



Game Plan: A Man's Guide to Achieving Emotional Fitness

Alan Lyme, David J. Powell, Stephen Andrew

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If you're a man, get ready to unleash the hero inside, and if you're a woman, get ready to understand men like never before. This practical and provocative book is packed with the lessons your dad never taught you about living life to the fullest, free from addiction and other self-destructive behaviors. From "Growing up Male" to "Men and Their Children," *Game Plan* tells it the way only a man sees it and only as a man can hear it.

David J. Powell, PhD, is president of the International Center for Health Concerns, Inc. and assistant clinical professor of psychiatry at Yale University School of Medicine. He trains internationally on clinical supervision, family therapy, and men's issues in recovery. He is the author of *Playing Life's Second Half: A Man's Guide for Turning Success into Significance*.

Alan Lyme, LCSW, is clinical supervisor for the Screening, Brief Intervention, and Referral to Treatment Grant Program in Georgia. Alan is a Motivational Interviewing trainer, an internationally certified clinical supervisor, and an internationally certified alcohol and drug counselor.

Stephen Andrew, LCSW, is an international consultant and trainer. He serves as the chief energizing officer for Health Education & Training Institute in Portland, Maine. Stephen is a true visionary and is the creator of SpiritWind, a CD series for personal growth and recovery.

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