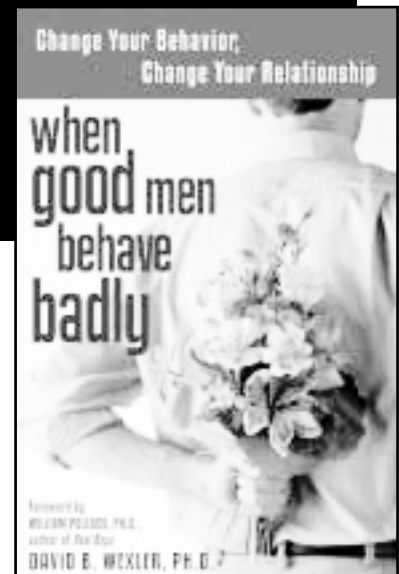


Isn't it curious that so many women will insist that their partner is "a good guy" even when he's acting like a total jerk? To Dr. David Wexler this makes perfect sense and in *When Good Men Behave Badly*, he shows men how to act like the good guys they truly are and stop letting the "jerk" hijack their lives and their relationships.



FOR IMMEDIATE RELEASE

Let's start with what it's not. *When Good Men Behave Badly* is not an apologia for men who act like jerks to their wives and girlfriends; nor is it a "boys will boys" dismissal of men's missteps in relationships; it does not explain-away or trivialize the trouble so many men have with expressing emotion and developing intimacy. What it is, is a one-of-a-kind book that addresses the biological, social, and psychological causes for those behaviors that so often undermine a man's ability to build a solid, loving relationship. These are the behaviors that are familiar to so many of us, yet understood by so few of us: becoming sarcastic or verbally explosive in the face of difficult emotions; engaging in self-destructive habits; withdrawing or slipping into escapism when the emotional terrain gets rocky; and hypersensitivity to any perceived slight against their "manhood."

David B. Wexler, Ph.D., specializes in treating couples whose relationships are faltering, and he frequently sees these behaviors at work. Throughout his book he provides examples of them from the clients he's counseled and uses the stories of fictional characters, created by popular writers like Russell Banks and Pat Conroy, to illustrate how they can blight a relationship. Wexler uses documented science to explore the sources of these behaviors and offers proven-effective strategies for changing them. Here's just some of what he has to say in *When Good Men Behave Badly*.

- **Recent research tells us that men are physiologically predisposed to emotional overload to a degree that women are not.** Men have a neurological propensity to become "emotionally hijacked" when the emotional climate heats up. This can contribute to emotional outbursts, hypersensitivity to emotionally threatening situations, and difficulty in recognizing nuances and subtleties.
- **Women are mirrors for men.** Men often base their self-image on how they think their partners perceive them. This means that they are likely to translate any sign of disapproval into an "I'm not valuable/competent/worthy of love" message about themselves.

continued...

**FOR MORE INFORMATION OR TO SCHEDULE AN INTERVIEW CONTACT:
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**WHEN GOOD MEN BEHAVE BADLY, 1-57224-346-5, (paper),
\$15.95, 225 pages, Published in February 2004 by New Harbinger Publications,
5674 Shattuck Ave., Oakland, CA 94609, www.newharbinger.com, 800-748-6273**

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- **Many men suffer from shame-o-phobia.** "Men who were exposed to shame will do anything to avoid it in the future," Wexler says. Shame-o-phobia leads many men to project blame and suspect the worst in others, while making them especially needy for love and affection. It is often the result of having grown up with pressure to meet unrealistic standards of masculinity.
- **Men often cede power to women in ways that are unhealthy and unwelcome.** By letting women control the emotional thermostat of the relationship men vacate their power to control their own moods and burden women with the responsibility of maintaining their self-image and emotional stability.

Sound dismal? Well, don't despair because, as Wexler makes clear from the outset, the prognosis is far from bleak. With concrete suggestions and step-by-step exercises, he leaves little doubt that good men *can* overcome the causes of their bad behavior and go on to create partnerships that help them thrive emotionally. He shows them how to dismantle unrealistic and repressive notions about what it means to be a "man;" turn the "mirror" away from the women in their lives and reclaim their self-esteem; cope with emotional discomfort in healthy ways; and communicate their needs and emotions effectively. *When Good Men Behave Badly* gives men the skills they need take real control of their emotional lives and be a full partner in their relationships. *Finally*, good men have what they need to build good relationships.

ABOUT THE AUTHOR

David B. Wexler, Ph.D., is the founder and executive director of the Relationship Training Institute in San Diego, an organization designed to help relationships in conflict. The California Psychological Association has honored Dr. Wexler with the Distinguished Contribution to Psychology award. He is the author of several books, including *Domestic Violence 2000* and *The Adolescent Self*. Dr. Wexler lives in San Diego with his wife and two children. Visit him at: www.RTIprojects.com.

SUGGESTED INTERVIEW QUESTIONS

1. In the first chapter of *When Good Men Behave Badly* you introduce the concept of "mirrors." Tell us a little about this and why it plays such an important role in men's lives.
2. In your book you tell a story about Theo, a client of yours, and you say that it is a perfect example of a "man giving power to a woman in a way that had no appeal or interest to her whatsoever." Can you tell this story and explain why you comment on in the way you do?
3. Throughout your book you include examples of good men behaving badly. You draw from your clients and also from the fictional accounts of male characters in different novels. If you had to suggest two or three novels that you think give insight into what drives many men what would they be and why?

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4. Like girls, boys learn what is acceptable and not acceptable behavior from their parents. What are a few things that fathers, in particular, do to transmit notions of masculinity to their sons?
5. What is twinship and how does it apply to men and their relationships to women, each other, and their children?
6. You devote a chapter to discussing the issues that men face at midlife. How does this life stage challenge men and sometimes trigger difficult moods and unproductive behaviors in them?
7. You also devote a chapter to discussing the differences between men's and women's brains and how this can lead to some of the "bad" behavior often associated with men--like emotional outbursts or withdrawing when a situation becomes emotionally charged. Help us lay persons understand what the research tells us so far about the difference between how men and women are hard wired and how this affects relationships?
8. I can just hear someone commenting that to attribute men's bad behavior to their hard-wiring is just a way of saying that men don't really choose their behavior, so they can't really be held responsible for it. In other words, that all this talk of biological factors just provides a convenient excuse for bad behavior. How do you respond to this?
9. What are "imaginary crimes" and "relational heroism?"
10. Let's imagine a hypothetical father who comes to you for guidance about how he can raise an emotionally healthy son who can enjoy healthy adult relationships in the future. What are some things you'd suggest to him?
11. What do you say to women who want to bring out the best of the men in their lives?
12. You consistently refer to "good men." Is there such a thing as "bad men behaving badly?"

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RAVES

"I highly recommend this book to all men trying to understand themselves in the context of relationships, to all of us who love these "good" men who may sometimes slip from grace, and to anyone who wishes to create a happier and healthier intimacy, beginning today."

-**From the Foreword by William S. Pollack, Ph.D.**, author, *Real Boys, Real Boys' Voices*, and *A New Psychology of Men*; Director, Center for Men & Young Men, McLean Hospital; Assistant Clinical Professor, Department of Psychiatry, Harvard Medical School

"David Wexler has worked with men and their families for well over twenty years and it shows. **His book is clear, practical, insightful, and useful.** This book will give new hope to men who wish to behave better and new understanding to those who love them. **I highly recommend it.**"

-**Terry Real**, author, *I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression*

"David Wexler has an impressive knack for explaining many of the complexities of men's emotional and relational lives in language that most guys can understand and appreciate. **There is an abundance of profound insight and practical advice about men--and women--in *When Good Men Behave Badly*.** I have to say that I saw myself in its pages--along with virtually every other man I know."

-**Jackson Katz**, creator of the award-winning film *Tough Guise*

"David Wexler has brilliantly filled a gap in the literature. He has taken clinical experience and insight and mixed it with great writing and a keen sense of what is important, to produce an accessible and insightful book on males. **A really great book.**"

-**Don Dutton, Ph.D.**, author, *The Abusive Personality*

"Wexler has provided a much needed guide for men whose values and behavior don't match, which is ruining their relationships. This book provides a mirror for men to take a look at themselves and to change."

-**John Gottman**, author, *The Relationship Cure*

"David Wexler adroitly addresses a central problem in male-female relationships, namely the male propensity for emotional withdrawal, sarcasm, humiliation, intimidation, emotional blow-ups, and infidelity. Wonderfully empathetic with men's experiences, *When Good Men Behave Badly* helps men who do not wish to behave badly develop the needed emotional skills. **This book will open men's minds and hearts to a very different way to approach male-female relationships.**"

-**Ronald F. Levant, Ed.D., ABPP**, Co-Editor, *A New Psychology of Men*

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