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Psychology : Health Psychology

Blazina, Christopher, Kogan, Lori R. (Eds.), New Mexico State University, Las Cruces, NM, USA

# Men and Their Dogs

**A New Understanding of Man's Best Friend**

- **First academic book to examine important relationship with man's best friend**
- **Highlights empirical basis for how bond enhances men's psychological state**
- **A contextual research approach pairing masculinity with other key variables**

The healing power of the bond between men and dogs is explored in this unique book. Three important themes emerge: attachment, loss, and continued bonds with canine companions for males across the life span and from various contextual backgrounds. The contributors replace common assumptions with needed context pertaining to men's emotions and relationships, starting with the impact of gender norms on attachment, and including robust data on how canine companionship may counter Western culture socialization. The chapters engage readers with details pertaining to ways in which dogs help men develop stable, caring relationships, process feelings, and cope with stress – within a variety of environments including home, school and treatment programs for veterans, prisoners, and youth. The book also address men's loss of companion animals, and the need for building new ways of sustaining the memory and meaning of the bond in males' lives, referred to as a "continuing bond." From these various vantage points, therapeutic insights and relevant findings bring a new depth of understanding to this compelling topic. Included in the coverage: Masculine gender role conflict theory, research, and practice: implications for understanding the human-animal bond in males' lives. At-risk youth and at-risk dogs helping one another. An examination of human-animal interaction as an outlet for healthy masculinity in prison. Exploring how the human-animal bond affects men's relational capacity to make and sustain meaningful attachment bonds with both human and animal companions. < Older adults and companion animals: physical and psychological benefits of the bond. Continuing the bonds with animal companions: implications for men grieving the loss of a dog.

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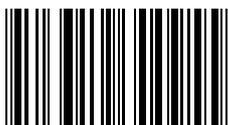
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