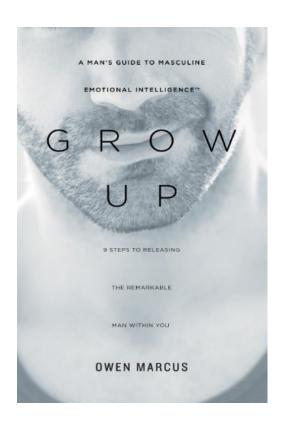
# GROW UP: A MAN'S GUIDE TO MASCULINE EMOTIONAL INTELLIGENCE BY OWEN MARCUS

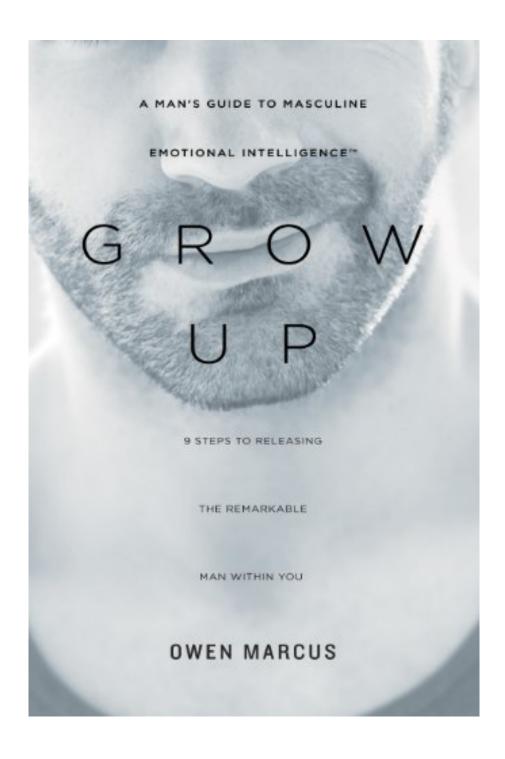


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# GROW UP: A MAN'S GUIDE TO MASCULINE EMOTIONAL INTELLIGENCE BY OWEN MARCUS PDF

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#### Review

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 Sayler, 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<sup>TM</sup> 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 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.

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