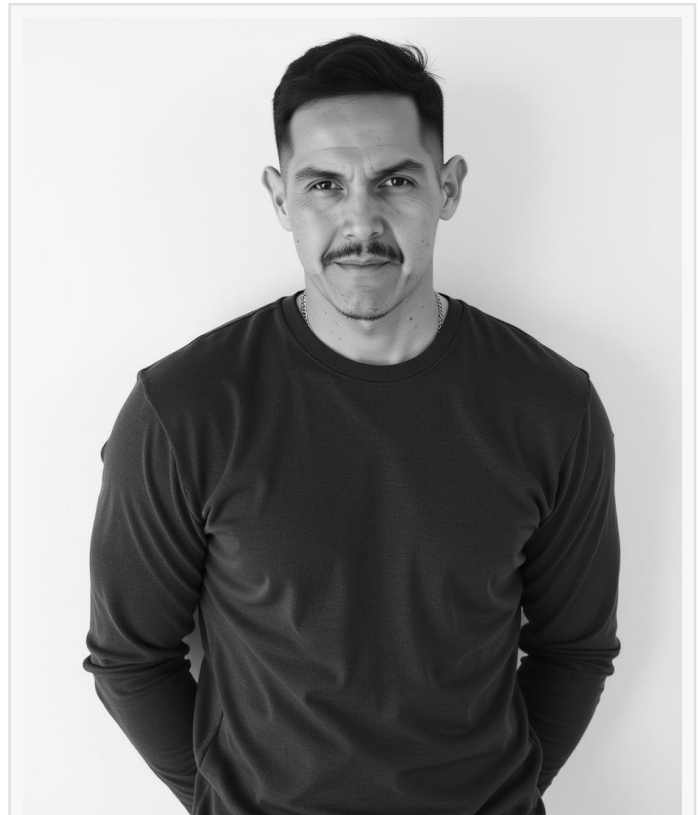


# Carlos Vasquez Redefines Modern Masculinity in *Warrior in the Garden*

LOS ANGELES , CA, UNITED STATES, August 11, 2025 /EINPresswire.com/ -- At a time when conversations around "toxic masculinity" dominate headlines and spark generational divides, [Warrior in the Garden: 7 Rules for Men](#), arrives as a bold, healing response. For readers seeking purpose, strength, and self-mastery in a world that often equates masculinity with dominance or emotional suppression, this book offers a much-needed philosophical framework for confronting and redefining identity in today's world.

Written by the former convict turned CEO, leadership consultant, and motivational speaker Carlos Vasquez, *Warrior in the Garden: 7 Rules for Men* is part memoir, part self-guided manual. It presents a profound exploration of masculinity, shaped by Vasquez's 17 years behind bars, including three transformative years in solitary confinement.



Carlos Vasquez - Author, speaker & founder of HTB.

Serving a 20-year sentence, Vasquez underwent an intense journey of deep introspection and growth. In the most unforgiving of environments, he uncovered a set of guiding principles that not only helped him survive but also evolve. *Warrior in the Garden* distills these principles into seven rules that challenge, inspire, and equip men to lead with both courage and compassion.

"To me, being a man isn't about being perfect, it's about being present," says Vasquez. "It's about putting in the work, leading by example, and choosing growth even when it's uncomfortable."

At its core, *Warrior in the Garden* is a call to action. It invites men to shed outdated definitions of masculinity and walk a path rooted in integrity, resilience, and emotional depth. Through vivid storytelling and life-tested wisdom, Vasquez urges readers to balance the warrior's strength with the gardener's nurturance—a metaphor for the dualities men face in their internal and external

lives.

#### About the Author:

Sentenced to 20 years in prison at just nineteen, his journey through trauma, resilience, and healing became the foundation for his life's mission. Since his release in 2021, Carlos has earned degrees in psychology and entrepreneurship, authored *The PRICE:* and *Warrior in the Garden: 7 Rules for Men*, and launched the [How To Battle](#) consulting platform and podcast. He now speaks across schools, corporations, and correctional institutions, sharing his story and equipping others with tools for transformation. Based in Los Angeles, Carlos continues to empower individuals to rise above adversity and live with purpose.

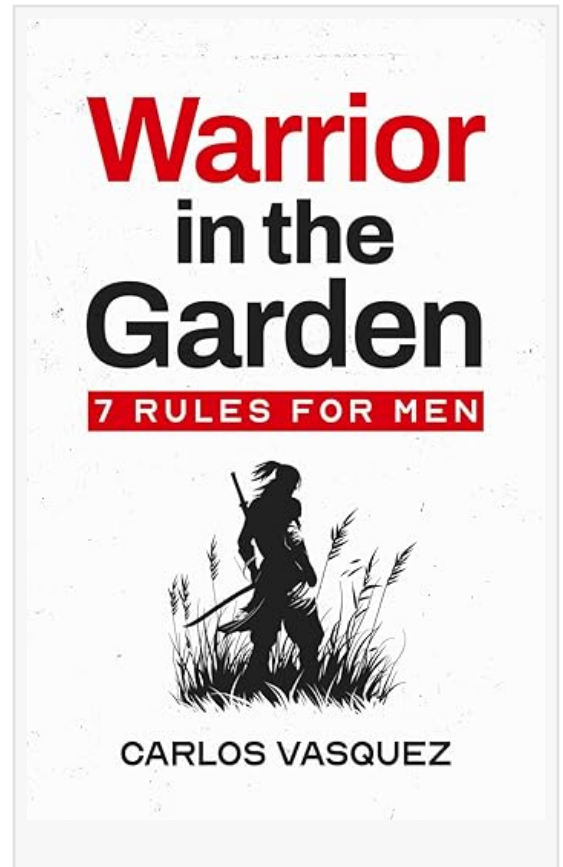
*Warrior in the Garden: 7 Rules for Men* is now available in both English and Spanish [HERE](#).

For further information please contact:

Isabella Hutcheson  
Media Relations, How To Battle  
[media@howtobattle.com](mailto:media@howtobattle.com)

Visit us on social media:

[LinkedIn](#)  
[Instagram](#)  
[YouTube](#)



---

This press release can be viewed online at: <https://www.einpresswire.com/article/838107465>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.