

Generation of Men:

How to raise your son to be a healthy man among men

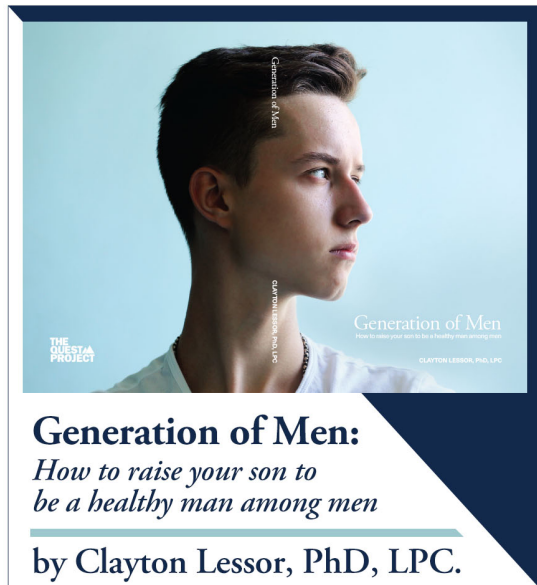
by Clayton Lessor, PhD, LPC.

We have a problem and the problem is with our boys – the next generation of men. With technology exposing modern youth to complicated concepts and situations at a much younger age, the price is paid by our boys. And, as a result of divorce, death, or disengaged dads, **one in three boys lives in a home without a strong male role model.** These boys are twice as likely to become drop-outs.

Author Clayton Lessor, PhD, is a Licensed Professional Counselor, as well as a miracle that has emerged from wreckage. After growing up in the home of an abusive, alcoholic and absent father, Dr. Clay decided to dedicate his life to helping boys. Through the will and a quest of his own, he learned to reparent himself and turn his own life around.

Now, through his new book, based around his acclaimed **The Quest Project®**, Dr. Clay offers the same to boys around the world.

Releasing early 2019, *Generation of Men: How to raise your son to be a healthy man among men* will serve as a how-to guide for fathers struggling to connect or reconnect with their sons, designed to provide immediate help and hope to fathers and to sons.



Generation of Men:

*How to raise your son to
be a healthy man among men*

by Clayton Lessor, PhD, LPC.

Between the ages of 12 to 15, boys undergo a pivotal phase of character development. During these years, they shore up the identities of the men they'll become. However, we have a situation on our hands.

The world today is complex. Technology, social media, current events, and dynamic shifts in culture have exposed modern youth to complicated concepts and situations at a much younger age. Children are navigating the ideas of adulthood in nearly every interaction. Yet, they have limited access to male role models.

Meanwhile, they are receiving conflicting definitions of masculinity. In movies and tv, they see "macho"

male idols while, at the same time, hear echoes from society that "men are bad." Amidst these convoluted expectations and assumptions, boys will turn to their friends, celebrities, video games, and the internet to learn how to "be a man." The result is a patchwork manhood.

Because boys with absent fathers are forced to source male role models from different places, their concept of manhood is also pieced together. Today, we have a systemic problem of prolonging immaturity into adulthood. What's more, this "patchwork manhood" is being passed generation to generation. **And what we see is a generation of boys who seem distant, upset, angry, apathetic and detached.**

New book, *Generation of Men*, written by Clayton Lessor, PhD, LPC, addresses the problem we have with our boys – the next generation of men. Serving as a how-to guide for fathers struggling to connect or reconnect with their sons, Dr. Clay provides fathers with the framework to use his proven program, **The Quest Project**, designed to provide immediate help and hope to fathers and sons.

Generation of Men reveals what our boys need and what they are missing. It discusses the importance of the father-son relationship, depicting real-life examples of broken father-son relationships through case studies. Most importantly, it introduces a boys' modern-day rite-of-passage towards becoming a man.



Author

Clayton Lessor, PhD, LPC

Clayton Lessor, PhD, LPC, is the author of ***Generation of Men*** and the Founder of **The Quest Project**, which was founded in 1996. He has authored a number of books on saving this generation of men including ***Saving Our Sons: A Parent's Guide to Preparing Boys for Success***, ***The Effect of Modern Day Initiation and Mentoring on Adolescent Boys***, ***Difference of a Counselor Facilitated Adolescent Boys Group on Behavior***, and he co-authored ***The Role of Deceased Mentors in the Ongoing Lives of Protégés***.

After serving as a commissioned officer in the Air National Guard, Dr. Clay devoted his life's work to studying childhood trauma and adolescent development. Driven by his own childhood history,

Dr. Clay's personal mission is to create healthy lifestyles by teaching, facilitating, writing, researching, and serving as an example for boys and men everywhere.

Dr. Clay's work and doctoral focus was built upon the foundational works of psychologists Erik Erikson and Urie Bronfenbrenner. After more than two decades of study, he has crafted a Modern-Day Rite-of-Passage program that contextualizes psychosocial and bioecological theory into a practical format for modern boys. With 18 years and well over 2,000 participants, **The Quest Project** has shown proven results, both quantitatively and in the personal testimonials of the families directly impacted.

Dr. Clay hopes that one day **The Quest Project** will be available to all boys across the country. For that reason, he splits his time between training other LPCs and LCSWs as facilitators of **The Quest Project** while continuing to steward growth for boys in his own practice, located in St. Louis, Missouri, as well as facilitating an intensive weekend version of the project at treatment centers, youth organizations, and churches upon request.

When he isn't working, Dr. Clay spends his free time at home, with his wife and two dogs.

Dr. Clay is also the founder of Charity Patch, a not-for-profit urban garden founded in 2013, which provides fresh produce to local food pantries. He can often be found in the garden along with a dozen or more **The Quest Project** graduates, covered in dirt, with an armful of veggies.

THE QUEST PROJECT

In *Generation of Men*, Author Clayton Lessor, PhD, LPC, provides fathers with the step-by-step guide, as well as actual Case Studies, for them to use his proven program, **The Quest Project**.

The Quest Project is the answer to help our boys with the problems they are facing. It serves as a catalyst around the most critical time in their lives, ages 10 to 18-years-old, stepping in as an example of the male role-model that boys today are lacking.

This guidance ensures that each boy receives the tools he needs today to become a whole, healthy man later.

One thing that unites our boys is that they all carry the burdens of a past wound. Through **The Quest Project**, Dr. Clay and his team help boys come to terms with their pain; to understand that it doesn't define them. Leading them through a cathartic process allows them to acknowledge their pain and grow past it. When a boy understands his wounds, only then can he begin to heal them. As he describes it, Dr. Clay "healed himself."

The therapy program provided through **The Quest Project**, and now shared in *Generation of Men*, encourages boys to envision their future selves. It helps them understand the obstacles that stand in their path today. Through this proven program, Dr. Clay helps them visualize the route they'll need to travel and how to overcome the hurdles to get there, helping them create a path forward for the rest of their life. And the results are astounding.



Invite Author Clayton Lessor, PhD, LPC, onto your show or platform to discuss the topics addressed in his book, ***Generation of Men: How to raise your son to be a healthy man among men***, or to discuss the proven program he created that has helped thousands of boys and families experience healing and break-through.

Topics

The Book - *Generation of Men*

- The Problem with Punishment & How to Set Ground Rules
- The Wounds Boys Share: The Ways Fathers are Absent Today
- What is Influencing Your Son
- Why Some Boys Never Grow Up
- The 5 Things Critical for your Son's Transition into Manhood
- Breaking the Cycle of Pain

The Program- **The Quest Project**

- Identifying Wounds
- Healing Wounds
- Overcoming Hurdles
- Finding a path forward
- Modern Day Rite of Passage

To schedule an interview with Author & Speaker Clayton Lessor, PhD, LPC, contact **Priscilla Visintine** at Visintine and Ryan:

Priscilla@visintineandryan.com / (314) 422-5646

Parent Testimonials

"You gave us our hope back... This week was another gift... You helped us repair any permanent damage, Clay. And I'm so grateful." – **Mother of Participant**

"It's not only for boys who are acting out, it's for kids who need to reiterate the solid ground to stand on and be themselves." – **Mother of Participant**

Participant Testimonials

"I have better ways to handle my anger now, moving forward. I'm going to focus a lot more on my grades and try to get those a lot better, because that's going to be the most important thing for me next year. Before I do sports, really try to focus on my grades, get those up, and as long as I keep them up, focus a lot on sports and try and do the best I can." – **Dylan, 16**

"I developed a better sense of self-esteem. I realized that I need to think more of myself. I had a very low opinion of myself at the time, and I realized that my opinion of myself is more important than what other people think about me... I really did like that punching bag. It was a way to let loose like I've never done before. I was really quiet and reserved, so to let loose like that and let all my frustrations out was really fun." – **Andrew, 14**