



How to be a man (Et autres illusions)

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Duff McKagan

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340 pages

Revue de presse

Noissey, 5/8/15

“Offers life lessons and hard-won wisdom from the former hard-partying high-school dropout who found sobriety through martial arts, family, and—of all things—sports radio. In it, McKagan dishes priceless advice.”

My Big Honkin Blog, 5/10/15

“Writing with an easy and engaging style...an entertaining entry on my list of favorite reads thus far, this year.”

Esquire.com, 5/11/15

“Focuses...on issues surrounding masculinity, paternity, partnership and maintaining your integrity and footing in a dizzying world and culture.”

Seattle Times, 5/13/15

“Helpful advice on dealing with the work/family balancing act, financial planning and, yes, book suggestions.”

LA Weekly, 5/11/15

“Encapsulates [McKagan's] life and what he's learned in a highly readable way that everyone—man or woman—can relate to.”

RealLifeHusband.com, 5/12

“The book that all men must read...An easy to swallow textbook of advice and guidance...Men! Go NOW and get this book. (Or women: get it FOR THEM)...Follow his lead, boys, and we can all slide headlong into our graves without regret screaming ‘Wow! What a ride!’”

Sonic Sound Magazine, 5/14/15

“*How To Be a Man*, illustrates how Duff has balanced his career and home life, creating a happy medium that allows him to thrive; proving to us all that being a ‘rock star’ isn't about debauchery.”

The Writer's Journey blog, 5/12/15

“McKagan is an entertaining character...Fans of McKagan's columns on ESPN.com and SeattleWeekly.com will enjoy the witty banter of *How To Be A Man (And Other Illusions)*.”

Billboard.com, 5/19/15

“Lighthearted yet serious-minded.”

Alternative Nation, 5/19/15

“Chock full of advice and wisdom that [McKagan] has picked up along the way...There is a lot of first hand rock and roll experience talking in these pages, as well as a fiercely sharp business mind...The pages are devoid of ego and Duff manages to give himself a firm beating with his own fists in this verbal dojo. **You will never read a book by a rocker quite like this one.**”

Milwaukee Journal Sentinel, “100 Books for Summer Reading,” 5/31/15

MediaMikes.com, 5/26/15

"Something about this book...pulled me back in page after page...All in all a fun and quick read that fans of Duff and his music will surely enjoy."

Praise for Duff McKagan's previous book, the *New York Times* bestseller *It's So Easy (and other lies)*

"You'll read this memoir from the former Guns N' Roses bass player for the sex, drugs, and rock and roll, but you'll remember it for what comes after—recovery, family, and fulfillment."—*Los Angeles Magazine*

"In a book that mourns friendships and talent lost to drugs, McKagan's transformation is a relief and an inspiration. He writes with honesty and even humility, seemingly refreshingly devoid of rock star egomania."—Shelf Awareness

"Honest, well-written... McKagan is surprisingly self-aware and candid, and he doesn't let himself off the hook easily."—*Publishers Weekly*

"McKagan has a nice eye for details and a surprisingly good memory. He's proudly raw and harsh, refusing to hold back in terms of language and content.... Fans will be thrilled by this honest, detailed memoir."—*Kirkus Reviews*

"Fans will love the descriptions of the struggles and early triumphs of Guns N' Roses, but McKagan's descriptions of his equally driven efforts at self-transformation are just as compelling.... Rock fans—and would be rockers—will find much to savor here."—*Library Journal*

"McKagan recounts his [tale] with flamboyance and an engaging wit."—*Booklist*

EntertainmentRealm, 5/31/15

"[An] easy read...Don't expect a tell-all filled with rock and roll debauchery...This is the calm family-man rocker advice book...This book isn't for everyone but many will find something in it that appeals to them."

NeuFutur.com, 5/20/15

"Enjoyable."

Rolling Stone, 6/3/15

"A time-hopping memoir that chronicles [McKagan's] life between a tour with a cover band featuring Slash to his temporary reunion with Axl Rose last year. Although the tome is not a self-help or advice book per se, it's littered with entertaining and hilarious aphorisms."

Brave Words, 6/17/15

"Full of unbelievable revelations...Advice is plentiful throughout."

Backstageaxxess.com, 7/1/15

"McKagan is a gifted writer and his stories are humorous and charming... If you're looking for a light and entertaining read with a peek into rock and roll, you'll enjoy this one. Or, if you need some advice on how to deal with your teenage daughter or perhaps some tips on home maintenance, you'll also want to add this book to your collection."

Publishers Weekly, 6/29/15

"A hybrid memoir/self-help book that addresses a pressing issue for rock stars and those who party like

them: how do you live after putting the bottle down?" Présentation de l'éditeur

Le co-fondateur de Guns N'Roses, de Velvet Revolver et des Walking Papers partage ses expériences, où ne manquèrent ni les coups durs ni les grands moments ; voici comment une vie consacrée au rock peut faire de vous un mec bien (malgré tout). A priori, ce n'est pas vers un vétéran de Guns que l'on se tournerait pour un manuel de développement personnel, mais Duff McKagan n'est pas un musicien ordinaire. Comme il commençait à le raconter dans *It's So Easy* (et autres mensonges), il retrouva la sobriété à l'âge de trente ans, retourna à la fac, en apprit beaucoup sur le commerce, tomba amoureux, devint père et rejoignit le droit chemin. Malgré des procès et des erreurs considérables, McKagan apprit à trouver son équilibre entre famille et travail, déplacements professionnels et satisfactions personnelles, compétences commerciales et sacrifices. Dans *How To Be A man* (et autres illusions), Duff entraîne le lecteur dans sa vie de musicien rock sillonnant les routes du monde entier et partage, avec une candeur et un humour désarmants, les vraies leçons de vie apprises sur le chemin du succès et du bonheur, que ce soit au sein de sa famille ou dans sa carrière professionnelle. Après des combats remportés de haute lutte - mieux vaut démarrer avec une base solide et rester humble, ou encore comment contrer la dépression et rendre productives les idées noires -, *How to be a man* est le guide ultime sur la meilleure manière d'assurer dans la vie, non en tant que rock star menant une vie dissolue rapidement promise à la catastrophe, mais plutôt comme un homme à qui sourient le succès et la longévité. Biographie de l'auteur

Duff McKagan is the cofounder of hard rock groups Guns N' Roses and Velvet Revolver and is the author of the *New York Times* bestseller *It's So Easy (and other lies)*. He lives with his family in Seattle and Los Angeles.

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