

# The Hidden Reason So Many Men Ruin Their Lives and How They Can

**STOP**



**Guy M. Arcuri, Ph.D.**

Guy M. Arcuri ran away from home when he was 18. But try as he might, he could not run away from the ill effects he suffered as the son of a toxic mother — a woman who imposed her own rules to live by on him and forced him to carry them out. Guy's mother's physical, mental and verbal abuse hung like a cloud over his head as he insulated and isolated himself, nearly ruining his adult relationships even as he married, earned a master's degree in Spanish Education and a Ph.D. in Curriculum and Instruction.

This story sadly is not unique, but Guy's efforts to help men heal from the collateral damage set him apart. Many men's lives are haunted by the baggage they carry from toxic mothers. But like Guy, whose breakthrough came after he underwent therapy and discovered that he needed to create his own rules, they too can learn to heal and put their pasts behind them.

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## Bio

Guy is a speaker, a teacher and a voiceover artist. His upcoming book, *Toxic Mothers: A Son's Guide to Healing and Moving On*, came out of his work mentoring other men who grew up with difficult mothers. The book contains easily applied healing methods. To write it, Guy read and synthesized dozens of articles written by psychologists and academic researchers. His goal is to help other men like himself heal and enjoy lives of respect, dignity, love, and compassion.

## Show Ideas

- For New Year's: 3 Resolutions to Make If You Had a Difficult Mother ●
- Why Men Self-Sabotage ●
- Top 3 Ways Men Suffer and Heal Differently Than Women ●
- Dealing with Mother's Day When Mom Was Difficult ●
- The Price Men Pay for Hiding Their Feelings ●
- How Much Do Adult Sons Owe Their Mothers? ●
- How to Practice Bold Love ●