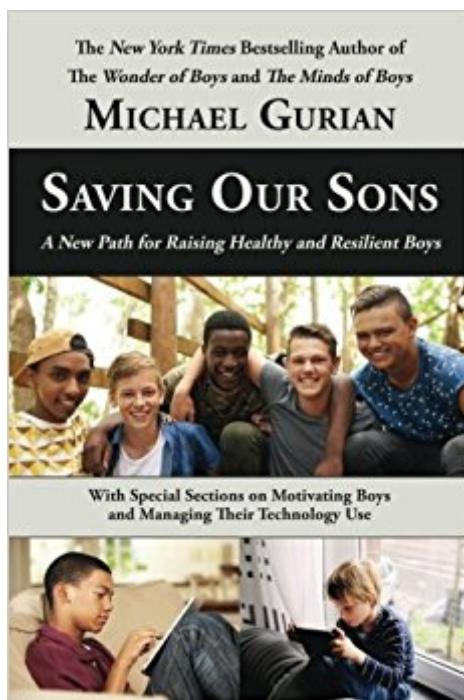


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# Saving Our Sons: A New Path For Raising Healthy And Resilient Boys



## **Synopsis**

Boys and their communities are challenged today in ways they have not been before. Dr. Michael Gurian has studied and served children and their families for thirty years. His *The Wonder of Boys* (1996), is credited with sparking the "boysâ™ movement." In *Saving Our Sons*, he features the latest research in male emotional intelligence, male motivation development, neurotoxicity and the male brain, and electronics and videogame use. Linking practical solutions with strategic new policies based on twenty years of field work through the Gurian Institute, Dr. Gurian provides a seven-stage model for the journey to manhood in the new millennium. Moving effortlessly between the practical and the political, Dr. Gurian also tackles social and cultural issues facing our sons. Two of the bookâ™s chapters provide readers with successful ways to challenge governmental and academic institutions, as well as the media, to see boys fully and fairly. In its eight chapters, *Saving Our Sons* is a unique combination of powerful writing, new research, practical strategies, and passionate social advocacy that helps our nation act on behalf of boys and young menâ "one home, one school, and one community at a time.

## **Book Information**

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## **Customer Reviews**

"Michael Gurian is a leading-edge teacher with the rare ability to combine the personal, the practical, and the political in very accessible and powerful form. In *Saving Our Sons*, he has written a real page-turner. This is a very important book." -Daniel Amen, M.D., Author of *Unleashing the Power of the Female Brain* and *The Brain Warrior's Way* "Saving Our Sons is an immensely

powerful mirror into the state of boyhood. This is a must read for everyone in America and indeed the world who cares about and is caring for boys." -Troy Kemp, Executive Director of The National Center for the Development of Boys

Dr. Michael Gurian is a marriage and family counselor in his twenty-fifth year of private practice and a New York Times bestselling author of twenty-eight books, with more than one million copies in print ([www.michaelgurian.com](http://www.michaelgurian.com)) The Gurian Institute, which he cofounded in 1996, conducts research internationally, launches pilot programs, and trains professionals ([www.gurianinstitute.com](http://www.gurianinstitute.com)). Dr. Gurian has been called "the people's philosopher" for his ability to bring together people's ordinary lives and scientific ideas. Gurian provides between twenty and thirty keynotes and trainings per year and provides consulting to community organizations, schools, governmental agencies, corporations, medical personnel, and faith communities. Dr. Gurian previously taught at Gonzaga University, Eastern Washington University, and Ankara University. His more recent academic speaking engagements include Harvard University, Johns Hopkins University, Stanford University, Morehouse College, the University of Colorado, the University of Missouri-Kansas City, and UCLA. His multicultural philosophy reflects the diverse cultures (European, Asian, Middle Eastern, and American) in which he has lived, worked, and studied. Dr. Gurian's work has been featured multiple times in nearly all the major media, including the New York Times, the Washington Post, USA Today, Newsweek, Time, Psychology Today, AARP Magazine, People, Reader's Digest, the Wall Street Journal, Forbes Magazine, Parenting, Good Housekeeping, Family Therapy Magazine, Redbook, and others. Gurian has also made multiple appearances on Today, Good Morning America, CNN, PBS, National Public Radio, and many others. Dr. Gurian lives in Spokane, Washington, with his wife, Gail, a family therapist in private practice. The couple has two grown daughters, Gabrielle and Davita.

We always hear in the media that girls are struggling. Saving Ours Sons, by Dr. Michael Gurian, helped me understand the unique needs of boys/males and how currently those needs are not being met in our society. I realized from reading this book that there should not be a competition in serving the needs of boys and girls, but, instead, serving the needs of both is complimentary and helps improve the future of our society. Therefore, this very important book helped me focus and become passionate about how boys are being impacted by the genetic effects of neurotoxins, the time they spend using technology and video games as well as their participation in schools and

other institutions that are not set up to meet their needs. I was encouraged by Dr. Gurian's suggestions about "what we must do" to improve the lives of boys. The information in this book changed how I see and understand my grandsons. I know it will improve how I relate to them. I highly recommend this book.

Both my husband and I eagerly read this powerful book by Dr. Gurian. His wisdom, caring and passion for helping, shines through on every page! A GREAT book!!!

Great book. It's a wake-up call for making sure our sons grow up to be good men and healthy human beings.

Excellent read. I wish this book existed 17 years ago before my sons were born. It really opened my eyes to some alternative ways of handling certain behaviors.

Must read for any k-12 teacher.

In straightforward (and therefore welcome) prose, Michael Gurian combines reasons for real, everyday young male stress situations—“in playground, classroom, family”—with practical ways for boys themselves, their families, peers and therapists, to cope with these situations. So often, the general reader is put off by the theoretical squares, circles and angles of experts who write as if they were addressing each other. Not so with Michael Gurian. In this book, no theory stands by itself. For example, in the critical chapter, “The Digital Boy”—most readers will surely recognize their own and the “younger generation”’s identification of well-being by cell phone—“competence” (read: addiction). When is it, Gurian asks, “right to give him a cell phone?” Video games, testosterone, even Grand Theft Auto, find a place in Gurian’s practical guidelines for families in the digital era. Another positive and important feature of “Saving our Sons” is Gurian’s exploration of bullying. Is there a parent in this world who has not been touched by this problem, sometimes directly with their children, or by school policy debates? Yet another practical aspect of bullying is counseling—“its importance, its limits, and especially how the parent or parents relate. Then, are there practical solutions? Chapter Five, “Male Nurturance” takes on this really thorny family problem—which, let’s face it, can cause deep tension between males and females/fathers and mothers. What is the line between nurturing and coddling—is there a line?

Recognizing and accepting the profound differences between male and female brains, a theme throughout the book, provides many of the needed answers.

Saving Our Sons is an important book. First, it shows how boys are falling behind compared to girls. Here are some statistics, just a few of the many Dr. Gurian included in the book. 1. Boys commit suicide at 4x the rate of girls. 2. Boys age 17 and younger are 9x more likely to be incarcerated than girls. 3. Boys are far more likely than girls to be diagnosed with ADD/ADHD. I found particularly striking the following conclusions. The discussions on these topics are must-reads. 1. "Boys mature their social-emotional brain pathways and centers as much from non-intervention by adults as intervention; if we want them to grow up all, we must intervene much less in their normal behavior than we currently do." 2. "American digital life can be a matter of life or death for our boys... Technology can be a neurotoxin." 3. "A good standard of screen use should be character and moral development... If your son is getting too little character development in his real life, curtail his media use and get him into communities and programs that develop character." 4. "Be developmental rather than judgmental as your sons make mistakes..." Saving Our Sons is an easy-to-read and practical guide for helping our sons and, as a father of four boys, I highly recommend it.

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