well, because we are men. There’s an assumption that our problems are built into our genes and there’s nothing we can do about them. But recent research has shown that there are things men do, or fail to do, that affect our health. Of course, we’re talking generalities here: most men compared to most women. Some men engage in more healthy practices than

some women. But on the whole, our health practices leave a lot to be desired. Men's health researcher, Dr. Will Courtenay describes the following behaviors in his book *Dying to be Men*:^{xiv}

1. They Have Less Healthy Lifestyles.

Men and boys, in general, have less healthy lifestyles than women and girls, and they engage in far fewer health-promoting behaviors. For example, men are more often overweight than women, and have less healthy dietary habits. They eat more meat, fat, and salt and less fiber, fruits, and vegetables than women. They have higher cholesterol and blood pressure, and do less to lower them. Men use fewer medications, vitamins, and dietary supplements. They also sleep less, and less well, and they stay in bed to recover from illness for less time than women.

2. They Engage in More Risk-Taking Behavior.

Men and adolescent males engage in more reckless and illegal driving, and drive drunk more frequently than women and adolescent females. They also have more sexual partners than women, and engage in significantly more high-risk physical activities—such as dangerous sports and leisure-time activities—and physical fights. They are also more likely than women to carry guns or other weapons, and engage in more criminal activity.

3. They Often Have Problems with Drugs and Alcohol.

Compared to women, men use more alcohol and other drugs. More men than women use tobacco products and have more dangerous patterns of tobacco use. Although not everyone who uses drugs or alcohol become addicted, men are more likely to continue using even when they are experiencing negative consequences. As one man told me in counseling, “my drug of choice

is *more*.” For him, and many men who become addicted, “too much is never enough.” I believe addiction is the disease of lost self-hood. Addicts are looking for pleasure and escape from pain in all the wrong places. Like confused homing pigeons, they seek the safety and security of family and friends, but fly 180 degrees in the wrong direction.

4. They Misperceive Their Susceptibility to Risk.

Men are consistently found to be less likely than women to perceive themselves as being at risk for illness, injury, and a variety of health problems. Despite being at greater risk from drug and alcohol use, for example, males of all ages perceive significantly less risk associated with the use of cigarettes, alcohol, and other drugs than females do. With rare exceptions, people who think they are invulnerable take fewer precautions with their health—and thus have greater health risks—than people who recognize their vulnerability.

5. They Are More Likely to Be Victims of Physical Abuse and Violence.

Men and boys are more likely than women and girls to be the victims of physical abuse or violence. For example, nearly one half of men nationally have been punched or beaten by a person, who in most cases is another man. We often think that sexual abuse happens only to females, but 5% of boys (compared to 10% of girls) report having been sexually abused. Many believe that male sexual abuse is under-reported. Among adolescent boys nationally, those who have been sexually abused are more likely than those who were not abused to report poor mental health and are twice as likely to smoke or drink frequently or to have used drugs.

6. They Are Less Likely to Change Unhealthy Behaviors.

Men believe less strongly than women that they have control over their future health or that personal actions contribute to good health. Further, women are more likely than men to contemplate changing unhealthy habits, or to already maintain healthy habits. Men, however, are more likely than women not to consider changing unhealthy behaviors, and to deny that these behaviors are problematic.

7. They Have Traditional Views of Masculinity That Are Often In Conflict with Health

There is currently high agreement among people in the United States about what are considered to be typically feminine and typically masculine characteristics. Men and boys, in particular, experience a great deal of social pressure to conform to these stereotypic characteristics. These dominant norms of masculinity dictate, for example, that men should be self-reliant, strong, robust, and tough; that men should welcome danger; and that men should never reveal vulnerability, back down, or do anything “feminine.” These idealized norms of masculinity create a conflict with things that we could do to take care of ourselves or to be taken care of by those who love us.

Commenting on the reason so many men become damaged physically and emotionally, psychologist Herb Goldberg says, **“They have confused their social masks for their essence and they are destroying themselves while fulfilling the traditional definitions of masculine-appropriate behavior.** They set their life sails by these role definitions. They are the heroes, the studs, the providers, the warriors, the empire builders, and the fearless ones.”^{xv}

8. They Don't Express Their Emotions or Acknowledge Distress.

In general, women are more emotionally expressive than men—except when it comes to expressing anger. Men also report less fear or emotional distress than women do, and are less likely than women to cry. Men's inexpressiveness can have both direct and indirect effects on their health and well-being. Self-disclosure, for example, has been found to be associated with improvements in immune functioning and physical health. Men are also more likely than women to exhibit emotionally inexpressive Type A behavior and to experience or express hostility, both of which are strongly linked with increased health risks—particularly for cardiovascular disease. Men are also disinclined to discuss experiences of pain or physical distress.

9. Unemployment Hits Them Harder.

With our economic system going through major transformations, more people are unemployed. Unemployment is consistently linked with a variety of negative health effects, and there is evidence that these negative effects are greater for men than for women. Unemployed men are more likely to commit suicide than unemployed women. One study among youth found that unemployment is also a risk factor for increased alcohol consumption, increased tobacco use, illicit drug use, suicide, and unintentional injuries, particularly for males.

An editorial in the March, 2011 issue of the *British Journal of Psychiatry*, indicates that depression rates in men are likely to increase due to increasing job loss for men. The study's lead author, Boadie Dunlop, M.D., from Emory University School of Medicine in Atlanta writes, **"Compared to women, many men attach a great importance to their roles as providers and protectors of their families. Failure to fulfill the role of breadwinner is associated with**

greater depression and marital conflict.”^{xvi} Dunlop goes on to say, “The recent recession afflicting Western economies serves as a harbinger of the economic future for men, especially for those with lower levels of education. Dubbed by some the ‘Mancession’, the economic downturn has hit men, and their families, particularly hard.”^{xvii}

10. They Have Fewer Social Supports.

Men have much smaller social networks than women do. Men and boys also have fewer, less intimate friendships, and they are less likely to have a close confidant, particularly someone other than a spouse. Men’s restricted social networks limit their levels of social support. In times of stress, for example, men mobilize less varied social supports than women. There is consistent evidence that the lack of social support is a risk factor for premature death—especially for men. Men with the lowest levels of social support are 2 to 3 times more likely to die than men with the highest levels of social support. Men’s social isolation significantly decreases their chance of survival of heart disease, cancer, and stroke.

Each of these ten factors contributes to men’s increased risk for premature death or disability. The good news is that all of these factors can be modified once a man becomes aware of their importance. We shouldn’t be victims of our old belief systems. We can change them. But to change these old beliefs, we have to recognize the times in our lives where we tend to isolate ourselves.

Overcoming Our Isolation.

Disconnection from ourselves and others can contribute to our health problems. “All the usual risk factors for heart disease—smoking, obesity, a sedentary lifestyle, and a high-fat diet—account for only half of all cases of heart disease,” says heart-expert Dr. Dean Ornish. “**Every**

so-called lifestyle risk factor laid at the door of cardiovascular illness by the medical community has less to do with someone having a heart attack than does simple isolation—from other people, from our own feelings and from a higher power.”^{xviii}

Our lack of connection is a problem at all stages of our lives, but becomes increasingly evident as we age. In my book, *The Irritable Male Syndrome: Understanding and Managing the 4 Key Causes of Depression and Aggression*, I describe my research findings indicating that many men become more irritable, angry, and depressed as they move into middle-age. One spouse I interviewed said her 53 year-old husband “used to be the nicest man you’d ever want to meet. Now he seems to dislike everyone—me, the children, even himself.”^{xix}

Dr. Thomas Joiner counters a number of myths about why so many mid-life men become angry and irritable and offers a surprising analysis. “Men’s main problem is not self-loathing, stupidity, greed, or any of the legions of other things they’re accused of,” says Joiner. **“The problem, instead, is loneliness; as they age, they gradually lose contacts with friends and family, and here’s the important part, they don’t replenish them.”^{xx}**

Mid-life can be the beginning of the end for many men as they find themselves losing connection with friends and family. “As they age, men tend to drift off and wither, and as they do they avoid healthy fixes,” says Joiner. “A 2008 study found that men, far more so than women, had trouble trusting and reaching out for help from others, including from health care professionals.”^{xxi}

A huge jump in the suicide rate begins as men reach what is traditionally retirement age. Between 65 and 74 years of age, the suicide rate is more than 6 times greater for men than for women in the same age range. Between 75 and 85 the rate jumps to 7 times greater. And for

those over 85, the rate of death by suicide is an astounding 17.5 times higher for men than for women.^{xxii}

As the suicide statistics verify, men often feel increasingly alone as they get older, even when they are surrounded by those who care about them. “A postmortem report on a suicide decedent,” says Joiner, “a man in his sixties, read, **‘He did not have friends...He did not feel comfortable with other men...he did not trust doctors and would not seek help even though he was aware that he needed help.’**”^{xxiii} Does this sound familiar?

Many men over 40 often see themselves in opposition to those around them. “I feel like it’s me against the world,” one man in his 50s told me. According to Lynne McTaggart, award-winning journalist and author of bestselling books *The Field* and *The Bond*, **“An enormous body of research reveals that the root of stress and ultimately illness is a sense of isolation, and most toxic of all appears to be our current tendency to pit ourselves against each other.”**^{xxiv}

Many of us grew up believing that being a man meant competing for sex and for power and the best men were the ones who came out on top. Whether or not we played sports in school, we were influenced by Green Bay Packer’s Vince Lombardi admonition to his players, **“Winning isn’t everything...It’s the only thing.”** We also heard sports journalist Grantland Rice, “It’s not that you won or lost but how you played the game.” Even so, it was drummed into us that if we wanted to consider ourselves “real men,” we’d better be winners, not losers, and how well we played made no difference. When winning becomes the only thing that is important, we become more and more competitive with others which isolates us from those who could be our allies.

The Blessings of Being a Man

But we are breaking out of our isolation and reaching out for greater connection with others. All over the world, men are committing to healing ourselves and our relationships. We seek new ways to boost energy, reduce stress, effectively handle physical and emotional pain, sleep better, develop skills for managing anger, lift depression, heal addictions, solve conflicts at work, have a more satisfying sex and love life, and play more crucial and positive roles within our family and community.

There is a catch, though. We can't heal alone. We can only heal ourselves as we heal others. In many of the workshops I attended with poet Robert Bly, mythologist Michael Meade, and psychologist James Hillman, they talked about the importance of "blessing." Too many of us were raised with curses, rather than blessings. We were told that there was something wrong with us, that we were bad and unworthy. At its core, the men's movement has been about telling our stories to each other and being seen, acknowledged, and held. It's about seeing ourselves and each other clearly, with all our imperfections and wounds, and loving all of what we see.

While the men's movement of today doesn't make the headlines, its reach is clearly revealed by the following facts:

- More than 30,000 men have joined groups through the [Sterling Institute of Relationships](#).^{xxv}
- 43,000 men have participated in the [Mankind Project](#)^{xxvi} and joined groups.
- More than 50,000 men and women have learned about male/female brain differences at the [Gurian Institute](#).^{xxvii}
- 5.5 million men have joined [Promise Keepers](#)^{xxviii} and are involved in church groups.

- [Men's Health Magazine](#)^{xxxix} is the world's largest men's magazine brand, with a monthly circulation of 1.85 million and 12 million monthly readers in 39 countries. It is the top-selling magazine in the U.S.
- [Wired Magazine](#)^{xxx} has 2.8 million readers a month who enjoy research-driven articles on brain science along with articles on the latest tech tools and gadgets. 76% of the readers are male.
- [The Shift Network](#)^{xxxi} is empowering a global movement of people who are creating an evolutionary shift of consciousness. In June 2011, I participated in [The Men's Ultimate Summit](#)^{xxxii}, a teleconference that brought together men's leaders from all over the world. This was followed up with [The Shift Men's Initiation](#)^{xxxiii}, a 5-day in-person program for men who want to help initiate thousands of men in 2012.
- The [Young Men's Ultimate Weekend](#)^{xxxiv} was founded by Dr. Mark Schillinger in 2000 to mentor young men to live life with integrity, to give and get respect, to master their energy, and to interact with their family and community by modeling honorable, confident behaviors so that they can become responsible and moral adults.

The men's movement isn't only about large groups of men coming together, it is also about individual men stepping up to make a difference in the world. I recently met Peter Hymans who has an ambitious plan to save humanity. "As a man, I observe our world teetering between hope and despair," Hymans told me. "Aware of my capability to bear arms and to break things and kill people in the same old bloody dance we have seen for so many centuries, I refuse to repeat that behavior." His plan is to convert a decommissioned missile silo and military facility which once had megatons of killing power into "a palace of human achievement—an academic wellspring and performing arts center aimed at joyful sustainability."

Bill Kauth, co-founder of the Mankind project, and his wife Zoe Alowan founded [Sacred Lifeboats](#)^{xxxv} to bring about new [“Gift Communities”](#)^{xxxvi} to prepare for the coming transition that is transforming our world.

Howard LaGarde is training men and women to become [“Alpha Leaders.”](#)^{xxxvii} LaGarde says, “we want to invigorate the community, families and humanity to discover the core principles and practices of leadership that will improve the knowledge and future accomplishments of our species.” Alpha Leaders hold great vision, forge responsibility, assure quality, and cause results. Alpha Leaders move others to higher levels of accomplishment.

One of the most recent expressions of a positive focus on men and masculinity is [The Good Men Project](#)^{xxxviii}. The Project was founded by [Tom Matlack](#)^{xxxix} in 2009 as an anthology and documentary film featuring men’s stories about the defining moments in their lives. Since then it has expanded to focus on a wide range of men’s health issues. Matlack says, “We explore the world of men and manhood in a way that no media company ever has, tackling the issues and questions that are most relevant to men’s lives. We write about fatherhood, family, sex, ethics, war, gender, politics, sports, pornography, and aging. We shy away from nothing.”^{xl}

The Good Men Project, and other programs that focus on what is best in men, bestow blessings on us all. We do this by telling the truth about what it means to be a man today. Through our stories we seek to connect our hearts and souls to other men and women seeking to make the world a better place for us all.

My Father, Myself: The Rest of the Story

Following my father’s suicide attempt when I was five years old, he was hospitalized at the State Mental Hospital in Camarillo, California. My uncle Harry and I visited him every Sunday.

I still remember the two hour drive from Los Angeles and my increasing apprehension as we approached the hospital. We would sit in a large room with other families. Mostly my uncle would ask questions, but my father seemed very far away. When he would turn his attention to me, he didn't seem to know who I was. After six months of weekly visits, I finally begged my mother not to make me go. It was just too painful. Whatever "treatment" my father was getting didn't seem to be helping.

My uncle continued going to see him and would report back with hopeful statements that "he seems a little better this week." The doctors told my mother a different story when she pressed them for the truth. "He needs ongoing treatment," they told her, "and he may need it for the rest of his life." Six years after he was admitted to the hospital, my mother filed for divorce. When other kids asked about my father, I told them he had died. It seemed so much less shameful than trying to explain that he was in "the nut-house."

But my father wasn't dead and he wasn't willing to spend the rest of his life locked up. When I was 12 years-old, we got a call from my uncle saying that my father had escaped. "I had taken him out to lunch and he said he needed to get some stamps at the post-office," my uncle said. "When he didn't come back I looked for him, but he was gone." My mother was terrified that my father would return and steal me away. I shared her fears, but also longed to have my father come back for me, to tell me he missed me and wanted to be my father once again.

But he never came back and we never heard from him. I got used to being an only child raised by a single mother. However, I never got used to my mother's fear that I would grow up to be like my father. She never said anything, but I knew she watched me for signs of emotional ups or downs. I learned to keep a tight lid on my feelings and to feed my intellect. I went off to college at U.C. Santa Barbara and graduated Magna Cum Laude. As I walked off the stage,

diploma in hand, I blanched as I looked into the audience and saw my father. He disappeared as soon as I'd seen him and I wondered if I was imagining his presence.

A few days later I received a letter from my uncle saying he had seen my father in Los Angeles, talked with him briefly, and had given him the information about my college graduation. He also gave me my father's address as well as the name he was using, Tom Roberts. My uncle encouraged me to see my father and try and help him. I called and we set up a meeting.

I still remember the mixture of excitement and pure terror that I felt when I prepared to see him after all those years of absence. I didn't know whether I would find the depressed and suicidal man that I remembered as a five-year old, the hospitalized patient who didn't know me, or the loving father I still saw in my dreams. I wasn't prepared for the man I actually met. He not only knew me, but seemed overjoyed to see me. He was effusive in his praise at my graduating from college and was sure I would do great things in life. He seemed buoyant and in love with life. But then his mood would shift, as though a cloud crossed in front of the sun, and he turned mean and angry.

He blamed my mother and his family for sending him to "that concentration camp" and went on and on about how they had ruined his life. I still remember his eyes. They were wild and crazy and frightening. They wanted to hurt those he felt had abandoned him. Later in life I would remember those eyes when I was going through my own mid-life angst and my wife, Carlin, tells me that my "beady eyes" would chill her.

I spent a lot of time with my father that summer of 1965 just after I graduated from college. Until then, I had only seen my father through the eyes of my mother, but now I was seeing him

myself. I saw his loving and gentle side when he would give puppet shows for the children in his neighborhood. I also saw his dark sides when the demons would emerge.

At the end of that summer I began medical school at U.C. San Francisco, but planned to spend a month in Mexico, traveling and seeing friends. My father invited me to spend a weekend with him in San Diego before I left for my vacation. The weekend started out fine. He took me to places he loved. We went to the local bookstore and he bought me books that meant something to him, including a book of letters from Vincent Van Gogh to his brother, Theo.

My last night there we went to a restaurant for dinner. He seemed to be in an expansive mood. He began telling the people at the next table how he had found his long lost son. Then he began talking more loudly and telling those at adjoining tables. Clearly, people were becoming uncomfortable, but he didn't seem to notice. Finally, he stood up on his chair and began telling everyone in the restaurant the good news of reuniting with his son.

Embarrassed and a bit frightened, I hustled him out of the restaurant and back to our hotel room. His expansive mood changed to hostility and now his anger was directed at me. "You can't go on vacation," he yelled at me. "You have to come home and take care of me." I was shocked. I told him I had worked hard and needed a vacation and he seemed quite able to take care of himself. "Then get the hell out of here," he screamed. "You'll never become a doctor if you can't even take care of your own father. You're no son of mine. Get out of here."

I left the hotel in tears and got on a bus to Mexico City. I tried to blot out his words, though I would never be able to forget the look in his eyes. I started medical school in the fall as planned, but dropped out after three weeks and enrolled in the school of Social Welfare at U.C. Berkeley. It never occurred to me at the time that my father's words had influenced my decision to leave medical school.

I saw my father three more times after our trip to San Diego. Each time he was happy to see me and I felt joy at our reunion. Then his anger would seep through, followed by his rage when I wouldn't agree to his demands. Finally, he'd walk out telling me I was hopeless and he didn't want to see me ever again. It took me a long time to work out my feelings about myself and my father and to overcome the curses he visited on me.

When he was seventy years old and I was thirty-three we met again. My first book, *Inside Out: Becoming My Own Man*, had recently been published and I had written about my father in it. I hadn't seen him for many years when I received a letter from a reader. "I love your book and was moved by the story of you and your father. He's in Laguna Honda Hospital in San Francisco and I'm sure he'd like to see you." I wasn't so sure he wanted to see me, but I knew I had some things I needed to say to him.

I wrote him a letter and told him my truth. "I'm finished feeling guilty for not being the son you wanted. It's not my fault you became ill and it's not my job to fix you. I still love you. You're the only father I'll ever have. You've punished everyone that ever loved you and I'm the only one who still reaches out. But this is the last time for me. If you push me away again you're going to end up a lonely old man. I'll feel sad for you, but I can no longer live with your pain and anger."

I figured I'd never hear from him, but I was wrong. When the letter arrived I was afraid to open it, but knew I had to know what he had to say. "Dear Jed, all I can say is, 'you're right.' I've spent my whole life blaming other people for my problems. I don't want to do that anymore. I want to see you. Your father."

It was a short letter, but it touched me deeply. I couldn't quite believe that he had really changed, but I was willing to give him a chance. I did go to see him. We met and began a new

relationship, man to man. He met my wife and my children and we went together to a family reunion where everyone had a chance to reconnect with the “black sheep” of the family. He lived until he was ninety and for the most part was able to keep his anger and blame under control, though I know he struggled with his emotional demons all his life.

I’ve often wondered what our lives would have been like if my father had been offered a different kind of treatment when he became depressed. Certainly my choice to go into the mental health field was strongly influenced by my desire to help men like my father. What I learned in school, and later as a health-care practitioner, convinced me that things had improved a great deal since my father was first hospitalized in 1948.

But treatment approaches still didn’t seem to get at the core of what was really troubling people. I wanted to know how our present health system had developed and how it could be improved. This book is part of my quest to find a better way to help men and encourage a broader perspective on healing.

The Evolution of Our Profit-Based Health-Care System

To better understand the benefits of new Energy Healing practices, we need to look at the evolution of our present health-care system. At the turn of the 20th century there were a number of promising approaches to healing the body, mind, and spirit that were vying for prominence. These included *allopathic medicine* (AMA-type medicine), *homeopathic medicine*, *naturopathic medicine*, and various forms of *energy medicine*.^{xli} In 1904 the American Medical Association (AMA) created the Council on Medical Education (CME) whose objective was to restructure the system. The ostensible goal was to standardize medical education and to give it a more scientific foundation. The unstated goal was to consolidate power and to eliminate the competition.

A professional educator, Abraham Flexner, was hired by the CME to evaluate the current system and to issue a report, which he did in June, 1910. The Flexner Report recommended standards for medical education. The positive consequence was that medical education had a more scientific foundation. But there was a negative consequence as well: Institutions and individuals who didn't go along with the AMA-approved approach to education were driven out of business. Flexner clearly doubted the scientific validity of all forms of medicine other than biomedicine. He deemed any approach to medicine that did not advocate the use of treatments such as vaccines or surgery as tantamount to quackery and charlatanism.

Another consequence of Flexner's advocacy of university-based medical education was the ever increasing expense of such an education, which put it out of reach of all but upper-class, white males. The curriculum of the small "proprietary" schools Flexner had condemned was often based on generations-old folk traditions rather than relatively recent western science. They admitted African-Americans, women, and students of limited financial means.

In a 1958 article titled "Price Discrimination in Medicine" published in the *Journal of Law and Economics*, University of Chicago professor Reuben Kessel argued that the Flexner Report in effect began the cartelization of the American medical profession, a cartelization enforced by the American Medical Association and backed by the police power of each American state. This de facto cartel restricted the supply of physicians, and raised the incomes of the remaining practitioners.^{xlii}

It also limited our perspective on what most people consider good medical practice. According to Stephen Larsen, Ph.D., author of *The Healing Power of Neurofeedback*, "The new medicine was based on modern chemistry. It dictated that all biologically active medicines should be prescribed by physicians, should be subjected to experimental trials on animals, and

then on humans.”^{xliii} He says that all other modalities were to be shunned, especially the *vitalist* approaches that talked about working with the *energy* or *structure of the body*, rather than its chemistry. **“From the manipulations of chiropractors or osteopaths, to the use of energy devices in connection with the body, any healing approaches based on *physics* were rejected. In the new medical realm *chemistry* was king.”**^{xliv}

But the times, indeed, are changing. “The exiled healing modalities are now coming back, dancing and slinking like tai chi masters through the cracks in the cultural paradigm,” says Larsen. “A new reincarnation called ‘Energy Medicine’ seeks to provide an umbrella of common legitimacy to them all.”^{xlv} Welcome to a new era in healing. I wish my father was here to benefit from it all, but I feel blessed to be able to share what I’ve learned with you. I hope you will find information in this book that will enhance your own health and well-being.

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Chapter 1

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