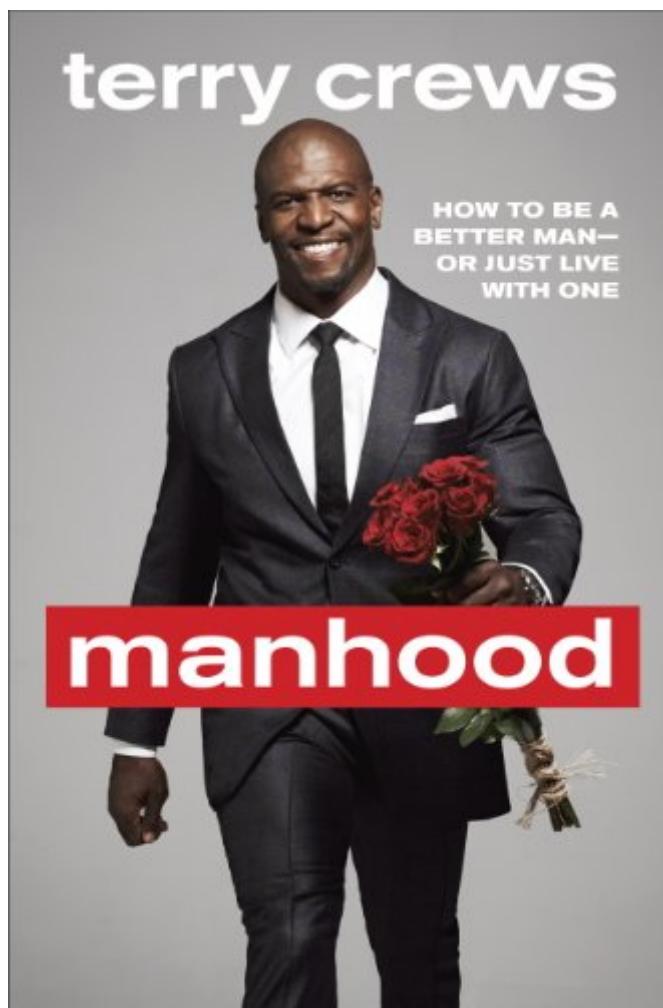


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# Manhood: How To Be A Better Man—or Just Live With One



## 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

File Size: 3707 KB

Print Length: 306 pages

Publisher: Zinc Ink (May 20, 2014)

Publication Date: May 20, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00H6JHR5E

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #130,619 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23  
inÃ  Books > Health, Fitness & Dieting > Men's Health > Sexual Health & Impotence #44  
inÃ  Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family  
Relationships > Fatherhood #98 inÃ  Kindle Store > Kindle eBooks > Health, Fitness & Dieting >  
Personal Health > Men's Health

## Customer Reviews

The book is an easy read. The narrative of TerryÃ¢Â¢Â¢s story keeps you engaged as you travel through his life escaping Flint, MI as a teenager. Then the book travels through playing football and his escaping from the traditional role models of being a man. Terry speaks about not being the strong silent type... not being the Marlboro Man. When a man's man speaks about vulnerability, men listen. The model of strength and courage while being open and standing in integrity is new for most men. I encourage both men and women to read TerryÃ¢Â¢Â¢s book for the entertainment and for the direction it gives. If this planet is to change, men need to step up in a new way, a way that few men ever saw. I wish Terry great success with this book.

HeÃ¢Â¢Â¢s doing a big service for men and all those that love them.

While I was expecting more doses of wisdom, or some kind of guidelines or "rules" for the lessons Terry learned over his life, it didn't stop the book from being a really enjoyable and eye-opening look into the life of a man most people just regard as "the big crazy / silly guy from the Old Spice commercials". It was also eye opening for me to see just how much fanatical religious beliefs can distort a child's perspective at such a young age, being an atheist I'm always looking for the silver linings in religion, and here I think I found that at least Terry seems to have gotten some good core values out of his relationship with religion, despite all of the guilt and unhealthy patterns he's worked long and hard to get past. The determination and refusal to quit throughout the book is really inspiring, and although the book is really more of a memoir / biography than a book on solid advice on being a man, there were still quite a few highlight-able snippets to revisit after reading and really think on. The lessons here about manhood are absorbed through anecdotes and the recollections of his life, not necessarily splayed out for you in a formal sense. So yeah, maybe the title is a little

misleading, but it was still a great book and I now look up to Terry in a different light than I previously did.

Really liked this book. It runs chronologically through his childhood (and living with an alcoholic dad), high school, trying to get a football scholarship in college, scraping by in the NFL for a few years, and his eventual success in Hollywood. He's a guy who's admittedly gotten a fair chunk of therapy in the past few years and has clearly taken time to understand how his upbringing has lead to who he is now, what he likes, and what he's trying to change. He concedes that he was a crappy guy during portions of his life, and also that he was terrible at managing his money and that caused a lot of issues. Also, it's generally interesting to read a memoir from someone who's still working and needs to protect relationships with colleagues. In this respect, it felt to me like he was pulling his punches on everyone from Hollywood and is just really grateful (and somewhat shocked) to have made the fantastic transition to acting that he has. There's no co-writer on here or prominently featured editor, so I'm assuming Mr Crews wrote lion's share of this book himself which is really impressive. Nice, fun read. The biggest issue I have with the book is that there are NO PICTURES! They really should've put some photos in here of him in his NFL uniforms, with the different haircuts he discusses, and as a kid. Based on that I would knock this book down to 4.5 stars if it was possible, but the enjoyment I got was greater than four stars, so I rounded up.

Book does have some good lessons to learn from and I do think Terry Crews is a great actor and has had a challenging life and made the best of every moment given to him, but I would say the title is a little deceptive as to what to expect from reading. The book is more of a biography, which is perfectly fine and my be what he was trying to accomplish, I just expected more which could be mistake on my part. Thank you Terry for glemce into your family!

Terry Crews describes the problems he faced in life with good insight humor and honesty. He got to that point only after many failures, struggles, self assessment, introspection, religion/faith/spirituality and help from psychologists. He was raised in a family where his parents constantly fought and his father beat his mother. He used education and a football scholarship to escape Flint but then could not make it on 6 NFL teams so he moved to Los Angeles to try to use is creative talents (drawing, script writing) to get involved in the movie industry. He lucked out in getting an audition, that a friend told him about, by being fit and athletic. After a sexual indiscretion, and the threat of divorce from his wife, Rebecca, of over 20 years, he went through the process of self discovery, and realized he had

been manipulative, non-empathetic, and totally narcissistic in his dealings with people. He describes an incident in which he took an online psychological assessment and realized he was narcissistic. He ran downstairs and told his wife and daughter he discovered he was narcissistic and his wife said: "Ya Think?" Crews says that most of his good decisions were made when he listened to Rebecca. After reading this book I watched Expendables 2, White Chicks, and Idiocracy. Crews has good screen presence especially when given creative space in the comedies. Idiocracy is actually a movie everyone should watch because of the political statement it makes.

Really good book. Many great lessons ,men in general ,can take away from the book. Like the fact he displayed what a great provider he is an became even greater man once he learned how to forgive an learn to build/trust the connection with his wife an forgive his parents for their short comings. Didn't give five stars because I felt that big dark secret was dragged out then to be let down , once revealed, by something not as such a big deal unless he down played it. Nevertheless, book is worthwhile, me an my hubby read together(because he not into books) . the book was so great he got into the book an couldn't put it down.

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