

# MAIN TIP

Website teaches men how to be action heroes — as well as good companions and colleagues

**H**arvey Wienstein, Roger Ailes, Bill O'Reilly, Les Moonves and Bill Cosby. These are just a few of the many high-profile men who have been brought down by their mistreatment of women.

Sometimes actions from long ago resurface to deliver delayed justice. Brett Kavanaugh's Supreme Court appointment process was disrupted by

allegations from several women of sexual assault that allegedly occurred decades ago.

How do so many men of such poor character rise to positions of power? Isn't there much more to being a good man than being successful in business, politics, entertainment, sports, the media or any other profession?

According to the website *The Art of Manliness* ([artofmanliness.com](http://artofmanliness.com)) there is. The site is a one-stop shop for any man who wants to become a better person. Its mission is to help develop Renaissance-style men who are well-rounded and competent in many areas of life, including how to treat others.

At first glance, it's hard to tell if the testosterone-soaked site is serious or satire. The homepage is topped with a mustachioed banner featuring a masculine font. On one side is a top-hat-wearing gentleman, and on the other is an old-style, bare-knuckled boxer with his fists raised.

Many of the features deal with scenarios that often occur in action movies but seldom in real life. You can learn how to clear rooms like a special ops soldier; develop the situational awareness of Jason Bourne or turn everyday items into deadly weapons in case you find yourself in a life-or-death struggle.



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*InSites*

A lot of the articles deal with increasing strength and fitness, handling tools and weapons and physically overcoming attackers. While the site does go over the top with some of its hyper-macho advice on being a man's man, there is a part of every man that wants to be like the characters portrayed by John Wayne or Clint East-

wood. Most men would like to be confident in any situation, able to handle themselves if trouble starts, protect their loved ones from danger and fix things that are broken.

Of course, there's more to being a man than being an action hero, and the site covers these areas too. There are articles on the importance of character, treating others — including women — with respect, being honest and virtuous, being well read, playing an instrument, speaking a foreign language and other life skills that make a man a better person.

There are articles and essays on health, sports, fitness, style, grooming, relationships, family, money, career and more. The vast collection of tutorials on manliness are accompanied by photos, illustrations and videos to help illustrate and demonstrate the techniques.

Much of the *Art of Manliness* is divorced from most men's reality, some of it appears to be written tongue-in-cheek, and it can be long-winded at times, but it contains some good advice on how to be a better man.

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