



Masculinity: Identity, Conflict, and Transformation

Warren Steinberg

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What is a man? The model offered by family and culture too often leaves men with a feeling of "not measuring up" The result can be a host of psychological problems that become roadblocks on the path to the state of maturity and wholeness that C. G. Jung called individuation. Warren Steinberg sees these perils on the path as opportunities to go beneath conventional models and to gain a deep understanding of masculinity -- one that includes traditional masculine qualities along with recognition and acceptance of the anima, or a man's inner feminine. Using dreams, myths, and the experiences of actual men, he demonstrates how this inner balance can be the key to establishing a free and strong masculinity.

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