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Backbone: The Modern Man's Ultimate Guide to Purpose, Passion and Power

By David H. Wagner

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You deserve the best of life. And your life deserves the best of you.

What does it mean to be a powerful happy man in today's world? What does it take for a man to know himself, know his mission in life, and live a life of strength, honor, and wisdom?

Learning to be a good man used to be part of our culture; sons learned from fathers, nephews learned from uncles, apprentices learned from masters. But today this rarely happens. Modern men have to figure it out by themselves. Backbone is a practical, step-by-step guide to help men know themselves deeply, root out weaknesses, enhance strengths, and upgrade their experience of life.

Backbone combines no-nonsense wisdom with brutally honest exercises to help men to: find their purpose and be on track with their vision
access and hone their spiritual and emotional intelligence
get free from unhelpful beliefs, patterns, and habits
live an amazing, powerful, passion-filled life.

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Editorial Review

Review

David Wagner is a transformational teacher and dedicated leader, on a committed path of service, guiding others to awaken to their inner wisdom and authentic power. --Gabrielle Bernstein, New York Times bestselling author of *Miracles Now*

"Most men are allergic to the big conversations around purpose, passion, and power because, well, they're usually boring or too far 'out there'. David is one of the rare men on this Earth who has the brains, heart, and balls to go deep without losing his sense of humor. He's a modern teacher for wisdom of the ages." --Tripp Lanier, International Men's Coach and Host of *The New Man Podcast*

'This is a book that every man needs to read! Wagner has a way of making practical, no-bullshit, life-changing wisdom totally accessible.' --Dominic Carubba, men's coach, author of *7 Pages to Success*

'Such an important and accessible read for men of today. David's compelling voice offers men the most perfect distinctions – and the best questions – to be both powerful AND happy.' --Elena Brower, yoga teacher and author of *Art of Attention*

'Backbone is a fabulous title – and it exactly what David has given me – a spiritual backbone with which I can blast off and accomplish my goals and live my dreams – bravo!!!' --Lev Gorn, actor on *The Americans* (FX Network)

'In a world that controls language toward neutrality, and weakens traditional gender lines, where men are shamed for "acting like a man," David gets straight to the point of what it means to be a spiritual man, and to reach a deeper level of understanding of what it means to be a man.' --Ron Silver, restaurateur-chef and author of *Bubby's Brunch Cookbook*

About the Author

David H Wagner is a spiritual teacher, men's group leader, and proud father who has dedicated his life to the exploration of personal transformation. He travels widely leading workshops and retreats for people from all walks of life from all over the world. He is the host of The Whole Manchilada Podcast, is a featured meditation teacher on Yogaglo.com, and serves on the faculties of Kripalu and Omega Institutes. Learn more on his website www.davidhwagner.com.

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"Remember Charles 'Pa' Ingalls on Little House on the Prairie? Now there was a man. He had honor, he was able to kick ass when need be, was kind to his daughters, was a strong husband to his wife, and got his work done with excellence. All of this, and he set the moral tone for the family. This is something that rarely happens today. With the exception of omega males and some traditionally religious men, most men abdicate moral and spiritual authority to the women in their lives completely. Many men act as if it is their role to be

the 'voice of reality' in their house. Their women can run off to retreats and study yoga and chakras and become certified in Reiki, but they think it's a bunch of baloney. 'Just give me a beer and my game and leave me alone.'"

Users Review

From reader reviews:

Henry Barba:

This Backbone: The Modern Man's Ultimate Guide to Purpose, Passion and Power book is just not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book will be information inside this reserve incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This kind of Backbone: The Modern Man's Ultimate Guide to Purpose, Passion and Power without we comprehend teach the one who reading through it become critical in thinking and analyzing. Don't end up being worry Backbone: The Modern Man's Ultimate Guide to Purpose, Passion and Power can bring any time you are and not make your carrier space or bookshelves' grow to be full because you can have it inside your lovely laptop even phone. This Backbone: The Modern Man's Ultimate Guide to Purpose, Passion and Power having fine arrangement in word and layout, so you will not truly feel uninterested in reading.

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Louise Denison:

Is it anyone who having spare time and then spend it whole day by simply watching television programs or

just resting on the bed? Do you need something totally new? This Backbone: The Modern Man's Ultimate Guide to Purpose, Passion and Power can be the answer, oh how comes? A fresh book you know. You are therefore out of date, spending your free time by reading in this brand new era is common not a geek activity. So what these ebooks have than the others?

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