

THE
MANUAL TO

MANHOOD

How to
COOK the Perfect Steak,
CHANGE a Tire, **IMPRESS** a Girl
& **97 Other SKILLS** You Need
to Survive

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How to Talk Like a Man

100 Terms Men Need to Know

Lower your voice and listen up. Men have their own language and it's time for you to learn a few basic words. Know them and you will begin to hear them. Use them correctly and you will be welcomed into a higher level of manliness. No grunting or chest pounding required.

ampere Often called an *amp*, an ampere is a unit of electric current named after the French mathematician and physicist, André-Marie Ampère.

arc The curved contour of an item like a bow. Also the shape and name of an electrical discharge as current jumps the gap between two electrodes, including your finger and a bare wire.

auger A corkscrew-shaped hole-drilling device.

axe The long-handled, metal-head-bladed tool used by skilled woodsmen to fell or split lumber. Not to be confused with trendy body wash and cologne products.

bed A layer of drywall mud, clean place you sleep at night, dirt-filled plot where gardens are planted, or the enclosed back of a small truck.

bit You have options: a small measurement or portion, sharp drilling tool, metal mouthpiece for a horse, or the

basic unit of information in digital communications.

bow A ship's forward hull or the respectful action of bending forward at the waist during a formal introduction.

braise Cooking method used for less-tender meats. The meat is browned slowly and thoroughly on all sides, after which a small amount of liquid is added to the pan. The pan is covered and the meat is simmered over very low heat until tender.

chuck Could be the name of a guy you know or just the clamp that holds a drill bit in place. Not to be confused with the action of throwing or throwing up.

clutch The pedal or lever that engages or disengages gears while shifting a car. Also the feeling you get when you learn to shift without grinding the gears. *Yes! Started my car on a hill and didn't even grind the gears. That was clutch.*

cord Flexible electrical wire that fits into a wall socket, a measure of rope, or a stacked quantity of wood measuring 4' x 4' x 8' with a volume of 128 cubic feet.

corporate The combined group of people who function with one culture driven by shared rights, privileges, and liabilities. You know, like a business.

creditor The person or organization loaning out money to a debtor.

cubic zirconia A colorless form of zirconia that is very similar to diamond in refractivity and appearance, aka a fake diamond.

damper An adjustable plate in a chimney or stove for controlling the draft. Also the feeling you get when you forget to open the damper before lighting the fire. *The smoke filled room really put a damper on the party as everybody coughed and wheezed.*

debtor The person or organization owing money to the creditor.

dipstick The measuring device used to check the oil level in a car's engine. Also the sarcastic term mechanics use to describe the guy who forgets to check the oil level in his car's engine.

dovetail The tail of a dove . . . or the fan-shaped interlocking joint that fits together two pieces of wood.

D.T.R. Abbreviation for *Define The Relationship*. The conversation a couple has to determine if they are officially "going out," "dating"—you know, boyfriend and girlfriend.

earnings Salary or wages.

empathy Understanding and being aware of and sensitive to the feelings, thoughts, and experience of others even though you have not experienced or are not experiencing the same.

equity The quality of being just or fair. Also the actual value of property after subtracting any loans or liabilities.

ethos The disposition, character, and values of a person, group, culture, or movement. Best described as "who we are."

feather Bird clothes. Also, and more practical to men, to *feather* is to apply a thin tapering layer or coating of a spreadable

substance like drywall mud or cake frosting. **WARNING:** Don't lick drywall tools clean.

fee A fixed charge for a professional service.

flashing Sheet metal for reinforcing or weatherproofing joints and angles on a roof.

fuse A safety device containing wire that melts and breaks a circuit if the electrical current exceeds reliable levels.

galvanized Steel coating that contains a thin layer of zinc to prevent corrosion. Often applied to garbage cans, fencing, nails, and other metal pieces that will be exposed to moisture.

gratuity A favor or gift given in return for services. Most often given in the form of money. Also called a *tip*.

grill The action of cooking food over an open flame. The front of a car, truck, or metal set of teeth. To question another person with great intensity.

grout A thin layer of plaster or mortar used to finish or to fill cracks.

hatchet A small, short-handled axe intended to be held and used in one hand.

head The cranium supported atop your body's shoulders, which seats your ability to reason. The toilet supported below a ship's deck, which seats your ability to relieve yourself.

helm The steering mechanism of a ship. Also the location from where the ship's captain directs the vessel's course.

hitch The attachment extending from the rear of a vehicle to which you join and tow a trailer.

ID vs. id Your ID is an officially issued identification card imprinted with your photograph and the unique features of your life. Your id is the most basic part of your personality that identifies and unconsciously seeks to meet basic life needs.

inboard Housed within the craft, vehicle, or vessel.

in debt The owing of money, goods, or services to another person or organization.

indirect heat Method of heating or cooking food to the side of the heat source.

jack A device used to lift heavy objects. The face card below a queen. The name of a guy you know.

Jane Doe The generic female name of a person who is unknown or needs to remain anonymous.

jib The forward-most triangle-shaped sail on a sailboat. The long arm of a construction or loading crane.

John Doe The generic male name of a person who is unknown or needs to remain anonymous.

joist Any parallel beam located in and supporting the floor or ceiling.

keel The centerline structure along a boat's hull.

kilt A traditional knee-length, pleated cloth garment worn by men of the Scottish Highlands.

kingpin Large main bolt holding other structural units together. Pull it and everything else comes loose.

labor Hard physical labor. Like unloading a 8½-ton delivery of jagged rocks or delivering a pudgy 8 lb. 6 oz. baby. Lucky you're a man—unloading the rocks is much easier than pushing a baby out of your body.

lever A pivoting bar used to help move heavy objects.

lowbrow Low intellectual context or culture.

mentor An experienced and trusted advisor who tells you what you need to hear and not just what you want to hear.

moorage The place and fee for storing a boat or aircraft.

mortgage The charge of property, by a debtor to a creditor, for the value of the property to be paid back in a set contractual period of time.

mulligan When a player, often a golf buddy with a bad slice, gets a second chance to perform a move or action. Also referred to as a *do-over*.

National Guard Brave men and women serving in a branch of the military partially maintained by each state but also available to be deployed by the federal government.

nest egg Money saved for long-term future use.

Nike The mythological Greek winged goddess of victory and one cool brand of athletic performance equipment.

Nobel Prize A coveted international prize given each year for outstanding work in one of six categories; physics, chemistry, medicine, economics, literature, and the promotion of peace.

oath A promise regarding your future actions or behavior.

octane rating standard performance measure of motor fuel. The higher the octane number, the higher level of compression the fuel will withstand before igniting.

open-minded The willingness to consider new ideas without prejudging.

Outback The remote inland region of Australia.

pasteurized The process of heat-treating food products to the point of partial sterilization. It has nothing to do with church.

pension A payment made from an investment fund to the retired person who contributed to the fund during their working career.

pickup A small truck with an enclosed bed. To collect and put away your stuff. A weak attempt to introduce yourself to a girl you like.

port A harbor-side city or town. The left side of a boat, indicated with a red navigation light.

quart The measurement of liquid equal to a quarter of a gallon.

quest A long and honorable search for something valuable, like your manhood.

question An expression worded to gain information. Ask great questions and you will get great information. Ask weak questions and you will get weak information. Ask no questions and you will get no information. So ask great questions.

rappel Lowering yourself down a near vertical surface using a rope to control your descent.

rent The payment made to a land or vehicle owner for use of their property.

Rent: A long-running New York Broadway rock musical about a group of young

- “starving artists” and musicians struggling to “make it” in New York City’s Lower East Side.
- resign** Voluntarily leaving a job.
- rip** To use force to tear, pull, or separate material.
- rudder** A hinged vertical piece used to steer a boat from the stern.
- sear** To use intense heat to burn or scorch the surface of something, like a juicy steak, pork roast, or leg of lamb.
- slack** The loose or unused part of a rope. A lazy worker, hence making them a nonworker.
- sorry** To feel sympathy toward a person or situation. An authentic apology you should offer when you have been exposed as acting in a pitiful way.
- spotter** A person who keeps an eye on the situation to maintain safety.
- starboard** The right side of a boat, indicated with a green navigation light.
- stern** The rear or back section of a boat.
- stud** The vertical board within a framed wall that supports the vertical load of a structure. Usually 2” x 4” or 2” x 6” wooden boards, studs are most often spaced 16 inches apart. Nailing into wall studs is a solid way to secure a picture frame, shelving, or bracket needed to display your vintage guitar. Also a male breeding animal valued for the quality of his genetics.
- tab** An open unpaid bill for products or services already delivered.
- taxes** Required payment to a governing body from the income or profits of an individual or business.
- tension** The emotional state of feeling like you are paying too many taxes. The physical state of being pulled tight or stretched out.
- tenure** The permanent status granted for a person’s job or position.
- transom** A small window over a door or larger window.
- U-bolt** A bolt shaped like the letter *U* that is threaded on both ends. Go figure.
- undercarriage** The supporting structural framework under a vehicle.
- universal joint** A mechanical joint that transfers power through a shaft over a range of angles. Also called a *U-joint*.
- valor** Great courage in situations of great danger.
- vise** A stationary tool with movable jaws used to hold objects in place while being worked on. Usually attached to a solid surface like a workbench or truck bumper.
- volt** The international standard measurement of potential electronic force. Voltage is the variable that determines the severity of a shock should electricity pass through a conduit, like your body. For example, hold the ends of a 1.5-volt AA battery and you won’t feel a thing. Touch the connections of a 120-volt wall socket and you will jump in pain from the shock. Get tased by the 50,000-volt pulse of a police stun gun and you are on the ground, incapacitated, and probably soiling yourself.
- well-groomed** The appearance of a clean, neat, well-dressed man.
- whetstone** A fine-grained stone used to sharpen metal-edged knives and tools.
- winch** A low-gear crank or motor-driven lifting tool that winds rope, cable, or chain around a drum to lift or lower heavy items.
- XY chromosome** The thread-like molecules that carry DNA hereditary information specific to the gender of male.
- yoke** A crosspiece that unites separate pulling forces to become one.
- youth hostel** Cheap sleeping accommodations for urban backpacking tourists or travelers.
- zed** The pronunciation of the letter *Z* by Canadians and other British-influenced English speakers.
- Zodiac** Small inflatable boat.

Notes

Part 1 Women & Dating

1. Quotes in this introduction are from Les Parrott, interview by author, December 2012.

Part 2 Social Skills & Manners

1. Quotes in this introduction are from George Toles, interview by author, February 2013.

Part 3 Work & Ethics

1. Cory Cotton, interview with author, January 2017.
2. Cory Cotton, *Go Big* (Carol Stream, IL: Tyndale, 2011), 4.
3. Cotton, interview with author.
4. Cotton, *Go Big*, 108.
5. Cotton, interview with author.
6. Cotton, *Go Big*, 169.

Part 4 Wealth & Money Management

1. www.daveramsey.com/company/about-dave.
 2. Dave Ramsey, *The Total Money Makeover Workbook* (Nashville: Thomas Nelson, 2003).
 3. Dave Ramsey and Sharon Ramsey, *Financial Peace Revisited* (New York: Viking Penguin, 2003), 5.
 4. *Ibid.*, 20.
 5. Dave Ramsey, *Total Money Makeover: Classic Edition: A Proven Plan for Financial Fitness* (Nashville: Nelson Books, 2013), 5.
 6. Mandi Woodruff, "Financial Guru Dave Ramsey Tells Us Why He Cuts Up Credit Cards on Air," *BusinessInsider.com*, April 23, 2012, <http://www.businessinsider.com/dave-ramsey-hates-credit-cards-2012-4>.
 7. Chris Carpenter, "The Total Money Makeover: An Interview with Dave Ramsey," CBN.com, <http://www.cbn.com/family/familyadvice/carpenter-daveramseymoneymakeover.aspx>.
 8. http://www.daveramsey.com/article/our-favorite-dave-quotes-of-2009/lifeandmoney_other/.
 9. Copyrighted phrase coined by Dave Ramsey.
 10. Dave Ramsey, "A Weird View of Money," *LifeChurch.tv*, <http://www.youtube.com/watch?v=Af1zc0qhr8o>.
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11. John Maxwell, quoted by Dave Ramsey, *Total Money Makeover*, 59.
12. Dave Ramsey, *CBS Morning Show* interview, February 10, 2009.
13. Samuel Fleischacker, *On Adam Smith's Wealth of Nations: A Philosophical Companion* (Princeton, NJ: Princeton University Press, 2004), 68.

Part 5 Grooming & Personal Hygiene

1. Quotes in this introduction are from Thomas Frieden, interview by Bill Phillips, editor-in-chief of *Men's Health* magazine, on a Google+ chat, June 13, 2013.

Part 6 Clothes & Style

1. Quotes in this introduction are from Nate Retzlaff, interview by author, February 2013.

Part 7 Sports & Recreation

1. Quotes in this introduction are from Norm Evans, interview by author, November 2012.
2. "The Wizard's Wisdom: 'Woodenisms,'" ESPN.com, June 4, 2010, <http://sports.espn.go.com/nbc/news/story?id=5249709>.

Part 8 Cars & Driving

1. Quotes in this introduction are from Doug Herbert, interview by author, September 2009.

Part 9 Food & Cooking

1. Quotes in this introduction are from Guy Fieri's appearance at Disney's California Food and Wine Festival, 2010.

Part 10 Tools & Fix-It

1. Quotes in this introduction are from Ned Wolf, interview by author, September 2009.
2. Brandon Russell, interviewed by author, September 2013.
3. John Lichfield, "The Moving of the *Mona Lisa*," *The Independent*, April 2, 2005.