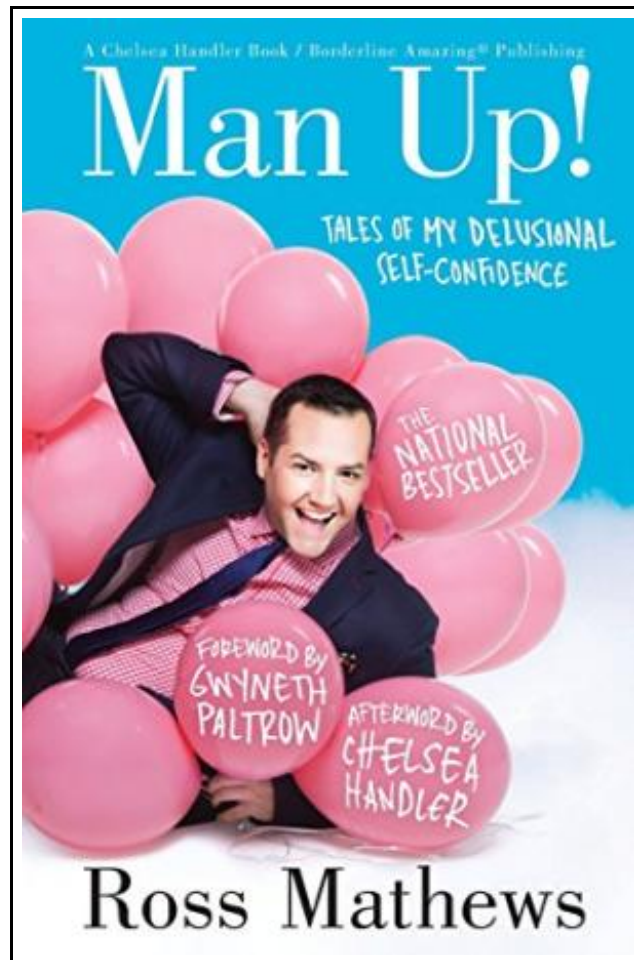


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## MAN UP!: TALES OF MY DELUSIONAL SELF-CONFIDENCE



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Little, Brown & Company. Paperback. Book Condition: new. BRAND NEW, Man Up!: Tales of My Delusional Self-confidence, Ross Mathews, 'Some people call what happened to me 'a lucky break.' Sort of, but I don't really believe in luck. I believe in Oprah, which is why I quote her all the time. I once heard her say, 'There's no such thing as luck. Luck is when opportunity meets preparation.' In his first book, Ross Mathews tells readers what it means to 'man up' - to realise, no matter how hard you may hope against hope, you are what you are. The sooner you stop being embarrassed about what makes you unique and start embracing and celebrating what makes you special, the closer you get to living the life of your dreams. Admittedly still a work-in-progress, Ross recounts how he's benefitted from this frame of mind his whole life. From growing up as an atypical kid in a small Northwestern farm town to living as an atypical adult in Los Angeles, to eventually being his loud, proud, unapologetically genuine self on national television. Laugh-out-loud funny and filled with Ross's signature wit and wisdom, MAN UP! is not to be missed.



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