Is There Anything Good About Men?: How Cultures Flourish by Exploiting Men

Have men really been engaged in a centuries-old conspiracy to exploit and oppress women? Have the essential differences between men and women really been erased? Have men now become unnecessary? Are they good for anything at all?

In Is There Anything Good About Men?, Roy Baumeister offers provocative answers to these and many other questions about the current state of manhood in America. Baumeister argues that relations between men and women are now and have always been more cooperative than antagonistic, that men and women are different in basic ways, and that successful cultures capitalize on these differences to outperform rival cultures. Amongst our ancestors—as with many other species—only the alpha males were able to reproduce, leading them to take more risks and to exhibit more aggressive and protective behaviors than women, whose evolutionary strategies required a different set of behaviors. Whereas women favor and excel at one-to-one intimate relationships, men compete with one another and build larger organizations and social networks from which culture grows. But cultures in turn exploit men by insisting that their role is to achieve and produce, to provide for others, and if necessary to sacrifice themselves. Baumeister shows that while men have greatly benefited from the culture they have created, they have also suffered because of it. Men may dominate the upper echelons of business and politics, but far more men than women die in work-related accidents, are incarcerated, or are killed in battle—facts nearly always left out of current gender debates. Engagingly written, brilliantly argued, and based on evidence from a wide range of disciplines, Is There Anything Good About Men? offers a new and far more balanced view of gender relations.
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Willpower - Rediscovering the Greatest Human Strength

One of the world’s most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. "Deep and provocative analysis of people’s battle with temptation and masterful insights into understanding willpower: why we have it, why we don't, and how to build it. A terrific read." —Ravi Dhar, Yale School of Management, Director of Center for Customer Insights Pioneering research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-life experts, Willpower shares lessons on how to focus our strength, resist temptation, and redirect our lives. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they
falter. By blending practical wisdom with the best of recent research science, Willpower makes it clear that whatever we seek—from happiness to good health to financial security—we won’t reach our goals without first learning to harness self-control.

The Power of Bad - How the Negativity Effect Rules Us and How We Can Rule It

"The most important book at the borderland of psychology and politics that I have ever read."—Martin E. P. Seligman, Zellerbach Family Professor of Psychology at that University of Pennsylvania and author of Learned Optimism Why are we devastated by a word of criticism even when it’s mixed with lavish praise? Because our brains are wired to focus on the bad. This negativity effect explains things great and small: why countries blunder into disastrous wars, why couples divorce, why people flub job interviews, how schools fail students, why football coaches stupidly punt on fourth down. All day long, the power of bad governs people’s moods, drives marketing campaigns, and dominates news and politics. Eminent social scientist Roy F. Baumeister stumbled unexpectedly upon this fundamental aspect of human nature. To find out why financial losses mattered more to people than financial gains, Baumeister looked for situations in which good events made a bigger impact than bad ones. But his team couldn’t find any. Their research showed that bad is relentlessly stronger than good, and their paper has become one of the most-cited in the scientific literature. Our brain’s negativity bias makes evolutionary sense because it kept our ancestors alert to fatal dangers, but it distorts our perspective in today’s media environment. The steady barrage of bad news and crisismongering makes us feel helpless and leaves us needlessly fearful and angry. We ignore our many blessings, preferring to heed—and vote for—the voices telling us the world is going to hell. But once we recognize our negativity bias, the rational brain can overcome the power of bad when it’s harmful and employ that power when it’s beneficial. In fact, bad breaks and bad feelings create the most powerful incentives to become smarter and stronger. Properly understood, bad can be put to perfectly good use. As noted science journalist John Tierney and Baumeister show in this wide-ranging book, we can adopt proven strategies to avoid the pitfalls that doom relationships, careers, businesses, and nations. Instead of despairing at what’s wrong in your life and in the world, you can see how much is going right—and how to make it still better.

Evil - Inside Human Violence and Cruelty

Why is there evil, and what can scientific research tell us about the origins and persistence of evil behavior? Considering evil from the unusual perspective of the perpetrator, Baumeister asks, How do ordinary people find themselves beating their wives? Murdering rival gang members? Torturing political prisoners? Betraying their colleagues to the secret police? Why do cycles of revenge so often escalate? Baumeister casts new light on these issues as he examines the gap between the victim's viewpoint and that of the perpetrator, and also the roots of evil behavior, from egotism and revenge to idealism and sadism. A fascinating study of one of humankind's oldest problems, Evil has profound implications for the way we conduct our lives and govern our society.
Losing Control - How and Why People Fail at Self-Regulation

Self-regulation refers to the self's ability to control its own thoughts, emotions, and actions. Through self-regulation, we consciously control how much we eat, whether we give in to impulse, task performance, obsessive thoughts, and even the extent to which we allow ourselves recognition of our emotions. This work provides a synthesis and overview of recent and long-standing research findings of what is known of the successes and failures of self-regulation. People the world over suffer from the inability to control their finances, their weight, their emotions, their craving for drugs, their sexual impulses, and more. The United States in particular is regarded by some observers as a society addicted to addiction. Therapy and support groups have proliferated not only for alcoholics and drug abusers but for all kinds of impulse control, from gambling to eating chocolate. Common to all of these disorders is a failure of self-regulation, otherwise known as "self-control." The consequences of these self-control problems go beyond individuals to affect family members and society at large. In Losing Control, the authors provide a single reference source with comprehensive information on general patterns of self-regulation failure across contexts, research findings on specific self-control disorders, and commentary on the clinical and social aspects of self-regulation failure. Self-control is discussed in relation to what the "self" is, and the cognitive, motivational, and emotional factors that impinge on one's ability to control one's "self." Discusses the importance of the concept of self-regulation to general issues of autonomy and identity Encompasses self-control of thoughts, feelings, and actions Contains a special section on the control of impulses and appetites First book to integrate recent research into a broad overview of the area

Self-Made Man - One Woman's Year Disguised as a Man

A journalist's provocative and spellbinding account of her eighteen months spent disguised as a man. Norah Vincent became an instant media sensation with the publication of Self-Made Man, her take on just how hard it is to be a man, even in a man's world. Following in the tradition of John Howard Griffin (Black Like Me), Vincent spent a year and a half disguised as her male alter ego, Ned, exploring what men are like when women aren't around. As Ned, she joined a bowling team, took a high-octane sales job, went on dates with women (and men), visited strip clubs, and even managed to infiltrate a monastery and a men's therapy group. At once thought-provoking and pure fun to read, Self-Made Man is a sympathetic and thrilling tour de force of immersion journalism.

Meanings of Life

Who among us has not at some point asked, what is the meaning of life?’ In this extraordinary book, an eminent social scientist looks at the big picture and explores what empirical studies from diverse fields tell us about the human condition. MEANINGS OF LIFE draws together evidence from psychology, history, anthropology, and sociology, integrating copious research findings into a clear and conclusive discussion of how people attempt to make sense of their lives. In a lively and accessible style, emphasizing facts over theories, Baumeister explores why people desire meaning in their lives, how these meanings function, what forms they take, and what happens when life loses meaning. It is the most comprehensive examination of the topic to
date.

**Manliness**

In the wake of the monstrous projects of Hitler, Stalin, Mao, and others in the twentieth century, the idea of utopia has been discredited. Yet, historian Jay Winter suggests, alongside the ‘major utopians’ who murdered millions in their attempts to transform the world were disparate groups of people trying in their own separate ways to imagine a radically better world. This original book focuses on some of the twentieth-century’s ‘minor utopias’ whose stories, overshadowed by the horrors of the Holocaust and the Gulag, suggest that the future need not be as catastrophic as the past. The book is organized around six key moments when utopian ideas and projects flourished in Europe: 1900 (the Paris World’s Fair), 1919 (the Paris Peace Conference), 1937 (the Paris exhibition celebrating science and light), 1948 (the Universal Declaration of Human Rights), 1968 (moral indictments and student revolt), and 1992 (the emergence of visions of global citizenship). Winter considers the dreamers and the nature of their dreams as well as their connections to one another and to the history of utopian thought. By restoring minor utopias to their rightful place in the recent past, Winter fills an important gap in the history of social thought and action in the twentieth century.