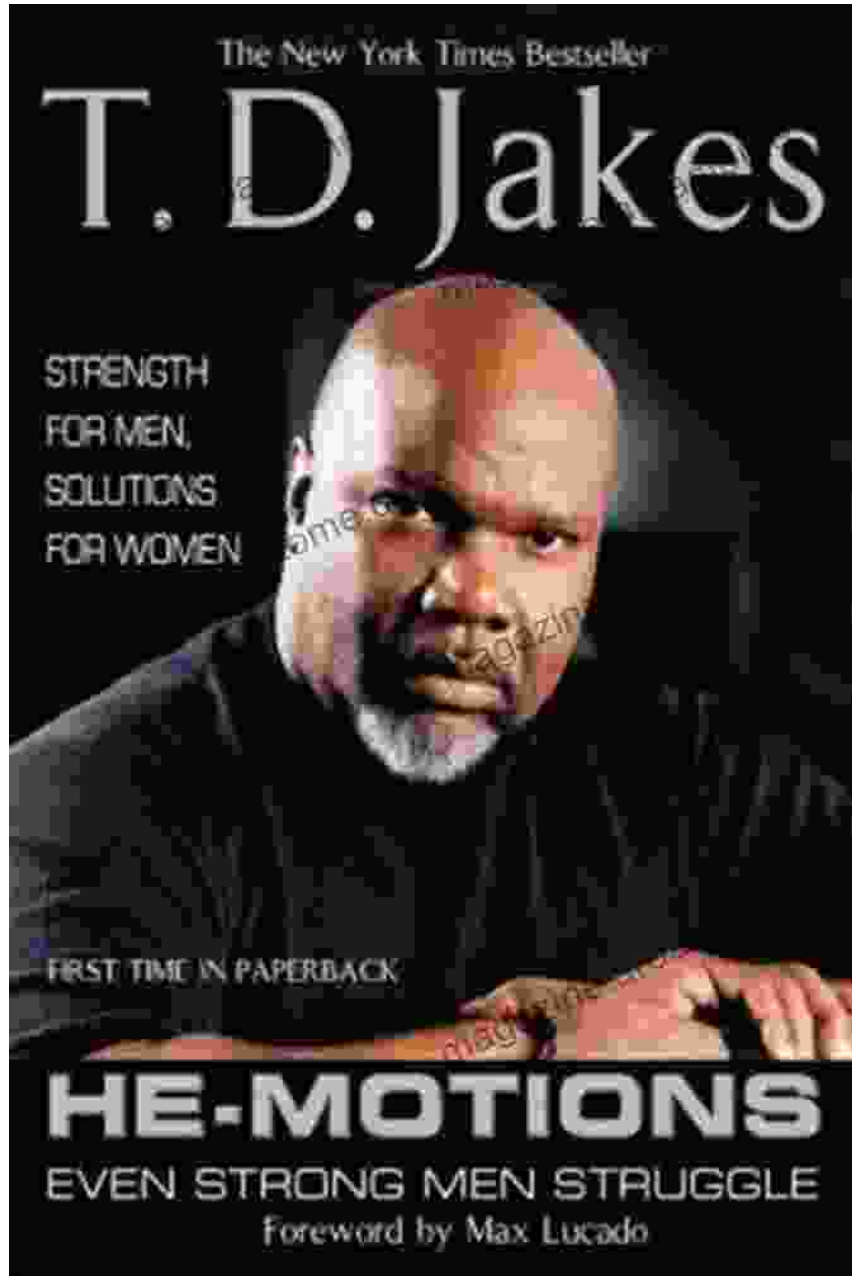


He Motions Even Strong Men Struggle: A Must-Read for Men's Mental Health



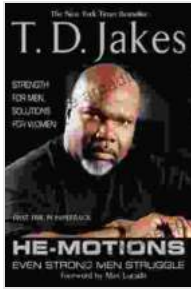
He-Motions: Even Strong Men Struggle by T. D. Jakes

★★★★☆ 4.7 out of 5

Language : English

File size : 690 KB

Text-to-Speech : Enabled



Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 348 pages
Screen Reader : Supported



He Motions Even Strong Men Struggle is a powerful and moving book that explores the complexities of men's mental health. Written by a man who has struggled with depression and anxiety, the book offers a unique and insightful perspective on the challenges that men face.

The book begins with the author's own story of struggling with mental illness. He describes the feelings of isolation, shame, and hopelessness that he experienced. He also talks about the challenges he faced in seeking help, and the stigma that surrounds men's mental health.

Through his own story, the author provides a roadmap for other men who are struggling with mental illness. He offers practical advice on how to seek help, how to cope with the symptoms of mental illness, and how to build a support system.

He Motions Even Strong Men Struggle is a must-read for any man who is struggling with mental illness. It is also a valuable resource for family members, friends, and loved ones who want to support men who are struggling.

What Others Are Saying About He Motions Even Strong Men Struggle

"He Motions Even Strong Men Struggle is a powerful and moving book that shines a light on the often-hidden world of men's mental health. The author's personal story is both heartbreaking and inspiring, and his insights into the challenges that men face are invaluable. This book is a must-read for any man who is struggling with mental illness, and for anyone who wants to support them."

-Dr. John Duffy, author of *The Men's Health Book*

"He Motions Even Strong Men Struggle is a groundbreaking book that tackles the important issue of men's mental health. The author's personal story is both powerful and relatable, and his insights into the challenges that men face are invaluable. This book is a must-read for any man who is struggling with mental illness, and for anyone who wants to support them."

-Dr. Drew Ramsey, author of *The Happiness Diet*

"He Motions Even Strong Men Struggle is a powerful and moving book that sheds light on the often-ignored issue of men's mental health. The author's personal story is both heartbreaking and inspiring, and his insights into the challenges that men face are invaluable. This book is a must-read for any man who is struggling with mental illness, and for anyone who wants to support them."

-Michael Phelps, Olympic swimmer and mental health advocate

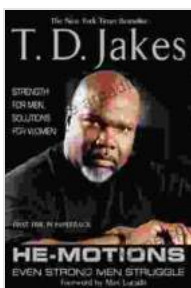
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If you or someone you know is struggling with mental illness, please reach out for help. You are not alone.

- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741741
- The Trevor Project: 1-866-488-7386



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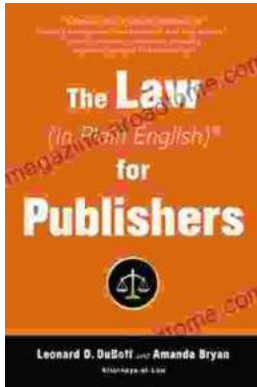
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