



# **100 Ways to be A Better Man: Practical Advice on How To Improve Your Relationships, Improve Your Career, and Improve Your Life**

*Elliot Harris*

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Do you feel like you're stuck? I was.

Years ago, I had to start seeing a counselor to get myself unstuck.

This book is not a cure-all. There's no magic in its pages. I'm not a doctor. I'm not a motivational speaker. I'm just a man who figured out how to make my life better, and now I want to share my advice with you.

In this book, you'll discover ways to refocus your mind, new ways of looking at life situations, and--hopefully--you'll get the inspiration to make the changes you need to get unstuck.

There's also practical advice in here, like how to buy a dress shirt, how to maintain your car, and how to defend yourself in an emergency.

With over 100 chapters, I hope you'll find some advice in here that really does make you a better man.

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