



## Manhood (Revised & updated 2015 edition)

By Steve Biddulph

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Manhood (Revised & updated 2015 edition), Steve Biddulph, 'Most men don't have a life' is the dramatic opening to Steve Biddulph's bestseller Manhood. Exploring two critical social issues: establishing a healthy masculinity and how men can release themselves from suffocating and outdated social moulds, Biddulph addresses the problems and possibilities confronting men in their daily life. Women have found the book to be a profoundly moving and revealing read; while men acquire recognition and a sense of hope that life can be different. Topics include: -Seven steps to manhood -You and your father - breaking down the defences -Sex and spirit - coming alive -Being a real father - turning your love into action - Real male friends - be proud of being male and much more. This edition has been revised and updated to meet the needs of younger men, who are struggling with these issues in the twenty-first century. 'Steve Biddulph should be in the UK what he is in Australia, the household name in the business of raising boys and being a man' Dorothy Rowe, psychologist and writer.



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