



# A Young Man's Guide to Life

*Tom Langdale*

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## **A Young Man's Guide to Life** Tom Langdale

Young men need important life information and guidance, to build their confidence and self esteem. The aim of this book is to offer that support during the development process from adolescence to young adult, to help reduce confusion and anxiety. This book provides the important building blocks of knowledge that they will need to successfully navigate through the pitfalls of youth, covering many areas which could cause concern: how to respond to family and friends, coping with the emotional ups and downs of being young, understanding sex and your sexuality and the anxiety that can cause. Dangers which life can present, anger management, depression, confusion and how to cope with life and its choices. Knowing how to be safe in their activities, both physically and mentally, will help them to get the best out of their young lives and to enjoy it to the full. Authors comments; If anyone would like to discuss the contents of my book on my blog or view my web site for more information please go to: <http://www.youngmansguide.co.uk>

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