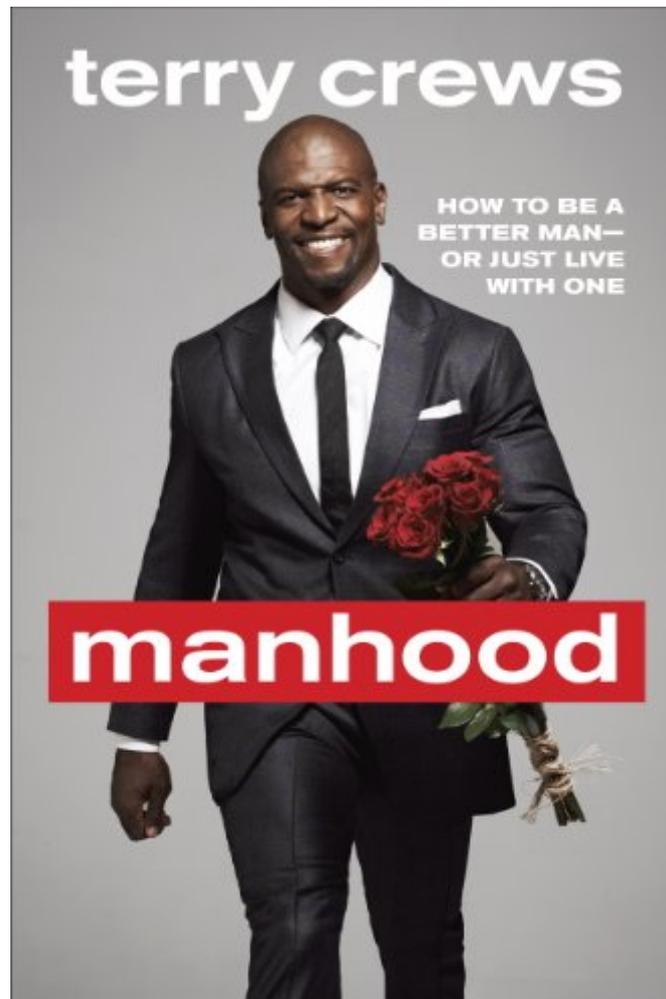


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# Manhood: How To Be A Better Man-or Just Live With One



## Synopsis

From NFL player turned film and TV star Terry Crews comes a wise and warmhearted memoir chronicling his lifelong quest to become a good man, loving husband, and responsible father. What does it mean to be a man? Terry Crews, TV's iconic "Old Spice Guy" and co-star of the hit Golden Globe Award-winning series Brooklyn Nine-Nine, has spent decades seeking the answer to that question. In *Manhood*, he shares what he's learned, telling the amazing story of his rise to fame and offering straight-talking advice for men and the women who love them. A self-described "super-driven superstar alpha male," Terry Crews embodies the manly ideal for millions worldwide. But as he looks back on his difficult childhood and shares hard-learned lessons from the many humbling experiences he endured to get where he is today, he shows how his own conception of manhood is constantly evolving. Crews offers up a lively, clear-eyed account of the ups and downs of his twenty-five-year marriage, revealing the relationship secrets that have kept it going and the one dark secret that nearly tore it apart. Along the way, he shares his evolving appreciation for looking good, staying fit, and getting it done for the people you love. Being a man is about more than keeping your core strong. It's about keeping your core values stronger. With insightful observations on spirituality, work, and family, Terry Crews shows men how to face their inner demons, seek forgiveness from those they've wronged, and tear down the walls that prevent them from forging meaningful relationships with others. From the NFL gridiron to the Hollywood backlot, Terry Crews has survived it all with his sense of humor and his marriage intact. In *Manhood* he shows men everywhere that real strength is not measured in muscle mass unless that muscle is the heart. From the Hardcover edition.

## Book Information

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## Customer Reviews

The last few days I've been devouring a book by one of my favorite comedic actors, "Manhood" by Terry Crews. You know Terry Crews. The Old Spice guy, The Expendables, White Chicks, Everyone Hates Chris, Idiocracy, Brooklyn 99 and many other films and television shows. He was also in the NFL. I've always liked him since seeing him in the films 'Idiocracy' and 'White Chicks' Every time after White Chicks an Old Spice commercial would air I'd point at the screen and say, 'Hey! It's that guy!' before I finally figured out his name and followed him on Facebook. He always seems to post very upbeat and positive messages on his time line and being that I'm something of a smartass I like some positivity to counteract my own sarcasm. Plus he makes me laugh and I love to laugh. The man makes me laugh and inspires me in my workouts. So when he came out with a book titled "Manhood" - an autobiographical journey to his own manhood I could not resist. I figured the book would be about his awesome life as a popular kid/sports hero in school leading to a college scholarship followed by the NFL, scads of moolah and Hollywood. I guessed very wrong. Terry says early on in the book that he thought about titling it "My Life as a Jerk" and that might have been a fitting title for some of it. He had the entire 'I am The Greatest' entitlement issues of a former NFLer I got to experience first hand in my college years when I went on a series of dates with a former member of the Atlanta Falcons NFL team. Three dates exactly. How jerky was the former Falcon? Third date he tried to take me to the Motel 6, telling me everyone puts out on the third date and I was hopelessly old fashioned if I thought otherwise.

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sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) How to Boil an Egg: Poach One, Scramble One, Fry One, Bake One, Steam One Stop Smoking in One Hour: Play the CD... just once... and never smoke again! (Listen Just Once to the CD and Youll Never Smoke Again!) Unoffendable: How Just One Change Can Make All of Life Better Act Like Men: 40 Days to Biblical Manhood Manhood Restored: How the Gospel Makes Men Whole Best Supplements for Men's Health, Strength, and Virility: A Concise, Scientific Guide to Maintaining Youth, Vigor, and Manhood Manhood: A Journey from Childhood into the Fierce Order of Virility Letters to My Son: A Father's Wisdom on Manhood, Life, and Love From Brotherhood to Manhood: How Black Men Rescue Their Relationships and Dreams from the Invisibility Syndrome Recovering Biblical Manhood and Womanhood: A Response to Evangelical Feminism What's the Difference?: Manhood and Womanhood Defined According to the Bible Every Man's Marriage: An Every Man's Guide to Winning the Heart of a Woman (The Every Man Series) IRON MAN, VOL. 1: 1963-1980: Every Marvel IRON MAN Comic Book Cover From 1963 (Tales Of Suspense #39) And The 1968 Series (IRON MAN COMIC BOOK COVERS) Just One Damned Thing After Another: The Chronicles of St. Mary's Book One Just Margaritas and Sangrias: A Little Book Of Liquid Sunshine (Just (Lyons Press))

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