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## Real Men: Relationship Education and Awareness for Life (Paperback)

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By Robert Montgomery Moore Lpc

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.REAL (Relationship Education and Awareness for Life) Men is the male empowerment program which has been developed for men, ages 13 to 93. This book is the manual used to teach instructors and participants how to address issues surrounding dating, domestic and gender violence, as well as many associated issues. This program utilizes many of the same multi-disciplinary approaches found in My Body.My Life., but is patterned to address educational and developmental issues that are more related to men. The full program addresses awareness, empowerment, relationships, self-esteem, abuse, alcohol, drugs, internet and texting. In this program, we focus upon respect, non-violent bystander interventions, communication, listening skills and facilitating a change in cultural bias and acceptance rather than physical self-defense techniques.My Body.My Life. and REAL Men are both fun and educational. We use personal stories, humor, practice and experience to help men and women develop self-esteem, boundary setting, build skills to recognize unsafe relationships, unsafe situations and provide the tools to protect your body and your life. We do this training in a variety of venues, ranging from school...



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