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***SAVING OUR SONS:
A Parent's Guide to Preparing Boys for Success***

Clayton Lessor's blueprint for helping troubled boys become healthy men

Our sons are in trouble. The statistics are stark and shocking, particularly this one: 75% of all crime in this country is committed by men who were fatherless children. Psychotherapist Clayton Lessor has an urgent message for their mothers, and others who care about troubled boys: "If they don't get help while they're still boys, they will almost certainly carry their problems with them and grow into troubled men." Lessor has worked with boys for more than 20 years; he has made changing these hopeless odds to hopeful futures his life's work. He encourages mothers reading his book to not let these daunting statistics discourage them: "The good news is, you're taking action right now... That means you've just improved your son's odds," he says.

In his new book, ***Saving Our Sons: A Parent's Guide to Preparing Boys for Success*** (Quest Project Press; September 1, 2016; \$16.95), Lessor draws on his troubled and abusive childhood, research completed for his Master's degree and his dissertation entitled: "Effect of a Counselor Facilitated Adolescent Boys Group on Referral and Dropout Rates", and his experience counseling thousands of troubled boys since creating it through The Quest Project®. The result is a book that is engaging, understandable, and most importantly, filled with tangible and specific information that mothers and others who care about boys can use to help them change their lives. Realizing that lay people lack the training of professionals, he spells out specific steps "What Mom Can Do" and makes concrete suggestions about finding professional help.



Not all troubled boys are fatherless (some fathers are abusive, or emotionally absent) — and not all have had brushes with the law or act out. Quiet boys can be troubled, too: “I spent a tremendous amount of energy just trying to stay under the radar,” says Lessor of his own boyhood. To throw even more confusion into the mix, how’s a mother to tell if her son’s moodiness and withdrawal — or acting out — is normal teen behavior, or a sign that there’s something seriously wrong? According to Lessor, mothers are often unsure, and so they often wait until there’s a crisis before taking action or seeking help. He urges parents not to wait. “While I truly believe it’s never too late to help a troubled boy, I also believe it’s never too *early* to ask for help if you suspect your son might have a problem,” He says.

Lessor became a therapist after therapy helped him overcome the wounds of his childhood. And he has made a difference in the lives of thousands of boys and those who love them: “One is working for the space program at NASA. One is an NHL hockey player. One boy who told me he wanted to be a serial killer is now a lawyer. I have a dentist. I have a lot of firemen. Every once in a while I’ll hear that one of my graduates is going to be a counselor.”

But Lessor doesn’t claim all of the credit. All of his success stories, he says, had parents — usually mothers — who cared. Parents who made mistakes, but “Didn’t give up and they didn’t stop trying until they found something that worked.”

Those parents will find help in ***Saving Our Sons***.

About the Author:

Clayton Lessor has a Master’s degree in counseling and is a PhD Candidate in Education and Licensed Professional Counselor (LPC) in private practice. For more than 20 years, he has specialized in treating boys through individual and group therapy. He is the creator and facilitator of *The Quest Project*® “*A Boys to Men Experience*” therapy program that has benefited more than 2,000 boys and young men. His publications include: *The Role of Deceased Mentors in the Ongoing Lives of Protégés*, Omega Journal of Death and Dying (Lessor & Marwit, 2000), *The Effect of Initiation and Mentoring on Adolescent Boys* (Lessor, 1998) and now the book *Saving Our Sons* (2016).



As a psychotherapist, Clayton counsels individuals in the areas of childhood trauma, physical, sexual and emotional abuse, bereavement and grief, chemical dependency and post traumatic stress disorder (PTSD); he also facilitates therapy groups and workshops for couples and individuals.

Additionally, Clayton is a United States Air Force Captain (ret), with 20+ years of service, and serves as a Military and Family Life Consultant (MFLC), counseling families who are facing deployment and those who are being reintegrated after active military duty. Clayton lives in Crestwood, Mo. With his wife, Debbie, and their three dogs.

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