

# WISDOM FOR MEN



BY JOSH HATCHER

Wisdom for Men:  
500 Chunks of Manly Knowledge

Assembled by Josh Hatcher  
From [Manlihood.com](http://Manlihood.com) and [JoshHatcher.com](http://JoshHatcher.com)

## Introduction

Over the past couple years, I've been compiling and writing little chunks of manly wisdom - quotes from authors, public figures, and others on topics related to masculinity, honor, integrity, strength, courage, and other manly virtues and topics of interest.

I thought it made sense to collect all of these meaty nuggets of wisdom into one place - so that when the time is right, and men like me just need a proverb, or a "truth-bomb" to get our mind reset - we can find it all in one place.

This contains nuggets of truth from Bear Grylls, Stephen Mansfield, Teddy Roosevelt, Jack Donovan, and a number of other writers, leaders, thinkers, preachers, teachers, scientists, athletes, etc.

There are also a number of little bits that I've written myself. Not that I claim to be a pinnacle of wisdom or manliness - but I have learned a few things in my life, and I believe that we all have a responsibility to share what we've learned with those around us.

I hope these nuggets of wisdom equip you on your journey toward becoming a stronger, wiser, better man as they have helped me on my journey.

If you like these quotes, and want more - follow us on Instagram [@Manlihood](#) - on Twitter [@Manlihooddotcom](#) and on Facebook as [Manlihood.com](#)

If you want to read more from me - check out these websites:

[Manlihood.com](#)  
[JoshHatcher.com](#)

Our own heart, and not other men's opinions, forms our true honor.

- Samuel Taylor Coleridge

---

I love these simple words for life. Paddle your own canoe – they say it all really. But how many people do you know who, when there is something wrong in their life, expect someone else to come along and fix it for them? It is so common: an assumed 'right' that it is someone else's job to provide for and nanny them. It is someone else's job to fix up the mess. It is never down to us.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

Celebrate the little wins. And the big ones. And when you lose, celebrate that too. Just celebrate everything! Woo hoo!!! I'm celebrating right now!!!

-Josh Hatcher - Manlihood.com

---

Men resemble Gods in nothing so much as in doing good to their fellow creatures.

- Cicero

---

A man should be able to hear, and to bear, the worst that could be said of him.

- Saul Bellow

---

So when I am tired, I commit to working even harder. When I feel downcast, I decide to be upbeat. You see, no matter how low your optimism or strength feels, if you can 'force' yourself to put out the good vibes, the good attitudes, the hopeful thoughts (even if you don't feel them or believe them right at that moment), then you will be rewarded.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

Someday, they might write books about you. You get to determine what they say. You get to decide if you are hero or villain.

-Josh Hatcher - Manlihood.com

---

The question is simply, 'Who is your master?' Once that's settled, you ask whether any word have been spoken. If it has, you have your orders.

- Elisabeth Elliot, The Mark of a Man

---

According to a recent study in the United Kingdom, the average man spends eleven years of his life in front of the television. Rather than living an adventurous life, he watches make-believe heroes run for a score or make-believe men whose make-believe lives are a caricature of the deep passivity embedded in our culture.

- Chuck Holton - Making Men

---

Friendship... is not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything.

-Muhammad Ali

---

Having problems in your life is not a sign of weakness. Refusing to act to make things better is. Chuck Holton

---

Apparently, when an Arab man has a son, his name changes. From that moment on, he is addressed with a combination of Abu, which means father, and the name of his son. Apparently, Arabs consider fatherhood so important that once a man becomes a father to a son, he is honored for it the rest of his life. -

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

Of all men, Christians should work especially hard, giving more than an honest day's work for a day's wage.

- Richard D. Phillips, *The Masculine Mandate: God's Calling to Men*

---

He created Adam for adventure, battle and beauty; he created us for a unique place in his story and he is committed to bringing us back to the original design.

- John Eldredge, *Wild at Heart: Discovering the Secret of a Man's Soul*

---

There are few greater feelings than finding out you can achieve more, and endure more, than you had previously imagined, and it's only when we are tested that we realize just how brightly we can shine.

- Bear Grylls -*A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character*

---

Liberty means responsibility. That is why most men dread it.

- George Bernard Shaw

---

Courage can't see around corners, but goes around them anyway.

~Mignon McLaughlin, *The Neurotic's Notebook*, 1960

---

Sometimes life tests us a little. Things we had banked on coming in just don't work out. People let you down, one disaster follows another. You know the phrase: it never rains but it pours. When those times come we have a choice: do we cower and get beaten or do we stand tall and face it? I liken it to the school bully. When you stand up to them, they often stand down. They are testing you to see what you are made of. Man or mouse?

- Bear Grylls -*A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character*

---

Relieved of moral pretense and stripped of folk costumes, the raw masculinity that all men know in their gut has to do with being good at being a man within a small, embattled gang of men struggling to survive.

-Jack Donovan - *The Way of Men*

---

Fear is the passion of slaves.

-Patrick Henry

---

I believe that courage is the sum of strength and wisdom. You take away wisdom from the equation - courage may turn to rage.

~Dodinsky, [www.dodinsky.com](http://www.dodinsky.com)

---

All that I am, or hope to be, I owe to my angel mother.

-Abraham Lincoln

---

A man needs a much bigger orbit than a woman. He needs a mission, a life purpose, and he needs to know his name. Only then is he fit for a woman, for only then does he have something to invite her into. - John Eldredge, *Wild at Heart: Discovering the Secret of a Man's Soul*

---

Listen, there is no way any true man is going to let children live around him in his home and not discipline and teach, fight and mold them until they know all he knows. His goal is to make them better than he is. Being their friend is a distant second to this.

- Victor Devlin

---

Mistakes are always forgivable, if one has the courage to admit them.

-Bruce Lee

---

Don't hit at all if it is honorably possible to avoid hitting; but never hit soft!

- Theodore Roosevelt

---

Adventure is not outside man; it is within.

- George Eliot

---

Bravery is being the only one who knows you're afraid.  
~Franklin P. Jones

—

It is such a terrifying thing to see a man cry.  
- Elizabeth Berg, The Pull of The Moon

—

It was times like these when I thought my father, who hated guns and had never been to any wars, was the bravest man who ever lived.  
~Harper Lee, To Kill a Mockingbird

—

You can't always choose your situation, but you can always choose your attitude.  
- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

—

In wisdom gathered over time I have found that every experience is a form of exploration.  
- Ansel Adams

—

A man who views the world the same at fifty as he did at twenty has wasted thirty years of his life.  
-Muhammad Ali

—

A lot of times people look at the negative side of what they feel they can't do. I always look on the positive side of what I can do.  
-Chuck Norris

—

Why be comfortable with good enough, when we were made for so much more?  
- Chuck Holton, MAKING MEN



---

The more hardship a man is willing to embrace, the more fulfilling his life will become, the more adventure he will have, and the more meaning he will find.

- Chuck Holton, MAKING MEN

---

Courage is resistance to fear, mastery of fear - not absence of fear. Except a creature be part coward it is not a compliment to say it is brave.

~Mark Twain, Pudd'nhead Wilson's Calendar, 1894

---

Regardless of how you decide to give and how much, just ensure that giving part of your earnings to those in real need becomes a joyful part of your life. Give to friends who do amazing jobs but who earn very little, give to charities that move you, give to those the world overlooks, give as your heart tells you – and learn to listen to it.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

He who is not courageous enough to take risks will accomplish nothing in life.

-Muhammad Ali

---

Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind.

-Bruce Lee

---

Lead me, follow me, or get the hell out of my way.

- George S. Patton Jr., Patton Principles

---

A boy needs a father to show him how to be in the world. He needs to be given swagger, taught how to read a map so that he can recognize the roads that lead to life and the paths that lead to death, how to know what love requires, and where to find steel in the heart when life makes demands on us that are greater than we think we can endure.

- Ian Morgan Cron, *Jesus, My Father, The CIA, and Me: A Memoir . . . of Sorts*

---

For without belittling the courage with which men have died, we should not forget those acts of courage with which men have lived.

~John F. Kennedy

---

The thing about a 'comfort zone' is that it sounds, well, just too comfortable – and when you are too comfortable you lose your edge. That's why I call it a comfort pit, because a pit is somewhere you want to get out of as fast as possible.

- Bear Grylls -*A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character*

---

If it was all easy then everyone would succeed. It is precisely the risk and the chances of failure that give us the opportunity for success. And if you can fail more than anyone else you know, I just bet that you will finally succeed! Fail, fail, fail again. Sound strange? Well, it is a key to succeeding.

- Bear Grylls -*A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character*

---

A man must at times be hard as nails: willing to face up to the truth about himself, and about the woman he loves, refusing compromise when compromise is wrong. But he must also be tender.

No weapon will breach the armor of a woman's resentment like tenderness.

- Elisabeth Elliot, *The Mark of a Man*

---

The opposite of growth is death. If you are not growing-- you are dying. What area of your life needs growth? What steps will you take to reverse the process of stagnation? -Josh Hatcher -  
Manlihood.com - JoshHatcher.com

---

Why do men like me want sons?" he wondered. "It must be because they hope in their poor beaten souls that these new men, who are their blood, will do the things they were not strong enough nor wise enough nor brave enough to do. It is rather like another chance at life; like a new bag of coins at a table of luck after your fortune is gone.

- John Steinbeck, Cup of Gold

---

“The way to get started is to quit talking and start doing.”

—Walt Disney

---

The man who passes the sentence should swing the sword. If you would take a man's life, you owe it to him to look into his eyes and hear his final words. And if you cannot bear to do that, then perhaps the man does not deserve to die.

- George R.R. Martin, A Game of Thrones

---

No one cares how much you know, until they know how much you care

- Theodore Roosevelt

---

No man needs sympathy because he has to work, because he has a burden to carry. Far and away the best prize that life offers is the chance to work hard at work worth doing.

- Theodore Roosevelt

---

Unfortunately, people are re-interpreting the Constitution as a living document, and it's not. It's a solid-based document and it shouldn't be played with.

-Chuck Norris

---

Give your descendents a reason to remember you. Let them brag about how awesome their great grandfather was! Let them tell stories about their crazy aunt! Give them all an adventure to tell around the campfire.

-Josh Hatcher - Manlihood.com - JoshHatcher.com

---

Showing off is the fool's idea of glory.

-Bruce Lee

---

A child playing with its father screams louder, laughs harder, jumps more eagerly, puts more faith in everything.

- Lydia Netzer

---

Life has a few simple rules. One of them is this: you get what you put in. If you want to succeed and reap rewards, you have to invest. This is not just true of the financial - it's true of everything.

Josh Hatcher - Manlihood.com

---

Courage is fear holding on a minute longer.

~George Smith Patton

---

Evaluation without corrective action is of ZERO value.

-Mike McAvoy Open Arms Community Church

---

The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.

- Eleanor Roosevelt

---

Courage is a peculiar kind of fear.

~Charles Kennedy

---

I know, from the three visits I made to him, the blended composite of love and fear that exists only in a boy's notion of his father.

- Donald Miller, Blue Like Jazz

---

Passion makes idiots of the cleverest men, and makes the biggest idiots clever.  
-Francois de La Rochefoucauld

---

Not to negate psychology or medicine - but I truly believe one of the best remedies against depression is natural. Be thankful. Count your blessings. Cultivate a mindset that looks for the good things, and is grateful for them. It really does make you feel better.  
Josh Hatcher - Manlihood.com

---

You can't measure manhood with a tape line around his biceps  
- Billy Sunday

---

So seek genuine character in yourself and gravitate towards it in others. And if you find yourself (as we all do occasionally) being too impressed by the hollow masters such as status, power, fame or money, take a trip to the wild with some friends, and remind yourself that the most precious things in life cost the least  
- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

Do what you can, with what you have, where you are.  
- Theodore Roosevelt

---

The liar was the hottest to defend his veracity, the coward his courage, the ill-bred his gentlemanliness, and the cad his honor  
- Margaret Mitchell, Gone with the Wind

---

When you're at the end of your rope, tie a knot and hold on  
- Theodore Roosevelt

---

If a man does not have an ideal and try to live up to it, then he becomes a mean, base and sordid creature, no matter how successful.

—Theodore Roosevelt,  
in a letter to his son Kermit on January 27, 1915

—

All men dream; but not equally. Those who dream by night in the dusty recesses of their minds wake in the day to find that it was vanity: but the dreamers of the day are dangerous men, for they may act their dreams with open eyes, to make it possible.

T. E. Lawrence

—

The greatest thing a father can do for his daughter is to love her mother.

- Elaine S. Dalton

—

PASSIVITY is a toxic poison that leads us to NEGLECT what really matters and ROBBS us of reaching our fullest potential.

Mike McAvoy Open Arms Community Church

—

Do not trust all men, but trust men of worth; the former course is silly, the latter a mark of prudence.

-Democritus

—

You become a man not when you reach a certain age, but when you reach a certain state of mind.

- Habeeb Akande

—

Peace hath higher tests of manhood than battle ever knew.

- John Greenleaf Whittier

—

Passivity is a compulsion or learned tendency to live at half-speed, which ultimately leaves many men feeling their glass is half-empty and thus half-heartedly committed to projects, plans and goals. Passive men are half in and half out of relationships. Passive men are more attached to not having what they think they want or desire, even though they protest loudly this is not so.

—John Lee, author, life coach, and former professor at the University of Texas

---

Papas should be loving their children so much that they cry when they gone. Thats what papas is supposed to do.

- Andrew Galasetti, These Colors Don't Run

---

Take care of your stuff. If you leave your tools out in the rain - they'll get ruined. If you ignore the warning lights on your dash, your car will get ruined. But I'm not just talking about material things. Take care of your stuff.

-Josh Hatcher - Manlihood.com

---

In essence, you have got to build your house on good foundations – on rock, not sand – and money as a goal in itself will never satisfy you.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

Your dog knows how awesome you are. Most people probably feel that way too.. But they aren't quite comfortable licking your face to show you.

-Josh Hatcher - Manlihood.com

---

Do not look upon this world with fear and loathing. Bravely face whatever the gods offer.

~Morihei Ueshiba

---

In your desire to be independent, don't forget there are others that may need to be dependent so that they can get there too. After all - you were once dependent on someone as well. This doesn't excuse laziness, or lack of effort on their part - but rather just an encouragement to us to remember that we have a responsibility to offer a hand up to the guy behind us.

Josh Hatcher - Manlihood.com

---

Courage is not having the strength to go on; it is going on when you don't have the strength.

- Theodore Roosevelt

---

That word sincere, by the way, means "without wax." Ancient sculptors and pottery makers would hide imperfections in their work by pouring wax into the cracks of their fractured merchandise, then painting over the blemishes. After it was sold and used around heat, the wax would melt out, proving the piece to be faulty. But those craftsmen who made reputable products with no fractures would stamp SINCERE on the bottom to show that their work was "without wax" and was the real thing. It was solid. True. It had integrity.

-The Resolution For Men

---

Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing.

-Abraham Lincoln

---

Great men are seldom over-scrupulous in the arrangement of their attire.

-Charles Dickens

---

Success isn't always about Greatness, it's about consistency. Consistent, hard work gains success. Greatness will come

. -Dwayne The Rock Johnson

---

Every man has his own courage, and is betrayed because he seeks in himself the courage of other persons.



~Ralph Waldo Emerson

—

Men give away nothing so liberally as their advice.

- Francois de La Rochefoucauld

—

In the beginning of a change, the patriot is a scarce man, and brave, and hated and scorned.

When his cause succeeds, the timid join him, for then it costs nothing to be a patriot.

~Mark Twain, Notebook, 1935

—

But when it all goes wrong and life feels like a battle, it is then that we can see what sort of people we have around us. It is only through the hardships that our character becomes forged.

Without struggle there can be no growth – physically or emotionally.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

—

If boys don't learn, men won't know.

- Douglas Wilson

—

People are made of flesh and blood and a miracle fibre called courage.

~Mignon McLaughlin, The Neurotic's Notebook, 1960

—

-It isn't enough to stand up and fight darkness. You've got to stand apart from it, too. You've got to be different from it.

- Jim Butcher, Fool Moon

—

The word courage is used cheaply today. Any celebrity who gets sick and doesn't spend every day crying about it is lauded by tabloids for his or her "courageous battle" with cancer or chronic

fatigue syndrome or depression or even “food addiction.” There is nothing wrong with acknowledging the difficulties others face, but we can also acknowledge, as Aristotle and the Romans did, that courage in its highest and purest form involves the willful risk of bodily harm or death for the good of the group. Lesser risks require greater dilutions of courage.

- Jack Donovan - The Way of Men

---

When I got into the film business, my aim was to adopt a positive persona, of a guy who fights against injustice. And it saved me, because my acting was atrocious to say the least!

-Chuck Norris

---

I don't initiate violence, I retaliate.

- Chuck Norris

---

Politeness and manners do not equate to weakness. A gentleman and a wild man can both be strong, fierce, and powerful. Learn to harness your strength and your wildness, and temper it with kindness.

-Josh Hatcher - Manlihood.com

---

As you think, so shall you become.

-Bruce Lee

---

I try never to use the word ‘failure’. Because failure doesn’t really exist apart from in our mind. I call it something else: ‘an unsatisfactory outcome’. Or even better: ‘a stepping stone to success’.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

Our society has discussed values and beliefs unceasingly. We’ve been like the football team that sits in the locker room and talks about how badly they are going to decimate the other

team, but then never leaves the locker room to play the game. That locker room sure is a great place to hang out and talk smack! But it isn't the game. It isn't taking the field. That requires action. Unfortunately, most of modern manhood is perpetually hanging out in the locker room—and talking, ever talking. Ultimately, though, you only know who a man is and what he believes by what he does. Not by what he sits around talking about. Not by what he says he feels. It's only when he acts—when he does something—that we start to know what he is.  
--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

It is not titles that honour men, but men that honour titles.  
- Niccol Machiavelli

---

Don't stop believing. Not just a Journey lyric... It is really good advice.  
-Josh Hatcher - Manlihood.com

---

I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand. It's when you know you're licked before you begin but you begin anyway and you see it through no matter what. You rarely win, but sometimes you do.  
-Harper Lee, To Kill a Mockingbird

---

If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month.  
- Theodore Roosevelt

---

Better to fight for something than live for nothing.  
- George S. Patton Jr.

---

On certain social occasions, otherwise dignified and serious men will begin behaving unconsciously like players on a stage, performing as they talk, acting as they gesticulate. The cause is invariably a woman.

- Jed Rubenfeld, The Interpretation of Murder

---

“MANHOOD AT THE MOST BASIC LEVEL CAN BE VALIDATED AND EXPRESSED ONLY IN ACTION.”

—George Gilder - Sexual Suicide

---

A little doubt can keep you grounded... And that isn't always bad. But the balance between doubt and faith should not be 50/50. More like 98/2.

-Josh Hatcher - Manlihood.com

---

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

~Winston Churchill

---

Ever since I was a child I have had this instinctive urge for expansion and growth. To me, the function and duty of a quality human being is the sincere and honest development of one's potential.

-Bruce Lee

---

If you are a family man, your wife and your kids are your success. If you live to please your boss, to make a buck, to buy a boat, or shoot an elk, you will find a sorely aching spot in your life, because you have chased the wrong goal.

Josh Hatcher - Manlihood.com

---

Show me the man you honor, and I will know what kind of man you are, for it shows me what your ideal of manhood is and what kind of man you long to be.

—Thomas Carlyle

---

Your value and your identity are not based on what you do. You were made with intrinsic value. All men (mankind) has value just by existence. Honor it in yourself, and honor it in others. We're all a hunk of unrefined gold. We may require varying degrees of refinement - but the value is still there in all of us.

-Josh Hatcher - Manlihood.com

---

it's my responsibility to cultivate the man in my son. I can't be passive about that.

- Randy Alcorn, Courageous

---

Once you commit to your goal, don't get swayed by the temporary lure of creature comforts and easy feelings – instead, keep focused, and remember the pain never lasts forever, but the pride in having followed your calling will.

Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

We never get over our fathers, and were not required to.

Irish Proverb

---

No one has yet computed how many imaginary triumphs are silently celebrated by people each year to keep up their courage.

~Henry S. Haskins

---

Life is a blank canvas, and you need to throw all the paint on it you can.

- Danny Kaye

---

Think back 5 yrs ago. Think of where you're at today. Think ahead 5 yrs and what you want to accomplish. Be Unstoppable.

-Dwayne The Rock Johnson

---

One of the great tragedies of modernity is the lack of opportunity for men to become what they are, to do what they were bred to do, what their bodies want to do. They could be Plato's noble puppies, but they are chained to a stake in the ground—left to the madness of barking at shadows in the night, taunted by passing challenges left unresolved and whose outcomes will forever be unknown.

- Jack Donovan  
- The Way of Men

---

It is not the critic who counts: not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, . . .who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat. Cowards criticize mainly because it makes them feel better about their own lack of courage.

-President Theodore Roosevelt

---

Being masculine, and focusing on growing in manhood does not mean that you are somehow superior or better than women. Don't treat them disrespectfully or treat them with contempt. Being masculine does not mean you can't be a feminist - and being feminist does not mean that you have to be a radical bra-burning hippy. It just means that you honor women as you would honor yourself.

-Josh Hatcher - Manlihood.com

---

There is no dishonor in losing the race. There is only dishonor in not racing because you are afraid to lose.

- Garth Stein, The Art of Racing in the Rain

---

Confidence is not swagger. Swagger is when you drum up a nice face to put on to convince everyone else. Confidence is when your face is yours. Confidence is when you are sure that

you are right. Confidence is when you know that whether you win and lose, you'll make it a win.  
Confidence is when you choose to trust yourself and your choices.

- Josh Hatcher - Manlihood.com

---

Training not only anchors my day but also allows me to tap into endless energy and intensity.  
Whether I was performing at Wrestlemania or shooting a 16 hour day on a movie set, training  
allows the floodgates to open. It carries me through the rest of the day and night.

-Dwayne The Rock Johnson

---

The key to immortality is first living a life worth remembering.

-Bruce Lee

---

When in a relationship, a real man doesn't make his woman jealous of others, he makes others  
jealous of his woman.

- Steve Maraboli, Unapologetically You: Reflections on Life and the Human Experience

---

Can a woman raise a man alone? yes, but she shouldn't have to.

- Darnell Lamont Walker

---

Jesus never pussyfooted .

- Elisabeth Elliot, The Mark of a Man

---

Courage is doing what you're afraid to do. There can be no courage unless you're scared.

~Edward Vernon Rickenbacker

---

I know where I'm going and I know the truth, and I don't have to be what you want me to be. I'm free to be what I want.

-Muhammad Ali

---

Real Fathers are Solution Providers and not a part of the problem to be solved.

- Fela Durotoye

---

"What do you own? Really? Your education. Your force of character. Your family. Do you really own the other things? Or do they own you?" James Michener, *The Source*. \_\_\_\_\_

The truth is found when men are free to pursue it. - Franklin D. Roosevelt \_\_\_\_\_

If you love life, don't waste time, for time is what life is made up of. -Bruce Lee \_\_\_\_\_

So use those tough times as an opportunity to show the world and yourself what you are made of. Regardless of how you feel, how you see yourself, I have learnt one key lesson from mountains and the wild: that underneath it all, we humans are made strong. We all behave and act a little differently, depending on how we have been brought up and what has been thrown at us in our lives – but the underlying truth is that the real core of each of us is strong. I have seen incredible heroics from unlikely people on mountains. But it took exceptional circumstances for that bravery to emerge. - Bear Grylls -*A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character*

---

When given the choice... Always choose adventure...

Josh Hatcher - [Manlihood.com](http://Manlihood.com)

---

[Nathan] wasn't blindly obsessed with a possession. He wasn't crazy. He was a hero--a father who'd risked his life to rescue his son.

- Randy Alcorn - *Courageous*

---

It's very tempting, when we experience a little bit of success, to think that our good fortune is down to our skill, our brilliance or our good nature. That might be a part of it, of course, but the truth is that every successful person has had great help and support from others. And the really successful person also has the humility to acknowledge that. When you claim too much credit for yourself, or you shout too loudly of your success, you give people a really good reason to talk against you. No one likes a boaster. And real success has humility at its core.



- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

—

A pint of sweat will save a gallon of blood

- George S. Patton Jr

—

Having problems in your life is not a sign of weakness. Refusing to act to make things better is.

- Chuck Holton - Making Men

—

I am a part of everything that I have read.

- Theodore Roosevelt

—

The mass of men lead lives of quiet desperation. What is called resignation is confirmed desperation.

-Henry David Thoreau

—

Give me an Army of West Point graduates and I'll win a battle... Give me a handful of Texas Aggies and I'll win a war

- George S. Patton Jr.

—

The things that will destroy America are prosperity at any price, peace at any price, safety first instead of duty first and love of soft living and the get-rich-quick theory of life.

- Theodore Roosevelt

—

Sometime a man must be willing to be unreasonable; unreasonable enough to insist that his family do the RIGHT thing. Sometimes the best answer is NO.

-Mike McAvoy Open Arms Community Church

—

We are like a sponge. When a sponge is squeezed - what is on the inside comes out. When pressure is applied to our lives - often, all kinds of nastiness may emerge. My encouragement to you is to let the pressure clean you out. Then suck in the clean, sudsy water. So that the next time pressure is applied - what comes out is good. You may also find that there is good in you that comes in times of pressure that you didn't even know was there. That's a good thing. Celebrate it.

Josh Hatcher - Manlihood.com

---

Passivity exists any time a guy fails to live up to his calling. Whether he's failing to be the spiritual leader for his family or failing to submit to the authority placed over him, passivity reveals a failure to do one's duty, whatever that might be. Every man struggles with it—our culture makes sure of that. Today's world works to encourage passivity in men at every turn.

- Chuck Holton - Making Men

---

Passive activity short-circuits your ability to feel the deep emotion needed to be passionate about anything, even the people you love.

- Chuck Holton - Making Men

---

For man to be worthy of any rank, he must strive first to be a man.

- Lloyd Alexander, The Castle of Llyr

---

It's not macho to read? Nonsense. Reading is a stouthearted activity, disporting courage, keenness, stick-to-itness. It is also, in my experience, one of the most thrilling and enduring delights of life, equal to a home run, a slamdunk, or breaking the four-minute mile.

- Irving Stone

---

Adventures do occur, but not punctually.

- E.M. Forster, A Passage to India

---

I would rather have strong enemies than a world of passive individualists. In a world of passive individualists nothing seems worth anything simply because nobody stands for anything. That world has no convictions, no victories, no unions, no heroism, no absolutes, no heartbeat. That world has rigor mortis.

- Criss Jami

---

It is not what we do that determines who we are. It is who we are that determines what we do.  
Neil T. Anderson - The Bondage Breaker

---

If you don't take risks, you'll have a wasted soul.

- Drew Barrymore

---

Life rewards the dogged, not the qualified.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

My attitude is that if you push me towards something that you think is a weakness, then I will turn that perceived weakness into a strength.

-Michael Jordan

---

When I train, I'm peeled away. I'm at my rawest state. Generally, there's spit coming out my mouth, sweat pouring out my body and every once in awhile I may have just finished throwing up. Those are pretty good indications that it's not time to talk and you should just pass me by.

-Dwayne The Rock Johnson

---

“HAVING THUS CHOSEN OUR COURSE, WITHOUT GUILDES AND WITH PURE PURPOSE,  
LET US RENEW OUR TRUST IN GOD, AND GO FORWARD WITHOUT FEAR AND WITH  
MANLY HEARTS.”

—Abraham Lincoln, Address to Congress, July 4, 1861

—

Women love us for our defects. If we have enough of them, they will forgive us everything, even our gigantic intellects.

-Oscar Wilde

—

See, the problem is that God gives men a brain and a penis, and only enough blood to run one at a time..

- Robin Williams

—

To fall in love with God is the greatest romance; to seek him the greatest adventure; to find him, the greatest human achievement.

- Augustine of Hippo

—

Keep reading. It's one of the most marvelous adventures that anyone can have.

- Lloyd Alexander

—

You can't test courage cautiously.

~Anne Dillard

—

Repudiating the vulnerability I felt had wrecked the lives of women around me, I modelled myself on my controlled father. I wanted his freedom and his focus. To him, a family was an aquarium: controlled, contained. To the women I knew, a family was everything.

- Antonella Gambotto-Burke, Mama: Dispatches from the Frontline of Love

—

Haters gonna hate... But not all people who say negative things to you hate you. Sometimes, they might be giving you good advice. Learn how to look for truth even in harsh criticism. Eat the hay, and spit out the sticks.

-Josh Hatcher - Manlihood.com - JoshHatcher.com

---

Whoever does not have a good father should procure one.

-Friedrich Nietzsche

---

Men shrink less from offending one who inspires love than one who inspires fear.

-Niccolo Machiavelli

---

Knowing what's right doesn't mean much unless you do what's right.

- Theodore Roosevelt

---

One cannot bring up boys to be eagles and then expect them to be sparrows.

- Edith Kermit Carow Roosevelt

---

Don't ignore passivity—put it to death. To the extent that a man can track down and eliminate passivity in his everyday journey, life will improve.

- Chuck Holton - Making Men

---

Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.

-Lance Armstrong

---

When we are afraid we ought not to occupy ourselves with endeavoring to prove that there is no danger, but in strengthening ourselves to go on in spite of the danger.

~Mark Rutherford

---

Guard with jealous attention the public liberty. Suspect everyone who approaches that jewel. Unfortunately, nothing will preserve it but downright force. Whenever you give up that force, you are inevitably ruined.

-Patrick Henry

---

Tis easy enough to be pleasant, When life flows along like a song; But the man worth while is the one who will smile when everything goes dead wrong.

- Ella Wheeler Wilcox

---

Success almost always follows great attitude. The two attract each other.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

Success is the ability to go from one failure to another with no loss of enthusiasm.

-Winston Churchill

---

Don't just daydream about your future. Plan, strategize, and execute to make things happen.

Josh Hatcher - Manlihood.com

---

Somewhere in our brains the word 'try' gets associated with phrases like 'He tried his best' and 'Try again' or 'I'll try to make it'. It's almost as if trying to do something means you're setting yourself up to fall short of your goal. So I swap the word 'try' for the better version: endeavour. If you endeavour to do something, this indicates real intent, a willingness to stick with it, and an ability to see things through to the end.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

Keep a pad of paper and a pen handy at all times. You never know when you need to draw a diagram, make a list, write down an idea, write a note to someone, or sketch out a plan. While many of these things can be done digitally - and digital is convenient - sometimes there are

things that you need to be able to sketch or write on wood pulp with ink or graphite.

-Josh Hatcher - Manlihood.com - JoshHatcher.com

---

Dreams are good. Plans are better. Success is even better than that. And a little failure IS okay.

-Josh Hatcher - Manlihood.com - JoshHatcher.com

---

You can't win if you are stingy. Generous people change the world. I guess stingy people change it too... But look how well that's working out for everyone.

-Josh Hatcher - Manlihood.com - JoshHatcher.com

---

Valor is a gift. Those having it never know for sure if they have it till the test comes. And those having it in one test never know for sure if they will have it when the next test comes.

~Carl Sandburg

---

Morality cannot be legislated, but behavior can be regulated. Judicial decrees may not change the heart, but they can restrain the heartless.

- The Resolution for Men

---

Manhood is not a spectator sport. You've got to get in the game.

- Chuck Holton - Making Men

---

...Many men fail to make the most of their lives, because they allow passivity and negativity to cloud their purpose. But here's truth: no matter what your situation, if you woke up this morning, God has a plan for you. The world you live in isn't heaven...that comes later. For the time being, let's get busy. There's a lot of work to be done.

- Chuck Holton - Making Men

---

Sometimes, motivational speakers will try to tell you that you can do anything. That is not true.  
But you can find YOUR thing and do it amazingly.  
-Josh Hatcher - Manlihood.com - JoshHatcher.com

---

Instead of brushing negative people out of your life... Inject some positivity into theirs. (And tune out the negative things they say.)  
-Josh Hatcher - Manlihood.com - JoshHatcher.com

---

Socially, a man must be a relentless force for good, shining so brightly that those who dwell in darkness can barely stand the sight of him.  
- Chuck Holton - Making Men

---

You aren't a true husband/man until you've done the work of a wife/women  
- Leon Uris

---

Simple, genuine goodness is the best capital to found the business of this life upon. It lasts when fame and money fail, and is the only riches we can take out of this world with us.  
- Louisa May Alcott, Little Men

---

Our grand business is not to see what lies dimly at a distance, but to do what lies clearly at hand.  
-Thomas Carlyle, from Carlyle's essay "Signs of the Times," (1829)

---

Any weapon is a good weapon as long as ye can use it with honor and skill.  
-Brian Jacques,High Rhulain

---

You are the average of the five people you spend the most time with.



-Jim Rohn

---

Have you ever been around someone that just makes you feel great about yourself? He knows how to compliment and encourage. He builds people up, makes them laugh, makes everyone feel welcome.... Yeah... be THAT guy!

-Josh Hatcher - Manlihood.com - JoshHatcher.com

---

Success at anything will always come down to this: focus & effort. And we control both.

-Dwayne The Rock Johnson

---

"The greatest good you can do for another is not just to share your riches but to reveal to him his own."

- Benjamin Disraeli

---

He was not being courageous as he bore the freezing stream for his wife and children. He simply chose between the lesser of two evils - the pain and suffering he would endure in the river, a physical pain that he could stand to bear, or the pain and suffering he would feel if he had to watch his family wade across and freeze. It was not a decision. The choice had already been made the moment Ole proposed marriage to his wife and welcomed these beautiful daughters into the world.

- Sage Steadman, Upon Destiny's Song

---

There's a verse in the Gospel of Matthew that – regardless of your religious beliefs – we would do well to remember when we find our feet getting a little too big for our boots: He who exalts himself shall be humbled; and he who humbles himself shall be exalted. So if you want to be truly great, then walk humbly and talk softly – it is a sign that your success is real and that you have learnt that we only succeed because of the love and support we have had from many. And make sure you walk your talk, as words without actions are empty.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

The greatest lessons I learned from my father didn't come from lectures or discipline or even time spent together. What has stuck with me is his example. From watching, I chose whether to be or not to be like him.

- Richelle E. Goodrich, Smile Anyway

---

Putting others FIRST is an essential characteristic of manhood.

-Mike McAvoy Open Arms Community Church

---

Treat all men alike. Give them the same law. Give them an even chance to live and grow.

-Chief Joseph

---

Put God first. Your wife second. Your kids third. Everything else after that is fluid, and can be prioritized as needed. I firmly believe this order will cause the other things to fall into the right place.

-Josh Hatcher - Manlihood.com - Joshhatcher.com

---

The courage of life is often a less dramatic spectacle than the courage of a final moment; but it is no less a magnificent mixture of triumph and tragedy.

~John F. Kennedy

---

The greatest way to live with honour in this world is to be what we pretend to be.

- Socrates

---

I am an American; free born and free bred, where I acknowledge no man as my superior, except for his own worth, or as my inferior, except for his own demerit.

- Theodore Roosevelt

---

Coward: A man in whom the instinct of self-preservation acts normally.

~Sultana Zoraya

---

Real Fathers make a positive impact on their generation, and so give the next generation the advantage of a better nation to live in

- Fela Durotoye

---

"Mentoring is a brain to pick, an ear to listen, and a push in the right direction."

- John Crosby

---

Many men owe the grandeur of their lives to their tremendous difficulties.

-Charles Spurgeon

---

the difference between the old and the new education being) in a word, the old was a kind of propagation - men transmitting manhood to men; the new is merely propaganda.

- C.S. Lewis, The Abolition of Man

---

The experience of being male is the experience of having greater strength, and strength must be exercised and demonstrated to be of any worth. When men will not or cannot exercise their strength or put it to use, strength is decorative and worthless.

- Jack Donovan - The Way of Men

---

All daring and courage, I said, All iron endurance of misfortune, make for a finer, nobler type of manhood. - Tom Spanbauer, In the City of Shy Hunters

---

I will remember this, thought Ender, when I am defeated. To keep dignity, and give honor where it's due, so that defeat is not disgrace. And I hope I don't have to do it often.

- Orson Scott Card, Ender's Game

---

Some of the most miserable people I know are some of the richest people in America, they are the most miserable individuals I've ever seen.

-Chuck Norris

---

Recognize your role as a leader - in your home, in your community, in your workplace. Even if you are at the bottom of the pile, how you conduct yourself can still lead others.

-Josh Hatcher - Manlihood.com - Joshhatcher.com

---

Accept the challenges so that you can feel the exhilaration of victory

- George S. Patton Jr.

---

People who think they know everything are a great annoyance to those of us who do.

-Isaac Asimov

---

Oh, perhaps those questions strike you as coarse and cruel, but do not expect an impossible restraint from a young mind. 'Drive nature out of the door and it will fly in at the window'.

- Fyodor Dostoyevsky, The Brothers Karamazov

---

A man without enemies is a dishonest man.

- Daniel J. Rice, This Side of a Wilderness

---

A lot of people give up just before they're about to make it. You know you never know when that next obstacle is going to be the last one.

- Chuck Norris

---

Because power corrupts, society's demands for moral authority and character increase as the importance of the position increases.

-John Adams

---

The Ultimate measure of a man is not where he stands in moments of comfort and convenience. But where he stands at times of challenge and controversy.  
Martin Luther King, Jr.

---

Life is short. Even a LONG life isn't long enough to pack in all the hugs and handshakes and games of scrabble and barbecues that it should. So don't let busyness get in the way of the stuff that's most important. Because no one sits on their deathbed and says, "Man, I wish I would have spent more time at the office."  
- Josh Hatcher - Manlihood.com - JoshHatcher.com

---

"Get busy livin', or get busy dyin' "  
--from the movie, "Shawshank Redemption"

---

"I am about to go the way of all the earth. Be strong, and show yourself a man"  
(1 Kings 2:2 ESV)

---

"NOTHING GREAT WILL EVER BE ACHIEVED WITHOUT GREAT MEN, AND MEN ARE GREAT ONLY IF THEY ARE DETERMINED TO BE SO. FOR GLORY GIVES HERSELF ONLY TO THOSE WHO HAVE ALWAYS DREAMED OF HER."  
—Charles De Gaulle, from The Army of the Future

---

"Do not wait for leaders; do it alone, person to person."  
- Mother Teresa

---

Son, there are times a man has to do things he doesn't like to, in order to protect his family.  
- Ralph Moody

---

I'm talking about the kind of manhood lived by bold, caring, principled, passionate men. I'm talking about the kind of manhood that makes a family whole, a woman safe, a child confident, and a community strong. I'm talking about a manhood rooted in heritage and honor and devotion to tribe. It is often rowdy and eager for fun, but it is always on duty and never fails to mind the borders of the territory it is assigned.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

"What you do in life echos in eternity"  
--from the movie, "Gladiator"

---

Boys will be boys, and so will a lot of middle-aged men.  
-Kin Hubbard

---

I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom  
- George S. Patton Jr.

---

Eat right, and move a lot. Take it from a guy who didn't and is now paying for it. You don't want to get fat. It's a lot easier to stay fit than it is to get fit.  
-Josh Hatcher - Manlihood.com - Joshhatcher.com

---

One of my life's principles is to develop myself to the maximum of my potential in all ways and to help others do the same.  
- Chuck Norris Taken from the Foreword of 'Do Hard Things'

---

Here is your country. Cherish these natural wonders, cherish the natural resources, cherish the history and romance as a sacred heritage, for your children and your children's children. Do not let selfish men or greedy interests skin your country of its beauty, its riches or its romance.  
- Theodore Roosevelt

---

To educate a person in the mind but not in morals is to educate a menace to society.

- Theodore Roosevelt

---

A man cannot fulfill his purpose if he is living for applause, approval, and affirmation in this world. It simply will not come—not enough, certainly, to answer the needs of his soul.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

An almost perfect relationship with his father was the earthly root of all his wisdom. From his own father, he said, he first learned that Fatherhood must be at the core of the universe.

[speaking of George MacDonald]

- C.S. Lewis, Phantastes

---

Real Fathers are men of integrity & honour. Their word is their bond.

- Fela Durotoye

---

I know not all that may be coming, but be it what it will, I'll go to it laughing.

- Herman Melville, Moby-Dick; or, The Whale

---

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.

~Mary Anne Radmacher

---

You wouldn't worry about what other people thought, if you knew how seldom, they thought of you.

-Dr. Phil's Dad-

---

Never throughout history has a man who lived a life of ease left a name worth remembering.  
- Theodore Roosevelt

—

“How do you know where you're going if you don't know where you've been”  
— Todd Stocker

—

No good decision was ever made in a swivel chair.  
- George S. Patton Jr.

—

If everybody is thinking alike, then somebody isn't thinking.  
- George S. Patton Jr.

—

For many men, the acquisition of wealth does not end their troubles, it only changes them.  
- Lucius Annaeus Seneca

—

DESTINY (Determined Effort So Tenacious It Negates Yuck)  
- Frank Chase Jr.

—

It is easy to be brave from a safe distance.  
~Aesop

—

There are two questions a man must ask himself: The first is 'Where am I going?' and the second is 'Who will go with me?' If you ever get these questions in the wrong order you are in trouble.

- Sam Keen, Fire in the Belly: On Being a Man

—



In a relatively secure society, while power ultimately comes from the ability to use violence, there are so many middlemen involved that the person who wields the most power and influence may simply be the person with the most wealth or popularity. For instance, teen singing stars and talk show hosts can wield tremendous power and influence, but their power has little or nothing to do with the esteem of the fighting men who gave the word honor its heroic glow.

Jack Donovan - The Way of Men

---

"To forgive is to set a prisoner free. Only after you forgive do you realize the prisoner was you."  
- Edwin Lewis Cole

---

I'm not in this world to live up to your expectations and you're not in this world to live up to mine.  
-Bruce Lee

---

The things we do outlast our mortality. The things we do are like monuments that people build to honor heroes after they've died. They're like the pyramids that the Egyptians built to honor the pharaohs. Only instead of being made of stone, they're made out of the memories people have of you.  
-- R.J. Palacio, Wonder

---

The strength of man is not merely a tool to be used in the service of others. Men also use strength to advance their own interests and it is foolish to expect them to make endless sacrifices without personal gain of some kind, be it material or spiritual. We should expect men to fight for themselves, to compete with one another and to look after their own interests. Nothing could be more natural than a man who wants to triumph and prosper.

- Jack Donovan - The Way of Men

---

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in

my life. And that is why I succeed.

-Michael Jordan

---

An adventure is only an inconvenience rightly considered. An inconvenience is only an adventure wrongly considered.

- G.K. Chesterton

---

Men are born to succeed, not to fail.

-Henry David Thoreau

---

Boys do not long for fathers who will usher them through the gauntlet of psychological disconnect. They long for fathers who have themselves survived intact. Boys do not ache for their father's masculinity. They ache for their fathers' hearts.

- T. Real

---

We value virtue but do not discuss it. The honest bookkeeper, the faithful wife, the earnest scholar get little of our attention compared to the embezzler, the tramp, the cheat.

- John Steinbeck, *Travels with Charley: In Search of America*

---

If something stands between you and your success move it. Never be denied.

-Dwayne The Rock Johnson

---

When you play, play hard; when you work, don't play at all.

- Theodore Roosevelt

---

"Luxury and authority are not good for a young man, and if he enjoys such things in his adolescence he is most unlikely to develop into a man of character."

Colonel Jeff Cooper

---

A man who rightly governs self, may also govern family without the crippling cowardice, crutch  
of control.

- T.F. Hodge, From Within I Rise: Spiritual Triumph Over Death and Conscious Encounters with  
"The Divine Presence"

---

It is curious that physical courage should be so common in the world and moral courage so rare.  
~Mark Twain

---

We may in fact, BE men, but I think it's important to note that identifying as a man, and BEING a  
man are not the same thing. You may be lacking in honor, in work ethic, in integrity, in strength,  
in confidence. These things don't exempt you from manhood, but I think they are identifiers that  
we have a hurdle we must jump over.

- Josh Hatcher - Manlihood.com - JoshHatcher.com

---

Don't tell people how to do things, tell them what to do and let them surprise you with their  
results.

- George S. Patton Jr.

---

Americans have a strained relationship with the idea of honor. They have always been a little  
drunk on the idea that "all men are created equal" and politicians have spent two centuries  
flattering every Joe Schmo into thinking his opinion is worth just as much as anyone  
else's—even when he has absolutely no idea what he is talking about. American men profess  
the creed of equality, but if you put a bunch of American men in a room or give them a job to do,  
they work out their Lord of the Flies hierarchies in the same way that men always have.

Jack Donovan

- The Way of Men

---

Man as an individual is a genius. But men in the mass form the headless monster, a great,  
brutish idiot that goes where prodded.

-Charlie Chaplin

---

Courage. Kindness. Friendship. Character. These are the qualities that define us as human beings, and propel us, on occasion, to greatness.

- R.J. Palacio, Wonder

---

What would men be without women? Scarce, sir...mighty scarce.

- Mark Twain

---

No, no! The adventures first, explanations take such a dreadful time.

- Lewis Carroll, Alice's Adventures in Wonderland & Through the Looking-Glass

---

I do not like the killers, and the killing bravely and well crap. I do not like the bully boys, the Teddy Roosevelts, the Hemingways, the Roarks. They are merely slightly more sophisticated versions of the New Jersey file clerks who swarm into the Adirondacks in the fall, in red cap, beard stubble and taut heros grin, talking out of the side of their mouths, exuding fumes of bourbon, come to slay the ferocious white-tailed deer. It is the search for balls. A man should have one chance to bring something down. He should have his shot at something, a shining running something, and see it come a-tumbling down, all mucus and steaming blood stench and gouted excrement, the eyes going dull during the final muscle spasms. And if he is, in all parts and purposes, a man, he will file that away as a part of his process of growth and life and eventual death. And if he is perpetually, hopelessly a boy, he will lust to go do it again, with a bigger beast.

- John D. MacDonald

---

A man continually looks at his environment and thinks of ways to make it better. Men view situations with an eye to fix what is broken and create value. And once they've assessed, men take action—whether as insignificant as picking up a burger wrapper off the ground or as daring as rescuing someone from an oncoming bus—to make things better for everybody.

- Chuck Holton - Making Men

---

Submission is the GATEWAY to manhood.  
-Mike McAvoy - Open Arms Community Church

---

For something like fifty years, media culture, from Hollywood to journalism to music to Madison Avenue, has increasingly idealized youth even as it has increasingly lampooned adulthood, particularly fatherhood.  
-Diane West-The Death of the Grown-Up

---

Struggle develops strength and storms make you stronger.  
- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

Cowardice, as distinguished from panic, is almost always simply a lack of ability to suspend the functioning of the imagination.  
~Ernest Hemingway, Men at War

---

When a guy fails to SUBMIT any part of his life to the purpose for which he was created, he is passive.  
Mike McAvoy Open Arms Community Church

---

We live in an age that defines people largely by appearance. The body is the man. The look is the woman. There is almost no separating the outer from the inner, the true man from the physical vessel he occupies in this life. This overemphasis on what is seen has had tragic consequences for some men. Some of us just don't look "manly" in the traditional sense. We are thin or un-muscular or high-voiced or perhaps even effeminate in the way we move. These features tempt us to believe that we are condemned to some form of un-manly, un-masculine life. Meanwhile, our more hairy, more muscular friends are considered manly merely for their appearance.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being  
Your Most Masculine Self

---

Nothing spells relief like friendship. If you have good friends... You help each other. If you don't  
have good friends... Make some!

-Josh Hatcher - Manlihood.com

---

Deep in his heart, every man longs for a battle to fight, an adventure to live, and a beauty to  
rescue.

- John Eldredge, Wild at Heart: Discovering the Secret of a Man's Soul

---

Manliness consists not in bluff, bravado or loneliness. It consists in daring to do the right thing  
and facing consequences whether it is in matters social, political or other. It consists in deeds  
not words.

- Mahatma Gandhi

---

Everyone has a plan. . .until they get punched in the face!

-Mike Tyson

---

He understood well enough how a man with a choice between pride and responsibility will  
almost always choose pride--if responsibility robs him of his manhood.

- Stephen King, The Running Man

---

It is hard to fail, but it is worse never to have tried to succeed.

- Theodore Roosevelt

---

I wasn't mean; I wasn't evil. I was nice. And let me tell you, a hesitant man is the last thing in the  
world a woman needs. She needs a lover and a warrior, not a Really Nice Guy.

- John Eldredge, Wild at Heart: Discovering the Secret of a Man's Soul

---

The greatest deception men suffer is from their own opinions.

-Leonardo da Vinci

---

Fathers, teach your daughters not to accept or embrace being the trophy of some hormonal teenage boy and that no matter what they think it's never the other way around. There is no one better equipped to help protect and prepare her to understand the world of men.

- Mike McAvoy - Open Arms Community Church

---

Give us Men! Men—from every rank,  
Fresh and free and frank;  
Men of thought and reading,  
Men of light and leading,  
Men of loyal breeding,  
The nation's welfare speeding;  
Men of faith and not of fiction,  
Men of lofty aim in action;  
Give us Men—Oh, I say again, Give us Men!  
Give us Men! Strong and stalwart ones;  
Men whom highest hope inspires,  
Men whom purest honor fires,  
Men who trample self beneath them,  
Men who make their country wreath them  
As her noble sons, Worthy of their sires;  
Men who never shame their mothers,  
Men who never fail their brothers,  
True, however false are others:  
Give us Men—I say again, Give us Men!

Give us Men! Men who, when the tempest gathers,  
Grasp the standard of their fathers In the thickest fight;  
Men who strike for home and altar, (Let the coward cringe and falter),  
God defend the right!  
True as truth the lorn and lonely,  
Tender, as the brave are only,  
Men who tread where saints have trod,  
Men for Country, Home- and God:  
Give us Men! I say again—again— Give us Men!

—JOSIAH GILBERT HOLLAND

---

There are only two forces that unite men - fear and interest.  
-Napoleon Bonaparte

---

Let's take the word 'problem'— that one instantly seems to me like a hassle and a pain. I replace it with 'challenge'. All of a sudden, something that seemed oppressive and negative becomes an obstacle course to be negotiated. Changing the words you use will help you change your attitude to the situation you're in and the life you live. Do you hear that? The words we use become the life we live.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

Passivity, the failure to do one's duty as a man in any area, is like toxic waste; it poisons a man's relationships and harms everything in his path.

- Chuck Holton - Making Men

---

Many men have children, but not many children have 'Fathers'. Age releases to you reproductive skills. Fatherhood requires LEADERSHIP skills

- Fela Durotoye

---



I would rather have strong enemies than a world of passive individualists. In a world of passive individualists nothing seems worth anything simply because nobody stands for anything. That world has no convictions, no victories, no unions, no heroism, no absolutes, no heartbeat. That world has rigor mortis.

- Criss Jami

---

If people don't like you - it's either because you are a jerk, or because you are shiny. I think we need to be careful about not being a jerk out of laziness or selfishness - but sometimes being right is going to be offensive to people. I also think that people like darkness. They like to hide in their cellars with their muck. And when you come into their life, shining a light - the good things you do - the positivity that you bring - it hurts their eyes and they chase you out. Don't stop shining your light - just point it to the way OUT of the dark, instead of shining it their faces. Either way - if you live your life trying to get people to like you - you are going to run into the fact that not everyone will.

- Josh Hatcher - Manlihood.com - JoshHatcher.com

---

We must aspire to things beyond the interests of ourselves. PURPOSE over preference. - Mike McAvoy - Open Arms Community Church

---

Man becomes great exactly in the degree in which he works for the welfare of his fellow-men.  
-Mahatma Gandhi

---

Pressure makes diamonds  
- George S. Patton Jr.

---

By words like manly and manhood, I don't mean the kind of behavior we see in the fake masculinity that surrounds us today. There's nothing manly about a guy downing booze until he throws up in the street. There's nothing manly about cruising for women like some predatory beast and then devouring them for pleasure before casting them aside. There's nothing manly

about making a child but then running like a coward before that child is born. There's nothing manly about dominating a woman or treating her like a servant or leaving her with burdens that aren't rightly hers.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

For decades, people have been talking about a "crisis" of masculinity. Our leaders have created a world in spite of men, a world that refuses to accept who men are and doesn't care what they want. Our world asks men to change "for the better," but offers men less of value to them than their fathers and grandfathers had. The voices who speak for the future say that men must abandon their old way and find a new way. But what is that way and where does it lead?

Jack Donovan - The Way of Men

---

Looking into his eyes, you seemed to see there the yet lingering images of those thousand-fold perils he had calmly confronted through life. A staid, steadfast man, whose life for the most part was a telling pantomime of action, and not a tame chapter of sounds.

- Herman Melville, Moby-Dick; or, The Whale

---

Give me honorable enemies rather than ambitious ones, and I'll sleep more easily by night.

- George R.R. Martin, A Game of Thrones

---

Men are like steel. When they lose their temper, they lose their worth.

- Chuck Norris

---

You are the guardian of your home. While you sit with your feet up playing video games or watching CNN - there are forces at work in the world that want to steal your wife and your kids away from you. It's up to you to determine what comes in your home. If a child-molester wanted to come into your home and hang out with your kids would you let them? If a convicted murderer wanted to come into your home would you let that? No. You would screen that out. But we often let our violent and sexualized culture stream right through their headphones and

eyes and into their brains. I'm not sure where the line is in your family - but it's up to you to draw it.

- Josh Hatcher - Manlihood.com - JoshHatcher.com

---

Now, don't get me wrong. Many people need help – for real – and our calling if we are to be 'successful' has to include loving and helping those who are suffering, struggling or trapped in a cycle of poverty, ill-health or violence. At the heart of real success is always giving.

-Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

I have but one lamp by which my feet are guided, and that is the lamp of experience.

-Patrick Henry

---

Men must know their limitations.

- Clint Eastwood

---

No matter what it is that is set before you - do it with everything in you. Leave it all out on the floor, in a pile of sweat and blood and satisfaction.

-Josh Hatcher - Manlihood.com - Joshhatcher.com

---

The most tragic thing in the world is a man of genius who is not a man of honor.

- George Bernard Shaw

---

"There is one rule, above all others, for being a man. Whatever comes, face it on your feet.

- Robert Jordan, The Great Hunt

---

Stop looking for the path of least resistance and start running down the path of greatest glory to God and good to others, because that's what Jesus, the Real Man, did.

- Mark Driscoll, Real Marriage: The Truth About Sex, Friendship, and Life Together

---

"For what it's worth: it's never too late to be whoever you want to be. I hope you live a life you're proud of, and if you find that you're not, I hope you have the strength to start all over again.

F. Scott Fitzgerald

---

A quick temper will make a fool of you soon enough.

-Bruce Lee

---

I'm not the boss of my house. I don't know how I lost it, I don't know when I lost it, I don't really think I ever had it. But I've seen the boss's job...and I don't want it!

- Bill Cosby, Himself

---

It is better to be alone than in bad company.

- George Washington

---

"A man who makes a habit of constantly acting on the impulse to make things better will never lack for profitable work."

-- Chuck Holton, Making Men

---

Ever since I arrived to a state of manhood, I have felt a sincere passion for liberty. The history of nations doomed to perpetual slavery, in consequence of yielding up to tyrants their natural born liberties, I read with a sort of philosophical horror; so that the first systematical and bloody attempt at Lexington, to enslave America, thoroughly electrified my mind, and fully determined me to take part with my country.

- Ethan Allen

---

#### THE MANLY MAN

The World has room for the manly man, with the spirit of manly cheer;  
The world delights in the man who smiles when his eyes keep back the tear;

It loves the man who, when things are wrong, can take his place and stand  
With his face to the fight and his eyes to the light, and toil with a willing hand;  
The manly man is the country's need, the moment's need, forsooth,  
With a heart that beats to the pulsing troop of the lilled leagues of truth;  
The world is his and it waits for him, and it leaps to hear the ring  
Of the blow he strikes and the wheels he turns and hammers he dares to swing;  
It likes the forward look on his face, the poise of his noble head,  
And the onward lunge of his tireless will and the sweep of his dauntless tread!  
Hurrah for the manly man who comes with sunlight on his face,  
And the strength to do and the will to dare and the courage to find his place!  
The world delights in the manly man, and the weak and evil flee  
When the manly man goes forth to hold his own on land or sea!

—AUTHOR UNKNOWN

—

True friends, covenant friends, instill faith and strength in each other. They make each other better over time than they were at the beginning. Yet if I am left dispirited and indifferent after I have been with my friends, then they are dumping their bilge into my life rather than helping me find my strength in God. We need more if we are going to be valiant, exemplary men. This doesn't mean there can't be fun. It doesn't mean every word we speak has to be from the King James Bible. We aren't fairies floating sweetly over a field of flowers. We're men! But the life of men together should make them better, not worse. It should not turn them from God or their wives or their duties. Instead, they should end up better, sharper, more rested, perhaps even smarter and wise.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

—

“BIG JOBS USUALLY GO TO THE MEN WHO PROVE THEIR ABILITY TO OUTGROW SMALL ONES.”

—Theodore Roosevelt,

—

He says that we must protect our families no matter what. No matter what we got to do to protect them.

- Andrew Galasetti, These Colors Don't Run

---

A good plan violently executed now is better than a perfect plan executed at some indefinite time in the future.

- George S. Patton Jr.

---

Men can only be happy when they do not assume that the object of life is happiness.

-George Orwell

---

Men are PRODUCERS, not consumers; CONTRIBUTORS, not spectators.

-Mike McAvoy Open Arms Community Church

---

Doing a job right first time also gives you the assurance that anything that has your mark on it is done to the right standard: you don't have to worry about any small tears turning into massive rips. This in turn builds confidence. And when you're confident, you make faster progress. So do jobs once, and do them well.

Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

Valor is stability, not of legs and arms, but of courage and the soul.

~Michel de Montaigne

---

In America the schools have become too permissive, the kids now are controlling the schools, the tail is wagging the dog. We've got to make a change there and get it back to where the teachers have control of the classrooms.

-Chuck Norris

---

A brave arm makes a short sword long.

~Author Unknown

---

You are not just a social security number, not just a tax deduction, not just a mugshot. You are the missing piece to the puzzle. You are the flux capacitor to Doc Brown's Delorean. So dig deep and find your value. Find yourself.

- Josh Hatcher - Manlihood.com JoshHatcher.com

---

Women believe they can improve men by making masculinity about what women want from men. Men want women to want them, but female approval isn't the only thing men care about.

- Jack Donovan - The Way of Men

---

To die would be an awfully big adventure.

- J.M. Barrie, Peter Pan

---

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

- Theodore Roosevelt

---

Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty I have never in my life envied a human being who led an easy life. I have envied a great many people who led difficult lives and led them well.

- Theodore Roosevelt

---

No runner wins a race without training. He cannot just wake up and roll out of bed and hit the track and expect to win. This is true in nearly every area of life. Just about the only thing that you CAN tackle without training is the art of being a slob or a mook.

Josh Hatcher - Manlihood.com JoshHatcher.com

---

The only man who never makes mistakes is the man who never does anything.

- Theodore Roosevelt

---

It's not the daily increase but daily decrease. Hack away at the unessential.

-Bruce Lee

---

A man is at his youngest when he thinks he is a man, not yet realizing that his actions must show it.

- Mary Renault, The King Must Die

---

All it takes for a contagious manly culture to form is for one genuine man to live out genuine manhood. It creates a model, something for other men to feed upon and pattern themselves after.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

Be strong. Live honorably and with dignity. When you don't think you can, hold on.

- James Frey, A Million Little Pieces

---

If you accept the expectations of others, especially negative ones, then you never will change the outcome.

-Michael Jordan

---



We are not weak if we make a proper use of those means which the God of Nature has placed in our power... the battle, sir, is not to the strong alone it is to the vigilant, the active, the brave.

-Patrick Henry

---

When someone says to be brave - they aren't saying that you can't feel fear. They are telling you to do the right thing, the true thing, despite the emotions that want to hold you back. Courage sucks, because it means diving headlong into something you are scared to death of.

But just know that doing it makes you stronger.

-Josh Hatcher - Manlihood.com - Joshhatcher.com

---

If I have seen a little further,' he wrote, 'it is by standing on the shoulders of giants.

Sir Isaac Newton

---

Honor was never taking the easy way when it was also the wrong one. Never telling a falsehood unless the truth was painful and unnecessary, or a lie was necessary to save others. Never manipulating the truth to serve only yourself. Protecting the weak and helpless; standing fast even when fear made you weak. Keeping your word.

- Mercedes Lackey, Exile's Honor

---

An active mind cannot exist in an inactive body.

- George S. Patton Jr

---

Now you tell me, when a father goes ahead and washes diapers or performs some other mean task for his child, and someone ridicules him as an effeminate fool, though that father is acting in the spirit just described and in Christian faith, my dear fellow you tell me, which of the two is most keenly ridiculing the other? God, with all his angels and creatures, is smiling, not because that father is washing diapers, but because he is doing so in Christian faith. Those who sneer at

him and see only the task but not the faith are ridiculing God with all his creatures, as the biggest fool on earth. Indeed, they are only ridiculing themselves; with all their cleverness they are nothing but devils fools.

- Martin Luther

---

The first is the issue of women. It is an evil of our age—perhaps of every age—that there is tension and competition between the genders. Do a search for the word men on the Internet and most of what you find is about the antagonisms, animosities, and disappointments that separate men and women. Most of what is “for” men is inherently “against” women. The reverse is also true.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

It's not the men in your life that matters, it's the life in your men.

- Mae West

---

I haven't always been warmly welcomed for holding my conservative positions in Hollywood. Then again, I've never been very good at being politically correct either, on or off screen. So why start now?

-Chuck Norris

---

No man has the right to dictate what other men should perceive, create or produce, but all should be encouraged to reveal themselves, their perceptions and emotions, and to build confidence in the creative spirit.

-Ansel Adams

---

A hero is no braver than an ordinary man, but he is braver five minutes longer.

~Ralph Waldo Emerson

---

Adventures put all of life's other pressures on hold, which allows the chance to step away from them and gain perspective.

- Chuck Holton - Making Men

---

"Success consists of going from failure to failure without loss of enthusiasm."

Winston Churchill

---

A kind of second childhood falls on so many men. They trade their violence for the promise of a small increase of life span. In effect, the head of the house becomes the youngest child. And I have searched myself for this possibility with a kind of horror. For I have always lived violently, drunk hugely, eaten too much or not at all, slept around the clock or missed two nights of sleeping, worked too hard and too long in glory, or slobbered for a time in utter laziness. I've lifted, pulled, chopped, climbed, made love with joy and taken my hangovers as a consequence, not as a punishment. I did not want to surrender fierceness for a small gain in yardage. My wife married a man; I saw no reason why she should inherit a baby.

- John Steinbeck, Travels with Charley: In Search of America

---

The soldier is the Army. No army is better than its soldiers. The Soldier is also a citizen. In fact, the highest obligation and privilege of citizenship is that of bearing arms for one's country

- George S. Patton Jr.

---

If you are a man of integrity, then you will speak the truth all the time, whether generally in broad terms or specifically when reporting facts. Whether much is at stake or nothing is at stake, you will be the same in public as you are in private.

- The Resolution for Men

---

If you always put limit on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.

-Bruce Lee

---

If you spend too much time thinking about a thing, you'll never get it done.

-Bruce Lee

---

You can say you are over your past all you want. But it's like running through the brush. You might be out of the brush and in a clearing - and if you look down - there are briars and burdocks with their hooks in you. If you want to rise above your past and move on - you've got to pick out the thorns and the burrs. If you don't - when you try to climb and run and move about on the rest of your journey, those little thorns are going to prick you and make you bleed - and then you flip out and yell at your wife, or you shut down and stop trying, or you self-medicate. Take the time to grab each little thorn and pluck it out. You might need a friend to help you find them. The brush is in the past, sure - but the past follows you if you don't deal with it.

Josh Hatcher - Manlihood.com - JoshHatcher.com

---

Honor is a temper of heart, a quality of spirit, a cast of soul that refuses the oppressive, the petty, and the unclean in order to reach instead to what God has intended: nobility, abundance, and strength.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

If a man does his best, what else is there?

- George S. Patton Jr.

---

I had a romance novel inside me, but I paid three sailors to beat it out of me with steel pipes.

- Patton Oswalt

---

I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.

-Bruce Lee

---

Them that stick it out are them that win.

-Harrison Ford

---

My father used to say that it's never too late to do anything you wanted to do. And he said, 'You never know what you can accomplish until you try.'

-Michael Jordan

---

"Get correct views of life, and learn to see the world in its true light. It will enable you to live pleasantly, to do good, and, when summoned away, to leave without regret."

-- Gen. Robert E. Lee

---

Before a man can subdue the earth, he must first take dominion over himself. Yes, headship starts with your own head.

-Chuck Holton - Making Men

---

You see, life is unpredictable, and as sure as eggs is eggs, it won't always swing your way. But when those storms come I have a clear and simple mantra: The time to shine is when it is darkest. In other words: when it is all going wrong, step up to the plate, give it your all, heave hardest on that rope, and show that you are bigger than the obstacle. Nature has a way of rewarding that sort of attitude.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

It is within the reach of every man. We devote ourselves to the principle that men cannot ascend to their best selves or their God-given purpose if they walk alone or if all they have in common with other men is entertainment or pleasure. Men need friends with whom they share a common spirit, a mutual devotion to each other's best, and a sacrificial commitment to protect, encourage, and defend.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

A loner has no one to ask for help, no one to watch his back, no one to guard him when he sleeps. Men have a greater chance of survival together than they do apart.

- Jack Donovan - The Way of Men

---

You seek the heights of manhood when you seek the depths of God.

Edwin Louis Cole

---

A man who has never gone to school may steal a freight car; but if he has a university education, he may steal the whole railroad.

- Theodore Roosevelt

---

I teach my sons that there are really only three rules to being a good man. The first rule is to fish often. And by fish, I mean find the quiet times to fish around in your minds for what is most important. The second rule is to protect everyone smaller than them. This means physically smaller, and in all other ways... protect the more vulnerable. The third rule states that if something is truly important to you, then you should prove it. You say you would lay your life down for someone, but will you give them the busiest five minutes of your day, if they need it?

- Spuds Crawford

---

Learn to fix things and to look after your things. It is the mark of a man. When I meet people who are careful of and grateful for the possessions they have, I am always impressed.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

Fencing. Fighting. Torture. Poison. True Love. Hate. Revenge. Giants. Hunters. Bad men. Good men. Beautifullest Ladies. Snakes. Spiders... Pain. Death. Brave men. Cowardly men. Strongest men. Chases. Escapes. Lies. Truths. Passion. Miracles.-

William Goldman, The Princess Bride

---

Always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it.

-Bruce Lee

---

Our broken families, generation gaps, and absentee or unengaged fathers leave men of my age longing for blessing and connection to the past but seldom knowing where to find it. We feel like generational orphans, like men without the fathers who might have laid one hand on us and another upon the past. We hunger for affirmation, impartation, and purpose. We want the blessing

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

The only courage that matters is the kind that gets you from one moment to the next.

~Mignon McLaughlin, The Second Neurotic's Notebook, 1966

---

Is there a reason you aren't succeeding? It might not seem motivating to think it might be you... But self-examination and reflection combined with personal responsibility are the most powerful forces in the world.

-Josh Hatcher - Manlihood.com - JoshHatcher.com

---

Real living is living for others.

-Bruce Lee

---

As you climb your ladder... Pick the right ladder. It would suck to get to the top and realize it is the wrong roof.

-Josh Hatcher - Manlihood.com - JoshHatcher.com

---

Your words are powerful. Nothing will cripple a dream faster than saying, "I can't." So use your words to build something great.

-Josh Hatcher - Manlihood.com      JoshHatcher.com

---

Hear me well, gentlemen: we will never become the men we are called to be unless we learn the art of friendship and intentionally cultivate deep, meaningful, rowdy relationships with other men. This is one of the most important things for a man to know.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

If you want to succeed and grow - you have to leave something behind.  
Put away childish things. Leave sweat and blood on the floor. Let go of mindsets and broken ideals. Success requires sacrifice.

-Josh Hatcher - Manlihood.com - Joshhatcher.com

---

The boy and the man must be raised to see the possibility of self worth, then meet a few others who provide the vision of a road toward it, then spend a lifetime pursuing that worth through action and relationship. One of the great tragedies in human life is to be born a male and not be guided toward the value of a man.

- Michael Gurian, The Good Son: Shaping the Moral Development of Our Boys and Young Men

---

You can't fight a battle you don't think exists.

- John Eldredge, Wild at Heart: Discovering the Secret of a Man's Soul

---

"A lot of people have gone further than they thought they could because someone else thought they could."

- Unknown

---

Battle is the most magnificent competition in which a human being can indulge. It brings out all that is best and it removes all that is base.

- George S. Patton Jr.

---



Men are more easily governed through their vices than through their virtues.

-Napoleon Bonaparte

---

Don't follow your heart, lead it. The more you pray for your wife, focus on her positive attributes, and invest in your marriage, the more your heart will turn toward her.

- The Resolution for Men

---

Success isn't overnight. Its when everyday you get a little better than the day before. It all adds up. -Dwayne The Rock Johnson

---

In any moment of decision, the best thing you can do is the right thing. The worst thing you can do is nothing.

- Teddy Roosevelt

---

Masculinity is about being a man within a group of men. Above all things, masculinity is about what men want from each other.

- Jack Donovan - The Way of Men

---

Young women, likewise, are entering life without a deep sense of value and worth. Rather than displaying feminine charm, modesty, and grace, many have become nearly (if not equally) as rude and unrestrained as the stereotypical guy. They are told to act like and outdo men as much as possible. Flirty, immodest, and aggressive, they stay on a constant search for acceptance and attention things they havent been freely given by the one man in their life whose love and approval they really want.

Kendrick & Alcorn in THE RESOLUTION FOR MEN

---

I've always found that anything worth achieving will always have obstacles in the way and you've got to have that drive and determination to overcome those obstacles on route to whatever it is that you want to accomplish

. -Chuck Norris

---

Courage is not simply one of the virtues, but the form of every virtue at the testing point.

~C.S. Lewis

---

It is very easy to be a military strategist, a mercenary, or a king, but much harder to be a father.

- Nadia Scrieva, Tides of Tranquility

---

A REAL MAN Men are of two kinds, and he Was of the kind I'd like to be. Some preach their virtues, and a few Express their lives by what they do. That sort was he. No flowery phrase Or glibly spoken words of praise Won friends for him. He wasn't cheap Or shallow, but his course ran deep, And it was pure. You know the kind. Not many in a life you find Whose deeds outrun their words so far That more than what they seem they are. There are two kinds of lies as well: The kind you live, the ones you tell. Back through his years from age to youth He never acted one untruth. Out in the open light he fought And didn't care what others thought Nor what they said about his fight If he believed that he was right. The only deeds he ever hid Were acts of kindness that he did. What speech he had was plain and blunt. His was an unattractive front. Yet children loved him; babe and boy Played with the strength he could employ, Without one fear, and they are fleet To sense injustice and deceit. No back door gossip linked his name With any shady tale of shame. He did not have to compromise With evil-doers, shrewd and wise, And let them ply their vicious trade Because of some past escapade. Men are of two kinds, and he Was of the kind I'd like to be. No door at which he ever knocked Against his manly form was locked. If ever man on earth was free And independent, it was he. No broken pledge lost him respect, He met all men with head erect, And when he passed, I think there went A soul to yonder firmament So white, so splendid and so fine It came almost to God's design.

—EDGAR A. GUEST

---

One man with courage makes a majority.

~Andrew Jackson

---

I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live by the light that I have. I must stand with anybody that stands right, and stand with him while he is right, and part with him when he goes wrong.

-Abraham Lincoln

---

Some have been thought brave because they were afraid to run away.

~Thomas Fuller

---

He needed me to do what sons do for their fathers: bear witness that they're substantial, that they're not hollow, not ringing absences. That they count for something when little else seems to.

- Richard Ford, Canada

---

“A WOMAN SIMPLY IS, BUT A MAN MUST BECOME. MASCULINITY IS RISKY AND ELUSIVE . . . AND IT IS CONFIRMED ONLY BY OTHER MEN.”

—Camille Paglia, from *Sex, Art and American Culture: New Essays*

---

The greatest thing a man can possibly do in this world is to make the most possible out of the stuff that has been given him. This is success, and there is no other. It is not a question of what someone else can do or become which every youth should ask himself, but what can I do? How can I develop myself into the grandest possible manhood?

- Orison Swett Marden

---

If everyone is honored equally, and everyone's way of life is honored equally, honor has no hierarchy, and therefore honor has little value according to the economics of supply and demand.

Jack Donovan - *The Way of Men*

---

Manliness, in my view, is about doing. It doesn't matter what you look like. I'm neither put off by nor in awe of the physical. I've known great men who are three and a half feet tall. I know an awe-inspiring man who has no arms or legs. I've known powerful, dynamic men who looked like women from a distance. I've known immoral men who had testosterone to spare. It is the doing, the deeds, the actions that make a male a man. This is good news.

--Stephen Mansfield- *Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being*

## Your Most Masculine Self

---

Give me six hours to chop down a tree and I will spend the first four sharpening the axe.

-Abraham Lincoln

---

The very next thing that will happen, once you write your goals down and start to talk to people about them, is that you will meet those all-too-common cynics who will look at you and smirk. I call them the dream-stealers.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

Someone with a small mind probably told you that you were worthless so that they wouldn't feel so worthless. Tell yourself the truth... You are a stinking buried treasure. - Josh Hatcher -

Manlihood.com - JoshHatcher.com

---

Never fear quarrels, but seek hazardous adventures.

- Alexandre Dumas, The Three Musketeers

---

Ultimate vulnerability. Thats manly.

- Cameron Conaway, Caged: Memoirs of a Cage-Fighting Poet

---

Be the person that when your feet touch the floor in the morning the devil says, aw s\*\*\*.. they're up".

-Dwayne The Rock Johnson

---

Do you suppose, gentlemen, that our children as they grow up and begin to reason can avoid such questions? No, they cannot, and we will not impose on them an impossible restriction. The sight of an unworthy father involuntarily suggests tormenting questions to a young creature, especially when he compares him with the excellent fathers of his companions. The

conventional answer to this question is: 'He begot you, and you are his flesh and blood, and therefore you are bound to love him.' The youth involuntarily reflects: 'But did he love me when he begot me?' he asks, wondering more and more. 'Was it for my sake he begot me? He did not know me, not even my sex, at that moment, at the moment of passion, perhaps, inflamed by wine, and he has only transmitted to me a propensity to drunkenness- that's all he's done for me.... Why am I bound to love him simply for begetting me when he has cared nothing for me all my life after?

[The Brothers Karamazov](#)

---

I'm not funny. What I am is brave.  
~Lucille Ball

---

Before I got married I had six theories about raising children; now, I have six children and no theories.  
- John Wilmot

---

For every guy who loves being a dad, there's another who realizes too late that hes created something his wife loves more than him.  
- Mark R. Brand, Long Live Us

---

"Those who expect to reap the blessings of freedom, must, like men, undergo the fatigue of supporting it."  
-- Thomas Paine

---

we (modern society) make men without chests and expect of them virtue and enterprise. We laugh at honor and are shocked to find traitors in our midst. We castrate and bid the geldings be fruitful.  
- C.S. Lewis, The Abolition of Man

---

Honor is simply the morality of superior men.

- H. L. Mencken

---

Anyone in any walk of life who is content with mediocrity is untrue to himself and to American tradition.

- George S. Patton Jr.

---

Behind every successful person you'll undoubtedly find a string of failed attempts. We might not always notice the failures (as the successes tend to blind us to them), but to get to the success, those people will inevitably have had to walk through a good number of 'failures' first.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

Men acquire a particular quality by constantly acting a particular way . . . you become just by performing just actions, temperate by performing temperate actions, brave by performing brave actions.

--Aristotle -Nicomachean Ethics

---

A righteous father protects his children with his time and presence.

- Howard W. Hunter

---

The superior man is distressed by the limitations of his ability; he is not distressed by the fact that men do not recognize the ability that he has.

-Confucius

---

It is easier to build strong children than to repair broken men.  
-Frederick Douglass

---

People that succeed will never say failure is not an option. If you really think failure isn't an option, then you will only try things you can't fail. Bigger risk means bigger reward. And failure only means it is time try again.

-Josh Hatcher - Manlihood.com      JoshHatcher.com

---

Courage, in the final analysis, is nothing but an affirmative answer to the shocks of existence.  
~Kurt Goldstein

---

There is nothing wrong with asking for help. But understand that begging is shameful. Learn the difference between the two - or you will alienate everyone who has ever helped you.

Josh Hatcher - Manlihood.com - Joshhatcher.com

---

Stand true to your calling to be a man. Real women will always be relieved and grateful when men are willing to be men

- Elisabeth Elliot, The Mark of a Man

---

We're here to make choices. Are you going to make a choice, or waffle on your decisions?

There is nothing wrong with weighing your options and making an educated decision, but eventually, you have to make the call. Your choice might be the wrong one. It might cost you. But the best choices are the ones that you make that could have cost you everything, but end up with you winning big. Be decisive. Be confident in the choices that you make.

- Josh Hatcher - Manlihood.com JoshHatcher.com

---

There's truth and honor in a mustache. And that's why I started flying one on the flagpole outside of my house.

- Jarod Kintz

—

Someone once said that every man is trying to live up to his father's expectations or make up for their father's mistakes....

- Barack Obama, The Audacity of Hope: Thoughts on Reclaiming the American Dream

—

The right of a nation to kill a tyrant in case of necessity can no more be doubted than to hang a robber, or kill a flea.

-John Adams

—

"We make a living by what we get, we make a life by what we give."

- Winston Churchill

—

The ultimate measure of a man is not where he stands in moments of comfort and convenience. But where he stands at times of challenge and controversy.

—Martin Luther King, Jr

—

If your success is defined by money or power or other such things.... You need to reevaluate. Success can be redefined, and it will make your motives purer, and your rewards sweeter.

-Josh Hatcher - Manlihood.com - JoshHatcher.com

—

Great things are done when men and mountains meet. This is not done by jostling in the street.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

—



The best gift you can give to your kids is a happy marriage.  
- Ricky Shetty

---

God has placed an ember in every man, a spark to set off a purpose that moves him to action. A man's job is to find that passion and uncover it within himself, then coax it, feed it, and follow it. Passive activity smothers the flame like dirt. Spending one's time in constructive pursuits uncovers a man's gifts and sets him on a course to fulfill his purpose.  
- Chuck Holton - Making Men

---

You're gonna have to serve somebody. It may be the devil or it may be the Lord, but you're gonna have to serve somebody.  
Bob Dylan

---

Good men don't become legends," he said quietly."Good men don't need to become legends."  
She opened her eyes, looking up at him. "They just do what's right anyway."  
- Brandon Sanderson, The Well of Ascension

---

Action is character. Manhood is action.  
--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

A wise man can learn more from a foolish question than a fool can learn from a wise answer.  
- Bruce Lee

---

It is time for unfathered men to stop waiting for someone to father them. I know this sounds harsh. I've had to be corrected by these words myself. If you've had a loving, devoted father or father figure in your life, wonderful! He is a gift. Some of us haven't had this kind of male mentoring, and so we can be tempted to sit around hoping that one day an older, wiser man will swoop down upon us and impart the secrets of life. It is not likely to happen. While we wait, we miss the opportunities before us and the role we could play in our world.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

Men of lofty genius when they are doing the least work are most active.

-Leonardo da Vinci

---

Whatever luck I had, I made. I was never a natural athlete, but I paid my dues in sweat and concentration and took the time necessary to learn karate and become world champion.

-Chuck Norris

---

"Refusal to discipline amounts to hatred and is simply a slow, cruel way for a man to disown his son, clearly marking him as illegitimate. True discipline is the foundation of respect--respect that will last a lifetime."

Douglas Wilson

---

What is that feeling when you're driving away from people and they recede on the plain till you see their specks dispersing? - it's the too-huge world vaulting us, and it's good-bye. But we lean forward to the next crazy venture beneath the skies.

- Jack Kerouac, On the Road

---

Wars may be fought with weapons, but they are won by men. It is the spirit of men who follow and of the man who leads that gains the victory.

- George S. Patton Jr.

---

Don't be passive. Your life is your canvas - and you get to paint on it. It's your journey - and you get to choose the turns. Stop acting like you're bound up in the back of a van with a bag over your head, being taken for a nickel-ride. You are in control of this journey. Your choices determine the course. You can take the easy path, or the hard path. Sometimes the easy path is the right path - sometimes the hard one is the right one. Honestly - the journey you are on is about enjoying and learning in each step.

- Josh Hatcher - Manlihood.com - JoshHatcher.com

---

Saturday mornings, I've learned, are a great opportunity for kids to sneak into your bed, fall back asleep, and kick you in the face.

- Dan Pearce, Single Dad Laughing

---

"One of the things I keep learning is that the secret of being happy is doing things for other people."

- Dick Gregory

---

Do your duty as you see it, and damn the consequences.

- George S. Patton Jr.

---

One man that has a mind and knows it can always beat ten men who haven't and don't.

-George Bernard Shaw

---

Fun, after all, is a poor facsimile of fulfillment.

- Chuck Holton - Making Men

---

"Life is tough, but it's even tougher when you're stupid"

-- John Wayne

---

Never throw the first punch. If you have to throw the second, try to make sure they don't get up for a third.

- Brandon Sanderson, Steelheart

---

A man with charm is an entertaining thing, and a man with looks is, of course, a sight to behold, but a man with honor - ah, he is the one, dear reader, to which young ladies should flock.

- Julia Quinn, The Viscount Who Loved Me

---

To do an evil action is base: to do a good action without incurring danger is common enough; but it is part of a good man to do great and noble deeds, though he risks everything.

-Plutarch

---

You should not honor men more than truth.

- Plato

---

Change the things you can control, and leave the rest up to God. The blame game never has a winner. Whether you dug the ditch or simply fell into it, the next step is the same: climb out of the hole. Get busy and leave the finger pointing to someone else.

- Chuck Holton - Making Men

---

My mum and dad gave me a few bits of great advice as a young boy (along with a fair amount of scolding for being an idiot, but that's another story!), but there is one thing my late father told me that has affected my outlook and approach to life more than almost anything else, and it was this: If you can be the most enthusiastic person you know, then you won't go far wrong.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

—

The best executive is the one who has sense enough to pick good men to do what he wants done, and self-restraint to keep from meddling with them while they do it.

- Theodore Roosevelt

—

It is foolish and wrong to mourn the men who died. Rather, we should thank God that such men lived.

- George S. Patton Jr.

—

All boys wish to be manly; but they often try to become so by copying the vices of men rather than their virtues. They see men drinking, smoking, swearing; so these poor little fellows sedulously imitate such bad habits, thinking they are making themselves more like men. They mistake rudeness for strength, disrespect to parents for independence. They read wretched stories about boy brigands and boy detectives, and fancy themselves heroes when they break the laws, and become troublesome and mischievous. Out of such false influences the criminal classes are recruited. Many a little boy who only wishes to be manly, becomes corrupted and debased by the bad examples around him and the bad literature which he reads. The cure for this is to give him good books, show him truly noble examples from life and history, and make him understand how infinitely above this mock-manliness is the true courage which ennoble human nature.

- James Clarke, Every-Day Religion

—

Let us step into the night and pursue that flighty temptress, adventure.  
- J.K. Rowling, Harry Potter and the Half-Blood Prince

---

One of the problems with massive welfare states is that they make children or beggars of us all,  
and as such are an affront and a barrier to adult masculinity.  
-Jack Donovan - The Way of Men

---

If nothing ever goes wrong then you haven't been ambitious enough! I also like to say that the  
real adventure begins in earnest when things go a little bit wrong.  
- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and  
Grow in Character

---

...It is a proud privilege to be a soldier a good soldier [with] discipline, self-respect, pride in his  
unit and his country, a high sense of duty and obligation to comrades and to his superiors, and a  
self confidence born of demonstrated ability.  
- George S. Patton Jr.

---

A vote is like a rifle: its usefulness depends upon the character of the user.  
- Theodore Roosevelt

---

He had suddenly the clearest understanding he had ever had of the way his father had gone so  
wrong. A man's strength was supposed to be against the outside world; to fight it back from  
himself and from those he took under his protection: his wife, his children, and for a man strong  
enough, more people still, people like his employees. To turn it inward, against the very people  
you had been given the strength to protect, because you couldn't deal with the outward fight,  
was the ultimate weakness.  
- Laura Florand, The Chocolate Touch

---

Manhood is defined and decided by the ability to nurture and to protect, by the capability to  
provide and to sustain.

- C. JoyBell C.

---

Great men have great discipline.

- Habeeb Akande

---

You see, if you quit, you lose. But so long as you stick it out, you're still in with a chance.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

"You have to leave the city of your comfort and go into the wilderness of your intuition. You can't get there by bus, only by hard work and risk and by not quite knowing what you're doing. What you'll discover will be wonderful. What you'll discover will be yourself."

Alan Alda

---

THERE IS A PLAGUE THAT SOMETIMES WORRIES ME, AND IT IS not one of the great biological plagues we face today. I care about those, but the plague I think about almost every day is the plague of loneliness among men. In truth, the phrase that goes through my mind is this: the friendless man.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

A child is not an adult, a child didn't ask to be here. Any man that doesn't take care of his responsibilities to his family and to his children, do me a favor STOP calling yourself a man..at least have the decency to admit that you're a boy. You don't know what manhood is.

- Stephen A. Smith

---

The great mistake we have made in our generation is to think we can make a man with words. We need words, certainly. We just don't need words only. Yet by making words our primary tool in building men, we've talked the modern man to death. He is awash in a sea of words. He has language for things he hasn't even thought about doing—labels from a dozen therapeutic systems, lists and descriptions, and nifty slogans to keep him inspired. Fine. But has it made

him a man? Has it made him act in noble, manly ways? Not usually. I think it has bored him to death. Or, worse, it has made him feel like a victim. Or, worse than that, it has made him feel understood, as though being understood is the meaning of life.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

Every day you either see a scar or courage. Where you dwell will define your struggle.

~Dodinsky, [www.dodinsky.com](http://www.dodinsky.com)

---

If you know history, you know that there is no such thing as a self-made man or self-made woman. We are shaped by people we have never met.

—David McCullough, from “The Course of Human Events,”

---

I have always thought the actions of men the best interpreters of their thoughts.

-John Locke

---

"We're here for a reason. I believe a bit of the reason is to throw little torches out to lead people through the dark."

- Whoopi Goldberg

---

Instead of growing up, getting married, and courageously raising up the next generation, millions of young men are staying single, remaining emotionally and directionally dependent on their mothers while becoming addicted to entertainment, pornography, and video games. They want the privileges and rewards of manhood but only the responsibilities and moral requirements of boys. So when they become fathers themselves, they don't know what to do, and they feel extremely ill-equipped.

Kendrick / Alcorn - The Resolution For Men

---



[Y]ou are not ashamed of your sin [in committing adultery] because so many men commit it.

Man's wickedness is now such that men are more ashamed of chastity than of lechery.

Murderers, thieves, perjurers, false witnesses, plunderers and fraudsters are detested and hated by people generally, but whoever will sleep with his servant girl in brazen lechery is liked and admired for it, and people make light of the damage to his soul. And if any man has the nerve to say that he is chaste and faithful to his wife and this gets known, he is ashamed to mix with other men, whose behaviour is not like his, for they will mock him and despise him and say he's not a real man; for man's wickedness is now of such proportions that no one is considered a man unless he is overcome by lechery, while one who overcomes lechery and stays chaste is considered unmanly.

- Augustine of Hippo, Sermons 1-19

---

...alas, raising a young lady is a mystery even beyond an enchanter's skill.

- Lloyd Alexander, The Castle of Llyr

---

A man must know his destiny if he does not recognize it, then he is lost. By this I mean, once, twice, or at the very most, three times, fate will reach out and tap a man on the shoulder if he has the imagination, he will turn around and fate will point out to him what fork in the road he should take, if he has the guts, he will take it.

- George S. Patton Jr.

---

Always bear in mind that your own resolution to succeed is more important than any other.

-Abraham Lincoln

---

Each man must determine what is dear to him and what is worth sacrificing for. A transcendent cause must exist in a man's life if he is to reach his full potential as a man. Few men today have done a thorough self-analysis to ascertain what their transcendent cause is—or even if they have one. It is time, though: time to determine what we hold dear and what is worthy of sacrifice. As men, we cannot wait until the later years of our lives to make this assessment. I urge you: do it now, and bring meaning to who you are as a man.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

I am looking for someone to share in an adventure that I am arranging, and it's very difficult to find anyone.' I should think so in these parts! We are plain quiet folk and have no use for adventures. Nasty disturbing uncomfortable things! Make you late for dinner!

- J.R.R. Tolkien, The Hobbit

---

When the American spirit was in its youth, the language of America was different: Liberty, sir, was the primary object.

-Patrick Henry

---

Knowledge will give you power, but character respect.

-Bruce Lee

---

I believe something fairly radical: true manhood comes from doing manly deeds. It is the mastery of a body of behaviors.

--Stephen Mansfield- Mansfield's Book of Manly Men: An Utterly Invigorating Guide to Being Your Most Masculine Self

---

When in doubt, ATTACK!

- George S. Patton Jr.

---

No one ever achieves their dream without first stumbling over a few obstacles along the way. Experience teaches you to understand that those obstacles are actually a really good indication that you are on the right road.

- Bear Grylls -A Survival Guide for Life: How to Achieve Your Goals, Thrive in Adversity, and Grow in Character

---

If men and women were surer of their God there would be more genuine manliness, womanliness, and godliness in the world, and a whole lot less fear of each other.

- Elisabeth Elliot

---