



How to Be a Man: (and other illusions)

Duff McKagan, Chris Kornelis

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How to Be a Man: (and other illusions) Duff McKagan, Chris Kornelis The cofounder of Guns N' Roses, Velvet Revolver, and Walking Papers shares what the hard-knock rock life has taught him about how to be a good dude (in spite of it all).

One wouldn't usually turn to a veteran of Guns N' Roses for advice on how to live, but Duff McKagan is not a typical rock musician. As chronicled in the New York Times bestseller It's So Easy (and other lies), Duff got sober at thirty, went back to school, got smart about money, fell in love, became a father, and got his life back on track. Through trial and considerable error, Duff has learned to strike the balance between family and work, travel and contentment, financial aptitude and sacrifice.

In How to Be a Man (and other illusions), Duff takes the reader into the life of an international rock musician and shares, with disarming candor and humor, the solid life lessons he's learned along the way to success and fulfillment in both his family life and his career. From hard-won advice on such basics as starting with a strong base and staying humble, to techniques on how to stave off depression and transform darker impulses into something productive, How to Be a Man is the ultimate guide to rocking life—not as a dissolute trainwreck "rock star," but as a man destined for success and longevity.



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