

*For Immediate Release*

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**SAVING  
OUR  
SONS**

Contact: Lori Ames

**A New Path For Raising Healthy And Resilient Boys**

By Michael Gurian

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631-539-4558

[lori@theprefreelancer.com](mailto:lori@theprefreelancer.com)

*"There is no one who understands the development of boys better than Michael Gurian."  
--William Damon, PhD, professor of Education, Stanford University, and author of The Moral Child*

**PEELING BACK THE STEREOTYPES BEHIND MALE VIOLENCE AND FAILURE  
Raising Healthy, Resilient, And Socialized Young Men**

Boys with behavioral and emotional difficulties are likely to grow into young men who are alienated, aggressive, and even violent. Yet these problems are often misdiagnosed by parents, teachers, and school psychologists as being caused by masculine identity, when the real causes are rooted in much deeper issues, says Dr. Michael Gurian in **SAVING OUR SONS: A New Path For Raising Healthy And Resilient Boys**.

Drawing on research from psychology, neuroscience, genetics, toxicology, and epidemiology, and richly illustrated by case studies from Gurian's own clinical counseling practice, **SAVING OUR SONS** paints a disturbing portrait of an educational, legal, and medical system that

turns a blind eye toward the real problems facing young adult males whose inability to be properly socialized places them at a high risk of falling to the lower rungs of society. “When we start peeling back the layers of male distress in America, we find at least 20 million males who are jobless or under-employed, ripped from families or leaving them hopelessly, committing suicide, shooting one another or being shot, failing out of school and failing at marriage,” says Gurian.

The most often used model for understanding males today is what Gurian calls “the Dominant Gender Paradigm (DGP),” a form of political correctness which holds that masculinity, rooted in unreasonable and dangerous gender stereotypes and patriarchal-masculine ideals of maleness, is crushing males. An analysis Gurian conducted over a ten-year period, including more than 4,000 academic studies and government and media reports on male development, revealed that approximately two-thirds presented causation of male violence as rooted in “masculine identity.”

The problem with DGP is its superficiality, Gurian says – in particular, its ability to lull people into thinking they have identified the most important cause of male distress when, in fact, the issues go far deeper. “We have had five decades of the DGP penetrating our culture, five decades of its particular explanation for male behavior and violence, but the very disease of male violence we have hoped to remove from the male psyche is only getting worse – in San Bernardino, Minneapolis, Sandy Hook, Orlando, Dallas, Baton Rouge, and nearly everywhere else,” asserts Gurian.

As an alternative to DGP for explaining male violence, Gurian advocates “nature-based theory,” which holds that nature, nurture, and culture are crucial factors in gender development, with nature being foundational.

**Nature.** Genetic factors, including environmental neurotoxins such as lead and aluminum in homes, BPH in plastics, artificial sweeteners, red dye, and monosodium glutamate in food, and endocrine disruptors in fertilizer, have been negatively affecting male gene expression over the last fifty years. This direct cause of male violence remains under-studied yet is wreaking havoc on male development.

**Nurture.** Trauma to boys between birth and young adulthood, such as physical and sexual abuse, poverty, repeatedly witnessing violence, repetitive and dangerous bullying, head injury and repeated concussions, have a profound impact on social-emotional development.

**Culture.** Lacking a science-based understanding of males, society as a whole has systematically broken down neurodevelopmental support for males in America and Western cultures, including isolating them from fathers and healthy male role models.

Gurian offers concrete recommendations for advancing the cause of stamping out male violence by promoting rigorous scientific research and applying nature-based theory at all levels of society, including legal, educational and private enterprise systems. “Because these elements are biologically and socially interconnected, we can’t solve male violence with the DGP,” he says. “We can only solve it with multiple systems thinking that deals with all elements together.”

This new path for raising healthy and resilient boys is not solely focused on the aspect of violence. Gurian also discusses, in depth, the issues with motivating boys, and takes a hard look at the need to manage their technology use. **SAVING OUR SONS** will provide parents, school administrators, psychologists, and public policy experts with theory and practice for moving toward a fuller understanding of boys, men, and the obstacles they face.

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#### **About the Author**

**Dr. Michael Gurian** is the New York Times bestselling author of *The Wonder of Boys* and *The Minds of Boys*. Overall, he has authored 28 books published in twenty-two languages. He provides counseling services in private practice in Spokane, WA. The Gurian Institute, which he co-founded, conducts research internationally,

launches pilot programs, and trains professionals. Gurian has been called “the people’s philosopher” for his ability to bring together people’s ordinary lives and scientific ideas.

Gurian has pioneered efforts to bring neuro-biology and brain research into homes, schools, corporations, and public policy. A number of his books have sparked national debate, including *The Wonder Of Girls*, *The Wonder Of Boys*, *Boys And Girls Learn Differently!*, *The Minds Of Boys* and *Leadership And The Sexes*.