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The Future of Men: Masculinity in the Twenty-First Century

Jack Myers

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“Once again, Jack Myers has his fingers on the pulse of the very latest. Myers has clearly done his homework, and the result is this superb book.” ?**Ken Burns, documentary filmmaker of *The Roosevelts* and *The Civil War***

After being told all their lives to “be a man” and “man up,” men are now rejecting the macho stereotype and instead developing empathy, getting in touch with their emotions, and becoming more sensitive in their relationships. Women are gaining ground in business, culture, education, relationships, and politics as traditional male and female roles disappear.

The Future of Men: Masculinity in the Twenty-First Century prepares men and women for this shift in gender norms. As the definition of a “real man” evolves, understanding the future of men in business, politics, sports, education, relationships, and parenting will be essential for men to maintain psychological well-being, strengthen their self-esteem and sexual self-confidence, and rewire their emotional lives. *The Future of Men* provides tools to help men, and especially younger men, recognize and embrace new behaviors that are required for health and happiness at work, at home, and in their relationships.

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