



How to Be a Man: (And Other Illusions) (Paperback)

By Duff McKagan, Chris Kornelis

The Perseus Books Group, United States, 2016. Paperback. Book Condition: New. 208 x 137 mm. Language: English . Brand New Book. One wouldn't usually turn to a veteran of Guns N' Roses for advice on how to live, but Duff McKagan is not a typical rock musician. He got sober at thirty, went back to school, got smart about money, fell in love, became a father, and got his life back on track. Through trial and considerable error, Duff learned to strike the balance between family and work, travel and contentment, financial aptitude and sacrifice. In *How to Be a Man*, Duff takes the reader into the life of an international rock musician and shares, with disarming candor and humor, the solid life lessons he's learned along the way to success and fulfillment in both his family life and career. From hard-won advice on basics like starting with a strong base and staying humble to techniques on staving depression and transforming darker impulses into something productive, *How to Be a Man* is the ultimate guide to rocking life not as a dissolute train-wreck rock star but as a man bound for success and longevity.



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Reviews

Unquestionably, this is the very best operate by any author. it had been writtern extremely flawlessly and beneficial. You can expect to like the way the blogger publish this publication.

-- **America Gleason**

It in one of the best book. Better then never, though i am quite late in start reading this one. You wont feel monotony at any moment of the time (that's what catalogues are for regarding in the event you check with me).

-- **Dr. Kristin Dickens**