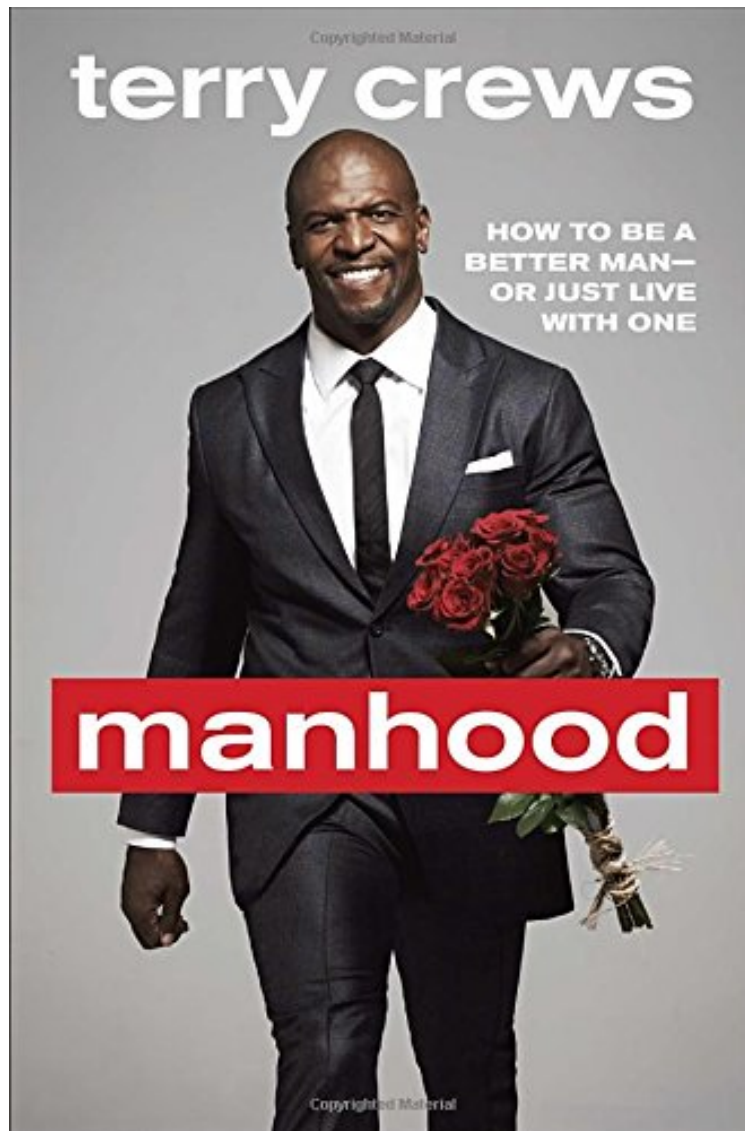


[Mobile book] Manhood: How to Be a Better Man-or Just Live with One

## Manhood: How to Be a Better Man-or Just Live with One

*Terry Crews*

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#27665 in Books Zinc Ink 2014-05-20 2014-05-20Original language:EnglishPDF # 1 8.53 x 1.05 x 5.831, .90 #File Name: 0804178054304 pagesZinc Ink | File size: 49.Mb

**Terry Crews : Manhood: How to Be a Better Man-or Just Live with One** before purchasing it in order to gage whether or not it would be worth my time, and all praised Manhood: How to Be a Better Man-or Just Live with One:

4 of 4 people found the following review helpful. Good book, could've used picturesBy BlakeReally 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 led 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. 0 of 0 people found the following review helpful. Great and inspiring auto biography By Doug W Great story of a great man who found his way to greatness from a hard start. Would have been 5 stars if he write more about the art of becoming a true man and less about the details of his trials and tribulations. The last chapter was awesome but I think he has much more to say that could have been worked in to the story throughout. A great read. Thank you Terry for sharing your story and insights on something all men should recognize: it's not about us; happiness stems from being part of a much bigger equation. 0 of 0 people found the following review helpful. Greatness By Vee 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.

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.

About the Author Terry Crews is a former model (Old Spice) and NFL player (Los Angeles Rams, San Diego Chargers, Washington Redskins, and Philadelphia Eagles). After the NFL he became an actor, and he now has a long list of credits to his name, including work on *The Newsroom*, *Arrested Development*, *Everybody Hates Chris*, and in films including *Expendables* franchise, *Bridesmaids*, and *The Longest Yard*. He now stars on the Golden Globe Award-winning Fox sitcom *Brooklyn Nine-Nine* and has roles in six movies releasing in 2014. He has been married to musician and inspirational speaker Rebecca Crews for almost twenty-five years. They have four daughters and one son.