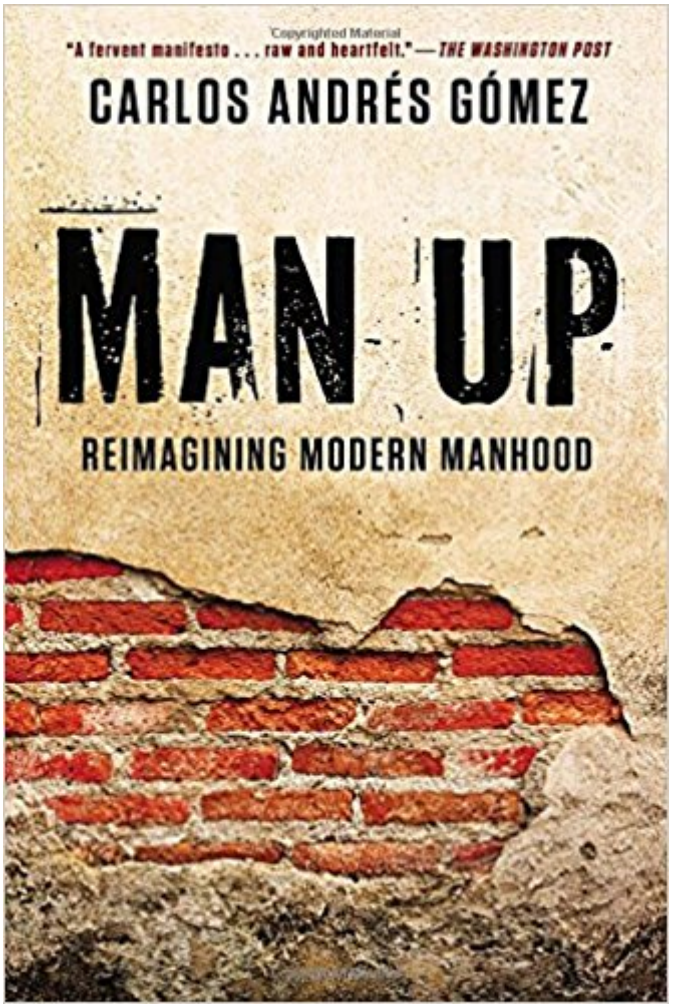
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Man Up: Reimagining Modern Manhood



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Synopsis

Inspired by the award-winning poet and actorÃ¢â ¬â„¢s acclaimed one-man play, a powerful coming-of-age memoir that reimagines masculinity for the twenty-first-century male. Award-winning poet, actor, and writer Carlos AndrÃƒÂ©s GÃƒÂ mez is a supremely gifted storyteller with a captivating voice whose power resonates equally on the live stage and on the page. In one of his most moving spoken-word poems, GÃƒÂ mez recounts a confrontation he once had after accidentally bumping into another man at a club. Just as they were about to fight, GÃƒÂ mez experienced an unexplainable surge of emotion that made his eyes well up with tears. Everyone at the scene jumped back, as if crying, or showing vulnerability, was the most insane thing that GÃƒÂ mez could possibly have done.Like many men in our society, GÃƒÂ mez grew up believing that he had to be ready to fight at all times, treat women as objects, and close off his emotional self. It wasnÃ¢â ¬â„¢t until he discovered acting that he began to see the true cost of squelching oneÃ¢â ¬â„¢s emotionsÃ¢â ¬â •and how aggression dominates everything that young males are taught.Statistics on graduation rates, employment, and teen and young-adult suicide make it clear that the young males in our society are at a crisis point, but GÃƒÂ mez seeks to reverse these ominous trends by sharing the lessons that he has learned. Like Hill HarperÃ¢â ¬â„¢s Letters to a Young Brother, Man Up will be an agent for positive change, galvanizing menÃ¢â ¬â •but also mothers, girlfriends, wives, and sistersÃ¢â ¬â •to rethink and reimagine the way all men interact with women, deal with violence, handle fear, and express emotion.

Book Information

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Customer Reviews

Based on his one-man play of the same title, performance artist and poet GomezÃ¢â ¬â„¢s first book reassesses faith, fear, sex, art, heroism, war, and other aspects of modern manhood. The ambitious memoir reveals a sensitive yet rugged man haunted by gender and racial stereotypes and his artistic mission to quash both. Born in New York City to a Colombian father employed by the UN and a fair-skinned, blue-eyed academic mother, young Gomez and his family lived in Switzerland, Brazil, Cyprus, and various American cities, blurring his understanding of racial distinctions. But after his parents divorced, and he settled in the States, his masculinity and mixed ethnicity became problematic. Gomez recalls a prepubescent Ã¢â ¬Å“non-talkÃ¢â ¬Â• with his father about sex and a defining memory of how, on the brink of a fight at a club, he brought himself to tears by imagining all the significant men in his life. Interspersed with his poems and excerpts from his play, GomezÃ¢â ¬â„¢s energetic debut well may be an inspiration for every man and man-to-be who is Ã¢â ¬Å“interested not so much in being but in becoming.Ã¢â ¬Â• --Jonathan Fullmer --This text refers to the Hardcover edition.

Ã¢â ¬Å“Carlos AndrÃƒÂ©s GÃƒÂ mez delivers a powerful message with Man Up. This book will help you look inside and ask yourself not only what it truly means to be a man today, but also how you can become more connected to the collective consciousness. An important read that will create a much needed dialogue." Ã¢â ¬â •Russell Simmons, author of the bestselling Success Through Stillness,Ã Â Do You!,Ã Â and Super Rich Ã Â Ã¢â ¬Å“Carlos AndrÃƒÂ©s GÃƒÂ mez does not claim to have all the answers, but that's what's great about this book. He addresses the preconceived notions of manhood and masculinity that most people go their entire lives never questioning. Man Up is the result of a thoughtfully examined life; a book that will make us all more enlightened.Ã¢â ¬Â• Ã¢â ¬â •Hill Harper, author of the bestseller Letters to a Young Brother Ã Â Ã¢â ¬Å“In recent decades, America has publicly wondered what it means to be a man in this day and age. As we've languished in our search for role models, the possibilities have been an endless series of contradictions. With Man Up we finally have the modelÃ¢â ¬â •the manÃ¢â ¬â •we've been looking for.Ã¢â ¬Â• Ã¢â ¬â •Zach Wahls, author of the bestseller My Two Moms Ã Â Ã¢â ¬Å“I think [GÃƒÂ mezÃ¢â ¬â„¢s writing] is wonderfulÃ¢â ¬Â|a strong, beautiful, smart voice.Ã¢â ¬Â• Ã¢â ¬â •Nikki Giovanni Ã Â

You know that old phrase "don't meet your heroes." Well, last night I met one of my heroes, and as I was walking to my car afterward I thought that if meeting your heroes is a disappointment, perhaps you're making heroes out of the wrong people? When your heroes are people who make careers

out of standing up against injustice how can you go wrong, really?It’s impossible, after reading Man Up to see Carlos AndrÃƒÂ©s GÃƒÂ mez as anything more than human. But what an incredible, insightful, earth-changing human he is. He is a hero. And in my opinion, this whole book is about heroes. It’s about the men who are different. The men who are breaking down barriers and breaking rules. This is hidden amongst some pretty appalling stories, but it’s there.GÃƒÂ mez writes that at one point when he was a child his mother realized that he could either grow up to be Hitler, or Ghandi. And it was up to her to help direct him toward one or the other. Whatever she did, I would say it was successful.And I say this after reading pages of heartbreaks he’s caused, people he’s hurt. GÃƒÂ mez lays it all out in this book. He describes some of the most horrible mistakes a young man can make. But he isn’t asking for forgiveness or lamenting his faults. He’s telling the reader he is human. And as a human, he is not on some pedestal. He isn’t some god we should worship from afar. I think, in some ways, that makes him more my hero. He wears no mask of celebrity, even though I felt like I was in the presence of a celebrity as I listened to college students around me quote his work before the show began. He is simply... Carlitos. A young man, an amazing poet, a human who is part of this family of humans.GÃƒÂ mez has a way of making others see things they don’t necessarily want to see. Hard things, like genocide. He can humanize someone that all too many people would dismiss. And he finds these things in every day life.I said to a coworker, "I’m reading this amazing book. I think you’d like it. It’s by this poet." He said, "Wait, first can you tell me what slam poetry is?" I said, "That’s what this guy does. He is a slam poet." He said, "Oh, ’cause this slam poet named CarlÃƒÂ s something is coming to my school." These moments, when everything comes together and it all means something to each other, this is what GÃƒÂ mez writes about. When the smallest things, like telling a coworker about a book you’re reading, turn into a connection.Someone asked me why I was reading a book about men when I started reading Man Up. "You’re a lesbian... and a feminist..." Yes, and this book is for lesbians. And feminists. This book is for our society and I am a part of that. It isn’t a hard to understand, deeply poetic piece of literature. It isn’t metaphoric and full of hidden messages. GÃƒÂ mez lays it out, easy to understand, easy to follow. It is written in a way that it can be consumed by everyone. And should be.Man Up is part poetry chapbook, part memoir, part social essay. And it may not give you new insight into masculinity. Perhaps you’ve considered all of this before. But what this book will do is give you a comrade. It will give you a friend who can help you learn to not just see these things, but to talk about them. Gender, social roles, race, socio-economic status, countries, criminals, hugging, love.This is a book that will show you where to find heroes you didn’t even know you were looking for.http://imaginekatrina.blogspot.com/2014/11/man-up-reimagining-modern-manhood-by.html

Executive summary: This is one man's unraveling of his personal baggage to figure out who the man behind the mask is. It is a great read and hard to put down. We all have to get their via our own road, or else not at all. Having said that, keep in mind that most of us are not raised by a UN diplomat, nor do we travel to five or six different countries by the time we're 11, so there is an undercurrent of privilege that sets a baseline or stage for many of the events in the book. My point here is that Parts I and II of the book go into copious detail about formative and transformative events in Carlos' life, glorious details about all sorts of hookups, and I could not help but observe that in many respects our youth experiences were polar opposites. But as men, we still face many of the same demons. It is not until Part III of the book that he actually seems to acknowledge what unmet needs he had, how his master personality template got programmed and how he is reprogramming it, and what he's doing differently today.This is not a self-help book. It's his personal confessional that he seems to be gifting to the world at large, and his acknowledgement of the pain and hurt that he no doubt caused to a lot of people. So if you are doing personal growth work, you may see parallels with his behaviors, or you may not. It's his confessions mixed with some poetry, so really it is a piece of art. I plan to read portions of this book to my 6th grade son as a way of engaging some sort of conversation about his sexuality and need for personal responsibility, as I wish I had any conversation from my father instead of just walking away in complete silence. It's sort of like a one-man show in the form of a book.I do commend Carlos for speaking from his heart - real men can do that. We are all brothers. Heterosexual men who are afraid of accepting and being kind to one another will probably want to find another book, until you do some personal growth work.

Men, please please please read this book. I am begging. You NEED this book in your life. This is a book that does not hold back. It is the honest, raw truth; so touching that you will bawl on the train uncontrollably as I did every time. This book is about gender roles, acting strong at all times and its consequences (this applies to women as well,)sex, forgiveness, love, family, honesty, deceit, and so on.If you are a woman and need a reason to read this book I will say that if you have ever been hurt by a man whether father, brother, boyfriend, etc. maybe reading this book will give you some peace, a step closer to forgiveness. It did for me.As far as the actual writing, this book is superbly written with a very distinct voice, great pace, well layered, and each chapter weaves into the narrative very well.

Carlos' honesty about his is experience is so powerful and inspiring, his writing is entertaining and

transforming. a genuinely brave and compassionate man, the world would be a better place if everyone read this book.

Great book. He writes from his own experiences and is straight to the point, no BS.

It was a gift. It probable has not been read.

This was a brilliant book, I wish every man (and woman) would read it; creative, raw, powerful and thoroughly entertaining.

Honest urban latino story with courage to face the self!

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