



Conscious Men: A Practical Guide to Develop 12 Qualities of the New Masculinity

John Gray Ph.D., Ardagh Ardagh

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Conscious Men guides a man to look within and discover his purpose and mission; to be in touch with his feelings but not ruled by his feelings; to live a life that is in pursuit of his path, while honoring the commitments he made during that pursuit. This book is a practical roadmap to support every man to discover and live his unique calling. Conscious Men explores 12 qualities of the New Masculinity. Each chapter offers a vivid portrait of each quality, with insights about how it is influenced by biochemistry. It presents road map for the challenges men face today in living their fullest potential, as well as dozens of suggested practices for how to develop each quality. The book also has a “To Women” section for each chapter: offering women insight about how to recognize a good and trustworthy man, as well as how to support a man to bring the best out of himself.

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