



9 Things Every Guy Oughta Know

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On the cover – a Dedication

You're probably wondering why I put that strange picture on the front cover. It's one of my favorites. It's of two men that I admire most in this world. They are strong in character and always accepting of others. They are physically strong and the gentlest of souls. They are focused and determined while being patient and soft in manner. They have each paved their own way in this world, building a livelihood and a community around them that thrives because of their energy, creativity and passion.

As you can see by the picture, and yes, those are pajamas with footies, they know how to have fun, laugh at themselves and embrace each moment of each day. I have learned a lot from these two, how to be a better dad and a better man. And of all the things every guy oughta know – these are the two most important.

I dedicate this to my two sons – Arian & Keane.

Also – that incredibly cute young girl in the picture further in is my incredibly cute daughter

Introduction

You're a guy and certain expectations are there just because you are a guy. The point of this writing is not to agree with those expectations or to pass along guilt if you fall short. I'm not really in agreement that guys should feel this way and females this way, or they should be able to do certain things just because they turned out a particular gender. If my wife wants to change a light bulb or furnace filter, if she stains the deck or changes the oil while I cook dinner – hey! Life is good.

But just living in the world, and being open to learning the things life wants to teach us, assuming we're paying attention, we should have a grasp on certain “Manly” concepts. If we failed to pay attention, maybe preoccupied at that time of life with other matters or more interesting topics, or didn't have a dad or other man in our lives to show us the ropes, we may feel a little uncomfortable as an adult male.

Fear not! Here is a short treatise on the first nine things every guy ought to know. There might be more coming, but we'll start with these basic nine. You probably were expecting there to be ten, but I'll leave the last one open for you to fill in. In fact there is a follow up to this writing where I am hoping other guys will chime in – add to, comment and correct some of what you read here. And we'll be taking a poll on what other things a guy oughta know. Check back on the website – www.livingreal.net – to join the conversation.

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Before we begin.....

...here are two basic rules to get the most out of being a guy, embracing it and enjoying the guy you are, authentic and real.

Rule number one – grow up, quit pretending and embrace who you are.

Don't be a Poser

The Urban Dictionary says - "A poser is someone who tries to fit into a profile they aren't. People who try to give off the impression that they are one thing when they are really another.

Also, a poser can be one who says they can do something that they can't.

Or more commonly, a poser is someone who, when doing something successfully, takes more than enough credit for it."

What's funny is that the example this important lexicon offers is saying you're a skateboarder just because you own a board. Obvious from this example the word itself is one best used to address guys well under age 30. So if it takes more than one box of candles to light your cake its time to quit the pretending, drop the facade, put away the mask and accept the great guy you are.

I truly doubt you could find more than a dozen guys that are all of what they wanted to be. I'm talking beyond the fireman / astronaut phase to the dreams we had of being Casanova, the CEO, James Bond or the lead singer of U2. We are what we are and the sooner we accept this and quit trying to be someone else the happier we will be, and so will our friends.

No body is impressed with the guy who shows up for an afternoon bike ride with a brand new Gary Fisher mountain bike, decked out in Lycra and has no clue on how to change a tire or ascend a hill properly. Or the guy with all the tools – bright and shiny – and doesn't know a mortise and tendon from a biscuit joint. So what if you can't bench 325 pounds, your friends still like your stories and know they can count on you to help move the furniture. And wouldn't it be less stressful to be living within your income rather than pretending you can afford and really need all the latest gear. [Nobody is that impressed that you want to pick up the check all the time, they'd much rather have your honesty.](#)

And quit buying your clothes in the boys section. Real guys wear loose fit not baggy.

Which leads us to

Rule Number Two:

Ask Questions

One of the best quotes I've read and like to repeat, so I'll do it here, "Better to be thought a fool than to open your mouth and remove all doubt." That means.....well you get it.

But, if when you open your mouth a question comes out, then you are not being a fool but humble. And humility is admirable.

Ask Questions, don't be afraid of asking for help. First of all everyone likes to be asked to help. When someone is asked for their help it stirs something inside of our human heart. It makes us feel worthy, makes us feel valuable. Second – it builds a bond. Brother to brother, men helping men, its a good thing. And thirdly – you are not going to screw it up. Okay, that's harsh.

[We always benefit by using the experiences of others.](#) I remodeled an old house. Asked a lot of questions, asked for a lot of help. In exchange I was there when my friends needed unskilled grunt work. Last year I refinished my basement. There is no way I would have had the confidence, knowledge or experience to have even considered tackling this project had it not been for what I learned by asking questions.

9

Things Every Guy Oughta Know

- X HIS WAY AROUND A GYM*
- X HOW TO TALK WITH CHILDREN, PETS AND OTHER SMALL CREATURES*
- X HOW TO GIVE DIRECTIONS*
- X SOME TOOLBOX BASICS*
- X HOW TO BUY GIFTS*
- X SOME THINGS ABOUT FIRST AID*
- X THE BASICS OF EATING WELL*
- X HOW TO GIVE A FOOT MASSAGE*
- X RULES ON PROPER TIPPING*

What Every Guy Needs To Know

His Way Around a Gym

While they are now often referred to as 'clubs' a gym is a gym – a place to go and work out. It is not a place to pick up woman, strut your stuff, or show off to the other guys. They don't care and you end up looking foolish.

If the gym has been a foreign place for you then the ability to keep yourself physically fit has probably also been limited if not ignored completely. Enough making excuses! Get comfortable and get to the gym. If you fail to take care of your body with good nutrition and proper exercise you will pay a huge toll in health care costs and find yourself on the sidelines of life.

That's not to say you couldn't work out at home, but it takes a certain level of self discipline and creativity to cover all the bases at home that can be addressed with all the equipment offered at a club. And therein lies the problem for many guys – what is all that equipment and how do I use it?

This writing is in no way meant to give you a play by play instruction on the machines and equipment you should use, so if possible get some instruction from the gym staff and ask them to help you set up a program. Then [stick with the program until you start to feel something – stronger, more flexible, less winded](#). Then go back and ask the staff to adjust and intensify the program for you.

The goals for most of us are simple. Get stronger, get leaner and get our hearts healthier.

Getting stronger is a matter of attacking each of the muscle groups. Using dumb bells and bars or machines you'll want to start with the larger muscles and work toward the smaller muscles during a single work out. Do bench presses first then arms. Don't jump around or you'll tire out and not be able to do the larger muscles. The key here is to use the right amount of weight that you can lift while doing the exercise through the full range of motion. All the way up and all the way down. If you use too much weight and only lift up and down a short distance you will be creating a muscle that is short, bulky and weaker on the ends where injury can occur.

Look – if you are reading this and you are a muscle head then you probably have more to say than I do and your feed back is welcome – but your time is probably better spent on the other chapters of this book. If you're a regular guy who just wants to feel capable, confident and less embarrassed with his shirt off then read on.

Pecs, shoulders, arms, back. The Pecs are worked on a bench, lying down or on an incline. The arms have muscles on the front of the upper arm (biceps) the back of the upper arm (triceps) as well as the top of the arm (deltoids). Your back has upper and lower muscles. Your legs have front and back muscles, (quads and hamstrings) as well as calf muscles. And then there are your abs. Those often hidden but always used core of our bodies.

CISMA – can I see my abs?

CUSMA – can you see my abs?

The decision to strengthen your core to show off your six pack is a noble one. Keep in mind that nobody will be more impressed than you and nobody including you will see those muscles unless a serious diet regimen eliminates the fat that collects there. That is no reason to give up before you get started. A strong core is the answer to many health concerns, an endless ability to move with ease and the solution to the back pains that plague many adults. So carry on and build strength with crunches, planks, leg lifts etc. Don't ignore the exercises that strengthen your back muscles as they also are part of your core, even if you can't see them. The nice side benefit is that many of these movements also tone up your gluteus maximus, and for a middle aged guy a toned glut speaks a lot about the kind of guy you are.

So, get some help, (never ever be hesitant to ask for help and advice here or anywhere, better to feel foolish for a second than dumb for a lifetime) and decide which exercises you will do to cover all the major muscle groups. In time you will branch out, adding different lifts and other muscle groups. Watch – see what other guys are doing. Give it a try using light weights to start so that you can fully accomplish 8 to ten reps using the full range of motion. Watch also for the guys that are lifting as if they are in a race, not going the full range of motion or struggling with an extreme amount of weight. Promise yourself to not do what that fool is doing.

Many years ago while traveling in Europe I met another American who told me he was there with a wrestling group of some kind. As I looked at this rather small guy, he noticed my disbelieve and said “push me, go ahead, shove me”. When I did as he said I felt like I was pushing a brick wall, nothing moved. He was a solid mass of toned muscles. I think of him when I see guys at the gym with bulging biceps and wide backs. By working out with smaller weights through full ranges of motion, focusing on the smaller muscles as well as the larger muscles (easier to do with free weights rather than machines that isolate the muscle) this guy had developed himself into an admirable and impressive, physically attractive and fully capable human being. It was a lesson I have hung onto.

Push the weight toward the ceiling. Even when pulling down on the pulley to work your triceps, the weight is going up toward the ceiling. Keep that in mind and grab some 10 lb hand weights. Now move them around, be creative, lift and lower, slowly, deliberately, stretching your limbs out further and further. Repeat certain motions while using circular motions as well as up and down. Add a twist from your torso and a bend in your knees. [Have Fun, Get Funky. Get some music going that gets you going.](#) Stay with lighter weights when doing this being kind to your joints.

Everyone wants to feel good about themselves and when first starting out that may be a luxury you have to postpone. If its been a while since you exercised then you have to give it some time. No pain no gain is a true axiom. A day or two after a good weight lifting session you will and should feel some pain. Its a sign you worked your muscles to a place they haven't been in a while, that they are growing and its a pain that you can feel good about. Embrace it!

Don't make the mistake – in an effort to feel good about yourself (remember, leave the pride outside – you're here to workout, get fit, and get healthy) to work on the lifts and machines that you excel at. If you've been blessed with a strong back or naturally strong legs, don't spend an unequal amount of time doing leg presses or rows. Look around the gym – you're sure to find some guy with huge biceps and skinny legs. Don't be that guy. Work it all – move around, find the places you are weaker and make turn those into your strengths.

Flexibility is something that we lose as we age. If you weren't very flexible due to lack of effort before the years started catching up, you probably need to pay extra attention to this important reality. Stiff bodies are more prone to illness and injury than those that are flexible. Can you touch your toes while standing? How about when sitting on the floor? Can you lift your straightened leg onto your sink or table and lean over it to some degree? Now turn outward and reach for your toes. How much of your own back can you wash?

If your answers to these questions was less than satisfying, have faith, stay the course, overtime we can teach our bodies to reach a little further, bend a little more and stretch to new heights. Be satisfied today with touching your thighs, next week your knees and by next year you'll be able to kiss your own behind congratulations.

Embarrassment is the first step in getting our physical life back in order. There's plenty of folks at the club who could use to lose 50 or 250 lbs. But there they are – giving it a go. And I for one congratulate them. Unfortunately many will drop off before they see the results that could keep them motivated to move onto the next step. Don't let that be you. [Weight to lose, weight to gain, whatever your goal don't let embarrassment keep you from getting the workout you need.](#) Another lesson I have hung onto came in the form of a saying I contribute to a close relative - "I stopped being embarrassed when I stopped wearing underwear". Tells you the kind of family I come from.

[Dress properly. Save the muscle shirts and cut offs for the back yard.](#) Shorts, t-shirts (with none offensive language) and a pair of gym shoes is all it takes. Now get focused on you. You are there for a purpose and that purpose is your physical body. Think about and picture the muscle you are working with each exercise as you lift and lower the weight. Touch the muscle before you begin and after you are done. Does it burn? Did you work it enough? Nothing wrong with a little pain. Two days from your workout, while giving it time to recover before working it again, you should feel that pain. That's a good thing, you're growing!

You are there for yourself, your time for your physical self. Get in, do your stuff and get out. This is not a time to strut around, strike up long conversations or check out the ladies. Lift some iron, stretch your body, don't forget some serious time on a bike or treadmill and if available – learn to swim. [Then applaud yourself! You are on your way to a lifetime of physical fitness which adds to your emotional and mental fitness. You are looking good my friend.](#)

What Every Guy Needs To Know

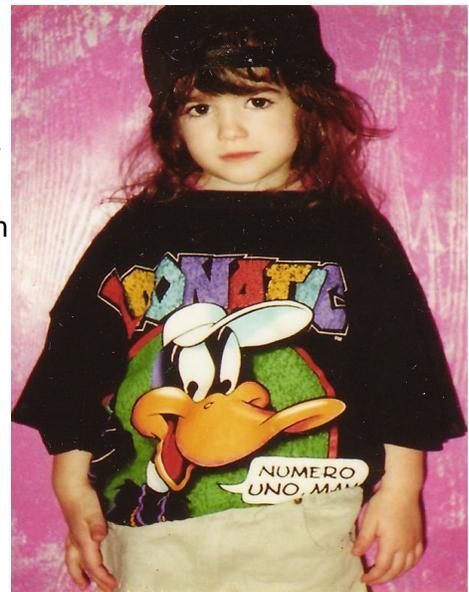
About Children, Pets and other Smaller Creatures

Okay, we're guys and at times a guy can be scary. Scary to other guys, which can be useful and has certain advantages. But we can also be scary to females and children. Since the human population is pretty much made of adult females, children and us it makes sense to be very conscience of how we are perceived by the other folks with whom we share the earth. So we need to work on that, to use our manliness in a way that is attractive to others as a potential mate, a provider, a protector or a friend.

Scary is often the first response from puppies and little children. Let's talk about children, puppies will then be intuitive. From the perspective of a little being we are big, regardless of your actually stature among other guys, you are big to a kid. Your voice is deep, you walk with a commanding presence and your words probably don't carry that sweet cadence that females invoke. Some of us have been taught to be just that way, for some of us it just comes naturally and the rest of us have finally learned that it's better to just be who you are.

Strangely the best way to approach a child, and obviously this varies with the age of the little munchkin, is to **be the exact opposite of the way guys naturally act. Make our stature smaller, our voice softer, our presence less imposing.** From the earliest ages an infant responses positively to a smiling face. If you wear a beard this can be a little more difficult but a big toothy grin can be the first step to approaching a youngster. Getting on the ground, kneeling or squatting down so that we can look eye to eye removes the fright you tall guys carry around, even to us of average stature.

Our deep male voices are powerful. They command attention, display authority, encourage, discourage, build up and put down. Training our voices by increasing our vocabulary and learning to speak with surety, (dropping the 'Um's) is a good practice for all of life. Learning the proper pitch, cadence and volume for the situation, as well as knowing when to talk and when to shut up are crucial for success in life. Approaching a child with a softer voice is important to them opening up to us. First impressions are as important here as they are anywhere since it is hard to tell a crying two year old that you didn't mean to scare her, unless she already knows you.



As you've read the last few paragraphs you probably had a particular image of a child in your mind. Chances are it was someone you know, a relation or your own child. Take a minute and mix that image up. Change the gender, the age, and the relationship to yourself. Would you approach them in the same way? Possibly, but being conscientiously aware of the relationship we are forming is important. Are you the coach who will befriend and encourage while motivating and teaching? Are you the uncle who will need to be a shoulder to lean on and a listening ear? Are you a person who will be a role model, up close or from a distance, who will display the positive attributes of what it means to be a man in your words and actions. None of these roles should be taken lightly. Consider all the screw ups in our world, delinquents, thieves, perverts; their poor behavior can often be traced back to a man in their life that failed to be a real man, acted irresponsibly and set a poor example or failed to discipline and offer correction.

No matter what age, [a little person is keenly aware of your sincerity or insincerity. You can't fool a kid. Don't even try.](#) They can become a mirror to your soul, your motives and your real feelings. Pay attention and you'll learn a great deal about yourself and others. Fail to pay attention and they'll have nothing to do with you and your relationships with the little one's relatives will suffer.

I've been married for over 32 years. That said I have a limited amount to share about how to treat a single woman if you are looking to build a relationship. But I do know that you can't lose if you treat her like a lady. Be a gentleman, a mensch. This is somewhere between the way we might naturally act and the way we would act around little children. Our imposing stature can be attractive if seen as a sign of ability to protect and provide, but not to demand and impose our will on others. Our strong voice can be gentle and reassuring while not being weak or frightening.

Keep in mind that while a child will want you to be playful, friendly, get down and play, giving them your full undivided sincere attention, with a real interest in them and their interests; they are also watching the way we treat the adults around them. They will learn from us through our actions words and deeds.

At all times you are a teacher and model to the young people around you. Will you be a role model or a poor model. Don't take that reality lightly.

What Every Guy Needs To Know

Giving Directions

As a guy we understand that when it comes to understanding maps and orientation, giving and following directions, we have abilities that are innate, internal and way beyond our female counterparts. But before we break our arms patting ourselves on the back let's restate the comparison. While we might be better than many of the female persuasion, compared to one another, many of us have a lot to learn. Tools can teach us a lot and if any of you are regular users of Map Quest, Google Maps or a GPS then you might understand what I mean. If you have been paying attention. So the first thing we need to do is pay attention. While this is a crucial lesson for all of life, lets see what we already might have learned.

Using Google Maps I have learned that from one turn to the next turn in the directions that I verbally give it is helpful to tell a person how far they will be traveling. Its one thing to say, "turn right and then you'll be turning left", and a completely different thing to specify, "After you turn right, go three blocks then turn left". My GPS has taught me to visualize what .15 of a mile feels like, what 600 feet looks like and if I couldn't already figure it out, 250 feet means I am already there. This amazing little devise, has also taught me to choose a starting point. When giving directions there is little reason to begin from where you are right now. Pick a well known location or intersection. Ask if the person is familiar with the intersection of Fourth and Main, or where the Home Depot is located and then begin your directions from that commonly known location.

And of course [you should always begin by asking them if they have a GPS, need directions, or can you send them a map.](#) I find it funny when people start right away offering directions to their home without being asked. Although "we are right behind the big Catholic Church" is mighty helpful.

I wrote up a simple but detailed set of directions to my home, saved them on my computer and then just cut and paste into an email when needed. I also choose an easier route to follow based upon landmarks, a more direct route and a more scenic route.

Get a compass , for your car or your pocket. Use it for a few weeks to get a sense of your surroundings. Most of us are aware of which way our front door faces and our back yard, but do you know which way your desk faces? Your bed? If you were into Feng Shiu you would.



And what real man doesn't know how to properly call out what is known as 'voice procedure alphabet' or 'radio alphabet'? (If you are familiar with those terms give yourself a few extra points).

Let's impress ourselves and others by using and not tripping over the proper term – here's the cheat sheet:

Letter	NATO & Aviat	US Financial	British Forces		
			1952	RAF 1942–43	LAPD
A	Alpha	Adam	Able	Apple	Adam
B	Bravo	Bob	Baker	Beer	Boy
C	Charlie	Carol	Charlie	Charlie	Charles
D	Delta	David	Dog	Dog	David
E	Echo	Eddie	Easy	Edward	Edward
F	Foxtrot	Frank	Fox	Freddy	Frank
G	Golf	George	George	George	George
H	Hotel	Harry	How	Harry	Henry
I	India	Ike	Item	In	Ida
J	Juliet	Jim	Jig	Jug / Johnny	John
K	Kilo	Kenny	King	King	King
L	Lima	Larry	Love	Love	Lincoln
M	Mike	Mary	Mike	Mother	Mary
N	November	Nancy	Nan	Nuts	Nora
O	Oscar	Oliver	Oboe	Orange	Ocean
P	Papa	Peter	Peter	Peter	Paul
Q	Quebec	Quincy	Queen	Queen	Queen
R	Romeo	Roger	Roger	Roger / Robert	Robert
S	Sierra	Sam	Sugar	Sugar	Sam
T	Tango	Thomas	Tare	Tommy	Tom
U	Uniform	Uncle	Uncle	Uncle	Union
V	Victor	Vincent	Victor	Vic	Victor
W	Whiskey	William	William	William	William
X	X-ray	Xavier	X-ray	X-ray	X-ray
Y	Yankee	Yogi	Yoke	Yoke / Yorker	Young
Z	Zulu				

Most folks use the NATO version, the others are there for interest only. Deleted are the Finnish, Turkish, Portuguese and a few others.

Having a good sense of direction is a learned skill. Some of us start off a little ahead of others but you can learn. Consider the sundial, meant to tell time it is based upon the eternal premise that the sun rises in the east and sets in the west. In the winter the sun is lower on the horizon and pretty much over head in the summer. These changes happen gradually through the seasons with the exact time of sunrise and sunset shifting as the winter days are shorter and the summer days are longer. How does daylight savings time change things? Adjust for your location in the world. Become aware of these changes and use them to help you orient where you are and where you are going. **Make it a game. When you park your car in a large lot, is the door you exited to the northeast or the southwest of your vehicle?** Maybe landmarks work better than compass points in a certain situation. I saw the river twice before turning up the path to the left or when we entered the department store we were in the women's section. Of course the latter (womens clothing) example could land you in too large of an area to figure out, better take coordinates. All of these mind games help to sharpen our awareness and build brain synapses – a good thing.

Advice was once given that in considering the purchase of a home, will you be driving east or west to work. We've all driven into the sun one time or another, imagine doing that to and from work each day. Good advice that causes us to become aware. I should stop here before I lose you, and then we'd both be lost.

What Every Guy Needs To Know

Basics of a Tool Box

In the 2008 movie *Gran Torino* Clint Eastwood passes along to his young neighbor a vise grips and duck tape – letting him know that this is a good start or maybe all he will need in the way of tools. I think most guys would agree that these two items are some of the basics of what is needed for a properly equipped tool box. But what comes next. As I look at the tools I have collected over the years, as just an average guy attempting to do average guy jobs around the house the collection has grown substantially. I am an admirer of the workshop that has rows of clamps and router blades, an area for staining and gluing, spline joints, dovetails and biscuit joints, but I also have learned that I am not a detail kinda guy – more of a rough carpenter who messes up the fine work of a finishing carpenter. But working with wood is my personal preference over engine repair and I'd rather strain my back moving shrubbery and getting my hands in the dirt than gouge my knuckles under the hood of a car. There was a time I could name most of the parts in and around the engine block but today you can barely see them without removing a large plastic shield. I did teach my sons and daughter how to change their engine oil and a tire. It's important to have some contact and familiarity with the things you own, in my opinion.

Is it important for a man to have tools? Yes and no. It certainly isn't only a man thing, my mother had her own tool box so she didn't have to wait for my dad to get around to helping her hang picture or a hook, but this writing is to the guys. The question is – Why does a guy buy a power drill? The answer is – because he wants a hole! It shouldn't be about the tools themselves. If it is then you are very likely going to be upset when your hammer handle gets banged up or the tape measure get dropped. A friend or child returning an oily wrench becomes grounds for anger (& that is another problem altogether). [Tools break, they need to be replaced once in a while. But taking good care of them is all a part of being a responsible tool owner.](#)

It's about the work you can and should be able to accomplish. And here is where the list begins and probably has no ending. Can you hang a towel rod? Can you hang it so it is strong and straight? Same techniques for the towel rod will work for hanging a picture or a mirror. Do you know how to find a stud? (not you big guy – a wall stud) How about insulating a window or door frame? Hanging a full door and frame is a task left best for the experienced, but can you handle a chalking gun? Changing a light bulb is easy but are you comfortable replacing a dimmer switch? Have you figured out that it might only be a rubber washer that needs replacing and not the whole faucet? And if it is the faucet, old, broken or both, do you have the tools and the willingness to make it happen.

In the last sentence I wrote “the tools and the willingness”. You probably thought it should say the tools and the talent or skills to change the faucet. But in reality it is not about the skills or talent. No one was born with faucet changing skills and yet everyday we probably interact with water faucets a dozen or more times. If you are willing to learn, almost all home projects are DIY, (do it yourself). Now not to sound like an advertisement for a hardware chain, but you don't have to look far to find help and directions for all the repairs you will ever need to make. At the same time your search for advice often lies close to an ad or business card of a handyman who can do the job for you.

Don't do it!! Don't call the guy who will come to your home and take care of all your

repairs and installations. Not only will he be taking your money but he will be leaving with your self esteem. Not to seem dramatic and certainly not to discourage the use of these fine businessmen whose services are needed, but this is your opportunity! Your chance to learn, to experience to grow!

When I was a teenager my Dad, brother and I decided we'd finish off our basement, put up some walls and divide it into a few rooms. Six hours later a four foot section of studs lay on the ground, uneven and totally useless. Dad contacted a friend of a friend and a month later I had my own room and bathroom in the basement. Not having to share a room with my brother any longer made us better friends and the room gave me privacy to fully enjoy my teen age years. But Dad never learned any carpentry skills. My brother took a class years later to feel comfortable in the home he bought and I learned by tearing into a total remodel and working along with friends who were doing remodeling of their own. [Today I have no hesitation to jump into most projects. But I also know my limitations.](#) I hang the dry wall and hire out the mud work. I have no desire to hang siding but look forward to redoing the deck.

Tradesmen and tradeswomen are the most satisfied of workers. Carpenters, electricians, plumbers can drive around their cities and point out homes and businesses that they had a part in building. They can look back at the end of each day and see with their own eyes their accomplishments. They are most satisfied when they see they are a part of something larger than themselves, a team of skilled tradesmen.

Walking along the road I came across a bricklayer building a wall. I asked him what he was doing to which he replied unenthusiastically, "just putting one brick on top of another". A little further along the road and the construction site I came across another bricklayer, a mason whistling to himself. Again I inquired about the job he was doing. "Why I am building a cathedral" he exclaimed with pride.

Don't be afraid to try, to make mistakes, to ask questions. Don't be afraid to buy the tools or borrow them if you can. Don't be afraid to ask a friend to give you a hand. Don't be afraid to start over when you see how you can do it better. In time you will gain confidence and skills you didn't know you had. [You will feel a pride you have never felt before when you can look at a finished project knowing you did it,](#) you figured it out, got it started and there is the completed creation of your own hands.

That said, along with duct tape and vise grips one should have a hammer, adjustable wrench, pliers, variety of screwdrivers; phillips and standard, a short level and a longer level, a stud finder and of course a tool box to keep it all together. Then connectors – nails, screws, glue and more duct tape.

I will leave the list at this juncture and welcome additions and comments.

We will end here by repeating the most important part – don't be afraid to ask questions! Use the internet, talk to other guys, ask for help. Everybody learned how by doing it the first – right or wrong, there is a lesson to be learnt. Enjoy the satisfaction of having accomplished it yourself – and if it isn't perfect – well, you might be the only one who knows and if you're satisfied that is all that matters.

What Every Guy Needs To Know

About Giving Gifts

Buying gifts. I am terrible at this. I'm getting better, but I have a lot to learn. Since this is something we will be doing for the rest of our lives, and since the recipients of the gifts we bear will put a great deal of weight on how well we choose just the right item, well, we better get it right. We must show that we are thinking about them in great detail and with great care and much love. Heck – its just a gift, return it if you don't like it – is a lousy attitude and disastrous to the future of the relationship.

I reached out and talked to an expert on the subject and here is what he had to say.

My friend Steve grew up in a home with sisters and together with his bride of over 36 years he has raised three beautiful daughters. I think that gives him expert status.

["Paying attention is key", says Steve, "and not just a week or two before the event, this is an all the time project"](#). He keeps it easy by using his smart phone. Sticky notes on the devise is Steve's weapon of choice and there are certainly others. But taking notes is what it is all about. And listening.

Not only listening to his wife but picking the brains of his daughters to find out what mom would like, what she is talking about with them or looking at when they go shopping. Steve even goes as far as taking time to walk through the mall with his bride, watching her reactions, seeing what she touches, hearing what she says, then making notes for the future.

Recently a two year search for a particular figurine came to fruition. Steve had enlisted the help of a shop owner to look for the item. ["Don't be afraid to ask for help"](#) explains this wily gift giver, "I often say to a clothing store or gift shop owner 'let me describe someone to you'. They love being a part of my search, that's why they are in the business."

But why wait till the occasion to realize the rewards of giving the gift? And every good gift giver knows there are rewards. Steve not only has become an excellent wrapper of gifts, placing one box into another like a set of Russian nesting dolls, but he also leaves clues.

A week or two ahead of an anniversary or birthday a note appears on the counter. A week later another is on the dresser. Little clues, little hints. Keeping the excitement alive.

Being intentional not only makes it fun for the person receiving the gift but also the giver. Making plans, sensing the excitement, planning the whole process takes it out of being an obligation and makes it a game. How good are you at the game?

Every fifth anniversary is an extra special time. A cruise, a vacation. Steve plans every bit of the trip, hotels, restaurants, travel plans. Giving this gift should be done months ahead so they can also make their arrangements, but a surprise weekend away can also be exciting. "Honey, pack enough clothes for three days, I'll be in the car. Oh and don't forget that evening gown, swim suit and dancing shoes."

Here are some additional bits of wisdom:

- Woman will buy what she needs, but often will not buy the more expensive extravagant item – that's what becomes a gift.
- There are on-line sites that can also help in finding the right gift, Yahoo.com and FTD.com among others.
- Steve has stayed away from technology, but says the iPad was pretty well received.
- Enlist the help of daughters or other women on clothing styles, guys may never get that right.
- Personal items are gifts – not household items. We decided a long time ago if a vacuum or toaster needed replacing we just buy it – it's not a gift.
- Gifts and cards are important to show you care and love someone. We decided to make that a habit to our extended family, each being responsible to send cards on birthdays to our respective families.
- We taught our children, and it is their responsibility to buy gifts for mom and dad.
- A family tradition has been for the kids to give mom flowers on their birthdays. After all she was there also.
- Together my wife and I buy our children gifts. But my letters to my children are personal gifts from my heart to theirs, which I take seriously.
- It's okay that she decides to return something you bought, it's the thought that counts and you have another opportunity to see what she likes.

["I have worked at this" says Steve, and the rewards are many.](#)

What Every Guy Needs To Know

About First Aid

Staying healthy means eating well, exercising regularly, being active, getting enough sleep and keeping clean. It also means avoiding injury. But we're guys and the last thing I want to hear from someone other than myself is "put your helmet on" or "buckle your seat belt". If I'm going to take a risk, that's my prerogative.

Two quick stories will fit in here nicely. It was probably 25 years ago and we were driving back home to northern Wisconsin after visiting relatives in Chicago. The weather report was forecasting heavy snow and blizzards, but that meant something to other folks, not us. We were 30 minutes or so from our take off point and we no longer needed the radio to tell us this was serious driving time. My wife looked at me and said maybe we should consider the warnings. My answer was "Honey, I'm in sales, have a home with a mortgage and two little kids, this is the biggest adrenaline rush I get these days."

It was another typical Saturday morning which meant we joined the other parents along the side lines of a soccer field watching our prodigy chase a ball around and every once in a while someone would actually kick it. I was on the look out for other fathers to recruit to my latest challenge. "Hey, what do you say to getting a group of us together to go skydiving?!!" One of my fellow parental soccer fans simply looked at me and said, "I have a job, a mortgage and a young family, I can't go jumping out of planes." I slowly slinked back to where my wife was sitting, thinking, I have a job, mortgage and young family too, what's wrong with me. I had the same thought earlier this year when I did finally jump out of a plane – It was Fantastic!

But we need to realize that there are risks that are just plain stupid (think America's Funniest Videos) and then there are calculated risks. In the former you most certainly will get hurt in the latter there is certainly the chance you might get hurt. Therefore [knowing the basics of First Aid is an important part of being a guy](#), so that taking a risk is a little less risky, cause we know how to tie the tourniquet.

To avoid any legal tangles about myself offering advice on such a delicate and important subject, below are a few links to website that offer a basic first aid education. Take a few minutes and review them. I say review because many of us have come across these techniques before. Few of us have had to use them.

Here are some points I do want to make. Don't hesitate to do something, anything to the best of your knowledge. Good Samaritan laws will protect you from being held responsible if your efforts fail. As a first aider you are not a doctor and once started you must continue to assist until someone with more experience takes over. It is not up to you to decide they are gone and quit applying CPR.

And don't be too quick to jump in and be a hero. Assess the situation first. You may be jumping into the same hazard the victim fell into. "Instances are too numerous to mention of people who have rushed to help someone else only to become a victim as well. Confined Space deaths, for example, count more deaths by rescuers than by the original victim. Seeing someone collapse, rescuers rush to his assistance without realizing that the reason for the collapse of the victim had to do with an oxygen deficient environment or an elevated level of some fatal gas. The rescuers end up becoming victims as well" says Rob Vajko in The Basics of First Aid, 2009.

Things change. The latest CPR techniques are revised from what was taught a few years ago. With an aging population learning CPR is a good idea for all of us. You will also learn how to use one of those automated external defibrillator (AED)

Remember your A,B,Cs.

- Airway – Does the person have an unobstructed airway?
- Breathing – Is the person breathing?
- Circulation – Does the person show a pulse at major pulse points (wrist, carotid artery, groin)?

Be wise about this. Update your knowledge, pack the right equipment and materials and most important be empathetic to the needs of others. A simple day hike can become dangerous if you don't recognize and pace yourself to the weakest member of the group. Properly outfitted means the right shoes, sun protection, hydration, and first aid. Being prepared is manly, don't let a dork tell you otherwise.

<http://www.wikihow.com/Do-Basic-First-Aid>

<http://www.first-aid-product.com/pgFirstAidGuide.htm>

and try this self test

<http://www.queendom.com/tests/quiz/index.htm?idRegTest=828>

Truths:

You gotta do it – for your family, your career, yourself

It isn't easy – based upon where you are coming from, your starting point

It is easy if you give it time, committing to one small step at a time

Don't read diet books – they have one goal, to sell books and make money.

Read books about food – Fast Food Nation, Sugar Blues, The End Of Overeating or anything by Michael Pollard

Eat Green
Re-develop your taste buds
Cleanse, alkalize, fast
Get the right tools

Think simple
Learn to shop
Track
Shop the edges of the market

Okay – so what does all that mean?

Let's start from what happens when a person gets sick. Let's say you survive a heart attack. Ugly thought but a reality many of us might be facing. Or you are diagnosed with high blood pressure or beginning stages of diabetes. What do you think your physician is going to tell you? Eat better and start getting more exercise – right? Of course, we all know that. Maybe you already know some lucky guy who did survive and now is the picture of health because he took what the doc said seriously. Or maybe you know the poor sucker who didn't and after his morning regiment of prescription drugs barely has the energy to keep up with his wife or friends. Scarey thought - thats the point.

Decide today that just like you don't wait till your car in running dry on oil, you will not wait till the doctor shares the bad news – [You are going to do preventive maintenance on your self and yes – make it a lifestyle!!](#)

We discussed the importance of exercise and how to feel comfortable in a gym in another section. But for real health to occur – to really have an impact on your weight issue (we all got a weight issue) you need to make major advances in the kitchen. If you don't eat alone, cook together with someone else, someone else does most or all of the cooking or have children in the home this will need to become a group effort. Figure that out, get everyone in agreement or do this alongside whatever the others in your life are eating or doing. Don't make it a big deal, just sit down with your meal and focus on the conversation and the company, not what is on everyone else's plate. What ever works best, but ask them for their support and encouragement and love.

Okay, lets be realistic, we're guys. We eat a lot of stuff the weaker gender wouldn't even consider food. Sardines, oysters, that stuff they put in a can. I've eaten rattlesnake and squirrel stew and a small octopus cooked over an open fire. Bottom line – I think we can get used to anything. So [open your mind and get ready to retrain your taste buds](#). In many cases we have killed our taste buds. Too much hot sauce or all the overly processed foods of the typical diet have destroyed our ability to truly enjoy the flavors of quality food. In addition we need to be ready to try new stuff, experience new flavors and textures.

This writing is going to fall way short of all the details specific to what you personally will need to do to go from here to there. From where you are today to what your ideal body can look and feel like. The purpose is to give you some guide lines and a starting point, as well as open your eyes and increase your awareness of some basics of a healthy lifestyle. We'll start by looking at some food options and then ideas of raising our awareness.

Greens, those vegetables mom told you to eat. It's still the best advice we've been given. So here is your choice, learn to love your vegetables or else. We are not going to talk organic or not organic, let your wallet decide, but washing off your food like washing your hands is a good idea. Vegetables come in many colors – so go for the full rainbow. Your goal is to make a plate or bowl as colorful as possible, whether it is a salad or steamed veggies, mix it up with color. Eating your veggies raw is always the best, but not always the choice – mix that up too. But remember the reason you are eating the food in the first place – to feed your body the nutrition it needs.

When we use the word Nutrition we are including vitamins, minerals, phyto nutrients, micro-nutrients, protein, carbs, fats, etc. These nutrients are best gotten from the source – the food that grows in the ground. Don't be fooled by the vitamin companies that have been successful in isolating a single vitamin (think vitamin C or D or E). These vitamins are best absorbed, and therefore used, when eaten in combination with the other nutrients that come naturally within the food. Think the white stuff that is on the peel of an orange eaten along with the orange. There are over 10,000 phyto nutrients that come in trace amounts within our food that help boost our immune system, repair cells etc. Here's the deal – eat all the nutrients your body needs and it is no longer hungry!

Nutrients are also weak little fellows that need to be protected. Over heating, too much water or even too much oxygen and some of those vitamins just disappear. And since that is why we are eating the veggies in the first place we want to take care that the vitamins are in tact. So if you must cook them learn to stir fry (think wok, olive oil, cut up veggies and meat, high heat, short time) or steam (avoid soaking the veggies in water or cooking too long).

Try chewing. Give this a chance. A raw carrot or other raw veggie. Chew it but don't swallow. Keep chewing. As your teeth and saliva break down the cellulose of the food it's natural sweetness is released and you get to experience the full flavor. Get in the habit of carrying a plastic bag or container with a mixture of cut up veggies. Carrots, green beans, celery, broccoli, peppers. Eat them at different times but a second bag of cut up fruits. Apples, bananas, pears, grapes. Make these raw veggies your snack food and you'll find that you can greatly reduce the quantity of food you will need to or want to consume at meal times. And drink water – lots of water. Drop the sodas and coffee, you've already been told that so let's just do it. [Who's in charge here? You are big guy.](#)

Here is another way I like to get my veggies – green food. Give this a thought. The acorn has all that it needs to become a massive oak tree. The tiny wheat seed has what it needs to become a stalk of wheat. The lower members of the food chain are packed with nutrients that are then eaten by those higher up the food chain. Green foods take advantage of this by providing us with compact nutrition. I have been using green food for over thirty years. Spirulina was a sticky powder that required a low gag reflex to even swallow. It was derived from water plants and loaded with nutrition. The days I was able to swallow a tablespoon full mixed with water I found I wasn't hungry till late in the afternoon. It was amazing.

Over the years companies have developed a variety of green food, some land based (barley grass) some water based (plankton and algae). Each of these products offered high nutrition and most are good products for the person who can afford the price and swallow the regiment. I have found for myself a product that brings together all of the 'super foods' into a single mixture. Another great benefit is this is the first product I have found that mixes easily and cleans up easily. [Greens First](#), when combined with a scoop of [Greens First Protein Boost](#) provides a great replacement for a meal. You can learn more order these products on my website. I start each day with a Greens First shake and am satisfied and energetic all morning. When morning time allows a more leisurely start, I will forgo the coffee and have a warm cup of miso. Now this is one you'll have to go to the healthy food store or local coop to find. Here is how miso is defined in Wikipedia:

Miso (みそ or 味噌?) is a traditional Japanese seasoning produced by fermenting rice, barley, and/or soybeans with salt and the fungus *kōjikin* (麹菌?), the most typical miso being made with soy. The result is a thick paste used for sauces and spreads, pickling vegetables or meats, and mixing with dashi soup stock to serve as miso soup called misoshiru (味噌汁?), a Japanese culinary staple.

For me miso is most often a spoon full stirred into a cup of boiling water. I keep the spoon handy to stir it up every so often. It is a great way to get everything moving in the morning, as the enzymes provide a kick start to your digestive tract. None of this is dramatic and the taste is simple, but the taste may take some getting used to. There are a variety of flavors, buy a jar and give it a try. Make it a habit a few mornings a week and eventually you'll look forward to it. You can also use miso to flavor other foods. The key here is to experiment.

[Even if cooking has not been your thing, once you change your paradigm and look at it as a place to experiment and try different things a whole new world opens up.](#) Take a class, make it a thing to do together with your wife or partner. Drink a glass of wine while cooking. Enjoy!

As we meld our way from food options to awareness the two topics blend together. All of this is about raising our awareness. We need food to survive and yet if we just follow the crowd, which is being lead to the slaughter by the large food processors, the food we eat will kill us. There is plenty of evidence to back up this truth. Unfortunately no one in our government has the balls to confront the issue head on and bring these large food manufacturers to task, so it is left up to us to make wise decisions on how we as individuals and families eat. The experience of food is a grand one. A chance for all of our senses to come alive as we taste, smell, and see the food. If we cooked it ourselves we add the sense of satisfaction. If we are dining with others we add companionship and pleasant conversation. There are few things that incorporate all of our senses as the family dinner table. Why would we ever allow processed or fast food to interrupt this wonderful event.

Become aware. Slow down and taste your food. Try the slow chew test we discussed before with the foods you normally eat. You'll quickly realize how the processing of food robs it of its natural flavors. What are others eating? How does it look on them? What food choices does the athletic looking guy make or the slim woman? Are they members of the clean plate club or are they able to stop eating before their plate is empty? Does the thin person reach for the bread basket or the water glass?

Become aware. Go shopping. Look at what others have in their carts and then look at the person. Become a label reader, take the time to educate yourself on what empty calories means, what is the glycemic index, is high fructose corn syrup really just corn.

Be appalled at what the label claims and the ingredients really mean. Just because a food item lists whole grain as the first item on the ingredient list may not always mean it is the largest in volume. Some companies will use three or four different types of sugars so that no one sugar is listed first on the list. Let's break that down. The ingredients listed on a food product label are in order of quantity used. The first item is in a larger quantity than the next and so on. If a company uses, sucrose, dextrose, fructose, corn syrup, high fructose corn syrup – guess what? They are all sugar and will do you unnecessary harm. But by using these different forms of sugar they each get listed separately and none are close to the first on the list. Add them all up and you'd be shocked at how many foods are mostly made up of sugar and a few other ingredients.

Learn to shop the store perimeter. The produce, the dairy, the meats. In the middle of most stores are the highly processed canned and packaged foods. Learn to shop at alternative stores. Most cities have some grocery store that offers your non-traditional and therefore healthier options. Food co-ops are a great option. And don't be put off by the inked and pierced staff that works there, they are into something good and can be a good resource for you.

Start slowly if this is new to you. Pick out one or two grains and one bean that are new to you. Ask how to cook them and write down the instructions, or use the internet. Try Millet and Amaranth as a grain, or one of the many different kinds of rice. Beans take a lot longer to cook from raw so either give it a shot or maybe buy a canned bean, rinse it well and add it to your meal. Buy spices. Salt and pepper are rarely used in a home that has discovered all the other options that are out there. Many grains and beans are pretty tasteless and become wonderfully tasty when spiced up. Take a class.

Okay – I've dumped a lot on you here. Dependent on what your starting point is this may all sound like a foreign language. If you've played in this area before you probably grasped what has been conveyed.

Bottom line – we are talking about a lifestyle change here. It can be real simple or you may decide to embrace this idea and become a wizard in the kitchen. My goal here is to get you to open your eyes to the need to change and then drop all the inhibitions and reluctance to just dive in. Most importantly is to give up the need to 1) figure it all out before beginning, 2) give up the need to get it right each time (I still remember the first pot of soy beans I cooked up – could get them to be eatable no matter what I tried) (I often read a recipe or two, get the concept of the dish, ingredients, spices, how to combine and then make up my own mind on how to do it) and 3) give yourself permission to experiment and have fun.

What Every Guy Needs To Know

There are few things that are more truly relaxing than a foot massage. If you've ever had a foot massage or a good full body massage you know what I mean. For that reason, there are few things that we can do for another person that would make them more content and relaxed than to unexpectedly offer them a foot massage. The unexpected part is also key since little surprises brighten up a person's day in a whole different way than the anticipated.

But here I share a little warning, it is crucial to be fully tuned into the mood, attitude and persona of the person to whom you are giving – if they just aren't going with the flow – back off. Don't take it personally. Maybe find another way for them to relax or just give them alone time. Then try it again some other time.

About Giving a Foot Massage

Again – don't take it personally. Thirty two years ago I married the love of my life. That same year she took her first massage class. Since then she has used her gift of touch and healing, along with her speaking and teaching skills as a presenter, educator and therapist in a wide variety of bodywork techniques. Here is the rub. With her vast skills she knows what she wants and exactly how it should be done. When she is experiencing stress or tightness and needs a back rub or shoulder massage it is not relaxing for me since her constant instructions and corrections to my techniques keep me on my toes. At the same time, a spontaneous foot or leg massage, without a great deal of pressure is welcomed and puts lots of pluses in her emotional bank account for me.

Allow me to introduce you to Cyndi Fine. You can check her out on her website – www.CyndiFine.com. Here is what she can tell you men about pleasing your woman with massage.

First as a professional she insists we start with a little CYA –

The following techniques are not intended as a medical treatment for acute foot ailments but rather as a natural corrective program for congested, cramped or tired feet. These instructions combine fundamental massage techniques with a bit of reflexology, and pressure points integrating a thorough and therapeutic approach.

The purpose of the foot technique is to exercise the joints, decongest the muscles, stretch and relax the effect upon the entire foot and thereby the whole person. These techniques are not to be used on people with phlebitis, varicosity, abnormal swelling, thrombosis, metatarsal deformity or any other acute, traumatic conditions. When in doubt – Don't!

On normal feet these techniques will reduce minor congestion, prevent adhesion, assist blood and lymph circulation, eliminate toxing and naturally stretch the connective tissue, while promoting elasticity and flexibility in the entire foot. Last but not least it feels great, and literally will put a spring in their step.

The one message to give here is this doesn't have to be a set aside as a special event or a big deal. Just do it whenever it works. If you are sitting on the couch with your spouse or child grab their foot and surprise them with how good you can make them feel. A foot massage can be 5 minutes or 45 minutes.

Now with that said you can make it a big deal!

Strictly optional - You could start with bathing their feet in a bowl with cut up oranges, lemons or limes floating in the water. Add essential oils. (learning about essential oils is an education in itself) That is what they do at those fancy places where the ladies get their pedicures. And with some of the shoes ladies wear they love it.

Dry the feet with a clean towel and then gently rub the entire foot with a small amount of lotion.

Some basic massage technique principles:

Work from superficial to deep. The angle that you hold your hand determines the depth and intensity at which you will be working. Turn to face your lady, and consider sitting on the floor so her legs are comfortable and you are looking at the bottom of her feet. Most of all enjoy the giving as much as she will enjoy the receiving. Ask for feedback, although the oohs and ahh's will give you some idea of how you're doing.

Warm up the foot

1. Stretch/mold the foot between both hands.
2. Rolling – Roll the sides of the foot between palms. (up and down 3X)
3. Squeeze – Wring – Drain the foot. (whatever that means to you)
4. Gently rotate the ankle
5. Flex and Extend the foot from ankle

Work the foot

1. Isolate and rotate each toe, both directions (2X)
2. Grasp skin in between the sides of each toe.
3. Friction – small circles covering sole of the foot.
4. Smaller circles (getting more specific) work the soles, arches and heels of the foot.
5. Deep, specific thumb or reinforced fingers to congested areas. The areas that feel crunchy or subtle discomfort.
6. Deep pressure in circles on heel
7. Heel tapping

Leaving the foot

1. Mold, wring entire foot, progress from deep to the surface in pressure
2. Roll entire foot in palms
3. Percussion on entire foot
4. Long, large stroke tapering off to a very light stroke and coming off the foot.

When you feel comfortable with these techniques progress up the leg working the calf muscles. Gentle touching behind the knee is where you stop.

Sharing a foot massage is a gift you are giving. [Expecting it to turn into a sensuous session of love making would take away from the gift and ruin it for future times.](#) If she wants to reciprocate offer her your bare, clean feet to massage.

What Every Guy Needs To Know

About Tipping

Tipping began as a way to insure good service. It was in England in the 18th century and a sign hung around the urn in the middle of the pub read "To Insure Promptitude." This was later shortened to the acronym T.I.P. or "tip," as it is currently called. But how does a tip given at the end of a meal insure good service during the meal? It doesn't, but give a lousy tip and you may have made it worse for the guy who follows you.

But tipping is about a lot more than getting good service. It means treating people fairly, sharing the wealth, paying appropriately for services rendered, putting a smile on someone's face as well as doing the right thing and taking care of business. That said, it is an area that most of us don't know much about or don't think about as we off handedly toss a buck or two on the table as we saunter out.

Think about all the service industry workers you come in contact with each week. You may be one yourself. It is usually waitpeople who leave other waitpeople the best tips. [In today's changing economy that bar tender, barista, cab driver, or waiter might be a college student or a laid off executive trying to keep the family home from going into foreclosure.](#) In many professions, tips are counted on as a major portion of expected income. Get stiffed a few times by an unknowing customer and it can led to a very bad week.

In the restaurant industry the average salary is less than \$2.32, with the anticipation of tips to make it a living wage. But as anyone who has worked in hospitality knows, there are many hours spent waiting and setting up even before the customers arrive. There are slow days and hectic times, and the tips that are gotten must be shared with the bus and bar staff.

Seems pretty common knowledge that between 15 and 20% is the going rate for a restaurant bill. Consensus says that should be 20% of the bill with the tax added on. Since the service person will be sharing the tips with others based upon the full bill, tipping pretax would be a real income reduction. Poor service – tell the management about it and leave a normal tip. You never know what kind of day or week that person has been having. Maybe a bigger than expected tip in that case would make everyone feel surprisingly good.

Hair stylists, barbers, nail technicians, movers, bag handlers, bell hops – these are all folks that make our lives easier through their labor, services and friendliness. The chart at the bottom is a good starting point. Notice the three columns – Always, Sometimes, Holidays. Its amazing what a little generosity on our part can do to make a good relationship better.

But don't make a big show of it – as if you are bestowing gifts upon those who are less than you are. That's just wrong in so many ways, the fact that it's not true being the first wrong. The Bible was the first place to say – don't let your left hand know what your right hand is doing – which makes good sense here as well.

And guys, this is a great time to let the person you are with realize your understanding of proper etiquette, generosity, appreciation and equality. [Skip the tip card, learn the system, then tip generously.](#)

TIPS FOR TIPPING

ALWAYS



HAIR STYLISTS & BARBERS

15-20% OF THE TOTAL COST OF SERVICE



TAXI DRIVERS

15-20% OF THE TOTAL COST OF SERVICE



WAITERS & WAITRESSES

15-20% OF THE TOTAL COST OF SERVICE



MASSAGE THERAPISTS

15-20% OF THE TOTAL COST OF SERVICE



MANICURISTS / PEDICURISTS

15-20% OF THE TOTAL COST OF SERVICE



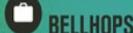
ANIMAL GROOMERS

15% OR MORE FOR A DIFFICULT OR FILTHY MUTT



BARTENDERS

10-15% CONSIDER THE DIFFICULTY OF YOUR ORDER



BELLHOPS

\$2 FOR A SINGLE BAG
\$1 PER BAG FOR MULTIPLE BAGS



FULL-SERVICE CAR WASH ATTENDANTS

\$2-\$3 FOR A CAR
UP TO \$5 FOR AN SUV
CONSIDER GIVING A 15% TIP FOR A FULL DETAILING

SOMETIMES



BUS & LIMO DRIVERS

\$1 PER PASSENGER

BUT CHECK THE COMPANY'S POLICY AS SOME FORBID TIPPING



SOMMELIERS / WINE STEWARDS

15-20% OF THE TOTAL COST OF THE BOTTLE

CONSIDER THIS AMOUNT IF THEY TOOK THE TIME TO SHARE THEIR EXPERTISE & LEARNED ABOUT YOUR PREFERENCES IN ORDER TO MAKE A SUGGESTION.



MOVERS

\$10-\$20 PER MOVER FOR LIGHT MOVES

UP TO \$50 PER MOVER FOR LARGER MOVES

%???

HOLIDAYS



CONTRACTORS

\$15-\$50 FOR HANDYMAN OR LAWN SERVICE THAT YOU USE REGULARLY



HOUSE & POOL CLEANERS

UP TO THE TOTAL COST OF 1 VISIT



PAPER DELIVERY

\$10-\$30 IS A REASONABLE "THANK YOU"



PET SITTERS & POOPER SCOOPERS

15% OF THE COST OF 1 VISIT



YARD MAINTENANCE CREW

\$20-\$50 IS A REASONABLE "THANK YOU"



In Conclusion

There you have it gentlemen – my top nine things every guy oughta know. No doubt you have some comments about what you read, and certainly you have some ideas about other things guys should know. So please, go back to the website www.LivingReal.net and keep the conversation going.

Here's to you – being the best man you were created to be – true to yourself – true to your nature and the way in which you were wired – Authentic and unique in all the world!

