



## Boyz 2 Buddhas: Counseling Urban High School Male Athletes in the Zone (Counterpoints)

By David Forbes

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Is conventional masculinity hazardous to young men's health? *Boyz 2 Buddhas* proposes that mindfulness meditation can help male teens deal with the unhealthy pressures of growing up today. After examining high school football – a popular activity that evokes troublesome aspects of male consciousness and behavior – David Forbes describes a meditation and discussion group he held with urban high school football players. The students meditated in order to play football in the zone, a state of higher awareness. Along the way they also learned to live their lives in the same manner, resulting in a more mindful, healthy way of growing up to be men. The counseling model illustrated in this book blends popular culture with contemplative practice, and addresses young men's need for greater personal meaning.

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**Boyz 2 Buddhas: Counseling Urban High School Male Athletes in the Zone (Counterpoints)** By David Forbes **Bibliography**

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### Editorial Review

#### Review

«David Forbes has provided a new look at an old problem: male aggression. In *Boyz 2 Buddhas*, Forbes offers a road map of how to bring to bear the wisdom of meditation and mindfulness to the turbulent lives of boys struggling to find a positive path to manhood.» (James Garbarino, E.L. Vincent Professor of Human Development, Cornell University, and Author of 'Lost Boys: Why Our Sons Turn Violent and How We Can Save Them')

«David Forbes is one of a new wave of counselors and mental health professionals deeply concerned about the stressful lives of inner-city youth and the psychological burdens of conventional masculine attitudes. 'Boyz 2 Buddhas' documents his attempt to reach urban football players through unorthodox means: teaching them meditation. And his approach works. We desperately need these innovative approaches to counseling boys who would most certainly be resistant to conventional therapeutic approaches.» (Michael Thompson, Coauthor of 'Raising Cain: Protecting the Emotional Life of Boys')

«'Boyz 2 Buddhas' is a powerful testament to the importance of cultivating the goodness that is already inside of us in the pursuit of happiness, be it in the fields of athletic competition or the daily activities of our lives.» (George T. Mumford, Sports Psychologist and Insight Meditation Teacher)

#### About the Author

The Author: David Forbes teaches school counseling in the School of Education at Brooklyn College/City University of New York. He received his doctorate in education (counseling) from the University of California at Berkeley, and is the author of *False Fixes: The Cultural Politics of Drugs, Alcohol, and Addictive Relations*.

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