



## Battles Men Face: Strategies to Win the War Within

By Gregory L. Ph.D. Jantz, Ann McMurray

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Historically, men have been in control--of nations, of wars, of commerce, of their families. Of practically everything, except often themselves. And those men who are fully in control of all other aspects of their worlds are often the ones who find themselves trapped in hidden compulsions and behaviors. From the usual suspects like pornography and gambling to those overlooked compulsions like overwork and withdrawal.

In *Battles Men Face*, Dr. Jantz exposes the temptations that entrap good men, explains the root reasons men find themselves trapped in these behaviors, and gives them practical steps to take to overcome their unhealthy patterns. He shows them how to accept who they are (and who they're not), love themselves enough to say no, focus and build on the positive, and, perhaps most difficult, ask for and accept help.

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### Editorial Review

From the Back Cover

#### Your "reinforcements" in the battle of the mind

Ever feel like you're not in control of your thoughts? Your actions? Like you're trapped in compulsions and behaviors that are destroying you from within? Things like

pornography  
sex  
anger  
emotional withdrawal  
work  
escape  
deception  
competition  
consumption

In *Battles Men Face*, Dr. Jantz exposes the temptations that can entrap good men and gives practical steps to take to overcome unhealthy patterns. He shows you how to accept who you are (and who you're not), say no, focus and build on the positive, and, perhaps most difficult, ask for and accept help.

About the Author

**Gregory L. Jantz, PhD**, is a popular speaker and award-winning author of more than 25 books, including *Healing the Scars of Emotional Abuse* and *Every Woman's Guide to Managing Your Anger*. He is the founder of The Center for Counseling & Health Resources, Inc., ([www.aplaceofhope.com](http://www.aplaceofhope.com)) in the state of Washington.

**Ann McMurray** has coauthored several books, including *Healing the Scars of Emotional Abuse* and *Every Woman's Guide to Managing Your Anger*. She too lives in Washington and works at The Center for Counseling & Health Resources, Inc.

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**Jose Jones:**

The experience that you get from Battles Men Face: Strategies to Win the War Within will be the more deep you rooting the information that hide into the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to understand but Battles Men Face: Strategies to Win the War Within giving you enjoyment feeling of reading. The article author conveys their point in a number of way that can be understood simply by anyone who read this because the author of this reserve is well-known enough. This book also makes your own personal vocabulary increase well. It is therefore easy to understand then can go with you, both in printed or e-book style are available. We advise you for having that Battles Men Face: Strategies to Win the War Within instantly.

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