

# JEFF BETHKE

AUTHOR, SPEAKER, PODCASTER



**Jeff Bethke** is the New York Times bestselling author of *Jesus > Religion, It's Not What You Think* [and numerous other books](#). He and his wife, Alyssa, host [The Real Life Podcast](#) and run [FamilyTeams.com](#), an online initiative equipping families to live as a multi-generational team on mission. He is also the co-founder (along with *Fighting Shadows* co-author Jon Tyson) of the Forming Men podcast and retreats. They live in Hawaii with their daughters, Kinsley and Lucy and son, Kannon. For more on Jeff, [click here](#).

## CREDENTIALS

- NYT bestselling author of over a dozen books with major U.S. publishers
- Experienced guest of hundreds of television, podcast and radio interviews
- Co-creator of [FormingMen.com](#), as well as the [Forming Men podcast](#) and retreats/events
- Content creator whose podcasts & videos boast tens of millions of views

## AVAILABILITY

- Avail via phone, Skype, Zoom
- Avail to travel for select opportunities
- Hawaiian time zone (five hours behind ET)

## ONLINE

Click the icons below to find Jeff online.



## DOWNLOADS

- [Jeff Bethke headshot](#)
- [Hi resolution book cover image](#)

## WATCH, LISTEN



Click on the images to watch or listen to: Jeff and *Fighting Shadows* co-author Jon Tyson talk on the 'Forming Men' podcast (top left). Jeff on Yahoo's 'Build' series; Jeff with Faithwire re: his 2019 book, 'To Hell with the Hustle'; Jeff on his own podcast with wife, Alyssa; Jeff with author John Mark Comer or with Alex Clark on *The Spillover* Podcast.



TO BOOK AN INTERVIEW, CONTACT:

JASON JONES 512.720.2996

JASON@JONESLITERARY.COM



# JON TYSON

BESTSELLING AUTHOR, SPEAKER, PASTOR



**Jon Tyson** is a New York City based pastor and author. Originally from Adelaide, Australia, Jon moved to the United States over two decades ago with a passion to seek and cultivate renewal in the Western Church. He is the author of [multiple books](#), including [The Burden Is Light](#), [Beautiful Resistance](#), and [The Intentional Father](#). He serves as the Senior Pastor at Church of the City New York.

## CREDENTIALS

- Decades of church planting and ministry experience, including many as lead pastor at a multi-site church in New York City
- Planted Church of the City in NYC in 2018
- Prior to planting Church of the City, he founded Trinity Grace Church in NYC, which grew to 11 parishes
- Author of multiple books
- Experienced radio, podcast and television guest, having conducted hundreds of interviews
- Has discipled/led thousands of men in founding his men's ministry
- Co-creator of [Forming Men website](#), [podcast](#) and retreats

## ONLINE

Click the icons below to find Jon online.



## DOWNLOADS

- [Jon Tyson headshot](#)

## AVAILABILITY

- Avail via phone, Skype, Zoom
- Avail to travel, if necessary
- Eastern time zone (New York City)

## WATCH, LISTEN



Click on the images to watch and/or listen as Jon speaks at a Christian Mens Network event (left), talks with Annie Downs on the 'That Sounds Fun' podcast (left center) or enjoys conversations with Ann and Dave Wilson on 'Family Life Today' and Art of Masculinity podcast host Brett McKay.



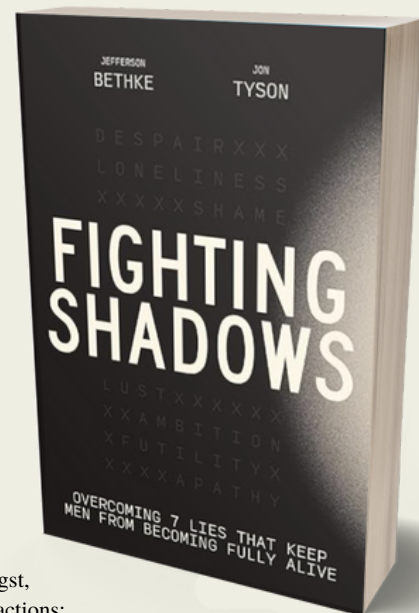
TO BOOK AN INTERVIEW, CONTACT:

JASON JONES 512.720.2996

JASON@JONESLITERARY.COM



# ABOUT THE BOOK



[Click for additional info](#)

Everyone in our culture today seems to have a comment or idea about masculinity. What it is. Why it's toxic. What we should do with it. Repress it, they say. It's just a social construct, anyway. Tuck it away. Release it. Redefine it. But author Jeff Bethke and pastor Jon Tyson think Jesus offers us another way — reorienting our vision of masculinity around Him. In their new book, Bethke and Tyson pull back the veil on 'the shadows' that most men live under and explore how they can be overcome. The notion of low-grade angst, unconscious despair and the critique of traditional male roles is introduced, alongside three common problematic reactions: overcompensating, shutting down and medicating. Men feel isolated and don't know how to express their loneliness and vulnerability. Yet they go to church each week, handle their responsibilities the best they can, and keep gutting it out. But that angst lies below the surface ... they just aren't sure how to get it out. If they bring this up at church, especially if they're in positions of leadership, they're not sure how those questions will be received because the church today is reeling from the damage men have done. Their models and mentors have failed them. Some of our culture's most charismatic pastors seem to be narcissists, some of our most famous apologists have turned out to be predators, and too often, the leaders calling for men to lay down their lives like Christ are the ones covering up abuse. Theological discussions about gender roles in the church have boiled over into increasingly divisive social media wars. It seems the idea of being a Christian man in the world today has largely failed. And most men don't just feel this failure in the church—they feel it in their hearts. It's not just that their models have failed them; they deal with the shame of their own failures. So many temptations overwhelm them daily that it can feel like they are waging a war on a thousand fronts. So ... *what's to be done?*

## WHAT'S INSIDE

- A unique exploration of the seven 'shadows' that plague men: **despair, loneliness, shame, lust, ambition, futility** and **apathy**
- An exploration of **the most common reaction** to those shadows — **overcompensation, shutting down** and/or **medicating**.

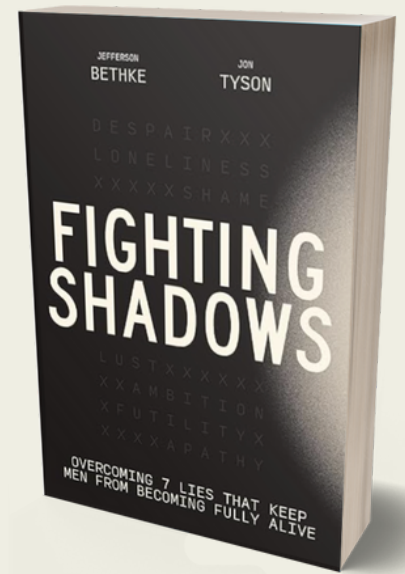
## WHY IS IT RELEVANT?

- **Masculinity is under attack** and an effort has been underway for many years to redefine what it means to be a man in today's culture
- The **mental health crisis among men** drives forward, including high rates of depression, anxiety, and suicide.
- **Political** and **cultural polarization** are shutting men down, causing many men to live in fear or unsure of how to speak up, live out their faith, lead in their homes, churches or places of business.
- **Crisis of leadership and integrity.** Years of scandals involving prominent Christian leaders have raised questions about the integrity of male leadership within the church and the need for accountability, transparency and ethical conduct.
- The epidemic of **loneliness** grows. We've never been more isolated and most men feel alone.
- **Lust, ambition, loneliness, apathy** are crushing men today. And the resulting shame and guilt are driving men from each other, their families and the church.
- We live in a world where you are told being a man is just 'a social construct' and anyone who believes otherwise is an oppressive bigot.
- So many men either believe there's nothing to live for or have become mired in **apathy**, believing it's just not worth their energy anymore.

## SUGGESTED QUESTIONS

- What are 'shadows' and how do they impact the mental, emotional and spiritual well-being of men today?
- Why do men run to the shadows? Hide in the shadows?
- You talk about three common reactions men have when facing pressure. What are they? And how can men recognize and alter them?
- What are some common false hopes men chase after?
- Loneliness is a major struggle for men. How can men combat it and what role does friendship play? How can men find/create community?
- Shame versus guilt is a crucial discussion in the book. Can you explain the difference and why it's important for men to understand it?
- Lust and ambition are discussed as two of the shadows men face. What should men do with these shadows? How do and should they respond?
- The book mentions the 'shadow of futility' regarding work. How can men find meaning and purpose in their careers or vocations?
- What strategies do you recommend for men to awaken from the shadows and rise to their full potential?
- How does leaning on God's strength and grace help confront the shadows?
- The struggles faced by men are described as universal. Why is it crucial for men to recognize this if they're to overcome their struggles?
- How can churches and faith communities support men as they work through the issues discussed in *Fighting Shadows*?
- How do we work with diligence when we are underemployed?
- How do we stay present with our kids when the world takes the best we have and leaves us scraps for those we love?
- How do we remain involved and invested in our marriages when spouses today are being pulled away from each other by a never-ending list of competing priorities?
- How do we channel our ambition in a redemptive direction, without leaving casualties behind us?
- How do we cultivate our dreams in a state of feeling overwhelmed?

TO BOOK AN INTERVIEW, CONTACT:  
JASON JONES 512.720.2996  
JASON@JONESLITERARY.COM



**“MEN TODAY ARE SUPPOSED TO BE CALM, PLACID, AGREEABLE, NICE, APOLOGETIC AND REMORSEFUL. WE ARE SUPPOSED TO SIT BACK, SHUT UP AND HAND THINGS OVER BECAUSE WE HAVE ALREADY HAD OUR TURN.”**

A low-grade angst seems to have settled over the hearts of men in our world today. You probably know exactly what I’m talking about.

This angst is not new. Writing in the mid-1840s, Henry David Thoreau identified it this way: “The mass of men lead lives of quiet desperation . . . unconscious despair is concealed even under what are called the games and amusements of mankind.”

This unconscious despair is not so much a direct threat as a kind of fog that has rolled in, blocking our vision and leaving us confused about how to function as men in the modern world. In some ways the world is still built by men, for men. But in other ways, masculinity itself seems to be in crisis. There are the obvious attacks on God’s creational distinctions for men and women. People today, for example, are asking whether there is even such thing as man (or woman) that anyone in our world can agree on. But that’s not the main thing confronting most of our hearts. For followers of Jesus, it’s about how our vision of being a godly man has fallen so far short of our calling.

We just don’t know how to live from full hearts and hold our heads high as men in the modern world. We feel this angst deeply. We get worried that we are going to say the wrong thing about the latest progressive gender ideas and get lambasted by friends. We are torn about our ambition and how to use it in a way that doesn’t hurt others. For followers of Jesus, it’s about how our vision of being a godly man has fallen so far short of our calling.

We are tempted and confused by the sexualization of our world and often feel paralyzed by shame. We feel isolated and don’t know how to express our loneliness and vulnerability. Yet we go to church each week, handle our responsibilities the best we can, and keep gutting it out. The angst lies below the surface, and we are not sure how to get it out. If we bring this up at church, especially if we are in positions of leadership, we are not sure how our questions will be received because the church today is reeling from the damage men have done. Our models and mentors have failed us. Some of our most charismatic pastors seem to be narcissists, some of our most famous apologists have turned out to be predators, and too often the leaders calling for men to lay down their lives like Christ are the ones covering up abuse. Theological discussions about gender roles in the church have boiled over into increasingly divisive social media wars.

It seems the idea of being a Christian man in the world today has largely failed. And most of us don’t just feel this failure in the church—we feel it in our hearts. It’s not just that our models have failed us; we deal with the shame of our own failures. So many temptations overwhelm us daily that it can feel like we are waging a war on a thousand fronts.