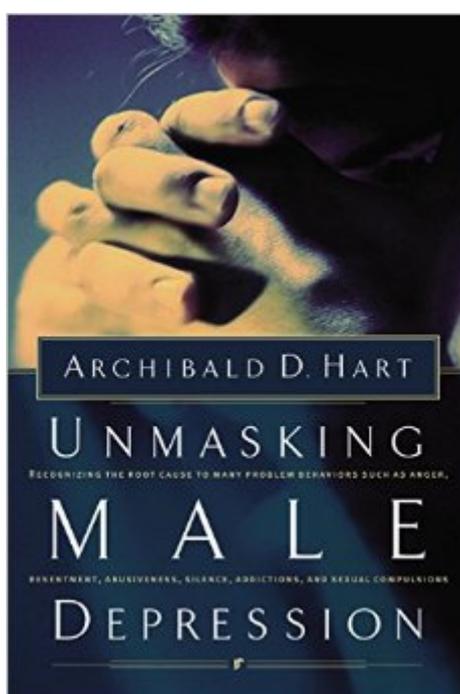


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# Unmasking Male Depression: Recognizing The Root Cause To Many Problem Behaviors Such As Anger, Resentment, Abusiveness, Silence, Addictions, And Sexual Compulsiveness



## Synopsis

Depression is a secret pain at the core of many men's lives, and one that goes largely undiagnosed and untreated. The consequences of not treating male depression are extremely serious. Studies show that suicide is more common in men than women, and that the male suicide rate is three times higher at midlife than at any other life stage. In *Unmasking Male Depression*, Dr. Archibald Hart explores the many forms of depression and gives tools for coping with and healing depression in men. Hart also examines the lives of Christian leaders who struggled with depression, such as Charles Spurgeon, Martin Luther, and John Calvin, to reveal the myths surrounding this illness.

## Book Information

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## Customer Reviews

I am a Christian. If you are not a Christian please, please buy this book and just ignore the "Christian" references. The research and conclusions are valid and helpful regardless of your particular faith (or lack of it!). I am not only a Christian but, more importantly for this review, I am a depressed male whose symptoms did not match the traditional diagnostic characteristics of depression. This book points out why. Male depression generally presents different symptoms than female depression. This is confusing because most clinical studies and subsequent literature about depression has been based on research that centered on women. Dr. Hart explains that, for most depressed women, anger and other related emotions are turned inward against self. In most depressed men, however, anger and other related emotions are turned outward against others . . . especially those who are in emotional relationships such as a wife or girl friend. For many

depressed men this anger can be expressed in yelling and arguing and blaming (as in my own case) or, more seriously, in physical violence. I am convinced by my own experience (and interaction with other men who suffer from depression) that many men who are in need of "anger management" are actually suffering from depression (sometimes enhanced or triggered by alcohol or drug abuse). If you are a wife, girl friend, child or parent of an angry male I urge you to read this book and share it with him. I would also encourage you to acquire William Styron's "Darkness Visible--A Memoir of Madness." These two books helped me tremendously to accept the fact that I actually was suffering from depression and to motivate me to get professional help for it. My wife is glad I did.

I recently was in the home of a friend and picked up this book. It is a Christian book and is published by a Christian author--it is intended to be that. It sheds a lot of light on a subject that is not talked about in such a coherent and well-rounded way as in this book. I have struggled to understand the struggles of my family members and I have read several books in the past, but this book addresses several issues that I have been looking for information about...such as information about medication, what to do if depression is mild or severe, how you can help if you are a spouse, and though this may make some people uncomfortable how it depression relates to sex--because it does. I would encourage any wife struggling to understand her husband or other male family member's depression to read this book.

I strongly disagree with the person who thought this could only be of use to Christians. The Christian perspective does not dominate at all. The author has lots of counseling experience with men and knows what he's talking about! I've been separated from my husband for a year now and this book describes what I've been seeing for years, in him and in other men in their 40s. I've been reading lots of self-help books in the past year, including about verbal and emotional abuse, and this gave me even greater insight. Helpful information for both men and women.

This may very well be a good book for every male to read, except those who are happy, content, and never have anything in life disrupt those attributes. :) It may also be instructional for every woman married to one of those men. This is an easy read, and although it has scriptural underpinnings, it should not be discounted by those with agnostic or atheistic beliefs. It is easily palatable to those with and without religion as part of their lives. I highly recommend it!

This book is written simply and straight forward. Anyone who is studying, or living with a depressed

male will find this book to be a valuable addition to their library. It is written from a Christian perspective and deals with depression from both a physical and spiritual viewpoint. If you are not afraid to explore spiritual healing coupled with strong physical advice, this book will give you answers to begin the trek out of depression. Thank you Mr. Hart for a fine book. I will be ordering others.

straight talk on male depression i became a little wary when the author indicated more than once his christian beliefs and even though i was raised catholic, i would have rather had the book tend to the needs of any type of male rather than a catholic male---or at least the recovery process is structured for a catholic male the last two chapters are worth the price of the book

I was amazed at how informative this book was. I suspected my husband of being depressed, but I wasn't sure. After reading this, I was certain and was able to make a case for my husband so he would get help; he had almost every symptom listed. I may even get him to an anti-depressant, which he adamantly refuses to even discuss. After just 3 weeks of counseling I can see a difference. He still snaps at me and verbally takes his frustrations out on me, but he now recognizes this and apologizes. Also, I'm not reacting to it and let it slide off my back, now that I know it's not directed at me. I recommend this book to anyone who has a husband whose personality has changed for the worse.

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