

# Backbone: The Modern Man s Ultimate Guide to Purpose, Passion, and Power

By David H Wagner

Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. What does it mean to be a powerful, happy man in today s world? What does it take for a man to know himself, know his mission in life, and live a life of strength, honour and wisdom? In Backbone, the modern man finally has a self-help audiobook worthy of his masculinity. This audiobook won t ask you to get in touch with your feminine side if you want to embrace change. It s a straight-talking, down-to-earth and funny guide to get you working with your masculinity instead of against it. Backbone combines no-nonsense wisdom with brutally honest exercises to help you to find your purpose in life; hone your emotional intelligence; and escape unhelpful beliefs, patterns and habits so that you can live an amazing, powerful, passion-filled life. Wagner addresses the challenges that modern men typically face, asking you to join him in a series of profound selfexamination exercises and questions covering life purpose, male identity, spirituality, self-limitation, sexuality, relationships, fatherhood and more. Every chapter is highly practical and includes observations and examples from David s own life journey as well as insights gained...



#### Reviews

This book is very gripping and fascinating. Of course, it can be perform, nevertheless an amazing and interesting literature. I am just pleased to explain how this is basically the finest publication i have go through within my very own lifestyle and might be he best pdf for possibly. -- **Prof. Beulah Stark** 

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