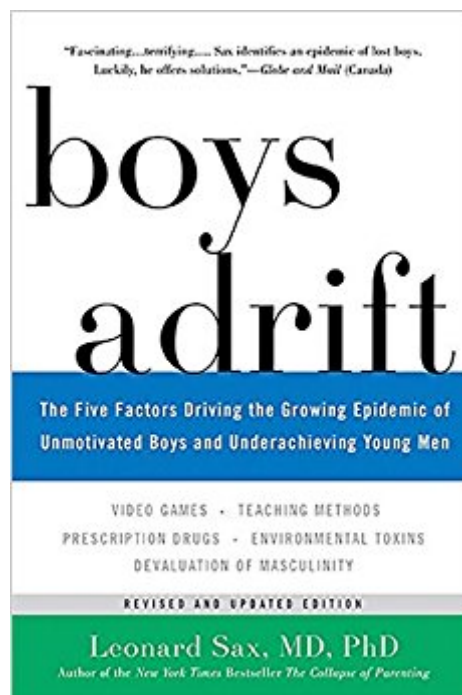


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# Boys Adrift: The Five Factors Driving The Growing Epidemic Of Unmotivated Boys And Underachieving Young Men



## Synopsis

Something scary is happening to boys today. From kindergarten to college, American boys are, on average, less resilient and less ambitious than they were a mere twenty years ago. The gender gap in college attendance and graduation rates has widened dramatically. While Emily is working hard at school and getting A's, her brother Justin is goofing off. He's more concerned about getting to the next level in his videogame than about finishing his homework. Now, Dr. Leonard Sax delves into the scientific literature and draws on more than twenty years of clinical experience to explain why boys and young men are failing in school and disengaged at home. He shows how social, cultural, and biological factors have created an environment that is literally toxic to boys. He also presents practical solutions, sharing strategies which educators have found effective in re-engaging these boys at school, as well as handy tips for parents about everything from homework, to videogames, to medication.

## Book Information

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## Customer Reviews

Boys Adrift " . . . is powerfully and persuasively presented. . . Excellent and informative references and information are provided." [JAMA](#) (Journal of the American Medical Association) "A must-read for any parent of boys." [Dr. Mehmet Oz](#) "Fascinating . . . terrifying . . . Sax identifies an epidemic of lost boys. Luckily, he offers solutions." [The Globe and Mail](#) "Startling . . . like a brick thrown through your window." [Canadian Broadcasting Corporation](#)

Leonard Sax MD PhD graduated Phi Beta Kappa from the Massachusetts Institute of Technology (MIT) at the age of 19, and then went on to the University of Pennsylvania, where he earned both a PhD in psychology, and an MD. He completed a 3-year residency in family practice in Lancaster, Pennsylvania. For 19 years, Dr. Sax was a practicing family physician in Maryland, just outside Washington DC. In 2005, Doubleday published his first book, *Why Gender Matters*; an updated edition will be published in 2017. His second book, *Boys Adrift*, was published in 2007; an updated edition was published in June 2016. His third book *Girls on the Edge* was published in 2010. His fourth book, *The Collapse of Parenting*, was published by Basic Books in December 2015 and became a New York Times bestseller. Dr. Sax has spoken on issues of child and adolescent development not only in the United States but also in Australia, Bermuda, Canada, England, Germany, Italy, Mexico, New Zealand, Scotland, Spain, and Switzerland. He has visited more than 400 schools since 2001. He has appeared on the TODAY Show, CNN, National Public Radio, Fox News, PBS, the Canadian Broadcasting Corporation, the British Broadcasting Corporation, the Australian Broadcasting Corporation, New Zealand Television, and many other national and international media. Dr. Sax now lives with his wife and daughter in Chester County, Pennsylvania. He returned to clinical practice, in Pennsylvania, in 2013. His favorite activities are hiking in the woods, and making music with his wife and daughter (he plays piano, his daughter plays the flute). You can reach Dr. Sax directly, or visit his Facebook page, via his web site [leonardsax.com](http://leonardsax.com).

This book is a great book to understand some of the struggles our boys are facing. There aren't a ton of solutions to the problems in this book (or at least not for those of us in rural areas with fewer schooling options) but understanding is a huge help,

This is one of those books that is more helpful in what it causes you to think about than what it says about it. Most of what it says is good, but none so helpful as just the act of bringing up the subject on a popular level. Fortunately, much of what Dr. Sax says about plastics is now outdated, largely thanks to his own work. Companies are reacting to either the research or the popular effect of books like this one and removing the chemicals he talks about from their products. I wonder if a new edition is in the works. Sections about the nature of boys seem to me to be right on the mark. Give them time and consideration. If you're the parent of a troubled boy and you're looking for a saving answer, you might find some help here, but don't set your expectations too high. If you're interested in the subject, you'll love the book. If you're the parent of a baby or young boy, you'll find the advice

and information here helpful. If you're an educator or anyone who works with children, you'll find some worthwhile thoughts and principles. I've found I've gained the most in the thoughts and observations I've had after I put the book down. Consider this stuff for a while and chew on it. It's helped me understand boys (including myself) a little better.

A must read for all parents, teachers and anyone else who work with kids. This book cost us more than the cover price. After reading it, I made dramatic changes in my house, which were not cheap- but definitely worth it for my boys health. Stainless Steel Cups, Ruby Blue Bunny Body Wash, Stainless steel sandwich holder, etc. We also informed all grandfathers, uncles, and neighbors that our sons will be looking to them on how to be a man, so they better step up! :-)

Fantastic read, speaks well to many aspects of society and the environment and how they affect our growing boys.

We have the audio, print, Kindle versions and I have read this book over and over... my husband is a pharmacist, so you might think we'd be pro-drug-intervention for ADD/ADHD. Not usually. When it comes to the long term affects of many drugs, you will eventually have to spend several more dollars on the one dollar you spend treating symptoms. There are other ways to treat ADHD, and this book outlines strategies. Grandparents...read this book...send it to your adult children. If you have the time and money to help those grandchildren ...mentoring, tutoring, chauffeuring to activities that develop character... Invest in those children. Sober children growing into sober adults are the future and hope of an over-medicated America.

I love this book and I'm only beginning chapter 2! To the point where I'm taking notes and shared it with my husband who got the audio book and flew thru it in about 3 weeks max.

Dr. Sax points out the scary realities of raising boys in an over-medicated, high-tech, video game society where teaching methods are replaced with ineffective political correctness, environmental factors threaten boys' health and sexuality, lack of positive male bonding and teaching experiences weaken boys, and other factors create the "failure to launch" syndrome that plagues many young men today. Every parent raising a boy should read this well-researched, well-written book.

Disappointed with this book as I loved the Collapse of Parenting. This book is hard to read and is

much more full of data comparisons. You need to be well rested and not distracted to read. I hope that I will be able to finish this book in the next couple of months.

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