



# Building a Better Man: A Blueprint for Decreasing Violence and Increasing Prosocial Behavior in Men

*William Seymour, Ramel Smith, Héctor Torres*

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*Building a Better Man* presents a theory and science based discussion of masculinity in modern America, but it also does much more than that—it interweaves a diverse group of compelling personal stories with an exploration of aggression and masculinity in the socialization of boys and men. Where other programs tend to subtly denigrate men as perpetrators and focus on stopping the problematic behavior, *Building a Better Man* tries to understand the external forces that impinge on the developmental experiences of boys/men and broadens the scope of inquiry into their behavior by reviewing a range of external societal forces that contribute to the problems. Clinicians and group leaders will find that the approach laid out in *Building a Better Man* leaves clients feeling understood more than judged, which provides a different motivation for change and can set treatment on an entirely different and infinitely more productive path.



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