



Raising Cain: Protecting the Emotional Life of Boys

By Michael Thompson Phd, Dan Phd Kindlon

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The stunning success of *Reviving Ophelia*, Mary Pipher's landmark book, showed a true and pressing need to address the emotional lives of girls. Now, finally, here is the book that answers our equally timely and critical need to understand our boys.

In *Raising Cain*, Dan Kindlon, Ph.D., and Michael Thompson, Ph.D., two of the country's leading child psychologists, share what they have learned in more than thirty-five years of combined experience working with boys and their families. They reveal a nation of boys who are hurting--sad, afraid, angry, and silent. Statistics point to an alarming number of young boys at high risk for suicide, alcohol and drug abuse, violence and loneliness. Kindlon and Thompson set out to answer this basic, crucial question: What do boys need that they're not getting? They illuminate the forces that threaten our boys, teaching them to believe that "cool" equals macho strength and stoicism. Cutting through outdated theories of "mother blame," "boy biology," and "testosterone," Kindlon and Thompson shed light on the destructive emotional training our boys receive--the emotional miseducation of boys.

Through moving case studies and cutting-edge research, *Raising Cain* paints a portrait of boys systematically steered away from their emotional lives by adults and the peer "culture of cruelty"--boys who receive little encouragement to develop qualities such as compassion, sensitivity, and warmth. The good news is that this doesn't have to happen. There is much we can do to prevent it.

Kindlon and Thompson make a compelling case that emotional literacy is the most valuable gift we can offer our sons, urging parents to recognize the price boys pay when we hold them to an impossible standard of manhood. They identify the social and emotional challenges that boys encounter in school and show how parents can help boys cultivate emotional awareness and empathy--giving them the vital connections and support they need to navigate the social pressures of youth.

Powerfully written and deeply felt, *Raising Cain* will forever change the way we

see our sons and will transform the way we help them to become happy and fulfilled young men.

From the Hardcover edition.

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Editorial Review

Amazon.com Review

Reviving Ophelia, Mary Pipher's groundbreaking book, exposed the toxic environment faced by adolescent girls in our society. Now, from the same publisher, comes *Raising Cain: Protecting the Emotional Life of Boys* by Dan Kindlon and Michael Thompson, which does the same for adolescent boys. Boys suffer from a too-narrow definition of masculinity, the authors assert as they expose and discuss the relationship between vulnerability and developing sexuality, the "culture of cruelty" boys live in, the "tyranny of toughness," the disadvantages of being a boy in elementary school, how boys' emotional lives are squelched, and what we, as a society, can do about all this without turning "boys into girls." "Our premise is that boys will be better off if boys are better understood--and if they are encouraged to become more emotionally literate," the authors assert. As a tool for change, Kindlon and Thompson present the well-developed "What Boys Need," seven points that reach far beyond the ordinary psychobabble checklist and slogan list. Kindlon (researcher and psychology professor at Harvard and practicing psychotherapist specializing in boys) and Thompson (child psychologist, workshop leader, and staff psychologist of an all-boys school) have created a chilling portrait of male adolescence in America. Through personal stories and theoretical discussion, this well-needed book plumbs the well of sadness, anger, and fear in America's teenage sons. --*Ericka Lutz*

From Publishers Weekly

A genuine enthusiasm for their subject shines through the pages of this enormously compelling book, as the authors share insights on boys' emotional development from birth through the college years. An increasingly high-profile topic in the wake of disheartening statistics about adolescent suicide and violence. In much the same way that *Reviving Ophelia* offered new models for raising girls, therapists Kindlon and Thompson argue that boys desperately need a new standard of "emotional literacy," showing how our culture's dominant masculine stereotypes shortchange boys and lead them toward emotional isolation. The authors turn a spotlight on the inner lives of boys, debunking preconceptions about gender, explaining the importance of nurturing communication skills and empathy in boys as well as girls, and steering boys toward a manhood of emotional attachment, not stoicism and solitude. They also challenge the ways in which, in their view, traditional school environments put boys at a disadvantage (why not hold off on reading instruction a year or two? they ask; why not five short recesses a day?). Such issues as drinking, drugs and the "culture of cruelty" among adolescents, in which "anything a boy says or does can and will be used against him," also meet with sensitive treatment. Separate chapters examine the relationships between fathers and sons and mothers and sons, and show how these can be protected and redefined. This thoughtful book is recommended for parents, teachers or anyone with a vested interest in raising happy, healthy, emotionally whole young men. Agent, Gail Ross of Lichtman, Trister, Singer and Ross.

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Review

"Raising Cain gives a long-needed insight into that mysterious, magical land, the psyches of boys. Every parent, teacher--or anyone who wants boys to flourish--should read this book."

--DANIEL GOLEMAN

Author of *Emotional Intelligence*

"If you love a boy, were a boy, or care about boys and the men they become, read this book. Perfectly balancing cutting-edge science with engaging anecdotes and arrestingly useful insights, Kindlon and Thompson have written the book on boys. It is superb."

--EDWARD M. HALLOWELL

Author of *Driven to Distraction and Worry*

"Raising Cain is an important book and a fascinating read. Kindlon and Thompson are persuasive in their argument that it would be good for boys to become more 'emotionally literate,' to understand their feelings and those of others more. Parents and teachers will welcome the valuable suggestions for how to stay tuned in to a boy, while respecting his autonomy. Raising Cain gives us a much-needed glimpse into the inner lives of boys. I found it quite absorbing."

--ELEANOR MACCOBY, PH.D.

Emeritus Professor of Psychology

Stanford University

Author of *The Psychology of Sex Differences and*

The Two Sexes: Growing up Apart, Coming Together

From the Hardcover edition.

Users Review

From reader reviews:

Dominique Fletcher:

Book is to be different for each and every grade. Book for children till adult are different content. As it is known to us that book is very important for all of us. The book *Raising Cain: Protecting the Emotional Life of Boys* has been making you to know about other knowledge and of course you can take more information. It is extremely advantages for you. The publication *Raising Cain: Protecting the Emotional Life of Boys* is not only giving you a lot more new information but also being your friend when you really feel bored. You can spend your personal spend time to read your publication. Try to make relationship using the book *Raising Cain: Protecting the Emotional Life of Boys*. You never truly feel lose out for everything should you read some books.

Philip Kirkpatrick:

Nowadays reading books become more than want or need but also turn into a life style. This reading routine give you lot of advantages. Advantages you got of course the knowledge the actual information inside the book that improve your knowledge and information. The knowledge you get based on what kind of guide you read, if you want get more knowledge just go with knowledge books but if you want feel happy read one together with theme for entertaining such as comic or novel. The actual *Raising Cain: Protecting the Emotional Life of Boys* is kind of reserve which is giving the reader erratic experience.

Jesse Kennedy:

The guide with title *Raising Cain: Protecting the Emotional Life of Boys* has a lot of information that you can understand it. You can get a lot of profit after read this book. That book exist new information the information that exist in this reserve represented the condition of the world today. That is important to yo7u to find out how the improvement of the world. This specific book will bring you with new era of the

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Franklin Crossland:

That guide can make you to feel relax. This particular book Raising Cain: Protecting the Emotional Life of Boys was colorful and of course has pictures around. As we know that book Raising Cain: Protecting the Emotional Life of Boys has many kinds or category. Start from kids until adolescents. For example Naruto or Private investigator Conan you can read and believe that you are the character on there. Therefore , not at all of book are generally make you bored, any it can make you feel happy, fun and unwind. Try to choose the best book to suit your needs and try to like reading that.

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