

THE ONLY FASHION, LIFESTYLE & ENTERTAINMENT MAGAZINE FOR MEN OF COLOR

# KRAVE

MAGAZINE

Fashion!

THE  
SPORTS  
ISSUE

## Oakland Raiders Brandon LaFell

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# KRAVE Kontents



## SUMMER TURN UP

**Take a vacay now!**

You still have time to take full advantage of the sun and surf before Fall creeps in and bring his friend Winter. Fellas we have named the five hottest vacation spots that will make your woman hot for you. Let's go.

Photo: Nathan Pearcy



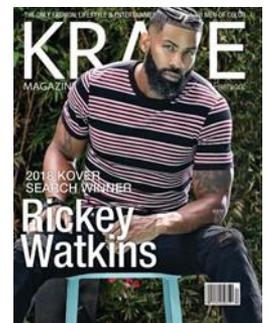
**KOVER** Brandon LaFell  
**PHOTO** Eric Ganison  
**STYLING** Caleb



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## THE IN HOUSE EXPERT

**Living LaVida**

LaVida Harris is a Contributing Editor for KRAVE. LaVida's areas of expertise include relationships, travel and business. She is very passionate about health and wellness, and is an avid believer in educating people about issues that affect our community. She believes "knowledge is power", and she is dedicated to empowering her readers to live longer and healthier lives. LaVida's commitment to service fuels her efforts to highlight those in need through Krave Kares. Do you need

LaVida's help? Email her at: [LaVida@kravemagazine.net](mailto:LaVida@kravemagazine.net)

Attn: Living LaVida

## SOAP BOX



Photo by Eric Garrison

**LET'S TALK SPORTS**

This is the Big Sports slash Fashion Issue and we're on the cusp to the start of one of the most anticipated and right now, most controversial sports in athletics...football. I have been a fan of "America's Team" since I was 5 years old. My kindergarten photo is proof of that. My very first school photo I'm rocking a Dallas Cowboy sweatshirt. I have always been a fan. So this may come as a shock when I say Fuck The Dallas Cowboys right now. This new class of cats are a far cry from the days of the likes of legends such as Emmitt Smith, Tony Dorsett, Troy Aikman, Michael Irvin and soon to be Jason Whitten. They're arrogant, spoiled and greedy for attention and money at any cost. How did I come to this place of disgust you ask? Exhibit A. Met Dez Bryant at a fashion show a few years back. He knew who I was and was interested in appearing on the cover of KRAVE. We exchanged numbers and stayed in touch for a good month via text. Then he couldn't be reached. Handlers changed his number. He appeared on the cover of a white publication in LA. Exhibit B. Ezekiel Elliott had a signing at a clothing store at Mockingbird where his line of t-shirts were being sold. He would sign his memorabilia and take pics in the designated area but the catch was you had to buy \$150 worth of merchandise first. Wth? Exhibit C We DM'ed Terrance Williams on Instagram on May 5th about appearing on the cover of this issue. He responded immediately and was with it and we talked on a regular leading up to the shoot. Even after he was arrested for crashing his lambo due to being intoxicated and was seen on camera coming back to the crash scene on a scooter, drunk to retrieve his phone, we still opted to roll with him. After all what better way to tackle negative press than positive press? So why literally a hour before the scheduled shoot on June 20th, he messaged us asking of we could move the shoot to the next day because his flight was delayed? Uhhh why didn't you mention flying anywhere prior to the shoot? And he never, nor did his agents SSG Football, return any of our messages or calls. But not long after he posts on his story a video of a new gold watch watch and some sneakers with flames. And as of tonight Dak took the position of siding with Jerry and Trump when it comes to taking a knee to the anthem. smh! How bout dem boyz?



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## TOOLS OF THE TRADE

Being a barber is a more than just cutting hair it's a lifestyle. Staying in line with what's on trend in fashion, Weight2Wear is introducing barber tees that caters to the fit and casual side of the barber lifestyle. We're bringing style and functionality to the barbershop.

[www.weight2wear.com](http://www.weight2wear.com)

Photography by: Eric Ganison

EXCUSE THE  
BARBER  
IN ME

TRAIN



LETTER *from* THE EDITOR IN CHIEF

## CHRISTY LUXE

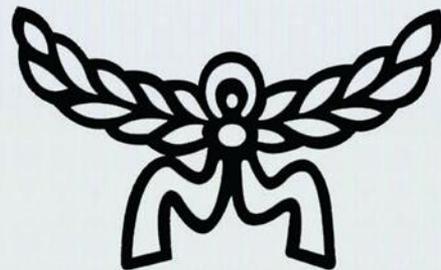
As promised, Kravers, we went Drake on you this summer and dropped two issues "Back to Back"... two sizzlers to keep you hot, even as the weather begins to cool off. What an eventful summer it has been! We had one of the biggest Kover Search Kontests we've ever had, and the annual Black Party was a huge success!

We've found so many amazingly talented models over the years, and this year was no exception. We had the most submissions we've ever had, and they came from across the country. This was just evidence that male models far and wide value what KRAVE has brought to the world of fashion for Men of Color over the 13 years we've been in existence: consistency, education, and a platform to show the world exactly what we are capable of as a people. We are dynamic. Our men are dynamic. They stand tall, strong and proud. It's no wonder they fear us. So here they stand... tall, strong and proud... in the pages of KRAVE. I am so excited for you to turn the pages and see Black Men that are Athletes, Business Men, Students, Fathers, Brothers, Husbands, Providers... and they look amazing while doing it.

See, we don't just celebrate fashion, we celebrate the Black Man. We show him as he is meant to be seen. Our men can transition from sweats and kicks, to a suit with a lapel pin and tie, and look regal in every single look. They are Kings, and KRAVE is their courtyard. As you peruse the pages, don't just look at what they're wearing. Read their stories; look at how they stand... how they hold their heads high. Notice the confidence in their smiles; see the weight they carry on their shoulders. If you do those things while you're deciding what fashion trend you'll adopt next, you will see them from my eyes. Once you do, you'll know why I have lovingly served the pages of KRAVE for a decade. From Luxe, With Love.



# MCM



## MOCITY JAYBEE

### RAP ARTIST & MODEL

PHOTO BY CASSIDYBOI

Young gifted Mocity Jaybee was born in Houston Texas on September 6, 1996. He was raised in Mocity (Missouri City, Tx) to his single parent mother alongside his younger twin sister, and his three older sisters. Following his family's footsteps toward modeling, he began trend-setting with his own style of photographs posting on social media where he began to build a strong fan base on all his social media platforms, which gained him success in real life jobs he's earned. One of his biggest modeling jobs was walking in Houston's second annual fashion show at the House of Blues and ran by Beyoncé's dad, and many more goals he's accomplished in his journey and many more to come. Mocity Jaybee always had an interest in music but it was not until September 2016 when Pronto Doe now labelmate encouraged him to turn his talent into a career. Ever since then he has been using his creativity to influence the music industry with his lyrics and unique sense of fashion .2017 was a big year for him, with music and modeling, with Meeting Houston photographer Cassidyboi, they set a mission and delivered many trendsetting photo shoots and videos. Mocity Jaybee has gained ambassadorships with different companies also, and also works with a lot of big name stylists. With all his hard work the past year he has gained thousands of fans, views, plays on music, and worked/working with big names and producers and people already in the industry.

In 2018 he is set to release his first major EP! And a lot of other big things you will see, just stay tuned! He's always busy, always working, always grinding, you will see, the best is yet to come for this young Houston native!

**Follow Mocity IG: @mocity\_jaybee**  
**twitter.com/mocity\_jaybee**  
**soundcloud.com/mocity\_jaybee**



# KIRKO BANGZ

## WORK SUM'N

PHOTO BY CASSIDYBOI



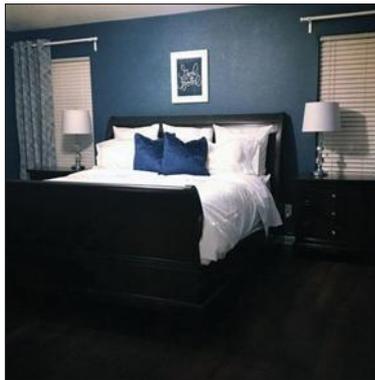
Kirko Bangz was born Kirk Jerel Randle in East Houston, Texas. Bangz started rapping at the age of fifteen, due in part to witnessing his mother struggle as a single parent; using his mother's pain as motivation. He graduated from North Shore High School in Houston and would later go on to attend Prairie View A&M University where he would major in communications. At Prairie View he was able to focus on his music, and in 2009 he released his first mixtape *Procrastination Kills*. He got the attention of a fellow student and now manager D Will. His stage name is a play on late singer Kurt Cobain's name. Bangz released his first official single titled "What Yo Name Iz?" On March 26, 2013, it was announced that Bangz would be a part of XXL Magazine's 2013 Freshman Class. Bangz released another mixtape of the Progression series titled *Progression 17*. He finally released a new single titled "Work Sum'n" featuring Tory Lanez and Jacquees after months of teasing his fans and he didn't disappoint. Check out the video now on various video platforms like Youtube and Vimeo.



## BEST NAVY BLUE BEDROOM DESIGN IDEAS

Navy blue carries many meanings for many people. For some it is the color of one's journey into manhood, the color of uniforms and courage, and of serving one's country and community. Wherever you fall on the spectrum, there's no mistaking a navy blue bedroom as anything but a sign of masculine class and a dash of brazenness. A rich shade of navy blue paint can instantly shift a room into masculine mod, while matching bedding and furnishings transform your bedroom into a place

of stoic peace and worthwhile pursuits. Navy is for the young at heart but mature in demeanor; it is the color of the man who knows his way in the world, but isn't afraid to veer away from the path from time to time. Whether you prefer a few signature pieces to offset your room or intend to go all-the-way navy, this is a color that is hard to get wrong. Bold but understated, timeless but always in the moment, navy is the color of the everyman who somehow still stands apart from the crowd.



### COLOR KEY

Perfect Sky

Cosmic Cobalt

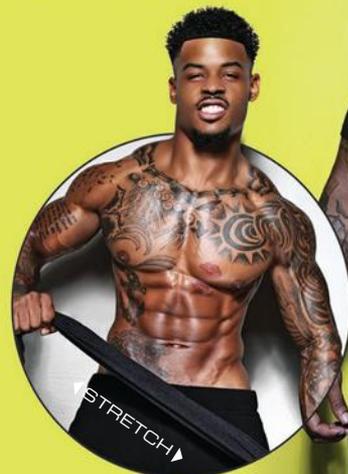
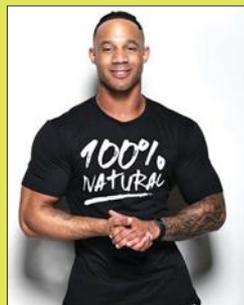
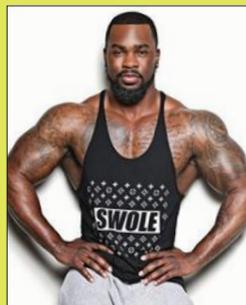
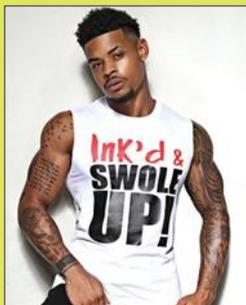
Tanzanite

Dark Navy

These 4 of 12 shades of blue are the most popular among men from BEHR Paints. Available at your nearest Home Depot.

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## VLADISLAV LAKSHE

### THE ART OF PASSION

#### Tell us a little about yourself.

Since childhood I united two of my passions – basketball and art. I finished basketball school and got Master's degree at the Art Academy of Latvia.

#### What first got you interested in art?

The chance to express emotions and ideas.

#### What is your medium of choice and why?

My main medium is a simple pencil – I use it to draw sketches of my digital works as well as separate complete art works like drawings. It's the simplest and at the same time the most complicated technique.

#### How do you select your subject matter?

It's matters that interest and excite me. For instance, it can be a person whose achievements inspire me or an important political or social issue.

#### What typically inspires a drawing?

Visiting a museum and observing works of great artists, watching a good movie, meeting charismatic talented people. At times I'm inspired by other artists - same as in sports, when you want to jump higher and run further.

#### How long does it typically take to complete a piece?

Sometimes a day, sometimes a few months. It really depends on how obsessed I am and obviously on the size and scale of work. My largest work at the moment is a painting on the wall of a 5-storey building.

#### Which artist has influenced you?

Nicolai Feshin, Salvador Dali, Ilya Repin and Jama Jurabaev.

#### How do you start a piece – do you have any rituals?

Always alone, in solitude. When I do basketball-related art I listen to hip hop, for CT Fletcher series I watch his motivational videos, for classic art I like to listen to classical music.

#### If you were about to be reborn, what would you like to be – still a artist?

Absolutely! I hope I'm still an artist in next life.

#### What is your favorite piece that you have created and why?

"Pigeons". I gave this work a lot of myself literally – when I met homeless people that are the main subject of this work, I listened to the story of each one. I portrayed a landmark of my home-town – the central market pavilion, a place that is full of food and in front of it – homeless people that are feeding the pigeons with last crumbs of bread they have... and then next to them a Bentley car.



**How did you get where you are today?**

Endless work. And it's not an exaggeration, I work every day including Sundays. Not a single day off, because ideas appear constantly and only I can fulfill them.

**What is the main challenge you face when beginning a piece?**

With each new work - to outdo myself even a little compared to the last piece.

**What is your ultimate goal with your art?**

To evoke emotions in the viewer. There's times when I want people to laugh or cry when viewing my art. And it does happen – people do feel very emotional to a point when they cry because of a certain painting. And each Instagram post causes tons of comments. Sometimes am cursed, sometimes am praised. One thing is certain – nobody stays indifferent.

**What are some of the highs and lows of being a artist?**

I am the only medium for my ideas, meaning only I can fulfill those ideas that drive me. And this working non-stop is very exhausting. However, that's the best reward also – being able to create.

**At what point in the process of the drawing/painting do you begin to feel like the piece is almost completed?**

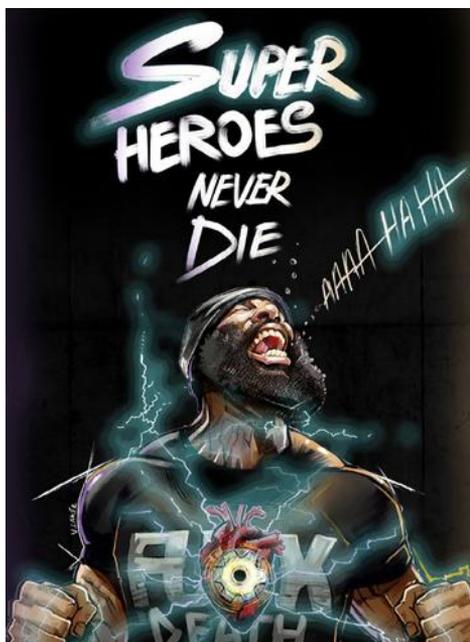
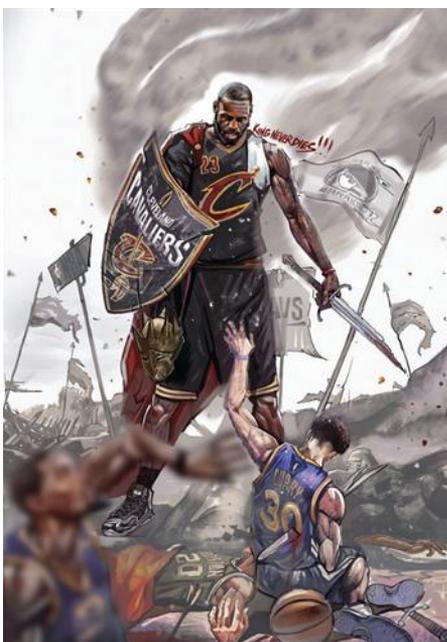
That is very difficult. Perhaps with help of a gut feeling. I cut some of my works into pieces because it seemed like the best way to improve them.

**What do you like most about your career?**

The fact that I can do what I truly enjoy.

**Can Weight2Wear expect a piece from you one day? Lol**

Of course! If I find the idea for the piece interesting, I'll be glad to embody it in a drawing.



# OMARI HARDWICK + GENTLEMAN JACK'S "REAL TO REEL"

## A DISCUSSION ON DIVERSITY, CREATIVITY, AND RE-DEFINING BLACK HOLLYWOOD

INTERVIEW BY LEAH FRAZIER  
PHOTO BY: SHEDRICK COLLINS

It wasn't too long ago, within the confined walls of a car, that a much younger Omari Hardwick laid his head nightly as he pressed towards his Hollywood dream. A story he tells many of times, his past often reverberates a gentle reminder of where he was, as well as a necessary catalyst to where he's going. *"You're always gaslined by things that have motivated you when they motivated you,"* Hardwick says. *"I don't think [those memories] ever fade. Maybe I often thought that it would. You'll definitely be reverting back to aid either yourself or your thing."*

And that "thing" that the 44-year-old *Power* star references, is undoubtedly his passion for acting. Admittedly busy, the talented visionary is now focused on his fifth season of *Power* premiering July 1st, followed by the release of *Sorry to Bother You* (in which he stars) July 6th, followed by he and Meagan Good's "one-take" film *A Boy. A Girl. A Dream.* set to release this September. And lest we forget Hardwick's one-man show hitting the road beginning the end of June, traveling to select cities and debuting in New York City. Yes, the man is busy.

But busy is often meaningless to Hardwick, as he strays the obvious to empower those with a passion for film. *"I am so busy,"* the award-winning actor emphasizes. *"But I feel like...[my] busy is aided or massaged a bit if people that look like me could one day have opportunities to do what 'my busy' is doing. It's not for naught. I've always been a team-oriented cat."* The 5'10 actor casually strolled into Dallas' Angelika Film Center June 7, to take part in Gentleman Jack's Real to Reel initiative – a program focused on celebrating new African American voices in film. Dallas marked the sixth and final city on the tour, where together with **Codeblack Entertainment**, several short films were screened to award one African-American filmmaker with \$10,000 and a VIP trip to Miami Beach to appear before some of the biggest names in the business.

*"For young brown filmmakers, content creators, and influencers – let's tell the narrative in a different way than it's been told,"* Hardwick advises. *"Art imitates art. There's no necessity for the full reinvention of the wheel, but just change the spokes up a bit."*

As a cry for more diversity in Hollywood persists, Hardwick's advice for young creators of color came right before Forbes' announcement that both Netflix and Amazon were looking to ink deals with even more black content creators. As a self-proclaimed "male feminist" Hardwick praises the originality of HBO's *Insecure* creator, Issa Rae, as one who shone a light on the black narrative, but in a way that embodied strength, distinction, and individuality.

*"What Issa did was different,"* he says. *"As brown people and as brown women, it's hard for us to make fun of ourselves – it's very difficult. She's reflecting a level of strength ironically, by talking about her weaknesses."*



Like Issa, *The Real to Reel* initiative is just one of many ways that African-American filmmakers are able to channel their voices to be heard. However, as progressive as the Jack Daniels team may be with this program, Hardwick notes that we're not as far along as we think. From Colin Kaepernick to Black Panther references and more, he notes that the fight is far from over.

*"As far as diversity in Hollywood, we are at a conversation that's at the beginning,"* he says. *"There are particular players on the field that don't look like you and I that are really championing the fight and I think that America's better when you understand (as a white person) what Kaepernick is really saying – and you're not only understanding what he's really saying but you go 'You're right. True. Gotcha. I will go into my wheelhouse or my toolbox of gifts and try to aid in whatever way I can...' It's just a better America...when we as brown people or minorities (Latin community included), and the entire diaspora (Middle Eastern, Asian populous, all creeds) – becomes the America where everybody hears each other in a different way than what we've been hearing. We've been hearing but not really listening."*

In an even more humbling statement, Hardwick elaborated on the term "diversity", in a plea for Hollywood to acknowledge even more women in directorial roles. *"Equally, I think that females gotta get a better shot [in Hollywood]. I always want Courtney Kemp (Power's creator) to bring female directors for the show and she's done it. She's always beckoned my requests. My wife always says that I'm a male feminist and there needs to be more than just me. We need a lot more male feminists."*

As if his plate is not already overwhelmingly full, Hardwick presses forward into the unknown with a gentle smile. Selflessly giving back, as seen through the Real to Reel platform, he poetically inspires people to create unapologetically, distinctly, and yet efficiently. As he contemplates the future for brown filmmakers (as he eloquently states), he pushes for more impact versus virality and insignificant content.

*"Young creatives want to be on so quick...so I would say slow down. The story of my marathon is what has made me so famous – it was my marathon, not my sprint."*

11



# Brandon LaFell

## ◀ SUPERBOWL STYLE

The Fashion Game Chop Up  
with Brandon LaFell

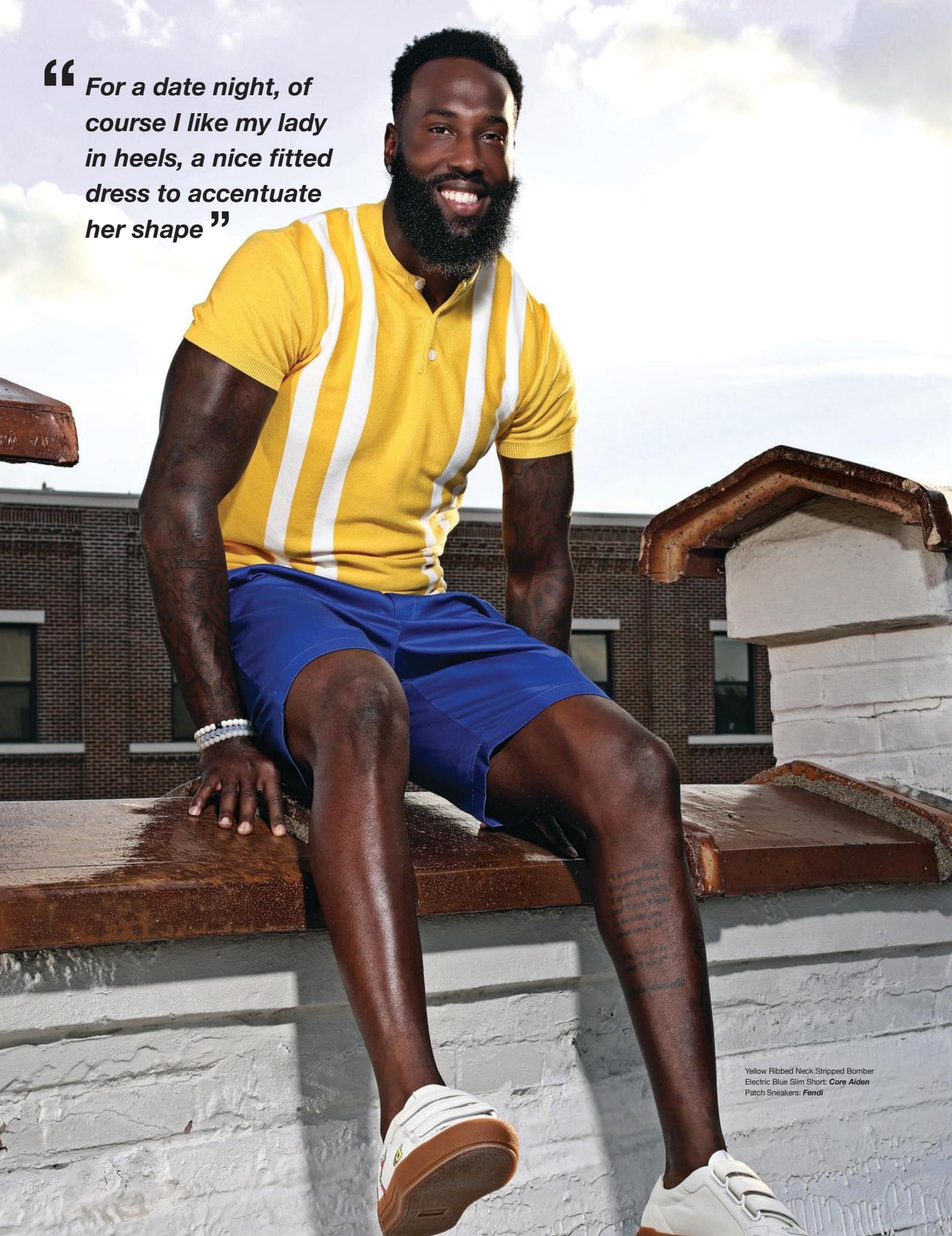
By: Danielle C. Richardson

Houston Texas native and former Wide Receiver for the New England Patriots and Superbowl XLIX Champ Brandon LaFell is a force to be reckoned with on the football field. He uses his physical prowess, strategy and skillful technique to dominate the game. Since embarking on his NFL career in 2010, the football field is not the only place this 6'3 powerhouse dominates. Being both an athlete and an entrepreneur, Brandon

Printed Floral Shirt: *INC International Concepts*  
White Distressed Jeans: *Dsquared2*  
Veira Platform Sneakers: *Christian Louboutin*

*continue to next page »*

“ For a date night, of course I like my lady in heels, a nice fitted dress to accentuate her shape ”



Yellow Ribbed Neck Stripped Bomber  
Electric Blue Slim Short: **Core Aiden**  
Patch Sneakers: **Fendi**



Multi Patterned Shirt: **Reason**  
White Cropped Pants: **Zara**  
Veitra Platform Sneakers: **Christian Louboutin**

understands the importance of leaving an impression, whether it's on the field or in the boardroom. When it comes to fashion, it's pretty clear that the self-proclaimed Fashionista has his own swag and is not afraid to let his style be seen. The lover of "Jumpmans" understands the importance of staple items in a man's wardrobe. When asked what he must have in his wardrobe at all times, Brandon replied, "Jordans. I have hundreds of shoes, but Jordans are my go to most times. And a good pair of jeans in a variety of colors should always be in a man's wardrobe. I love Neil Barrett jeans, the fit, the cut... works well on my physique." Neil Barrett is Brandon's go to, but he does have an appreciation for Balmain and Versace just to name a few. However, as much as style is part of his persona, Brandon shares he would never be caught in men's harem and cropped pants; "I would never wear those men's fitted cropped pants, it's not for me". Brandon describes his style as "trend setting, contemporary and forward yet classic". Brandon clearly knows fashion, so we asked who else has fashion game in the NFL, "Cam Newton is definitely fashion forward and has his own style." The married father of two is passionate about football and fashion, but they pale in comparison to the love he has for his wife and his children. When asked what he loves about his wife's style, Brandon tells us, "My wife changes her hair [style] every

continue to next page »

**“ Jordans. I have hundreds of shoes, but Jordans are my go to most times.”**

six months or so, so I love seeing her rock different styles.” When it comes to the lovely Kristen LaFell’s wardrobe he says, “For a date night, of course I like my lady in heels, a nice fitted dress to accentuate her shape.”

As important his personal style and swagger is, Brandon knows that what you wear on the body is not nearly as important as taking care of the body itself. Keeping his body and nutrition game on point is his main priority. “I had a personal chef that prepared meals for my family for over three years, [but] my wife began to take over those duties. I don’t eat fried foods and no burgers!” His workout regimen is vigorous, Brandon meets with his trainer for two hours in the morning and then two hours in the afternoon 5 days a week. Throughout the day, he consumes small meals - protein shakes and bars, fruit and what are called “superfoods”. It’s clear that the right nutrition and fitness combination is a blueprint for the body of a champion.

Whether it is on the field, out and about with his family, a night out with the wife or attending a press event, Brandon makes his presence known. His stature might command attention, but his style demands attention.

Floral Print Bomber: **Zara**  
Sky Blue Chino Pant: **Zara**  
Vieira Platform Sneakers: **Christian Louboutin**



# Travel

## BELIZE

### TURN UP THE HEAT IN ONE OF THE SEXIEST PLACES ON EARTH

STORY BY M. CANDACE NEELEY • PHOTO NATHAN PEARCY

Belize is a mystery. It is not known for anything particularly touristy. There are no cobblestone roads, sky high monuments to Jesus Christ, or Cathedrals and castles that date back to the 14th century. What Belize does offer is a sense of wonderment that is beyond compare of your typical summer travel destinations. Being a country that embraces its unique pedigree as both a Caribbean and Central American, Belize offers all of the paradise of the West Indies and the ancient history and traditions of the pre/post colonial Americas. So you can kick back sippin' tropical cocktails on the beach or engage your inner Crocodile Hunter on the same trip and share it with your friends and family.

Besides the fun and sun, Belize has over 300 ancient Mayan ruins throughout the country.

Belize has two thriving African centered societies, the Garifuna and Creole, living along the southern coast. This country though mostly populated by Blacks of African descent also has a strong Creole, Latino, and Mayan population that all contribute to the melting pot of the English speaking country. It is considered both Central American and Caribbean because of its location bordering the Caribbean Sea in between Mexico to the north, Guatemala to the west, and Honduras to the south. Belize also has some of the amazing wildlife one could imagine from jaguars to several species of tarantula.

Albert Street is where all of the action is in Belize City as it is the center of the shopping and transportation area. You'll find people milling about, plenty of shops and vendors, and get a

*continue to next page »*

# THE BEST SPOTS TO CATCH A GOOD GAME & GET SOME GRUB

There is nothing better than heading to a football game, whether it's college or the NFL. However, almost every Dallas Cowboys football game is sold out and the biggest colleges in Texas are miles away from the DFW area. That doesn't mean that football fans are out of luck, however, as there are plenty of sports bars to enjoy games around the Dallas and Fort Worth area. With the 2018 NFL and college football season about to begin, here is a look at the best football bars in the DFW area.



## MAVERICKS BAR & GRILL

601 E Main St  
Arlington, TX 76010

[mavericksbarandgrill.com](http://mavericksbarandgrill.com)



## BOOMER JACK'S GRILL & BAR

522 Lincoln Sq  
Arlington, TX

[boomerjacks.com](http://boomerjacks.com)



## CHAMPPS

855 West John Carpenter Freeway  
Irving, TX 75039

[champps.com](http://champps.com)



## NO FRILLS GRILL & SPORTS BAR

1550 Eastchase Pkwy., Ste 1200  
Fort Worth, TX 76120

[nofrillsgrill.com](http://nofrillsgrill.com)



## THE OWNER'S BOX

555 S. Lamar St.  
Dallas, TX 75202

[ownersboxsportsbar.com](http://ownersboxsportsbar.com)



## HUMPERDINKS BREWPUB

700 Six Flags Dr (Road To Six Flags),  
Arlington, TX 76011

[humperdinks.com](http://humperdinks.com)



## CHRISTIE'S UPTOWN

2811 McKinney Ave.,  
Suite 22  
Dallas, TX 75204

[christiessportsbar.com](http://christiessportsbar.com)



## THE RUSTIC

3656 Howell St.  
Dallas, TX 75204

[therustic.com](http://therustic.com)

*Belize continued »*

great sense of the hustle and bustle of city life in this tiny nation. As you make your way around, you will come across several vendors selling two key items on every block: fresh fruit juice and homemade ice cream. And I have never had any better anywhere I have been. Lime, pineapple, watermelon, guava, mango, orange... all the tropical juices freshly pressed and usually sold out by noon. The countryside of Belize is truly breathtaking. So much greenery, citrus farms, flowing rivers, and just open land untouched by modernization is visually stunning. At about the 90 mile mark before approaching Belmopan, you can see the "Sleeping Giant"- a series of mountains and Mayan ruins covered by trees and plants that resemble the form of a giant on its back. Arriving in Belmopan, you are greeted with the best Farmer's Market I have ever witnessed. The produce is so fresh it seems to glow with an aura. Belize offers everything you find special about other Caribbean paradises and so much more. Whether soaking up the rays of the Caribbean sun, engaging in water sports or a cultural exchange

with the residents, this destination is a secret that can't be held any longer. Fun, adventure, and tranquility are what Belize is all about.



# Sexual Savings

## THE HOT SPOT THE BEST VACATION SPOTS TO BRING OUT HER WILDSIDE

PHOTO NATHAN PEARCY

One of the best parts of being in a relationship is having a built-in travel buddy, and one of the best parts of traveling with that built-in buddy is getting unobstructed one-on-one time while exploring unfamiliar parts of the world. It's easy to uncover sides of your partner, and maybe even yourself, you haven't seen before when you're having many first-time experiences together, and travel allows couples to access a different kind of closeness than that of regular daily life. These 4 places should be on your radar for a mix of those elements.

Orchid Swim Trunks by Eyegasmic Brand



**Where: The Bahamas**  
**What makes it Hot:** *Join in Junkanoo Carnival.* It's the hub of Bahamian culture and one of the most anticipated annual events on the island. Every year, locals and tourists alike gather from Grand Bahama to Nassau to participate in cultural events, enjoy nonstop live entertainment from the best musicians in the Bahamas and party the days away.



**Location: Maldives**  
**What makes it Hot:** *Relax at World Class Spas.* After all those adventures, relax and unwind with exquisite spa treatments that will make you feel like you have died and gone to heaven! Most resorts also offer a variety of water sports for those that prefer to stay above the surface. From Jet ski's to Paragliding, Paddle-boards to FlyBoards, you won't be bored on the islands!



**Where: Bora Bora**  
**What makes it Hot:** *It's a place that not everyone goes.* As there are no crowds of tourists, or sky rise hotels, Bora Bora remains an unspoiled paradise with clean water and pristine beaches. In fact, French Polynesia is one of the purest places on the planet. Much of the island and its surrounding motus are not developed, so you can always find a place on the island where you are secluded in paradise.



**Where: Catalina Island, CA**  
**What makes it Hot:** *It's known as the Island of Romance.* With plenty of secluded coves and couples' activities to share with your one-and-only, this island is a great place to schedule your next romantic getaway.



Stripe Shirt: *Mr. Turk*  
Black Distressed Jeans: *Caliber*  
Velvet Shoes: *Models Own*

FTN

# Rickey Watkins

Our 2018 Kover Search Winner was made for this. The night of his win he excitedly claimed that this is what he needed to validate what he's suppose to do from here on and we couldn't agree more.

**Tell us a little bit about yourself.** I'm 6'4" 39 years old from St. Louis. I have an associates degree in Construction Technology Management. I'm also a pescatarian that loves sports. I own a tree service business called *Watkins Tree Specialist* and buy investment properties.

**What made you decide to enter the KRAVE Kover Search Kontest and described what these opportunities mean to you?** Krave Magazine is a great fashion magazine with lots of influential stars and athletes in it. This could take my career to the next level and it's a great accomplishment in my life to be on the cover!

**Describe the feeling you had when you heard you name called as this years winner?** I was super excited when I heard my name being called. I knew this is the beginning of a great career.

**How long have you been modeling and how did you get started?** I've been modeling now for about 4 years and I really enjoy it. I took some professional photos and posted them on my instagram page and I got some really good feedback and that's when I started pursuing modeling.

**How's it been so far being recognized as a Kover model?** It's been great. I'm getting booked for events, videos, photo shoots and I know next up is movies.

**Has anything exciting happened as a result of your win?** Yes sir. I've appeared on a television talk show to discuss my win as well as appeared in a commercial and a music video.

**What has been some of the highs and lows so far of modeling?** There hasn't really been any lows when it comes to modeling for me. But on the high note I love traveling, meeting and making new friends with different people in the industry.

**What are your goals as a model and as this year KRAVE and Kutz Kover Model?** My goals are to use this platform to show the people from my city and all over the world that with hard work and dedication, reaching your goals is possible.

**What advice would you give to anyone interested in pursuing modeling?** The best advice I can give not just in modeling but in life in general is to not listen to the people that's doubting you. Don't give up on your dreams.

**What designer would you like to work with and why?** There's so many great designers to work with from all over the world, I wouldn't be able to decide on one but I hope to be afforded the opportunity to work with them all one day.

**What do people like most about you?** People love my honesty, my smile, my work ethic and how goal driven I am.

**How often do you workout?** I workout about three times a week. My favorite exercise is push-ups. I like to do 10 reps of 30. I like push-ups because they work on your arms, back, chest and your core.

**What are your grooming must-haves to stay camera ready?** To stay camera ready I gotta have a pick to keep my beard and hair together.

**What do you believe are the keys to success as a model?** Consistency! Stay consistent in your diet, workouts and networking with industry contacts on a regular basis.

**How can readers find you?**  
Facebook: Rico Demo  
Instagram: @Rico\_Demo

*Haircut: Mike Da Barber @Kritque Design*  
*Braids: LaQuietta Jones (Mizz Hot Handz Vixen)*



Green Shirt: *Mr. Turk*  
White Jeans: *Caliber*  
Tan Loafers: *Models Own*



Jacket: Reason  
T-shirt: RKJ Spirit Tee  
Cream Joggers: Black Kaviar  
White Leather Sneakers: Models Own



Camouflage Track Suit: Reason



CHRISTOPHER  
DELOATCH  
WASHINGTON DC

Green Polo Shirt: *Mr. Turk*  
Insect Pant: *Mr. Turk*



Floral Shirt: *Mr. Turk*  
White Pant: *Mr. Turk*



Track Suit: Reason  
Necklace: Models Own



White Linen Jacket: *Mr. Turk*  
Distressed Jean: *Caliber*  
Black Boots: *Models Own*



**RASHARD  
RAMSEY**  
BIRMINGHAM, AL

Pattern Button Down Shirt: *Mr. Turk*  
White Distressed Jean: *Reason*  
Belt: *Louis Vuitton*



Pattern Button Down Shirt: *Mr. Turk*  
Drop Crotch Jean: *RKJ*  
Watch & Necklace: *Models Own*



Track Suit: Reason  
Watch, Frames & Necklace: Models Own



Insect Shirt: *Reason*  
Black Jean: *Caliber*

**Photography:**

**Eric Ganison**

**@ericganisonstudios**

**Wardrobe/Fashion Stylist:**

**Ronald K Jones**

**@ronaldkjones**

**Assistant Stylist:**

**Camm Stokes**

**@cammstokes**

**Shoot Location:**

**Elan at Bluffview**

7'2"

# Alexis Ajinca

## HE GOT GAME... & STYLE ►►

STORY BY DANIELLE C. RICHARDSON

Hailing from Saint-Etienne, France, Alexis Ajinca, the 7'2" NBA baller for the New Orleans Pelicans and married father of two boys chops it up with **KRAVE** Magazine to discuss basketball, his style, who's killing the fashion scene in sports and the ultimate dream team.



***“I would say my style is out the box, different and whatever is comfortable to me.”***



**When did you start your NBA career?**

I actually played ball in France, and in 2008 I was drafted into the NBA. I played for the Charlotte Bobcats for two years, then the Dallas Mavericks and in 2013 I was drafted to the New Orleans Pelicans.

**What career outside of sports would you have pursued if you never were drafted?**

Probably something dealing with business management.

**How do you feel about your sons pursuing a career in sports?**

Naturally, I believe they will want to get involved in sports, but I will support any [career] choice they make. They [my sons] are already showing athletic abilities.

**How do you handle fans when you are out and about, solo or with the family?**

I am a homebody and enjoy time with the family. However, when I am out and I get recognized, most times, the fans are respectful...especially when they [the fans] see me with my wife and kids; I don't mind giving an autograph.

**Okay, let's shift a bit and let me ask, what is one item a man must always have in his wardrobe?**

A suit; a man must always have a suit.

**How would you describe your style? How much did growing up in Europe, specifically France, influence your fashion sense?**

My personal style definitely different, if I see something I like, I rock it. I am not caught up in labels or name brands. I would say my style is out the box, different and whatever is comfortable to me.

*continue to next page »*

“  
***I am a homebody and enjoy time with the family. However, when I am out and I get recognized, most times, the fans are respectful...***”

**What's the one fashion trend you would never be caught in?**

Skinny jeans... no way!

**You're 7'2", how does that affect your ability to find clothing you like?**

I have a tailor I work with, so I am able to get my wardrobe to accommodate my height and frame.

**Who would you say is the most fashionable person in the**

**NBA/NFL?** D. Wade and of course, everybody's pick Cam Newton. He is not afraid to be stylish and unique.



# DESIGNER ■■■

SPOTLIGHT

## LARRY UNDERWOOD NY

PHOTOS/REVIEW BY GERARD COSBY

**Harlem Suited... to provide with a suit, as of clothing or armor.**

Fashion designer to the stars Larry Underwood is doing just that for all his clients. Building a culture of luxury with his Harlem Custom threads, one cannot help but look and feel like a million bucks. Actually that is an understatement, from personal experience it is more of a feeling that is priceless. Like a king, #wakanda forever.

As an athletic person, it is hard for me to confidently feel suited. Having a frame that dose not fit society norms or males sample size, whatever that means. I cannot just pick up a rent a tux. And look great.

In my opinion, a suit should become a part of your presentation or reflect your personality and that what I got with Larry Underwood NY. Located in Washington Heights, NY. More information of this designer can be found at [@larryunderwoodNY](#)



# The STATEMENT PIECE

## When Being Flashy Matters

---

MCM isn't new to us and when I say us I mean the urban community. MCM was the must-have brand to rock in the late 80's and early 90's. If you had a MCM fanny pack or track suit, you were the man. But as you know in fashion, what once was old is something new again. MCM burst on to the scene again a few years ago and has since been seen in the hands of the right celebrities (such as Beyonce, Rihanna,

VOYAGER VISETOS DUFFLE BAG  
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# KRAVE Style Matters

Fashion | Grooming | Man of Style | Runway

## IKE SPEARMAN

PHOTOS BY NATHAN PEARCY • STYLING BY TROY CLINTON

Shorts: Sean John  
Top: Sean John  
Sneakers: Diesel

NFL free agent Ike Spearman shows us his moves both on the field, and in front of the camera. The 24 year-old Gary, Indiana native graduated from Eastern Michigan University with a Bachelor's degree in Communications and is currently working his way through his Master's degree. Shortly after graduating, he was invited to rookie camp with the Minnesota, Vikings, putting Ike one step closer to a career in the league; however, football isn't the only thing he has his eye on. While it's no secret that Ike has skills on the field, he's also a natural in front of the camera! Football may be his first love, but modeling and acting are his side-chick. Running plays and runways... we're here for it!



Jumper: *Standard Issue*  
Glasses: *Ray Ban*  
Sneakers: *Karl Lagerfeld*



Jeans: *G Star*  
T-shirt: *Sean John*  
Shirt: *Levis*  
Sneakers: *Karl Lagerfeld*



Top: *J. Lindeberg*  
Pants: *Helmet Lang*

TRAINING | SUPPLEMENTS | DIET | APPAREL

# Good Health

## #Goal Model of the Month

PHOTOGRAPHY BY  
TIBO NORMAN

### **MORGAN NAKHISA, 29**

@morgannakhisa

South of France in Périgueux

#### **Tell us a little about yourself.**

I was born in Nairobi and I grew up in Kimilili a very small town in Kenya before moving to France at the age of 8 with my mother and my brother. I have a business degree.

#### **How did you get started in fitness?**

I started fitness by chance. I played football until I injured my knee. During my recovery I put myself in fitness and I fell in love with it.

**What do you think has attributed to your success as a competitor?** I have to say my line up, my charisma and my personality on stage.

**Do people recognize you and if so what is that like?** People who are involved in fitness recognize me as a trainer and competitor largely in part to social media.

**How do you find time to work out?** I workout twice a day. In the morning between 7am and 9am, before working on training programs for my clients.

*continue to next page »*



continued from previous page

Then again in the evening between 8pm and 10 pm.

**What does your typical diet consist of?** The diet I have allows me to stay in shape year round so I only need 2 weeks to get ready for a competition. I rarely cheat on my diet but if I do it may be only 3 or 4 times a year.

**You have an amazing chest what is the key to developing a chest like yours?** The key to develop a massive chest, is the technique and putting the focus on the muscle. You have to see your muscles working in your mind when are training them.

**What exercises, reps and sets do you do for your Chest?** It's a variety of exercises. Barbell presses, dumbbell presses, machines, Smith machine, weighted dips, etc. I mostly work with supersets for chest. I start with a compound exercise for 6 to 8 heavy reps, then continue with a lighter weight until failure. I also use techniques such as rest pause on the Smith machine. I isolate my movements and I play with the time under tension. For example when I'm doing dumbbells flys I always slow the negative and for cable crossovers I do double contractions.

**What's your favorite cheat food?** Japanese and Chinese specialty foods and also vegan pizza.

**What is a training mistake that most men make?** The training mistake that many men make is to neglect the technique and form. If the movement isn't done correctly, you can't really make your muscle grow.

**What is your motivation?** My motivation is to inspire the masses to achieve their fitness goals.

**What is your ultimate goal?** My ultimate goal is to be able to travel around the world all year long and inspire more people to hit the gym and become the best version of themselves.

**What do you get asked most by other fitness guys when they see you working out?** How do I stay in shape all year long and if I'm really natty-Natty: If he's all natural or using a Performance Enhancing Drug.

**What is your gym pet peeve?** People stopping you during your



training to ask questions every 2 minutes which leads them to start to talk about their personal life.

**What specific products or brands do you use?** I work with a German supplement company, *Ironmaxx Nutrition* and you can catch me rocking NIKE.

**What are your other passions outside of fitness?** I love music and rapping.

**What advice would you give for people looking to get in the shape you're in?** Stay consistent, dedicated, never compare yourself to someone else, believe in yourself and in what you do.

**How do you treat or spoil yourself?** Buying new clothes and setting up photo shoots.

**Whose your favorite fitness and athletes?** Simeon Panda and Ulisses Jr. They really represent what fitness is to me.

**Do you plan on coming to the states any time soon and if so what will bring you here?** Yes I plan on coming in November for a Musclemania competition, business and maybe to relocate.

**How can I readers find and follow you?** Readers can follow me and see me on my Instagram: [@morgannakhisa](#) and my Facebook: [Morgan Nakhisa](#).

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# PROSTATE CANCER AWARENESS

## LET'S GIVE EVERY MAN IN OUR LIVES A FIGHTING CHANCE

BY WISDOM MCLEMORE

September is National Prostate Cancer Awareness Month. We Must Educate our community concerning this disease. Prostate Cancer is totally treatable if detected early enough, yet men die way too young from this disease.

Prostate cancer is the most common cancer among men, except for skin cancer. This year, an estimated 164,690 men in the United States will be diagnosed with prostate cancer.

(Citation cancer.net) The average age of diagnosis is 66; the disease rarely occurs before age 40. For unknown reasons, the risk of prostate cancer is 74% higher in black men than in non-Hispanic white men. Most prostate cancers (91%) are found when the disease is confined to the prostate and nearby organs. This is referred to as the local or regional stage.

The 5-year survival rate tells you what percent of men live at least 5 years after the cancer is found. Percent means how many out of 100. The 5-year survival rate for most men with local or regional prostate cancer is nearly 100%. Ninety-eight percent (98%) are alive after 10 years. For men diagnosed with prostate cancer that has spread to other parts of the body, the 5-year survival rate is 30%. Prostate cancer is the second leading cause of cancer death in men in the United States. It is estimated that 29,430 deaths from this disease will occur this year. Although the number of deaths from prostate cancer continues to decline among all men, the death rate remains twice as high in black men than any other group. A man's individual survival depends on the type of prostate cancer and the stage of the disease.



It is important to remember that statistics on the survival rates for men with prostate cancer are an estimate. The estimate comes from annual data based on the number of men with this cancer in the United States. Also, experts measure the survival statistics every 5 years. So the estimate may not show the results of better diagnosis or treatment available for less than 5 years. Screening should begin at age 45, men at a higher than average risk should talk with a doctor about the uncertainties, risks and potential benefits of testing so they can decide if they need to be tested. This includes African American men with close family members (fathers, brother, son) who had prostate cancer before age 65. Please support awareness and education during the month of September by wearing the Light Blue Ribbon.

(Citations of Statistical Data taken from cancer.net)



## KRAVE MAGAZINE KOVER SEARCH FINALISTS & WINNER

This special edition of KRAVE Kutz Barber & Grooming Magazine is featuring 3 different back Kovers. Be sure to get your copy now in print and digital formats at: [www.magcloud.com](http://www.magcloud.com) keyword search **KRAVE KUTZ**

# Grooming

## SAY CHEESE GUM HEALTH

PHOTOS BY ERIC GANISON

### Why your gums are so important to your health.

Periodontal disease may increase the risk of diabetes, heart disease, and dementia.

Periodontal disease (periodontitis) has long been known as the leading cause of tooth loss in adults. But the damage isn't confined to the mouth. Gum disease has also been associated with an increased risk of serious degenerative diseases.

### Preventing periodontal disease.

The following, which either help to prevent bacterial infection or reduce inflammation, are still the best ways to reduce your risk of gum disease.

**Brush and floss.** Brush your teeth at least twice a day, and floss before bedtime. If you have bridges, implants, or wide spaces between your teeth, you may want to use interdental brushes—toothpick-like implements with tiny bristles at one end—to clear trapped food.

**Don't smoke.** People who smoke up to a half a pack of cigarettes per day are almost three times as likely as nonsmokers to have periodontitis; those who smoke more than a pack and a half of cigarettes per day have almost six times the risk.

**Eat a healthy diet.** A diet rich in vegetables and vegetable oils, fruits, legumes, nuts, and fatty fish not only provides all the essential nutrients, but it helps suppress inflammation. There is some evidence that people whose diets are high in omega-3 fatty acids, which are found in fatty fish, have a reduced risk of periodontal disease.

### Have regular dental check-ups and cleanings.

Your dentist or dental hygienist can remove bacteria-harboring plaque and spot the first signs of periodontal disease.

### Get treatment at the first signs of gum disease.

Swollen, bleeding gums; pockets of pus; or gums that have pulled away from your teeth are the most dramatic signs of periodontal disease. Subtler changes, such as widening spaces between your teeth, and bridges or partial dentures that don't fit as well as they once did, may also signal periodontitis.





# ATLANTA HAIRPORN STAR

@lux\_n\_locs

twitter.com/lux\_n\_locs

DIAMOND CUTS BARBER STUDIO

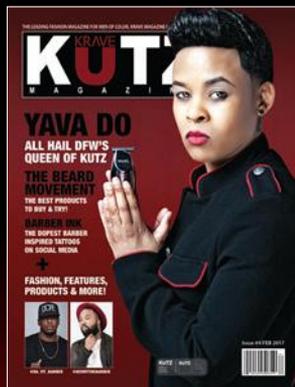
Rocking locs in sports is as common today as much as it with any other hairstyle. A few years back we featured new Dallas Cowboy Jesse Holley on the cover of KRAVE Fit Magazine and he told us seeing the opposing teammates locs flowing from underneath their helmets inspired him to start growing his locs. Today Locs can be rocked in a variety of cool styles whether they're up or down, mohawk or braided. We found one of the dopest locticians in Atlanta by the name of Lux and Locs. She has mastered the art of creating loc art, paired with fly cuts, you can't help but turn heads when you walk in a room. Check them out now.

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## CAN YOU MAKE THE KUT?



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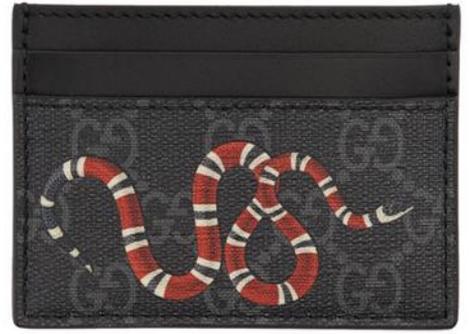
ALEXANDER MCQUEEN | \$195



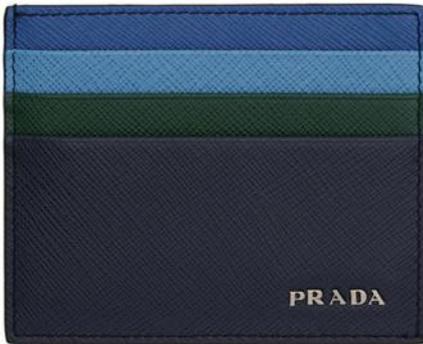
PAUL SMITH | \$195



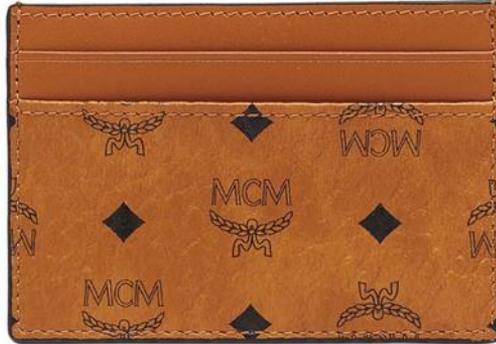
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GUCCI | \$290



PRADA | \$255



MCM | \$125



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## MAJOR KEYS

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Hotel Diamond Tag Keychain
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Black Leather Zip-Around Keychain
- E. Gucci**  
Black & Yellow Rubber Logo Keychain
- F. Off-White**  
Black Quote Key Chain

## THE NFL DRAFT

## STYLE MATTERS



## THE ESPYS



## THE 2018 NFL & ESPYS BEST DRESSED

It's just not enough to look sharp and ready in uniform on game day. Athletes today have to create a marketable image to spread their brand. Style and swag have always been a part of the mainstream appeal of athletes to our celebrity-obsessed society. So like they do on the field and on the court, it's only fitting to see who reigns supreme in the fashion game during two of the biggest moments in sports, the 2018 NFL Draft and the ESPY Awards. Here are our picks for this year's best dressed.



**KENZO**  
Blue and White Striped Logo Rucksack



**DOLCE & GABBANA**  
Graffiti Backpack



**MCM**  
Cognac Backpack



**FENDI**  
Brown Leather Belt Bag



**MASTER-PIECE CO**  
Orange Link Waist Pouch



**FENDI**  
Yellow Leather Belt Bag

FENDI 4-wheel cabin suitcase. Made of brushed aluminum, lightweight and resistant, the FF effect is obtained through a particular brushing technique.



**FENDI**  
'Cherries' by Zutto



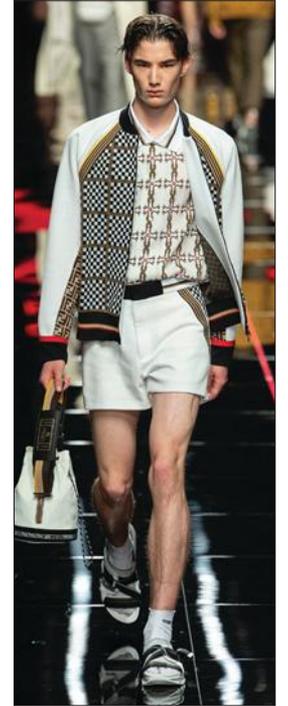
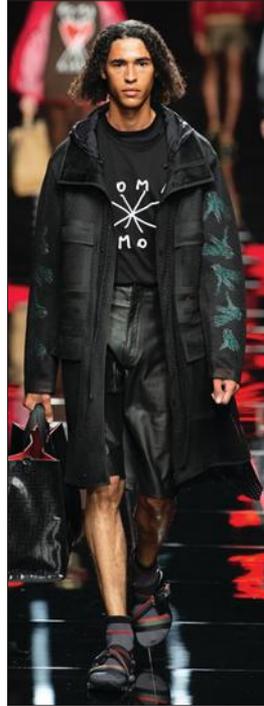
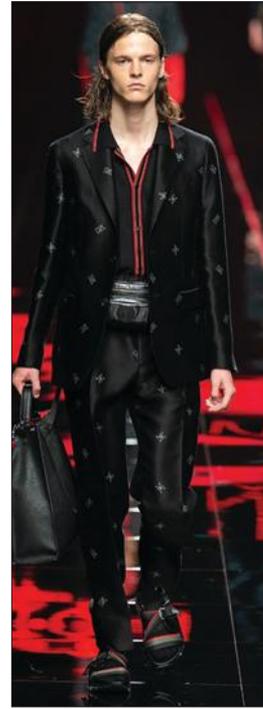
## S/S 2019 GRUNGY GENTLEMEN

PHOTOS BY GERARD COSBY

The Grungy Gentleman show celebrated New York City, and the fusion of contemporary culture and style, in sports, music, and entertainment, with Bronx-native hip-hop icon Jim Jones from Dipset opening the show, followed by Michael Beasley (NY Knicks), Tye Smith (Tennessee Titans) and Isaiah Pead, former NFL player who lost his leg in a car accident in 2016, who closed the show as guests cheered him on down the runway. Grungy Gentleman seamlessly fuses contemporary culture and style, capturing the core of men's interests in sports, music, entertainment, art and technology. Each piece from the collection looks to suit and inspire the man who is bold, intelligent, and passionate with fierce taste. The line boasts everything from blazers to crewnecks, pants, outerwear, and leisurely sportswear. The collection experiments with garment structure and texture. Design is clean and non-traditional, yet made cohesive through a neutral palette and with the brand's trademark six-stripe design incorporated throughout.

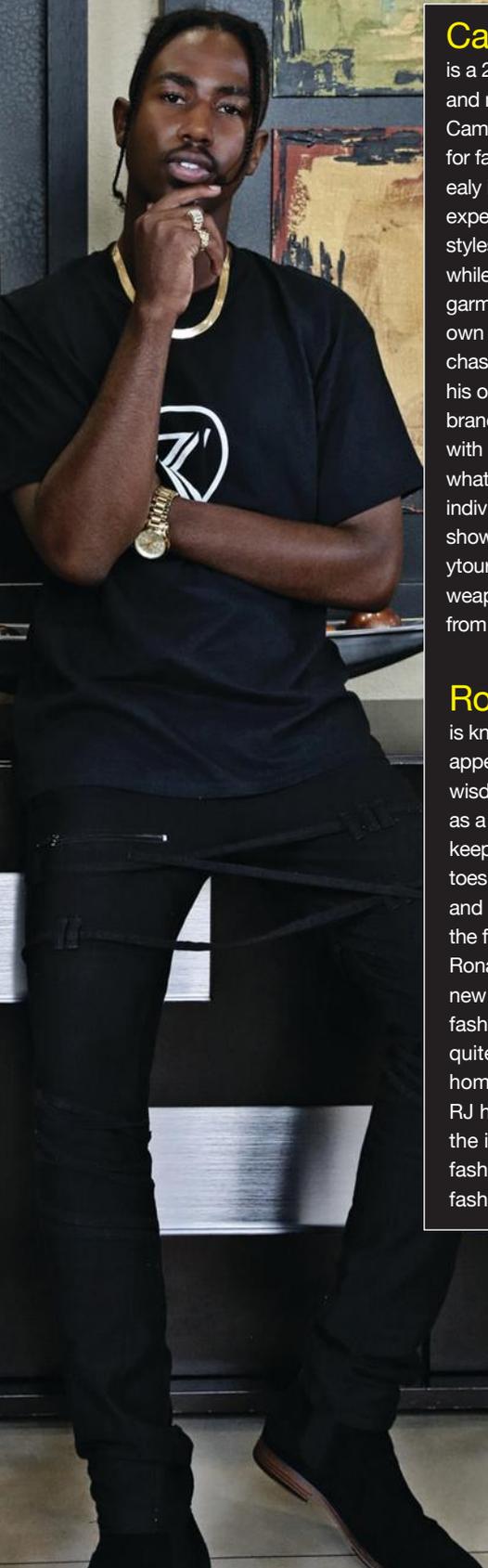


**SPRING 2019 MENSWEAR  
LOUIS VUITTON**



**SPRING 2019 MENSWEAR  
FENDI**

# Comes 2 Watch



## Cam Stokes

is a 23 year old designer, stylist and model from Arlington Texas. Cam realized he had a love for fashion design and styling early in life when he began experimenting with different styles for himself and his peers while also making customized garments from clothes in his own wardrobe. He continued to chase his dreams and founded his own streetwear and lifestyle brand, Complex Theory, and with it he plans to redefine what it means to be an 'original individual'. Cam wants to show the world that being truly yourself is the most powerful weapon nobody can take away from you.



## Ronald K. Jones II

is known for his fashion forward appearance and his overall wisdom of fashion life and life as a whole. Ronald is constantly keeping the audience on their toes by introducing new looks and different perspectives of the fashion realm. Although Ronald, also known as RJ, is a new designer emerging into the fashion industry, and capturing quite a bit of awareness in his hometown of Dallas Texas. RJ has made a stamp in the industry from producing fashion shows to setting up fashion exhibits.



## 2019 MERCEDES-AMG G 63

The Mercedes-AMG G63 follows on the heels of the new G-Class in January. Like the base G-Class, the car keeps the characteristic slightly-retro styling that has made the G-Class such a classic since its introduction as a civilian car in 1979. The new car is now powered by a 4 liter twin-turbocharged V8 instead of the previous generation's 5.5 liter twin turbocharged V8. In spite of the decreased displacement, output has risen by an additional 14 and 66 lb-ft of torque. It's quicker as well, with a 0-62 mph time of 4.5 seconds, whereas its predecessor

took 5.4 seconds to reach the same speed. With all of that power, the engine also offers cylinder deactivation, with the engine running on only 4 cylinders for improved fuel efficiency.

The transmission is the AMG Speedshift TCT 9G with very short shift times, and the 4MATIC AWD system now offers a 40:60 front/rear power split instead of the 50:50 split of the earlier model. This allows for improved agility and traction.



### 3 SPORT MOVIES WE CRAVE

In the arena of the sports movie, every story can be told. From the desegregation of an all white football team with a black head coach. To the son of a legendary boxing champ who is following in his footsteps but without the name. Sport movies make us cheer, laugh, cry and scream. Some even make us want to hit the gym. Case in point, Michael B. Jordan six pack abs in *Creed* and *Black Panther* were ridiculous. Here's 3 of our favorite sport movies of all time and we're sure they'll be yours too.

amazon HOOK UP



A. Remember The Titans B. Creed C. Coach Carter

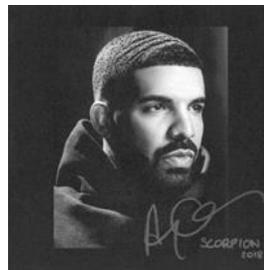
**HONORABLE MENTIONS:**

*The Express: The Ernie Davis Story, The Karate Kid (Original & Remake), Ali, He Got Game, Southpaw, Love and Basketball, Friday Night Lights, 42, Generation Iron, Hoop Dreams, When We Were Kings, I Tonya*

**WHAT WE RIDING TO**



Jacques 4275



Drake Scorpion



Ne-Yo Good Man

## THIS IS A LAUGHING MATTER

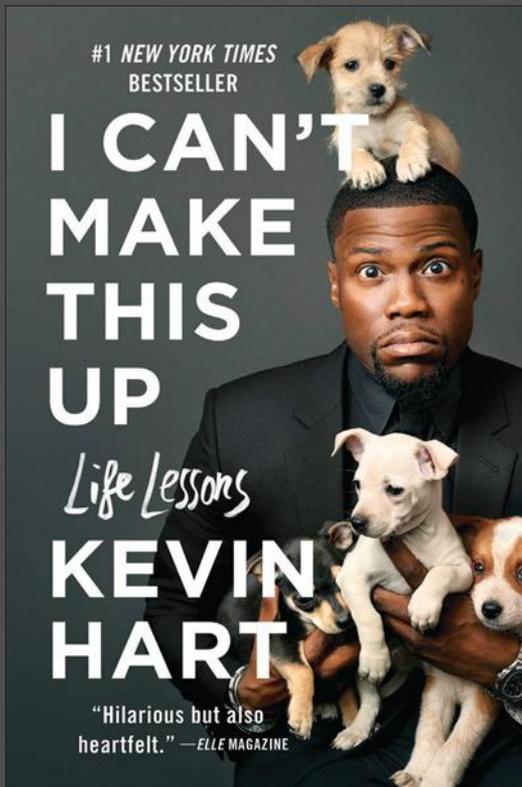
### I CAN'T MAKE THIS UP. LIFE LESSONS

Superstar comedian and Hollywood box-office star Kevin Hart turns his immense talent to the written word by writing some words. Some of those words include: the, a, for, above, and even even. Put them together and you have the funniest, most heartfelt, and most inspirational memoir on survival, success, and the importance of believing in yourself since Old Yeller.

It begins in North Philadelphia. He was born an accident, unwanted by his parents. His father was a drug addict who was in and out of jail. His brother was a crack dealer and petty thief. And his mother was overwhelmingly strict, beating him with belts, frying pans, and his own toys.

The odds, in short, were stacked against our young hero, just like the odds that are stacked against the release of a new book in this era of social media (where Hart has a following of over 100 million, by the way). But Kevin Hart, like Ernest Hemingway, J.K. Rowling, and Chocolate Droppa before him, was able to defy the odds and turn it around.

In his literary debut, he takes the listener on a journey through what his life was, what it is today, and how he's overcome each challenge to become the man he is today. And that man happens to be the biggest comedian in the world, with tours that sell out football stadiums and films that have collectively grossed over \$3.5 billion. He achieved this not just through hard work, determination, and talent: It was through his unique way of looking at the world. Because just like a book has chapters, Hart sees life as a collection of chapters that each person gets to write for himself or herself. "Not only do you get to choose how you interpret each chapter, but your interpretation writes the next chapter," he says. "So why not choose the interpretation that serves your life the best?" describing his time as a "studio rat." Yet the story he spins is riveting, filled with music-world intrigue and inner-city shootouts and buoyed by a self-awareness not marred by ego.



#1 NEW YORK TIMES BESTSELLER

I CAN'T MAKE THIS UP

Life Lessons

KEVIN HART

"Hilarious but also heartfelt." —ELLE MAGAZINE

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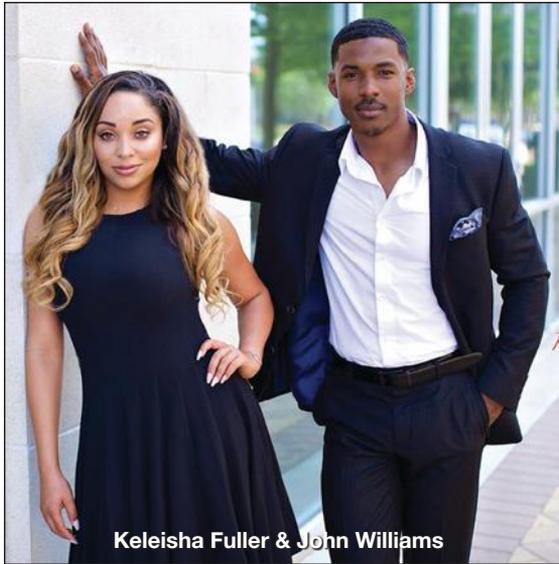
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Keleisha Fuller & John Williams

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