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For all men who are seeking a new vision of masculinity--one that allows them to explore new roles, reclaim ancient feelings, break free of society's stereotypes, and learn to integrate body, mind, emotions, and spirit--A Quiet Strength is an invigorating and inspiring companion. Written by three of the preeminent writers and leaders of the men's movement, this daily guide to self-discovery offers 365 powerful meditations, each with an opening quotation and an accompanying thought for the day. From The Odyssey to Carl Jung and Federico Garcia Lorca to D.H. Lawrence come insightful quotations that open up worlds of healing wisdom, as the authors cover topics that include love, sex, the power of brotherhood, reconnecting with the earth, acknowledging the inner spirit, accepting and sharing feelings, the importance of play, achieving balance, finding joy, healing the father wound, honoring the inner child, and much more. Day by Day, A Quiet Strength will challenge and nurture you in your journey inward toward a fuller, more passionate life, spiritually grounded masculinity, and richer relationships with family, friends, and lovers.

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