



## Reading List: Men's Health

1. **Fire in the Belly: On Being a Man** by Sam Keen
2. **New Passages** by Gail Sheehy
3. **Primal Leadership** by Daniel Goleman
4. **Seven Habits of Highly Effective People** by Stephen Covey
5. **The New Male Sexuality** By Bernie Zilbergeld
6. **The Way West** by A. B. Guthrie, Jr.
7. **Understanding Men's Passages: Discovering the New Map of Men's Lives**  
by Gail Sheehy