

The Emotionally Unavailable Man: A Blueprint for Healing

By M.Ed., L.P.C., Patti Henry

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Recommended by Ann Davis of *The Huffington Post* as one of **9 Power-Packed Books to Help You Live Your Best Life Ever**.

The Emotionally Unavailable Man is two books in one: One side is for the emotionally unavailable man and the other is for his partner. It details why men become emotionally unavailable and specifies the actions that can be taken by both men and women to realize improvement.

The Emotionally Unavailable Man helps men get their "power," stop avoiding difficult situations, calm their partner's anger, learn how to say "No," set and maintain appropriate boundaries, be more effective at work, increase and enhance the sex in their relationship, and feel personal freedom and happiness.

It helps women determine if their partner is capable of being emotionally available, decide what they can -- and cannot -- do to help, discover how to lose their anger, exercise mutuality and safety, learn how to recognize and confront their own resistances, restore hope about long-term change, and gain clarity about their future.

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Editorial Review

Review
An incredibly resourceful read for both women and men. --Whitney Casey, The Houston Chronicle --The Houston Chronicle

About the Author
Patti Henry, M.Ed., L.P.C., has been a psychotherapist in private practice since 1988. She began her career developing women’s programs in psychiatric hospitals, committed to empowering women. For the last ten years, however, her focus shifted when she observed how desperately men needed healing, as well. She lives in Houston with her husband and their two sons.

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