





# MANHOOD

A COLLECTION OF THOUGHTS

*This book is the vision of a better man.*



Nnoo

Welcome

Välkommen

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*Today, men take their maleness for granted. They see it as a sort of privilege. The future demands more from our young men and this book equips them with the insights to find the strength within to face the challenges that present day relationships demand from men.*

*We are glad to give you something we wish we always had ourselves, things we wished we knew when we were younger, something beautiful, poignant and nostalgic.*

*These insights were conceived through our tears, heartaches and aspirations.*

*We hope that this book opens up a much larger perspective for you on the subject of love and relationships.*

*We hope that these few words encourages you to find the strength and the courage to live your life to the best.*



# Personal information

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# How to use this book

## **ONE**

*Read and reflect on the tips*

## **TWO**

*Personalise them and apply them to your daily activities*

## **THREE**

*Write down your own thoughts overleaf, noting how each point can be applied to your own peculiar circumstances.*

*Please write down your reflections, aspirations, lessons learned and then pass them on.*

*Love is a choice, it is not given or acquired through coercion, manipulation or pleading.*

*If she loves you, it means you are doing something right, take that as something to work with in developing a long and lasting relationship.*



*Reflection...*

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*Love is a phenomenon that  
cannot be explained.*

*It is indescribable, however, you will  
recognize it when you find it.*

*Love is the wholesome acceptance of another  
person, in a way that does not deny their flaws.*

*Reflection...*

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*Never assume that you have conquered  
a woman because she loves you.*

*Do not focus all your energies on  
your vision, business or calling and  
forget to fan the embers of that love  
you sought for.*

*Reflection...*

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*Care is not just what you give,  
it is also about your attitude.*

*Reflection...*

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*When you both have a problem,  
judge yourself first.  
Do not thrust your issues on her or  
rush to pronounce her guilty.  
She is your partner, not your opponent.*



*Reflection...*

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*Relationships are not built on phone calls alone.*

*Communicating your personality  
will require and demand more than just  
long hours on the telephone.*

*Reflection...*

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## HOW WE GOT HERE.

### THE MAKING OF THE MANHOOD SERIES

The system of a referee using cards were invented by an association football referee, Ken Aston.

Aston thought of the yellow and red card system while waiting at a traffic light after attending the 1966 World Cup quarter-final between England and Argentina.

Newspapers had reported that both Jack and Bobby Charlton were booked, but there was no public indication of this by the referee.

The idea met with some resistance from some quarters, and red and yellow cards were discontinued between 1981 and 1987. The game became messier as a result. Finally, the referees and the administrators got together. They adopted a final set of ground rules with it being incorporated into the Game's Laws and made mandatory at all levels.

The purpose of the series is to introduce and enforce order in the field of play using cautionary signs.

In the same spirit, these tips are made available as guiding tools for men who have or hope to have a special woman in their lives. In addition, it is a timely reminder to men about the pitfalls to avoid in relationships.

It will coach them to generally fare better in the game of love.

The MANHOOD Series is positioned to celebrate manhood.

A handwritten signature in black ink, appearing to read 'Burugi'.

VP Product Dev, Burugi

Ndeewo (Hi),

**We're Burugi.**

We believe that everyday people can create a better world, and we're on the mission to give them the tools they need to change the world.

As the saying goes, **'give me a place to stand, and I will move the world.'**

Daalu, (Thank you) for being part of our journey.



**BURUGI**

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