



# Ain't No Sunshine: Men Reveal the Pain of Heartbreak

*Kimberley A. Johnson, Ann Werner*

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What sorrow lurks in the minds of men suffering from a broken heart? Ain't No Sunshine knows! How do men feel when they lose someone they love? Do they cry? Do they obsess? Do they call psychics? Under the protection of anonymity, thirty-eight men describe in detail how they've dealt with the pain of heartbreak. Whether it's because of divorce, betrayal, death or simply getting dumped, the raw honesty of these men may surprise you. Modern American society so often discourages men from admitting to emotional pain, especially when it comes to matters of the heart. From an early age men are taught to "suck it up." Women often think men have it easier when it comes to the pain of heartbreak. But is that really the case? Ain't No Sunshine provides an opportunity to unlock those mysteries in this informal collection of stories. Interviews with therapists, psychics and bartenders are included and provide informative insights into how men react to a broken heart. Love is never easy. Loss of love is always difficult. Here is proof that not only do men struggle, sometimes the struggle is more difficult than it is for women. Ain't No Sunshine is a rare glimpse into the elusive male psyche

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