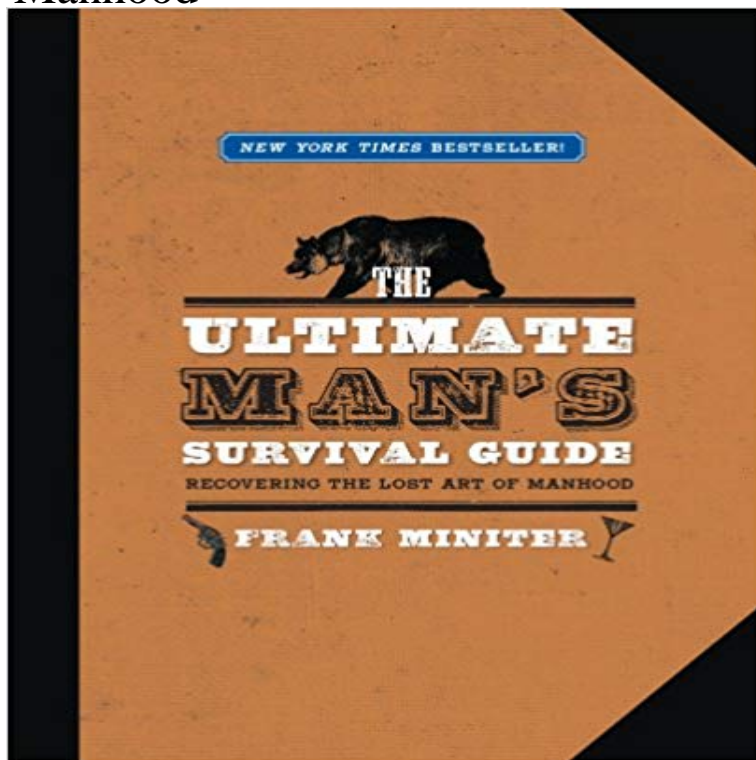


# The Ultimate Mans Survival Guide: Rediscovering the Lost Art of Manhood



The Upper East Side metrosexual may be good at cocktail chat, but a real man knows how to fight off alligators, create a tourniquet out of a t-shirt, and rescue a drowning person. Frank Minitier's *The Ultimate Mans Survival Guide* shows men how to do all of these and more, including: \* how to fight off a bear \* how to set a dislocated joint \* how to pick the perfect cigar and bottle of wine. Presented in seven sections--survivor, provider, athlete, hero, romantic, cultured man, and philosopher--Minitier teaches guys the skills, attitudes, and philosophies they need to be the ultimate man. Clearly written and packed with real-life anecdotes, as well as line-drawings and how-to illustrations, *The Ultimate Mans Survival Guide* teaches men that any guy can be the ultimate man whether he is rescuing a lost hiker, plucking a child from a swift stream, or standing up against injustice.

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