



The Man Code: A Woman's Guide to Cracking the Tough Guy

David Good

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Stubborn. Emotionally reserved. Frustratingly loyal to his friends. Does this sound like the tough guy in your life? Do you feel like he's the sort of man you could love forever, if only you could understand him? David Good, winner of "Bachelor Pad" and fan favorite on "The Bachelorette," lifts the hood on the standard to which men hold themselves, empowering women by helping them decipher the unspoken rules that govern masculinity. Ultimately, Good offers that a Man Code man is just what a woman should want, despite his arriving in a complicated package. After all, what women ultimately desire is loyalty, a trait that is the foundation of the Man Code. Not a psychologist or sociologist, Good professes to only be an expert at one thing: tough guys. Men's men. Growing up in America's heartland, Good writes that he was surrounded by "hardened men who'd taken the dirt road in life. Men the ones Hank Williams would cast at the center of his songs." This, along with the experience of competing with 30 other men for the affection of a single lady makes him uniquely able to explain the alpha male to the fairer sex. In other words, Good has a doctorate in Man Code. Though he acknowledges that as a definitive alpha male he may seem an unlikely messenger, his goal with "The Man Code" is to lift women up, and to help them understand they are at their most attractive when they are strong, intelligent and self-possessed. He was raised, he writes, by strong women, and hopes to see that strength manifest in readers of his book. Readers will discover that Good has a unique point of view, and might be surprised at his nimbleness as writer. "The Man Code" is definitely not frat-house fodder, nor is it 10-steps-to-pleasing your man. Instead, Good's simple goal is to help women who find themselves attractive to men with strong core values, but who are reluctant to let their guards down.

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