

START BECOMING THE MAN YOU WERE CREATED TO BE  
DOWNLOAD THE FREE MAN-UP QUICK RESET  
A SIMPLE 3-PHASE GUIDE TO HELP YOU RECLAIM YOUR  
MINDSET, RESTORE DISCIPLINE, AND WALK IN PURPOSE.  
INSTANT ACCESS. NO FLUFF. NO HYPE. [ GET THE FREE GUIDE ]

# Overview

Created by **Kenneth Lucious**  
Author of *Man-Up: Awaken the Hero Within*  
Founder of *Love More Hate Never*

Most Men Aren't Weak — They're Misaligned.

You may feel:

- Mentally scattered
- Spiritually off-center
- Disciplined in bursts, inconsistent long-term
- Aware you're capable of more, but unsure how to access it

Society tells men to grind harder.  
This guide helps you **realign first**.

Because nothing changes until your **thinking** does.

*What You'll Get Inside the Free Guide*

- ✓ A clear **3-Phase framework** for masculine growth
- ✓ A mindset reset you can apply immediately
- ✓ A powerful reflection to expose what's holding you back
- ✓ A declaration to help you lead with faith, discipline, and clarity

*This is not motivation.*  
*It's a **reset**.*

[\[Download the Free Guide.\]](#)

# The Specifics

<i>Why I Created This:</i>	I'm <b>Kenneth Lucious</b> – author, speaker, and founder of <b>Love More Hate Never</b> , a movement dedicated to restoring self-love, identity, and purpose in a world full of confusion.
<i>Deliverables</i>	<p>I've seen too many men stay stuck not because they lack strength – but because they lack <b>clarity and structure</b>.</p> <p>This guide is the starting point I wish every man had.</p>

# The Timeline

<i>This Guide Is the Foundation – Not the Finish Line</i>	<i>But lasting transformation requires a <b>roadmap</b>.</i>
<p>The Man-Up Quick Reset helps you:</p> <ul style="list-style-type: none"><li>● Reclaim your mindset</li><li>● Identify misalignment</li><li>● Take responsibility for your growth</li></ul>	<p>That roadmap is the e-book:</p> <p><i>Man-Up: Awaken the Hero Within.</i></p>

# In the full book, you'll learn how to:

<i>The Outcomes</i>	<ul style="list-style-type: none"><li>● Master your mindset</li><li>● Build unshakeable discipline</li><li>● Reassure your God-given identity</li><li>● Lead yourself – and others – with confidence and faith</li></ul> <p>You'll be introduced to it <b>after</b> you download the free guide.</p>
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### Ready to Take the First Step?

Download the **FREE Man-Up Quick Reset** and begin again – with clarity, purpose, and discipline.

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