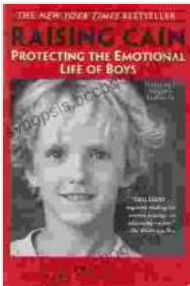


Raising Cain: Protecting the Emotional Life of Boys



Raising Cain: Protecting the Emotional Life of Boys

by Judy Gelman

★★★★☆ 4.7 out of 5

Language : English
File size : 2326 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 320 pages



In their groundbreaking book, *Raising Cain*, Dan Kindlon and Michael Thompson explore the unique emotional challenges faced by boys in our society. Through compelling storytelling and cutting-edge research, the authors reveal how traditional notions of masculinity can stifle boys' emotional development and lead to problems in adolescence and adulthood.

Kindlon and Thompson argue that boys are often socialized to suppress their emotions, which can lead to a number of problems, including:

- Difficulty forming healthy relationships
- Problems with anger management
- Increased risk of depression and anxiety

- Substance abuse
- Violence

The authors also discuss the role that parents, teachers, and other adults play in shaping boys' emotional development. They offer practical advice on how to create a more supportive environment for boys, where they can feel comfortable expressing their emotions and developing their full potential.

Raising Cain is an essential read for anyone who cares about the emotional well-being of boys. It is a powerful and thought-provoking book that will change the way we think about masculinity and its impact on the lives of boys.

Reviews

"Raising Cain is a must-read for anyone who cares about the emotional well-being of boys. It is a powerful and thought-provoking book that will change the way we think about masculinity and its impact on the lives of boys." - The New York Times

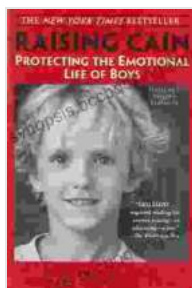
"Kindlon and Thompson have written a groundbreaking book that sheds new light on the emotional challenges faced by boys. This is a must-read for parents, educators, and anyone else who works with boys." - The Washington Post

"Raising Cain is a powerful and important book that will help us to better understand the emotional lives of boys. This book is a must-read for anyone who cares about the future of boys." - The Boston Globe

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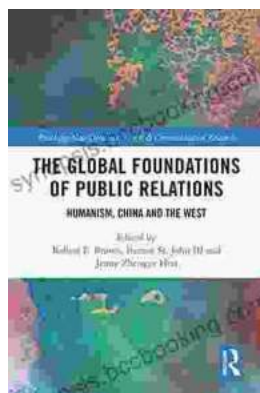
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