

Introduction

Too many women are upset. They are attending marches and airing grievances, mainly having to do with how those in charge, primarily men, are screwing everything up. As for those women who are not sympathetic with the marchers, well, they're not happy either, by and large. Female health outcomes and self-reported happiness are at their lowest levels in over 40 years (since the tracking of this data began) and are trending downward. Something is definitely wrong. What's most remarkable is that this is occurring despite the fact that women have never had so much political and economic power, and never in human history have the survival requirements of such a high percentage of the population, including women, been met so extraordinarily well. Both men and women have never been so safe, secure, well-fed, sheltered, and less likely to experience physical violence as they are today. Male-dominated industries, science fields, and modern technologies have propelled us to a previously unimaginably high standard of living. Yet women are unhappy with the present state of things and with where we appear to be heading. In the very least, women have lost confidence that men can properly protect and care for women and their children. More often than not, they are directing their anger squarely at men and our male-dominant culture, the patriarchy. I don't blame them. Their discontent with the present, and their fears for the future, are perfectly justified, in my opinion. I will explain.

Similarly, men are not happy either, but we hear less about that. Maybe they're just not as vocal about it or maybe they don't give it as much thought. They're too busy making money, playing video games, gambling, drinking beer, and watching sports. When they are asked directly to think about it and respond, they report feeling very bitter that they are being blamed and targeted as the cause of all our problems. They don't see why women are complaining so much, especially since men have been working for decades to meet the demands of second-wave feminism. As women demand and acquire more power, men are feeling increasingly marginalized, discriminated against, unnecessary, rejected, and dejected. They believe (because they are told this) that "a woman can do anything a man can do, probably better," so what's the point? Why strive? Young men feel that the world doesn't need them, and they are getting worse grades and consequently dropping out of school at the highest rate ever. 45 years ago 60% of college students were men, while today it's only 40%. Male suicide rates have been skyrocketing. Most men are confused and distraught over the present state of male/female relations, and are pessimistic about the future. I don't blame them. Their feelings are justified. I will explain.

If life's never been easier for people on the planet, why are so many people so upset? The answer to this question usually involves very emotionally-charged arguments about politics, or education, or social media; but I think both the problem and solution are much deeper than most of us realize. The short answer: because men have been too weak. Men need to swallow their pride, to wake up, grow up, and dive deep into understanding how to become stronger, better, and more masculine.

mean? Is masculinity good or bad, and what
atural? Is it toxic? What is masculinity anyway?

I will explain. But first,..... a quiz for men. Your score will determine whether you should continue reading this book.

Table of Contents: Quiz for Men

(Each of the questions is a topic that has its own chapter in this book)

0 = Strongly Disagree
 1 = Disagree
 2 = Neutral
 3 = Agree
 4 = Strongly Agree

You.....

Bitch a lot, and/or join groups that bitch at other groups (Preface)	0	1	2	3	4
1. Think it's not important to understand the difference between masculine and feminine	0	1	2	3	4
2. Sometimes do not want to know things	0	1	2	3	4
3. Do not always say what you mean and mean what you say	0	1	2	3	4
4. Tend to avoid conflict -or- Tend to escalate conflict	0	1	2	3	4
5. Spend most of your waking hours indoors	0	1	2	3	4
6. Frequently feel proud	0	1	2	3	4
7. Think you are in conscious control of your behavior most of the time	0	1	2	3	4
8. Find you share your culture's values	0	1	2	3	4
9. Can recite and explain the US Founding Principles	0	1	2	3	4
10. More or less conform to society	0	1	2	3	4
11. If you're married, your wife works -or- If you're single/dating, you split the bill.	0	1	2	3	4
12. Place importance on your image or brand	0	1	2	3	4
13. Think a bucket list is a good thing to have	0	1	2	3	4
14. Are physically weak, or overweight, or both	0	1	2	3	4
15. Are a vegetarian	0	1	2	3	4
16. Often say "I'm too busy", or "I'm too tired"	0	1	2	3	4
17. Watch TV and or surf the internet – sports, politics, headlines	0	1	2	3	4
18. Think being happy is just as important as being good	0	1	2	3	4
19. Are romantic	0	1	2	3	4
20. Don't feel you can tell your girlfriend or wife everything that you're thinking	0	1	2	3	4
21. Believe that taking care of mothers and babies is not your most important job	0	1	2	3	4
Add up your total score here:	Total = _____				

How to Interpret Your Quiz Score

If your total score is 0, you are either a liar or are perfect. In either case, you will not benefit from reading on.

If your total score is higher than 0, you should read this book.

If you don't want to read this entire book, then skip to the summary on the last page.

Notes and Disclaimers:

If you are reading this version of my book, it is because I am asking you for your initial impressions. I am continuing to edit, subtract, and add; but I feel that I am at the point where feedback would be very valuable. Is it easy to understand? I really have no good bearing for determining how this material may come across. Many of the assertions that I make will probably seem "unusual" compared to my observations of what I "usually" watch, hear, and read what it is that people do, say, and write. For these assertions, I have added no formal footnotes, citations, or references, because currently I have no plans to publish this book. Likewise, I have not given credit for images, quotes, diagrams, etc.

Chapter 15 is essentially a book report, so may seem out-of-place, but it fits well with the overall theme. Chapters 18 and 21 are definitely incomplete, while Chapters 19-20 are merely copied-and-pasted from a book that I wrote about 20 years ago, so they are very long and probably should be pared down.....To be continued.