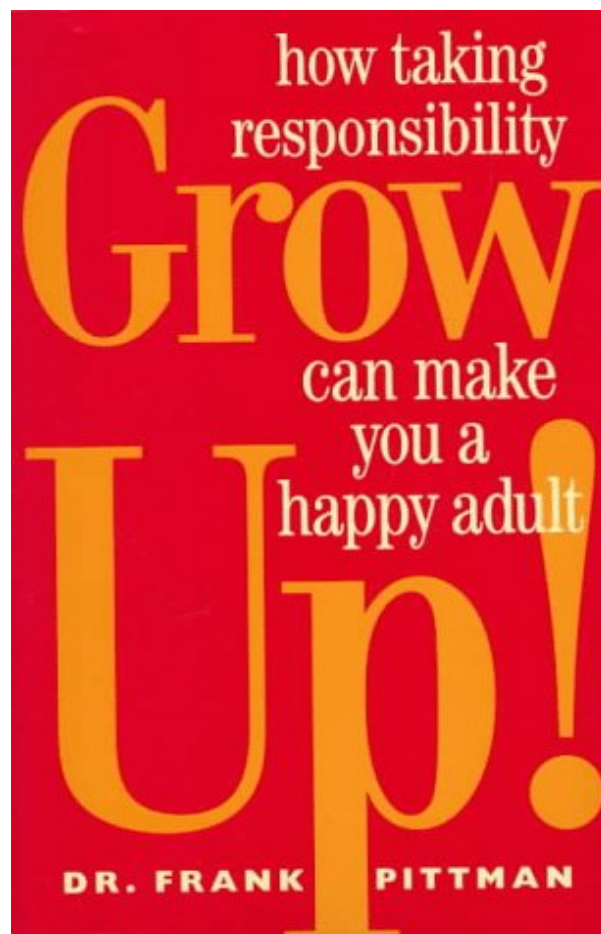
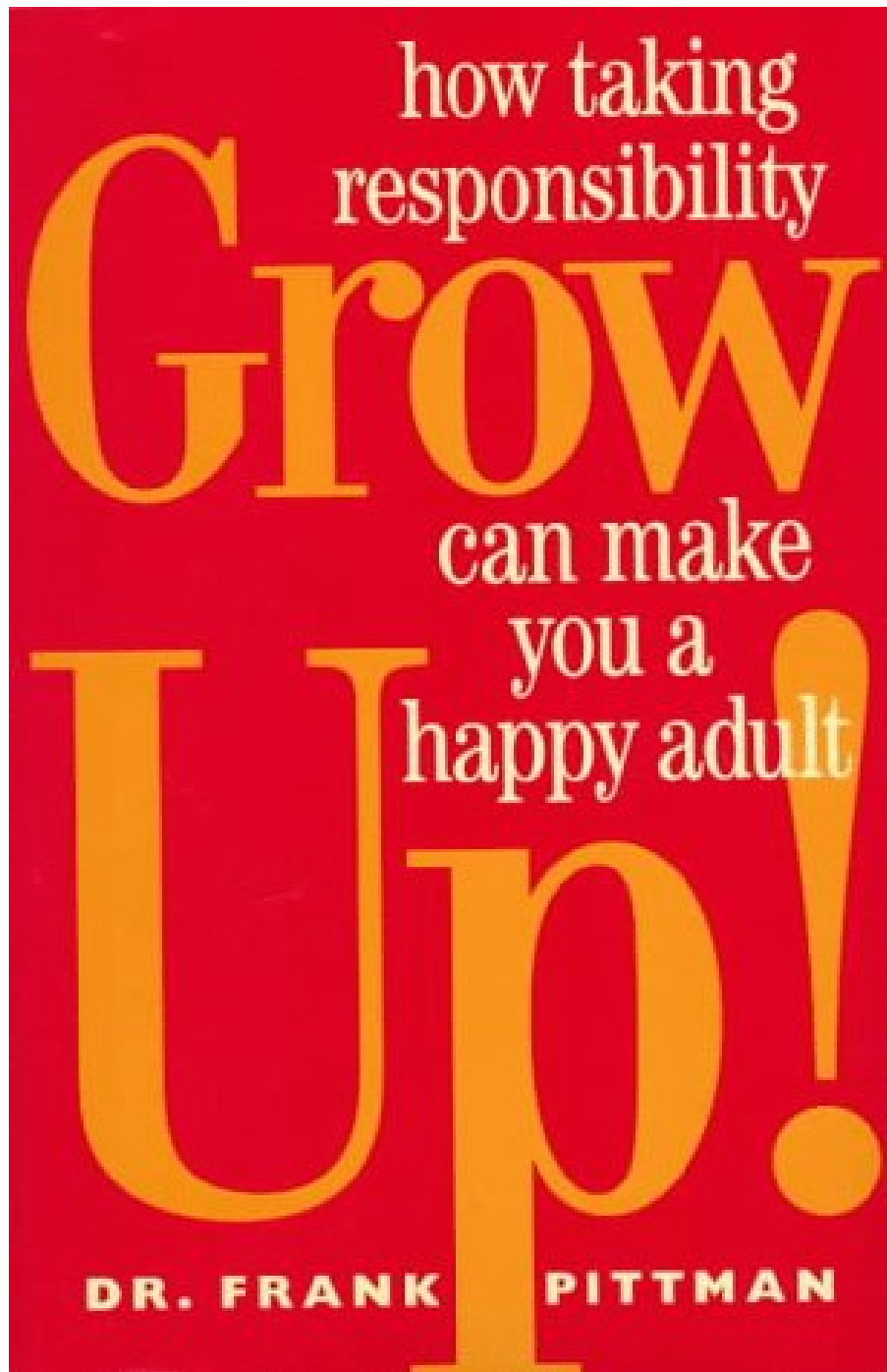


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CAN MAKE YOU A HAPPY ADULT BY  
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From Library Journal

Pittman (*Man Enough*, Putnam, 1993) is straightforward and witty in his guide to what it really takes to become a responsible adult. Effectively using his 37 years as a psychiatrist and family therapist, his 14 years as a movie critic, his six years as an advice columnist, and his personal experience to illustrate his points, he assures us that happiness can be found in taking responsibility for ourselves, our lives, and our loved ones. Pittman discusses the complexities of marriage, divorce, child-rearing, and forgiving your parents, arguing that changing gender roles and society's emphasis on narcissism and blaming others for our predicament keep us from moving from childhood to adulthood. Highly recommended for adult and young adult collections. A Demetria A. Harvin, Bronx, NY  
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"A wise, funny, in-your-face prescription for being a responsible and happy adult. Frank Pittman is Jeremiah, Solzhenitsyn, and Bill Cosby rolled into one extraordinary writer with something to say that we need to hear." --Dr. William J. Doherty, director of the Marriage and Family Therapy Program and president-elect of the National Council on Family Relations

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Learn the Secrets of Happiness

In a culture that glorifies the carefree pleasures of youth, we are often preoccupied with the search for happiness and complain when the reality of adult responsibility pulls us farther and farther away from our adolescent hopes and expectation. But with remarkable wit and irreverence, Dr. Frank Pittman reassures us that all adults can, indeed, achieve happiness. His solution for this modern malaise is refreshingly simple: Grow up. Stop confusing happiness with self-indulgence and learn to appreciate the simple pleasures in life. Dr. Pittman cleverly blends his professional wisdom with cultural parallels, weaving references to film, literature and other modern-day icons with his own experiences and case studies. With a clear sense of optimism and enthusiasm, he illustrates the rewards that accompany the transition into adulthood. He takes on gender role, marriage, parenting, divorce, and depression and reveals some of his secrets of living happily. Revealing that the true essence of happiness stems from personal honor and integrity, Dr. Pittman urges adults to reconsider their roles in their families and society, because "knowing that we have the power to increase the level of happiness in the world may be the ultimate secret of happiness."

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And I'm glad I did, I think...

By Steven P. Spinella

So what kind of person reads a book entitled, "Grow up!" In this case, it's a midlife Christian therapist in Taiwan who got asked to read it as part of a restoration journey. In some ways, I found my position, though not yet a grandfather, that of a cheering audience who has yet to write my own book. I would still like to be a happy adult, though.

I think Frank (Pittman sounds a little formal for an author who shares this many personal anecdotes and writes so informally) is right on target about our need to grow up. To rephrase that, we need to do what we can do with the hand we have been dealt and the day that we have, e.g., today. Blaming others, trying to get others back, or even competing with others is not likely to lead to much long term satisfaction, whether those we target are spouses, kids, bosses, coworkers, friends, or even in-laws.

In fact, the literature tells us that self-sacrifice in the pursuit of purpose is one of the key factors in personal happiness, though in the short term drugs and sex work pretty well, too. As you might guess, this book argues for a long term perspective. And when it comes to long term perspectives, working with the mate we have for the success of one's grandchildren, nephews, nieces, and kids while caring for those who went before us is about as long-term as it gets.

Along the way, Frank doesn't hesitate to give a lot of personal advice. Now this is great, especially if you happen to be short on good advice, and there are a lot of people who are, either because life didn't deal them Frank's hand in cards, or because tragedy or poor choices intervened along the way. Of course, that's the problem, too. If you have dealt with a difficult life or trauma and tragedy along the way, you may not have such a sunny and optimistic view of how to get ahead as Frank does. In fact, you might even get a little angry or jealous as you think about a healthy, highly educated, prosperous man with an intact family and successful children telling you how to have a good life. (Tip from the book: Don't waste too much time on this, it won't do much to help make you a happy adult.) Tip from the reviewer: Don't read this book if you want to hear stories about an author who has overcome adversity and accepted vanity as one's lot in life.

Still, even the author who said, "Vanity of vanities. All is meaningless," also concluded that the best course of action is to live life with gratefulness, accepting it as a good gift and enjoying it. Of course, reputedly that author was also very rich, wise, healthy, and so forth.

So read the book, pick out a few movies you haven't seen if you're into watching movies, and pick one or two things you can do with your current partner, child, boss, or friend to "grow into," and reap a small (or maybe bigger) harvest of joy and peace.

Spoiler note to Christians: Frank is big on post-patriarchal marriages and families, his label for being feminist-friendly, but still big on loving, involved couple and family life, even to the third generation.

0 of 0 people found the following review helpful.

Straight forward with no fluff. Pittman cuts to the ...

By janet d. moorman

Straight forward with no fluff. Pittman cuts to the chase and suggests ways to focus on what matters in marriage and families.

0 of 0 people found the following review helpful.

A very comprehensive look at the structure of relationships

By Barrett N Byler

In this day and age it has become acceptable to blame everyone else for the bad situations in which we find ourselves. Dr Pittman gives examples of many of the reasons for those issues without taking the responsibility away from the reader for taking control of their own life.

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