



R U Listenin'?: Helping Defiant Men to Recognize Their True Potential

Terry Bianchini

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R U Listenin ? challenges men to reflect on their personal and emotional behaviour and uses prison life as an analogy to help them rethink their perspectives. Aimed at professionals working with men who are challenging the boundaries of society or any man who feels frustrated by his life, the book offers detailed illustrative case studies, structured exercises and topics for discussion, which can be used by the individual or in a group context. These features are identified in the text by pictorial icons, making the book easy to navigate. The exercises are imaginative and challenging, encouraging men to develop social and communication skills and an understanding of how the structures of society work. The author also suggests exercises and techniques for dealing with challenging groups, which are ideal for use by group facilitators. This book provides positive guidance for troubled men and is an essential tool for professionals working with young offenders and men with challenging behaviour.

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