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I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression

Terrence Real

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I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression Terrence Real
A revolutionary and hopeful look at depression as a silent epidemic in men that manifests as workaholism, alcoholism, rage, difficulty with intimacy, and abusive behavior by the cofounder of Harvard's Gender Research Project.

Twenty years of experience treating men and their families has convinced psychotherapist Terrence Real that depression is a silent epidemic in men—that men hide their condition from family, friends, and themselves to avoid the stigma of depression's "un-manliness." Problems that we think of as typically male—difficulty with intimacy, workaholism, alcoholism, abusive behavior, and rage—are really attempts to escape depression. And these escape attempts only hurt the people men love and pass their condition on to their children.

This groundbreaking book is the "pathway out of darkness" that these men and their families seek. Real reveals how men can unearth their pain, heal themselves, restore relationships, and break the legacy of abuse. He mixes penetrating analysis with compelling tales of his patients and even his own experiences with depression as the son of a violent, depressed father and the father of two young sons.

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