



La afectividad masculina: Lo que toda mujer debe saber acerca de los hombres (Biblioteca Walter Riso) (Spanish Edition)

Walter Riso

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Unlike what many women think, it's not easy to be a man. The masculinity stereotype imposed by our culture is contradictory, absurd, and limits outward human emotion. It's a model that faces both social demands and personal necessities, making it difficult for a male to break free at the risk of appearing weak, cowardly, or broken. Clinical experience and contemporary analysis are the starting points as cognitive therapist Walter Riso puts into question the assumptions that govern our concept of what "should be" manly. The author demonstrates how this archetype we've created is not only impossible to reach, but it causes- primarily due its impossibility- emotional imbalance that harms the individual and affects their relationships with their family and significant other.

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