



The Mask of Masculinity: How Men Can Embrace Vulnerability, Create Strong Relationships and Live Their Fullest Lives (Paperback)

By Lewis Howes

Hay House UK Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. LEWIS HOWES grew up as an athlete. He played almost every sport in high school and went on to play football professionally. Howes then transferred his competitive nature from sports to business, building his podcast The School of Greatness into a global phenomenon and becoming successful beyond his wildest dreams. But his whole identity was built on misguided beliefs about what masculinity was: dangerous, false ideas learned from teammates and coaches in locker rooms and stereotypes in the media. Like so many men, Howes grew up angry, frustrated and always chasing something that was never enough. At 30 years old, outwardly thriving but unfulfilled inside, Howes began a personal journey to find inner peace and to uncover the many masks that men, both young and old, wear. In The Mask of Masculinity, Howes exposes the nine masks that men wear to protect themselves - and the truth that lies beneath them. He teaches men how to break through the walls that hold them back from showing real emotion, and reveals how women can better understand the men in their lives. It s not easy,...



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