



## 'Essence of a Man: A study in male violence and the use of weapons'

By David Weeks

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**'Essence of a Man: A study in male violence and the use of weapons'** By David Weeks

David Weeks exposes the brutal reality of modern-day violence - lightening the often vicious tales with humour - and takes the reader into the very 'essence of a man'. It appears that we live in shockingly violent times; dominated by media depictions of gun and knife crime and amoral street gangs. This book explores the myriad theories behind male violence and looks at the history of 'street' conflict; from the Irish-American gangs of the 19th century to the stabbings and brawling of modern-day football hooligans. Are we 'born to fight'? Is it an instinctive drive that's enabled man to survive as a species so successfully? What about gender stereotypes; male role models; the influence of alcohol, drugs, pornography and profanity? How influenced are we by the media? How big a role does religion and racism play in modern societal violence? What about our own personal morality? What percentage of our genetic make-up influences our behaviour, as opposed to our environment? This book examines the root causes of anger, fear and aggression and how we can learn to understand these often damaging emotions and the negative effects they have on the human body. Why do certain young people gravitate towards gangs? How common is the use of a weapon on Britain's streets today? This book includes 23 gripping interviews with people who reveal the true stories of their own awful experiences with violence.

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## **Editorial Review**

### **About the Author**

David Weeks is a pseudonym. Based in London, England, David was formerly a graphic designer / portrait artist and has worked with children and adults with disabilities for the last 17 years. A self-protection instructor, he has been a contributor to 'COMBAT' magazine and 'MARTIAL ARTS ILLUSTRATED', as well as authoring three previous books: 'Tyson and I', 'Bullets, Blood and Broken Bodies' - [the biography of East End gangster Henry 'Buller' Ward] - and 'Hell is in Paradise'. Excerpts from David's work can be seen on his website [www.davidweeksauthorandartist.com](http://www.davidweeksauthorandartist.com) and autographed copies of his books can be purchased via eBay. 'Essence of a Man' is David's most ambitious project to date and explores the various theories behind male violence / aggression and contrasts these theories with 'real-life' examples of brutality.

## **Users Review**

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