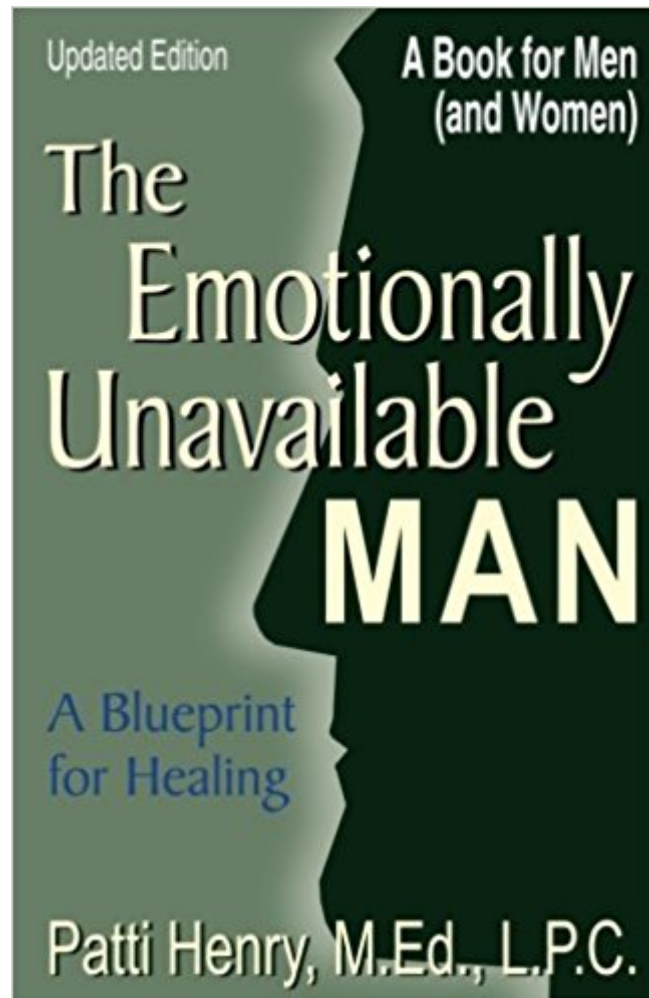




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The Emotionally Unavailable Man: A Blueprint For Healing



Synopsis

Recommended by Ann Davis of The Huffington Post as one of 9 Power-Packed Books to Help You Live Your Best Life Ever. The Emotionally Unavailable Man is two books in one: One side is for the emotionally unavailable man and the other is for his partner. It details why men become emotionally unavailable and specifies the actions that can be taken by both men and women to realize improvement. The Emotionally Unavailable Man helps men get their "power," stop avoiding difficult situations, calm their partner's anger, learn how to say "No," set and maintain appropriate boundaries, be more effective at work, increase and enhance the sex in their relationship, and feel personal freedom and happiness. It helps women determine if their partner is capable of being emotionally available, decide what they can -- and cannot -- do to help, discover how to lose their anger, exercise mutuality and safety, learn how to recognize and confront their own resistances, restore hope about long-term change, and gain clarity about their future.

Book Information

Paperback: 264 pages

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Best Sellers Rank: #60,706 in Books (See Top 100 in Books) #68 in Books > Politics & Social Sciences > Social Sciences > Gender Studies > Men #114 in Books > Self-Help > Emotions #402 in Books > Self-Help > Relationships > Love & Romance

Customer Reviews

An incredibly resourceful read for both women and men. --Whitney Casey, The Houston Chronicle
--The Houston Chronicle --This text refers to the Audio CD edition.

Patti Henry, M.Ed., L.P.C., has been a psychotherapist in private practice since 1988. She began her career developing women's programs in psychiatric hospitals, committed to empowering women. For the last ten years, however, her focus shifted when she observed how desperately men needed healing, as well. She lives in Houston with her husband and their two sons.

This book is a flip book, with one half focused on how I, as a male can seek to repair a damaged relationship, and the second half on how a partner can participate. While I have read both perspectives, I can only review the portion related to how this book is helping me to restore the failing relationship I currently find myself experiencing. I have read numerous books in search for a "how to guide" to fix my troubled relationships. The Emotionally Unavailable Man was different from other books in its approach as a flip book with both a female and a male perspective. For the male it provided a simple but effective selection of client proven tools and methods to stop doing damage and to move towards recovering towards a sound loving relationship. More importantly, it emphasized two elements that I had overlooked in other books. First, reinforced throughout each chapter is that the book's methods are not miracles that you just start to use and they will work immediately like a hammer, rather that these tools require practice because they will not be natural for us to use. The second element was best captured in her story about how whales are trained - that success starts at the waterline, where nothing appears to be happening at all. This was a breakthrough insight for me. I have a conscious understanding now that small failures are inevitable, but that with practice, and a constant focus on positive reinforcement, that my use of the tools could and has delivered small successes, which has lead to more successes. The path to recovering love is difficult. The methods described in this book have helped me to move forward. I have learned to appreciate that little changes have powerful responses; I accept that I will make mistakes and that using only positive feedback has allowed me to be persistent to try again. Powerful, client proved tools and methods, approached with positive reinforcement and small, achievable steps. It's working!

This book was amazing! It helped my husband and I to completely understand what he was going through and how to fix it. Most books I have read about these kinds of subjects can be the boring text-book style type that you can definitely learn something from but are a drag to read. My husband and I both agree that this book teaches you all the things you need to learn about the psychology and science behind emotions but in an intriguing and personal way. It also gives many different choices of exercises for men to get in touch with their emotions so that they can pick and choose the best ones that are suited for their individual personality. I also loved how half the book was about how the women in these men's lives need to make changes in order to aide their man on his journey to recovery. After all we are on this journey together.

I purchased this book in two formats - the Kindle version, and the Audio CD version. I read one and my now-fiance read the other. This was purchased in a time of turmoil and desperation in our relationship. I found it to be a painful but very enlightening read. My fiance said that he didn't get much out of it, but I will say that actions speak louder than words. He may think he didn't get much out of it, but I know that after we both read it, we began to make significant improvements to our relationship and to ourselves. This can be a really valuable resource for individuals and couples. I have recommended this to family members and close friends, and also have discussed its merits with my counselor. I will continue to make recommendations of this book to others in the future, as I think it is really excellent. It helped to save the most important relationship I've ever had. As others have mentioned, the author's style and tone can be a bit intimidating and off-putting in the beginning. I struggled with it myself. I felt that the comments were pointed straight at me, but I stuck through it because I wanted to see what else the book had to offer. I'm so glad I did.

This is 'light' reading, but gets the message across very effectively. There are emotionally unavailable men, and when women understand the 'signs' they can be careful about becoming involved with someone that may later break their heart. Author also demonstrates that many women who are attracted to 'unavailable' men, also have 'availability' issues themselves. So is helpful in allowing the reader to see trends in their relationships and perhaps understanding that they may themselves be attracting these men because they are afraid to commit and make themselves available.

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