



# Invisible Men: Men's Inner Lives and the Consequences of Silence

*Michael Addis*

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# Invisible Men: Men's Inner Lives and the Consequences of Silence

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**Invisible Men: Men's Inner Lives and the Consequences of Silence** Michael Addis

**Award-winning research psychologist Michael E. Addis identifies and provides answers surrounding the long-unspoken epidemic of silence and vulnerability in men**

Drawing on scientific research, as well as his own personal and clinical experience, award-winning research psychologist Michael E. Addis describes in this book an epidemic of personal, relational, and societal problems that are caused by the widespread invisibility of men's vulnerabilities. From increasing rates of suicide among men, to alcohol abuse, to violence and school shootings, his research reveals the continued cost of staying silent when emotional, physical, or spiritual pain enters men's lives.

In the spirit of such bestsellers as William Pollack's *Real Boys*, Addis identifies the specific problems that result from men's silence and invisibility, what causes them, and how they can be changed. Addis provides readers with compelling stories of the causes and consequences of silence and invisibility in real men's lives. *Invisible Men* shows both male and female readers how they can break through the gauntlets that appear to protect men, but in reality cause severe harm to men, women, and families.

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