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The True Heart of a Man: How Healthy Masculinity Will Transform Your Life, Your Relationships, and the World

Hanalei Vierra

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MEN: Keep Your Balls, and Open Your Heart to the Woman You Love!

Finally, a resource to learn how to strengthen your emotional connection with a woman in a way that can make sense to both of you. The True Heart of a Man takes you on an adventure into healthy masculinity that will rewire your knowledge of your emotional world, shatter cultural myths about what feels "manly," and cultivate a deeper appreciation of your self-worth and personal integrity.

With over 27 years of clinical experience working with men, Dr. Hanalei Vierra's down-to-earth approach to 21st century masculine identity also offers unique insight about the emotional honesty necessary to create a healthy intimate relationship, and how a True Heart connection with a woman is truly not possible if a man compromises his authenticity and self-respect. This book will guide you to:

- Identify your personal belief system about what masculinity means and evaluate all the ways it has shaped your identity both positively and negatively.
- Explore how your survival instinct shuts down your ability to create emotional intimacy with others.
- Learn the importance of self-care - which is different than being self-centered - and all the ways you've been trained as a man to take care of everyone but yourself.
- Learn how to think and act more like a "we" than a "me."
- Uncover the courage necessary to live a life of authenticity, personal integrity, and self-respect.

The True Heart of a Man is a guided expedition toward personal transformation as you learn to explore and appreciate the value of your own True Heart.

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