

POWER TOOLS FOR MEN



**DESIGN YOUR LIFE:
THE HERO'S QUEST**

Leonard Szymczak & Rick Broniec

Praise for *Power Tools for Men*

“This is a down-to-earth breakthrough book that weaves heart-felt stories with practical concepts that promote healthy masculinity and help men thrive in the 21st century.”

— Jack Canfield, New York Times bestselling co-author of the *Chicken Soup for the Soul* series, which has more than 250 titles and 500 million copies.

“If I had a nickel for every time a woman sighed in despair wondering where the conscious men were, I’d be a wealthy woman. Thank God I now have an answer. Szymczak and Broniec have cracked the code on modern masculinity. No more modeling manhood after our distant, dominating fathers! The new man is an awakened, mature, and integrated man who is connected to the power of his heart. Women, buy this book for the men you love, and men, buy this book to finally know how to step into your true power and destiny.”

— Katherine Woodward Thomas, *New York Times* bestselling author of *Conscious Uncoupling: 5 Steps to Living Happily Ever After* and *Calling in “The One”: 7 Weeks to Attract the Love of Your Life*.

“Rick Broniec and Leonard Szymczak answer the question, ‘What the hell is happening to men?’ Their book provides a powerful roadmap for men during these turbulent times. By sharing their personal stories and those of men who have been touched by their work over the past thirty years, they empower men to open their hearts and embrace healthy masculinity. This book is a must for men and the women who love them or are raising sons.”

— Rich Tosi, Founding President, ManKind Project

Other Books by Leonard Szymczak

The Roadmap Home: Your GPS to Inner Peace

Cuckoo Forevermore

Kookaburra's Last Laugh

Fighting for Love: Turn Conflict into Intimacy (co-authored with Mari Frank)

Other Books by Rick Broniec

A Passionate Life: 7 Steps for Reclaiming Your Passion, Purpose and Joy

The Seven Generations Story: An Incentive to Heal Yourself, Your Family and the Planet



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The information in this book is meant to provide helpful information about men and relationships. It is not meant to replace therapy. Every man has unique concerns and should seek professional advice when appropriate.

1. Self-help. 2. Personal Growth. 3. Men's Studies. 4. Men's Personal Growth. 5. Masculinity.

DESIGN YOUR LIFE: THE HERO'S QUEST

After climbing a great hill, one only finds that there are many more hills to climb.

— *Nelson Mandela*

There's a legend about a farmer who plowed his field next to a majestic mountain. Every time he gazed at the mountain, he heard an inner voice calling him to climb. It was as if the Great Spirit of the mountain was summoning him to the top. He paid no attention to the call, thinking it a foolish quest. He much preferred the safety of his flat field and the security of his humble dwelling. But the call persisted: "Climb the mountain."

After many months of resisting, he finally mustered the courage to answer the call. He packed up his gear and started up the mountain. Along the way he stumbled and got hopelessly lost. He wandered aimlessly, despairing whether he would ever survive, let alone reach the top. But the Great Spirit of the mountain kept his hope alive, encouraging him to climb to the summit. Eventually, he found himself standing below the crest of the mountain. There, the Great Spirit beckoned him and reached down with a hand. The farmer grasped it and was pulled up to the top. He stretched his arms in gratitude and smiled at the Great Spirit—who then pushed him off the mountain.

The farmer crashed down the mountain side and landed in his field, a broken man. Recovery took months. When he felt well, he heard that familiar call, "Climb, climb." Again, the farmer resisted, not wanting to endure another fall. However, the voice would not stop until he answered the call. This time he prepared himself for the climb with better provisions and a few companions. He enjoyed the vistas along the way, and with his companions' help, easily found his way to the top. There, the Great Spirit stood on the summit and again reached down to offer a hand. Remembering the crash, the farmer shook his head. "No, thanks. I'll do it on my own."

He climbed to the crest and stood with his arms stretched wide in gratitude, proud of his accomplishment. Feeling the wind beneath his arms, he smiled at the Great Spirit who smiled back and then pushed him down the mountain.

As the farmer fell, he cried out, “Why did you do this?”

The Great Spirit replied, “So you can spread your wings and fly.”

The man spread his wings and flew.

This story exemplifies the hero’s quest to climb a mountain. Like the legend, the quest involves four C’s: Call, Climb, Crash, and Crest.

THE CALL

The call asks us to listen to a wake-up call and answer that inner voice which urges us to follow a dream, achieve a goal, heal our emotional wounds, redefine our life, connect with emotions, establish male friends, or fulfill a purpose. It asks us to leave behind the safety and security of the traditional roles and beliefs of manhood and take a leap of faith into a higher vision. Vision does not have a fear of heights. It is the road to growth and expansion where we, as men, gain strength and wisdom.

The old male model of suppressing emotions, being in control, and winning at all costs may have worked at one time, but we are entering a new age whose call expands and evolves our vision of masculinity to realize our true potential as men.

While all men are called to participate in this new undertaking, each of us will have a particular calling. The call may emanate from a wound that needs healing, a talent that needs expressing, a health challenge that plagues us, or a dream that must be fulfilled. Pain and pleasure are two forces that drive us up the mountain. We may receive wake-up calls to face an addiction, heal a broken relationship, or open our hearts to love and connection.

Wake-up calls are meant to point us in a direction to uncover the truth. They often begin as gentle reminders. However, if we remain fast asleep and rush around with frenetic lives and mental chatter, we don't hear the loving tap to get us moving. When we don't respond to the call but bury our head under a blanket, messages will come in increasingly dramatic fashion, such as traumas and personal crises. A partner may walk out, a life-threatening illness may strike, anxiety or despair may set in, or career and finances may be lost. Not surprisingly, when the pain of living becomes greater than the pain of change, we become motivated to change.

Crises generate heat for transformation. Consider the principle of thermodynamics. The Greek word for heat is *therme* while *dynamis* means power. Thermodynamics is the study of heat and its ability to bring about change. The Australian banksia tree produces a hard nut, the size of a large pinecone. To stimulate regeneration, the nut requires intense heat from a forest fire to release its seeds. No fire, no new trees.

The same principle applies to us. No wake-up calls, no transformation. Internal conflict creates dynamic heat. The energy cracks the window of an unconscious mind. Traumas open fissures in our psyche so eyes can turn inward, past the ruins of archaic masculine beliefs toward the beckoning heart of authentic connection.

In essence, the hero receives a call to adventure. Epic stories portray the hero as a man who rights a wrong, accomplishes amazing feats, discovers true love, battles inner demons, or radically changes his life. Should he fail to answer the call, he risks falling into a deeper hole of unconsciousness where he will remain until the next crisis which may show up as a bolt of lightning.

Leonard

In July of 2004, I received one such call at two in the morning. My daughter, Melissa, phoned me from a hospital bed in Thailand. While she was riding on the back of a motorcycle on

a rainy day, the bike had skidded on a bend in the highway. She was thrown to the pavement and hit by an oncoming car. Her hand was severely mangled. My ex-wife and I flew to Thailand and arranged for her to return to Chicago for multiple surgeries to repair lost tendons. Melissa's hand thankfully mended but not before turning her life and mine upside down.

At the time, I had a comfortable life with a private practice, scheduled time for writing, a lovely condo that overlooked a small lake in a Chicago suburb, and a wonderful group of friends. But something was missing. I had fallen asleep again and was meandering through life.

My daughter's wake-up call propelled me into a maelstrom. Knowing that I could have lost my daughter, I returned from Thailand with a burning desire to reignite the fire in my belly. I reviewed the facets of my life and took action. I joined a health club, signed up for yoga classes and personal growth seminars, shifted relationships, altered my attitude, and formulated a plan to relocate to California, which had been beckoning me for some time. Though I had traveled on and off the spiritual path throughout my life, my daughter's accident acted like a scorching forest fire that released the seed for a passionate embrace of the journey back Home. I have been committed to that path ever since.

Interestingly, Melissa's accident became her own wake-up call. It thrust her onto a course that led her to Australia to complete a nursing degree and a career path to help others. Crises offer poignant moments for reflection and evaluation.

I've received many other calls that were just as profound, like getting involved in men's work. That call came from my father wound as I needed to break out of being invisible and join the company of men who supported, encouraged, and challenged me to be "myself." Some calls I resisted, like finding my voice and expressing myself through writing. As a young boy and into adulthood, I kept receiving pens and pencils as gifts. Those calls irritated me. I wanted better

presents than pens. I finally understood that I was called to break out of being invisible and express my heart and soul through writing and speaking.

Rick

Like Leonard and, I suspect, most of us, I have had many wake-up calls. Some were developmental, like becoming a teacher, a minister, a husband, a father, a writer, and speaker. Others were deeply transformational, such as healing my inner child, pursuing my lifelong quest for spiritual awareness, and embracing shamanic healing and men's work. Some calls to wake up were agonizingly challenging and demanding. My two divorces and the loss of my son, though incredibly painful, pushed me to change dramatically! Those calls terrified me. Yet I would not be the man I am today if I had ignored them. In fact, I don't believe I would be alive today had I not responded to those calls which, in hindsight, became precious gems, offering amazing beauty when I take the time to polish their lessons. Without those calls, my life would be greatly diminished.

Though we are called, there is often a reluctance, even terror, to answer the call. We may have to endure a difficult climb, get pushed off our perch, and come crashing down to earth. If we avoid answering the calls, they will relentlessly pester us until we wake up. A health challenge or relationship breakup may rip us away from the comfort and security of the known world.

Leonard's friend, Hyder, had enjoyed it all: good health, happy marriage, beautiful daughter, comfortable home, wonderful community, and a great job. Then, out of the blue, his wife informed him that, after twenty years of marriage, she was leaving him. As he wrestled with the disaster, he received word that because of a corporate reorganization, his job was being dissolved. Then, to make his life even worse, he suffered a heart attack. He had hit the trifecta of wake-up calls summoning him to redesign his life. He knew that if he did not answer the call, he

would receive another severe blow. Fearing that he would never be happy again, he reached out to a man in his men's group. He reminded Hyder of a poem by Hafiz, a Sufi poet; "Before a breakthrough, there is always a breakdown." That spurred him to create a legacy.

A wake-up call may push men to seek counseling or coaching. More often than not, they had repeatedly pushed the snooze button when they heard the alarm to change their lives. Only after a series of crises did they finally "get it" and seek help. A husband who was served divorce papers realized that his marriage was more important than golf or his job. He then actively sought marriage counseling. Unfortunately, it was too late for the relationship. However, the pain of losing his wife of fifteen years pushed him to work on himself and change the way he related to women.

The #MeToo movement has become a wake-up call of seismic proportions. The ground is moving beneath our feet. Women are exercising their voice to say "No" to sexual harassment and abuse. We are called to respond to the movement. Some men don't want to face the painful ramifications of harassment. However, we are called to raise our consciousness, evaluate our interactions with women, and take responsibility to correct abusive and sexist behaviors. In fact, we must even challenge other men when they become abusive.

Any call asks us to change our perspective. We may need to shift from despair to joy, powerlessness to power, codependency to self-care, fear to love, death to life, anxiety to peace, invisibility to visibility, disconnection to connection, and blame to self-responsibility.

One thing is certain. If we fail to answer the call, we will lead unfulfilled lives. However, when we finally commit to answer the call, we step into the next phase of the hero's journey. In fact, this book resulted from our, Leonard and Rick's, mutual call for us to help ourselves and other men evolve.

Consider these questions to clarify your call:

1. What are you currently called to do? (e.g., get in physical shape, pay off credit cards, attend a twelve-step group, write a book, expand a business, etc.)
2. What qualities are you called to develop? (e.g., trust, generosity, courage, creativity, compassion, self-love, etc.)

THE CLIMB

Climbing any mountain tests our perseverance, resilience, and inner strength. The climb asks us to face the fear of stepping out of our comfort zone into a new way of relating to the world as men. Taking on a climb forces us to grow our character.

The climb up any mountain involves treacherous ascents and descents. The climb down represents an inward journey to heal buried wounds. Robert Bly, author of *Iron John*, calls this stage, “Ashes work.” Igniting passion is difficult when we have a fire pit filled with emotional ashes that need to be cleared. Therefore, we must descend to those places where we’ve buried suppressed anger, sadness, shame, or guilt that prevent us from ascending. As we clear out the ashes, we ascend past despair and loneliness toward fulfilling our mission and achieving our dreams on the mountain top. We’re not meant to do this alone.

The old model of manhood portrayed climbing and success as a solo experience. The Marlboro man depicted a man on a horse, alone in rugged terrain, smoking a cigarette. Today, we’re called to share the journey with other men. Having Sherpas, role models, and companions makes the climb easier and more rewarding. We can share our provisions and resources and laugh along the way to lighten the load. Role models point out what we haven’t seen about ourselves, such as our isolation, lack of resources, and limiting beliefs, and either offer different perspectives or show quicker routes to get to the top.

If our fathers, who were meant to guide us toward manhood, were absent or ridiculing, we would have learned to mistrust men. Many of us have had to unlearn our fathers' lessons so that we could create a new vision of manhood. Associating with men of integrity helps us stay true to our path. They can also act as cheerleaders or as guard rails that stop us from slipping off the cliff.

Reacting to his horrific wake-up calls, Hyder talked to his friend about his loss of job, wife, and health. He received empathic support and wisdom to redesign his life and set a new destination. Hyder reviewed the road maps and books of others who overcame tragedies and climbed their own personal mountains. He faced his own obstacles of isolation and fear and reached out for the help of others so that he could share his climb, access the resource of love, gain wisdom, and strengthen his resolve to create his legacy.

Like all climbers, Hyder also needed to practice acceptance and letting go: crucial ingredients to any man's journey. Acceptance offsets any tendency to negatively judge ourselves. Most of us have received plenty of judgments since we were boys. For example, if we cried, we may have been judged as a wimp. Therefore, it's crucial that we practice acceptance on the climb, knowing that whatever we endured offered us experiences and wisdom. Recognizing where we are at, even if it feels horrible, takes courage. Rather than berating ourselves, we can accept our feelings and situations as part of the climb and then let go.

Letting go is rarely easy. Hanging onto a ledge prevents us from ascending the mountain. We may want to hold onto certain emotions such as resentment, anger, or grief, or we may want to hold onto toxic beliefs and behaviors, like controlling others. Letting go involves releasing the past so that we can live more fully in the present. It represents a shift in consciousness where we can forgive ourselves and those who have hurt us. As men, we may want to hold onto anger in an

act of self-righteousness. Anger makes us feel powerful. Unfortunately, holding on merely keeps us stuck in a rut. Letting go allows us to reach for the next ledge on our climb up the mountain.

Rick

One of my most profound climbs occurred in 1990 when I completed my New Warrior Training Adventure initiation with sixty men, none of whom I had met previously. During that powerful weekend, the staff and my fellow participants supported me to get in touch with a raw vitality I had been lacking. I found my “wild man,” an unabashed maleness that had been suppressed my entire life. I also discovered my mission to create a passionately loving and peaceful planet by leading safe, sacred, diverse healing circles. Before that weekend, I had been a practitioner of Kriya Yoga for thirty years. I meditated every day for about an hour and attended my church four to five times a week. I was flying high with spirit, living mostly in the ethers but not tethered to the earth. I found my earthy, wet, wild self on that weekend and wedded my spirit to my soul so instantly and so profoundly that it felt like 100,000 volts passing through my body. Transformed, I came off that weekend high on life, deeply connected to sixty men. That was a climb to remember!

Leonard

Growing up, I learned to survive by being invisible. That kept me out of harm’s way. Fortunately, many people showed up along the circuitous path up the mountain to lend me a hand. A nun in grammar school encouraged me to speak up in class. A Scoutmaster made me his assistant in the troop. College professors who inspired me during speech classes. A writing mentor who taught me to write.

Without their encouragement, I wouldn’t have gained the confidence to express myself. During the climb I had to uncover suppressed emotions, heal past trauma, overcome the fear of

speaking in front of groups, attend classes on writing and speaking, and learn communication skills to express my authentic voice.

What made the climb fun and rewarding were the mentors and fellow climbers who supported and guided me up the mountain. Without them, I would have given up the climb.

Consider these questions to make your climb easier:

1. What obstacles do you face as you climb your mountain?
2. What support do you need to make your climb easier?

THE CRASH

As it often happens with most heroic adventures, there is inevitably a dreaded crash. We may have faced a health issue, financial crisis, divorce, retrenchment, personal loss, addiction, or major failure. We can either be crushed by the crash or we can learn from it and develop character. Adversity forces us to review problems and failures, evaluate options, strengthen a positive attitude, and recommit to returning to the climb.

Failure is difficult for men because we have been taught that success defines manhood. While women have been viewed as sex objects, men are viewed as success objects. The greater the success, the bigger the man. Therefore, when a man crashes, so does his sense of self-worth.

The crash is when our inner hero can be truly born. We must decide to either drop our quest or return to it with greater conviction. During these times, we must face our failures—and we all have them. Only when we evaluate how we have failed or even faced the depths of despair can we move back up the mountain. The only failure is not learning a lesson. As Batman's father told him, "The purpose of falling is to get back up again."

When Hyder crashed, he had to overcome the dark emotional clouds of anger and fear. To catch a glimpse of sunshine, he sought the counsel of others and drew upon a practice

outlined by Jack Kornfield in *Guided Meditations for Difficult Times: A Lamp in the Darkness*. The practice, like other similar visualizations, pictures the crash as an object. It can be represented as an enormous dark cushion that you're sitting on, a stormy cloud in the sky, or a crushing boulder that fell upon you. Using the power of imagination, you can alter the image to instill hope and empowerment. The cushion can shrink, the clouds can dissipate, and the boulder can be lifted by friends and tossed over the cliff.

Guided visualizations can help us through a crash. However, if the crash has been devastating, we need to seek other help. Unfortunately, men tend to suffer in silence rather than attend a support group or visit a doctor or therapist who could assist them. Shame can cripple us into the belief that we're unmanly because we are unable to tough it out. Going it alone when plummeting into a deep depression, overcoming prostate cancer, or filing bankruptcy creates isolation, loneliness, and despair. The new model encourages us to face failures and seek support.

Both of us have heard countless stories from men who have crashed, learned from their experience, and made significant changes to improve their lives, and show up differently. If it weren't for those crashes, they wouldn't have reached the top of the mountain. In fact, the crash made them more committed than ever to achieve happiness and satisfaction.

Leonard

In the dead of a Chicago winter in 1991, I walked aimlessly in tears around the neighborhood in icy rain. I had recently moved back to Chicago after spending fourteen wonderful years in Australia. Marylou, my wife at the time, needed to return to Chicago so that she and our two children could spend more time with family. I vehemently resisted the move as I had made Australia my home. However, Marylou was adamant about returning to be near her family. So, I joined her in the move, leaving behind sunny Australia, my private practice, friends,

and status. Regrettably, I brought along my resentment about returning to Chicago. I discovered that I suffered from Seasonal Affective Disorder where lack of sunlight impacts mood. Without the sun in the bitter winters, Chicago became an unwelcome place. I had to find a job, but since I had given up my Illinois therapy license, believing I would make Australia my home, I had to study for and take another examination. In the meantime, I worked some construction jobs for my brother to bring in money. As I walked the streets of Chicago in the freezing rain, I faced all that I had lost. What became most difficult was the loss of my partner as we headed for divorce. I tumbled onto the rocks of depression, loneliness, and inadequacy, a broken man.

The crash, however, forced me to face my situation. I could either squander my life or start climbing again. Thankfully, I found a band of brothers who were there to support me through my healing. I became part of a men's group that lasted seventeen years in Chicago. I attended the New Warrior Training Adventure and, later, the Men's Room weekend. They solidified my journey toward real manhood. I realized that climbing buddies were necessary if I ever wanted to reach the top of the mountain. Thank God, I found them.

Rick

Undoubtedly, my most impactful crash occurred at the end of my first marriage in 2002. In short order, my then-wife falsely accused me of sexually assaulting our oldest daughter, left with my other daughter, and got involved with another man. We later filed for divorce, but in a flash, I lost my marriage, much of the relationship with my daughters, my home, and I came close to losing my freedom and my thirty-year teaching career. A major crash, indeed! To say I was stunned, depressed, grief-stricken, and angry is an understatement. Like the man whom God threw off the mountain in the story that begins this chapter, I was bruised, battered, bloodied, and broken.

Men's groups offer a nurturing place where we can talk honestly about parts of our lives that are not going well, for example, crashing into an addiction, self-sabotage, divorce, or despair. It doesn't matter what the problem is; it only matters that we talk about our problems. In our model, we communicate our feelings and our failures.

Consider these questions to gain perspective about a crash:

1. Describe a recent crash and how you handled it.
2. What lessons or gifts did you receive from that crash?

THE CREST

The final part of the journey takes us to the crest. That place asks us to celebrate the victory of a difficult climb with gratitude. We must savor the view and relish our accomplishments and recognize the grand purpose of the journey with its twists and turns. The crest is a time to recognize the life lessons that became the gold that we accumulated along the way. In men's work, gold represents the talents, gifts, lessons, and self-love and appreciation that define who and where we are.

Celebrations can occur along the road for minor victories like a week of sobriety, or they can happen with major victories like ten years of sobriety. Men's groups honor the commitments of others and acknowledge their accountability and integrity.

The crest does have its dark side. Phil Jackson, Coach of the Chicago Bulls and Los Angeles Lakers, wrote in his book, *Sacred Hoops: Spiritual Lessons of a Hardwood Warrior*, "Success tends to distort reality and make everybody, coaches as well as players, forget their shortcomings and exaggerate their contributions. Soon they begin to lose sight of what made

them successful in the first place: their connection with each other as a team.” He then quotes Michael Jordan: “Success turns *we*’s back into *me*’s.”¹

We have met successful men who became arrogant and condescending toward others who were unable to reach the crest. Rather than help, they ridiculed those less fortunate and called them losers. The crest offers rewards. We are not meant to squander them.

The final phase of the heroic mountain climb is the telling of our defeats and victories. That’s what happened around the campfire with our ancestors. Our lessons, morals, and insights are viewed from a higher place of wisdom and integration that inspires other men to share their stories. From that higher perspective we bless other men who climbed their own mountains.

Hyder Zahed celebrated his crest by incorporating all the lessons from his call, climb, and crash into a book published in 2013, *Create Your Legacy: Four Portals to Living a Life of Love and Caring*. Through his book and workshops, he passed on all that he had learned so that others could have an easier climb.

Rick

Just as I’ve had many crashes, I have also experienced amazing crests. I know I could not have reached these summits nor have felt as fulfilled without the crucial and loving support from many men in my life, including a longtime men’s circle in Milwaukee during my divorce saga. Those beautiful men stepped up in unimaginable ways to love and support me through that trying time. They regularly reminded me of the truth of who I was. They offered their homes, helped me move, offered money to find myself a lawyer, and gave so much support. Honestly, I do not know if I could have survived such a stunning and unspeakably painful crash without their unconditional support. I am forever grateful.

¹ Jackson, Phil and Delehanty, Hugh, *Sacred Hoops: Spiritual Lessons of a Hardwood Warrior*, Hyperion, New York, 1995, p. 156.

I've shared this story many times with circles of men, mostly as therapy for me but also to glean wisdom from the crash. Even so, virtually every time I have told this story, one or more men have come forward to relate their own version of a similar tale, and to thank me for having the courage to share my crash so they could revisit and integrate the lessons into their lives.

Leonard

I've had the good fortune to have reached many crests. Raising two children has been one of the hardest things I have ever done in my life, so I feel quite proud to see Melissa and Nate as incredible human beings who also have wonderful families and careers. I'm also proud of the fact that I persevered over the years through many rejections (130 for my first book) and setbacks to have four books published. That includes two novels and two self-help books, one of which was co-authored with my friend, Mari Frank. Each book represented a mountain in and of itself.

I'm also proud of the fact that I've taken many risks in life, like moving to Australia and at the age of sixty, starting over in California. Those vistas from the top look sweet. However, the one crest that makes me beam is where I'm now at in life. Having turned seventy-two, I am ever so grateful for all the journeys I've taken and even the crashes, for they brought incredible lessons and gifts. On top of my crest, I rejoice that I made it. Thank God, there are more mountains to climb. Hooray!

Once achieved, we're not meant to just stand on the crest. We're asked to fly off the mountain and inspire other men to climb their mountains.

Consider these questions to gain perspective of your crest:

1. Name one of your heroic climbs, victories, or accomplishments. What did you learn?
2. How did you celebrate your victory?

Stretches to Climb Your Mountain

THE CALL

1. What mountain are you called to climb?
2. How do you want to feel when you reach the top?
3. How do you resist the call?

THE CLIMB

4. What resources or talents do you bring to the climb?
5. Whom can you call on for help?
6. What qualities do you want in a mentor or climbing buddies?

THE CRASH

7. How do you usually handle crashes in your life?
8. How do you ask for help?
9. What could you do differently the next time you crash?

THE CREST

10. If you stood on the top of your mountain, what would that feel and look like?
11. How does that perspective change the way you see the world?
12. How can you help others reach their crests?

Resources to Help Men Thrive

Men's Organizations

- ManKind Project: www.ManKindProject.org
- Victories for Men: www.victoriesformen.org
- Men's Division International: www.mentordiscoverinspire.org
- Sterling Institute: www.sterling-institute.com
- The Boys to Men Mentoring Network, San Diego, CA: www.boystomen.org
- Illuman, a nonprofit organization for men interested in becoming better, more authentic men: www.illuman.org

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ABOUT THE AUTHORS



Leonard Szymczak, MSW, LCSW is a writer, international speaker, psychotherapist, and life coach. For the past 40 years, he has worked in both Australia and America as an educator, writer, and therapist. He was a director of a Family Therapy Program in Sydney, Australia, and later worked with the Family Institute at Northwestern University.

He has had a wide range of clinical services including a crisis intervention program with a suburban Chicago police department, treatment of adolescent males, and men's therapy groups. As a result, he has been in the forefront of men's healing for 35 years.

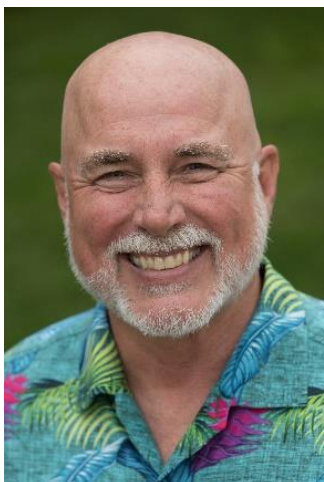
Leonard is an award-winning author. His books are *The Roadmap Home: Your GPS to Inner Peace*, an Amazon bestseller, as well as the novels, *Cuckoo Forevermore* and *Kookaburra's Last Laugh*, lighthearted satires on psychotherapy. He is the co-author along with Mari Frank of *Fighting for Love: Turn Conflict into Intimacy*.

He is an international speaker and workshop presenter and maintains a counseling and coaching practice in Orange County, CA. Leonard is the proud father of two adult children and two grandchildren.

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Rick Broniec, M.Ed. is a writer, inspirational speaker, coach, and workshop facilitator. He has been a pre-eminent leader of men's international trainings since 1987. He has facilitated men's personal growth and leadership workshops on five continents and ten countries for thousands of men which give him a unique window into the needs of modern men. Clearly, these demonstrate Rick's passion for men and his multicultural expertise.

Rick is an Amazon bestseller author of *The Seven Generations Story: An Incentive to Heal Yourself, Your Family and the Planet* and *A Passionate Life: 7 Steps for Reclaiming Your Passion, Purpose and Joy*.

Besides running his own business, Transformational Adventures, LLC, Rick consults for the international, not-for-profit men's initiation and healing organization called the ManKind Project. Rick continues to actively lead and train men around the world.

Rick is proud of his three daughters and crazy in love with his three granddaughters.

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