

The Art Of Manliness

With their overthrow of tradition and authority, the Baby Boomers claim to have been humanity's greatest liberators, but their children would happily trade that so-called liberation for a little less debt, the chance to own a home before fifty, and a shot at extracting some commitment from the bosses and romantic partners who view their relationships as temporary. In this book, millennial journalist Helen Andrews calls the Boomers to account. With wit and conviction, she presents profiles of luminaries who promised much but failed to deliver.

While 50% of people are male, a male is not necessarily a Man. The transformation of boy-to-man does not happen by accident, but rather through a proven process by fathers, brothers, uncles, grandfathers, and mentors. In the 21st century, most American males haven't access to such character-building role models, so they founder about as soft and incomplete males. This book will show you where your own modules for manhood are missing, and help you transform yourself into a strong, patient, competent, wise, and courageous gentleman of honor.

King Duncan's closest generals, Macbeth and Banquo, have just defeated two invading armies and the Irish rebel Macdonwald. Out across the misty moor, they encounter three witches who reveal to Macbeth a powerful prophecy: "All hail, Macbeth! hail to thee, thane of Glamis! All hail, Macbeth, hail to thee, thane of Cawdor! All hail, Macbeth, thou shalt be king hereafter!" They not only claim that Macbeth will eventually become King of Scotland, but that Banquo will father a line of Scottish kings—though ominously, Banquo will never be king himself. This shocking tragedy—a violent caution to those seeking power for its own sake—is, to this day, one of Shakespeare's most popular and influential masterpieces. This Standard Ebooks production is based on William George Clark and William Aldis Wright's 1887 Victoria edition, which is taken from the Globe edition. This book is part of the Standard Ebooks project, which produces free public domain ebooks.

"A stimulating book about combating despair and complacency with searching reflection." --Heller McAlpin, NPR.org
 Named a Best Book of 2018 by NPR. One of Lit Hub's 15 Books You Should Read in September and one of Outside's Best Books of Fall A revelatory Alpine journey in the spirit of the great Romantic thinker Friedrich Nietzsche *Hiking with Nietzsche: Becoming Who You Are* is a tale of two philosophical journeys—one made by John Kaag as an introspective young man of nineteen, the other seventeen years later, in radically different circumstances: he is now a husband and father, and his wife and small child are in tow. Kaag sets off for the Swiss peaks above Sils Maria where Nietzsche wrote his landmark work *Thus Spoke Zarathustra*. Both of Kaag's journeys are made in search of the wisdom at the core of Nietzsche's philosophy, yet they deliver him to radically different interpretations and, more crucially, revelations about the human condition. Just as Kaag's acclaimed debut, *American Philosophy: A Love Story*, seamlessly wove together his philosophical discoveries with his search for meaning, *Hiking with Nietzsche* is a fascinating exploration not only of Nietzsche's ideals but of how his experience of living relates to us as individuals in the twenty-first century. Bold, intimate, and rich with insight, *Hiking with Nietzsche* is about defeating complacency, balancing sanity and madness, and coming to grips with the unobtainable. As Kaag hikes, alone or with his family, but always with Nietzsche, he recognizes that even slipping can be instructive. It is in the process of climbing, and through the inevitable missteps, that one has the chance, in Nietzsche's words, to "become who you are."

In the wake of the monstrous projects of Hitler, Stalin, Mao, and others in the twentieth century, the idea of utopia has been discredited. Yet, historian Jay Winter suggests, alongside the 'major utopians' who murdered millions in their attempts to transform the world were disparate groups of people trying in their own separate ways to imagine a radically better world. This original book focuses on some of the twentieth-century's 'minor utopias' whose stories, overshadowed by the horrors of the Holocaust and the Gulag, suggest that the future need not be as catastrophic as the past. The book is organized around six key moments when utopian ideas and projects flourished in Europe: 1900 (the Paris World's Fair), 1919 (the Paris Peace Conference), 1937 (the Paris exhibition celebrating science and light), 1948 (the Universal Declaration of Human Rights), 1968 (moral indictments and student revolt), and 1992 (the emergence of visions of global citizenship). Winter considers the dreamers and the nature of their dreams as well as their connections to one another and to the history of utopian thought. By restoring minor utopias to their rightful place in the recent past, Winter fills an important gap in the history of social thought and action in the twentieth century.

"Incredibly rich with wisdom and insight that will leave the reader, whether single or married, feeling uplifted." —The Washington Times
 Based on the acclaimed sermon series by New York Times bestselling author Timothy Keller, this book shows everyone—Christians, skeptics, singles, longtime married couples, and those about to be engaged—the vision of what marriage should be according to the Bible. Modern culture would have you believe that everyone has a soul mate; that romance is the most important part of a successful marriage; that your spouse is there to help you realize your potential; that marriage does not mean forever, but merely for now; and that starting over after a divorce is the best solution to seemingly intractable marriage issues. But these modern-day assumptions are wrong. Timothy Keller, with insights from Kathy, his wife of thirty-seven years, shows marriage to be a glorious relationship that is also misunderstood and mysterious. *The Meaning of Marriage* offers instruction on how to have a successful marriage, and is essential reading for anyone who wants to know God and love more deeply in this life.

How (Not) to Be Secular is what Jamie Smith calls "your hitchhiker's guide to the present" -- it is both a reading guide to Charles Taylor's monumental work *A Secular Age* and philosophical guidance on how we might learn to live in our times. Taylor's landmark book *A Secular Age* (2007) provides a monumental, incisive analysis of what it means to live in the post-Christian present -- a pluralist world of competing beliefs and growing unbelief. Jamie Smith's book is a compact field guide to Taylor's insightful study of the secular, making that very significant but daunting work accessible to a wide array of readers. Even more, though, Smith's *How (Not) to Be Secular* is a practical philosophical guidebook, a kind of

how-to manual on how to live in our secular age. It ultimately offers us an adventure in self-understanding and maps out a way to get our bearings in today's secular culture, no matter who "we" are -- whether believers or skeptics, devout or doubting, self-assured or puzzled and confused. This is a book for any thinking person to chew on.

"A handsome, beautifully produced compilation of meditations and exercises to inspire us to find joy and expand the ways we engage with the people and places, the objects and tasks we encounter in our everyday lives"--

Action is the surest path not only to reaching goals, but to finding the kind of meaning and purpose we desire. It is a kind of back door to the promises of so many philosophies and religions. When we are action-oriented, we forget to notice the missing pieces of our modern world: anomie fades away, change doesn't seem so wildly fast, the news becomes white noise. This book provides insights on how to take action more.

What is masculinity? Ask ten men and you'll get ten vague, conflicting answers. Unlike any book of its kind, *The Way of Men* offers a simple, straightforward answer without getting bogged down in religion, morality, or politics. It's a guide for understanding who men have been and the challenges men face today. *The Way of Men* captures the silent, stifling rage of men everywhere who find themselves at odds with the over-regulated, over-civilized, politically correct modern world. If you've ever closed your eyes and wished for one day as a lion, this book is for you.

New York Times Bestseller *Men and Style* reaches beyond standard "what to wear" advice: It is equal parts style guide and intriguing conversation about the masculine identity within the world of fashion. David Coggins explores the history of men's style and learns from some of the most notable tastemakers in the industry and beyond. Its essays and interviews discuss the lessons men learned from their fathers, the mistakes they made as young men, and how they emerged to become better men. Some of the most dapper men in the world discuss bad mustaches, misguided cologne choices, and unfortunate prom tuxedos. All the men here have arrived at a place in the world and have a keen understanding about how they fit in it. *Men and Style* celebrates singular men who've lived well and can tell us about how they earned their worldview. They're smart enough to absorb the wisdom that's hidden in the world, and even smarter to wear that wisdom lightly.

If you could improve one area in your dad journey...what would it be? What would it be like if you mastered not one, but several aspects of your dad journey all at once? What would life be like if you improved your level of patience, had better and deeper connections with your wife and kids, improved your relationships outside the immediate family, and all while mastering a good work/life balance? How would life be different if you did this? Hello, I'm Larry Hagner and I'm a dad. I love being a dad. And I believe that being a dad is one of the most rewarding aspects of a man's life. However, being a father can humble you like nothing else can. There really is no roadmap. With so few resources out there for dads like us, I decided to create *The Dad Edge* to help YOU as a dad to give you easy to implement techniques you can use to be your very best and enjoy your journey of fatherhood. *The Dad's Edge* will help you: * Master work/life balance * Discover three techniques to improve and maintain a great connection with your kids * Improve your connection & intimacy with your spouse, no matter how busy you are * Improve your relationships outside the immediately family * Uncover three easy ways to improve your patience short term and long term * Discover simple ways to show up big for your kids and be present in the moment * Thrive (Not Survive) your journey of fatherhood If you can identify with one or more of these issues, I understand first hand. Every one of us struggles with these issues on our dad journey and now I've empowered you with some great strategies and a solid roadmap in *The Dad's Edge* so you can relax and feel confident you are "good dad focused" and nothing will stand in your way!

The Illustrated Art of Manliness: The Essential How-To Guide: Survival • Chivalry • Self-Defense • Style • Car Repair • And More! Little, Brown "In all my years studying personal growth, Acceptance and Commitment Therapy is one of the most useful tools I've ever come across, and in this book, Dr. Hayes describes it with more depth and clarity than ever before." -Mark Manson, #1 New York Times best-selling author of *The Subtle Art of Not Giving a F*ck* Life is not a problem to be solved. ACT shows how we can live full and meaningful lives by embracing our vulnerability and turning toward what hurts. In this landmark book, the originator and pioneering researcher into Acceptance and Commitment Therapy (ACT) lays out the psychological flexibility skills that make it one of the most powerful approaches research has yet to offer. These skills have been shown to help even where other approaches have failed. Science shows that they are useful in virtually every area--mental health (anxiety, depression, substance abuse, eating disorders, PTSD); physical health (chronic pain, dealing with diabetes, facing cancer); social processes (relationship issues, prejudice, stigma, domestic violence); and performance (sports, business, diet, exercise). How does psychological flexibility help? We struggle because the problem-solving mind tells us to run from what causes us fear and hurt. But we hurt where we care. If we run from a sense of vulnerability, we must also run from what we care about. By learning how to liberate ourselves, we can live with meaning and purpose, along with our pain when there is pain. Although that is a simple idea, it resists our instincts and programming. The flexibility skills counter those ingrained tendencies. They include noticing our thoughts with curiosity, opening to our emotions, attending to what is in the present, learning the art of perspective taking, discovering our deepest values, and building habits based around what we deeply want. Beginning with the epiphany Steven Hayes had during a panic attack, this book is a powerful narrative of scientific discovery filled with moving stories as well as advice for how we can put flexibility skills to work immediately. Hayes shows how allowing ourselves to feel fully and think freely moves us toward commitment to what truly matters to us. Finally, we can live lives that reflect the qualities we choose.

New York Times bestseller! From New York Times bestselling author Cal Newport comes a bold vision for liberating workers from the tyranny of the inbox--and unleashing a new era of productivity. Modern knowledge workers communicate constantly. Their days are defined by a relentless barrage of incoming messages and back-and-forth digital conversations--a state of constant, anxious chatter in which nobody can disconnect, and so nobody has the cognitive bandwidth to perform substantive work. There was a time when tools like email felt cutting edge, but a thorough review of current evidence reveals that the "hyperactive hive mind" workflow they helped create has become a productivity disaster, reducing profitability and perhaps even slowing overall economic growth. Equally worrisome, it makes us miserable. Humans are simply not wired for constant digital communication. We have become so used to an inbox-driven workday that it's hard to imagine alternatives. But they do exist. Drawing on years of investigative reporting, author and computer science professor Cal Newport makes the case that our current approach to work is broken, then lays out a series of principles and concrete instructions for fixing it. In *A World without Email*, he argues for a workplace in which clear processes--not haphazard messaging--define how tasks are identified, assigned and reviewed. Each person works on fewer things (but does them better), and aggressive investment in support reduces the ever-increasing burden of administrative tasks. Above all else, important communication is streamlined, and inboxes and chat channels are no longer central to how work unfolds. The knowledge sector's evolution beyond the hyperactive hive mind is inevitable. The question is not whether a world without email is coming (it is), but whether you'll be ahead of this trend. If you're a CEO seeking a competitive edge, an entrepreneur convinced your productivity could be higher, or an employee exhausted by your inbox, *A World Without Email* will convince you that the time has come for bold changes, and will walk you through exactly how to make them happen.

A former FBI agent shares his simple but powerful toolkit for assessing who you can trust--and who you can't. After two decades as a behavior analyst in the FBI, Robin Dreeke knows a thing or two about sizing people up. He's navigated complex situations that range from handling Russian spies to navigating the internal politics at the Bureau. Through that experience, he was forced to develop a knack for reading people--their intentions, their capabilities, their desires and their fears. Dreeke's first book, *It's Not All About "Me,"* has become a cult

favorite with readers seeking to build quick rapport with others. His last book, *The Code of Trust*, was about how to inspire trust in others as a leader. In *Sizing People Up*, Dreeke shares his simple, six-step system that helps you predict anyone's future behavior based on their words, goals, patterns of action, and the situation at hand. Predicting the behavior of others is an urgent need for anyone whose work involves relationships with others, whether it's leading an organization, collaborating with a teammate, or closing a sale. But predictability is not as simple as good and evil, or truth and fiction. Allies might make a promise with every intention of keeping it, not realizing that they will be unable to do so due to some personal shortcoming. And those seeking to thwart your endeavor may not realize how reliable their malevolent tells have become. Dreeke's system is simple, but powerful. For instance, a colleague might have a strong moral code, but do they believe your relationship will be long-term? Even the most upstanding person can betray your trust if they don't see themselves tied to you or your desired result in the long term. How can you determine whether someone has both the skill and will to do what they've said they're going to do? Behaviors as subtle as how they take notes will reveal their reliability. Using this book as their manual, readers will be able to quickly and easily determine who they can trust and who they can't; who is likely to deliver on promises and who will disappoint; and when a person is vested in your success vs when they are actively plotting your demise. With this knowledge they can confidently embark on anything from a business venture to a romantic relationship to a covert operation without the stress of the unknown.

This book is dedicated to your mastery of the art of realizing all your desires. The greatest gift you have been given is the gift of your imagination. Everything that now exists was once imagined. And everything that will ever exist must first be imagined. *Wishes Fulfilled* is designed to take you on a voyage of discovery, wherein you can begin to tap into the amazing manifesting powers that you possess within you and create a life in which all that you imagine for yourself becomes a present fact. Dr. Wayne W. Dyer explores, for the first time, the region of your highest self; and definitively shows you how you can truly change your concept of yourself, embark upon a God-realized way of living, and fulfill the spiritual truth that with God all things are possible—and "all things" means that nothing is left out. By practicing the specific technique for retraining your subconscious mind, you are encouraged to not only place into your imagination what you would like to manifest for yourself, but you are given the specifics for realigning your life so you can live out your highest calling and stay connected to your Source of being. From the lofty perspective of your highest self, you will learn how to train your imagination in a new way. Your wishes—all of them—can indeed be fulfilled. By using your imagination and practicing the art of assuming the feeling of your wishes being fulfilled, and steadfastly refusing to allow any evidence of the outer world to distract you from your intentions, you will discover that you, by virtue of your spiritual awareness, possess the ability to become the person you were destined to be. This book will help you See—with a capital S—that you are Divine, and that you already possess an inner, invisible higher self that can and will guide you toward a mastery of the art of manifestation. You can attain this mastery through deliberate conscious control of your imagination!

Becoming a Barbarian is a follow-up to Donovan's cult hit, *The Way of Men*. Good, modern, "civilized" Western men today are expected to think like "citizens of the world" - obligated to everyone and no one. Natural, meaningful tribal connections have been substituted with synthetic, disposable consumer identities. Without a sense of who they are and what group they have a place in, modern men are becoming increasingly detached, disoriented, vulnerable, and ever more easily manipulated. *Becoming a Barbarian* attacks the emasculated emptiness of life in the modern West - "The Empire of Nothing" -and shows men how to think tribally again. It reveals the weaknesses of universalistic thinking, and challenges readers to become the kind of men who could go "all-in" and devote their lives to one group of people above all others. *Becoming a Barbarian* is about finding a tribe, finding a purpose, and choosing to live the kind of life that undermines the narrative of the Empire.

Recounts the personal story and international travels of a professional fighter, from his initial discovery of his passion for fighting upon his arrival in Australia, to his training at Bangkok's legendary Fairtex gym, to his research throughout the world in search of historical and contemporary fighting disciplines. Reprint.

Witty, compelling, and shrewd, Mansfield's *Book of Manly Men* is about resurrecting your inborn, timeless, essential, masculine self. The Western world is in a crisis of discarded honor, dubious integrity, and faux manliness. It is time to recover what we have lost. Stephen Mansfield shows us the way. Working with timeless maxims and stirring examples of manhood from ages past, Mansfield issues a trumpet call of manliness fit for our times. "My goal in this book is simple," he says. "I want to identify what a genuine man does—the virtues, the habits, the disciplines, the duties, the actions of true manhood—and then call men to do it."

Making conscientious choices about technology in our families is more than just using internet filters and determining screen time limits for our children. It's about developing wisdom, character, and courage in the way we use digital media rather than accepting technology's promises of ease, instant gratification, and the world's knowledge at our fingertips. And it's definitely not just about the kids. Drawing on in-depth original research from the Barna Group, Andy Crouch shows readers that the choices we make about technology have consequences we may never have considered. He takes readers beyond the typical questions of what, where, and when and instead challenges them to answer provocative questions like, Who do we want to be as a family? and How does our use of a particular technology move us closer or farther away from that goal? Anyone who has felt their family relationships suffer or their time slip away amid technology's distractions will find in this book a path forward to reclaiming their real life in a world of devices.

The New York Times Best Seller Experience the Star Wars saga reimagined as an Elizabethan drama penned by William Shakespeare himself, complete with authentic meter and verse, and theatrical monologues and dialogue by everyone from Yoda to a hungry wampa. Many a fortnight have passed since the destruction of the Death Star. Young Luke Skywalker and his friends have taken refuge on the ice planet of Hoth, where the evil Darth Vader has hatched a cold-blooded plan to capture them. Only with the help of a little green Jedi Master—and a swaggering rascal named Lando Calrissian—can our heroes escape the Empire's wrath. And only then will Lord Vader learn how sharper than a tauntaun's tooth it is to have a Jedi child. Authentic meter, stage directions, reimagined movie scenes and dialogue, and hidden Easter eggs throughout will entertain and impress fans of Star Wars and Shakespeare alike. Every scene and character from the film appears in the play, along with twenty woodcut-style illustrations that depict an Elizabethan version of the Star Wars galaxy. What light through Yoda's window breaks? Methinks you'll find out in the pages of *The Empire Striketh Back!*

In Jorgensen's first book, he draws from an eclectic compilation of knowledge ranging from engineering, physics, music, philosophy, and religion. His style of writing has been influenced from such authors as Jack Kerouac, Robert Pirsig, John Kracauer, and James Duncan. The great poet, Brian Francisco adds to the book with a beautifully rueful poetic prologue, appropriately placed after the last chapter. In *The Lost Art of Manliness*, Jorgensen's main character, EJ, explores the contemplation of a quarter-life crisis coupled with the fear of the future and failure. Sex, religion, and music dance on the tip of his tongue as he speaks passionately about his generation's motives. The hardships of life at twenty-something are examined with the philosophies of convenience and spontaneity resulting in a paralyzing tangent for men and women. Anyone who has ever dreamed, failed, or wanted more out of life should read this book.

An indispensable, hands-on guide dedicated to the lost art of being a man, *The Illustrated Art of Manliness* distills more than 100 practical skills every modern man needs to know into an entertaining, easy-to-follow visual format. Founder of *The Art of Manliness* Brett McKay and bestselling illustrator Ted Slampyak write brilliantly illustrated articles to help men be the best fathers, brothers, sons, and men they can be. This book features their most essential work alongside dozens of never-before seen guides on subjects ranging from chivalry and self-defense to courage and car repair, including: How to disarm an attacker How to fell a tree and start a fire anywhere How a car engine works, and how to fix it How to use every tool in your toolbox What to wear on a first date and to a job interview How to lead a meeting and command the attention of a room How to dance, fight, shave, shake a hand, pick a lock, and fire a gun And other advice for when you're lost, in danger, or merely confronting a shirt that needs to be ironed. *The Illustrated Art of Manliness* features a classic, timeless package, including full-color illustrations, and will be a perfect gift for you or the man in your life.

What Makes a Man, a Man? For centuries, being a man meant living a life of virtue and excellence. But then, through time, the art of manliness was lost. Now, after decades of excess and aimless drift, men are looking for something to help them live an authentic, manly life--a primer that can give their life real direction and purpose. This book holds the answers. To master the art of manliness, a man must live the seven manly virtues: Manliness, Courage, Industry, Resolution, Self-Reliance, Discipline, Honor. Each chapter covers one of the seven virtues and is packed with the best classic advice ever written down for men. From the philosophy of Aristotle to the speeches and essays of Theodore Roosevelt, these pages contain the manly wisdom of the ages--poems, quotes, and essays that will inspire you to live life to the fullest and realize your complete potential. Learn the art. Change your life. Become a man.

2019 Illumination Book Awards, Gold in Self-Help/Recovery 2018 Independent Press Award, Distinguished Favorite:

Inspiration As mentioned by Forbes! Everybody wants to live a better life. Whether we are graduating college or encountering post-retirement opportunities and challenges, we want to stay on track and contribute to what is good, inspiring, and helpful in the world. But how? Chris Lowney, a popular speaker on leadership, corporate ethics, and decision making, wants to share with you his ten simple, daily habits that will help you build a better life one day—one moment—at a time. Lowney outlines how to implement these ten simple habits and practices in the fast-changing and everchallenging reality of our daily lives. And he illustrates how these small things performed every day will not only change us for the better but, through our individual influence, make the world better too.

Man up and discover the practical and inspirational information all men should know! While it's definitely more than just monster trucks, grilling, and six-pack abs, true manliness is hard to define. The words macho and manly are not synonymous. Taking lessons from classic gentlemen such as Benjamin Franklin and Theodore Roosevelt, authors Brett and Kate McKay have created a collection of the most useful advice every man needs to know to live life to its full potential. This book contains a wealth of information that ranges from survival skills to social skills to advice on how to improve your character. Whether you are braving the wilds with your friends, courting your girlfriend, or raising a family, inside you'll find practical information and inspiration for every area of life. You'll learn the basics all modern men should know, including how to: -Shave like your grandpa -Be a perfect houseguest -Fight like a gentleman using the art of bartitsu -Help a friend with a problem -Give a man hug -Perform a fireman's carry -Ask for a woman's hand in marriage -Raise resilient kids -Predict the weather like a frontiersman -Start a fire without matches -Give a dynamic speech -Live a well-balanced life So jump in today and gain the skills and knowledge you need to be a real man in the 21st century.

"The Leader's Bookshelf" identifies the "Top 50" books that can help anyone become a better leader. The works selected were based on hundreds of interviews with the most senior active and retired four-star U.S. military leaders who identified books from which they gained the special insights which helped propel them to success in the most demanding leadership challenges. Each of those fifty works -- novels, memoirs, biographies, autobiographies, leadership works -- are concisely summarized and the key leadership lessons extracted and presented. Admiral Jim Stavridis and his co-author, R. Manning Ancell, have been surveying very senior military leaders for the past several years regarding their reading habits and favorite books. They have spoken to over 200 four-star officers, including those both currently on active duty and retired. Each of those admirals and generals was asked for a list of books that strongly influenced their leadership skills. Stavridis and Mancell then collated the data and analyzed which books were mentioned most frequently and which ones were most compelling in the leadership lessons offered the reader. The survey, while not scientific, was quite comprehensive. From it, Stavridis and Ancell built a powerful set of recommended readings. Whether individuals work their way through the entire top 50 list and read each book cover to cover, or read the summaries provided in **"The Leader's Bookshelf"** to determine which appeal to them most -- this book will provide a roadmap to better leadership. **"The Leader's Bookshelf"** highlights the value of reading for leaders in a philosophical and practical sense, provides advice on how to build an extensive library, lists other books worth reading to improve leadership skills, and analyzes how leaders use what they read to achieve their goals. **"The Leader's Bookshelf"** is a book for anyone who wants to improve their ability to lead -- whether in their family life, their professional endeavors, or within our society and civic organizations.

Man Up! While it's definitely more than just monster trucks, grilling and six-pack abs, true manliness is hard to define. The words macho and manly are not synonymous. Taking lessons from classic gentlemen such as Benjamin Franklin and Theodore Roosevelt, authors Brett and Kate McKay have created a collection of the most useful advice every man needs to know to live life to its full potential. This book contains a wealth of information that ranges from survival skills to social skills to advice on how to improve your character. Whether you are braving the wilds with your friends, courting your girlfriend or raising a family, inside you'll find practical information and inspiration for every area of life. You'll learn the basics all modern men should know, including how to: Shave like your grandpa Be a perfect houseguest Fight like a gentleman using the art of bartitsu Help a friend with a problem Give a man hug Perform a fireman's carry Ask for a woman's hand in marriage Raise resilient kids Predict the weather like a

frontiersman Start a fire without matches Give a dynamic speech Live a well-balanced life So jump in today and gain the skills and knowledge you need to be a real man in the 21st century.

NATIONAL BESTSELLER • “An incredibly gripping, moving, and literate work of art, rarely does an author manage to re-create a moment in history with such mastery, authority, and psychological insight.”—Nelson DeMille At Thermopylae, a rocky mountain pass in northern Greece, the feared and admired Spartan soldiers stood three hundred strong. Theirs was a suicide mission, to hold the pass against the invading millions of the mighty Persian army. Day after bloody day they withstood the terrible onslaught, buying time for the Greeks to rally their forces. Born into a cult of spiritual courage, physical endurance, and unmatched battle skill, the Spartans would be remembered for the greatest military stand in history—one that would not end until the rocks were awash with blood, leaving only one gravely injured Spartan squire to tell the tale. . . . “A novel that is intricate and arresting and, once begun, almost impossible to put down.”—Daily News “A timeless epic of man and war . . . Pressfield has created a new classic deserving a place beside the very best of the old.”—Stephen Coonts

This limited-edition collection contains a wealth of information and inspiration for the modern man. Included inside are the following books: *The Art of Manliness*. This book is dedicated to helping men uncover what manliness means in the 21st century, from rediscovering the outdoors to dressing with panache to becoming a good father. *The Art of Manliness: Manvotionals*. This book contains the manliest wisdom of the ages--a myriad of poems, quotes, and essays designed to inspire men to live life to the fullest and realize their complete potential as men. Together, housed in a classic cigar box, they make the perfect gift for any man (or soon-to-be man) who is conscious of leaving his mark on this world. (This \$38 value is priced at only \$29.99.) Also includes 6 drink coasters!

A dazzling history of Africans in Europe, revealing their unacknowledged role in shaping the continent Conventional wisdom holds that Africans are only a recent presence in Europe. But in *African Europeans*, renowned historian Olivette Otele debunks this and uncovers a long history of Europeans of African descent. From the third century, when the Egyptian Saint Maurice became the leader of a Roman legion, all the way up to the present, Otele explores encounters between those defined as "Africans" and those called "Europeans." She gives equal attention to the most prominent figures—like Alessandro de Medici, the first duke of Florence thought to have been born to a free African woman in a Roman village—and the untold stories—like the lives of dual-heritage families in Europe's coastal trading towns. *African Europeans* is a landmark celebration of this integral, vibrantly complex slice of European history, and will redefine the field for years to come.

Not caring what people think is a superpower that will allow you to get what you want out of life. Most people worry about what others will think, so they suffocate their actions. As a result, they never live up to their potential. Within this book are insights about life and living to the fullest in 7 categories. You Will Learn: -The real reason the ability to work hard is so highly valued. -How to identify where to invest your emotional energy for the greatest return -Why you can't afford to have low standards for anything you do or the company you keep. -The greatest source of motivation that's untapped by most. -Vital paradigm and mindset shifts that will allow you to get more out of life. -The difference between strategy and tactics and how to develop a mindset for both. -How to select the best people to have a relationship with and get the most out of it.

Addresses the phenomenon of sleep and sleeplessness in the United States, tracing the influence of medicine and industrial capitalism on the sleeping habits of Americans from the 19th century to the present

[Copyright: 9b3240a3201be0a8a0ba5ecc2eebc08b](#)