

A MANLY MANIFESTO

17 VITAL ATTRIBUTES OF MANLY MEN

By

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A Manly Manifesto

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Special thanks to my editors: [Nick Hampshire](#), [Shari Barrett](#), [Gary Custis](#), and the Smythe family. I am greatly in your debt.

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PART I

WHAT YOU'LL LEARN

“In this
manifesto, you
will learn sixteen
of the most
important
distinguishing
traits of great
men.”

INTRODUCTION

“A HUMAN BEING SHOULD BE ABLE TO CHANGE A DIAPER, PLAN AN INVASION, BUTCHER A HOG, CONN A SHIP, DESIGN A BUILDING, WRITE A SONNET, BALANCE ACCOUNTS, BUILD A WALL, SET A BONE, COMFORT THE DYING, TAKE ORDERS, GIVE ORDERS, COOPERATE, ACT ALONE, SOLVE EQUATIONS, ANALYZE A NEW PROBLEM, PITCH MANURE, PROGRAM A COMPUTER, COOK A TASTY MEAL, FIGHT EFFICIENTLY, DIE GALLANTLY. SPECIALIZATION IS FOR INSECTS.”
- ROBERT A. HEINLEIN

With that many requirements to meet, where is a man to start?

This report will endeavor to answer that question.

In this manifesto, you will learn seventeen of the most important distinguishing traits of great men.

Although this list is certainly not exhaustive, it does provide a good starting point and covers the main skills that manly men should work to develop.

Once you finish reading this manifesto, you can use the action plan at the end to make these manly qualities your own.

WHO SHOULD READ THIS?

“[A]LL CALL UPON US FOR A VIGOROUS AND MANLY EXERTION...”

- GEORGE WASHINGTON

I wrote this manual specifically for the growing group of men who are beginning to realize the importance of manliness in our world today.

This manifesto explores and reveals many of the distinguishing traits of manly men with the goal of helping men today grow in masculinity.

For those of you who are new to manliness, this manifesto will act as a catalyst and roadmap - getting you started on the right course.

For those of you who are old hands in the pursuit of manliness, this report will help you evaluate your progress and perhaps readjust your plan.

Whether you are young or old, new or experienced, this manifesto will help us, working together, to revive the dying flame of manliness – first in ourselves and then in our world.

“This manifesto
will help us,
together, revive
the dying flame
of manliness.”

“I am a Christian young man whose interest in manliness led me to start a website.”

ABOUT THE AUTHOR

By this point, you are probably wondering who I am.

You can read the full version [here](#), but, in short, I am a Christian young man whose interest in manliness led me to start a website, [Practical Manliness](#), with the goal of “applying the historical ideals of manliness to modern men”.

The idea for this website was first formed in late 2009, when I re-evaluated my life plans and realized the blog I was writing at the time, Debt-free Scholar, was not very closely aligned with my goals in life.

Therefore, I decided to sell that blog and start a new website on the topic of manliness.

After months of planning, studying, and writing, Practical Manliness officially launched on February 22, 2010 – George Washington’s 278 birthday anniversary.

Since then, I have published three useful articles each week on Practical Manliness on topics ranging from [Patrick Henry](#) to [pocket knives](#).

To further promote the revival of manliness, I wrote this manifesto and developed a “Manliness Boot Camp” (more on that later).

PART II

INTELLECTUAL
INTERESTS

“Every man
should cultivate
within himself a
love for
knowledge.”

LIFELONG SCHOLAR

“I HAVE NEVER LET MY SCHOOLING INTERFERE WITH MY
EDUCATION.”
– MARK TWAIN

Every man should cultivate within himself a love of knowledge. He should be both an autodidact (self-educator) and a teacher of others.

In the pages of history, we find many examples of great men whose significance and influence were largely due to their love of learning.

Theodore Roosevelt, one of the busiest men in history, still succeeded in devoting a large portion of his time to reading.

Even while he was President of the United States, this amazing man found time to read at least five books per week!

Because he was a lifelong scholar, Theodore Roosevelt was able to have a large and effective influence in his world because he could converse intelligently on a wide variety of important subjects.

Although you may not be able to read as many books as Roosevelt, you can still learn much by devoting whatever spare time you do have to reading, memorization, and study.

GENTLEMANLY DEBATER

“...BE READY ALWAYS TO GIVE AN ANSWER TO EVERY MAN THAT ASKETH YOU A REASON OF THE HOPE THAT IS IN YOU WITH MEEKNESS AND FEAR...”
– 1 PETER 3:15B

Vigorous, logical debate, once a mainstay of American society, is now disliked and even carefully avoided. Far from starting important discussions, people cautiously avoid the two most important topics – politics and religion.

This trend must be reversed – but with care and kindness.

Men should be prepared to debate issues calmly and logically, in a way that helps both debaters gain a better understanding of the topic.

When you believe something passionately, it is easy to ruin the debate and sully your own cause by losing your temper. Even Theodore Roosevelt struggled with this problem when he first entered politics.

As Roosevelt soon learned, however, the person who loses his temper automatically loses his chance to change his opponent’s opinion.

Only debate issues you truly understand, and keep your emotions under control – this is the only way to really influence your opponent.

“Men should be prepared to debate issues calmly and logically.”

“With practice and diligence, you can master your fear and become an effective orator.”

EFFECTIVE ORATOR

“IT'S QUITE SIMPLE. SAY WHAT YOU HAVE TO SAY AND WHEN YOU COME TO A SENTENCE WITH A GRAMMATICAL ENDING, SIT DOWN.”

– WINSTON CHURCHILL

If you are like most people, the thought of speaking to a group might scare you to death – or, as studies have shown, even more than death!

However, through diligent practice, you can master your fear and become an effective orator.

Demosthenes, a Greek orator, was not a naturally strong speaker, but he realized the value of this skill and labored to progress.

To learn to speak louder (remember, he had no microphone), he practiced talking over the waves of the Aegean Sea. To deal with his lisp, he practiced speaking with pebbles in his mouth.

Through tedious and difficult self-training, Demosthenes ultimately gained great renown as an exemplary orator and is still remembered today.

Whether you are speaking to millions of people or simply to a group of your co-workers, mastering the art of oratory will serve you well.

“Modern
communicators
must work extra
hard to
outdo the
competition.”

PERSUASIVE WRITER

“WORDS. . . .HOW POTENT FOR GOOD AND EVIL THEY BECOME IN
THE HANDS OF ONE WHO KNOWS HOW TO COMBINE THEM.”

– NATHANIEL HAWTHORNE

In our Information Age, hundreds of email programs allow written communications to be quickly sent while the internet allows anyone to publish their ideas to the world.

Because of this exponential increase in published writing, modern communicators must work extra hard to outdo the competition.

Winston Churchill understood the importance of good writing skills, and he worked hard to craft powerful sentences that communicated his precise point – succinctly, yet clearly.

Because of his excellent grasp of the English language, Churchill succeeded, through his writing and speaking, in rallying people around the Allied cause during World War II – quite possibly saving the free world from Hitler’s expanding empire.

Although you might not rescue the entire human race through writing, you can have a lasting impact for good on the people around you.

PART III

PHYSICAL PURSUITS

OUTDOOR ENTHUSIAST

“I WISH TO PREACH, NOT THE DOCTRINE OF IGNOBLE EASE, BUT THE DOCTRINE OF THE STRENUOUS LIFE.” - THEODORE ROOSEVELT

Man was designed to flourish outside of climate-controlled buildings.

Whether through soccer, bicycling, hunting, or some other vigorous sport, every man should find a way to be active outside.

This energetic action will not only keep your body physically strong and healthy, but it will also improve your mental abilities.

**“Whatever sport
you choose,
form a habit of
participating
regularly.”**

Theodore Roosevelt participated in a wide variety of outdoor activities, but hunting was probably the most common.

Before becoming president, Roosevelt spent years running a cattle ranch in the West, and, during this time, he took frequent hunting trips.

After he finished his presidency, Roosevelt promptly “rested” by taking a long hunting safari to Africa. After more than a year of camping and hunting, he returned to America refreshed and ready for more politics.

Whatever sport you choose, form a habit of participating regularly, and you will be amazed by your increased physical and mental ability.

“Exercise should
be properly
balanced with
the rest of life.”

PHYSICAL STRONGMAN

**“THOSE WHO THINK THEY HAVE NOT TIME FOR BODILY EXERCISE
WILL SOONER OR LATER HAVE TO FIND TIME FOR ILLNESS.”**

– EDWARD STANLEY

In our modern times, most men fall to one of two extremes in the area of strength; they either become bodybuilders who live for exercise or couch potatoes who avoid exercise in all forms.

Instead, exercise should be properly balanced with the rest of life.

Exercise not only impacts your physical and mental wellbeing, but it also helps build character qualities such as discipline and persistence.

My personal exercise regimen is simple and short, but it still has many good effects on my physical and mental health.

Six days a week, I spend about three minutes doing stretching, pushups, and sit-ups. This short exercise routine forms the core of my physical training, but I regularly incorporate other activities also, such as bicycling and basketball, into my normal schedule.

By planning and completing your own regular exercise routine, you will improve your health and keep your body ready for emergencies.

“Manly men
must cultivate
good eating
habits.”

HEALTHY EATER

“WHAT? KNOW YE NOT THAT YOUR BODY IS THE TEMPLE OF THE
HOLY GHOST WHICH IS IN YOU...” – 1 CORINTHIANS 6:19A

As Christians, it is our duty to care for our bodies. Only eating healthful foods is a large part of this responsibility.

Although eating healthful food does require a greater investment of time and money, manly men must cultivate good eating habits in order to keep their bodies strong, disease-resistant, and mentally capable.

During most of history, the common man has grown healthy living off the products of his own hands – rarely, if ever, eating processed foods.

Almanzo Wilder, an American pioneer, was one such “common man”.

Growing up in the 1860s on a large farm, he regularly ate fresh, homegrown food that he had helped grow and harvest. Even making their own ice cream, the Wilder family had very little processed food.

Eating well and working hard, Almanzo was a member of the group of quietly courageous pioneers who helped found our nation.

Like Almanzo, we today must realize the importance of caring for our bodies by eating healthful food.

PART IV

SPIRITUAL
TRAITS

“True manliness
and true
Christianity are
permanently
linked.”

STRONG CHRISTIAN

“TO THE DISTINGUISHED CHARACTER OF PATRIOT, IT SHOULD BE OUR HIGHEST GLORY TO ADD THE MORE DISTINGUISHED CHARACTER OF CHRISTIAN.”
– GEORGE WASHINGTON

To the detriment of our entire society, the vast majority of men today are spiritually weak. Even those who do profess belief in the Bible often fail to consider it a large or important part of their normal life.

However, true manliness and true Christianity are permanently linked.

By returning Christianity to its proper place and allowing it to permeate our daily lives, we will not only help ourselves grow, but we will be a good influence in the lives of others.

Thomas “Stonewall” Jackson, a Confederate general respected in both the North and the South, was an excellent example of a manly Christian.

Before the war, Jackson, a devoted Christian, taught a Sunday school class for slaves, and, during the war, he encouraged Sunday services for his soldiers.

It is high time that we stop treating religion as a weekly duty and start giving Jesus control in every part of our life.

“Like Luther, we need to return to the study of theological truth.”

KNOWLEDGEABLE THEOLOGIAN

“YOU DO WELL TO WISH TO LEARN ... THE RELIGION OF JESUS CHRIST.”
- GEORGE WASHINGTON

Increasingly, many people today are treating doctrine as unnecessary and leaving theology to pastors and teachers.

Because they do not know much about the teachings of God, men today are not prepared to debate on this topic or to answer the crafty questions of the skeptic.

Hundreds of years ago, Martin Luther, an early leader of the Protestant Reformation, recognized this problem in his time as well.

As a Roman Catholic monk, Luther saw that doctrine was ignored and perverted while superstitious devotion to relics and idols ruled the day.

Refusing to continue in this spiritual darkness, Luther helped start the Reformation, which taught thousands true Bible doctrine and ultimately gave us the religious and political freedom we have today.

Like Luther, we need to return to the study of theological truth and leave behind the emotional emptiness of anti-intellectualism.

“A Christian should kindly but firmly stand for his faith under all circumstances.”

BOLD DEFENDER

“...EARNESTLY CONTEND FOR THE FAITH WHICH WAS ONCE DELIVERED UNTO THE SAINTS.” - JUDE 1:3B

In a world where religion is largely a taboo subject, it can be tempting to try to hide our faith in an attempt to be “socially acceptable”.

As a manly Christian, however, this is not an acceptable compromise.

Instead, a Christian should kindly, but firmly, stand for his faith under all circumstances. Like any debate, this should be done in a kind and respectful way, but it must be done.

William Tyndale, another Reformation leader, exemplified this quality when he translated the Bible into English – even though his government declared the action illegal.

Though Tyndale himself was burned at the stake for his bold stand, his action – translating the Bible – has affected the entire course of history.

Whatever the risk to our popularity or even life, it is our duty, and should be our honor, to stand humbly, but resolutely, for our faith.

PART V

RELATIONSHIP
RESPONSIBILITIES

“A man should
invest in the lives
of his friends.”

CARING FRIEND

“TO THE WORLD YOU MAY BE JUST ONE PERSON, BUT TO ONE PERSON YOU MAY BE THE WORLD.” - BRANDI SNYDER

Every man should be a kind and uplifting influence on all those he meets. In particular, a man should invest in the lives of his friends.

Manly friendships should be characterized by generosity, encouragement, and even occasional rebukes.

A man should stick by his associates in difficult times, should be bold enough to correct his friends when necessary, and should encourage his companions in the Lord.

Pathfinder, the fictional woodsman of the Leatherstocking Tales, provides an excellent example of manly friendship.

When “sarcumstances” seem to prove that Jasper, one of his closest friends, is a traitor and spy, Pathfinder resolutely defends his friend’s honesty and helps discover the real traitor.

Like Pathfinder, we should stand by our friends in times of trouble and do our best to be a good influence in their lives.

**“It is one of
man’s greatest
duties and joys to
love his wife.”**

DEVOTED HUSBAND

“HUSBANDS, LOVE YOUR WIVES, EVEN AS CHRIST ALSO LOVED THE CHURCH, AND GAVE HIMSELF FOR IT...” – EPHESIANS 5:25

A man’s relationship with his wife is even more important than his relationship with his friends.

Marriage is a sacred institution that was founded by God when he created Adam and Eve.

As such, it is one of man’s greatest duties and joys to love his wife, work to provide for her wants and needs, and protect her from harm until “death do us part”.

The ultimate example of a marriage relationship is that between Christ and his church.

Although we are sinful, depraved humans, God sent his Son, Jesus Christ, to die for the sins of all who place their trust in Him.

The Son of God died on the cross and rose again – just to save us!

A manly husband should be dedicated to his wife to such an extent that he thinks of her wants and needs even before he considers his own.

“A manly father
should be his
child’s councilor,
confidant, and
friend.”

COMMITTED FATHER

“THIS IS ALL THE INHERITANCE I CAN GIVE TO MY DEAR FAMILY. THE RELIGION OF CHRIST CAN GIVE THEM ONE WHICH WILL MAKE THEM RICH INDEED.”
– PATRICK HENRY

A manly father should be his child’s councilor, confidant, and friend. He should occupy a place of respect and love in his child’s life.

To do this, a father should train his children in the truth, foster strong relationships, and lead by both his words and his actions.

Georgi Vins, an underground pastor in the former Soviet Union, provided a good model of a godly father.

Although his tyrannical government had made it illegal to teach Christianity to children, Vins diligently taught his children the truth and played an active role in the persecuted church.

After years of persecution and imprisonment, Georgi Vins was “exiled” to the U.S., where he continued encouraging his children and teaching Christianity.

Whatever the cost and difficulty, a father should faithfully love, train and teach his children.

“A son should strive to be an honor and blessing to his parents.”

LOVING SON

“I DECIDED IN MY LIFE THAT I WOULD DO NOTHING THAT DID NOT REFLECT POSITIVELY ON MY FATHER'S LIFE.” – SIDNEY POITIER

In a world when “independence” is honored as a great virtue, the duty of a son to his parents is often overlooked and forgotten.

However, one of the closest relationships in life should be that between a son and his parents.

A son should strive to be an honor and blessing to his parents. Rather than trying to show his “independence” by deserting them, a son should try to repay the great debt he owes to the people who raised him.

Theodore Roosevelt presents an excellent example of a loving son.

Growing up, he learned to love and respect his father, and, throughout his life, Theodore Roosevelt attempted to follow his father’s example.

Because of the work of both Roosevelt and his father, their relationship was strong, and, when his father died, Theodore realized he had lost one of his greatest friends and closest companions.

Although it is not always possible, we should constantly do our best to build strong relationships with our parents.

PART VI

PROFESSIONAL
PURSUITS

“Every manly
man must learn
to be a diligent
worker.”

DILIGENT LABORER

“A PROFESSIONAL IS SOMEONE WHO CAN DO HIS BEST WORK WHEN HE DOESN'T FEEL LIKE IT.”
— ALISTAIR COOKE

Employee or employer, every manly man must learn to be a diligent worker.

Work is not always easy – if it was it wouldn't be called work. However, the ability to accomplish a difficult and tedious duty is a trait that separates the professional from the amateur.

Early American farmers are excellent examples of this character trait.

Working, not from nine to five, but from sunup to sundown, these were men who knew the meaning of work and who were not afraid to exert physical effort.

Literally living off the increase of their lands, these men spent the vast majority of their lives plowing fields, milking cows, and completing a myriad of other difficult tasks in all sorts of inclement weather.

We, today, should remember the example set by these quiet heroes and relearn the value of hard work.

PATRIOTIC CITIZEN

“...PROCLAIM LIBERTY THROUGHOUT ALL THE LAND UNTO ALL THE INHABITANTS THEREOF...” — LEVITICUS 25:10B

It is the duty and privilege of manly men to be true patriots.

Extending past superficial Independence Day celebrations and parades, real patriotism works to help its country succeed.

Rather than just blindly agreeing with their leaders (that’s nationalism), true patriots use their influence through votes, petitions, and other means to help their country grow and improve.

Patrick Henry is a classic example of a great patriot.

When King George III tried to tyrannically enslave the American people, Patrick Henry boldly risked his reputation, possessions, and even life to defend liberty.

Because of the work of Patrick Henry and our other founders, we have freedom today that has been rarely enjoyed during the rest of history.

For the sake of our posterity, we must be true patriots who understand good politics and stand for liberty.

“We must be true patriots who understand good politics and stand for liberty.”

ENCOURAGING MENTOR

“MENTOR: SOMEONE WHO’S HINDSIGHT CAN BECOME YOUR FORESIGHT.”
– ANONYMOUS

As a man grows older and wiser, he should begin to look for mentoring opportunities. Starting with his own children, a manly man should try to pass his learning and knowledge on to the next generation.

Once he finds a protégé (student), a man should schedule regular meetings where his protégé can ask questions and be held accountable.

Depending on the situation, you may be helping your student grow personally, improve his business, enhance his education, or improve in some other way.

It is thought that Johann C. Bach, a great classical musician, was a mentor for Wolfgang Mozart, another distinguished musician.

Apparently recognizing his unusual talent, Bach took Mozart under his wing and helped him become a better and more skilled musician.

Whatever skills we possess, we should look for ways to pass them on to the next generation.

“Whatever skills we possess, we should look for ways to pass them on to the next generation.”

PART VII

ACTION STEPS

**“Use the free
“Manliness Boot
Camp” to apply
the principles in
this manifest to
your life.”**

APPLY THESE PRINCIPLES

Now that you have finished this manifesto, it is time to start applying these character traits to your own life.

1. ATTEND “MANLINESS BOOT CAMP”

Join the Practical Manliness Newsletter to get the free “Manliness Boot Camp” five-week email series that will help you implement the information in this manifesto:

<http://www.practicalmanliness.com/bootcamp>

2. COMPLETE THE APPLICATIONS

For the next five weeks, you will receive special weekly emails filled with practical projects that will help you utilize the principles explained here.

Each week will focus on one of the five sectors of manly character discussed in this manifesto.

3. CONTINUE LEARNING

After you graduate from the initial “boot camp”, you can continue learning through the three weekly articles sent to all subscribers.

These Practical Manliness articles will help you grow in manliness by applying “historical ideals to modern men”.

“Now that you know what it means to be a true gentleman, you probably want to start telling your friends.”

WANTED: YOUR FEEDBACK

I am very interested in hearing your opinion about this manifesto, so please share your comments and suggestions at:

<http://www.practicalmanliness.com/manlymanifesto>

I am looking forward to hearing from you!

SPREAD THE MANLINESS

Now that you know what it means to be a true gentleman, you probably want to start telling your friends.

Why not share this manifesto with them?

You can use [this handy email form](#) to share the manifesto with your friends.

If you have a website, I would greatly appreciate you sharing this manifesto with your readers!

Thanks for reading! May this manifesto help you become a Christian man!

Vivé la manliness!