

## DEPRESSION AND SUICIDE RANKED AS A LEADING CAUSE OF DEATH AMONG MEN

### BOYS NEED PRACTICAL HELP HANDLING DIFFICULT EMOTIONS AND COMPLEX IDEAS OF MASCULINITY

#### “RAISING EMOTIONALLY STRONG BOYS” BOOK FOR PARENTS AND “STRONG AND SMART” WORKBOOK FOR BOYS 6-12 YEARS ARRIVE IN JUNE



Bloomington, MN, (March 1, 2022) — Research reveals the shocking reality that globally, on average, one man dies by suicide every minute of every day.<sup>1</sup> And in the US, men die by suicide at a rate four times higher than women.<sup>2</sup> Why? What is leading men down a path of despair? Licensed counselor **David Thomas** has powerful ideas to change this negative narrative for today's boys. Thomas, with more than 25 years counseling experience, confirms that boys who are never given the tools to learn how to deal with their emotions in a healthy way are most prone to succumb to these devastating statistics. Thomas has poured his best insights and practical tools for parents and boys into two books releasing this June. ***Raising Emotionally Strong Boys: Tools Your Son Can Build On for Life*** is a practical guide to equip parents for handling issues of anxiety, anger, and depression in their boys. The companion workbook for boys ages 6-12 is ***Strong And Smart: A Boy's Guide to Building Healthy Emotions***.

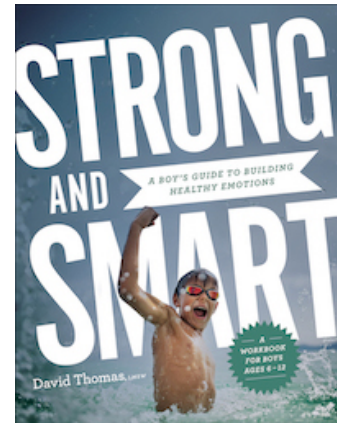
Thomas attributes the horrific statistics about suicide to how men are more reluctant to openly discuss their health, have more difficulty identifying how they feel about significant life events, are resistant to act when they don't feel physically or mentally well, and engage in more risky activities harmful to their health.

Uniquely, David Thomas has created two simple pneumonic devices to help boys (and the adults who love *and* may not understand them) navigate emotions through simple steps. First is the 3Rs that guide in-the-moment responses and actions:

- **Recognize**—notice how a boy's body signals an emotional response
- **Regulate**—employ calming strategies when the nervous system goes into higher states of arousal
- and **Repair**—take ownership and do any needed relational work.

Secondly, Thomas uses the acronym RARE to help parents and boys see the positive goals of emotional health. Thomas's books coach boys to develop into emotionally strong young men who are:

- **Resourceful**—the ability to name and navigate emotions
- **Aware**—a rich interior world, including strengths and weaknesses
- **Resilient**—the capacity to cope and feel competent
- **Empathetic**—an ability to understand and share the feelings of another



<sup>1</sup> <https://us.movember.com/about/mental-health>

<sup>2</sup> <https://journals.sagepub.com/doi/10.1177/1557988320949322>

Offering hope, Thomas says, “We have to push against this reality on behalf of the boys we love. We want to do everything in our power to raise boys who understand struggle is part of being human.”

David Thomas daily works with kids and families from toddlers to teenage boys at Daystar Counseling Ministry in Nashville, TN. His wisdom spreads beyond middle Tennessee via the multi-million downloaded podcast “Raising Boys and Girls,” co-hosted with fellow Daystar counselors Sissy Goff and Melissa Trevathan. As of February 2022, the “Raising Boys and Girls” podcast has been downloaded more than two million times and is regularly in the Top 20 podcasts in the Kids & Family category on Apple.

“We want to coach boys in the hard work of building emotional muscles,” writes Thomas. “For many boys the muscles are simply weak or underdeveloped. But we know weak muscles can get stronger with work. Building emotional muscles is some of the most important, yet most neglected, work in a boy’s journey to manhood. The muscles impact his everyday as a son, brother, student, athlete, and friend. These muscles will define who he is as a husband, father, friend, and coworker.”

He describes walking families through questions, doubts, sadness, and devastation as sacred work. “It’s work that played a role in why I wanted to write this book. I don’t want another boy, adolescent male, or man to ever believe his pain exceeds his resources. I want boys to have skills, tools, relationships, and resources.”

Thomas explains, “Emotions signpost the things we care about and need. Emotions aren’t to be feared but understood. They aren’t to be avoided but accepted. They are part of how God made us. They are one of the ways he allows us to connect with our need for him and others.”

**David Thomas**, LMSW, is the director of family counseling at Daystar Counseling in Nashville, TN, and the coauthor of ten books, including the bestselling *Wild Things: The Art of Nurturing Boys* and *Are My Kids on Track?* He speaks regularly around the country and is a frequent guest on national television and podcasts. His own podcast, *Raising Boys and Girls*, is co-hosted with fellow licensed counselors Sissy Goff and Melissa Trevathan and has more than 2 million downloads to date. Thomas has also been featured in publications like *The Washington Post* and *USA Today*. Thomas and his wife, Connie, have a daughter, twin sons, and a yellow lab named Owen. Learn more at [raisingboysandgirls.com](http://raisingboysandgirls.com).

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***Raising Emotionally Strong Boys: Tools Your Son Can Build On for Life***

By David Thomas

Available from Bethany House Publishers June 14, 2022

Price: U.S. \$16.99                      Format: Trade Paper  
Pages:192 ISBN-13: 9780764239984

***Strong and Smart: A Boy's Guide to Building Healthy Emotions***

Price: U.S. \$12.99                      Format: Trade Paper  
Pages:48 ISBN-13: 9780764239991

Review copies, reprint permission and interviews are available.  
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