



# The Art of Manliness - Manvotionals: Timeless Wisdom and Advice on Living the 7 Manly Virtues

By Brett McKay, Kate McKay

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## What Makes a Man, a Man?

For centuries, being a man meant living a life of virtue and excellence. But then, through time, the art of manliness was lost.

Now, after decades of excess and aimless drift, men are looking for something to help them live an authentic, manly life—a primer that can give their life real direction and purpose.

This book holds the answers. To master the art of manliness, a man must live the seven manly virtues: Manliness, Courage, Industry, Resolution, Self-Reliance, Discipline, Honor.

Each chapter covers one of the seven virtues and is packed with the best classic advice ever written down for men. From the philosophy of Aristotle to the speeches and essays of Theodore Roosevelt, these pages contain the manly wisdom of the ages—poems, quotes, and essays that will inspire you to live life to the fullest and realize your complete potential.

Learn the art. Change your life. Become a man.

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### **Editorial Review**

#### **About the Author**

Brett and Kate McKay are the married team behind the popular website, The Art of Manliness.com. In just two years, the site has grown to over 1 million visitors a month, over 2 million page views a month, and over 70,000 daily subscribers. In addition, the authors maintain a thriving online social network called the Art of Manliness Community. Brett has a degree in Letters where he focused on classical history and philosophy. He also graduated in the top ten of his class in law school. Kate has a bachelor's in history and graduated summa cum laude with a masters in religion. They live in Tulsa, Oklahoma.

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