



Silent Sons: A Book for and About Men

Robert Ackerman

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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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Steve Adams:

Reading can called thoughts hangout, why? Because when you find yourself reading a book particularly book entitled Silent Sons: A Book for and About Men your brain will drift away trough every dimension, wandering in every aspect that maybe mysterious for but surely can be your mind friends. Imaging each and every word written in a book then become one application form conclusion and explanation that will maybe you never get just before. The Silent Sons: A Book for and About Men giving you an additional experience more than blown away your mind but also giving you useful details for your better life on this era. So now let us present to you the relaxing pattern the following is your body and mind will be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

Steven Richardson:

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April Brooks:

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