



Men's Gender Role Conflict: Psychological Costs, Consequences, and an Agenda for Change

James M. O'Neil

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Men's gender role conflict (GRC) is psychological state in which restrictive definitions of masculinity limit individual well-being and overall human potential. GRC is a problem for boys and men, girls and women, transgendered people, and society at large. It is related to numerous problems, such as sexism, violence, homophobia, depression, and substance abuse. Combining over 30 years of research in men's psychology and the author's own experience in conceptualizing GRC, this book promotes activism and challenges the status quo, calling on researchers and clinicians to confront GRC and reduce its harmful effects.

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