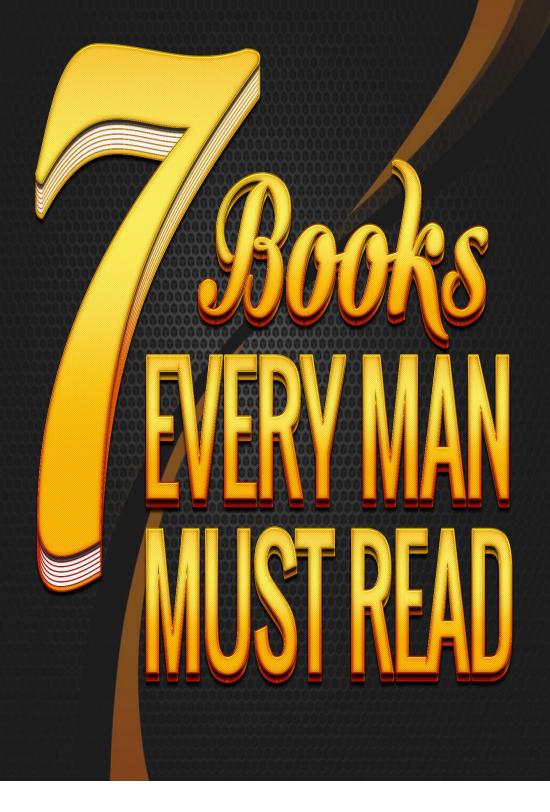
CHAD HOWSE'S



7 Books That Will Make You a Better Man

From the day we pop out of the womb our learning begins and it should only cease when we kick the bucket. It's death and only death that should stop the pursuit of learning that each man should embark on and it's no coincidence that those who lust for learning live better, stronger, more fulfilling lives.

Napoleon, instead of dating women essentially found the comfort of a bosom in a book. While his peers drank, he read. Benjamin Franklin, Teddy Roosevelt, both men whose thirst for knowledge was unmatched.

It's what you do with this knowledge that's up to you, but knowledge is improvement and even when it comes to being a good man, and possibly more importantly, being good at being a man, there is much to learn.

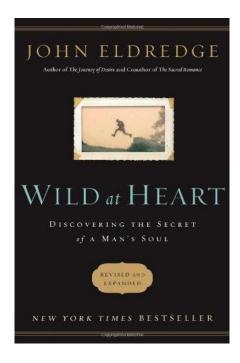
What once may have been automatically taught in a society that had rites of passage where boys literally became men in an act or after a trial, we, as men, must trudge through our own self-inflicted trials and often teach ourselves how to become good at being men and become better men and, as always, there are books to help us with this.

Thus, the following books will have that purpose in mind: to aid you as they've aided me in understanding what it is to be a man, and how to become a better one. The list isn't in any particular order, but numbers helped, so we use them. Start wherever you want on the list, but whatever you do, start reading!

If we encounter a man of rare intellect, we should ask him what books he reads.

-Ralph Waldo Emerson

1. Wild at Heart.



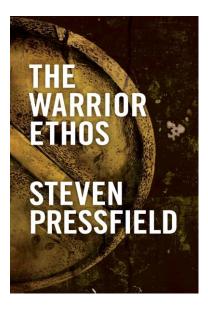
John Eldridge is of the belief that men have wild hearts that need to be fed. It's when they aren't fed that we look to other avenues for this sustenance.

This is a *deep* book. He deals with a lot of spiritual stuff in his own life, it's filled with interesting theories about what it means to be a man on a spiritual level. It's one of the best books I've ever read and as soon as you get into the heart of it you're going to want to get out into the wilderness, where men belong.

If you've lost or never found that wild spirit, that soul that craves for adventure and meaning more than your 9-5 is giving you, then read this book. For this one, there's definitely a reason why I put it at number one.

Buy Wild at Heart

2. The Warrior Ethos



Not necessarily a book about manliness, but a book about what men have always been born to be.

You were born to be a warrior, to live a warrior's life. We began hunting and gathering, but also warring and defending. Without men fighting at the city gates other men couldn't theorize or philosophize. Our tribes wouldn't have grown without warriors. You and I wouldn't be here without warriors doing what warriors do.

Many of us need to learn and re-learn what it means to be a warrior and understand what the ethos that the warrior lives by. Steven Pressfield's one of my favourite authors and he has one primary focus: war.

Though he never served, he's written some of the best books on war that you'll find, and the Warrior Ethos captures the spirit behind his books and behind the soul of a warrior.

Buy The Warrior Ethos

3. On the Shortness of Life



Seneca was rich. Wildly rich, actually. Yet he was often seen walking the streets of Ancient Rome in rags and with nothing on his feet. His goal was simple: to live a flourishing life.

So what is a flourishing life?

To flourish is to live at your apex. One key thing you'll take away from this brief read is what is essential to living such a life, and what isn't.

To Seneca, a Stoic, material things were not essential. Though a great business man, he didn't dawn himself in the opulence that most of the rich of his time adorned. He lived an effective life, one devoid of the noise and clutter, the waste of though and of conversation.

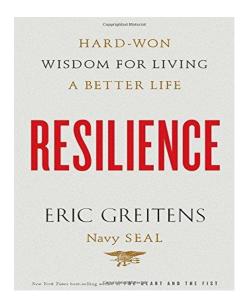
To add another book, a daily reader, pick this up: <u>Epictetus' On Living</u> Well.

I've taken in a lot from the Stoics as of late. Namely Seneca, Epictetus, and Marcus Aurelius. Each of these men were successful, yet they didn't get lost in the traps that grab and weaken most men of such success.

If you were to only focus on the things worth focusing on in your life you'd live a much better, happier, and more purposeful life. Stoicism helps in this quest. And the authors and books mentioned will definitely help you become a better man.

Buy The Shortness of Life

4. Resilience



Eric Greitens has an impressive resume. I've read a few books by him, about his story and the philosophies he's developed over the years and through all that he's done. But *Resilience* is the best.

He takes the stance that what we, as men, need most, is resilience. He sees it as the most vital attribute to living a flourishing life, as the Stoics would note. Without resilience you're essentially at the behest of whatever happens to you. You're not in control but under the thumb of the events in your life.

What's best about this book is that he shows you, through ancient and modern philosophy, how to become more resilient.

This is an incredible book, and if you've served your country and you're having a hard time dealing with integrating back into a society that has no clue what you saw and experienced abroad, this is a *must read*.

Who's this book for?

Men.

Men commit suicide far more than our female counterparts. We often have a lot more pressure on us to bring home the bacon and be the rock.

When we lack purpose, or when we lack a challenge in our lives, we feel as though we're floating out at sea with no real direction, nothing to work toward nor live for.

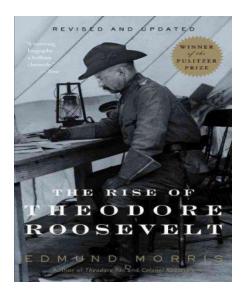
This book is a blessing in that it will, if you apply the stuff in it, show you how to find and create your own challenges.

Men without challenges are lost. Being lost when you hold responsibilities is a dangers place to be.

Read this book to not only become a better man, better at being a man, but to become a man with a focus and purpose and direction to his life.

Buy Resilience

5. The Rise of Theodore Roosevelt



Effectiveness on everything you set your mind to is what we should want. In understanding how to reach your potential, what your true ambitions and aspirations are, and to shed light on what normal men can accomplish, it's imperative to study great men in history.

Theodore Roosevelt was surely a great man. He served his country. He was a rancher out west. He boxed even while he was the President of the United States. He was a prolific author and hunter, and an avid conservationist.

Few have done as much as TR, and what's incredible is that he had nor more talent nor natural ability than you or I.

That's what's most important about reading about TR, it's that he didn't start out as a stud, nor was he ever the most talented. He was, however, the hardest worker.

"The Rise" is possibly the best, most in-depth book about the man who would be President. It's a wonderful read and great insight into one of history's greatest men.

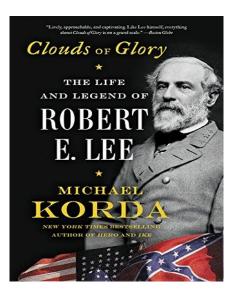
Read it not only to see what masculinity is, as TR is a wonderful example of a man led by both brawn, brains, and spirit, but to see what true, never-ending hard work and masculine ambition can get you.

Also see how much he wanted to be like his old man, a strong, masculine man. TR thought the virtue of manliness won North America and the freedom of its people. He saw how manly ambition can conquer almost anything.

Be inspired not only to work, but to become a man's man in its truest sense.

Buy The Rise of Theodore Roosevelt

6. Clouds of Glory



A man must have a set of beliefs, principles, and virtues that guide him through life.

These virtues cannot be wavered on or compromised. He, you, me, must let these guide us no matter the outcome, and no matter how much more difficult it makes our lives.

It's difficult to find a man who lived by his principles no matter the situation, as consistently as Robert E. Lee. The man who Lincoln asked to be his general could not, in good conscience, fight against his state, Virginia, who'd join the Confederacy.

A man who was given slaves when his wife's father died, freed them in 5 years wasn't pro slavery, but pro Virginia. You have to realize that Virginia was around over 100 years before this new Union had risen. The loyalty to the State often preceded the loyalty to the nation. Lee was a very good man whose conscience dictated his every word and decision.

A man who spoke no ill of another, and a man who is regarded by many as the greatest general the West has ever produced – which is high praise considering the likes of Napoleon are in that same conversation.

Lee was not only a great man, but a good man. He was respected by both sides, as much by his enemies as by his allies.

He did what he saw to be right in every instance, and though it often made his life a great deal more difficult – like when he declined Lincoln's request to lead a far less equipped, smaller, and much less funded Confederacy.

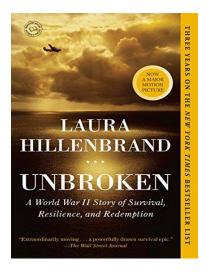
To be a man of virtue you must identify what those virtues are. Keep them close. Recite them. And have the courage to stand by them even when you're the vast minority and abiding by said virtues will make your life far more difficult.

No one ever said it was easy to be a good and great man. It means incurring a lot more hardship.

Don't however, ask for an easier life, ask and pray for more courage to be able to withstand what this road you have chosen will throw your way.

Buy Clouds of Glory

7. Unbroken



What can a man endure?

This wonderful book will show you that no matter what you face, you can endure it.

"If I can take it, I can make it."

This is possibly the best book I've ever read.

It's about a man who withstood incredible hardship only to become one of the sweetest, kindest men on earth. There are few men who've touched souls like Louis Zamperini.

Captured by the Japs during the Second World War, Zamperini holds the record for the longest period stranded at sea. He was tortured over and over again, and then given opportunities for ease because he was a former Olympic runner. However, instead of being used as propaganda, he declined, only to be thrown back in the horrendous Japanese prison camps.

I'd rather not give too much away about this book that was also recently turned into a movie (a movie that doesn't come close to doing it justice).

Just read it.

Read it to know that no matter what you're going through, men have gone through tougher and come out with a smile on their face and an optimism about humanity.

Louis went so far as to visit some of the men who tortured him so many years before, to forgive them, hug them, and to take a burden off their shoulders that comes with what good men sometimes do in war.

It's a humbling book that will give you no reason to complain, ever.

Buy Unbroken

Why Read. When to Read.

Reading is a very important and valuable activity in my life. It's also one I never did throughout high school and college. It was only until I was able to choose my own books that I began to love reading.

Each of the books on this list have been vital in my self-development and improvement, and though I have a lifetime of learning still ahead, I can't imagine who I'd be without each of these books. I guess you could say it wouldn't be pretty.

Books are life changing if you're an action-taker, and I know that, as a fella who's already downloaded this and read the list, you're there. So pick up the books now, and start knocking them off.

When should you read? It depends on you.

Wake up 30 minutes earlier and give your first 30 minutes to reading.

Go to bed 30 minutes earlier and give your last 30 minutes to reading.

The important thing is that you do it everyday. Make it habitual. When reading becomes a habit, your evolution becomes automatic.

God bless, Chad Howse