



# Men in Therapy: The Challenge of Change (The Guilford Family Therapy)

*Richard L. Meth MSW, Robert S. Pasick, Barry Gordon, Jo Ann Allen, Larry B. Feldman, Sylvia Gordon*

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Men have long been considered difficult to engage in psychotherapy, often being described as resistant, unworkable, and unfeeling. The few available books that deal specifically with men's issues tend to lack a central theoretical focus, are highly psychoanalytic in content, or simply do not provide specific guidelines for working with men. This unique and timely volume fills an important gap in the literature by demonstrating why change is often so difficult for them. It provides detailed guidelines for helping men initiate and sustain change in their personal, familial, and professional lives.

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