



# MAN UP! No Excuses - Do The Work!

*Demitri C. Kornegay*

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The blessing of this book, "Man Up! No Excuses - Do the Work!" is how it provides a means to empower and equip young boys into the responsibility of young manhood. Uniquely written by a father, mentor, football coach and a police officer, one who has labored over 20 years shaping and molding young men's lives, making this book an extraordinary practical guide for self development. - Rev. Dr. Lloyd T. McGriff

"Man Up! No Excuses - Do the Work!" can truly be a guiding light for all adults who really want to help young men develop positive action plans for the serious journey of life. Demitri asks the right questions and gives the right answers on survival in an unjust world and does so from the perspectives of a concerned father. "Man Up! No Excuses - Do the Work!" challenges the young reader to understand the impact and consequences of what he says and does in life. This book is a "must read" for everyone! - Cubie A. Bragg, Ph.D., LICW, LPC

Demitri C. Kornegay is a lieutenant with the Montgomery County Police Department in Montgomery County, Maryland. This is the third book for the 25 year veteran who graduated from the University of Richmond in 1979. He has tutored at the Richmond Penitentiary and for the Washington Urban League's "Operation Rescue" programs. An ordained Baptist Deacon, he developed and has run, "Men Under Construction" since 1992. As a high school football coach since 2000, he helped guide Maryland's 2005 AAA varsity champions to their first ever undefeated season. His motto is - "No Excuses - Do the Work!"

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