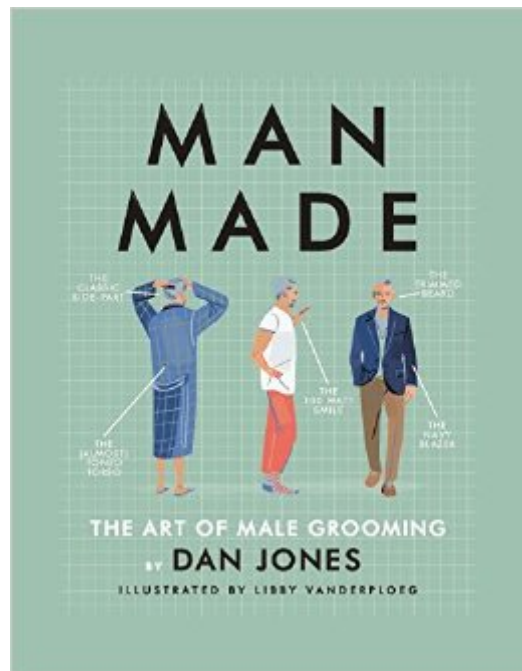


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# Man Made: The Art Of Male Grooming



## Synopsis

With the rise of perfectly-preened sports stars, online dating and the dreaded selfie-stick, every man worth his salt wants to look his best. Male grooming is no longer about being vain: it's essential. A real man has a stylish haircut, conditions his beard, manicures, moisturizes, wears decent shoes, takes the right vitamins, and is probably hitting the gym right now to hone his physique. Feeling confused? Fear not, because Dan Jones is here to guide you through everything you ever needed to know about personal grooming. From man-buns and moustaches, to eye cream, facials and buying a decent suit, this is a dapper DIY guide for all men, from teens to dads, who want to look their best year round.

## Book Information

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Average Customer Review: 3.3 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #534,028 in Books (See Top 100 in Books) #58 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Men's Grooming & Style](#) #588 in [Books > Health, Fitness & Dieting > Men's Health > General](#)

## Customer Reviews

I may be the wrong person to review this book since all my life I didn't care for fashion or perfect grooming and had a job where you just had to be presentable. But I did admire people who had a certain rightness in their clothes, especially women. Since today we live in a society where for many people the slob, no-style way of dressing is routine it would be nice if the pendulum swung the other way. I give this book (about 100 pages if you don't count the blanks and illustrations) four stars because it did give me a couple of valuable ideas. That made it worth buying. But Jones throws in too much. He writes on diet, exercise, meditation. He even throws in a recipe for a green smoothie that is quite good. You won't be convinced to try a diet if you read a couple of graphs on it. This way you'll miss the best diet ever created: the 5-2, which Jones mentions. He pays too much attention to hygiene instead of dressing well. If you are interested in this book you will have basic

hygiene under control and won't need guidance on shaving. . Bet you didn't know the well-groomed man gets pedicures and if you visit London you can go to the world's best pedicurist and feel a dozen years younger. • If you want to smell nice Jones has two recommendations for you but a little bottle costs \$120 and \$230. Then there is a page titled "How to pick the perfect pair of undies." • In case you're wondering if illustrated undies are okay, Garfield and the Simpsons are a no no but Peanuts is okay. Jones likes tattoos but there is no mention of the perfect nose ring. Maybe Jones wants it both ways, a book men will pick up for grooming and style tips and a book others will pick up for laughs. To his credit Jones urges you to create your own fashion.

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