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Nota di contenuto	Part I: Introduction -- Chapter 1. Contextualising the state of young men's mental health -- Part II: Risky Business: Navigating the Masculine Minefield of Alcohol and Gambling -- Chapter 2. Pour Decisions: Young men's mental health and alcohol use -- Chapter 3. Rolling the dice: The high stakes of gambling on young men's wellbeing -- Part III: The Competitive Edge: Masculinities and Mental health in Young Men's Sports and Gaming Arenas -- Chapter 4. Game boys: Gaming, e-sports and young men's mental health -- Chapter 5. Mastering the Mental

Health Playbook: Leveraging sport to improve young men's wellbeing  
-- Part IV: Algorithms in Action: Deciding the Future of Masculinity Through Online Battlefields -- Chapter 6. The anti-social network: The role of the social media manosphere in young men's lives -- Chapter 7. Swiping into the void: Tears, fears and motivations of young men on dating apps -- Chapter 8. Pleasure and Peril: A Deep Dive into Young Men's Mental Health in the World of Porn -- Part V: Conclusion -- Chapter 9. Where to from here?.

#### Sommario/riassunto

"A well researched, thoughtfully argued, and compassionate take on the largest challenges facing young men, and therefore us all. This is a book that couldn't have come at a more critical time." —Chanel Contos, Activist and CEO, Teach Us Consent "The crisis with young men's mental health is real. Equally real is the crisis of how we think about young men. This book takes us from crisis to opportunity, from talking about young men to talking with them. It is centred in care - caring for and about young men, and caring about real solutions rather than throwing up our hands in alarm." —Gary Barker, CEO, Equimundo Center for Masculinities and Social Justice "This timely book of reviews is essential reading for anyone who wants to understand how and where many young men today are forging their masculine identities, seeking to satisfy their relationship needs, and coping with life's inevitable stresses." —Dr. Judy Chu, Author of *When Boys Become Boys* "From Echo Chambers to Evidence" seeks to understand young men's mental health by going to the places and spaces where they spend their time. It is essential reading for researchers, clinicians, policymakers and members of the general public who care about men's wellbeing. Each chapter focuses on the contemporary nexus between masculinities and health, encompassing alcohol, gambling, sport, gaming, social media, pornography, and dating apps, to explore how and why these areas are central to young men's lives and their health. Addressing the present day 'crisis of masculinity', this edited volume comprises a series of up-to-date reviews to emphasise strength-based, healthy masculinities in young men's mental health. It seeks to understand and engage with research, policy, and practice to co-design effective interventions supporting young men, presenting a clear agenda to direct future efforts. Dr. Zac Seidler is a clinical psychologist, researcher and leading men's mental health expert. He is the Global Director of Men's Health Research at Movember and a Senior Research Fellow with Orygen at the University of Melbourne, Australia.