



Boy Talk: How You Can Help Your Son Express His Emotions

Mary Polce-Lynch, Michael Gurian

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What events and processes occur in the lives of open and expressive boys that often change them into locked-down, uncommunicative adolescents? In this book, a counseling psychologist draws on her own extensive research to help you understand the communication challenges faced by your son or a boy you care about. The book begins with the assumption that boys of all dispositions, from outgoing athletes to introspective intellectuals, need help and support to make it through their adolescences. The book suggests ways you can help the boy in your life make small, incremental changes that will help him express his emotions. It also offers you, the adult, a variety of effective approaches for dealing with specific problem behaviors and situations you might encounter with your growing boy.

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