



How to Be a Man: (and other illusions)

Duff McKagan, Chris Kornelis

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One wouldn't usually turn to a veteran of Guns N' Roses for advice on how to live, but Duff McKagan is not a typical rock musician. He got sober at thirty, went back to school, got smart about money, fell in love, became a father, and got his life back on track. Through trial and considerable error, Duff learned to strike the balance between family and work, travel and contentment, financial aptitude and sacrifice.

In *How to Be a Man*, Duff takes the reader into the life of an international rock musician and shares, with disarming candor and humor, the solid life lessons he's learned along the way to success and fulfillment in both his family life and career. From hard-won advice on basics like starting with a strong base and staying humble to techniques on staving depression and transforming darker impulses into something productive, *How to Be a Man* is the ultimate guide to rocking life—not as a dissolute train-wreck "rock star" but as a man bound for success and longevity.

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