



# A Man's Way through Relationships: Learning to Love and Be Loved

*Dan Griffin*

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An essential guide to the challenges men face in creating healthy and engaged relationships in all areas of their lives. Every idea is presented through the lens of the "Man Rules"-the often unconscious ideas men carry with them into every relationship they have-that affect their ability to find true connection. *A Man's Way through Relationships* offers practical advice and inspiration for men to define, with their partners, their own sense of masculinity, and thus heighten their potential to love and be loved.

Dan Griffin excerpts interviews with men who share their innermost lives and experiences with relationships. He draws from his own life with over two decades of recovery and ten years of marriage. Readers will learn to recognize how their ideas about masculinity have shaped who they are and how they approach their relationships

"For every man who has wandered through the entanglements of love, unwilling to ask for directions, and secretly hoping for a guide, Dan Griffin offers a clear and comprehensive road map. For any man serious about love and any woman who loves him, this book is a must."

*Terrence Real, Author of **I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression.***

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