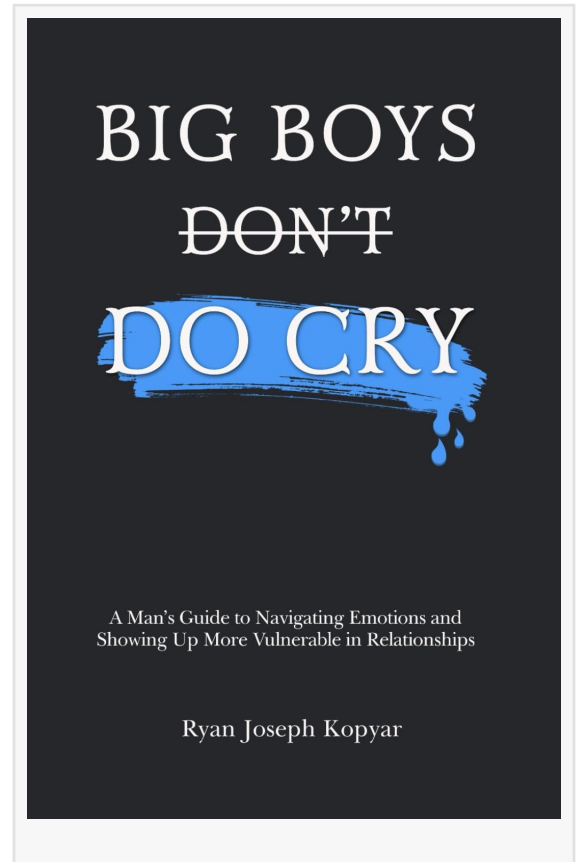


Turning Pain into Purpose: New Book 'Big Boys Do Cry' Reveals Power of Emotional Expression Among Men

SEATTLE, WASHINGTON, UNITED STATES, February 6, 2024 /EINPresswire.com/ -- With Valentine's Day looming and amid the New Year refresh, now is the perfect time to explore the power of "radical vulnerability" among men. This foundational philosophy is according to licensed clinical counselor, vulnerability coach, acclaimed author and international keynote speaker [Ryan Joseph Kopyar](#)—a transformational figure in the fields of psychology and personal development. From his own tragic and tumultuous past, Ryan has dedicated his life as a change catalyst for those seeking personal growth and emotional freedom to prosper both at home and in the workplace.

Through his counseling, coaching and speaking work, Ryan's helps individuals reconnect with their hearts and learn healthy, effective ways of communication. With a unique blend of intense passion, an energizing persona, and a deep connection with his audiences, Ryan particularly works to inspire men on a journey of self-discovery and emotive healing.



Towards that end, in his newest book "[Big Boys Do Cry](#): A Man's Guide to Navigating Emotions and Showing Up More Vulnerable in Relationships," Ryan provides men with guidelines and tactical skills they can use to better navigate emotions and more productively express their wants and needs in a healthy and effective way.

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Ryan Joseph Kopyar

“It's time to break the narrative about 'men not being good communicators' in relationships...or in general,” Ryan says.

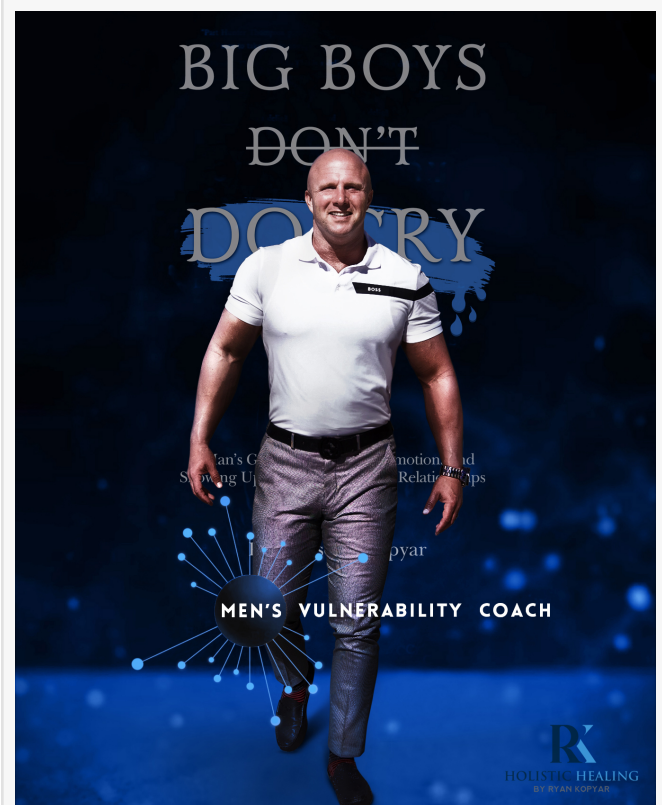
In this raw and revealing book, Ryan also details the profound strength that men in particular can find in tears. It's a revelation that took Ryan almost three decades to embrace after his own brush with substance abuse, the law and a horrifically tragic rape/homicide incident that took the life of both his mother and unborn (8 gestational month) sister.

"There is power—and purpose—in pain," Ryan notes. "When I gave myself permission to cry and went through the motions on release, my life profoundly changed."

Having realized his own intensive transformation, today Ryan's guidance serves as a stepping stone for other men endeavoring toward their own emotional awakening. He's helping men worldwide to defy societal norms, unabashedly cry, and embark on a path to deeper connections—the kind that fosters richer and more vulnerable relationships with their loved ones, friends and co-workers. "I want to reshape a ubiquitous false narrative with the proven fact that that tears are not a sign of weakness but rather a catalyst for transformative strength," he says.

Other of Ryan's life-changing works include the book "Unlock The Power of Your Mind" (2019) as well as his "Reconnect to Your Greatness" interactive virtual program, which teaches people how to remove the obstacles preventing them from realizing the happy, healthy and fulfilled life they want to live.

With a diverse background in counseling, holistic healing and hypnotherapy, Ryan is dedicated to helping others realize physical, mental and emotional balance. His "radical vulnerability" philosophy draws parallels between physical and mental flexibility, emphasizing the importance of overcoming past experiences to envision a brighter future.



There's certainly no better time than right now to embark on a transformative journey towards a more balanced, happier and resilient life. So, go ahead and weep your way towards a wonderful new you. As Steven Tyler famously said, "every life has a measure of sorrow, and sometimes this is what awakens us."

About Ryan Joseph Kopyar, Professional Counselor Associate, LMHCA, RCC, CPT & CSN
Ryan Joseph Kopyar, an internationally licensed counselor and acclaimed author, is a transformational figure in the fields of psychology and personal development. From his own tragic and tumultuous past, Ryan emerged as a beacon of hope for those seeking personal growth and emotional healing.

Ryan has authored multiple books, including "Unlock The Power of Your Mind" (2019) and "Big Boys Do Cry" (2024), which reflect his deep understanding of human psychology and his commitment to helping individuals navigate their emotions. He has presented to prestigious organizations like the RCMP in Winnipeg, Canada, and has grown his counseling practice from zero to six figures in just one year.

With a unique blend of intense passion, an energizing persona, and a deep connection with his audience, Ryan aims to inspire men on their healing journey. His goal is to help individuals reconnect with their hearts and learn healthy, effective ways of communication within their families. Ryan's impact is felt worldwide as he continues to empower individuals to embrace vulnerability and transform their lives.

In his newest book, "Big Boys Do Cry: A Man's Guide to Navigating Emotions and Showing Up More Vulnerable in Relationships," Ryan provides guidelines and tactical skills men can use for better navigating emotions and expressing wants and needs in a healthy and effective way.

Ryan reveals the profound strength men in particular can find in tears—a revelation that took his almost three decades to embrace after his own brush with substances, the law and a horrifically tragic rape/homicide incident that took the life of both his mother and unborn (8 gestational month) sister. "There is power—and purpose—in pain. When I gave myself permission to cry, my life changed," Ryan notes.

Today, Ryan's guidance for other men is a stepping stone toward their own emotional freedom. He helps men worldwide to defy societal norms, unabashedly cry, and embark on a path to deeper connections and richer, more vulnerable relationships. His tireless work reshapes false narratives: tears are not a sign of weakness but rather a catalyst for transformative strength.

Other of Ryan's life-changing work includes his "Reconnect to Your Greatness" program, which teaches people how to remove the obstacles preventing them from realizing the happy and fulfilled life they want to live.

Learn more about Ryan and his transformative work here:

<https://ryankopyarholistichealing.com/>

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