

Biese

## Men Do It Too

Opting Out and In

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Men Do It Too: Opting Out and In offers a timely and comprehensive analysis of the phenomenon of men leaving mainstream careers models, adding to current debates on opting out. The book investigates how globalization, individualization, and this age of high modernity, in addition to issues of masculinity and what it means to be a man in contemporary society and organizational contexts, affect decisions to opt out. Throughout the book, social theory and relevant debates are interwoven with the narratives of 15 men who have left successful careers and mainstream career models to live and work on their own terms: six from the United States, five from Finland, and four from the UK. The narratives help illustrate the issues presented, as well as providing an insight into the men's identity work throughout their opting out processes. In addition, Biese explores what organizations can learn from the knowledge gathered in her research on men (and women) opting out. This is important in order to create sustainable work environments that not only attract but also retain employees.



**104,95 €**

98,08 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

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**Artikelnummer:** 9783110724165

**Medium:** Buch

**ISBN:** 978-3-11-072416-5

**Verlag:** De Gruyter

**Erscheinungstermin:** 08.06.2021

**Sprache(n):** Englisch

**Auflage:** 1. Auflage 2021

**Serie:** De Gruyter Contemporary Social Sciences

**Produktform:** Gebunden

**Gewicht:** 399 g

**Seiten:** 179

**Format (B x H):** 155 x 230 mm

