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Men cause most of the problems in the world.

The Wisdom for Men program provides understanding for men and people who would like to help boys and men become wiser, develop healthy relationships, and have fulfilling lives.

This program is for men and community organizations, libraries, schools, and conferences.

7 VALUES	Honesty, Loyalty, Risk-taking, Respect, Resilience, Improvement, Wisdom
Mission	Help men cultivate values to live a good life.
Programs	Provide helpful monthly, quarterly, and annual programs.
MEETINGS	Provide monthly online meetings to help men.
REACH	Reach men through word-of-mouth referrals.
AUDIENCE	Involve men interested in improving their lives.
Імраст	Help men help their families, communities, and the world.

Values often associated with living a good life include:

1	Honesty	In a difficult world, with confused people, be as authentic as reasonable.
2	Loyalty	Be loyal to oneself, family, friends, and one's principles.
3	RISK-TAKING	Take calculated risks to pursue meaningful goals.
4	RESPECT	Show respect to others. Earn respect through one's actions.
6	RESILIENCE	Bounce back from challenges. Keep working on one's goals.
6	IMPROVEMENT	Reflect on what you would like to improve and work on it.
7	Wisdom	Accumulate experience and use it to make wise decisions.



Wisdom for Men ... Building A Better Future Helping Men, Families, Communities & Our World

We see many lost men without mentors, values, and principles to guide them day to day.

We see poverty, lack of education, addictions, crime, gangs, militias, mercenaries, violence, self-sabotage, and self-destruction.

What can we do?



- 1. Wisdom for Men grew out of my speaking up for men worldwide in 2005 at the *UN Conference on Interfaith Cooperation for Peace*.
- 2. I stood up and said there could never be peace in the world unless men have work that we needed a *World Works Program*.
- 3. At that time, people were being recruited from around the world by international Islamic terrorist organizations.
- 4. I then started the *Long Island Men's Center* and was president from 2005 to 2010.
- 5. The world is now headed for work disruptions due to AI.



- 6. The world is now suffering from wars and massive international migrations caused by violence, crime, corruption, and unemployment in violence-ridden countries.
- 7. This can lead to arrival country migration hatred and reactionary violence in Europe, the United States, and around the world.
- 8. Without peace and work, or another healthy purpose in life, men can't then form healthy, loving relationships.
- 9. Without healthy, loving families, and stable communities, men can get into trouble in gangs, organized crime, and militias.
- 10. They can also get into trouble as angry INCELS Involuntary Celibates, as MGTOWs - Men Going Their Own Way, as PROUD BOYS, and in conspiracy cults.



- 11. Many men are not in healthy, loving relationships with a positive partner, family, and friends.
- 12. Many men don't know how to communicate well.
- 13. Many men feel very lonely.
- 14. To escape their pain, they may become involved with addictions that give them pleasure.
- 15. They can become involved with fanatical organizations that give them a sense of identity, belonging, excitement, and adventure.
- 16. The United States has become obsessed with guns. People are shooting in schools, at parties, and at mass events.



- 17. 98% of mass shootings are done by men.
- 18. Gun manufacturers are making a fortune.
- 19. Worldwide, a thousand people a day are killed in 110 conflicts and wars.
- 20. Men and boys are almost twice as likely to abuse illicit drugs and alcohol than women and girls.
- 21. 11.5% of boys and men over 12 have a substance use disorder, compared to 6.4% of women and girls.
- 22. Worldwide, men die of suicide at four times the rate of women.



- 23. In the US, between 2015 and 2020, 122,178 men died of suicide by firearm compared to 19,297 women, 6 men for every 1 woman.
- 24. Please share this with men who need a place to talk.
- 25. We can have Wisdom for Men meetings online.
- 26. Please share with friends. All are invited.
- 27. You can contact me to be involved or to sponsor Wisdom for Men programs and meetings online.

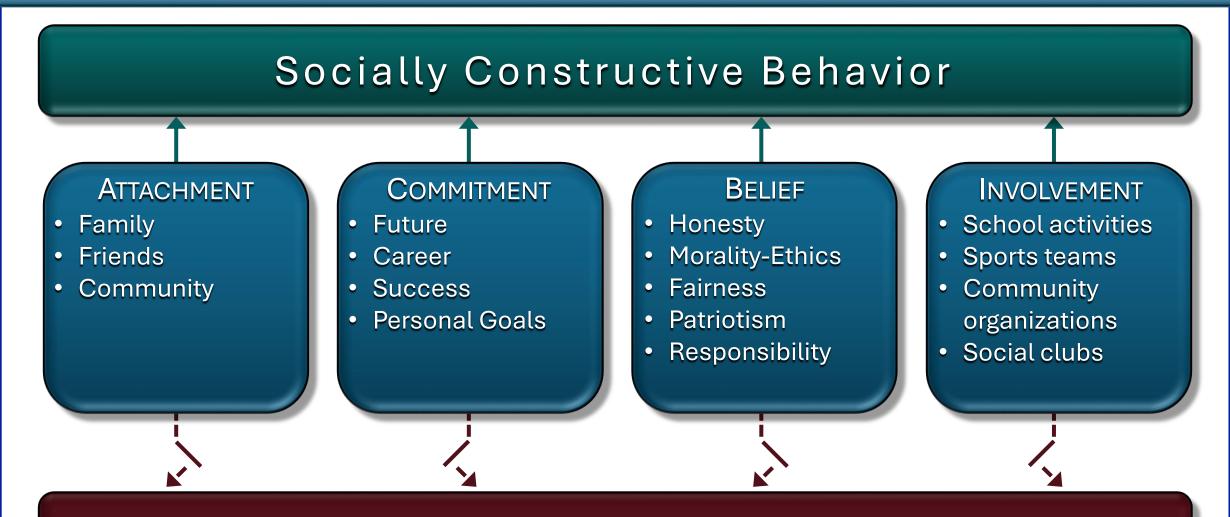
Thank you, Sandy Hinden



What Happens to Boys & Men

Ages	Issues	Needs
0-5	Culture of violence in media and games	Culture of curiosity, creativity, peace, wisdom
5-10	 Lack of empathy and compassion Mistrust School difficulties, lowering of self-esteem 	 Being treated with kindness Nurturing relationships; trust in positive people Tutoring in needed subjects
10-15	 Lack of interpersonal communication skills Being bullied or bullying 	 Opportunities to learn interpersonal communication skills Build resilience and work skills Develop positive values and principles for living
15-20	 Meaninglessness, confusion Drug sales in the community Addictions start to form to alleviate emotional pain 	Life-enhancing opportunities to learn about wisdom, wellbeing, and how to help the community and the world
20-30	 Men become isolated and involved with unhealthy people, activities, addictions 	 Career counseling Involvement in the community Recovery from addictions
30-40	 Some men are unable to have a stable career, relationships, housing, family Brutalist, merciless worldview 	Counseling, community involvement, career development
40-50	Alienation, drawn into angry causes, rage	Midlife clarification of meaning and purpose
50-60+	Cynical, sarcastic, negative, numbness	Meaningful living, wisdom, wellbeing, mentoring

Psychosocial Bonding



Criminal Behavior

Anti-Social & Social Behavior

ANTI-SOCIAL TRAITS	1	2	3	4	5	6	7	8	9	10	SOCIAL TRAITS
Disregard for the rights of others											Regard for the rights of others
Lack of empathy											Having empathy
Impulsivity, risky behaviors, engaging in illegal activities											Considering the potential consequences of one's actions
Repeated lying, manipulation, or deceitful behavior for gain											Honesty
Little or no remorse for harmful actions and may rationalize or justify behavior											Shows remorse for harmful action
Consistent irresponsibility											Fulfills work or financial obligations, responsibilities, and commitments

Hurt & Unhealthy Men	Healed & Healthy Men
Lost, Meaningless, Disillusioned, Ruthless Worldview	Understanding, Explanations, Meaning, Purpose, Values, Principles
Mistrusting, Lonely, Alienated, Numb	Nurturing Relationships Belonging, Healthy Friends
Shameful, Self-Hating, Helplessness	Self-Empathy, Self-Appreciation, Resilience, Agency
Addictive Behavior	Inspired, Motivated
Cynical, Angry, Resentful, Rageful	Constructive Expression, Community Participation
Involved in Hate Groups, Gangs Aggressive, Violent, Crime, Corruption	Growing Wisdom & Wellbeing



The Growth of Gangs

Lack of

Guidance, Values, Mentors, Education, Employment, Healthy Families, Healthy Communities













Benefits

- Sense of identity
- Sense of belonging, family, community
- Protection against other gangs
- Adventure, intensity
- Sense of spirituality, group ritual
- Money
- Avoid thinking about the future

Consequences

- Dropping out of school
- Teen parenthood
- Unemployment
- Victimization
- Drug, alcohol, and sexual abuse
- Petty and violent crimes
- Juvenile conviction and incarceration
- Being harmed or killed

Gangs to Transnational Organized Crime to War



1	Neighborhood-based gangs
2	Prison gangs, white nationalist gangs, outlaw motorcycle gangs, national-level street gangs
3	Transnational gangs
4	Organized crime, cartels-consortiums
5	Global hackers, ransomware, money laundering, traffickers in drugs, weapons, guns, sex, data
6	Militias, mercenaries, terrorists

Global Peace Keeping Global Climate Mitigation

"Crime has internationalized faster than law enforcement and world governance..."

Antonio Maria Costa
Former Executive Director
United Nations Office on Drugs and Crime (UNODC)

The Globalization of Crime:

A Transnational Organized Crime Threat Assessment

Global Sustainable Development Global Migration Amelioration

Public Investment to Strengthen Communities

Public Health & Prevention	Economic Opportunity & Housing Security	Youth Development & Education	Built Environment & Community Spaces	Institutional Transformation
Create sustainable funding streams for community violence intervention programs.	Expand access to workforce development and employment programs	 Create a grant program to fund local youth violence prevention plans. 	Built environment and community spaces to lower stress can reduce crime.	Provide sustainable and accessible funding for grassroots organizations.
 Scale civilian crisis-response models. 	programs.Fund summer jobs for youth.	 Increasing resources for low-income schools. 	 Increase grants for neighborhood improvement projects. 	Enhance the capacity of community-based organizations.
 Increase funding for community health clinics, trauma recovery centers, and community health workers. 	 Fund targeted cash assistance programs for harm survivors. Expand economic opportunity for formerly incarcerated individuals. 	 Fund youth centers, sports, enrichment activities, and neighborhood-based wraparound support programs. 	 Transform abandoned homes and buildings, clean vacant lots. Create green neighborhood-led projects for parks, cafes, community 	Create a community safety division at the Department of Health and Human Services for civilian agencies dedicated to community safety.
	 Expand access to housing through eviction defense, vouchers, and alternative real estate models. 		centers to lower stress and increase connections.	 Fund additional research on the social determinants of safety.



10 Steps to Wisdom

Wisdom
is the ability
to
think and act
well

- 10 TAKING ACTION to be effective, efficient and efficacious.
- 9 USING REASON to make considered, healthy choices.
- 8 CREATING INSIGHTS and connecting the dots.
- QUIETLY ACCESSING inner wisdom by asking a question.

 QUIETLY LETTING the brain access memory and creative problem-solving.

 QUIETLY LISTENING for an inner wise answer.
- 6 SORTING COMPLEXITY into categories of opinions, facts, feelings, values, needs.
- 5 DEEPLY LISTENING to understand more and what is really going on.
- 4 CALMING AND UNDERSTANDING the meaning of emotions and any unfulfilled needs.
- 3 GAINING KNOWLEDGE throughout life. Listening to and learning from wise people.
- 2 DEVELOPING COMMON SENSE from observations, experiences, and seeking facts.
- **LEARNING LESSONS** from self-reflection, past experiences, and mistakes.

Unwise Unenlightened Leader Traits

1	PERSPECTIVE	Sees Earth as a resource to be used and others as competition.					
2	PARADIGM	Operates within an old paradigm of Earth's exploitation and geopolitical competition for wealth and power.					
3	MINDLESSNESS	Unaware of inner feelings, one's needs, and what is going on around one, driven by unconscious life traumas.					
4	REFLECTIVE	Thoughtless, non-reflective, lack of awareness.					
5	POWER CONTROL	Values money and power over people and nature.					
6	PROCESS	Values inauthenticity, unaccountability, self-goals, win-lose.					
7	IMPROVEMENT	Values self-promotion and self-aggrandizement.					
8	NON-LEARNING	Doesn't continue learning, doesn't learn from mistakes.					
9	NON-LISTENING	Doesn't listen well to what is said, and not said.					
10	ADVISORS	Surrounded by sycophants and yes-people.					
11	OPTIONS	Considers options for self-promotion and deception.					
12	LIFE-HARMING	Will con, scam, lie, cheat, steal and harm to win for personal gain.					

Wise Enlightened Leader Traits

1	PERSPECTIVE	Sees Earth in space and all connected in one living system.						
2	PARADIGM	Recognizes for humans to continue to evolve on Earth, leaders need to operate within a new paradigm of Earth's Wellbeing.						
3	MINDFULNESS	Serenely returns to mindful awareness of inner feelings, one's needs, and what is going on around one.						
4	REFLECTIVE	Thoughtful, self-reflective, increasing awareness.						
5	WELLBEING	Values wellbeing of people and nature.						
6	PROCESS	Values authenticity, accountability, efficacy (right goals).						
7	IMPROVEMENT	Values continual improvement of self and systems.						
8	LEARNING	Life-long learning and learning from mistakes.						
0	LISTENING	Listens well and deeply to what is said, and not said.						
10	ADVISORS	Listens to thoughtful advisors.						
11	OPTIONS	Considers options before making a decision.						
12	LIFE-AFFIRMING	Seeks life-affirming solutions for the common good of all.						

Fitness-for-Duty

Psychological Evaluation of Political Leaders In 2023 there are 52 dictators on Earth

PSYCHOPATHIC TRAITS	1	2	3	4	5	6	7	8	9	10	HEALTHY TRAITS
Superficial / glib											Depth of thinking
Grandiose / boastful											Modest
Deceitful											Honest
Lacks remorse											Can feel remorse
Lacks empathy											Empathetic
Doesn't accept responsibility											Takes responsibility
Impulsive											Deliberate
Poor behavioral controls											Shows appropriately restraint
Lacks goals											Goal-oriented
Irresponsible											Mature / responsible
Adolescent antisocial behavior											Healthy adolescent social behavior
Adult antisocial behavior											Healthy adult social behavior



Wisdomefor Men Programs & Meetings



Quarterly Programs

Personal Goals

Relevant Topic

Relevant Topic

Reflections Lessons Learned Monthly Meetings

Personal Check-In

Topic & Discussion

Concerns & Requests

Goals for the Month

Wisdomefor Men Guidebook

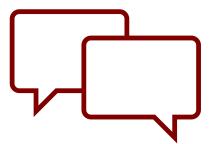


0	Introduction
2	Attachments & Addictions
3	A Mindfulness Practice
4	Wisdom & Wellbeing
5	Communication & Friends
6	Daily Inventory
7	Setting & Pursuing Goals

What Destroys Communication & Conversations

Ignoring	Silent treatment, ignoring other's feelings, values, needs, preferences, and goals. Not engaging the other in creative conversation, with disregard for their wellbeing.
Lack of Presence of Mind	Falling into the common experience of being swept away in our own stream of thought. Presence of mind is the ability to act sensibly, promptly, and appropriately, especially in a difficult situation or emergency. One's mind is present and functioning, paying full attention to the other person and situation.
Inauthenticity	Purposefully silent, hiding, pretending, withholding, lying.
Thought-	Brief, simplistic phrases that stifle critical thinking and debate. Often used by people
Terminating	within positions of power within organizations. These clichés support control, group
Clichés	cohesion, or an agenda. (e.g. "It's just the way things are done here.")
Arrogance	Superiority, egotism, haughtiness, self-importance, self-satisfaction, snobbery, conceit, smugness, vanity, pride, disdain, aloofness, condescension, contempt, disrespect.
Aggression	Humiliating, making fun of, insulting, badgering, yelling, screaming, cursing, throwing things, hitting, shooting.

Enjoyable Communication & Conversation Skills



- Learn five ways to enhance your ability to relate to people and have meaningful conversations:
 - Transactional Communication
 - Assertive Communication
 - **3** S.H.A.R.E. Communication
 - **4** Creative Communication
 - **6** Compassionate Communication
- While small talk, and talking about current events, hobbies, and pastimes are helpful in most social situations, you will also learn how to have more meaningful conversations when needed to help others talk about what is really important to them.





Wisdomefor Men Members

You Can Become A Member Here

- Wisdom for Men members are individuals who align with Wisdom for Men's values, mission, and programs.
- If you have an interest in being a member and attending Wisdom for Men development programs and meetings programs, you can benefit greatly from membership.
- Wisdom for Men Membership is \$60 a year. Members receive the Wisdom for Men Guidebook and can attend all Quarterly Programs and Monthly Meetings.

Wisdomefor Men Sponsors

Wisdom for Men Sponsors are men and women who care about the wellbeing of men, families, communities, and our world.

Benefits and value that sponsors receive for their support include:

- Brand or personal visibility.
- Recognition at events.
- Logo placement on marketing materials.
- The opportunity to align with a meaningful cause to make an important difference in the lives of men, families, communities, and our world.

Wisdomefor Men Sponsors

You Can Become A Sponsor Here

- Wisdom for Men sponsors are individuals, companies, and organizations who align with Wisdom for Men's values, mission, and programs.
- If you have an interest in supporting men's wellbeing and personal development, you can benefit greatly from support for our members.



Anger

Resentment

Habits

Men's Mindfulness Coaching

Decision Making

Solution Finding Skill Building Speeding

Goal Setting Meditation

Mindfulness

Habit Improvement

Self-Appreciation, Self-Compassion, & Self-Care

Anger Management Communication & Conversation Skills

Meaningful, Purposeful Living

Your Bucket List Gaining Wisdom



Balance Emotions

Restore Energy

Reflecting

Focusing

Behaving-Doing

Deciding

Goaling

Learn
to spend
your time,
energy, and
money
wisely

Informing

Thinking

Feeling

Intentioning

Valuing

7 Questions for Wisdom & Wellbeing Coaching to help you find solutions and Your Truer, Wiser, Deeper, Higher, Better Self. To do that, it would help to be clear on your interests and priorities.

NEEDS / WANTS	What are your needs and wants?
IMPROVEMENTS	What areas would you like to improve?
THINKING / FEELINGS	What thinking or feelings would you like to enhance?
PATTERN	What habit pattern would you like to change?
LET GO	What would you like to let go of?
SKILLS	What skills would you like to acquire or strengthen?
GOALS	What goals would you like to work on?

NEEDS / WANTS	
IMPROVEMENTS	
THINKING / FEELINGS	
PATTERN	
LET GO	
SKILLS	
GOALS	

Priority	Name of Area	Details
1		
2		
3		
4		
5		
6		
7		

Mindfulness

Non-Attachment
Meditation, Serenity, Peace
Self-Compassion, Self-Kindness
Simplicity, Appreciation, Gratitude
Inner Wisdom

Attachments

Desires, Obsessions, Delusions
Unfulfilled Wishes & Expectations
Resentment, Suffering
Addictions to Numb the Pain

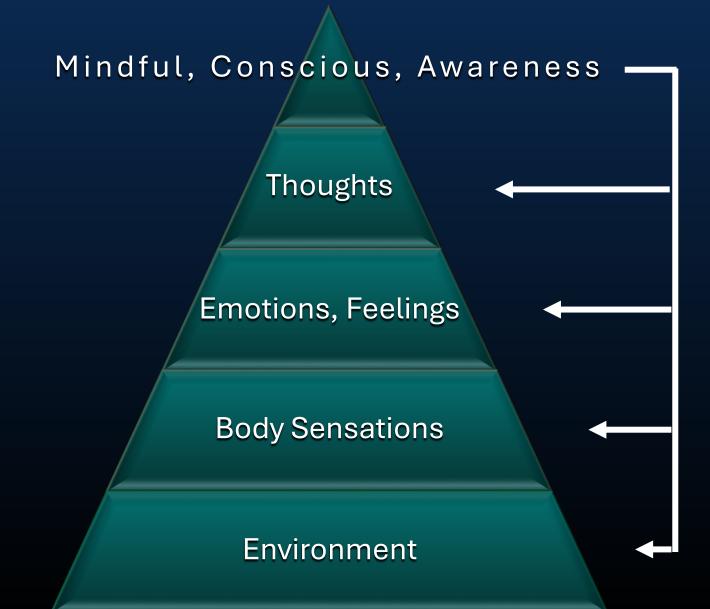
Mindful Awareness

Mindfulness

is just gently noticing the flow of your thoughts, emotions and sensations... and what is going on around you...

not being attached to them

and



Improvement Steps



- 1. Have deep compassion, appreciation, and kindness for yourself.
- 2. Take the next best step you can each day.
- 3. Each day, try to stay out of trouble.
- 4. Try to stay away from troublesome, difficult people.
- 5. Try to associate with helpful people who seem to make better decisions.
- 6. Stay open to new opportunities.
- 7. Read and watch videos that increase your wisdom and skills.
- 8. Try to make better, healthier, wiser decisions.

Overcoming Unhealthy Habits or Addictions - 1, 2, 3

Thinking & Feelings



Developing a Positive, Helpful, Self-Directing Mind & Healthy Emotions





3

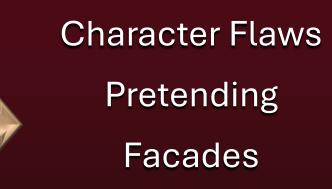
Detachment from Unhelpful, Unhealthy People & Relating to Helpful, Healthy People

Routines, Patterns & Habits

2

Awareness & Action to Create a Helpful, Healthy Living Pattern

Obsessions
Compulsions
Attachments
Addictions



Transgressions
Wrongdoings
Doing Harm
to Self & Others





Secrets

Daily Recovery Practice





Being Authentic

Making Amends

Developing
Healthy Habits

Taking Care of Your Feelings & Needs







Sanford Hinden Educator, Author, Administrator, Organizer

- Sandy Hinden provides programs for schools, libraries, and organizations, helping seniors, adults, teens, and children reach their full potential and enjoy life more.
- He presents programs in person and on Zoom in personal development, communications and relationships, and social and global development for peace and sustainability.
- Sandy worked locally, nationally, and globally developing organizations, projects, and programs for peace, the environment, health, human services, education, and the arts.
- He was director of Community Partners for Coordinated Services for Suffolk Community Council, and executive director of the Dix Hills Performing Arts Center.
- In 2009, he wrote and published <u>7 Keys to Love Opening Love's Door to Joy & Wellbeing.</u>
- In 2014, he created the Commonwealth for Earth & Humanity, proposing annual 10% global military reductions to be used for funding human, social, and Earth's needs.
- Sandy works on <u>Wisocracy</u> for wise democracy, peace, wisdom, and wellbeing, using education, psychology, economics, and politics to explore better systems for all and nature.



"Sandy's whole-systems thinking is empowering and enlightening. I would recommend any educational materials he creates as of superior value."

Meg Rivers
Senior Production Specialist
HBO / HBO Max

"Sanford Hinden is one of the most humane, compassionate, loving human beings I have ever met. He speaks and acts from deep wisdom about what people need – and what the world needs now. I trust him and have learned immensely from him."

Ronald Gross
Founder/Director, Conversations New York
Co-chair, University Seminar on Innovation
Columbia University

"Sandy is an inspirational actionist!
He is not afraid to ask the tough questions and explore heartfelt responses to them.
The ones that have to do with how we got into this mess as humanity, and what it's going to take for us to get out of it. His wealth of experience and human kindness, combined with his political savvy and collaborative working style, make learning with and from him an enriching experience, and always a joy."

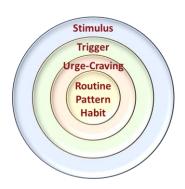
Alexander Laszlo
Global Systems Educator

"Sandy Hinden is a very exceptional human being entirely devoted to a better, ideal world. I have known him for more than 30 years.

He constantly inspired me for my work and efforts at the United Nations. He had ceaseless great ideas. He encouraged me to not give up.

I would be so happy to see him in charge of a major newspaper section on good news and happiness for the people. He would be very precious for a major philanthropic organization, especially one dealing internationally. I would support his candidacy with the highest terms."

Dr. Robert Muller (1923-2010)
Former UN Assistant Secretary General
Cofounder, UN University for Peace, Costa Rica

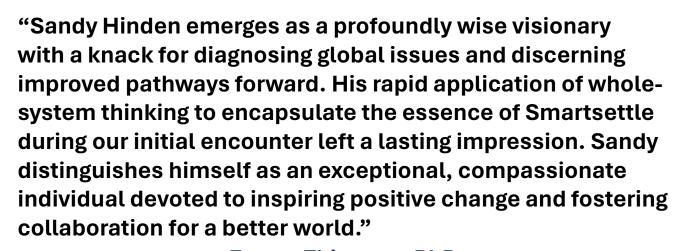


"With crystal clarity, Sandy Hinden concisely puts together with beautiful graphics, what is wrong with the world and how to fix it."













Ernest Thiessen, PhD

<u>President, Smartsettle Resolutions and iCan Systems Inc.</u>

<u>Directs the International eNegotiation Exhibition</u>





