



Breaking Out of the "Man Box": The Next Generation of Manhood

Tony Porter

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An international TED Talk speaker, Tony Porter challenges manhood and male socialization, which he defines as the “man box.”

Tony Porter works closely with the NFL, the NBA, the MLB, the US military, colleges, universities, and numerous other organizations to prevent violence against women and girls by promoting healthy, respectful manhood. Now, in *Breaking Out of the “Man Box”* Porter’s message is directed at all men.

This book tackles the collective socialization of manhood and provides an in-depth look at the experiences of boys and men. In an effort to understand the many aspects of “what it means to be a man,” Porter suggests the topic is worthy of being rethought, challenged, and even redefined. This book will help men—fathers, husbands, brothers, coworkers, etc.—unpack and correct those realities.

Breaking Out of the “Man Box” boldly exposes the connection between male socialization and the quest to end violence against women and girls. Porter provides an honest and transformative experience, empowering men to create a world where men and boys are loving and respectful—and a human race where women and girls are valued and safe. On the heels of national movements and initiatives such as the NFL’s NoMore.org, this book provides men with the knowledge and understanding to explore how to create that world.

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