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The Way of Boys

Raising Healthy Boys in a Challenging and Complex World

Anthony Rao, Ph.D.
 Michelle Seaton

An urgent call to stop over-medicating active boys and to stop treating young boyhood as an illness

"*The Way of Boys* is wise and believable; it restores our faith in normal boy development (with all its ups and downs). Dr. Rao's perspective, experience and humor will be of enormous help to any...

As a culture, we are increasingly failing to respect young boyhood, pathologizing normal boy behavior and foisting burdensome and stigmatizing diagnoses of ADHD, Asperger's Syndrome, bipolar disorder, and more on boys as young as three years old. The result, as Dr. Anthony Rao passionately argues in *The Way of Boys*, is nothing less than a crisis in American boyhood, with ever-increasing numbers of boys being treated and medicated for problems they simply don't have.

In this practical and accessible guide to the distinct challenges of raising young boys into good men, Dr. Rao urges parents, educators, pediatricians, psychologists, and other developmental experts to reevaluate and radically alter how we deal with our youngest boys. He teaches parents how to rear their sons with respect for their natural development right from the start, which gives them the best shot at growing into confident and healthy men ready to make their unique contributions to the world.

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Author Bio

Anthony Rao, Ph.D. has more than twenty years' experience working with young boys from all over the country, both at Harvard Medical School and in his own practice, Behavioral Solutions. He holds a Ph.D. in psychology from Vanderbilt University and trained at Children's Hospital in Boston. Along with his thriving practice, Dr. Rao lectures nationally on topics related to kids and parents.