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LeBauer

COUNSELING

When Life Is Easier Said Than Done

Resources for Undermining the Patriarchy & Toxic Masculinity

Collected by [Matthew LeBauer, LCSW](#)

Please send me your favorite resources to help build this community collection.

TED Talks:

[Tony Porter's A Call to Men](#)

[Why Gender Equality is Good for Everyone - Men Included](#) by Michael Kimmel

[Violence Against Women - It's a Men's Issue](#) by Jackson Katz

[Patriarchy -- power and gender in the 21c](#) by Ananya Roy

[Curated Playlist to Learn about Racism in America](#)

Podcasts:

[Stuff Mom Never Told You](#)

[Practice of Being Seen, Ep 22](#), Terry Real

[Slate's Double X Gabfest](#)

[Call Your Girlfriend](#)

Articles:

[Why Patriarchy Persists](#)

[Against Patriarchy: Tools for Men...](#) by [Chris Crass](#)

[Men Explain *Lolita* to Me](#) by Rebecca Solnit

Leaders to know:

[bell hooks Institute](#)

Paul Kivel

[Issues](#)

[Books](#)

[Gloria Steinem](#)

[Jane Fonda](#)

[Jane Fonda Center at Emory](#)

[Influential Women of the 21st Century](#)

[Jackson Katz](#)

[Books on Amazon, including *the Macho Paradox*](#)

Books:

Paul Kivel: [Men's Work: How to Stop the Violence That Tears Our Lives Apart](#)

[Terry Real](#) : New Rules of Marriage

[Chapter 1](#)

[Terry Real](#) I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression

[bell hooks](#): The Will to Change: Men, Masculinity, and Love

[Egalia](#)

[The Macho Paradox](#)

[Backlash: The Undeclared War Against American Women](#) by Susan Faludi

[The Mask of Masculinity by Lewis Howes](#)

Movies:

[The Mask You Live In](#)

[My Own Man](#)

Organizations:

[It's On Us - Joe Biden, Former VP](#)

To Research & Add above:

Judith M. Bennett, "History Matters: Patriarchy and the Challenge of Feminism"

Ashley Miller

Whitney Baumann

Naomi Wolf

Letty Cottin Pogrebin

Naomi Klein?