



## **48-Hour Gentleman: Your One-Weekend Plan to More Confidence, Poise and Manly Know-How**

*Kyle Ingham*

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## Zero to Gentleman in One Weekend

A “real man” is expected to have certain manly or “gentlemanly” knowledge. But becoming a better man involves more than just learning how to shave or make a proper cocktail. It’s an approach to life—knowing out how to carry yourself, how to think about the world, and how to be the best version of you.

The big challenge is how—and where—to start.

In this insightful and fun read, author Kyle Ingham guides you through a series of hands-on exercises that help build your gentlemanly sensibility, boost your manly knowledge, and most of all, help you take ACTION towards becoming a better man.

Over the course of one weekend, Ingham helps you build your confidence and poise as a well-rounded gentleman. The book is as much a meditation on manliness as it is a “recipe book” for action, taking you through 9 unconventional ways to become a better man:

- Get a Shirt Tailored to Fit You
- Cook a Steak
- Write Someone a Handwritten Note
- Make Yourself a Manhattan
- Do Something That Scares You
- Practice Active Listening

And more...

Rather than being a coffee table book full of random man-trivia you’ll never use, *48-Hour Gentleman* is packed with practical tips you can immediately start using in your day-to-day life.

Helping to improve your confidence and resourcefulness in social situations and at work, *48-Hour Gentleman* is the ideal launching point for becoming the refined man you want to be.

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