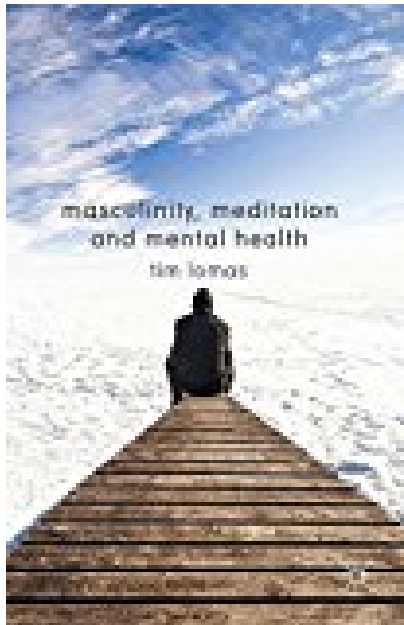


# Masculinity Meditation and Mental Health

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## BOOK DETAILS

- Author : T. Lomas
- Pages : 220 Pages
- Publisher : Palgrave Macmillan
- Language : English
- ISBN : 1137345276

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## BOOK SYNOPSIS

It is said that men are in crisis, blighted by the adverse effects of corrosive masculine norms ranging from emotional disconnection to aggression. This book follows one group of men seeking to overcome their masculine inheritance and ultimately reach a sense of wellbeing by taking up meditation.

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