



Sovereignty: The Battle for the Hearts and Minds of Men

Ryan Michler

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Every man is born with just one thing: his sovereignty - his power to respond to his environment and his circumstances. Unfortunately, most men have spent much of their lives giving away that sovereignty. Every time a man passes blame or shirks his responsibility, every time he makes excuses for his performance, and every time he trades his unlimited potential for a little perceived safety and security, he willingly submits himself to the mercy of others.

Is it any wonder that men, in general, seem to have lost their way? You don't have to look very far to recognize that men don't seem to possess the same amount of vigor and purpose they once did. Take one sobering statistic—the rate of suicide in men—and you begin to see how damaging the effects of the voluntary subjugation of men to their families, their businesses, and their governments can be.

It's not hard to understand why we give up control to others—it's easy and we're expected to.

Sovereignty: The Battle for the Hearts and Minds of Men is a call for men to once again rise up and establish themselves as they once were—a revolution if you will.

Inside the pages of this book, we'll uncover the battle each man will inevitably engage in, the external forces fighting against the call to masculinity, and the internal struggle all men must overcome.

But make no mistake, this revolution is not a call for men to go their own way and rally against society. It's a call for men to become fully the men they are meant to be so they may more adequately take care of themselves and those they are responsible for. Men have always been expected to protect, provide, and preside over themselves, their families, their businesses, and their communities.

By embodying the thirteen Sovereign Virtues we detail inside, every man will be more capable of fulfilling his masculine duties and responsibilities.

The words in this book go well beyond principle and theory, however, as we build the framework for establishing a battle plan to combat the external and internal threats to our masculine power and give every man the tools, resources, guidance, direction, and ability to reclaim what has always been his: his sovereignty.

Sovereignty: The Battle for the Hearts and Minds of Men Details

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From Reader Review Sovereignty: The Battle for the Hearts and Minds of Men for online ebook

John Etzil says

Great book on a subject that needs clarity

If there are any men or boys in your life, give them this as a gift. The world will be a better place. Not kidding.

Bakertyl says

I like that the end of the book gives concrete, practical advice for making long-term improvements to your life. Makes it infinitely better than most "self-help" that only includes feel-good anecdotes.

Robert M. Griffith says

This book made me rethink my life

I recommend this book to all men. It will change your perspective. I've never been more motivated to improve myself and make serious changes.

Jason Lilly says

For a few years now, I have followed Ryan Michler through his excellent group and podcast, The Order of Man. Ryan is authentic and honest, and it shows through his talks and through the organization he has built with a lot of blood, sweat and tears.

And now he's written a book, and it is excellent. Filled with much of the advice and inspiration for men that has made his podcast and men's group so appealing, Ryan digs even deeper in this book and puts forth a call for men to take back their sovereignty, the power they have to lead themselves, their family, and their business. Ryan does not just fill the book with motivational quotes, fluffy nuggets of wisdom, or generic "manly" maxims like, "Suck it up, and be a man." He offers practical advice for men who want to reclaim their gifts and blessings that make them unique as men.

This is definitely a book every man should read.

Jacob says

Inspiring and encouraging

I like how the author also used examples from his personal life to show that changes can be made and you do have the power to turn it around. Thanks Ryan.

Joshua Laycock says

I've had the pleasure of knowing Ryan for a while now and I've been looking forward to this book. Having read it, it has surpassed my expectations. I KNOW that I am a better man because of Ryan and his movement; I see it in every aspect of my life (and so has my family). No matter who you are, where you are in life or your views on masculinity, this book is worthy of your time. It is ideal for you, your husband, your sons and brothers (and your wife, daughter and sisters too). Take the time to change your life.

Brandon Glasgow says

Need a kick in the ass?

Just finished reading this book and I am motivated to make some changes in my life and to be a better man. Ryan Michler presents valuable tools here accomplish that. I'd recommend any guy that wants to be a better man to read this book. I'd also recommend the Order of Man podcast. Life-changing!

David Rachford says

Sovereignty will upgrade your Internal Operating System (OS) to one that's effective, and empowered. The book is well laid out and each chapter gives you the MINDSET and SKILLSET needed to apply the principles to your life. Sovereignty is about reclaiming your power as a man.

While the book is laid out in 4 parts, I see the book as Framework & foundation principles, then an actual plan you can put to work in your life called the "Battle Plan" a 12 week guide to implement specific tactics into your life and realize the visions you want for yourself.

I've been a long-time listener to Ryan Michler's Order of Man podcast, and am familiar with the tools (and have used them with great success in my life over the past year... I've release 30 pounds of body-fat and gotten in good shape, and made good progress in my relationships and business.

I recommend the book!

Jesse Cleaver says

Real, useable advice

Ryan cuts against the modern grain and explains why masculinity is not only not a bad thing but it is needed now more than ever.

Matt Hein says

PDCA

A good book that provides an actionable framework for living a good life — the life your future you is proud of.

B. says

If you are interested in how to be a good man or ,as the author quotes Jack Donovan, “how to be good at being a man”, then this is for you!

No nonsense approach to self leadership...this book is as much about doing as it is about reading-if you want to do something in this life-stop dreaming and just try...you will probably suck at first but who cares.

If you are interested in positive masculine ideals mixed with a healthy dose of stoic philosophy, check out this short book.

Locker says

I highly recommend this book to any man who is looking to improve his life. Inside this book are hard facts about what it means to be a man. It is broken down into sections that explains the what the why, an the how of becoming what Ryan calls a sovereign man. I have now written up my 12 week battle plan, and I'm very excited to implement it. I hope that many others will do the same!

Trae says

Fantastic. Listened to the Audiobook and immediately bought the physical book because I want to re-read and take notes in certain sections. Totally worth the price of purchase for any man looking for what's missing in his life.

Stephen Heiner says

The personal development space is full of gender-neutral content, but recently, we've seen Jocko Willink's Discipline Equals Freedom Field Manual, Jordan Peterson's 12 Rules for Life, and Ryan Michler's Sovereignty hit the market, with a decidedly male tilt to their messages.

The author of the book admits he is not a "writer" in the traditional sense, and his language is colloquial and sounds very much like how he speaks on his podcast. But, while his prose may not be world-class, the

message certainly is. Our society, particularly in the West, is diseased, and that's obvious to those paying attention and being honest with themselves. Interestingly, this book comes on the heels of Ryan already creating a movement. It's a retroactive charter for what he is trying to achieve - better society, through building better men, by encouraging virtue, and providing a system of accountability and support so that "just do it" isn't a bland platitude.

The book is divided into 4 parts and is a quick and compelling read. Do yourself or any man in your life who you think needs a friendly kick to do more with his life to pick this up.

On p. 48 he speaks about the "provide" portion of "protect, provide, preside" and while he does make allowance for the stay-at-home dad phenomenon, this is perhaps the only part of the book with which I take issue, as it doesn't recognize the *very* politically incorrect notion that it is in the nature of men to provide and the nature of women to nurture. Whatever strides a man may make in other areas of his life, if he's subject to a wife's income, all that work is being silently (or not so silently) being undermined. Yes, men provide other ways than financially, but if he does not provide financially, not only he, but his entire household is vitiated, and whether that is felt in the short term is irrelevant as in the long term the consequences will be dreadful. No great leader in any age, or even our age, in which we pretend that there are 72 genders and no differences between the sexes, has ever been a stay at home dad. This is not because stay at home dads are not doing hard, necessary work, but because they are acting against their nature, and that has consequences. Worse, their complicity in marrying women who insist on such an arrangement undermines that woman's chance to embrace her true nature as well, which is not in the rough and tumble of the workplace, but that of the home.

Jim hahn says

good read! I have suggested it to many men! I love the plan and the 4 quads.

I have highlighted a lot of passages and plan to review the book for further learning. going through the process now has opened my eyes as to how to achieve what I need to get done.
