



Iron Man Family Outing : Poems About Transition Into A More Conscious Manhood

Rick Belden

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Inspired by a puzzling series of dreams about a favorite comic book hero from his boyhood, the author embarks upon an arduous but ultimately healing odyssey into a dark and damaged internal landscape, the wreckage of a childhood spent with an angry, abusive, distant father. As he begins to understand these dreams, and allows them to lead him forward, he also begins to accept his unique personal history, understand its consequences in his adult life, and take responsibility for his own healing.

Iron Man Family Outing is widely used in the United States and internationally by therapists, counselors, and men's groups as an aid in the exploration of masculine psychology and men's issues, and as a resource for men who grew up in dysfunctional, abusive, or neglectful family systems.

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