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**March 18th 2013: Men of Steel and Velvet:
Session 10**

Men are supposed to start with steel and then learn the velvet side. Gender roles are changing but we have no models on how to become this man of steel and velvet. Be strong, but not too strong. Be gentle, but don't be a wimp. We know of the harm of rape to a woman's body and psyche. But men are raped in just being men. Sudden danger? We are expected to put our life on the line for home, family, or even strangers. Injury, paralysis, mutilation, death? We don't talk of this expected sacrifice of men's bodies as devaluing and the damage to their psyches isn't even discussed. Damage to men is

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