

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



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Foreword by Warren Farrell Ph.D.

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

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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*By John Gray Ph.D., Ardagh Ardagh*

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#### **About the Author**

John Gray is the leading relationship expert in the world. His relationship and health books have sold over 50 million copies in 50 different languages. His groundbreaking book, Men Are from Mars, Women Are from Venus, is the #1 best-selling relationship book of all time. John helps men and women better understand and respect their differences in both personal and professional relationships. He lives in Northern California with his wife of 30 years, Bonnie. They have three grown daughters and four grandchildren. Arjuna Ardagha is the founder of Awakening Coaching, a writer and public speaker. He is the author of eight books, including the 2005 #1 national bestseller The Translucent Revolution, and Better than Sex, the complete introduction to Awakening Coaching. He has been a speaker at conferences all over the world, including at Google and the United Nations. He lives with his wife, Chameli, in California. They have two grown sons, as well as the world's most enlightened cat.

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