



Breaking the Mother-Son Dynamic: Resetting the Patterns of a Man's Life and Loves

By John Lee



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Several years ago, John Lee authored what is generally considered to be the most authoritative book on why men run from relationships, *The Flying Boy: Healing the Wounded Man*. In his new book, he revisits the mother-son relationship and gently but assertively shows men how to separate from the mother energy that has a massive magnetic pull on their hearts and souls, no matter how young or old they may be. Lee also shows women how to keep from being a man's surrogate mother and shows mothers how to minimize their unconscious draining of their son's energy, and much more.

By the end of the book, not only will mothers and sons be able to identify this dynamic, but they will have tools to dismantle it and create a healthier relationship. Wives, girlfriends and lovers of men who may be caught in the dynamic and are suffering because of it will find tools for navigating and negotiating their relationship both with their husband, partner, or lover and his mother.



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