



# The Ultimate Self-Help Guide for Men

*Joe Novella*

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## **The Ultimate Self-Help Guide for Men** Joe Novella

A lot of men are crying into their beers out there. Why? Because for far too long us men have been given the wrong advice on how to be happy. We don't want to be sitting in the lotus position, trying to discover our inner-selves, when we could be down at the pub. We don't want to spend hours "sharing" with our partners in order to understand them better when we could be watching sport. We want short cuts to happiness. We want practical answers to the big questions, like: How do I learn to understand women better? How do I get a guilt-free leave pass for a weekend away with the lads? How do I stay fit and healthy without breaking a sweat? How do I attract beautiful women even if I'm ugly? Unlike other self-help books on the market, The Ultimate Self-Help Book for Men is written by a true expert in male psychology - a barman. Inside you'll find easy-to-follow tips covering all aspects of the life of modern man - fashion, fitness, fist-fighting, alcohol, sex and relationships, and much, much more. Read it and you too can discover the secret to becoming happy and healthy the easy way.

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