



Mike Van Pelt

Founder of **True Man Life Coaching** a community focused on the radical reconstruction of a man's heart and soul, empowering men to embrace authentic masculinity in every role they take on – be it husband, father, leader, or friend.



TRUE MAN LIFE COACHING

<https://TrueManLifeCoaching.com>

<https://truemanpodcast.com>

ABOUT MIKE:

TRUE MAN
LIFE COACHING

Mike Van Pelt is a seasoned Christian men's coach, dedicated to helping men uncover their true potential, build stronger character, and create lasting legacies. With years of experience in leadership, personal development, and coaching, Mike has impacted countless lives by inspiring men to pursue purpose over mediocrity and integrity over complacency. He is the founder of True Man Life Coaching a community focused on the radical reconstruction of a man's heart and soul, empowering men to embrace authentic masculinity in every role they take on—be it husband, father, leader, or friend.

Through his work, Mike brings a straightforward, no-nonsense approach to personal growth, combining faith-based principles with actionable strategies for success. He's also the creator of the True Man Podcast, where he explores what it means to live as a true man, leading with purpose, passion, and unwavering commitment to moving towards success. In addition, Mike is an entrepreneur, three-time international best-selling author, and speaker.

When he isn't coaching, Mike is pursuing his purpose as a devoted husband and father, seeking to inspire the next generation to live with boldness, resilience, and godly integrity.

Who Should Read this Book?



This book is for the man who's ready to take back control of his life through the help of God and go on a new life journey with purpose and conviction. It's for the man who is deeply motivated to honor God but looking for a path outside traditional church settings. He's determined to uncover his life's purpose and build a lasting legacy but feels bogged down by society's narratives and the emptiness of "fake it till you make it" mentality.

He's done with wearing masks and is ready to break free from limiting beliefs that hold him back. This book speaks to the man who's frustrated, lost, and overwhelmed by life's chaos yet still deeply driven to reclaim his sense of self. Whether he's at a crossroads, carrying the weight of family expectations, career pressures, or the pull of his personal aspirations, he knows the time is NOW to take control. If you're a man who's ready to live freely, regain your identity, and stop juggling the demands of life without purpose, this book is for you.

BENEFITS OF THIS BOOK



My hope for the man that reads **True Man True Ways, A Roadmap of Discovery to the Masculine Heart** is they will gain a renewed sense of purpose and a clear roadmap for honoring God. I hope it will empower men to grow spiritually on their own terms.

This book offers practical steps for a man to uncover their life's purpose and build a meaningful legacy, breaking free from the masks and limiting beliefs that have kept them feeling stuck or pretending to be someone they're not.

This book provides tools to navigate through life's chaos and reclaim a sense of control, helping them catch their breath and stand grounded in their true identity. By tackling the weight of external expectations and life's overwhelming demands, men will gain the confidence and clarity needed to take decisive action, seize control of their lives, and live with freedom and authenticity. It's a guide for men who are ready to stop juggling and start living with intention and fulfillment.

For a man who has been waiting to uncover who they are and discover how to become the ultimate True Man, this book is your invitation to for a roadmap to your heart.

WHAT IS A TRUE MAN?

WHY WOULD YOU WANT TO BECOME ONE?

I believe this book helps define the attributes of a True Man, but the reality is I could have included so much more. However, what I've come to discover is that only you can define what a True Man is for you. Only you can set up your road map; you set the perimeters of your road trip through life; only you can go on the open road journey. However, you define it, living the life of a True Man can be a beautiful place to be in.

I love the idea of being a True Man, especially at this midpoint in my life. It just sounds like a refreshing way to live, like standing next to the ocean on a hot summer day with the waves crashing around me. Or, how about a sunny day in the mountains with a light breeze to cool you off? Any way you slice it, becoming a True Man feels so good.

The journey of life has gotten me to this point. I think more about my legacy and less about what might have been versus what can be. I've forgiven myself for the stupid things I've done and the people I've hurt. Road rage seems to make a lot less sense. Seeing how many cans of beer I can drink and how late I can stay up are things of the past.

I don't want to be angry, sad, lonely, or mystified by wondering if the world is conspiring against me. These things don't feel good, and I no longer like camping out in them. Why one would do it in the first place is certainly a matter of choice, and I often chose wrong.

Is my story unique, or am I a special case? Not by long a shot, more men than not have traveled the same path I did. Some learn faster than others, and some men never learn at all. I think many men hit this crossroads in their lives at a certain point, and things can crash around them if they are not prepared. I'm not sure how you prevent the crash without the journey, but perhaps we can be better prepared for the next "it" when it happens, and it will happen. Maybe we can do it with a lot less damage by making it easier and faster to recover.

I know this: a man can't be true without being oriented in God's word and having a few good teammates, wingmen, accountability partners, or good buddies to get through life's daily challenges.

And thus, the founding of True Man.

THE TRUE MAN

BEGINNING

True Man began, like all innocent things do, with a hope and a dream. My friend Paul Baily and I wanted to make a small difference in the world by bringing men together in a small group. We were just two guys who felt the idea of business networking had gone from giving to taking, and we set out to change that.

Rather quickly, we realized that forming a faith-based group was what we wanted. In our small group, we could have thoughtful conversations and build relationships that were more than an inch deep. Our experiences taught us that many men were missing out on opportunities to look inside themselves under the mentorship of others. Through our framework, men could form the deeper and more profound Christian friendships that they so desperately longed for.

The inspiration for this book stems from the development of our men's small group that met at Paul's office on a weekly basis. As I spoke about at the beginning of the book, it also stems from hitting the road to one of our favorite coffee shops, Open Road Roastery, in Columbus, North Carolina.

There is something to be said about being in a car and experiencing the "open road" with a friend. Road trips provide an opportunity to bond and talk. It's the shared adventure of navigating unfamiliar roads or enjoying scenic views. It's about time away and pausing from the routine of life. It's about escaping the stress we find ourselves under and putting the pressures of the day behind us.

In many respects, the open road is a metaphor for a man's life and the journey or path that we go on. The road of life captures a dynamic and evolving adventure with various twists, turns, and unknown destinations.

Each man embarks on his own journey, navigating the open road with a sense of anticipation and curiosity. The road is lined with milestones representing achievements, crossroads symbolizing choices, and scenic overlooks offering moments of reflection.

As he travels, the road presents challenges - steep hills to climb, unexpected detours, and occasional rough patches. Yet, these challenges are not obstacles but rather opportunities for growth and resilience. The vehicle he drives is his character, powered by determination and fueled by the experiences gathered along the way.

The open road is not a solitary path but a shared adventure. Traveling with a friend like Paul not only made the trip more fun, it also allowed us to share stories and insights, and it gave us opportunities to grow and learn from each other. Relationships are the rest stops, where connections are forged, and the shared laughter and tears become cherished memories.

Interview Questions

What inspired you to write a book specifically for Christian men who feel disconnected from traditional church settings?

How does your book guide men who are struggling to discover their life's purpose and create a lasting legacy?

Why do you believe many men rely on wearing a mask, acting like something they're not, or having a "fake it till you make it" mentality, and how can your book help them break free from this mindset?

What practical steps do you offer men who feel overwhelmed or stuck in life's chaos and want to regain control?

In what ways does your book help men reclaim a sense of identity, especially those who feel they've lost their sense of self?

How does your book address the pressures and expectations that men face from family, career, and personal aspirations?

What are some specific exercises or reflections in your book that help men overcome limiting beliefs and live more authentically?

What advice do you give men who are tired of juggling life's demands and want to find freedom and balance?

How can your book help men strengthen their relationship with God while exploring their spiritual journey in a way that feels authentic to them?

What is the significance of "taking control of your life" in your book, and how does it resonate with men at a crossroads in life?

Can you share a story or example of a man whose life was transformed by the principles in your book?

How would you encourage men who feel hesitant or uncertain about diving into a journey of self-discovery and spiritual growth?

Story Ideas for Reporters

- 1. Redefining Masculinity: *How Today's Men Are Breaking Free from the 'Fake It Till You Make It' Mentality.*** – A look at why many men feel the need to hide their struggles and how embracing authenticity is transforming their lives.
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- 2. Beyond the Church Walls: *How Christian Men Are Finding Faith and Connection on Their Own Terms.*** – An exploration of men who are nurturing their spiritual growth outside traditional church settings and what this means for modern faith practices.
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- 3. Lost and Found: *Why Many Middle-Aged Men Are Rediscovering Themselves After Years of Conforming to Expectations.*** – A deep dive into the midlife transformations of men who feel lost or disconnected and are actively seeking to reclaim their identity.
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- 4. Life in Control: *How Men Can Break Free from Chaos and Live on Their Own Terms*** – Practical strategies for men who feel overwhelmed by life's demands and are ready to regain control of their lives.
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- 5. Men and the Search for Identity: *Reclaiming Self in a World Full of Expectations*** – Examining how men can overcome societal pressures to rediscover who they truly are, even after feeling lost or disconnected.
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- 6. At a Crossroads: *How Men Are Confronting Midlife Challenges and Redefining Success*** – Stories of men navigating midlife, addressing the unique pressures of family, career, and self-expectations.
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- 7. Breaking the Mask: *The Dangers of the 'Fake It' Mentality and How Men Are Finding Freedom*** – Exploring the psychological and social impacts of pretending to have it all together and how men can instead embrace vulnerability and growth.
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- 8. Beyond Busy: *Shifting from Productivity to Purposeful Work for a More Meaningful Life*** – Insights into how men can redefine their work life to align with purpose rather than mere productivity.
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- 9. Legacy and Fatherhood: *The Rise of Men Focused on Passing Down More Than Wealth*** – A feature on men who are focused on leaving a lasting impact on their families through values, wisdom, and character-building rather than just material wealth.

Story Ideas for Reporters - Continued

10. **Redefining Masculinity: *Why More Men Are Seeking Purpose Outside Traditional Roles*** -

A look into how men today are challenging old definitions of masculinity and pursuing deeper meaning, purpose, and legacy.



11. **The Masculine Legacy: *How Men Are Consciously Crafting the Future They Want to Leave Behind*** - An examination of how men are thinking about legacy and purpose, especially through the lens of personal growth and faith.



12. **Building Bridges: *How Self-Discovery is Helping Men Forge Stronger, More Authentic Relationships*** - A look at how men who undergo journeys of self-discovery are building deeper connections with family, friends, and faith communities.



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