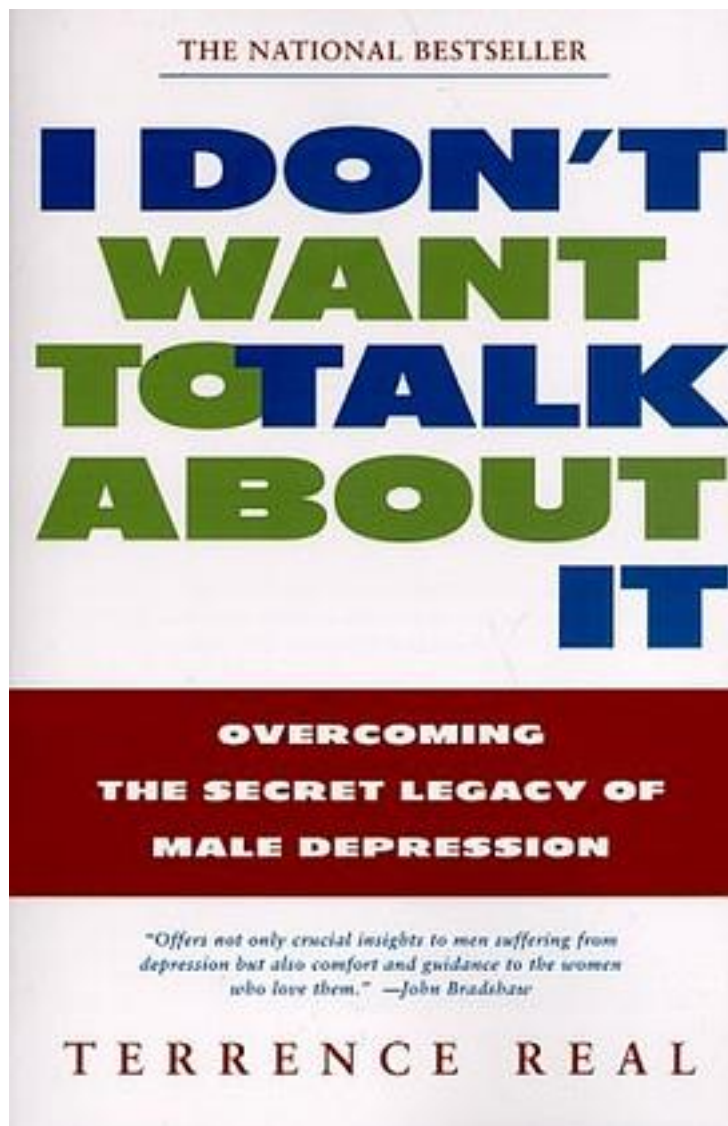


I Don't Want to Talk About It



[I Don't Want to Talk About It_ 下载链接1](#)

著者:Terrence Real

出版者:Scribner

出版时间:1998-03-02

装帧:Paperback

isbn:9780684835396

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's "un-manliness." Problems that we think of as typically male -- difficulty with intimacy, workaholicism, 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.

作者介绍:

目录:

[I Don't Want to Talk About It_ 下载链接1](#)

标签

心理学

非虚构

男性

心理

已购或已借

健康

people

评论

杰作，男性抑郁

这本书从抑郁症的角度对toxic masculinity的批判和阐释，引用真实的案例，和家庭分析法来解释男性中流行的隐形抑郁症。放到今日的中国也仍适用。愿所有人都能学会cherish and parent yourself

[I Don't Want to Talk About It 下载链接1](#)

书评

<http://www.bullog.cn/blogs/simonhuanghe/archives/202646.aspx>

看到这本书，完全是因为被标题吸引。

买下这本书，并且读完，我发现确实是个非常正确的决定。

因为，我也是个有点忧郁的男人，而且，是最常见的“隐性忧郁”

我最初感到很奇怪，这本书会被以撒书...

-
- 1、显形忧郁&隐性忧郁；
 - 2、隐性忧郁都要释放显形忧郁才能治愈；
 - 3、母亲与孩子待在一起的时间远比父亲长，如果父亲不懂尊重女性，那么会直接削弱母亲对孩子教养、纪律的功能性；
 - 4、“成熟”要取代的是幼稚的亲密关系，且以更具大人味的亲密形式取代，而不是错乱断裂；
 - 5...

心理学流派大多认为伤痛还是与原生家庭有关。只是本书中指出了另一个关门针对男性忧郁的原因，那就是整体的社会因素。男人从小就被教导要隐藏自己的懦弱，不要过多的表达情绪，Be a man，导致很多男人不知如何疏导内心积压的伤痛，也失去了跟重要的人的关系联接。隐性忧郁的人...

[I Don't Want to Talk About It 下载链接1](#)