



Raising Cain: Protecting the Emotional Life of Boys

By Michael Thompson Phd, Dan Phd Kindlon

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The stunning success of *Reviving Ophelia*, Mary Pipher's landmark book, showed a true and pressing need to address the emotional lives of girls. Now, finally, here is the book that answers our equally timely and critical need to understand our boys.

In *Raising Cain*, Dan Kindlon, Ph.D., and Michael Thompson, Ph.D., two of the country's leading child psychologists, share what they have learned in more than thirty-five years of combined experience working with boys and their families. They reveal a nation of boys who are hurting--sad, afraid, angry, and silent. Statistics point to an alarming number of young boys at high risk for suicide, alcohol and drug abuse, violence and loneliness. Kindlon and Thompson set out to answer this basic, crucial question: What do boys need that they're not getting? They illuminate the forces that threaten our boys, teaching them to believe that "cool" equals macho strength and stoicism. Cutting through outdated theories of "mother blame," "boy biology," and "testosterone," Kindlon and Thompson shed light on the destructive emotional training our boys receive--the emotional miseducation of boys.

Through moving case studies and cutting-edge research, *Raising Cain* paints a portrait of boys systematically steered away from their emotional lives by adults and the peer "culture of cruelty"--boys who receive little encouragement to develop qualities such as compassion, sensitivity, and warmth. The good news is that this doesn't have to happen. There is much we can do to prevent it.

Kindlon and Thompson make a compelling case that emotional literacy is the most valuable gift we can offer our sons, urging parents to recognize the price boys pay when we hold them to an impossible standard of manhood. They identify the social and emotional challenges that boys encounter in school and show how parents can help boys cultivate emotional awareness and empathy--giving them the vital connections and support they need to navigate the social pressures of youth.

Powerfully written and deeply felt, *Raising Cain* will forever change the way we

see our sons and will transform the way we help them to become happy and fulfilled young men.

From the Hardcover edition.

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Editorial Review

Amazon.com Review

Reviving Ophelia, Mary Pipher's groundbreaking book, exposed the toxic environment faced by adolescent girls in our society. Now, from the same publisher, comes *Raising Cain: Protecting the Emotional Life of Boys* by Dan Kindlon and Michael Thompson, which does the same for adolescent boys. Boys suffer from a too-narrow definition of masculinity, the authors assert as they expose and discuss the relationship between vulnerability and developing sexuality, the "culture of cruelty" boys live in, the "tyranny of toughness," the disadvantages of being a boy in elementary school, how boys' emotional lives are squelched, and what we, as a society, can do about all this without turning "boys into girls." "Our premise is that boys will be better off if boys are better understood--and if they are encouraged to become more emotionally literate," the authors assert. As a tool for change, Kindlon and Thompson present the well-developed "What Boys Need," seven points that reach far beyond the ordinary psychobabble checklist and slogan list. Kindlon (researcher and psychology professor at Harvard and practicing psychotherapist specializing in boys) and Thompson (child psychologist, workshop leader, and staff psychologist of an all-boys school) have created a chilling portrait of male adolescence in America. Through personal stories and theoretical discussion, this well-needed book plumbs the well of sadness, anger, and fear in America's teenage sons. --*Ericka Lutz*

From Publishers Weekly

A genuine enthusiasm for their subject shines through the pages of this enormously compelling book, as the authors share insights on boys' emotional development from birth through the college years. An increasingly high-profile topic in the wake of disheartening statistics about adolescent suicide and violence. In much the same way that *Reviving Ophelia* offered new models for raising girls, therapists Kindlon and Thompson argue that boys desperately need a new standard of "emotional literacy," showing how our culture's dominant masculine stereotypes shortchange boys and lead them toward emotional isolation. The authors turn a spotlight on the inner lives of boys, debunking preconceptions about gender, explaining the importance of nurturing communication skills and empathy in boys as well as girls, and steering boys toward a manhood of emotional attachment, not stoicism and solitude. They also challenge the ways in which, in their view, traditional school environments put boys at a disadvantage (why not hold off on reading instruction a year or two? they ask; why not five short recesses a day?). Such issues as drinking, drugs and the "culture of cruelty" among adolescents, in which "anything a boy says or does can and will be used against him," also meet with sensitive treatment. Separate chapters examine the relationships between fathers and sons and mothers and sons, and show how these can be protected and redefined. This thoughtful book is recommended for parents, teachers or anyone with a vested interest in raising happy, healthy, emotionally whole young men. Agent, Gail Ross of Lichtman, Trister, Singer and Ross.

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Review

"Raising Cain gives a long-needed insight into that mysterious, magical land, the psyches of boys. Every parent, teacher--or anyone who wants boys to flourish--should read this book."

--DANIEL GOLEMAN

Author of *Emotional Intelligence*

"If you love a boy, were a boy, or care about boys and the men they become, read this book. Perfectly balancing cutting-edge science with engaging anecdotes and arrestingly useful insights, Kindlon and Thompson have written the book on boys. It is superb."

--EDWARD M. HALLOWELL

Author of *Driven to Distraction and Worry*

"Raising Cain is an important book and a fascinating read. Kindlon and Thompson are persuasive in their argument that it would be good for boys to become more 'emotionally literate,' to understand their feelings and those of others more. Parents and teachers will welcome the valuable suggestions for how to stay tuned in to a boy, while respecting his autonomy. Raising Cain gives us a much-needed glimpse into the inner lives of boys. I found it quite absorbing."

--ELEANOR MACCOBY, PH.D.

Emeritus Professor of Psychology

Stanford University

Author of *The Psychology of Sex Differences and*

The Two Sexes: Growing up Apart, Coming Together

From the Hardcover edition.

Users Review

From reader reviews:

Nick Zapata:

Here thing why that Raising Cain: Protecting the Emotional Life of Boys are different and reputable to be yours. First of all reading a book is good nonetheless it depends in the content of the usb ports which is the content is as delightful as food or not. Raising Cain: Protecting the Emotional Life of Boys giving you information deeper and in different ways, you can find any e-book out there but there is no book that similar with Raising Cain: Protecting the Emotional Life of Boys. It gives you thrill reading journey, its open up your own eyes about the thing which happened in the world which is perhaps can be happened around you. It is possible to bring everywhere like in area, café, or even in your approach home by train. Should you be having difficulties in bringing the imprinted book maybe the form of Raising Cain: Protecting the Emotional Life of Boys in e-book can be your choice.

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Jason Serrano:

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