

# MYTH, MASCULINITY & ME

In today's gender revolution we often hear people identifying as "more or less masculine" or "more or less feminine." But do we really know what masculinity is? Is it a concrete and definable category or something that is more ambiguous and mutable?

In this book, the author takes the reader along with him on his personal journey exploring his relationship with and growing understanding of masculinity. Along the way the reader will hear about both healthy and unhealthy, or "toxic," masculinity. The way is perilous and strewn with personal landmines and pathogenic beliefs inherited from culture, family and institutions.

This book utilizes an archetypal and mytho-poetic framework to analyze, experience and form a new relationship to "masculinity" and the innermost self. Through the story of *Peter Pan*, the author analyzes archetypal masculinity from infancy through childhood. Next the author takes the reader through *The Strange Case of Dr. Jekyll and Mr. Hyde* to discuss the major split most men face between their inner reality, exterior persona and the shadow that lurks behind them. Finally, the author takes a bold leap into the story of *Beowulf* to battle the dragons of cultural stereotypes, falsely imposed limitations and dangerous self beliefs that affect the individual, not just as a man, but as a human.

This is one man's story. It is about learning and taking responsibility for the kind of life we ultimately want to lead, as well as the kind of world we want to leave behind to those who follow.

## About the Author

David M. Martin has been working in the field of mental health for 30 years. He holds a MA from the Institute of Transpersonal Psychology and a MA in Counseling Psychology from Lewis & Clark College. Currently David has a private practice in Portland, Oregon. Visit his website at [www.davidmartintherapy.com](http://www.davidmartintherapy.com).

This book is a personal and professional exploration that is not just another clinical application of theory, but a revelation and admission of being an authentic human in the awkward and beautiful journey called life.



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# The Myth Of Masculinity

**KJ Lindholm-Leary**



## **The Myth Of Masculinity:**

The book delves into The Myth Of Masculinity. The Myth Of Masculinity is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into The Myth Of Masculinity, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to The Myth Of Masculinity
- Chapter 2: Essential Elements of The Myth Of Masculinity
- Chapter 3: The Myth Of Masculinity in Everyday Life
- Chapter 4: The Myth Of Masculinity in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of The Myth Of Masculinity. This chapter will explore what The Myth Of Masculinity is, why The Myth Of Masculinity is vital, and how to effectively learn about The Myth Of Masculinity.
3. In chapter 2, the author will delve into the foundational concepts of The Myth Of Masculinity. The second chapter will elucidate the essential principles that must be understood to grasp The Myth Of Masculinity in its entirety.
4. In chapter 3, the author will examine the practical applications of The Myth Of Masculinity in daily life. This chapter will showcase real-world examples of how The Myth Of Masculinity can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of The Myth Of Masculinity in specific contexts. The fourth chapter will explore how The Myth Of Masculinity is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about The Myth Of Masculinity. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of The Myth Of Masculinity.

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