



# Friend Grief and Men: Defying Stereotypes

*Victoria Noe*

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## **Friend Grief and Men: Defying Stereotypes** Victoria Noe

"Be a man." Society expects men to take charge, get things done and keep their emotions in check. But what happens when their best friend dies and they're not allowed to grieve? In *Friend Grief and Men: Defying Stereotypes* you'll meet men whose friendships shaped their lives. Some lost a best friend. Some lost dozens of friends. Their stories of grieving and healing will change your perception of what it means to 'be a man'. A former actor turned rabbi reflecting on the importance of his friends. A professional hockey player whose friend's suicide prompted him to start an organization to support former hockey players in need. Long-time survivors in the AIDS community, whose needs are very similar to those of military veterans. A sportswriter whose best friend was the first person close to him to die. And more...

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