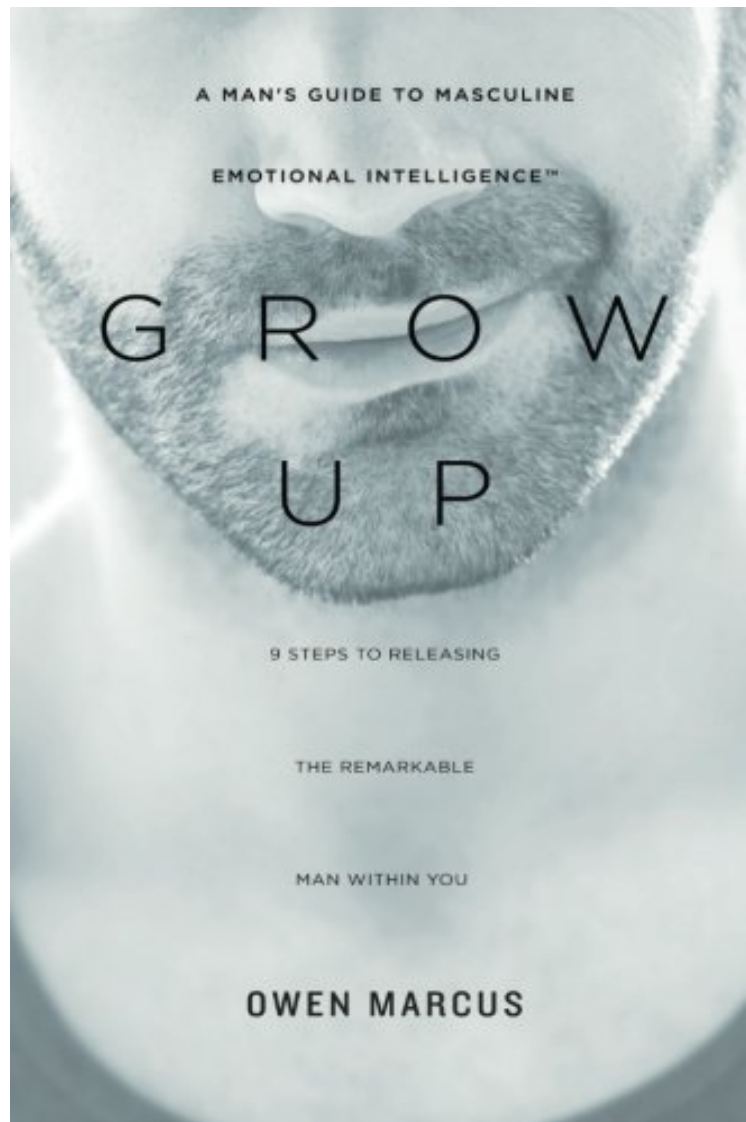


[Online library] Grow Up: A Mans Guide to Masculine Emotional Intelligence

## Grow Up: A Mans Guide to Masculine Emotional Intelligence

*Owen Marcus*

*DOC | \*audiobook | ebooks | Download PDF | ePub*



DOWNLOAD



READ ONLINE

#396376 in Books Owen Marcus 2013-11-30Original language:EnglishPDF # 1 9.00 x .59 x 6.00l, .78 #File Name: 0988703521260 pagesGrow Up A Man s Guide to Masculine Emotional Intelligence | File size: 21.Mb

**Owen Marcus : Grow Up: A Mans Guide to Masculine Emotional Intelligence** before purchasing it in order to gage whether or not it would be worth my time, and all praised Grow Up: A Mans Guide to Masculine Emotional Intelligence:

12 of 12 people found the following review helpful. I thought I was grown up I was, but I wrong. I was missing out so much of what life has to offer.By ChuckOne of the best books I've ever read on my journey to becoming the man that I want to be -- and I've purchased A LOT of books trying to figure out myself and my life. At a certain point, life deals

you some cards that you're either ready to handle or not. You know something clearly isn't working and something is definitely missing, but you don't know what. That's the point where you need to start getting honest start growing up (in my 40's). I was ready, but I didn't have the tools or the knowledge or the fathering that I needed to be the man that I'm supposed to be. This book helped fill in the gaps; it gave me the knowledge that I never got growing up that so many men aren't getting in their upbringing. We're just told to be a man -- and no one ever defines what that actually means. So we make it up we get it wrong at that point, we've wasted much of our life working in the wrong directions on the wrong things for the wrong reasons, and while we are successful in life, we as men are unfulfilled missing out on the amazing lives that we could have. This book spells it out. It's different for every man -- but at least now I've got some clear direction some solid information to work with to leverage in creating the life that I really want that I truly enjoy and which is rewarding and fulfilling full of the intimacy and authenticity and Truth that the first half of my life lacked.. I'm re-reading the book to catch the parts that I didn't get the first time around. I'm planning using all of this info to do a better job of raising my sons and to help them grow into the men that they're meant to be (hopefully I'll be able to give the edge that I never got).

5 of 5 people found the following review helpful. A primer for any man looking to create their own men's group. By Charles P.W. Newell The number of "Aha!" moments in this book are remarkable. For any man looking to go deeper. To crack open into new levels of self-understanding. But most especially, for any man seeking to form (or join) a men's group, I would HIGHLY recommend this book. It will reveal fundamental truths about our need to have authentic relationships, to have real brotherhood with other men. And will motivate you to find such connections through the practice of a men's group. This book will also provoke much laughter of recognition. For either very experienced learners in this area, but most especially someone new in their inquiry, this book will be a most helpful.

2 of 2 people found the following review helpful. Saved my Life! By Steve Michaels I have been looking for something that could help my depression and unhappiness and after reading Owen's book, I made an appointment to meet this guy. He is the real deal and in fact, I joined his group and drive 90 miles one way to attend. This man is onto something and being an ex-Marine... it is OK to cry and let out your emotions. No wonder we die before women. Highly Recommended

Grow up. Be a man. We've all heard that before, and we often get defensive when we hear it. And as modern men we often live our lives on the defensive - struggling in relationships, on the job and often feeling alone to figure it out ourselves. In the pages of this book, Owen Marcus leads us along an enlightening path toward the authentic self, one that embraces and respects gender and masculinity. Marcus reveals that men aren't immature or broken; they just need clarity, purpose, connection and the support of other men. Grow Up takes you through 9 stages of growing up where you will discover: Why professional success alone does not fulfill What may be missing and how to find it How we inadvertently self-sabotage and how to stop How to honor and attract women as your authentic self How to earn and maintain the respect of your peers How understanding your own Masculine Emotional Intelligence will lead you to a happier, more fulfilling life Owen Marcus has spent years studying and developing effective learning systems for men. Grow Up is the first time the lessons of his group trainings, lectures, seminars, and personal experience have been compiled into a single manuscript. Grow Up is not a self-help book; it's a playbook on how to live your own life. Imagine a life where you can dream, love, create and live in the moment with an ease you never thought possible. Take this book home, and watch the unfolding of the remarkable man in you.

If Stephen Buddulph's book on Manhood was the 101 on masculinity 20 years ago, "GROW UP" is the graduate class. Tiffany Manning, Psych The woman, who reads Grow Up, will have the information and tools to work with her guy to help him develop his emotional intelligence skills. Ken Solin Author, Act Like a Man As the mother of two grown sons, I've seen firsthand how hard it is to be male today. If you are a guy that wants more out of life or a gal that loves a guy that wants more out of life read Grow Up. Sharon Saylor, MBA Author of How To Master The Message Owen Marcus is a Remarkable Man, who embodies what he is teaching in his ground breaking book Grow Up a Man's Guide to Emotional Intelligence. His message is clear and direct as he guides the reader through a nine step process to help men to step up and out as Remarkable Men! A must read for 21st century men and the women who love them! Lillas Marie Hatala and Richard John Hatala, coauthors, Integrative Leadership From the Author For more information about men, please go to the blog: owenmarcus.com. From the Back Cover Grow up. Man up. Be a man. We've all heard the axioms. Hell, you may have said one to someone. Someone may have said one to you. It's not very helpful, though, is it? Because, really, at the end of the day, do we even know what "be a man" means? You're not bad. You're not broken. You've just never had a good model for how to be a real man. How to be your OWN real man. Men's roles in society are changing at lightning speed. Hyper-masculine macho no longer works. The "sensitive man" of the '60s and '70s is a huge turn-off to women and men. So where's the balance? Right here, in this book. Grow Up will take you through the 9 stages of growing up. You will discover: \* How to attract women, while being true to yourself and honoring them. \* How to earn the respect of other men. \* Why, no matter how successful you are, you feel like something's missing - discover how to retrieve what was missing. \* How to stop sabotaging yourself. \* How Masculine Emotional Intelligence is in you, waiting to be expressed. Grow Up is not a "self-help book"; it's a playbook on how to win as a

man. Owen Marcus had to grow up. Even as a professional success, he felt like a personal failure -- failing with women and failing at being a man. With no playbook or guide, he made his own: he spent years studying leading-edge concepts, testing them on himself, then developing a system that worked. After three decades of development, *Grow Up* is the first time he is sharing his discoveries with the public. *About Men* is a documentary film, about the men's group Owen founded. His business, *Free to Win*, teaches men how to win as men. His blog, [owenmarcus.com](http://owenmarcus.com) explores aspects of being a man that others avoid. Owen speaks about how men can get what was never given so to release their Remarkable Man.