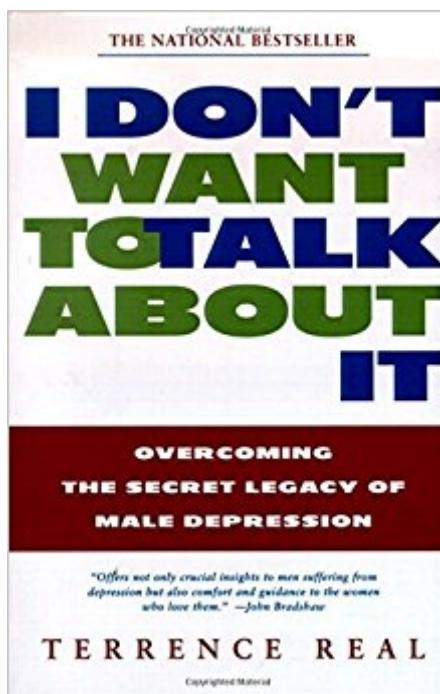


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# I Don't Want To Talk About It: Overcoming The Secret Legacy Of Male Depression



## Synopsis

A revolutionary and hopeful look at depression as a silent epidemic in men that manifests as workaholism, alcoholism, rage, difficulty with intimacy, and abusive behavior by the cofounder of Harvard's Gender Research Project. Twenty years of experience treating men and their families has convinced psychotherapist Terrence Real that depression is a silent epidemic in men—that men hide their condition from family, friends, and themselves to avoid the stigma of depression—“un-manliness.” Problems that we think of as typically male—difficulty with intimacy, workaholism, alcoholism, abusive behavior, and rage—are really attempts to escape depression. And these escape attempts only hurt the people men love and pass their condition on to their children. This groundbreaking book is the “pathway out of darkness” that these men and their families seek. Real reveals how men can unearth their pain, heal themselves, restore relationships, and break the legacy of abuse. He mixes penetrating analysis with compelling tales of his patients and even his own experiences with depression as the son of a violent, depressed father and the father of two young sons.

## Book Information

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## Customer Reviews

When Terrence Real was studying to be a therapist, he accepted the notion that women suffered depression at rates several times that of men. Now he believes that conventional wisdom is wrong, that there has been a great cultural cover-up of depression in men. Real is convinced of the existence of a mental illness that is passed from fathers to sons in the form of rage, workaholism, distanced relationships from loved ones, and self-destructive behaviors ranging from stupid choices

at work and in love to drug and alcohol abuse. Men reading I Don't Want to Talk About It will probably recognize themselves in every chapter, while women will recognize their partners--and, of course, both sexes will see their fathers in a new light.

Hidden male depression is the focus of this clear, compelling book by a Massachusetts family psychotherapist who specializes in working with dysfunctional men. Because our culture socializes boys to mask feelings of vulnerability, he says, they bury deep within themselves damaging childhood trauma and its ensuing depressive effects when they become men. This strongly reasoned study starts out with an illustration of the "toxic legacy" that is passed, often for generations, from father to son, with each chapter adding another piece to the complex face. The lucid exposition of ideas is made more vivid through dramatizing. Real uses "composite" cases, so no actual person is depicted except the author himself. One of the most arresting aspects of the book is the autobiographical thread that he weaves throughout. Real's central concern is what he calls covert depression, a pain-filled, inchoate state that may or may not eventually erupt into overt depression. The book is wise beyond its stated scope: in setting up a model for the nature, etiology and treatment of male depression, Real ends up offering-with some gender variants-an almost universal paradigm. BOMC, QPB and One Spirit alternates. Copyright 1996 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

This is a very good book if you wish to understand your male depression and the things you do to deal with it. It has answered many questions for me and shed new light on why I feel the way I do and do the things I do. Although it is written specifically for men (according to the author, more men are prone to depression as adults because men inevitably encounter major trauma during childhood which they do not deal with because they are taught not to talk about it, not to cry, and to be "strong.") But, this book can be applied to anyone who has not dealt with childhood trauma for whatever reason...male or female. I recommend this book for woman, because it will help you to understand your husband or boyfriend and actually be able to help him understand himself and recover. Who knows...it may also help you to understand yourself.

This is one of the top 5 most significant books I have ever read. It might be almost 20 years old but I have not read anything else out there that makes so much sense about men, men's depression, and therefore, my life and the life of my clients, as this. Beautifully written, it had me laughing out loud one moment and wiping tears the next. I'd say this is a must-read for all men, those with men in

their lives, and those working with men in any way. The book has helped me to get a whole new level of understanding not just of what I've been experiencing the last 30 years of my life and why, but also what to do about it. Absolutely brilliantly laid out, logically and practically explained, with powerful case studies.

I am currently reading this book and I wish I had read it years ago. This is a MUST READ for men or women that are married to men that they suspect might have struggles with depression, anger, addiction etc. This is a life changer for me. If you really love someone, you help them face their issues; you don't enable. If you are even considering this book, you probably really need it. I wish I had heard of it years earlier.

Terry Real's book, *I Don't Want to Talk About It*, has been around since 1998. I just discovered it after using his book, *The New Rules of Marriage*, for couples as bibliotherapy, but that's another story and excellent book. Terry takes a Trauma Informed look at men and their childhood development. He concludes that men are denied their mother's support at a critical time in their development: when they are taught to be a man by their fathers and the surrounding culture. Their transition from attachment to independence and emotional competence is never resolved. Boys are admonished by the culture that men don't cry, *your mom will turn you into a sissy boy*, or worse, they are admonished by their peers for being *gay* or a *girly boy* when showing feelings. His thesis is that men are left susceptible to depression that is often suppressed into a covert form. One of the few feelings allowed readily expressed by men is anger. Anger, driven by deprivation maternal attachment into depression, explodes outward into rage, often directed at women. Terry is a great writer and believes passionately in his Emotional Focused Therapy like approach to helping men. And the book works as bibliotherapy, to tease out those suppressed emotions from men in therapy. Men can readily identify with Terry's personal story and approach.

This book broke me open. Looking back on how covert depression may have been at the root of all the best and worst things I've done in my life, at the expense of relationship throughout all of it. It's going to take some time to get new bearings after this.

There's some valuable information here. Research based? Probably not so much. But anecdotally, it's useful. It softened my attitude and that, in and of itself, helped me be less hyper-vigilant and touchy. I pulled back and he softened too. Backing off is often a good strategy. It's nice to have some rationale to do so.

This book opened my eyes to a new term " Covert Depression ". It describes my dad, self, and now my son. It is a must read for parents of adult children struggling in a marriage showing the signs and symptoms described by Terrence Real. Thank you Terrence for the insight many of us men struggle with .

Well worth reading. This book gave me some enormously helpful insights as a wife and as a student of life. It also made me more aware of the various legacies we carry with us and pass along to our other family members. Good reading for anyone!

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