

PROPAMANDA

NOUN. / THE CATALOGUE OF STEREOTYPES AIMED AT MAKING YOU A MANLY MAN, PROPER BLOKE OR A TOP LAD.

#MANDICTIONARY



KEEPING MEN ALIVE BY TALKING
76% of all UK suicides are male. You can talk to us.
www.thecalmzone.net

OVERMANALYSING

VERB. / THE PRACTICE OF INTENSELY ANALYSING A SITUATION BUT NEVER SEEKING EXTERNAL ADVICE OR COMFORT.

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MENSHUN

NOUN. / TO CHANGE THE SUBJECT WHEN A BLOKE SAYS HOW HE FEELS.

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