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# He-Motions: Even Strong Men Struggle



## Synopsis

Do you find it difficult to express how you feel and what you need in your personal relationships? Do you have trouble communicating and developing relationships with other men? Does the weight of responsibility drag you down? Do you wonder why it seems difficult to get the support and encouragement you need from your wife? Do you often feel that there is a stronger, more effective leader inside you waiting to be developed? Do you wonder what God's plan is for you? As a man, you may often feel the pressure of fulfilling many roles in life: husband, father, son, businessman, member of the church community. Now, T. D. Jakes comes to your aid with a guidebook to help you understand your own needs for emotional and spiritual support. He offers practical, sound answers to assist you in expressing your needs and having them met in healthy and wholesome ways by those you love. This is a candid, no-holds-barred look at sexuality, spirituality, and the seldom mentioned but extremely important emotions that shape success in every area of a man's life. Using examples from his own life, as well as from the lives of the thousands of men he has counseled, Jakes gives detailed advice on how to move from struggle to success, from victim to victory. And ladies, He-Motions is also for you. Inspirational and refreshingly honest, this is the ultimate source for women seeking to comprehend and care for the men in their lives. It helps you decode men's often baffling behavior and provides eye-opening insights for greater intimacy and healing in your relationships. He-Motions brings clarity and hope to men and helps them strengthen their relationships with themselves, with the women in their lives, and with their Lord. It gives women the solutions they seek as they relate to the men they love. It is a book that will bring you closer together and closer to God.

## Book Information

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## Customer Reviews

A recent Dallas Morning News column profiling T.D. Jakes quoted a University of Houston sociology professor saying that Jakes is "incredible in how he's able to diagnose people's pain. He has an uncanny ability to put a finger on the human condition." Jakes' new book *He-Motions* illustrates the verity of the professor's statement. In *He-Motions*, Jakes nails the issues and challenges Christian men face today in trying to fulfill their many roles and pursue their dreams. Jakes writes from his heart and soul as a pastor, father, husband and entrepreneur. In the opening pages, he describes his motivation for writing: "I want to share what I've learned. I want to cut through so much of the junk imposed on men today and talk heart to heart about what it means to be a man, not in some touchy-feely group hug kind of way but in an honest, soul-bearing way, which also respects men and honors the women who love them and whom they love." Jakes thoroughly succeeds in fulfilling his desire for this book. Not only does he address male readers, but he also targets female readers who hope to gain insights about men. Jakes' no-holds-barred writing offers refreshing candor for those wanting an honest assessment of who they are and where they are in life. Jakes writes about his childhood, his ministry, his family and his ups and downs in life—always tying stories to life lessons for readers. It does not take the reader long to discern that Jakes possesses a vast breadth of wisdom and understanding about the inner workings of men in our culture. Jakes writes that "a man must value himself." *He-Motions* can help readers make great strides in finding value in themselves—regardless of their circumstances.

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