

A close-up portrait of a Black man with short dreadlocks, looking slightly to the right with a serious expression. He is wearing a blue denim shirt. The background is a soft, warm gradient.

FROM THE MOBO AWARD-WINNING ARTIST

UNSPOKEN

Toxic masculinity and how I faced the man within the man

GVVNA B

A PDF COMPANION TO THE AUDIOBOOK

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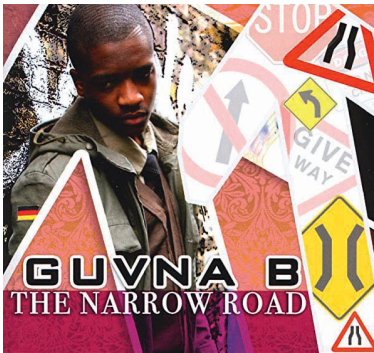
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1. Me meeting the great Kirk Franklin, 13 June 2015



2. *The Narrow Road*,
album cover



3. Me dedicating a song to my dad at Allo Mate Live 2017



4. The fam, with my wife, Emma

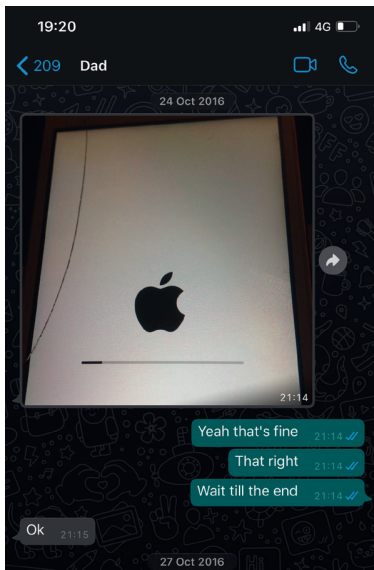
5. In Greece on holiday with Emma: carefree, just before my dad died



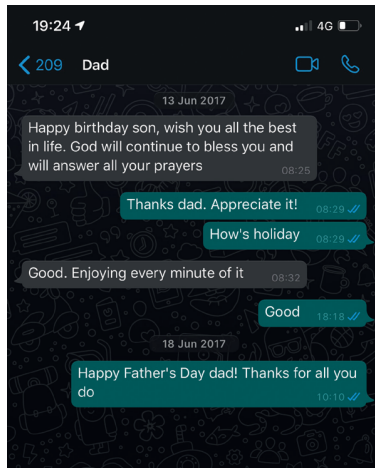
6. Touring USA, 2017



7. Forest Hills Drive, 2017



8. Text conversation with Dad, 24 October 2016



9. Text conversation with Dad, 13 June 2017



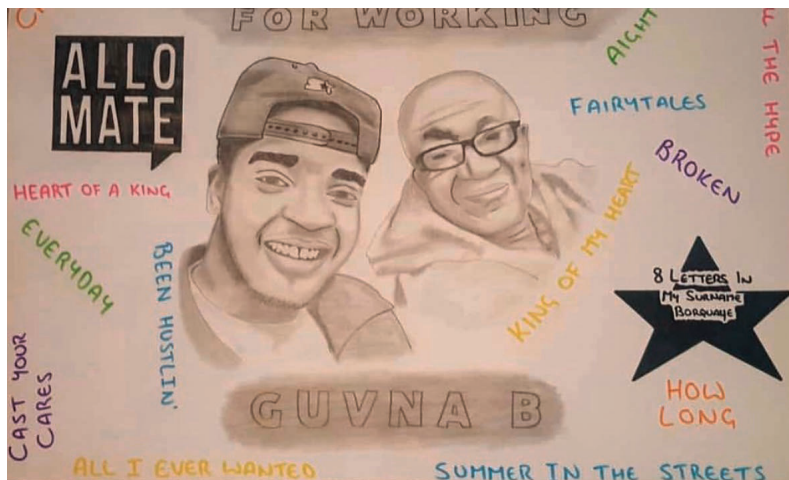
10. O2 Academy Islington:
one of the venues for my
Secret World tour



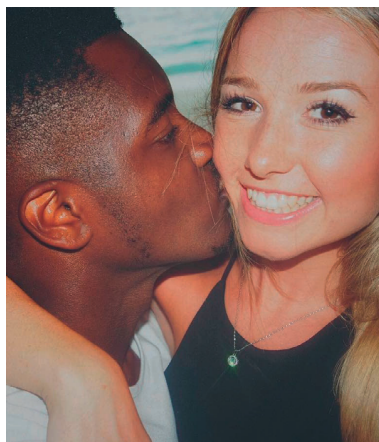
11. Secret World at Number
One in the Charts



12. Me and my producer Jimmy James



13. A drawing of me and my dad by a fan



14. Em and Me



15. Daisy's Christmas card
December 2017



16. One of my best friends passed away 2 years ago today. Been thinking about her a lot throughout the day and then I just saw this rainbow. Felt like it was God reminding me that he's got her. (Instagram, 19 December 2019)



17. Me and my dad



18. Me and Daisy Morgan



19. Fisko and me



20. Me with Sheila, an unexpected fan



21. Vivian Maier photo: the inspiration for the *Everywhere* + *Nowhere* album cover



22. Man is happy