



**Warren Farrell: The Boy Crisis: Why Our Boys are Struggling, and What We Can Do About It**



Dr. Warren Farrell is a speaker and best-selling author whose books have been published in 50 countries and 19 different languages. He also conducts couples communication workshops internationally. It was questions he received at such workshops and speaking engagements that piqued his curiosity and led him to realizing boys were in crisis worldwide. Discover the critical factors Dr. Farrell found during his 14 years of research for his most recent book, *The Boy Crisis*, which was co-authored with John Gray (2018) and what he suggests to combat the crisis.

**TOP EMBODIMENT TIP:** Never underestimate the value of fathers and family. We're all in the same family boat.  
When only one sex wins, both sexes lose.

Factors Leading to the Boy Crisis:

- 9 out of 10 problems he researched happened in “dad-deprived” households; If there are no male teachers, male children looked for role models outside school (e.g. church, gangs, etc.). Most often, because of divorce.
- Inability to handle personal criticism from a loved one without becoming defensive was a major cause for divorce.
- If dad is at home, especially with “checks and balances” it is not as bad.
- The more boys/men act as if they have their problems solved, the more you can be assured we fear that we don't have our problems solved. This makes boys/men extremely unsympathetic to having their problems solved.

Biologically Programmed to Become Defensive: **Wonderful for Survival, but Terrible for Love**

- Historically, criticism of the tribe or enemy was viewed as a threat. So, the ones that survived were the one who were prepared.
- It is biologically unnatural to sustain love in a way that is as healthy as it can be.
- So important that everyone has the ability to air concerns and be heard.

Value of “Rough-Housing”: **Instills Emotional Intelligence Under Fire**

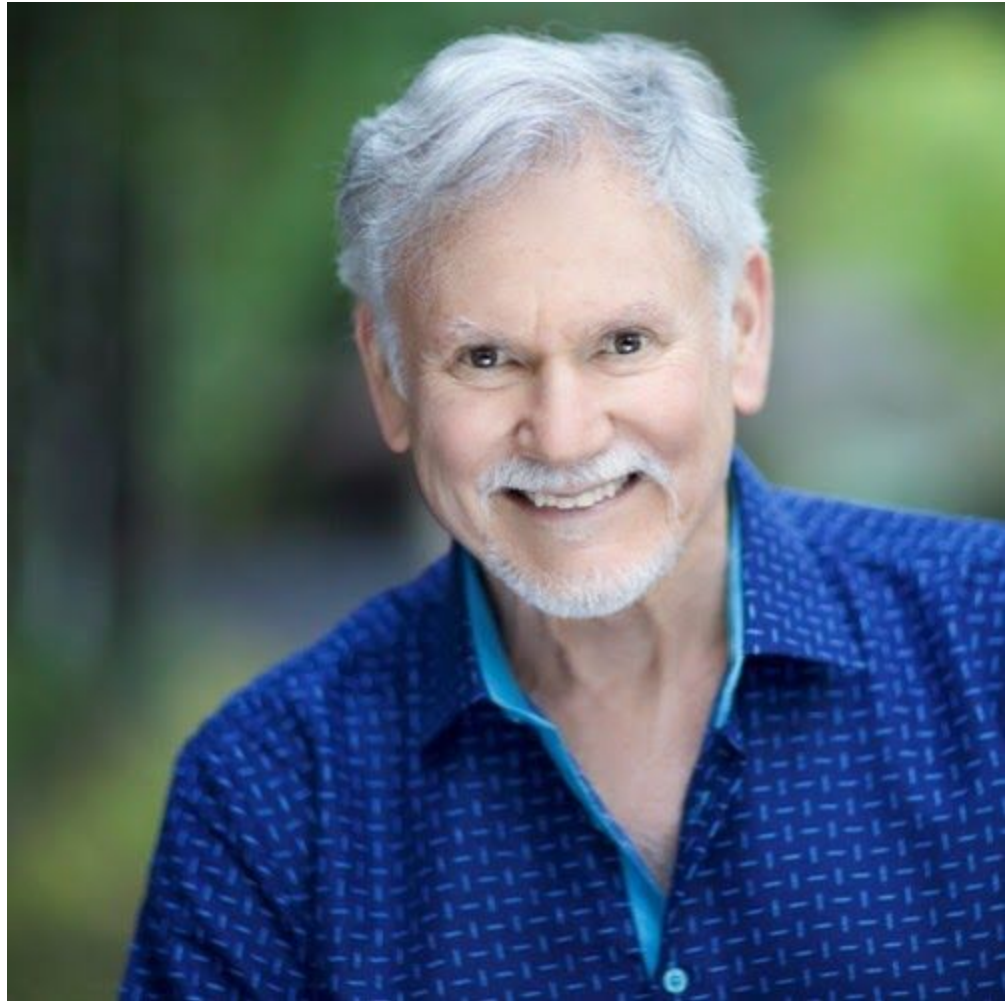
- Data shows children that do rough-housing with their dads are far more empathetic.
- The children learn the difference between assertive and aggressive.
- Dads are unable to explain what they are intuitively doing.
- Psychomotor functioning increases IQ and the ability to know what risks to take and what risks not to take.

Resources

- ❖ **Books:** *The Boy Crisis: Why Our Boys Are Struggling and What We Can Do About It* and several others
- ❖ **Courses:** [Couples Communication workshops](#)
- ❖ **Website:** [warrenfarrell.com](http://warrenfarrell.com)
- ❖ **Instagram:** [drwarrenfarrell](#); **Facebook:** [drwarrenfarrell](#)
- ❖ **References:** Ashanti Branch, [Urban Dove](#)



## Warren Farrell





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**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

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