



POSITIVE MASCULINITY
A C A D E M Y

How much of your masculine identity is authentically yours, and how much of it has been groomed by the culture you were raised in?

Renowned researcher Dr. F. Persia Jamshidi conducted over 6,000 interviews with men globally to develop The Masculinity Handbook, which provides insight into:

Your community, family, friends, and the media have all helped shape your masculine identity. As a man, this conditioning has silently created a limited version of yourself that yields a life of pain and disillusionment. The disenfranchisement for showing natural human emotions and seeking help combined with the disturbing lack of support and attention to men's mental health issues, coincide with the male population's alarmingly high depression and suicide rate.

Beyond thousands of years of stereotypical pressure put forth by traditional masculinity, there is a wholesome masculine identity awaiting eagerly for every man to discover and embrace.

The Masculinity Handbook illuminates your journey to uncovering your true masculine identity that is unadulterated by the ignorant and fearful indoctrinations rooted in the fossilized skeleton of patriarchy. This book helps to eradicate the insecure masculinity that pushes you to prove your masculinity every day to maintain respect.

- ✘ In depth discussion on the ghastly psychological and physical harm caused by millennia of exposure to the oppressive culture of traditional masculinity. Such exploitation has caused the male population to develop disturbing statistics such as <80% of all suicide deaths, incarceration, violence, homelessness, premature death, and reduced longevity.
- ✘ Defining masculine identities based on how it is naturally bestowed upon boys at birth. A massive departure from forming a forced masculine identity groomed by decades of sexism, shame, and intimidation in which a man is forced to wear a mask for protection and respect.
- ✘ Introducing an unprecedented sexuality classification spectrum model based on extensive research of natural human sexuality, as opposed to the current limited model that causes shame, confusion, guilt, and superiority.

In The Masculinity Handbook, Dr. Jamshidi provides you with the tools you need to move past the limitations and false expectations that have been ingrained in you since birth. By putting these mechanisms into play, you will finally be able to embrace your naturally assumed masculine identity and find strength in your vulnerability.

Buy The Masculinity Handbook now to awaken your understanding of positive masculinity and forge a more wholesome lifestyle for yourself.