



# To Be a Man: A Guide to True Masculine Power

*Robert Augustus Masters*

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*I've got it all—a great job, relationship, and lifestyle—so why do I feel so dissatisfied and disconnected?*

*Why am I not happier in my intimate relationships?*

*How do I become more powerful—without becoming that jerk everyone dislikes?*

Robert Augustus Masters has helped thousands of men address and work through such issues. What he's found is that the common solution to these dilemmas is challenging yet clear: we must face our unresolved wounds, shame, and whatever else is holding us back, bringing "our head, heart, and guts into full-blooded alignment."

With *To Be a Man*, this acclaimed psychotherapist and relationship expert offers a groundbreaking and deeply insightful guide to masculine power and fulfillment. *To Be a Man* clarifies what's needed to enter a manhood as strongly empowered as it's vulnerable, as emotionally literate as it's unapologetically alive—a manhood at home with truly intimate relationship.

In this book, readers will explore:

- How your past may be dominating your present
- Shame in its healthy and unhealthy forms, and how to make wise use of it
- How vulnerability can be a source of strength
- Emotional literacy—an essential skill for relational well-being
- Releasing sex from the obligation to make you feel better
- How to disempower your inner critic
- Bringing your shadow (whatever you've disowned in yourself) out of the dark
- Embodying your natural heroism and persisting regardless of fear

- What women need from men
- Understanding and outgrowing pornography
- Entering the heartland of true masculine power

If you've read your share of popular advice on relationships and being a man—but realize on a gut level that it's going to take some serious inner work—here's a great guide to that most rewarding of challenges: doing what's needed to fully embody your authentic manhood.

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