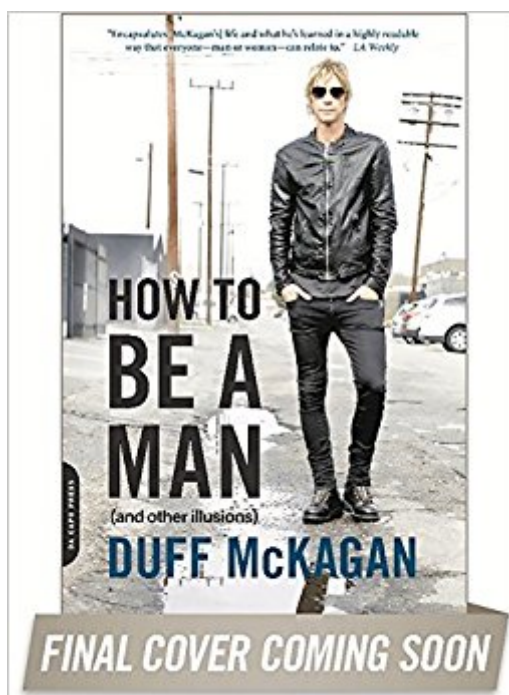


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# How To Be A Man: (and Other Illusions)



## Synopsis

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.

## Book Information

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## Customer Reviews

"Encapsulates [McKagan's] life and what he's learned in a highly readable way that everyone—*man or woman*—*can relate to.*"—*LA Weekly*

Duff McKagan is the cofounder of hard rock groups Guns N' Roses and Velvet Revolver and is the author of the New York Times bestseller *It's So Easy (and other lies)*. He lives with his family in Seattle and Los Angeles.

Duff has an abundance of life experiences that are unique to him, but translate well to the common person. The title is somewhat of a misnomer, as it's not exactly a "self-help" book. While each chapter title is a great piece of advice, the content that follows is hit-or-miss as it relates to the actual chapter title. Nonetheless, it's an entertaining read and look into the life of a man who has been through hell and found his heaven through friends, family, and his passions in life. This book is for those past 30 who haven't found their path yet, and the message is simple: there's always hope.

If you are a fan of guns and roses, then you'll like this book. The (original) bass player from guns and roses explains life, and lessons that he's learned. I specifically like his lesson about how he stays loyal to BlackBerries, when everybody else is moved onto iPhones! Basically, the same loyalty is an important aspect of his personality. A lot of lessons he draws from the parallels that he lived as a rock 'n' roll superstar in the band guns and roses. Definitely a great book to add to your guns and roses collection!

Good, but not as good as "It's So Easy". A little rambling, not enough of a storyline and just Duff talking. A nice, easy read and a look in to his life.

Good Read. Humorous and candid. It does repeat a small amount from his previous book but not to where you feel like it's the same book rewritten. I love the way he portrays his feelings of inadequacy. He has found a nice balance between the normal life we all live and question and his rock star life we all dream about!

Loved it! I found it very entertaining and informative. Some great stories in there and I am glad to get to know him a little better. I enjoyed it start to finish. Some haters out there need to read the title and grow a f\*\*\*ing set.

Love reading Duff stuff. Great rock/working musician stories as always and as a father of 3 (2 girls and a boy) I found a some solid food for thought on raising kids and managing family life. That said, he set the bar so damn hi with "Its So Easy (and Other Lies)" its hard not walking away from this one feeling a tiny bit disappointed. But overall if you are sucker for anything rock and roll and/or Duff, you will dig it.

I enjoy reading about musicians life's and their stories. This book was ok. Nothing special and certainly didn't teach me much about how to be a man. I guess I expected some more insight into His self help mindset. Oh and a little heavy on repeatedly mentioning how great his wife and kids are. I think we got it the first time....

It's an ok read but in my opinion it does not stand close to the powerful messages of the 1st book, "It's so easy and other lies" (which I'd rate 5 out of 5).

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