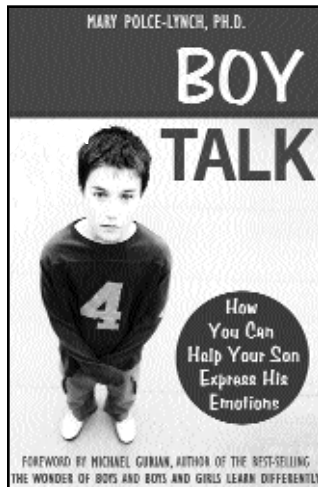


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We are pleased to announce the publication of . . .



Boy Talk

How You Can Help Your Son
Express His Emotions

By Mary Polce-Lynch, Ph.D.
Foreword by Michael Gurian

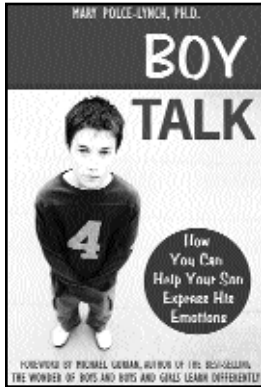
You know your son's soccer position,
his blood type, his reading level...
What about his emotional Apgar score?

*Please consider this helpful new book for review,
for excerption, and for your booklist.*

BOY TALK
ITEM BTLK ISBN 1-57224-271-X, (PAPER), \$14.95, 204 PAGES
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You can count on your son losing his baby teeth before adolescence, not his emotions

In *Boy Talk*, Mary Polce-Lynch, Ph.D. uses her twenty years of experience to provide clear examples and advice on how to raise the boy close to you to be emotionally expressive and healthy.

Using Dr. Polce-Lynch's case studies and proven strategies for negotiating the often murky ocean of the emotional world of boys, readers will become more effective and sensitive parents and mentors. The importance of empathy, how to achieve healthy anger expression, and the dangers of the unspoken "pack rules," which often define boy's masculine identities, are all examined in this landmark book. Special sections on the role of the family and of adults other than parents complete this indispensable resource.

The author also challenges the belief that boys' emotions aren't important, as well as concerns some parents may have that their sons will become overly emotional or dependent. Anyone concerned about the difficult emotional journey boys face can gain valuable insight from this comprehensive guide.

William S. Pollack, Ph.D., author of *Real Boys Workbook*, and *Real Boys*
and Director, Centers for Men & Young Men at McLean Hospital Faculty, Harvard Medical School
on *Boy Talk*.

"Dr. Polce-Lynch challenges all adults—parents, teachers, coaches, etc.—to find a new and more empathic way to connect to the boys in our midst by hearing their sometimes silent or coded cries for assistance and relationship. *Boy Talk* is a must read for anyone involved in the complex world of today's boys and young men."

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Suggested Interview Questions for **Boy Talk**

1. What are some of the causes of abusive behavior at very young ages, even two or three?
2. Some parents may be worried that their son is too emotional, instead of not emotional enough. Do you have any advice for those parents?
3. Boy Talk goes into some of the physiology behind the emotions. What are some issues to think about when considering medication for boys with emotional problems?
4. Can you talk about some of the sexual issues boys must face as they mature?
5. A lot of attention has been given to the subject of bullying in the schools recently. Do you have any advice for parents about bullying?
6. Boys seem to suppress emotions so much more than girls do. Is this only because of social forces, or are there also genetic reasons?
7. What is meant by the term "sideways emotions?"
8. Could you describe what you call "Cognitive-Emotional-Behavioral-Therapy?"
9. What role should religion play in the emotional lives of boys?
10. What are some basic things parents can do to keep their sons' emotions from "disappearing?"

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About the Author of **Boy Talk**



MARY POLCE-LYNCH, PH.D., is a developmental psychologist, psychotherapist, and researcher. Over the past twenty years, she has worked in public education, community mental health, and higher education. Polce-Lynch is the Assistant Director of the Center for Counseling and Career Planning at Randolph-Macon College, where she also teaches Psychology. She has published professional articles throughout her career and is currently directing her writing toward general readers, especially parents. She has a private clinical practice in Richmond, Virginia with Westhampton Family Psychologists. She lives in Ashland, Virginia.

MICHAEL GURIAN is a family therapist, educator, and author of fourteen books including the national best-sellers *The Wonder of Boys*, *A Fine Young Man*, and *Boys and Girls Learn Differently*. He has served as a consultant to school districts, families, therapists, community agencies, churches, and policy makers, traveling to approximately thirty-five cities a year to lead seminars, consult, and keynote conferences. Gurian's training videos for parents and volunteers are used by Big Brothers and Big Sisters agencies in the U.S. and Canada. He lives in Spokane, Washington.

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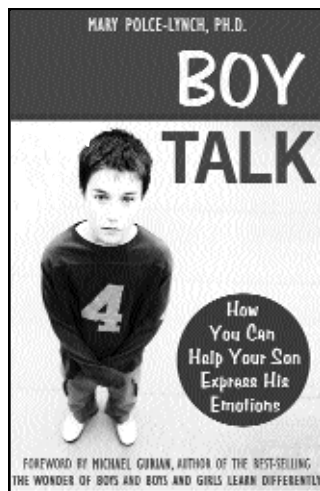
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What's been said about . . .

Boy Talk

"Drawing on an array of important research as well as on her extensive clinical experience, Mary Polce-Lynch convincingly illustrates the critical connection between appropriate emotional expression and overall mental health. *Boy Talk* provides concrete, easy-to-follow instructions for raising emotionally competent boys within a culture that conspires to turn them into unfeeling machines. This is an excellent guide for parents and other adults who want to help boys learn how to navigate an interpersonally difficult world."



—Christopher Kilmartin, Ph.D., psychologist, author of *The Masculine Self*, playwright and performer of *Crimes Against Nature*, a solo theatrical performance on growing up male in America

"*Boy Talk* is a landmark book that can spring the male trap—the crazy rules of masculinity that stops boys from saying what they feel. It's a blueprint that shows how boys can reclaim their emotions and in the process become men of strength, independence, and integrity."

—Matthew McKay, Ph.D.,
author of *Self-Esteem* and *Being a Man*

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