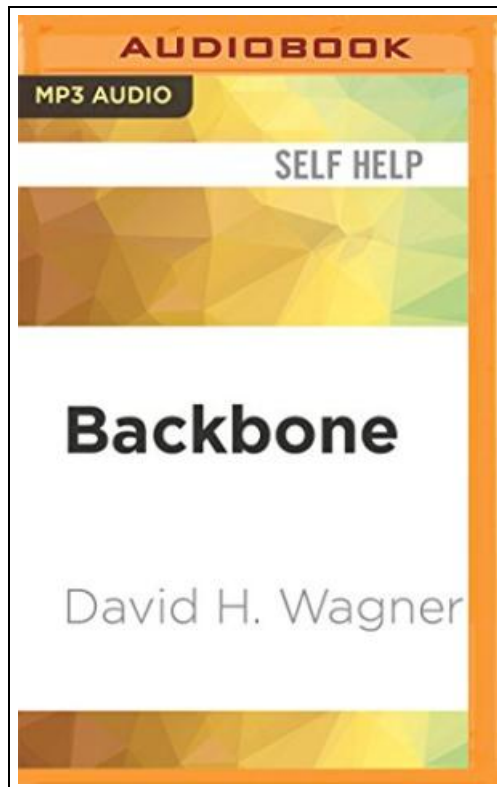


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BACKBONE: THE MODERN MAN S ULTIMATE GUIDE TO PURPOSE, PASSION, AND POWER



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Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. What does it mean to be a powerful, happy man in today s world? What does it take for a man to know himself, know his mission in life, and live a life of strength, honour and wisdom? In Backbone, the modern man finally has a self-help audiobook worthy of his masculinity. This audiobook won t ask you to get in touch with your feminine side if you want to embrace change. It s a straight-talking, down-to-earth and funny guide to get you working with your masculinity instead of against it. Backbone combines no-nonsense wisdom with brutally honest exercises to help you to find your purpose in life; hone your emotional intelligence; and escape unhelpful beliefs, patterns and habits so that you can live an amazing, powerful, passion-filled life. Wagner addresses the challenges that modern men typically face, asking you to join him in a series of profound self- examination exercises and questions covering life purpose, male identity, spirituality, self-limitation, sexuality, relationships, fatherhood and more. Every chapter is highly practical and includes observations and examples from David s own life journey as well as insights gained from the many clients and groups he has worked with over the years. Learning to be a good man used to be part of our culture; sons learned from fathers, nephews learned from uncles, apprentices learned from masters. But today this rarely happens. Modern men have to figure it out by themselves. Backbone is a practical step-by-step guide to help men know themselves deeply, root out weaknesses, enhance strengths and upgrade their experience of life. So, have you got the backbone to start your journey?.



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