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# Man, Interrupted: Why Young Men Are Struggling & What We Can Do About It



## Synopsis

In 2011, Philip Zimbardo gave a TED Talk called "The Demise of Guys," which has been viewed by over 1.8 million people. A TED eBook short followed that chronicled how in record numbers men are flaming out academically and failing socially and sexually with women. This new book is an expansion of that brief polemic based on Zimbardo's observations, research, and the survey that was completed by over 20,000 viewers of the original TED Talk. The premise here is that we are facing a not-so-brave new world; a world in which young men are getting left behind. Philip Zimbardo and Nikita Coulombe say that an addiction to video games and online porn have created a generation of shy, socially awkward, emotionally removed, and risk-adverse young men who are unable (and unwilling) to navigate the complexities and risks inherent to real-life relationships, school, and employment. Taking a critical look at a problem that is tearing at families and societies everywhere, "Man, Interrupted" suggests that our young men are suffering from a new form of "arousal addiction," and introduce a bold new plan for getting them back on track. The concluding chapters offer a set of solutions that can be affected by different segments of society including schools, parents, and young men themselves. Filled with telling anecdotes, results of fascinating research, perceptive analysis, and concrete suggestions for change, Man, Interrupted is a book for our time. It is a book that informs, challenges, and ultimately inspires.

## Book Information

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## Customer Reviews

Approx. 20,000 men voluntarily completed the survey from Zimbardo and Coulombe's TED talk

E-book "The Demise of Guys". That's pretty impressive in and of itself. The results of the survey sparked the expansion and rounding out of the talk into this book, *Man Interrupted*. What I really enjoyed the most about *Man Interrupted* are the insightful comments from the survey takers which are surprisingly candid and fascinating. They opened my eyes and are well worth the price of the book. From the survey: Did you know that approx. 60% of the men surveyed thought there was a strong relationship between video gaming and porn watching with the lack of interest in pursuing or maintaining a relationship? Quite remarkable. Zimbardo and Coulombe have included the rest of the survey results near the back of the book. It makes for some interesting reading. Obviously, *Man Interrupted* discusses the over use of video games and porn and the associated stunted social skills and lack of motivation plaguing too many of our young men. However, it dares to go a lot further. It discusses at length what the other issues are that are side-tracking boys' development, how and why does excessive tech and porn affect them, and why not girls too. Had I been more aware that too much hyper-stimulating screen time could actually alter a developing brain as much as it does, then I would have modified my parenting while I was raising my son twenty years ago. I wish I could go back and handle this better now that I know.

This book touches on a very real problem in our society that has been heretofore ignored. Too many of our boys are floundering. They're not doing well in any aspect of life, and we as a society are going to pay a very high price for this. Nearly every family in America has a boy or young man who is faltering. You know, the kid who has given up trying academically and socially in school, the one who nurses his depression in front of a screen in his room. There are millions of these boys out there, and no one really seems to care. Far from caring, most people mock these young men, labeling them losers for not being able to self-heal the problems that afflict them. The authors do a creditable job of talking about the how and where, but I think they miss a bit on the why. The why has to do with depression and the general diminution of men in our society. Over the past generation, women have been elevated in our society while men have been turned into pariahs. The old roles--the protector, the provider, the adventurer--are considered laughable by contemporary opinion makers. That's why we see today's stereotypical man reduced to the caricature of the dopey fool. Turn on the TV at any point during the night and this is what you will see being presented. Young men can't help but absorb this message. Not only that, but parents generally raise their boys with much less care than they spend on their daughters. I've seen this in my own family. Girls are nurtured and engaged in a way that the boys never are. Boys are still seen by most parents as problems-in-waiting, incorrigible mooks who need to be kept in line at all costs. Moreover, parents

don't take their boys seriously the way they do their girls.

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