



# Silent Sons: A Book for and About Men

*Robert Ackerman*

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## **Silent Sons: A Book for and About Men** Robert Ackerman

It could be you or someone you love. Strong, silent types are everywhere, and it is their telltale silence that has kept their problems hidden until now. A silent son can come from a family that coped with violence, alcoholism, child abuse, extreme rigidity, or divorce, but all silent sons have certain common characteristics:

- They keep things that bother them to themselves.
- They deny that unpleasant events occur.
- They fear letting people know them.
- They have difficulty interacting with their parents, spouses, or children.
- They have a strong fear of criticism.
- They are often angry.

In *Silent Sons*, Dr. Robert Ackerman, a silent son himself, examines the problems that commonly confront silent sons, keeping them from experiencing the full range of human emotions. In a compassionate and hopeful voice, the author defines the silent son and examines the impact of parents, particularly fathers, on these men and shows how their dysfunctional upbringing affects their present relationships, especially with women.

By putting aside anger, finding peace with one's self, and looking for support from other silent sons, Dr. Ackerman feels every man can realize his full potential and become a well balanced, healthy survivor.

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This Silent Sons: A Book for and About Men is great book for you because the content which can be full of information for you who else always deal with world and still have to make decision every minute. This book reveal it details accurately using great manage word or we can declare no rambling sentences within it. So if you are read the item hurriedly you can have whole details in it. Doesn't mean it only provides you with straight forward sentences but challenging core information with lovely delivering sentences. Having Silent Sons: A Book for and About Men in your hand like obtaining the world in your arm, data in it is not ridiculous 1. We can say that no guide that offer you world within ten or fifteen moment right but this reserve already do that. So , this really is good reading book. Hello Mr. and Mrs. busy do you still doubt this?

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