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Michael O'Mara.

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Man Up! The Real Man's Book of Manly Knowledge

Rod Green

Description

Finally, a book that teaches a man how to be a man, that harks back to a less sheltered and pampered age when, without the aid of technology, men had to use their military training and outdoor skills, and were prepared for any eventuality. *Man Up!* offers useful but often long-neglected skills and imparts wisdom gleaned from many sources. Learn and relearn forgotten skills like how to light a fire in a downpour, set a broken limb or harvest food from the wild, among many other skills that a true adventurer cannot do without. Presented in an elegantly designed, but hardy, volume, *Man Up!* teaches the importance of self-reliance, common sense and background knowledge. With this book every man will be able to overcome whatever perils and difficulties he might encounter in the course of an adventurous life.

Sales Points

- A book for all men who feel they lack such indispensable knowledge as How to Fend Off a Leech Attack; How to Tie a Sling; How to Escape a Bear; How to Snare a Rabbit and How to Darn a Sock (plus much, much more)
- Contains a number of useful skills that are no longer taught to young men ... perfect for the fearless man in your life
- Including information from the past experience of servicemen and explorers to mountaineers and sailors

Reviews

- 'Essential reading for the sort of chap who knows the value of a decent pair of brogues and a strong stick' - *Sunday Express*
- 'The idiot's guide to wrestling alligators' - *Daily Mail*

Author Biography

Rod Green is an editor and author. His previous title for Michael O'Mara Books was *A Book for Dad* (2010).