

GETTING NAKED

A FIELD GUIDE FOR MEN

BY MARK GRAYSON

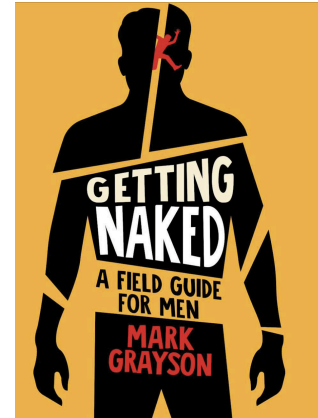
MARK GRAYSON

Brief Author Bio: A small-town guy who attended Harvard and Columbia, Mark Grayson is a writer and serial social entrepreneur. He helped launch three award-winning start-ups for children; is a Featured Columnist for The Good Men Project, and a recognized leader and thought leader in the men's work space. With a background in media and education, Grayson has spent his career helping individuals embrace a more authentic version of themselves through open dialogue and self-reflection. The Founding Director of Trinity Spiritual Center, the former CEO of *All Kinds of Minds*, Grayson's writing has reached millions, encouraging men to engage in every aspect of their being rather than only those that society deems acceptable. *[Longer bio below]*



GETTING NAKED A FIELD GUIDE FOR MEN

Brief Book Blurb: Getting Naked proposes a framework to help men make a transformative mental, emotional and behavioral shift. Weaving together the latest academic research, stories of men who have navigated their own journeys toward a new masculinity, and perspectives gained from Grayson's own path toward an expanded conception of masculinity, this book will help men experience the grace, power and joy of being alive, connected, and unabashedly male. *[Longer blurb below]*



SUGGESTED INTERVIEW TOPICS

1. The seven key aspects of identity that are conditioned into men from an early age.
 2. Mark's personal journey through those areas—leading to the writing of *Getting Naked*.
 3. How men can reclaim aspects of their personalities that society has suppressed, and why that reclamation is transformative both for them and for society at large.
 4. The impact of inner adaptive capacities on men's relationships.
 5. The role that men can play in helping our society to reclaim its humanity.
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CONTACT

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PAST MEDIA

1. Full Interview: [Dec 13, 2024 | ManKind Podcast Hosted By Boysen Hodgson](#)

REVIEWS | TESTIMONIALS | ENDORSEMENTS

“Mark Grayson has written a book that will save men’s lives. I can’t put it any more succinctly than that.”

- Mark Greene

Author of The Little #MeToo Book for Men & host of the Remaking Manhood Podcast

“Beautifully written and filled with practical advice that will most assuredly be helpful not only to men but to all who read it.”

- Dr. Niobe Way

Author of Rebels with a Cause: Reimagining Boys, Ourselves, and Our Culture

“If you’re looking for a road map on how to live as a man for the 21st century and beyond, look no further.”

- Dr. Sadhvi Bhagawati Saraswati

Renowned spiritual leader and author author of #1 bestselling memoir, Hollywood to the Himalayas: A Journey of Healing and Transformation

“This is probably not a book that you’ll pull out on the plane, but it is one that you must read.”

- Boysen Hodgson

Marketing and Communications Director, the ManKind Project USA

THE BOOK: GETTING NAKED

A FIELD GUIDE FOR MEN

[LONG BLURB]

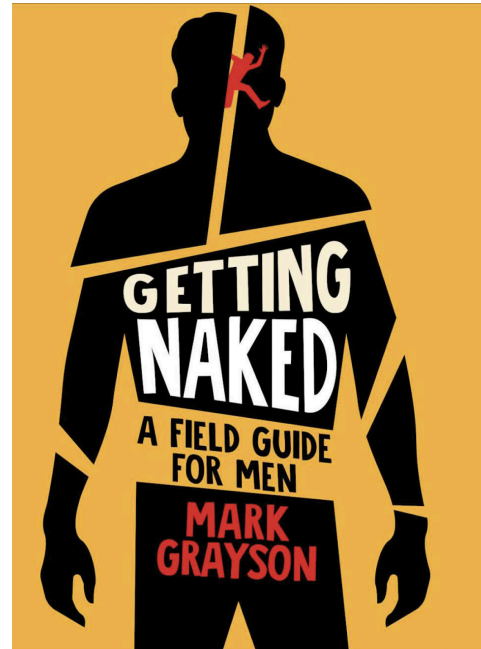
Men are in crisis. Ensnarled in a culture of masculinity driven by powerful patriarchal ideals, whipsawed by competing views of men and gender expectations, many men struggle to form true connections, find personal fulfillment, and experience happiness.

We feel caught between our desire for change and fear of it, stuck in a "box" that harms us and those we love.

To escape, each man must determine for himself what it is to be a man, and rebuild his masculine identity from the inside out. *Getting Naked: A Field Guide for Men* offers a roadmap out of the set of expectations that hold us hostage, frozen in place.

Author Mark Grayson describes the critical steps a man can take toward personal transformation, leading to a new masculine identity and the life of connection, meaning, and purpose that he desires. He explores seven key tenets that are conditioned into men from an early age, suggests actions men can take to reclaim aspects of our personalities that our culture devalues, and shows men how we might expand our identities as providers, warriors, and protectors to become nurturers, companions, seekers--and authentic men.

Getting Naked proposes a framework to help men make a transformative mental, emotional, and behavioral shift. Weaving together the latest academic research, stories of men who have navigated their own journeys toward a new masculinity, and perspectives gained from Grayson's own path toward an expanded conception of masculinity, this book will help men experience the grace, power, and joy of being alive, connected, and unabashedly male.



MARK GRAYSON

AUTHOR OF GETTING NAKED: A FIELD GUIDE FOR MEN

[LONG BIO]

A small-town guy who attended Harvard and Columbia, Mark Grayson is a writer and serial social entrepreneur. He helped launch three award-winning start-ups for children; is a Featured Columnist for The Good Men Project, and a recognized leader and thought leader in the men's work space.

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Forty years ago, Mark Grayson rejected the constricting narratives of masculinity he had absorbed while growing up in rural Ohio and Central Texas. Realizing these beliefs were fundamentally damaging, he chose to explore a more authentic understanding of manhood.

Throughout a career filled with opportunities and setbacks, Mark embraced openness, transparency, and vulnerability, defying traditional male norms. He confronted his limiting foundational beliefs about what it means to be a primary provider, expanding his view of masculinity. This forced him to look deeper, and set off on a journey of identity, exploring both internal and external territories to discover the essence of the male psyche.

The result is *GETTING NAKED: A FIELD GUIDE FOR MEN*, a book that provides men with a framework to rebuild their identities from the inside out, fostering healthier relationships, personal fulfillment, and greater happiness in life. It is part self-help manual, part research log, and informed by deep conversations with everyday men. The book documents Mark's own path alongside discussions with experts on the subject of Men's Work and Masculinity, and dares men to follow, not just for their sake, but for the sake of every life they touch.

