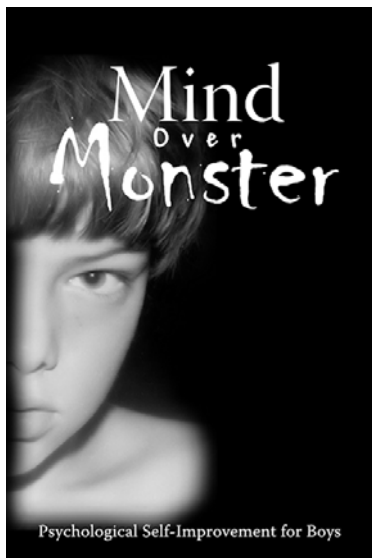


A Psychological Self-Improvement Book for Boys

Troubled boys become unsuccessful and unhappy men.
Any boy can learn how to keep that from happening.

Grand Haven, MI -- July 30, 2008 -- Happiness and success in life depend on something nobody teaches a boy anything about – his mind. Most of the time brains just free-run, doing whatever they want with the inputs they receive, and taking us wherever they happen to drift, which often turns out to be places we would rather not be. Instead of letting an out-of-control brain be his master – a “monster” that constantly works against him – a boy can decide to take control, making his mind think rationally and constructively to provide a highly successful, abundantly happy and richly rewarding life.



That is the premise of the newly published “Mind Over Monster,” a psychological self-improvement book intended for boys age ten and up. The book presents a practical approach to understanding what the mind is and how it works, how emotional and personality problems naturally result as a boy grows up, and how they can easily be overcome. It doesn’t shy away from sensitive but important issues such as family, sex and religion, offering insights that might prove controversial among some factions, but which face up to the practical realities boys must deal with while becoming men in today’s real world. Written in a conversational style, these frank conversations are liberally illustrated with real accounts from the author’s own life experiences.

Author Gene Warner is a husband, father, grandfather, engineer, business owner, author, and publisher. His works include visitor guides, historical sketches, nonprofit management guides, and practical self-improvement books.

Mind Over Monster – Psychological Self-Improvement for Boys
ISBN: 978-0-9797896-2-5

Gene Warner - BoysMind Books
Ph: 616-843-5342
Email: gwarner@boysmindbooks.com
Web: www.boysmindbooks.com/mom/