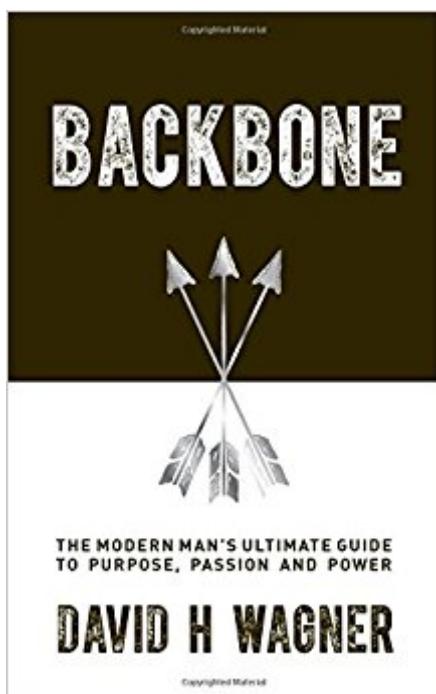


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# **Backbone: The Modern Man's Ultimate Guide To Purpose, Passion And Power**



## Synopsis

David Wagner is a transformational teacher and dedicated leader, on a committed path of service, guiding others to awaken to their inner wisdom and authentic power.'Ã  --Gabrielle Bernstein,Ã   New York TimesÃ   bestselling author ofÃ   Miracles Now. So many self-help books on the market have a feminine edge and do not speak directly to a man's masculinity. The message that men have been given so far is that they have to get in touch with their feminine side if they want to embrace change. This book blows this theory out of the water and is a total game changer. It enables men to transform entirely, working with their masculinity instead of against it. Straight talking, down-to-earth and humorous Wagner addresses the challenges that modern men typically face, asking the reader to join him in a series of profound self-examination exercises and questions covering life purpose, male identity, spirituality, self-limitation, sexuality, relationships, fatherhood and more. Every chapter is highly practical and also includes observations and examples from David's own life journey as well as insights gained from the many clients and groups he has worked with over the years. Men all over the world will be saying: 'Finally a book that actually speaks to me in my language.'

## Book Information

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## Customer Reviews

"David Wagner is a transformational teacher and dedicated leader, on a committed path of service, guiding others to awaken to their inner wisdom and authentic power." --Gabrielle Bernstein, New York Times bestselling author ofÃ   Miracles Now"Most men are allergic to the big conversations

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

This is a book that every man needs to read! Wagner has a way of making practical, no-bullshit, life-changing wisdom totally accessible.

--Dominic Carubba, men's coach, author of *7 Pages to Success*

Such an important and accessible read for men of today. David's compelling voice offers men the most perfect distinctions and the best questions to be both powerful AND happy.

--Elena Brower, yoga teacher and author of *The Art of Attention*

*Backbone* is a fabulous title and it exactly what David has given me a spiritual backbone with which I can blast off and accomplish my goals and live my dreams bravo!!!

--Lev Gorn, actor on *The Americans* (FX Network)

In a world that controls language toward neutrality, and weakens traditional gender lines, where men are shamed for "acting like a man," David gets straight to the point of what it means to be a spiritual man, and to reach a deeper level of understanding of what it means to be a man.

--Ron Silver, restauranteur-chef and author of *Bubby's Brunch Cookbook*

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

David Wagner saved my life. Here is a book that talks directly to every man in this world. Just a few pages into it and you understand the research, the experience and most importantly, the lack of bulls\*\*\* in this book. Whether you are an addict, an unhappy person with your wife, work or hobbies. Whether you lack direction, or just need to find some companionship and not feel alone in what you are going through, you will grow as a result of reading this!!

Ready to change? If you're serious about making changes in your life so that you can be happier, more authentic, empowered, and give parts of you a voice that didn't have one, then this book is for

you. Really powerful, deep, and REAL. There is no instant magic recipe. It's not a genie in a bottle, but if you are willing to do the work and be honest with yourself, here is the guide to get you to where you want to be --- even if you didn't know it at the time! Highly recommended!

This book has been an absolute gift in my life. It really allows you to do the work necessary to start answering the questions on how to live to your potential. This is not a book full of self help tricks and catchy phrases. This is not about accumulating more quotes to post on your favorite social networking site. This book is a guide to help you start living the life you were meant to live. David's teachings are straightforward, with no BS. That type of teaching is rare at a time where everything seems to focus on being overly positive. Sometimes you need a kick in the butt to get started on this path. This book provides that, and much more. The lessons after each of the chapters have helped me gain an insight that I was previously missing. The layout and progression of the book made me feel like I was actually going deeper as went along. This is a must read for any man trying to navigate modern day times, and his place in it. My wife is about to read it too, so it's not just for the fellas :-)

Simply put, this is a revolutionary book for men of our time! Just read it. I began skimming it to see if it might benefit my boyfriend and/or male friends, and learned SO much about men and about finding one's life purpose(s). So, women should certainly read it, too! It's a clear, easy read, with a great, straightforward "voice" throughout. So far, I've bought half a dozen copies to give as gifts and lend out to the men in my life, and recommended it to dozens of other folks. One of my friends is going to be reading it with his men's group soon. A huge, heartfelt thanks to Mr. Wagner for sharing these honest, positive teachings with the world.

Great framework for men to consider how to evaluate a path toward their future given all the BS that may exist in our changing society and the damage we may carry from the past. Take the red road, not the black road! But how do you know? Written by a guy for guys at a non-nonsense level. Everything may not fit for everyone but the structure presented, examples provided, and tools suggested will serve you well. Useful to read through, then re-read parts as needed.

This book was easy to understand and deeply influential for me. David's writing takes you on an enjoyable journey through self reflection and awareness. He helps you take the necessary steps to a better life, not just through knowledge but also tough love, inspiration and action. Everyone has a

unique perspective and Backbone delivers in a very relatable way.

your book have me permission to do things I've actually been pining for and thought I shouldn't for some reason. It liberated me. There isn't a book like it that I've seen. It's either one or the other. The macho crap for men and the spirituality mostly women driven. Thank you David Harshada Wagner!!!

Bought as a gift, they seemed to enjoy it

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