



Wrestling With Love: How Men Struggle With Intimacy

Samuel Osherson Ph.D.

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In *Wrestling with Love*, psychologist Sam Osherson, author of the highly acclaimed *Finding Our Fathers*, reveals how men in our culture struggle to achieve intimacy in their relationships, even as strong messages about masculinity demand that they hide their desire for attachments. Osherson begins by offering a startling observation, based on his extensive experience with men: the desire to connect and the impulse to shun intimacy often arise at the same time. Osherson looks at how this ambivalence undercuts men at every stage of their lives, from boyhood through grandfatherhood, and offers concrete, workable advice for how men can free themselves from these conflicts.

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