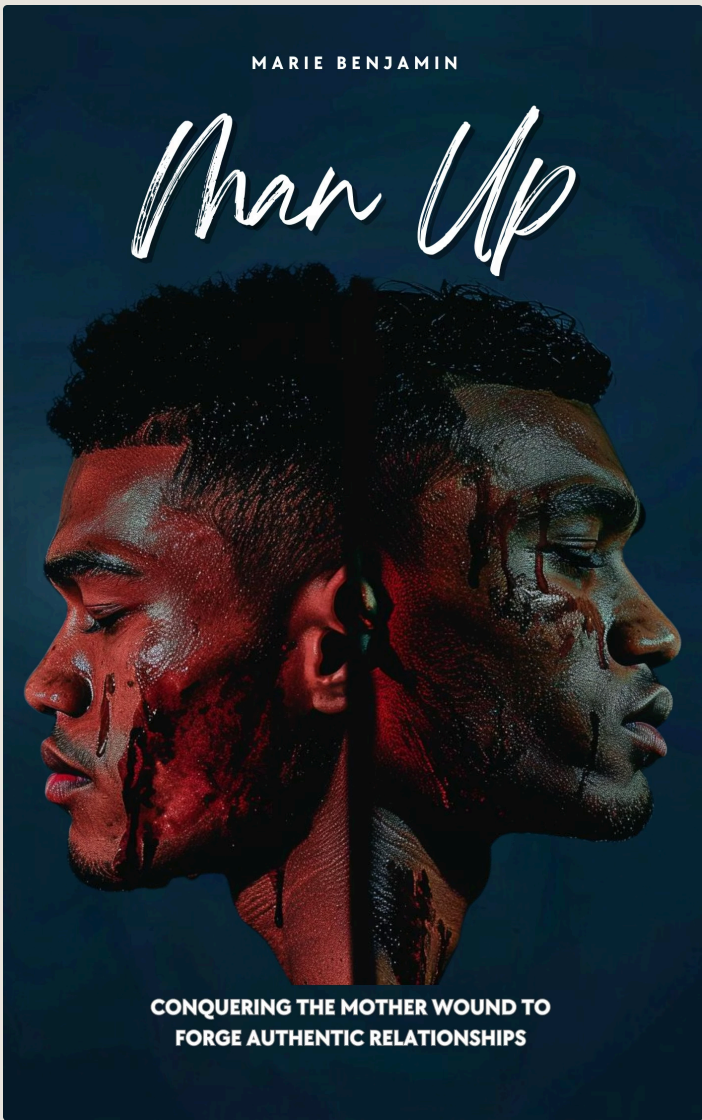


Man Up: Conquering the Mother Wound to Forge Authentic Relationships

Author: Marie Benjamin

Genre: Psychology / Relationships / Personal Growth

Purchase the Book



Overview

Man Up is a trauma-informed exploration of how early attachment wounds—particularly the mother wound—shape adult emotional patterns, intimacy, and relational behavior. The book blends psychology, lived experience, and reflection to support healing without shame or blame.

Key Themes

Attachment and early relational imprinting

Emotional regulation and intimacy

Breaking generational patterns

Accountability without self-criticism

Redefining strength in relationships

Ideal For

- Mental health-focused events
- Relationship and wellness programming
- Men's mental health conversations
- Book clubs, panels, and workshops

Available Formats

- Book discussions
- Author talks
- Facilitated group conversations