



A Man's Journey to Simple Abundance

Sarah Ban Breathnach

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An inspirational collection of essays that shows how the joys and regrets of life can bring a deeper understanding of the self and that not-so-simple creature, man. A test pilot, champion surfer and world-renowned singer number among the men who have contributed their experiences to produce a collection that brings men into the modern world. Going beyond dull and antiquated stereotypes, the latest in the SIMPLE ABUNDANCE series gives a candid and modern perspective to the realities men face. This collection of essays ranges from hilarious to horrifying and all have been written by men such as Sting, the novelist Ben Cheever and Microsoft Chief Architect Charles Simonyi who feel there is more to understand about masculinity than Hollywood would have you believe. In our modern age it is increasingly unsatisfactory to have such a simplistic definition of a man and his role in life. These fifty essays ask previously ignored questions and provide answers for both men and women about how the male mind works. By showing men in their true colours, A MAN'S JOURNEY TO SIMPLE ABUNDANCE takes a step into previously ignored territory but one that will be appreciated by many, by men as they gain the perspective on their own lives, and by women searching for an insight into the male mind.

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