BOLD & DETERMINED

VOLUME ONE

Get Up Off Your Ass, Enjoy Your Life & Get Out Of The 9-5 Jive Forever

VICTOR PRIDE
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VICTOR PRIDE
Nietzsche once said,
“Of all that is written I love only what a man has written in his own blood.”

Bon Scott once said,
“If you want blood, you got it.”

Then Victor Pride said,
“Sounds familiar.”
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The Time is Now
(How To Get Ready For The Opportunity)

Historically, fortunes have been made more so in times of great economic downturns than in times of great prosperity. We are in the midst of the worst depression in most of our lives and there has never been a better time to make a lot of money and do some good in the world at the same time.

Most people will tell you that now is not the time to start a business. Now is not the time to take a risk. You need to hold on to that crummy J.O.B. (just over broke) because it pays and it’s hard to find a job right now. These people will tell you that you are crazy for taking a chance.

Everyone is one of “those” people at some point... scared to take a chance. But not you. Not anymore. In fact, it is precisely because of “those” people that now is the time to start your own thing. Why? Because no one else is. Everyone is scared to think outside the box.

And that’s why you’re going to make your fortune and they are going to toil away in the “safe” jobs with all those great benefits (insurance that they pay for, loss of time and freedom, bending to the will of others, paying more taxes than the average millionaire etc.).

So what should you tell those people about why you’re starting a new business and what it’s all about? Nothing. Don’t tell anyone anything about your plans. There are two reasons for this.

1) Statistically you are less likely to follow through with your plans if you start blabbing about them. The reason is that you subconsciously feel like you have accomplished them simply by talking about them and are less active in actually fulfilling them. How many times has someone told you their great plan to make money and then never followed through with anything? My guess is a million.

2) People will tell you that you are crazy or dumb or both. They will come up with all kinds of reasons and excuses to try and talk you out of doing anything. Deep down no
one wants their friends and co-workers to do better than them. That’s why you simply don’t say anything.

So now you know what not to tell people. Now you’re asking yourself what kind of business to start and not tell people about. Well, I could give you all kinds of ideas about businesses to start but they wouldn’t mean anything. Deep down in your heart of hearts you know what type of business you want to start. You may not be able to put your finger on it but you will, eventually.

I spent years trying to figure out what I wanted to do. I knew what I didn’t want to do. I didn’t want to wake up every morning, put on clothes I didn’t want to wear, rush out the door to sit in traffic for an hour, get to a job I hated, let them tell me when I can take my break, sit in another hour of traffic to get home. All for – what is now in hindsight – a crummy, crummy paycheck.

Now I wake up when I want to, which is way earlier than I ever wanted to wake up when I hated my job. I work from my home office and I generally wear a pair of black shorts to work. I get most of my business done in the morning and do whatever else I want throughout the day. Which is mostly work related. You’ll find you work way harder when you love what you do.

Anyway, back to what type of business to start. What I used to do is visualize what I wanted to do. I didn’t know exactly what type of business it would be but I would visualize myself dressed very well and spending most of my working day driving around to various appointments.

I’m a real estate investor so most of my work is spent driving around to peoples houses to see if I want to buy them (the houses, not the people). Before I knew what I wanted to do I had a vision in my head of how I would do it.

I used to live in a tiny little one bedroom apartment. Technically it was the worst place I ever lived. It was actually the best though. That was my laboratory. I would sit around and write out lists of what I could do and what I couldn’t do. Trying to figure out where I could start a business and how. I would write notes to myself that had my goals on them and tape them all over the walls.

People who came over thought I was crazy. But those little notes worked. I suggest you do the same. The motivation from these notes is terrific. The best one I had was a note
taped across my computer monitor that read “I will be in business for myself by such and such date”. And you know what? I was in business for myself by that date.

For those wanting to start their own business I would suggest leading a very Spartan lifestyle. I don’t mean by killing Persians, but I do mean getting rid of things you don’t need. There is no point in paying a $1500 mortgage if you can rent for $400. There’s no point in leasing a Jag for $700 a month if you can buy a running Toyota for $2,000.

There’s no point in going out to eat every night if you can survive on a can of soup and a cheese sandwich. Now is not the time to be wasteful with your money. You need every dime you can get your hands on and it’s ok to live like a bum. It will pay off in the end.

Ask yourself these questions: “Will this $100 cable bill with 500 channels help me reach my goals?” If the answer is no, cancel the cable! “Will going out tonight with my friends and spending $75 on food and drinks help me reach my goal?” If the answer is no, don’t do it!

As your business you need to either pick something you love or something you are en expert at. You need to devote all of your time and energy to that endeavor. Start reading books every single week. I don’t mean the new Michael Crichton or the new Stephen King, or that new romance book you saw at Wal-Mart.

Those books don’t exist anymore. Start reading autobiographies of successful people. Start reading books that have to do with your chosen field. Start reading business books and motivational books. Read all of those books you can get your hands on. Never stop reading those books.

Start exercising! A healthy body is a healthy mind. You will need to be in good shape to start your own business. There will be very, very stressful times ahead and it will help if you are in good physical shape.

Lay off the cigarettes and booze too. Those do nothing to help you achieve your goals. They only help to kill you faster. Even if you don’t have a business idea yet, you ARE waiting for the opportunity. Opportunity comes to those who are prepared.

In fact there is an opportunity out there waiting for you right now. What are you going to do when opportunity presents itself? Will you take it?… or will you let it pass you by?
Why You Should Quit Your Job

If you have a dream that you want to pursue then the first thing you should do is quit your J.O.B. (Just Over Broke). The worst thing you can do is take a “temporary” job to help pay the bills.

Five years later you’re stuck at that same job wondering where the time went and what happened to your ambitions. If you don’t have any dreams or ambitions and just want to survive, then by all means take a job.

But if you aren’t like the rest of them and you really have dreams of doing something great, then never take a job doing something you hate.

The best thing I ever did in my life was quit my job. The job that I hated. The job that I dreaded going to every morning. People thought I was nuts but it didn’t matter.

I had a plan and nothing was going to stop me. I quit with barely enough money to survive for a month. That forced me to hustle like never before. It was a very scary time but it has paid off in dividends.

People say “never quit your job until you’re making enough to support yourself”. Yeah, right. That will take you years to start pulling in enough income from your side gig while spending 50 plus hours a week making other people rich.

Quitting your job will show you what you are really made of. It is like being stranded in the Yukon with nothing but a rifle. You have to go out and find your own food or you will starve to death.

Obviously, you must have a plan if you quit your job. You can’t quit with no money and no idea of how to start making money. But if you have an idea, and a fire burning inside, then give up the crummy job. You will be glad you did.

Either you will succeed and start doing what you’ve always wanted or you will fail. Failure is not a bad thing. Failure is a fantastic teacher. Here is a very simple formula every great entrepreneur has learned the hard way. 1) Fail 2) Learn from your mistakes 3) Try again
until you succeed.

There is nothing worse in life than never trying. Unfortunately most of us never do try and we’re stuck in jobs we hate trying to make ends meet, wondering how the guy on TV got so “lucky”. Never trying is the coward’s way out.

You are reading this book so we know that you are not a coward. You may walk, talk and act like one but deep down you have something brewing and you are looking for a way to succeed. You’re just scared to take that chance.

Well, what are you scared of? Not having just enough money to barely get by every month? Scared of what people might say? Scared of failing?

If you don’t do it now, you probably never will and you know it. So just take a chance, for once. This chapter is for the guy or girl who absolutely hates their job and thinks they should be doing bigger and better things. This chapter is not for the person who has a good job and enjoys it.

But then again if you have a good job that you enjoy, why would you be reading this book?
The Value of Loyalty

“Don’t ever take side with anyone against the family...ever.”
THE GODFATHER

I had 3 dogs. After a breakup I now have 1 dog. When I had all 3 I was fascinated by their behavior and the way they presented a unified front against any perceived threat.

Dogs have a pack mentality. That means that they are happiest when with their pack, or as humans call it, family. They are not happy when they are alone or away from their pack. Dogs all know their place within their pack. They may test their status every now and again but they know where they belong.

Dogs love to play and fight with each other. When one of my dogs had a toy he was playing with, the other dogs immediately wanted that toy. Even if there were several other toys available they had to have the one that their brother had. This fascinated me that they could be so selfish one moment and want to take away the toy the other dog had.

But what really fascinates me is that in an instant the dogs behavior can change and they present a unified front. Say they heard a sound in the backyard, they would all run to the backdoor and bark together.

It didn’t matter what they were doing, or if they were fighting with one another, if one dog barked or sensed a threat they would all 3 jump in and immediately help their pack member.

This is why I love dogs. They are 100% loyal to their pack without question. Doesn’t matter if they are barking at a squirrel, a bigger dog, a bear, or a neighbor, they are all there together to protect each other. A dog will die for his pack.

Because of my dog’s unquestioning loyalty he isn’t just ‘my dog’, he is part of my family. Because he is part of my pack his loyalty is returned with my unquestioning loyalty and companionship.

Primitive tribes had the same structure as a dog pack. Each tribe had it’s de-facto leader(s), the Alpha male and Alpha female, the followers, the Beta males and females,
and the weak, crippled, sick, and young, the Omegas.

They would have had to present a unified front in the presence of danger – other tribes, large carnivorous animals etc.. If they did not remain loyal to their tribe they risked being ostracized and banned from the tribe.

Humans, like dogs, need companionship, security, comfort, and a sense of belonging to be healthy and happy. Think of the dogs that have been chained in a backyard for their entire life without much human contact or care and without another animal to interact with.

These are not the dogs you want to stumble upon unknowingly. Those of us without a tribe, pack, family, to give us a sense of belonging and purpose are like these chained dogs. We may be content but we can’t be truly happy without a purpose.

Young men who do not have a strong family life, or sense of purpose, will get together with other guys from the same background and form gangs. In interviews these guys will repeatedly say that they joined because they had a sense of family and loyalty for the first time in their life.

These guys would unquestioningly inflict violence against anyone who harmed (real or perceived) a part of their tribe, or gang. These guys referred to their gang buddies, which they really felt like were their family, as their “dogs”. These guys are the true backyard dogs who have been chained up for their whole life – and this is what can happen without a strong sense of loyalty and belonging.

In our modern world of celebrity gossip and other BS, loyalty is not a common trait. Just take a look at the latest divorce figures. 50% percent of first marriages, 67% of second and 74% of third marriages end in divorce.

What it would take for me to get married is 100% unquestionable loyalty from my spouse. If you don’t have your spouse or significant others back 100% of the time and don’t present a unified front it can never work. You can’t have a fulfilling relationship without loyalty.

This is not easy to find. In fact, you have to treat your significant other like you would your dog. If she is good you reward her (attention), if she is bad you punish her (withdraw attention) until she learns what you demand – loyalty.
To be a real man you must be loyal to those you love and you have to demand loyalty right back. You must be willing to die for what you believe in.
The Reality of Money

Ah, money. Money is our savior. Money is our God. Money must surely be valuable if so many people chase it fruitlessly. But there is a dilemma...

Money is not real. Money is imaginary. We could just as easily use twigs and leaves as currency. The only value money has is the value we give to it, the value we think it has. Even if there were a gold standard (there isn't) it wouldn't matter, the only value Gold has is the value we give it.

The only possible way to give money value is to use food as currency. Imagine... You stumble upon an island inhabited by people who have not been corrupted by the outside world. This island is rich in natural resources.

You convince the inhabitants of the island that this paper you have is incredibly valuable. In exchange for this paper they agree to toil away in the mines, giving you all their natural resources in exchange for these pieces of paper.

You have an infinite supply of paper, it doesn't mean anything to you. You take the natural food this island has, turn it into processed garbage with a long shelf life and sell it back to the inhabitants of the island.

With all the natural resources you are getting you become wealthy beyond belief. While you become wealthy the inhabitants of this island become extremely poor, unhappy, malnourished etc.. They think to get better they need more of this paper. Remember, you have unlimited paper, but to keep these people working for you you do not give them a raise in paper.

You pretend to be on hard times, you tell them they need to work harder and eventually they will make a good wage. They just need to keep their heads down and power through.

Now what would you think about the people of this island that you were so easily able to convince them they need this worthless paper in exchange for valuable resources? You would think they were pretty stupid.
They had a wealth of resources, they had a wealth of free time spent with family and loved ones, they had a wealth of natural food. Think about the people of this island, and then think about your office job.

Do you feel duped yet? Do you still think it’s worth it to toil your life away for what amounts to nothing? Or do you think it would be a better idea to quit your soul-stealing job and do what you love? I do.

You’ve only got one life to live. Don’t live it to make someone else wealthy.
There is No Such Thing as Tomorrow

Tomorrow doesn’t exist. Yesterday doesn’t exist. There is only the now. The right here and right now. When we wake up ‘tomorrow’ it becomes the now. Because there is only the now we have to make the most of it. We cannot rely on ‘doing it later’. It must be done and it must be done right now.

The past is the past. We cannot live in the past, it’s over. Let go of it. We have to look back on our successes and mistakes and we have to learn from them, so that we can do the right thing right now.

The future doesn’t exist. We can’t rely on the future. No one is guaranteed a tomorrow. If you say “I’ll do it tomorrow” you might as well say “I’ll do it in 7 years”.

Learn this phrase: “I’ll do it now!” The most successful, happiest people in the world get that way because they don’t put anything off until later. They take care of business right here and then.

You won’t hear a top CEO say “oh, I’ll take care of it next week. I want to watch this TV show now”. You won’t hear a top bodybuilder say “Oh, I’ll work out in a few days”.

Are you living in the now? Are you TRULY living in the now or are you just going through the motions? Do you love your work? Or are you filled with dread every day?

We only get one shot at this life, just one chance. We have to make it count. Is there a girl you like but you’re too scared to call, or you think you’ll call later? Drop everything and call her this very moment! Maybe this very moment she is waiting for you to call.

Is there a business you have been dying to start but “it’s just not the right time”? There is only ever one right time and it’s right now! Are you sick of your flabby gut but you’re waiting to go to the gym? Get up off your ass and go to the gym right now!

Quit your soul-stealing job now! Paint a picture! Make a movie! Write a book! Do it right now! Go out for a jog! Go talk to the pretty girl that works at the coffee shop! Change the world! Change your world!
Sell all your worthless electronics, sell your house, buy an RV and drive across the country! Go to the airport right now and book a flight! Take your dog for a long walk, get your thoughts clear and figure out what you really want!

Figure out who you really are and what your life's purpose is! It certainly isn't to work for someone else, come home to watch the idiot box, eating chips and soda pop.

Your life has a purpose, a meaning. You have goals and dreams. Quit whining and complaining, quit procrastinating, don't give in to apathy – go do something this very instant!

You are ALIVE! Get out there right now and live your fucking life!

If you don't do it right now, when will you?
How to Create Your Own Reality

Would you like to create your own reality? Would you like to become someone else, someone better, someone who doesn’t take orders all day, someone who lives life on their terms?

Would you like to live your dream? Would you like to hear the secret about how to create your own destiny? Well, the fancy secret is that you DO create your own reality. You DO create your own destiny.

As you are reading this right now you are creating your reality. If you aren’t living up to your potential it is because you chose not to. Make the choice to live life on your terms, your own way.

Forget about society’s rules how things should be done. Society’s rules are meaningless to you. Make your own rules and only follow them.

Everything you see, do, hear, see, and feel exists because you created it. The computer screen you’re reading exists because you created it. The job you work exists because you created it. This book exists because you created it.

If you hadn’t come across this book and this chapter would it still be here? In your world, no, it would not, cannot exist. Create for yourself a life of abundance. All it takes is the decision to do so.

Make the choice. Live life as a slave, following others (who don’t even exist) or live life as the king of your reality. Whose to say we are all not just dreams of ourselves and that nothing really exists.

As long as you are dreaming the dream, LIVE THE DREAM! Don’t let the nightmare become your reality.
Why You Shouldn’t Have a Back-up Plan

Back-up plans are an excuse to fail. Say you want to be a movie actor. With all your heart you want to be an actor, it’s all you’ve wanted to do.

What would you do? Would you move to Hollywood as soon as you can, take acting classes and start auditioning right away? Or would you go to school for a degree in whatever just so if you fail at acting you can fall back on something?

Conventional wisdom says you should have a backup plan, just ‘in case’. It says that you need insurance against a lifetime of failure. Conventional wisdom is for conventional people. They accept their choice of backup plan because they know they are going to fail and apparently they are ok with that.

The reality is that if you accept your backup plan and live that life you are a monstrous failure. You are a failure because you gave up on yourself, because you didn’t believe in yourself, because you refused to let yourself succeed.

When you have a burning desire and you put all of your energies into making it a reality the truth is that you cannot fail. Failure is impossible, beyond impossible. It isn’t even a thought.

Ah, but when you have that back-up plan still lingering in your mind you aren’t truly giving 110% to achieve your goals. Maybe you’re giving 75%, even 95% but that isn’t good enough. It takes 100% minimum.

Kill your back-up plan and put all your energy into becoming what you truly want to become. If your burning desire is to be a doctor, great, go for it.

If your burning desire is to be a traveling fashion photographer, great, go for it. Is your burning desire to be a salesman or an office drone or a substitute teacher? Probably not.

Burn your bridges. Pass the point of no return. Give in to your desire with all your heart. You cannot fail. It’s impossible.
Contentment in Slavery

Slavery has existed for a very long time. Since man first built communities. Slaves have always, and will always, work and toil to make the rich richer.

The rich cannot exist without the middle class. The best slaves are the slaves who don’t understand that they are slaves. The best slaves are the ones who toil for their rich masters, doing all the work and paying all the taxes, and think that they are working for themselves – working to make their own lives better.

There isn’t necessarily anything wrong with one giving up his power and working for someone else. The world needs worker bees. However, if YOU have ever had the feeling that you’re wasting your life working a job you hate to make someone else rich then maybe it is time you do something about.

If YOU have ever had the feeling that you’re underpaid and that you’re salary isn’t enough then maybe it is time you do something about it.

There aren’t many rules to life, but one steadfast rule is this: YOU CANNOT BECOME WEALTHY BY BEING PAID A SALARY. What you are when you are paid a salary is easily subjectable. A salary is nothing more than your parents giving you an allowance when you do your chores.

If you do your chores at work this week you get your allowance, it will give you enough money to go have fun on the weekend, then you get to go back to work and do it all over again.

Maybe if you save long enough you can buy that new entertainment system to further take your mind off of anything important. Just be sure and not show up more than 6 minutes late, more than a few times being tardy and you may be fired.

Wouldn’t it be so much nicer being the one with all the power instead of being the one with no power? The answer is yes. To accomplish anything worthwhile in this lifetime you have to do it yourself.
You have to start it yourself, build it yourself, and make money by yourself. At some point you will need a team around you to handle operations but when you first start your own business it isn’t necessary.

Take life into your own hands. Ask yourself one question to determine whether or not you have what it takes to live your life on your terms. Are you content in your slavery? Pick one.

YES: Cool. You should head on over to some mindless website and read some celebrity gossip.

NO: Excellent. Now do something about it. The world is yours for the taking. Get off your ass and take it.
Think BIG! and Don’t Sweat the Small Stuff

The things we think about are the things that we eventually become. They are the things that consume us. As long as we’re going to think we might as well think BIG instead of small.

Let your small-minded co-workers fret about the small things. You’re on a road to bigger and better things and you now have better things to do than to be drawn into some petty quarrel.

If you aren’t yet self-employed the only thing you should be thinking about right now is how to make that reality. You need to visualize yourself as you want to be and you want to lock that image in your mind and think of it frequently. The things we think about the most more often that not end up true in the end.

If you are self-employed then you should think about the big picture and not the small little details that seem big, but really just sap your creative and physical energy.

If you’re out of shape and want to get in fantastic shape then you will need to imagine your body as you want it to be. Fix that image in your mind everyday and especially while you are at the gym. Know the outcome before you even get there.

If you’re bad with women, imagine yourself as the suave James Bond type you know you can be. Don’t fret about getting a girl’s phone number, think about getting a thousand girls’ phone numbers.

If you worry about getting one phone number and don’t get it you will be sad and frustrated. If you aim for a thousand numbers and only get a hundred, well that’s a pretty good deal in my book.

Always view the BIG picture. The small picture is for the small-minded. Let them keep it.
Live Like a Spartan

Spartans were notorious for living a simple, frugal, minimalist lifestyle. They ate only what they needed, kept their bodies fit, did not spend money wastefully.

A minimalist lifestyle is much more rewarding than the standard consumer lifestyle. To live a minimalist lifestyle you get by on the least amount possible and don’t concern yourself with over-indulgence. That’s gluttony.

It’s quite easy to live like a Spartan. All you need to do is get rid of the junk, the clutter. Go through your belongings and sell or give away anything you don’t absolutely need.

Start small at first, but once you get rid of the junk it can feel quite liberating and you may want to have that feeling again. Great! Do it.

Take a look at your finances and see where you are spending money thoughtlessly and cut back on it. If you’re spending $40 a month on haircuts invest a few bucks on some clippers and cut your own hair. If you’re eating out all the time start actually buying groceries and making your own food. Restaurant food is garbage and will make you fat, quitting it is win-win.

If you’re paying $600 a month on the cool new car sell it and buy yourself a cash car. $2000 a month on rent, move to a less expensive place. It’s not as hard as it sounds. All it takes is the commitment to do it.

We have all been in the situation where we are having a difficult time making our outrageous rent payments, mortgage payments, credit card payments, car payments, lease payments. All for stuff that does not increase our happiness or make our lives better. That shit is like a weight on our shoulders, crushing us little by little. Get rid of all those burdens and it feels like a huge weight has been lifted off our shoulders.

How to Start a Business the Spartan Way

Imagine this scenario: a man wants to be self-employed, hates his job and wants to be in business for himself. He feels that he cannot do so because he has so many payments
to make there is just no way he can make enough money right away to take care of all those obligations. So he just endures. He keeps at his soul-stealing job so he can keep making those payments, keep consuming, keep himself down.

The opposite scenario is this: a man wants more than anything to start his own business. He feels extremely passionate about it. He will do anything to make to succeed. He has all the same bills and junk to pay for as the other man.

This man, however, is willing to do what it takes. He sells his car that he is making payments on and he buys a cash car. He cuts up his credit cards and is determined never to use them again. He turns off his cable TV, and instead sends the money in to pay off those credit cards. He sells all his extra junk, electronics and so forth, anything that is not absolutely needed he gets rid of. He sells his house and moves into a cheap little apartment. He cooks his own food instead of eating out all the time.

He uses all his energy and resources to make his business work. He doesn’t care about having the latest cool phone, he knows it doesn’t matter. It’s hard but he finally makes his business work. It’s 5 years later and the man is basically retired. His business is on auto-pilot and he is living the good life. The other man who was scared to quit his job is still going into the same miserable job, buying the same miserable junk, living a miserable existence.

It’s hard to leave a steady job knowing you have bills to pay. But is it harder than living a miserable existence dependent completely on someone else?

If you’ve got a job making 50k a year and you have 30k worth of bills per year why not get rid of all those bills, make 20k on your own and live freer and happier?

That’s how you live like a Spartan. Get rid of all the bullshit and live with what you need, not what you have been spoon fed by advertising to think you need. Simplify your lives, gentlemen. It makes things so much easier.
Learn to Love Mondays

Mondays are the best day of the week! Mondays are the start of something new and possibly great. Mondays give you a chance at something new every single week. Monday will determine the rest of your week.

If you start Monday with a kick-ass take no prisoners attitude and you bust your ass to get shit done you can bet your week will start on a good note.

If you dread your Monday and don’t get anything productive done then you can bet your week is going to be just as sour. If you dread Mondays because that means you have to go back to work I’d say that’s a clear sign you need to change your profession. I love Mondays and I get somewhat annoyed at the weekends because I know there will be a dip in productivity.

**Tips to make your Mondays more productive:**

Rise early on Monday. Be up before everyone to get a head start. Benjamin Franklin said, “*Early to bed, early to rise makes a man healthy, wealthy and wise.*” and nowhere is that truer than on Monday morning.

Start your day with a nice walk, jog, or lifting session to clear your head a little. Make a to-do list over the weekend and get everything done early in the morning.

There is no better feeling in the world knowing you have been hyper-productive and have everything done before most people even have a cup of coffee.

Love Mondays and Mondays will love you back. Dread Mondays and that will become a self-fulfilling prophecy. If you think your day is going to suck, guess what, it probably will.

Don’t have a case of the Mondays… Have a case of the “Let’s get shit done todays”
How to be Hyper-Productive in 4 Easy Steps

1) **Do one task at a time.** Multi-tasking is great if you like doing things half-assed but if you want something done right you have to put all your effort into it. Only when one item is done do you move on to the next item. Back in the days when I used to have a job I remember interviewers asking me about multi-tasking and I would lie and say “yeah, I love to do a million things at once!” When I had a job I would always get my work done in about a half hour and then I had 7 and a half free hours to plot and scheme.

2) **Make a to-do list every single night before bed.** This is critical! If you don’t know what you need to do how will you ever get it done? Write your to-do down on a notepad or word processor and cross every item off as soon as it is accomplished. Make your to-do list manageable but not laughably easy. 5-10 quality items that need to get done is a good start.

3) When you wake up in the morning start crossing off items on your to-do list first thing. All the mountains of work that we think are impossible only take a little time and effort to accomplish. When you have a clear vision of what you want to accomplish for the day it’s almost too easy to get everything done before most people even have breakfast. Don’t erase your to-do list items, put an X beside them or cross a line through them. It’s an amazing feeling to see the big to-do list items being crossed off seemingly by the minute. At the very end you will see the fruit of your labors with your entire list done.

This is what your to-do list should look like after an hour or two:

- Put payments in the mail.
- Post article on Hyper-productivity.
- Hit the gym with a vengeance.
- Respond to all e-mails.

Easy as can be!

4) **Give yourself a short time frame to complete your tasks.** When you’re looking at a time limit you have no choice but to get things done faster. If you’ve got a week to finish everything there is no rush, but if you only have 2 hours to finish your tasks you’re
going to be working like a frantic maniac. The goal isn’t just to get stuff done, it’s to get stuff done ASAP!
Always Do What You Are Afraid to Do

Fear is an excellent motivator, if you let it motivate you. Fear is also an excellent tool to keep you from succeeding, if you let it. Those that have achieved their dreams have faced their fears and conquered them.

Those that are not living their dreams have let fear control them. When you’re contemplating doing something but you’re scared, always ask yourself what’s the worst that could happen?

It’s likely that nothing bad will happen. If something bad could happen what are the chances? Usually a tiny chance. If you’re scared to do something, that’s a good sign that you should do it.

Seen Jaws too many times and now you’re scared of Sharks? You need to jump in the ocean. What’s the worst that could happen? You encounter a shark. So what. Maybe it bites you and maybe it doesn’t. And if it kills you then it kills you. We all die and you did it facing your fears.

Want to go into business for yourself but you’re afraid of failure? You should bite the bullet and do it. What’s the worst that could happen? You go broke. So what. Every self-made millionaire was broke before they were rich.

Want to get into shape but you’re scared of looking like a fool in the gym? Go into the gym anyway. What’s the worst that could happen? People snigger behind your back. So what. See the look on their faces in 6 months when you’ve completely changed your body.

Want to ask out the pretty girl at the mall but scared she’ll say no? Ask her anyway. What’s the worst that could happen? She could say no. So what. At least you tried while all the other cowards wonder what could have been.

If you’re too scared to ever take a chance… Then you don’t deserve any rewards.
Benefits of Early Morning Weight Training

Early morning weight training is an excellent way to start the day. Whenever I put off training until afternoon or evening it is always on my mind as something I need to get done. It’s a nagging feeling.

When I train early morning I can forget about it for the rest of the day – it’s one less thing I have to think about.

When you train early morning you start the day accomplishing something. While the rest of the city is sleeping in like a bunch of lazy bums you’re in the gym making yourself stronger.

By the time you get home, shower, eat something, most people are still in bed or just waking up and you’re ready to kick the days ass.

How to Start Training Early Morning

1) Get a workout partner. Unless you’re already an early riser it is critical to get a workout partner who will be waiting for you at the gym. It’s easy enough to sleep in if no one is waiting for you, but if you’ve got someone waiting for you then you have to get up and go to the gym.

2) Get enough sleep the night before. It’s no fun waking up at 5am if you didn’t get enough sleep the night before. Everybody is different in their sleep needs, but if you aim for 6-8 hours you should be fine. If you were unable to get enough sleep, still wake up and go train, come back and take a quick nap if you can.

3) Don’t hit the snooze button. Remember, you’ve got someone waiting for you. There is no time to sleep in. Set your alarm for 15 minutes before you need to walk out the door. You should be able to walk out the door within 15 minutes of waking up.

4) Don’t eat anything. You will likely still have food in your belly from the night before. There is no reason to eat a meal and be sluggish in the gym. You will be much more alert training in a somewhat fasted state. If you must have some calories take a protein shake.
5) Never miss a training day. No matter how much you don’t feel like training do it anyway. You will feel much better about going than you will feel about missing. Especially if you have a training partner who is waiting for you. Even though it may be hard to wake up that early it will become a habit within a week or two. When you make it a habit it’s no big deal to wake up that early.

6) Train as hard as you normally would. No point in going to the gym if you’re going to half-ass your training. Lift heavy and lift hard.

7) Enjoy the rest of your day. My training days start like this: Alarm goes off at 5:05am. Get dressed and walk out the door by 5:15am with thermos full of coffee (I get the coffee ready the night before). At gym by 5:30am, start hitting the weights. I start every Monday morning with heavy deadlifts. Get home by 6:45-7ish and start my day.
How To Naturally Increase Testosterone

It is an easily observable fact that today’s men have less testosterone than their fathers and even less testosterone than their grandfathers. We live in a highly emasculated society.

For proof just walk out your door and go to the local grocery store and take a look at the Men. I was at a grocery store the other day and I heard a “man” literally beg his wife to get 2% milk instead of skim milk. He literally begged inside of the store, like a little girl.

Testosterone is what keeps you from being a giant sissy.

Signs of low Testosterone:

Excess bodyfat, depression, erectile dysfunction and decreased energy.

There are several reasons why men have such low testosterone, and we will go over those, but the most important one is diet.

You need to eat fat to produce testosterone. Aim for 30% of your total calories from fat. The standard American Low-fat diet is producing heaps of effeminate males.

Every guy I know that is super low in T (you can tell because they are frail, timid, sexless, weak) has a poor diet. They eat low fat, low protein, high carbohydrate diets. They eat things like Macaroni and cheese as a meal.

That’s what little boys eat (they shouldn’t). Eat like a man for high testosterone. Some excellent testosterone building meals include…

**Steak and eggs** – the strong man’s favorite meal. High saturated fat in the eggs and zinc in the red meat help produce testosterone.

**Liver and onions** – Onions contains allicin which helps produce testosterone. Liver contains all kinds of good shit. Warriors of old would often eat the raw liver right out of a fresh kill because it gave them strength. If you don’t like eating liver take some liver tabs, one of the only supplements that I spend money on. I love liver tabs, they make me feel
strong as an ox in the gym. Jack Lalanne would take up to a hundred a day when he was preparing for his incredible feats of strength and stamina such as towing 70 boats with 70 people on his 70th birthday while handcuffed.

**Garlic** – Garlic also contains allicin. Peanuts, salmon, coconut oil, olive oil are all rich in good fats. Cook everything in butter, not margarine.

Eat as naturally as possible. Stick with organic fruits and veggies and grass-fed for your red meat if you can afford it.

If you are a vegetarian try to stop being a sissy and eat meat, the diet that Man was designed to eat. How many manly vegetarians have you met? If you’re like me the answer is zero. That’s because they eat low fat, high soy content meals. For God’s sake never eat soy! Soy is estrogen enhancing poison. Don’t believe the government hype that soy is great, soy is cheap and easy to produce and is a government subsidized crop (the other 2, corn and wheat, also should be avoided).

**Some other tips to help increase testosterone naturally:**

Get a good night’s sleep in a cool, dark room. Sleep at night or else you will mess up your circadian rhythm which leads to decreased T.

Lift weights. Heavy compound exercises produces testosterone naturally. Between 4-8 reps per set is a good goal. If you’re fat, lose weight. Increased weight leads to higher estrogen levels.

Don’t smoke. Smoking inhibits sexual appetite, probably because you’re constantly sucking on a thin, white phallus.

Don’t drink (or limit alcohol consumption) – Alcohol has been proven to lower testosterone.

Have sex. Frequent sex, especially first thing in the morning, increases T levels. I experimented with celibacy for 8 long months and I could just about feel the testosterone leaving my body.

Live stress free. It’s easier said than done but stress and worry is a huge testosterone killer. A good rule of thumb is if you can’t change it then there is no point in worrying about it.
Don’t keep your cell phone in your pocket next to your boys. According to Tim Ferris’ *The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman*, cell phone radiation leads to decreased sperm count and T levels.

Listen to music that pumps you up – Songs that pump you up, pump you up full of testosterone.

Eat your vegetables – Vegetables have been repeatedly demonstrated to raise testosterone and decrease estrogen.

**Other reasons men have low testosterone:**

We live in a highly feminized culture where so called femininity is rewarded and masculinity is punished. A generation of men raised by women doesn’t know how to be masculine.

The irony is that women are becoming much more masculine and men are becoming more feminine. Don’t believe your masculinity is wrong and don’t believe the feminist misandrous propaganda.

You are a man and it’s ok to act like one. Never let women boss you around, and they will if you let them, it has a feminizing effect on you. Studies show that married men lose testosterone as well, probably from all the nagging and order-giving.

If you must get married, find a feminine (not feminist) woman, she will be the yin to your yang.

Turn off the television. TV is nothing more than a brainwashing machine and it’s telling you that women are always right and men are always wrong and always to blame. Ignore the media.
Learn to Defend Yourself

Even in an emasculated society there are countless testosterone filled men who will not hesitate to snap your neck. If the shit hit the fan could you defend yourself or your family against a man the same size as you? Against a man bigger than you?

If a man bigger and stronger than yourself slapped you in the face in front of your wife, girlfriend, or kids would you take him out? Or would you hang your head in shame?

Walking away is always the best option, but what if it isn’t an option? 99 times out of 100 a bar-room altercation will not come to blows, but that 1 time it does won’t end up so well for you if you get beat up.

If another man strikes you you strike back. Even if you do get beat up, when you go down you go down fighting. The late, great Jack LaLanne tells a story about being a younger man, eating in a diner and 3 punks come in and start making fun of him, calling him “muscles” and ridiculing him.

Jack took the 3 punks into the parking lot and dealt with each of them and went back into the diner to finish his meal. All the patrons in the diner thanked him and clapped for him. There is a difference in walking away from a silly fight and being a coward who has no pride.

Get into shape: A frail body isn’t defending anything. A man in good shape is more intimidating to someone who wants to pick an easy fight.

Learn some form of defense: You could take up boxing, mixed martial arts or Brazilian jiu-jitsu. You could attend a self defense class or you could have a friend teach you some moves. Watch some self-defense videos if you have no other options. The confidence alone from knowing you can hold your own and defend yourself is worth more than money. Walking down the street I am comfortable in the fact that if a bigger man than myself gave me some trouble I can hold my own. I may take a few licks but I’ll give just as good as I got.

Talk yourself out of the fight: If a fight can be avoided, it should be avoided. You never know who’s carrying a knife or a gun, or if he has friends waiting in the distance.
Position yourself for easy defense: If a man is getting in your space you never keep your hands in your pocket, you keep them up to defend your face. Don’t make an overt boxing stance, you can pretend to be scratching your chin or something like that. Your hands always need to be ready to act. When the fight starts always protect your face with your forearms, hold your arms up at a 90% angle, thumbs facing your head.

If it comes to blows: Move quickly. Get your hits in as fast as you can, subdue him as fast as you can, and get away as fast as you can. A hard punch to the throat will take him out. A rear-naked choke will take him out. A hard kick to the knee will take him out. A hard knee to his face will take him out. If you’re trading blow for blow you aim for the jaw. Always keep your hands up in front of your face to protect yourself.

Fight dirty if it’s life or death: If you’re fighting for your life all rules of combat decency evaporate. This is where you kick the groin, bite the nose, poke the eyes, any severe damage you can do.

Never pick a fight: Only finish one if it is necessary. A man has no business not knowing how to stand up and fight for himself. This is how you learn to defend yourself.
How to Consistently Make Progress in the Gym

Always strive to do one thing extra in the gym. One thing that you have never done before. That could mean…

*Using a heavier weight than you have ever used before. Doing one more rep at a certain weight that you have never done before. Doing an exercise you have never done before.*

If every single day you do one thing extra that will add up to a whole lot over the course of your physical transformation. Just one thing a day can make all the difference in the world.

For instance: Last time you were in the gym you benched 205 for 5 reps, this time you benched 205 for 6 reps.

That’s your one thing that you have accomplished. That one thing that your muscles and your body were not used to, forcing them to change and adapt.

Think of what you will bench a year from now if you always follow this rule. Many lifting programs were developed like a mathematical formula where you add 5 lbs per day, or a certain percentage per day. That’s all well and great for a little while, but at some point your gains will completely stop.

The human body is not a machine so you can’t treat your workouts like some sort of computer program. Strength gains will come organically with hard work, they will not come on time with some contrived routine.

To ensure you get the most and that you are gaining strength always push yourself to do one thing extra.
Cut out the Bullshit

_Do you want to be strong and jacked?_

Cut out the bullshit and go lift some weights.

_Do you want to be rich?_

Cut out the bullshit and start working your ass off.

_Do you want to be free?_

Cut out the bullshit and cut ties with everything keeping you tied down.

_Do you want to travel the world?_

Cut out the bullshit and get on a plane.

_Do you want to be an artist?_

Cut out the bullshit and start creating.

The only difference between you and the famous people you admire is that they cut out the bullshit and went for what they wanted.
8 Reasons Every Man Should Lift Weights

“I have never met a truly strong person who didn’t have self-respect.”
HENRY ROLLINS

#1) Weight training will make you feel strong and fit: There is a reason this is number 1, it is the most important aspect. A feeling of strength and power will give you confidence you possibly never had. We have all heard the saying a strong body is a strong mind and it is absolutely true. Strength IS confidence.

#2) Weight training will help to burn more fat: There is a prevailing myth that the only way to burn fat is to do cardio. Nonsense. Building solid muscle mass with an adequate diet is the absolute best way to get rid of those love handles. Muscle mass raises your metabolism. Muscle mass burns fat. Build more muscle to burn more fat.

If you don’t have muscle mass to begin with cardio may help you lose weight but you will not get the toned look. At best you will look skinny-fat if all you do is cardio. That’s good enough for some, but it’s not good enough for you.

#3) Weight training will increase your energy: It’s an invigorating feeling getting under a bar and lifting what you never thought you could lift. That energy stays with you. There is no better high than after an intense workout, no chemical substance can match the feeling of calm after a great workout.

Enough of the routines, driving to work, needing cup after cup of coffee, only to be exhausted by the time you get home, enough energy to eat pizza and watch tv all night long. Turn off the TV, put down the pizza, and pick up some weights. You will thank yourself later.

#4) Weight training will teach you discipline and hard work: Our society is soft. Our men are weaklings. You must remember, nothing good ever came from something easy. It takes hard work, pain, and sacrifice.

#5) Weight training will make you healthier: After several months of weight training you will notice you get less colds, flus, and other sicknesses. That is because regular
exercise improves sleep patterns.

Better sleep + regular training = stronger immune system. Your body has become stronger from the inside out. Weight Training will also help bone strength and density, cardiovascular disease, diabetes, cancer, depression and a host of other illnesses.

**#6) Weight training will improve poor posture:** In the age of the computer, many of us sit for long periods hunched over. This is horrible for our posture. Most people have weak backs, weak abdominals and walk with a hunch.

Strengthen your body, especially your back and your abs, and walk upright with a purpose, a drive. Don’t walk hunched over like you’re ready to die at any moment. Life is for the living. Hit the weights.

**#7) Weight training will help you look good naked:** Perhaps this should be reason #1 - to attract the opposite sex. A strong, virile man gets more women than out of shape oafs. A strong body signals the opposite sex that you are healthy and virile and that is mighty sexy.

There is a reason that all the ads you see feature men with a 6 pack. Weight Training is the only way to achieve that look. It will “tone” the muscles to make them look nice.

**#8) Weight training is FUN:** After you get through the initial phase of forcing yourself to get to the gym you may realize you actually enjoy being there. There is nothing better than pushing through plateaus and lifting weights heavier than you have ever dreamed. Breaking past your previous limitations is a thrill. It gets to be damned fun.
4 Quick and Easy Tips to Burn More Body Fat

1) Drink water after meals, but not during. Drinking water with meals dilutes the hydrochloric stomach acid leading to improper digestion (or indigestion). Proper digestion is essential to get the vitamins and nutrients out of the food you are eating. If you can’t digest it, you can’t use it. Where does that leave it?

You may be used to sipping on water with your meals and think skipping water sounds incredibly hard. I used to think that too but it’s actually quite easy. Just decide to not have any water with the meal. Don’t have any water even close to you. Leave it in the fridge. A great big bonus is that a glass of ice cold water tastes amazing after a meal.

2) Exercise before eating a cheat meal. The one single time of day you can get away with eating the most and the worst food is after a workout. That’s because high sugary meals cause an insulin spike which, any other time during the day, can lead to fat gain but after a workout the insulin spike can lead to muscle gain which is why many pro bodybuilders actually inject insulin after a workout. Don’t do that! Earn your cheat meals instead.

It is best to get a full workout in, and then go home and pig out but if that’s not in the cards you can drop and do 50 or so pushups, 40 body squats, pull-ups, chin-ups, or triceps wall extensions. I have been known to eat some blueberry pie a’la mode in my day and when I do I always get my heart racing before I pig out.

3) Read labels. Avoid any foods with the words: soy, hydrogenated, vegetable oil, high fructose corn syrup, gluten, preservative, aspartame, and Mono-Sodium Glutamate (this will probably hide under “natural flavoring” or Hydrolyzed Vegetable Protein). In fact, avoid anything with more than 4 or 5 ingredients. Say no to Frankenfoods whose ingredients list reads like a book.

You should always avoid packaged processed foods although sometimes you want some salsa or some soup or something. Check the labels for the best choice. As a fun game, next time you go to the grocery store just try and find 5 items without those nasty ingredients! You may be amazed at what you’ve been eating this whole time.
4) Eat high carb/low fat or high fat/low carb. To limit body fat you should either limit fat consumption or carb consumption. That means if one day you want to eat high carb then just simply lower your fat intake. If you’re eating high fat that day lower your carb intake. It doesn’t have to be down to zero, just lower it.

The bonus 5th tip to burn more body fat. Pick up some Red Burner from RedSupplements.com and let it do all the work for you.

Enjoy your lower body fat!
The Importance of Never Following All the Rules

If you want to live a rewarding life beyond the ordinary, average, everyday humdrum that most people cling to you must make your own set of rules. Following the pre-determined rules will only get you one thing: nothing that you actually want.

There is one absolute rule of the universe: People who follow all the rules never get what they want. People that break all the rules get everything they want and more.

You’ve heard people cry about it a million times “but I did everything I was supposed to! How come I things don’t go my way?! He doesn’t do anything he’s supposed to and everything goes his way!”

Many think that following the rules is the best way to gain acceptance and respect. That could not be further from the truth. The only people who gain respect and admiration are those who go their own way and forge their own path.

Think about all the heroes you’ve ever had, all the famous people you have admired and envied, how many of those men followed society’s rules? Zero.

No famous man took the course of action prescribed by society. None of them went to college, got a safe degree, got a safe job and then lived life as the international playboy every man dreams of being. They didn’t choose the boring path and a boring life as their reward for not daring to be bold.

If you want fame and riches you have to break the rules. No one ever got rich with their human resources job. If you want a beautiful woman or many beautiful women you have to break the rules. No one ever had the love of a beautiful woman by taking her to dinner and a movie and bringing her plenty of flowers.

If you want a life of adventure you have to break the rules. Taking a cruise every five years is hardly a life of adventure. If you want happiness you must break the rules. Who could ever be happy following another’s set of rules with all the limitations that come along with
that?

Break the rules. Make your own rules. Be your own man. Forget everything you have ever read, heard or seen. Everything you have ever been told is a lie. Forget about it. It doesn’t mean anything because you don’t need any of that bullshit to forge your own path.

Next time someone tells you what the rule is in any particular situation do the opposite and watch the admiration flow your way.
7 Things That Make You Lazy (and How to Avoid Them!)

1) Having a job – Having a job means you are complacent. You know that you will not go hungry next month if you don’t work your ass off right now. You do just enough to not get fired to “earn” that paycheck and live.

There is no reason to go the extra mile and start building a business on your own. You’ll “do it later”. No need to do it now, you have a job. You’re tired from working. You just want to relax in your off time.

When you don’t have a job there is no off time. You are always “hustling” to make more money, get more deals going, meet more contacts, come up with more ideas. When you have a job you’re just waiting for Friday at 5:00. Solution: QUIT!

After you quit your job (with at least one month’s supply of money) it is sink or swim. Time to put your feet to the fire and see what you’re made of.

It’s a virtual guarantee that you cannot be lazy if A) You don’t know how you will feed yourself next month and B) You refuse the cowardly approach of taking money from the government which (if you have eyes) you can clearly see makes you amongst the laziest on Earth.

2) Television and/or streaming movies – We already know television rots your brain, fills your head full of silly fantasies with no base in reality, and molds your way of thinking into that of a mindless cow.

We already know that television makes you extremely lazy. It’s easy to sit down on the couch, turn on the latest episode of who cares and “relax”. You have two choices in this regard: keep watching the TV and never get anything accomplished or turn that motherfucking soul sucker off forever!

The same goes for streaming movies. If you have thousands of movies at your fingertips it’s just the same (even worse) than television. Now you have unlimited access to everything
you want to watch. Get rid of that bullshit! It’s for dummies and suckers anyway.

3) **Fast food, junk food, other highly processed food** – I’m still amazed at the sheer number of people who cannot put together the subpar “food” consumed with almost every ailment be it physical or mental. Garbage in is garbage out but no one can put 2 and 2 together.

All that nasty food is loaded with added chemicals, fillers, and addictive compounds that work to make you stupid, lazy, docile, fat, weak, and sick. Next time you’re in line at KFC or McDonald’s I want you to take a look around at everyone else in line.

Do these people look like they’re in great health with abundant energy to take on the world? No? Do they look like they’re going to go home and eat their slop in front of the TV and go to work tomorrow to be able to buy more cow feed? Yes.

If that’s the life you want then go for it. Perhaps there is a “fat acceptance community” you can join and bitch about how your genes won’t let you do anything. Or…

You can eat nothing but real, healthy, natural whole food and see how fucking great you feel! Perhaps for the first time you will notice all this extra energy that you can put towards so many uses. Real whole foods include eggs, steaks, pork chops, fruits, vegetables, rice, potatoes, etc.

It does not include Wheat Thins or other slop posing as health food. Eat healthy to be healthy. Healthy people have tons of energy. Fat cows have no energy.

4) **Video games/computer games** – Games take away hours of your life and for what? I honestly don’t understand video games after you grow up. It makes no sense to me but so many young men are addicted, literally addicted, to them it is disheartening.

Think about all the stuff you could do if you weren’t cooped up in the dark pretending to be a war hero or whatever stupid shit you’re playing this week.

Give the games up for REAL LIFE! Get rid of them, throw them away, sell them, uninstall them, just leave them behind. There’s so much you could be doing instead!

5) **Porn** – Porn is probably the worst thing for a young man becomes it makes him extremely lazy. Instead of going out to find a girl to have sex with he can just sit at home in
the dark and live out his fantasies on the computer.

You never have to develop a personality or “game” because you can have everything you think you want night after night. The only problem is you are at home, alone, pretending. Think about how sad that actually is.

Instead of going out and trying to meet girls you’re sitting at home in the dark playing with yourself. I have to tell you it’s much better having a girl to play with than it is to play by yourself.

The solution is quitting cold turkey and installing some parental controls that don’t allow you to access porn. You can tell yourself you’ll cut down, or do it in moderation but moderation is bullshit. You’ll either do it a lot or not at all.

What you can do instead: Go out and start talking to girls. If you’ve been a dork or bad with women you’re whole life you will have to learn some game. This will likely become your new addiction, but that’s ok because it is a healthy natural pursuit. Every man wants women (besides the obvious), women only want Alpha males who can lead. Go make something happen with a beautiful woman.

6) Having a lazy wife or girlfriend – Being in a relationship is notorious for making a man lazy. You get complacent, you order pizza every night, you rent a movie, you go shopping. Pretty soon it’s 2 years later, you’re fat, you’re working a shitty job, you look back and you’ve accomplished nothing.

If you’ve got a lazy girlfriend (watches TV all the time, doesn’t get you fired up to become successful) it’s time for some dumpage. She can be lazy all she wants but don’t let her drag you down too.

There are plenty of other fish in the ocean, find one that fires you up and inspires you (don’t confuse that with a nagging shrew) and watch all the shit you get accomplished with her support.

If you’re married to a lazy, good-for-nothing I don’t know what to tell you except you were stupid to get married in the first place. After she takes half your stuff along with your kids and you end up paying her alimony or child support out the wazoo then maybe you will wise up and find a good woman the next time around.
7) Facebook and other social media – There’s no reason to live life when you can pretend to be whatever you want. How many times have you been to some gathering where people should be chatting with each other but instead are on their phones commenting on Facebook? All the time.

You could be one of those people who live their lives through a computer and a phone. Why don’t you live your life the way it should be?

Commit social media suicide, get rid of all the Facebook nonsense and concentrate on tangible life experiences that actually make a difference.

Instead of commenting on Facebook about some triviality you can accomplish something. Go to the gym and pick up some weights, go for a hike, anything but living like a social media zombie.

The world is waiting for you. Go get it. Leave all the lazy zombies to their smartphones and laptops.
Unless you have the same disease as Benjamin Button you are not getting any younger. All the adventures you daydream about will never happen UNLESS you take action, get off your ass, and go do them!

Which do you think you will regret more when you die: not working enough or never doing the adventures you dreamt of? I have never died before but I’m certain that while on my death bed I will not regret deciding to be a free man and not a wage slave and I will always be happy that I took chances and had adventures. Can you say the same? Let’s have a great time, and have some eye opening experiences.

4 Unusual Ways to Break out of the Usual Routine

1) Move to a foreign country and teach English as a 2nd language: What is a greater adventure than moving to a 2nd or 3rd world country? Nothing! The benefits to doing this are many.

1) It’s an adventure living in a whole other world from what we are used to.

2) You are usually provided free housing and enough money to live very well, better than most locals.

3) It is an eye opening experience to see how people live in a way that is quite different from life in America.

4) It is a way to get a visa. In some countries it is quite hard to stay for an extended period of time, teaching English will provide you with 6 months to a year and can be renewed every year.

5) You don’t have to be a genius to teach. Just about the only qualification is being a native English speaker, though some countries will require a college degree or a TEFL certificate.
6) You usually work 10-20 hours per week, leaving plenty of free time for exploration and adventure.

2) Take a cross country camping trip: Camping is easy. Just pack some clothes, a cooler, a tent, get in your car and drive into the great unknown. It’s much cheaper than taking a cross country trip and staying in hotels or hostels and you get to see more of America than by staying in some drab hotel room ordering room service and watching $10 movies.

Grill some steaks every night for dinner, sit underneath the stars, explore the woods, live like man was intended. If you think you’ll feel lonely, don’t! You will meet many, many interesting people along the way. If you are that worried about feeling lonely you can bring a friend or a dog along.

3) Take a plane, train, or bus somewhere you have never been: There is somewhere you have always wanted to go. Take a few days (or more) off from everything, book a ticket and go! Go experience it.

Who knows, maybe you will hate it or maybe you will love it so much you never come back. One thing is for certain, it will be an experience you won’t forget.

4) Get in your car and start driving: There is no way I am the only one who has ever wanted to just get in my car and start driving. Well, I never got the chance to. I sold my car and moved abroad, but that just means that if someone else does it they have more courage than I.

The next time you’re sitting in rush hour traffic, dreading work at the soul-stealing hell-hole you think you have to endure, what if you just turn the car in the other direction and start driving?

What’s the worst thing that can possibly happen? You’re gone for a few days and you lose your job. Easy fix - you just get a job at the next hell-hole. But what is the best thing that can happen? You learn what it’s like to live free. Change your life today. Tomorrow might be too late.
How to be a Winner in One Easy Step

No one at your office is as innovative as you and they won’t listen to you? *Who gives a fuck!*

Your co-workers are all obese and don’t respect your dietary lifestyle? *Who gives a fuck!*

Can’t get Suzy in accounting to go out with you? *Who gives a fuck!*

Can’t find a job with your degree? *Who gives a fuck!*

Can’t go out tonight because you have to open up the store tomorrow? *Who gives a fuck!*

The big promotion went to that asshole Brad instead of you? *Who gives a fuck!*

Got laid off so the company could save a few bucks? *Who gives a fuck!*

Facebook is blocked on your company server? *Who gives a fuck!*

Wouldn’t you rather make the rules instead of obey them? *You had better do something about it yourself because we certainly don’t give a fuck.*

Until you see that everything is your responsibility nothing will ever change. Accept it or do something about it but never whine about it.

Winners act. Losers complain. Which one are you?

It is only when you start to win that anybody starts to give a fuck. Keep your mouth shut and change the game while all the losers are complaining.
Imagine… You have just been given the news. You will die in two years. It is unavoidable. You now have to choose what you will do with your remaining time on Earth. What will you do...

Will you finish your degree and put yourself into massive debt? Will you continue working your job as a wage slave and keep paying off your debt? Will you live for the weekends only?

Will you go home every night, order a pizza and a 2 liter of Coke, turn on the boob tube and drown out your sorrows? Will you go shopping for the latest gadgets that “make your life easier”?

Will you sell everything you own and take a trip around the world? Will you go sky-diving? Will you visit the Great Wall of China? Will you go hike in the mountains at sunrise every morning?

Will you go to Starbucks and order a non-fat vanilla chocolate mocha Frappuccino every morning on your way to work? Will you be scared to approach all the beautiful women you see every day?

Will you keep playing World of Warcraft 19 hours a day? Will you update your Facebook first thing? Will you ever even turn on your computer again?

Will you buy a golf-cart to use as your daily driver? Will you go to Australia and motorcycle across the continent? Will you walk through the Sahara desert? Will you live on a beach in the Philippines?

Will you take out a 2nd mortgage on your house and lease a new car to keep up with the Jones’?

What if you knew you were going to die in 20 years? 40 years? Would you do what you are doing right now? It’s all a blink of an eye. Make that blink count for something.
Over-Reliance on Science: The Value of Instinct

Science is man’s law. Man is not infallible. Man is never impartial. Man always has an agenda or is paid by someone who does have an agenda. Science is not 100% because it is biased in favor of the researcher.

Even if science was 100% correct the interpretation of that science is up to the writer who will have an agenda of his own. Science cannot be trusted. The only thing that can be trusted is your own instinct. Not your mom’s instinct, not your friend’s instinct, not a writer’s instinct but your own.

A lion follows his instinct and eats the same foods over and over again. A lion understands that everything it needs is in these same foods. It does not need a researcher to tell it what vitamins and minerals it needs and what “super-foods” to obtain them from. A lion does not need variety or moderation in its food choices.

What will mainstream science tell us? It will tell us we need a huge variety of foods to obtain all the necessary vitamins and minerals. At the same time science will tell us to only eat foods (especially foods high in saturated fat) in moderation. This goes against all of man’s natural instincts. Instinct tells man to eat animal foods high in saturated fat. When these foods are unavailable (again, usually the same animals over and over) instinct will tell us to eat vegetables to stave off starvation until fatty meat can be had again. All men notoriously love red meat, bacon, butter and other fatty foods. Because these are foods that men need.

In the history of the world there has never been an emasculated man who ate red meat, bacon, and butter daily. The emasculated man eats soy, tofu, vegetables, grains and light fish – all of which science says are great. All children notoriously hate vegetables. What does most science say? Don’t eat a lot of meat or fat, eat a lot of vegetables and fruits and whole grains. This very obviously goes against our nature. Science will tell us that cholesterol is bad and will kill us. This goes against what our instinct is driving us to eat. Not to mention that even science has debunked the stupid cholesterol myth.

Science will say that jogging and eating low fat is a great way to get and stay in shape. Not so. All it takes is a pair of eyes and a willingness to look beyond the standard dogma.
to see that people who run to stay in shape and eat low-fat always have terrible bodies and even look sickly a lot of the time. Take a look at the men who are in excellent shape, especially older men who have been in terrific shape for a number of years, and you will see two things in common: they rarely, if ever, do any cardio and they do not limit their fat intake. They lift weights and eat steaks.

You may be saying to yourself “well bodybuilders have excellent bodies and they barely eat any fat!”. And you would be right. What you aren't taking into consideration is their use of synthetic testosterone. You see, fat and cholesterol are essential for testosterone production. Testosterone is essential for muscle building.

These bodybuilders take mega-doses of synthetic testosterone eliminating the need to actually eat any fat or cholesterol. Therefore, to cut down on calories they cut out the unnecessary fat. What you may not know is that bodybuilders get grossly overweight when they stop competing (stop using steroids) but continue to eat the same way – high carb, high protein, low fat.

What you also may not know is that the very vast majority of them get incredibly fat in the off-season or what is known as a “bulking” stage. They use heavy doses of synthetic steroids to help shed the fat in a mere 12-16 weeks. If you don’t take steroids, you can’t eat like a bodybuilder and expect to look like a bodybuilder.

I have read a ton of scientific studies on so-called “super-foods”. These studies never mention eggs, red meat, or any other real food. They inevitably have blueberries at the top of the list. I’ll make a bold claim right now: BLUEBERRIES ARE NOT FOOD! Blueberries are a tasty treat to snack on when you want something sweet. They are not a food and they sure as hell are not a super-food.

The next time someone asks you what you are having for dinner tell them blueberries and watch the bewildered look on their face. They are going to think you are an idiot because deep down everyone knows blueberries aren’t food. You couldn’t make it one week eating just blueberries. You would be weaker than a newborn kitten and you would be ravenously hungry.

Now, tell the person you are eating steak and eggs for dinner. They will not question whether or not that is a filling meal because they know it is, though they will likely ask “aren’t you scared of cholesterol?”. Red meat is the ultimate super-food. Red meat could be eaten every day for a year with little or nothing else and at the end of the year not only
would you be in excellent health but you would be as strong as an ox.

Science will say that moderate exercise 3 times per week for an hour is optimal for health and fitness. I don’t need to read an article stating otherwise to know that that is BS. All I need are my own 2 eyes to see that people who exercise only 3 times per week always look like shit. Especially the ones who use “moderate” weight. “Never work out too hard or your muscles will fall off and you will die of overtraining!”

Go to the gym and see the guys in the best shape. Those are the guys that are in the gym MINIMUM 6 days per week and they are always lifting the same: hard, heavy, and with little rest. Hardly using moderate weight, moderate rep ranges, or moderate anything. Moderation is for losers, quitters, and whiners. Extremity is for winners. A science article proving this daily observation is completely unnecessary.

Science says don’t eat raw meat or raw eggs or you will die. Instinct tells me that raw meat is delicious and much more nutritious than cooked, especially overcooked, beef. When I look at a piece of raw steak at the grocery I think it looks beautiful and delicious. Cooked meat does not have the same level of appeal. Instinct tells me to eat steak raw or undercooked for maximum benefits.

This instinct is validated when I have incredible energy and stamina after consuming a meal like this. After eating like this (currently I fry both sides of a steak for about 10 seconds to kill all the germs on the outside, the inside is raw) I can tell a huge difference between eating undercooked beef and overcooked beef.

Frankly, overcooked beef is horrible, terrible tasting and I can’t finish it when I try to eat it. Instinct tells me there is no value in eating it that way, all the excellent benefits of eating beef are nuked when the beef is overcooked. Science will say eating vegetarian is healthy. Instinct, and my own eyes, will tell me that vegetarians are chronically skinny, malnourished, effeminate, pathetically weak and have a giant guilt complex. No thanks, science.

Science will say eggs need to be refrigerated or they will kill you. Even I never questioned this scientific “fact” until I moved to China. Eggs in the grocery store are never refrigerated and are always kept with the vegetables. One hour ago, when I came home from the gym, I drank 6 raw eggs (nature’s protein shakes) that have been sitting on my counter-top since I bought them warm from the store two days ago. Clearly eggs do not need to be refrigerated. Any article stating otherwise is either written by a stupid person who is
unable to experiment or is a bold-faced lie.

Science says breakfast is the most important meal of the day. Instinct tells me breakfast is unnecessary. Instinct is validated when I do eat breakfast and am sluggish, full and sloppy. When breakfast is not consumed I feel bright and alert and light on my feet. If I were to listen to science over my own instinct I would feel like shit every day.

Science says 4-6 small meals a day are the best way to burn fat and avoid feeling hungry. Instinct tells me that is just plain stupid. Eat MORE to LOSE fat? Eat SMALL meals to feel full? Sounds too stupid to believe. Instinct, validated by experimentation, has told me 2-3 large meals a day, with plenty of fat, are excellent for keeping hunger at bay and feeling satiated but not sluggish during the day. Instinct also tells me hunger is a good thing. What kind of nonsense is that that you should never feel hungry? Instinct tells me to eat when I get hungry and to not eat when I am full. Pretty simple really.

The other day a fat associate of mine told me “I don’t understand how you stay so fit. You eat all this meat and butter and you never run on a treadmill.” I told her, for about the 19th time, that is precisely why I am fit and she is fat. She is a person who will only listen to mainstream advice and science and will pay a hefty (ha!) price for it. Don’t be like her. Carve your own path. You know more than you think you do. Forget science. Trust yourself. Don’t listen to anyone else. You will be better off. Trust me!
Train Like an Animal

Train like an animal because if you don’t you are just wasting your time. You are the lion of the gym. Act like it. The sheep and cows can sit on a machine and watch TV but you’re there for a purpose.

You’re there to strengthen your body and mind. The only way to do that is to push yourself past any limits you think might exist. The other weaklings in the gym have accepted limits.

That’s why they look the way they do. That’s why they act the way they do. That’s why they are frightened.


That weight doesn’t want to be lifted. That weight thinks you can’t lift it. That weight is mocking you.

What that weight doesn’t know is that you do not accept limits. You will lift that weight. And if you fail you WILL try again and again until you succeed.

So do it. Go all out. Leave everything in the gym. If you leave the gym and you still have more in the tank you have failed. Leave everything in the gym. Take it to the limit. Past the point of no return.

If you aren’t willing to sweat for it you don’t deserve it. If you’re willing to die for it it’s yours for the taking.
Using the Right Attitude

There are two attitudes that matter: Time to Kill & Time to Play. Anything in between is filler. Have you ever noticed the people who make fun of cliches like “Go hard or go home!” and “Lead, follow or get out of the way!” are the pudgy or skinny people who never accomplish anything?

These are the kind of people who work in offices or call centers and go home to eat pizza and wonder why their girlfriends are so distant lately. These are middle of the road kind of people...people afraid to take a hard stance one way or the other.

Have you ever noticed that the men who live by these cliches are usually in top notch physical condition with a thirst for adventure and success?

It is not their willingness to embrace these cliches that drive them to the top. It is their willingness to go the extreme that propels them. Extremity is for winners. When it’s time to kill, a winner will kill with all his heart. When it’s time to play, a winner will play like the world is ending tomorrow.

Going out on a Friday night for some beers: time to play. Hitting the gym first thing Monday morning: time to kill.

Taking your wife out on a date: time to play. Running your business and making money: time to kill.

Enjoying a BBQ with friends and family: time to play. Tirelessly pursuing your goals: time to kill.

Keeping and utilizing the right attitude at the right time is the ultimate mark of a winner. A winner will never go to the gym and say to himself “Oh, I’ll just sit on a few machines and do whatever”.

That’s what an average person will do. To a winner there is nothing worse in the entire world than being average. I would rather be dead than average. Make your choice. Born to kill.
Break out of the Human Zoo

I don’t visit zoos. Ever. It’s not because I don’t like animals. On the contrary, I like animals very much. I don’t visit zoos because I don’t like seeing animals living in animal prison. The animals in zoos always have broken spirits readily apparent in their vacant gaze. It’s no fun seeing animals like that. It’s just sad.

The reason I don’t visit zoos is the same reason I don’t have a normal, 9-5 office job - it kills the human spirit. Next time you go to work I want you to look in the eyes of all you see - from the other motorists stuck in traffic to all your cubicle drone co-workers.

You will see one thing in all of them - broken spirits. Walk into the bathroom and take a look in the mirror. Do you have that same look in your eyes? Probably.

Just like animals were not meant to live in zoos pretending it’s natural, humans were not meant to live in human zoos pretending to live life.

Animals living in zoos are fed everyday, they don’t have to do anything for their food, some of them get lazy and fat. If they were released back into the wild they would have to work harder to eat everyday. There would be no security. They would give up security for a life of freedom.

Do you think, given the chance, that animals would stay in a zoo for the rest of their life if the cage doors were left open. The difference between animals in a zoo and humans in an office is this: Animals are locked in their cage.

Humans willingly stay in their cage. Your door is open. It has always been open. It’s only in your mind that the cage door is locked.
The Strong Silent Type

If you say you are going to do something you had better follow through with it. When you do not follow through, the people whom you told of your plans will think “that’s what I thought. He could never accomplish that.”

How many times have you heard a motormouth talk about all the things he was going to do and he never did any of it? When you don’t tell anyone anything and then you accomplish something those same people will look at you with a sense of awe, respect and... jealousy.

When you speak of your plans, your brain feels like you have already accomplished your goal and you have less drive to finish what you start.

When you don’t speak of your plans to a single soul then your brain has no reason to think it has been accomplished. You will still have that fire and passion for success.

Lesson: Don’t say anything! Just stop talking and start doing. Explanations are for the weak. Actions are for the strong.
Finding the Time to Work Out

“I would work out but I just can’t seem to find the time.” Sound familiar? What is really meant is “I would work out but I’m just not motivated enough.”

The time can always be found. It’s as simple as turning off the TV, getting off the computer, turning off the video games, cancelling the trip to McDonald’s and dragging yourself to the gym.

Getting there is the hard part. It’s all downhill after that. Much of success is simply showing up. Most don’t show up. Ever. If you have shown up you have a leg up on almost everybody else. “But I’m REALLY busy!”

Wake up an hour earlier and go to the gym. Go in the morning before work. Go first thing after work. Go at night after you put the kids to bed. Go to bed an hour later.

The time can ALWAYS be found. The busiest person in the world can free up three hours a week to exercise.

The motivation is harder to come by. Believe it or not, after a while lifting it becomes addicting and it becomes harder to take a day off than it is to go work out.

A while ago someone asked me something trivial like why hadn’t I swept the floor or something, I responded “I’m lazy”. He asked, “How can you be lazy when you go work out every day?”

I responded, “That doesn’t make me any less lazy. I love lifting. I love going to the gym. It’s much harder for me not to go to the gym than it is to go. If I take an unplanned day off I feel like shit. I don’t force myself to go to the gym because it’s my favorite thing to do. You’d have to force me not to go.”

It wasn’t always like that. When I first started going I did have to force myself to go. Eventually I started dreaming about it during the day, just waiting in anticipation.

Start yourself at a moderate, leisurely 3 days per week. That’s about the best start anyone
can make.

It won’t be fun at first. You will be weak, and tired, and sore, and hungry. Just keep going. You will feel great after you work out and you will be glad you did. Just force yourself to go.

Eventually you will understand what it’s all about. Eventually nothing will keep you from the gym.
Top 3 Rules for Getting into Shape

1) Lifting is King: Lifting weights is King when it comes to getting in shape. If you doubt this, walk into any local gym and check what the most fit people in the gym are doing. They aren’t walking on a treadmill staring at a TV, they are in the weight room lifting away. Lifting increases your heart rate. Lifting builds muscle, muscle burns fat, muscle ups your metabolism.

“But I don’t want to get huge” – Relax. Every huge monster you see in the gym is on anabolic steroids with no exception. Even on steroids getting huge requires almost constant eating, lifting 6 days per week, and the desire to get huge. Don’t inject, don’t eat 5,000 calories a day, don’t want to get huge and it won’t happen. Ever.

“But I just want to ‘tone’ up” – Lifting is how you tone up. Cardio, like jogging and elliptical machines, do not tone you up. They may help you lose weight but you will just be skinny-fat if you don’t lift. Muscle is what gives you the “toned” look.

2) Nutrition is queen: Nutrition is almost as important as lifting. You cannot get into shape eating Twinkies, sodas, and McDonald’s all day. Every fitness magazine and every bodybuilder will tell you to eat high carb, high protein, and low fat. It works for them. What they will never tell you is that they are on anabolic steroids and therefore do not need to eat any fat.

Fat is essential for building testosterone, testosterone is essential for building muscle. When a bodybuilder or athlete injects synthetic testosterone daily they have no need to build it naturally. For a natural trainee high fat, high-medium protein, and low carb is the best route.

“But eating fat makes you fat!” – No, eating fat does not make you fat unless you are eating man-made, chemically altered fats likes trans-fats and vegetable oils. Stick to real foods that contain saturated animal fat. Fatty meat, butter, eggs, fish, whole milk (raw, I can’t recommend pasteurized) etc... are excellent foods for the natural trainer.

“What about all that cholesterol?” – You have been lied to by the media and what you believe to be science. Eating cholesterol does not increase your cholesterol. Cholesterol
is essential to eat.

Carbohydrate sources: The best carbohydrate sources are starchy tubers like sweet potatoes, yams, and regular potatoes. White rice is an ok source. The benefits of fruits and vegetables have been greatly exaggerated. Much of modern fruit is sugar in a prettier package.

Most, if not all, the vitamins and minerals a human needs can be found in a rare steak. There is a reason your grandfather and great-grandfather had much more testosterone than today’s men. They ate natural foods high in fat – beef, pork, milk, eggs. They weren’t eating “health” foods like soy and wheat.

**To lose weight** – To lose weight you must eat less food. You will hear advice saying that you need to eat MORE to lose weight. Worse, some people actually believe this. Saying that eating 6 times per day will increase your metabolism or some other nonsense and help you lose weight. In a dream world this might work. 1 or 2 big meals per day is perfect for losing weight.

2 meals of steak and eggs will give you much steady energy and you will not have the need to snack or eat more often. 1 giant meal is harder to start doing, but the benefits are just as good. You can eat not quite perfect and still lose weight at a comfortable rate.

If you’re excessively fat or obese it is because you cannot tolerate carbohydrates. You should severely limit or completely cut off carbohydrate intake. Only re-introduce them very slowly (if at all) after you have lost a good deal of weight.

**To gain weight** – To gain weight you must eat more food. Smaller, more frequent meals are ideal for gaining weight. Anywhere between 4-6 meals per day is perfect. It’s very hard to gain weight eating fewer meals, this is the reason every bodybuilder eats 6 meals per day. You have to eat to grow. Start eating. When you feel like you can’t eat anymore, eat some more.

**3) Cardio is Prince**: Some cardio is ok. Endless jogging or other cardio machine usage in a steady rhythm is downright counter-productive. If this sounds unbelievable, go to the gym again and watch all the people that flock to the cardio machines. 95% of them will be completely out of shape. Cardio is not the healthy route.

A much better route than traditional cardio is “conditioning”. Conditioning workouts will
utilize periods of intense physical exertion with periods of rest. Things like sprints are an excellent way to get into phenomenal shape. As a general rule – to get into great shape train like an athlete would train. Don’t train like the slobs on the treadmill train.
Why Diets Don’t Work

Diets don’t work. In other recent news: We landed on the moon. That diets don’t work should be so stupidly obvious that I feel like a moron even typing this. However, most people still really do believe that to lose weight you have to go on a diet and eat “diet food”.

That typical “diet food” actually makes people fat, even obese, in the first place won’t enter into may peoples minds. There are 3 basic premises of diets and they are all wrong and completely misguided.

1) To lose weight you have to go on a diet. After you lose the weight you can go off the diet. “I lost the weight but as soon as I got off the diet I gained it all back!” What? No! As soon as you started eating the foods that made you fat in the first place you got fat again? Incredulous!

2) You have to eat low calorie foods to lose weight. This premise is so simple yet so incredibly wrong. If you eat low calorie foods you have to eat A LOT to get full. You need to be full to stop eating. If you aren’t full you will keep eating. Low calorie foods will never leave you satisfied, instead you will feel ravenous and fall off the diet within a matter of weeks or days or hours.

Instead, you need HIGH CALORIE, NUTRITIONALLY DENSE, WHOLE FOODS. High calorie whole foods keep you satiated with less food so you do not need to snack or to keep constantly eating. Simple, right?

3) You have to eat diet foods to lose weight. Diet sodas, low fat yogurt, fat free cookies, “heart healthy” cereals etc... These types of foods are the biggest cause of obesity in the world which is why you see carts full of these types of foods belonging to obese people. Simple math right? 2+2=a fatter you.

Why the link hasn’t been connected by people everywhere is a mystery. These foods aren’t foods. They were foods once, then they were chemically processed and stripped of ALL nutritional value so they could be stored indefinitely and not go bad, then some nutrients were added back in and sold to a bigger, fatter you.
How to Lose Weight and Keep it off:

Stop eating junk food. If it doesn’t go bad it isn’t food. No exceptions. Eat nutritionally dense whole foods: steaks, pork, chicken, eggs, potatoes, sweet potatoes, rice, butter, raw milk (if it hasn’t been criminalized in your area by the FDA – think of the FDA as your new step-mommy that hates your guts and wants you out of the picture. Their ‘advice’ is not supposed to make you healthy and is to be avoided at all costs).

Think about the types of foods your grandparents and great-grandparents would eat and eat those foods. Don’t eat more than 3 times per day. Two is even better. Eat this way for the rest of your life and exercise vigorously.

That’s it. That’s the no-nonsense way to not be fat. There is no “secret” celebrity method to losing 80 lbs in 3 minutes. To not be a fatass you have to stop eating like a fatass.
Is it Worth it?

Is your stuffy job worth it? Working 50 hours a week with people you hate just so you can make someone else rich?

Are your two cars and the two car payments and the two insurance premiums worth it? Is your 30 year mortgage worth it? Are your yearly property taxes worth it? Is your 50 inch flat screen TV with 500 channels of indoctrination worth it?

Is your useless 4 year degree with your insurmountable student loans worth it? Is it worth going into massive credit card debt just to get the new iPhone?

Is it worth saving for your far-off retirement so you can finally live like you should now? Is constantly buying useless shit worth the sacrifice you make to work at a shitty job?

Places like heaven exist. It probably takes less money to get there than the amount you spend every month. Is it worth it?
Unconventional Advice for Young Men

As a young man you have the whole world and an entire lifetime in front of you. Now is the time to take advantage. Of all the regrets you may have later in life, wasted time will be the most heartbreaking of them all.

Do not follow the path that has been laid out for you, do not do as everyone else you know. Unless you are average. During your schooling you have been led to believe that you must follow this order: go to college, get a job to pay back your student loans, get married, consume as much as possible, save for retirement at which point you can live life, and then die having accomplished nothing other than being a good boy and doing what you were told.

Everything you have been sold in high school is a complete lie. If you find this unbelievable just ask anyone in their late twenties to mid-thirties who followed this path and see how happy they truly are. They may lie with their words but their soulless eyes cannot tell a lie.

Looking back on how I used to live my life I see a lot of wasted time that could have been used to build something magnificent. I didn’t wake up until after my mid-twenties. If I could go back and slap some sense into my 15 year old self this is what I would advise:

1) Lift Weights. I definitely would have convinced my teenaged self to start hitting the weights with a fury. I look back on all those wasted years and think of how I could be so much stronger if I had started hitting the weights at around 14 or 15 years old.

Lifting gives you a sense of pride and accomplishment that a skinny person or a fat person will never know or understand. As a teen you are in the primetime for developing some serious strength and a great physique. You have all that natural testosterone pulsing through your bodies. The ladies melt for a guy with a great physique too.

2) Play a sport, especially wrestling. I used to laugh at all the “dumb preppy jocks” in my school. What I didn’t know is how competitive sports like wrestling or MMA developed strength, courage, discipline, and pride — things that I very sorely lacked until much later and things that are lacking in all the youngsters I see who don’t compete, spending all their time on the computer or other useless time-wasters.
3) Don’t bother going to college. This may be the hardest pill to swallow but college is a colossal waste of time and money. I could have saved myself endless boredom had I chosen a different path. As it was, I didn’t even know other paths existed. I learned absolutely nothing useful in college and what I did learn was downright detrimental and that is because nothing is actually taught in college. You don’t go there to learn, you go there to further your indoctrination and emasculate you even more.

Anyone and everyone go to college now and because of this colleges and universities are filled with monumentally stupid people who have no earthly business at an institute of higher learning. As you will learn later a college degree means absolutely nothing when you go your own way and do not follow the path that everyone else will follow. A college degree does not guarantee a “good” job. A “good” job does not guarantee safety. The only safety guaranteed is what you do for yourself. There is no safety relying on other people.

If you must go to college you should go later in life. I hear people say “Oh, I’ll travel in a few years when I have time. Oh, I’ll start my business in a few years when I have time”. If you must go to college, go after a few years of real education in the real world. If you go, you had better get a technical degree (engineering etc.), something you can’t learn on your own. Arts, psychology or anything ending in “studies” degrees are completely useless in the job market. Not that you should want to get a job. FYI – You do not have to go to college to get drunk, party and hook up. That can be done anywhere at any time.

4) Travel often. I would have told myself to skip college and instead immediately start traveling abroad, backpacking Asia, or Europe, or South America. Get a part time job while in high school and save your money. When you graduate high school you should head abroad for an eye-opening experience you will never forget or regret.

I would have learned more in a year of traveling than I learned in 7 years of college (or 4, or however long it was). Hell, I lived in Texas for 10 years and I never even went to Mexico. I would have slapped that little bastard (me) in the mouth and told him to travel often and everywhere.

5) Turn off the TV. You can’t pick a bigger waste of time than TV watching. Same for video games and other mindless internet usage.

6) Don’t work full time. I used to manage a Blockbuster video while going to school full time. What a waste of a young man’s life. I would have convinced myself to not work at all
and work instead on an entrepreneurial venture. I always had the desire but I never had
the courage to just dive right in until several years later. You should be of the mindset of
never having a real job or wanting a real job.

The only way you will ever get rich is to build a business yourself. The only way you will
have security is to build a business yourself. The only way you will have freedom is to build
a business yourself. Do you really want to go 50 years asking permission from a lowly
middle management executive for a one week vacation per year?

The only job you should ever have is one that provides you only with the bare necessities
and leaves you hungry for more, one that gives you time to pursue other ventures. When
you have a full time job that pays you enough to buy all the stupid worthless shit you see
on TV you will get lazy and you will NEVER DO ANYTHING WORTHWHILE UNTIL YOU
QUIT. Don’t fall into that trap. Live as cheaply as you possibly can.

7) Do not go into debt for any reason. Do not acquire school loans, do not use credit
cards, do not get auto loans. That’s how they entrap young people into debt slavery. “Oh,
I can’t go travel I’m in school debt up to my eyeballs”. You go into debt for your “education”
and then you pay for it the rest of your life. This is a waste of your prime years. If you can’t
pay cash for it, don’t buy it. Debt is slavery.

8) Don’t listen to anybody. Advice given to you will be, without question, terrible. It will
be the same thing over and over “Go to school, get a good job. You can do all that other
stuff later.” You can respond “Oh, really? Is that what you did? Went to school, got a job
and then fulfilled your dreams later?” and see the look of regret in their eyes.

People who fell for the joke want you to fall for the same joke, it’s a part of human nature
for people not to want others to succeed where they failed. Conventional advice is to be
ignored, always. You are better off doing the opposite.

As a young man you think you have all the time in the world. You don’t. You have only a
brief time on this Earth. Use that to your advantage. Never for one second think “I can do
all that fun stuff later” because you can’t and you won’t.

Now is the time. You are in your prime and if you don’t take advantage you will waste away
like all the people you see who are dead inside. The same people who are waiting for
retirement, pretending they are going to go and do the things you will do right now.
Go forth young man and live your life. Real education is not in a classroom. It’s in the world around you.
The Real Benefits of Weight Training

The real benefits of weight training have nothing to do with reducing body fat or having a nice build. The real benefits have everything to do with relieving stress, getting out aggression, building confidence, giving you a positive mental attitude, giving you pride, developing discipline, and giving you a rush like narcotics would do.

In an emasculated world there are precious few outlets for men to get out aggression. Weight lifting is one of the best ways to relieve aggression.

Therapy is an excuse to never actually do anything for yourself and a convenient way to blame others. Iron therapy makes you as mentally strong as it does physically strong.

If you’re full of pent up aggression you go to the gym, pick up 135 lbs, and put it overhead as many times as you can. You turn on some music that lights a fire under your ass.

You walk out the door and see how far you can run before you can’t breathe anymore. You don’t go talk to an emasculated psychiatrist who thinks ‘open communication’ is the key to getting out aggression.

Put 200 lbs on his back and make him squat ’til he can’t move and see if he still wants to talk about his feelings. In our world we can’t go hunting woolly mammoths, but we can do the next best thing.

It’s impossible to feel stress after an hour of solid training. No matter how stressed you were when you got to the gym, as long as you give it your all that stress will go away and be replaced by a testosterone fueled feeling of euphoria.

The best rush in the world and all the narcotics in the world can’t give you that natural high. There’s a confidence gained in the gym that people who never train cannot understand.

When a guy first starts out and can barely bench 45 lbs and ups that to 225 lbs with steady, solid training the feeling of accomplishment is immense. When a guy starts out deadlifting 95 lbs and ups that to 405 lbs that’s a huge boost to the ego.
That’s something you can be proud of. Even if no one else in the world understands where you came from it doesn’t matter, you have accomplished what you once thought impossible and no one can take that away from you.

Discipline comes along for the ride. If you never had any before, you will after you start training. Weight training requires you eat right. You won’t even want to eat junk food anymore, your body will crave the good foods and you’ll want to eat those good foods.

Heavy weight training requires you get good sleep, and you will. Weight training requires you get up off the couch and go to the gym and accomplish something. If you can manage that you will see what all the hype was about.
Time to Bite the Bullet

Look over at the guy in the cubicle next to you. Does he look impressive? Do you envy him? Does he look like he has his shit together? Is he living his dream? Did he enjoy his one week vacation last year when he stayed home and watched TV?

Does he constantly amaze you with all the new ideas he comes up with? Is he in peak physical condition? Can he walk up 2 flights of stairs? Can he take 3 months off and do anything he wants?

Can he do 5 pushups? Does he eat donuts for breakfast and McDonald’s for lunch? Is he married to a beautiful wife who supports him 100%? Does he enjoy paying the mortgage and taxes on his house in the ‘burbs?

Take a long, hard look at this man. Take a long, hard look at him and then take a look in the mirror. Can you convince yourself you aren’t just like him? And is he thinking the same thing about you?

Bite the bullet. Accept the inevitable pain and hardship with fortitude and emerge stronger, tougher, freer and richer than you are right now.

Next year Joe Schmoe Company Man will still be sitting at his cubicle. You can sit right alongside him or not. No one is putting a gun to your head.
5 Signs it's Time to Become an Entrepreneur

Everybody wants to be an entrepreneur but nobody wants to leave the illusion of security a job provides, set out on their own, do a ton of work, live with the stress of not knowing when the next payday is coming, or rely on themselves.

For some people these drawbacks outweigh the benefits of entrepreneurship, namely: freedom, time, and money. Freedom from wasting your life as a cattle grazing in the fields of the corporate world. Time to do what you want, when you want without a permission slip from HR. Money to accomplish what you want to accomplish.

Nobody in the history of the world got rich from a paycheck. Some people are born to be entrepreneurs, some people are born to be wage slave employees.

If these 5 details describe you then the stars have aligned in your favor and the heavens above have opened up a path for you and it’s time for you to make your move.

1) You have an all-consuming idea, a vision, an obsession that keeps you awake at night. For your idea to work, as in make you money, you must have a single minded determination. A great idea that you wish to turn into monetary gain is not a part time endeavor. The 4-Hour Workweek is a cool book but there isn’t any way on Earth to start your first real business on 4 hours per week, not even 40 hours per week will cut it. You will spend every waking minute working on your plan, either passively while eating dinner, or actively doing real work.

Say goodbye to 40 hour work weeks when your brain is free at 5pm. Say hello to constant thoughts of your business and how to run it, maintain it, make it better, and make you money. If you have a day job you will spend all day thinking of your real business while mindlessly pretending to do the work they pay you for. Your business requires 100% dedication and confidence.

It requires exaggerated over-confidence beyond any reasonable amount. That’s because reasonable men do not start profitable ventures, they stick to their “safe” office jobs and beg, roll over, and fetch for a paycheck. It takes an unreasonable, supreme confidence in your idea. 75% confidence will not work, 150% confidence is what is demanded.
2) **You know how to monetize your idea.** A seemingly great idea without a way to monetize is a poor idea. A standard idea with a clear view of how to monetize is a better plan. Unless you’re getting paid it isn’t a job or a business, it’s a hobby. Hobbies are fun but they don’t put steak in your belly. How you will make money must be clearly established, planned, and understood.

3) **You have a supportive spouse or significant other who believes in you.** Doesn’t matter what she thinks about your idea, she must believe in you and give you support. Starting a business venture with a nagging, un-supportive wife is a pretty good way to fail miserably. If you have an un-supportive girlfriend there is a simple solution: dump her immediately and go to work. There are better women to be found who will be supportive and pleasant, making your work immeasurably more pleasant.

If you have an un-supportive wife you have made a huge mistake in letting it get to that point. Fret not, all is not lost. She nags because you do not currently show leadership qualities. Because of this she has taken over the role as leader. You must take it back from her by showing sufficient leadership. It’s remarkably easy to do because men are born leaders and women are born followers, to reverse this order is akin to spitting in your own face. Turn her frown upside down and go to work.

4) **You are prepared for the worst.** It is entirely possible that you will not make any money for a while. Preparing yourself mentally is of utmost importance. “I don’t care if I have to sleep in a tent in a forest until my money comes in, it will come in and I will endure the worst for as long as I have to”.

You can ease this burden by reducing and eliminating expenses – shut off cable TV, cook at home, trade down vehicles, rent a cheaper place etc. When you have made the money you can splurge on these superfluous items (though you still shouldn’t) but until you make a fortune you should live like a pauper.

5) **After you leave your soul-stealing job, you refuse to give in and get another job “to help you through the tough times”**. Relying on anything other than YOUR business to make money is a surefire way to never make any real money.

Before Sylvester Stallone made Rocky he was so poor he had to sell his dog, his best friend in the world, to a stranger for $50 because he couldn’t afford to feed him.

He refused to get a job because he had his passion, his obsession, and he knew if he got
a job he would get comfortable and eventually lose that fire and never fulfill his dreams.

Because of his iron will he is now a famous multi-millionaire, we have the 3rd greatest movie of all time, Rocky, and you went to yet another seminar on sexual harassment given by Peggy in Human Resources.

Rocky’s whole life was a million to one shot. The chances that a new business will fail are maybe three to one. Those are pretty good odds. Follow the steps above and the failure rate drops significantly.
Reaching the Alpha State

Vince Gironda, trainer of champions, referred to what he called the Alpha State. The Alpha State is when your body disassociates with any pre-conceived notions about what it is capable, pushing past any previous barriers with a vengeance.

Not merely passing your previous performance with a rep or 2 but completely blowing it out of the water. Your mind and your body are one and there is nothing else in the world. It is one of those training sessions where you are super-human and you can do anything.

In Vince’s own words:

“You will also find that in this Alpha state that the passage of time no longer exists and that your former imagined limitations no longer exist. (Train over your head.) You will discover a new reality heretofore never experiences. That of the absence of limitations formerly imagined. Your capabilities are unlimited if you can achieve this mystical state. I personally believe that from my observations of champions, and I have said this before many times in my writings, that they No.1, desire to make changes in their bodies and physiological changes take place, that logically should not and cannot take place, but lo and behold, they actually do.

So, to put it into plain English, you do not and cannot build anything without first making a mental blue print. This visualization and the faith to believe that you cannot fail, is the answer to the (illogical) miracles I have observed take place before my eyes. I have seen changes in bone structure (narrowing of hips) that physiologically were impossible to change. So if you don’t believe in miracles, you have never experienced one. My life is full of miracles. There is not a day that passes that I do not experience one. So don’t be afraid to ask, because you must, if you wish to receive. You create with your mind and don’t you ever doubt this.”

“Productive workouts can never be experienced until you let go of all your fears, frustrations, tensions, doubts and indecisions. When this happens a blinding light of total awareness engulfs you.

Example: I first experienced this takeover when I was sitting behind my preacher
bench waiting my turn to perform my next set. This particular bench I’ve always maintained has a life of its own. This is due to the fact that so many famous bodybuilders have literally stood behind it and “prayed” for the magic that they know it contains.

I have never failed to observe the reverence displayed by any man who uses this bench. They all know that no one has ever been able to duplicate the magic proportions that this particular bench embodies. Try to copy it as they have, no one to this day has ever succeeded.

To get on with my story, the man before me finished his set and stepped aside. I picked up my Olympic barbell, took the proper grip, placed my elbows at the top of the bench and with both feet parallel, lowered the barbell smoothly to the low position, then slowly curled the bar to my front deltoids.

I was only interested in working the muscle in good, slow, smooth form (balanced cadence). No number of reps in mind. Just a good honest set in as perfect form as I could manage.

The number of reps I usually did was 12. But due to the fact that I had achieved a total Alpha state during the waiting period my body disassociated the reps factor and I performed 24 reps with no more effort or strain than if I had performed the usual 12 reps.

The example I am trying to give is simply that if you limit yourself to any number of reps that is all you will do. I had somehow rejected the fact that 12 reps was my limit.” – Vince Gironda.

Several months ago I was at a park for a festival. In China all the parks have pull-up bars, monkey bars, dip bars and various exercise apparatus. I was walking around with my lovely lady friend and came upon some monkey bars. Anyone who knows me knows that anytime I am in the vicinity of any sort of bar, pull-ups will be done.

I stepped up to do my usual 10-12 pull-ups (overhand grip, palms facing away) for fun. There were a few people watching, including my lady friend and this upped the ante. 3 or 4 pull-ups in, my lady friend said something like “Let’s see how many you can do!”. With no more exertion than I would use on 10 pull-ups I did a full 24 pull-ups.
Impossible to accomplish before or since, at that moment in time it was as easy as doing only a few pull-ups and, at minimum, it is 9 more pull-ups than I have ever been able to do.
Start Monday with a BANG!

Today is Monday. The greatest day of the week. Every Monday is another chance to accomplish, to conquer. Winners love Monday because it’s time to start kicking ass again after the laziness of the weekend.

If you hate Monday, it’s for a reason. Isolate the problem. When the problem is isolated – annihilate. To hate Monday is a very clear sign you hate your work. The work you will be doing 5 out of every 7 days.

If you hate Monday there should only be one thing on your mind at all times – not how to endure the work week – but how to break free.

You might fail. You might succeed. But for God’s sake you had better try before you realize you have wasted your entire life and have nothing but regret in your heart.

An old man on his death bed never thinks to himself “I should have never quit that job I hated so much, they had a 401k and dental insurance”. If he lived his life he thinks about all the great things – the adventure, his family, the good times. If he didn’t live his life he is filled to the brim with regret. To know you are going to die and be flooded with a lifetime of regretful memories would be a fate worse than death.

It is Monday. Do you regret your life so far? Today is your last chance to turn it all around. Don’t let it pass you by.

Monday is the best day of the week because Monday sets the tone and pace for your entire week.

Start Monday with a whimper and you can bet you will end the week with a whimper. Start Monday with a BANG! and you can end your week as an ass-kicker.

People with no ambition wait and pray for the weekends. People with heart and ambition wait and pray for Mondays.

Today is Monday. Time to get shit done.
When to Miss a Training Session

I have a stomach ache, I don’t want to go to the gym. I’m hungover, I don’t want to go to the gym. I have a headache, I don’t want to go to the gym.

I’m sore, I don’t want to go to the gym. I’m hungry, I don’t want to go to the gym. I’m too tired from work, I don’t want to go to the gym.

I have to go shopping, I can’t make it to the gym today. I want to go on a date with this girl, I can’t make it to the gym today. I ate too much food, I don’t want to go to the gym. I’m too stressed, I don’t want to go to the gym.

Not feeling 100%? Walk it off, slugger. If you are unable to get in the gym by yourself, get a training partner. Letting yourself down is low, letting someone else down is lower. In my life there has never been a time when I cancelled a training session and there never will be. My training partners cancel all the time. I go in and kill the weights anyway.

The lions never miss a training session. The lambs use every opportunity to miss a training session.

The killers, the winners, the champions, the determined are in the gym day-in and day-out come rain or shine.
The Beauty of Simplicity: Spartan Living

Simplicity works. Complexity is often a waste of time. The deadlift, for example, is just about the simplest exercise in existence. Pick up a heavy weight from the ground. That’s it. But this simple exercise will produce more results that the most complex of exercises or any combination of complex exercises.

The guy who deadlifts all the time is worlds apart in muscle mass and strength than the guy who stands one-legged on a bosu ball while curling and pressing kettlebells.

If it can be said effectively in one sentence there is no earthly reason to expand it to 4 or 5 sentences. Succinctness and brevity are always more effective than 13 pages of literary diarrhea. If it can be done in 5 minutes there is no reason to stretch it out to 30 minutes.

Simplicity makes things easier. Hard work is its own reward, but making things harder just because is flat out stupid. There is no better advice than K.I.S.S. Keep it Simple Stupid.

If it can be done one of two ways 1) the simple way and 2) the complex way, only the idiot takes the complex way for the same (or often inferior) result.

Food cooked with 10 ingredients is always inferior in taste and nutrition to food cooked simply and with minimal ingredients. Steak and eggs cooked in butter and seasoned with salt and pepper tastes better than any restaurant meal with a list of fancy ingredients and a 30 minute prep time.

Paying $5,000 cash for a used pickup truck that you will own is always a better idea than leasing a brand new vehicle with a $2500 down payment, paying $487.92 every month for the next 48 months, limiting yourself to 12,000 miles per year and then giving the vehicle back to the dealership and starting the process over again. You could explain those options to the dimmest of dimwits and have him tell you which is the better choice.

Living simply allows you to live freer. You could buy yourself a bunch of fancy new dishes, eating from a week’s worth of dishes before you have to wash them or you could own 2 forks, 2 knives, 2 spoons, 2 bowls, 2 plates, 2 glasses and a spatula and be just as happy with less clutter.
You could have a collection of 1,000 DVDs that take up a galactic amount of space or you could get rid of them and put all your media onto a computer or an external disk.

You could buy new CDs or you could simply put 5,000 songs onto an mp3 player and listen to anything you want at the drop of a hat. You could have a nice big book collection or you could get an e-book reader and have only one physical book and thousands to read.

You could get yourself an expensive phone that will alert Facebook if you’re stranded in the Australian outback or you could get a cheap phone that makes phone calls and sends text messages.

You could constantly buy new clothes and never be happy with what you have or you could buy a few items that you can wear for years.

You could strive to own more stuff and deal with the self-imposed imprisonment or you can strive to own less stuff and be free. The choice is yours. I have already made mine.
How to Go on an Urban Vision Quest

American Indians, and other indigenous peoples, would head off into the forest all by themselves where they would spend time alone, searching for a vision to help them attain a new level of understanding.

Some might go on a vision quest as a rite of passage, others might go on a vision quest because a change must happen and a vision quest can force that change to occur. The length of time can be anywhere from a single evening, to a week, to much longer.

In the world we inhabit, spending time alone in the forest is not an option for most. It can certainly be tried but the likely outcomes can be 1) Being arrested for vagrancy 2) Dying from ingesting poisonous berries or 3) You obtain your vision.

The Urban Vision Quest

An urban vision quest is a quest one takes in a city or other populated area rather than spend time alone in an unpopulated piece of nature. An urban vision quest can be had anywhere except for the city you live in.

It must be an unfamiliar place where you know not a single soul. It can be the next city closest to you, it can be in the next state closest to you, it can be in the next country closest to you.

As anyone who has ever lived in a densely populated megapolis knows, walking through a crowded city can be every bit as lonesome as being in the forest. To go on an urban vision quest you only need to be alone with your thoughts, it matters not how many people are around.

The amount of time is up to you. You can choose to spend a single evening in a new city, a few days in a new city, a week, or months. The rules are simple: pack as light as possible. Only bring necessities like a few pieces of clothing, toiletries, and money. Arrive at your destination with no plans whatsoever.

End up wherever you end up. Just let yourself be guided. The very likely outcome is that
you have a brand new appreciation for what you have. You don’t know what you’ve got ‘til
it’s gone. Spending a night alone in an alien city is a surefire way to make you thankful for
everything great you have in your life.

If one is only doing one-day, mini excursions then one will not be enough. Going on a
mini vision quest once per month is ideal. Take the time to get away from all the nonsense
of the daily grind, live life anew, if only for an evening, and return with a new sense of
appreciation.

A week in a foreign place is great. Perhaps the greatest thing a one week vacation can do
is help you realize you have been slaving away like a racing dog for this one week vacation
per year when you could have a vacation like this all the time.

Spend a week on the beach in Thailand and then go back to work on Monday morning
and pretend you don’t want to yell “I QUIT” at the top of your lungs. This could light a fire
under your ass and motivate you to start your own gig where you are making money for
yourself and, more importantly, have more of your most precious commodity – time.

The most extreme option, and, therefore, my favorite, is to go live in a completely foreign
place for 6 months to a year. A few months of savings in a western country can equal 6
months to a year of living in a 2nd or 3rd world country.

After living in a foreign country you can never be the same person you were before.
Whether good or bad, a change will occur. In this author’s humble opinion, everyone
should spend at minimum 6 months abroad to live life in a different way and obtain your
vision. If a change is needed, an urban vision quest is the answer. Get going because
time is wasting.

“I’m a thousand miles from nowhere, time don’t matter to me. I’m a
thousand miles from nowhere and there’s no place I wanna be.”

DWIGHT YOAKHAM

A THOUSAND MILES FROM NOWHERE
It’s Monday Motherf*cker

Are you a winner or are you a loser? Are you a lion or are you a gazelle? Are you a do-er or a do-ee?

Did you strengthen your mind, body and soul this weekend or did you spend your time on the couch? Are you the Alpha or the Omega? Do you face your fears or are you a coward?

Do you have a single-minded focus or just “hanging out” and “going with the flow”? Did you think to yourself this morning “Fuck yes, it’s Monday!” or “Fuck, it’s Monday again!” Are you waiting or are you preparing?

Choose your answers. Make your decisions. Prove it and then do it. Don’t tell us about it because we don’t give a shit about your words.

We care about what you DO. Get your game face on, Motherfucker. It’s time to do some killing.
How to Stay Lean

Getting lean is the hard part. Staying lean is easy as pie IF you follow a few guidelines. In fact, once you are lean it’s near impossible to get fat, no matter what you eat, if you follow these guidelines.

1) Never, ever snack – Forget about snacks forever. Snacks are for fatties who can’t control themselves. Since you got yourself lean (sub 10% body fat) we know you can control yourself. Snacks exist only to make you fat, they have no other purpose. They aren’t filling. They aren’t full of proteins, vitamins and minerals. They are full of fatness for you. Take a look around your office, watch all the fatties snack throughout the day, and then count how many times they say “I don’t know why I can’t lose weight, I don’t even eat meals, I just snack!” If you have a sweet tooth have some dessert after your meal, just don’t do it between meals. Give your stomach a rest and give your body a chance to digest all that food and a chance to keep burning that unwanted fat.

2) Eat 2 big meals per day on average – Eating 2 big meals per day will keep you lean forever. It’s damn near impossible to gain any weight eating twice per day (so eat more when you want to bulk up) no matter what you eat. Obviously you will still want to eat well most of the time (steaks, eggs, fish, chicken, duck, etc.) but it’s no problem to go and grab some McDonald’s and ice cream sometimes. Sometimes you will eat 3 or 4 meals per day, but if you average two meals per day you will be fine. For the doubters, it is not hard to eat two meals per day, it is quite easy. Skip breakfast and have lunch and dinner. Skip dinner and have lunch and breakfast. Have brunch and supper. Doesn’t matter. Eat big, eat until you’re full and it’s a piece of cake.

3) Don’t drink calories – Drinks like soda, sweet tea and Gatorade are quite deceiving. They are chock full of sugar and calories, they usually don’t quench your thirst so you end up drinking more and just getting fatter. Stay away from these and watch the fat stay off. Quench your thirst with water, black coffee, and unsweetened tea. If you are lean it’s easy enough to have a beer or two with dinner or a soda with dinner and not see any unwanted fat, but only with meals. The one exception is that sometimes you just need to drink a six-pack of beer or a pint of Jack Daniels with a Coca Cola chaser. It isn’t going to harm you if you follow the other rules.
4) Don’t forget to hit the gym – Don’t forget what sculpted your guns in the first place. Once you get down to a respectable body fat it’s easy enough to coast and maintain. Hit the gym every week (even 3 days per week will help you maintain), follow the rules above, and watch yourself never get fat.

Once you get lean and wish to only maintain your leanness it’s really very easy. No need to count calories, to count macronutrients, to do cardio, to drink 2 gallons of water per day, to eat 6 meals per day of dry chicken and brown rice. Eat twice, hit the gym, and live your life with your hard-as-a-rock abs.
The Benefits of Doing Farmer’s Walks

We all know some corn-fed country boys who grew up on farms, baled hay, carried heavy stuff, ate eggs, drank milk and turned out to be strong S.O.B.’s.

Likewise we all know some old-timers who grew up on farms and maybe worked farms all their life. Those old-timers have old man strength. Old man farm strength is un-paralleled.

I once tried to arm wrestle an old-timer who grew up on a farm. That man’s arms were like steel – they would not budge an inch. Since all he seemed to do at present was drink beer and smoke cigarettes I can only assume he had done his heavy lifting on the farm and that strength just stayed with him.

Obviously the best way to gain farm strength is to grow up on a farm, doing heavy work, drinking your raw milk, and eating your eggs and bacon.

The next best way to gain farm strength is to do farmer’s walks. Farmer’s walks are the simplest exercise in existence – pick up some heavy weights and walk as far as you can. Repeat. Farmer’s walks are also one of the best strength builders you can do.

If you can’t believe that you should try and arm wrestle ol’ Billy Ray who works on his papa’s dairy farm and see who comes out on top. I got my money on Billy.

Another beautiful aspect of farmer’s walks is that there are almost limitless variations. It only takes a little imagination and you have yourself an entire workout just carrying heavy loads.

Here are a few variations:

1) Grab two HEAVY dumbbells and walk as far as you can. This is the most common version. This will tear up your traps and your forearms and just generally make a man out of you.

2) Deadlift a HEAVY loaded bar and walk with it as far as you can.
3) Grab two dumbbells, shoulder press them overhead and walk with them overhead for as far as you can walk. (also known as ‘waiter’s walks’)

4) Clean a heavy loaded bar, press it overhead to lock-out and walk with it as far as you can.

5) Pick up any heavy object and carry it as far as you can.

6) Carry a heavy dumbbell or barbell overhead one arm at a time.

Easy peasy, Japanesy. Remember to use heavy weight if you want any benefit. You wouldn’t see ol’ Billy Ray walking around with no 15 lb dumbbells.

For more “unknown” exercises that get you strong like Billy Ray, be sure to check out *Body of a Spartan*. 
10 Reasons to Stop Using Internet Porn
Or: How to go from Willy Wanker to Billy Badass in 1 Easy Step

We could be PC and pretend masturbating and internet porn don’t exist, but they do. And there is a very big problem with internet porn. Internet porn is a succubus whore from Hell intent on draining you of your vital seed, your testosterone, your energy, and your desire to succeed and conquer.

Or, to put it mildly, masturbating to internet porn does not do a body good. Internet porn is like a drug addiction. The access to endless variety of porn causes you to constantly search for the “perfect” scene. This leads to massive overstimulation of the brain, the overstimulation causes a dopamine (dope) release into the brain (your fix).

After you have an orgasm it’s like coming down off a drug. After all that excitement, that endless stimuli for the brain, your body just shuts off and you turn into a lazy piece of shit. How many time have you been about to do something, decided to just have a “quick one”, and by the end 30 minutes later had no motivation to do anything? I already know the answer: a lot.

Here are 10 reasons to stop masturbating to internet porn:

1) Internet porn saps you of precious energy – When you give up the porn and the endless masturbation sessions you have a lot more energy and drive. You want to get out and take care of business. You want to make money, you want to hit the weights, and you want to go and talk to that cute little blonde in the cereal aisle – and you just may have blueballs enough to do it.

2) Internet porn can lead to erectile dysfunction – Keep at it and eventually you will only be aroused by internet porn. Right now guys in their TWENTIES and even guys in their TEENS are having trouble getting hard without porn. They have to keep finding more and more disgusting and outrageous porn scenes to satisfy their hunger. Eventually nothing will do it except outrageous scenes you’d never watch normally. That’s serious business. Keep up with the porn and it will happen to you too.
3) Internet porn will make you want to stop having sex – Why bother with sex when you have every fantasy in the world available at one of your hands? Japan is a notoriously porn friendly country. Japan is saturated with porn. In Japan there is an entire culture of young guys called “Herbivores”. These herbivores have no desire for sex. All this porn and now the guys don’t want girls, they want sex with their hand, or sex with robots or nothing at all. Japan now has the lowest birthrate in the world. Can you see the connection?

4) After you stop masturbating to internet porn your voice may become deeper – Straight from the horse’s mouth, this is what guys who have stopped masturbating are saying happens.

5) After you stop masturbating to internet porn you will have more self control and will power – I’m telling you from personal experience you just plain feel better and stronger and more masculine. It’s the opposite feeling after masturbating to internet porn.

6) After you stop masturbating to internet porn your Testosterone will rise – Testosterone is slightly higher when abstaining from orgasm and it does rise slightly during sexual activity, before dropping back down to normal. Having sex with a real life girl increases your testosterone while having sex with your hand and sitting in front of a computer with 5 different pages open decreases it. I don’t need a science article to tell me that, I know it to be true from experience.

7) After you stop masturbating to internet porn you will become calmer, more rational, and less anxious – Again, straight from the horse’s mouth. I’ve received numerous messages about the positive results guys are getting.

8) You will become more attractive to women – Let’s assess the situation. Who do you think women find more attractive?

A) Guys who spend their time in the dark, jacking off to endless streams of porn, finish after about an hour, take a nap, finally make it out in the sunlight (or not) and can’t even look them in the eye.

Or B) Guys who don’t spend their time playing with themselves for hours, are full of testosterone, not having spilled their precious seed twice that day, have a deeper voice, and have the ability to make eye contact.
Easy answer.

9) You can stop getting viruses on your computer — Viruses are a pain in the ass and can sometimes take days to deal with. Most computer viruses come from porn. Eliminate the source, eliminate the virus.

10) If you can’t believe me, then take the word of these gentlemen who beat their addiction to internet porn and reaped the benefits:

“I’ve noticed the longer I stay away from porn that it’s easier to talk to them [women], flirt and get into conversations.”

“One week after putting porn and masturbation I met a new girl, which even a month ago would have been unimaginable to me.”

“Another thing is the extra attention I’m getting from the opposite sex. I’ve never really had a problem talking to girls and they’ve spoke to me in the past of course, but it’s incredible how often girls start random conversations with me now! At a recent wedding I went to, for example, there were a few people on the dance floor and I decided to get up and have a dance with my aunties. Then all of a sudden I was surrounded by women who were all grabbing me and wanting to dance with me! I’ll be honest; it felt good to have that attention!”

“[Later] I started doing push-ups at work with some of the guys. When I started out I was at like 15 push-ups, and I was struggling. Well today is the first time I have been able to do them with these guys since I have done 60 days with a couple orgasms/ejaculations. They were shocked at how many push-ups I could do. They all commented on not seeing anyone increase from where I was at about 2 months ago to what I am at now. Today I did 200 (not all at one time). Maybe not superman but a big provident in a couple months.”

[Later] Today is day 50 without porn. My body has healed very well. NO ED problems or weak ejaculations like I suffered from just a few months ago. So giving up porn and fantasy and going without orgasm (mostly) for just this period of time has made big steps in healing the damage I had done to myself. I also learned that I have gone for enough that I can recover my peace of mind a little more easily after an ejaculation.”
“When I do semen retention for 2 weeks, I notice these benefits: 1) Face looks radiant and energetic (I may get occasional double glances from girls in shopping mall or street) 2) Expression looks carefree (not struggling for more energy, or not worrying about negative stuff). More natural confidence without needing to adjust thoughts. 3) Voice gets deeper and more charming (This strangely, makes both men and women like to talk with you.) 4) More positive thoughts (the negative thoughts that used to bother seem so minor and irrelevant — I can ‘get over’ issues easier.) 5) More calm emotionally and easier to control myself. 6) Exponential increase of stamina and physical energy/strength.”

Sounds like the guys quoted above had other social problems in addition to porn addiction, but even for the Average Joe quitting porn and masturbation has real benefits. Keep your precious seed for yourself. Don’t give it away every few hours while taking the drug of internet porn.

Let the confidence and the testosterone build up inside of you instead of spilling it every day. And when you do give it away, give it to a girl and not a Kleenex. Winners don’t spend their time jacking off. Of this I am sure.

Try it for 30 days and see for yourself. You may just like the results. I know I do.
7 Reasons Modern Western Men Are Effete Weaklings
(and What to Do About it!)

Walking around and seeing weak guys following girls around like puppy dogs, or seeing guys eat tofu, or seeing skinny-fat guys jogging on a treadmill, or seeing guys whining and complaining is like a kick in the teeth and a punch to the stomach at the same time.

It’s a sickening sight to see weakness so abundant with nary a care in the world. There are reasons for this weakness but there are no excuses for it. It’s time to start kicking ass and taking names! Not kissing ass and taking blame.

Now to be honest, guys acting like twinks is only good for more aggressive guys. It makes women more attracted to us, it makes it easier to get ahead, there is no competition at all from weaklings, and it just makes un-pussified guys stand out a whole lot more. But I hate seeing guys acting like pussies.

Below we will look at 7 causes of this illness known as modern western men and we will look at solutions to this disease.

7) A feminizing diet – We’ve all been taught the horrors of steak and eggs and bacon and butter and all saturated fat. What we haven’t been taught is the feminizing effect of eating a high carbohydrate, low protein and low fat diet.

Give up the fatty foods that men need (absolutely need, not want) and replace it with bullshit like vegetables and cereals and grains and breads and, worst of all margarine and soy, and you get a nation of effete zombies. A diet like that is fit for women and women only.

A diet like that has an ESTROGEN inducing effect that is a killer of men and testosterone. If the trend continues you can say goodbye to all but a few masculine men, who will no doubt drift towards the thug and criminal variety.

Solution: Steak and eggs cooked in butter. Extra butter. Don’t eat like a fruit, eat like a
fucking man so you can become one.

6) Lack of a strong male role model – The USA in particular is a nation of frivolous divorcers. Women cannot raise boys properly. Even if they can stop talking down about the boys father (they usually can’t) they just don’t have the necessary discipline or state of mind to raise a masculine boy. Only a man can raise a boy to become a man.

A father will teach his son to win. A mother will teach her son that it’s OK to be a sissy. We could pretend that all gays are born that way or we could open our eyes and see that almost all gay men had one thing in common: a weak or absent father. Take it a step further and you will see they usually had a domineering mother who emasculated the boys father and kept him from contact with the boy.

The opposite effect is that single women raise criminal thugs who overcompensate the lack of a father figure by being ultra-masculine. Guys in prison usually have one thing in common: single mothers.

Solution: If you have children you had better make damn sure that A) You’re a strong role model and B) You’ve got to marry a feminine, motherly woman who knows the roles of men and women. You can’t marry a piece of feminist trash and expect to raise your children, not get divorced, and not have insane alimony payments. Best advice: go abroad.

5) Christianity turned its back on men – For men 30 years of age and under, especially on the internet, atheism is the religion of choice. Young women are still usually believers because the church still treats women well. More often that not the young men who turn to atheism are the smart ones but they are blind to the real reason they have chosen atheism. All atheists will say it’s because it’s “logical” or it’s “science” or it’s so “obvious”. What they have yet to put together is the Christian Church turned it’s back on Men in favor of “grrrl power” and sealed it’s own doom.

Christianity worships women as “the better half” and those that can do no wrong and condemns men for “not raising children properly, not taking care of family properly, not manning up, not getting married” etc. You can go to any Christian church on Mother’s Day and they will praise all that is woman, go to a Christian Church on Fathers’ Day and you will get a lecture about how men have screwed up and how they should act better. How many times do you think a man will continue to go to that church before he A) Quits or B) Believes it and turns into an effete weakling doing the bidding of every woman he meets.
Islam is the fastest growing religion in the world by number of conversions each year. That means former Christians are turning to Islam. And I will tell you why: Islam has respect for men. It’s as simple as that. You may even be shocked to learn that more women convert to Islam than men. Women need respect for men just as men do.

Wherever there are self-respecting men, women will be there lining up. Western Christianity built that great country of ours but it turned it’s back on the people it needs the most and it will die because of that unless it changes it’s misandrous ways. If the Christian Church started valuing and respecting men, men would start respecting themselves again and they would go back to the church in waves and they would start acting like men again. The Church used to be a place a man could go to find a good woman, now it’s a place he can go to hear about what a piece of shit he is. No thanks.

Solution: Forget “what would Jesus do”. Turning the other cheek is weak. If you do what the church says you’ll get slapped in the mouth and then run away and cry on your girlfriend’s shoulder while she dreams of a stronger man ravaging her. What would Sean Connery do?

4) Internet Pornography – Masturbating to Internet porn saps you of your precious seed, vitality, masculinity and drive to succeed. Because of this it is a plague. What you can do is simply turn it off and never watch again. What you can expect to happen is: you will feel yourself become more assertive, more dominant, stronger, more outgoing and, goddammit, you feel like a man.

You can tell the guys who are completely and hopelessly addicted to internet porn because they act mousy and frightened all the time. Most men aren’t hopelessly addicted but all men know the feeling of “getting done” with their internet porn session and not having the will or drive to do anything afterwards. I really can’t scream the benefits enough – save your seed and your desire to accomplish is off the chart. It’s a great feeling. Solution: Quit for 30 days and watch the progress. Watch how good you start to feel.

3) Television, Movies, Music, Magazines – I opt out of almost all media except for some older movies and TV shows for this reason. Every piece of entertainment media depicts men as bumbling idiots and women as the wise and strong leaders. Media teaches us that all women “deserve” happiness whatever the cost and men are the pawns to achieve that. That’s great for fantasy world but that isn’t reality.
The problem is that most people cannot tell fictional TV land apart from reality and act accordingly. If the man acted like an effete loser in the movie and got the girl then maybe it will work for me. There are almost zero masculine men in entertainment media. And when masculine men do appear it’s as a redneck wife beater or a rapist or something equally stupid.

Understand that Hollywood in absolutely no way reflects reality or how you should act. Unfortunately the power it yields is enormous. Just turn it off and never look back. I haven’t had cable in years. I have only owned a TV for a 3 month period in the last two years. And I used it only to watch the following DVDs: No Country For Old Men, Rocky 1-6, The Godfather 1-3, Predator, The Thing, and Pumping Iron.

**Solution:** Say goodbye to entertainment media. It does absolutely no good anyway and it’s cheaper to not have a TV or cable. If you want to watch movies you can use torrent websites to “borrow” them from the internet. Once you open your eyes and see the truth about most entertainment you won’t want to watch most of it anymore anyway.

2) **Schooling** – They get ’em young and they keep ’em. Little boys shouldn’t be taught by women, however, almost all kindergarten and elementary school teachers are women. Clearly because all men who teach children are pedophiles. If you have children you should take a look at some of their history books or some of their social studies books and you’ll see one thing in common: men, especially white European men, are the worst thing the world has ever seen. All the little boys get this in their head and spend their whole lives as apologists for their gender. It’s sickening but it’s the truth.

**Solution:** There are two solutions to prevent this and raise a man and not a Nancy boy. 1) Home schooling. 2) Don’t have children.

1) **Feminism** – Yes, yes. Men kept women down, men oppressed women, women were slaves yadda yadda. That’s a pretty little lie but it isn’t the truth. The truth is that feminism was a movement started by man-hating bull dykes who convinced women that they were getting a raw deal. They weren’t getting a raw deal, but we won’t get into that. What we will get into is the reality of feminism today.

Feminism teaches women to restrict their natural womanly behaviors as “weak” and to act like men, to be “strong” and “independent”. That’s lovely but those are male traits and they will always be male traits and they will never be natural to women. Of course when women start acting like men and demanding all the power that they think men have what do you
think men will do? Become MORE masculine? Nope. They become more feminine to compensate.

If women are pretending to be men there is no reason for a lot of men to develop their natural male characteristics. Frankly it makes me sick to see men follow women, usually fat women, around like puppy dogs. I saw a guy in Walmart beg, literally beg!, his fat hog of a woman to get 2% milk instead of skim milk! Inside of Walmart he begged for a different milk! She told him no and he just walked behind her, defeated. That was the 2nd most embarrassing thing I’ve ever seen in my life. That was years ago and I remember it like it was yesterday.

**Solution:** Date women who still act like women. For this you’ve got to leave the country. Get yourself to Asia, South America, or Eastern Europe. Date women from these areas and you will never in your life go back to American women. Feminism hasn’t YET infected these women and they are content to be the woman and you be the man.

But you’ve got to hurry because the virus is spreading. It’s already in many of the big cities in the world but you’ve still got quite a few years to get a good woman while the gettin’s good. And it’s a good way to light a fire under your ass so you can make enough cash to escape the corporate world.

If you stay in America then use your balls as they were intended and don’t take no shit from anyone. If you want 2% milk you pick that motherfucker up and you buy it. If you’re a man then, goddammit, act like one. Apologies are for the weak.
How to Harness Your Sexual Energy

“Sex, alone, is a mighty urge to action, but it’s forces are like a cyclone—they are often uncontrollable. When the emotion of love begins to mix itself with the emotion of sex, the result is calmness of purpose, poise, accuracy of judgement, and balance.”

NAPOLEON HILL - THINK AND GROW RICH

Sex is the driving force that makes a man do anything. All great men of genius and power used their sex drive as fuel. The process of turning sexual energy and aggression into productivity is called:

TRANSMUTATION OF SEXUAL ENERGY

Sex transmutation is the most powerful tool in existence when it comes to creation, invention, accomplishment, creativity, advancement, and achievement.

Napoleon Hill talked about the transmutation of sexual energy in his ground-breaking book Think and Grow Rich. In the book, Hill noted that all men of genius used their sexual energy as fuel for their creativity. He also noted that Love must be included in the sex relationship.

In laymans terms, the love of a good woman is absolutely essential. You’ve heard the saying “Behind every great man is a great woman”. It’s true. With too much un-focused sexual energy a man has no purpose or direction. Civilization itself exists solely because of monogamous marriages and the directed focus of sexual energy.

Take a look at your nearest ghetto for confirmation. You will notice that they (the underclass) indiscriminately have sex with each other, pop out babies at random while not in a nuclear, monogamous relationship, have no love between the sex partners, do not control their sexual urges, live like savages because their too focused on their sex obsession to do anything productive or creative, and have to be taken care of by Big Daddy Government otherwise they starve.

There is a famous tale of an Indian Chief that goes like this:
Indian Chief, “Two Eagles,” was asked by a white government official, “You have observed the white man for 90 years. You’ve seen his wars and his technological advances. You’ve seen his progress, and the damage he’s done.”

The Chief nodded in agreement. The official continued, “Considering all these events, in your opinion, where did the white man go wrong?”

The Chief stared at the government official for over a minute and then calmly replied, “When white man find land, Indians running it. No taxes. No debt. Plenty buffalo. Plenty beaver. Clean water. Women did all the work. Medicine man free. Indian man spend all day hunting and fishing...all night having sex.”

Then the chief leaned back and smiled. “Only white man dumb enough to think he can improve system like that.”

What we have here is a classic case of over-indulgence in sexual energy with no focus to harness that power into advancement. The American Indians lived in this land for thousands of years with no advancement.

When the white man came (with his sexual energy focused and directed) he found the Indian still living in teepees, not wearing clothing, shitting in the forest, and living like savages.

An un-focused, sexually open society is a society that cannot survive the long term. If you disagree maybe you can ask an American Indian what he thinks about the assertion that sexual degeneracy will lead to extinction. What’s that, can’t find an American Indian to ask?

Every time you use an indoor toilet, get running water from your sink, cook your food on a stove, turn on the air conditioner on a hot day and get food out of your refrigerator you are enjoying the benefits of men who used their sexual energy in a productive way.

The decadent over-indulgence in sex is a one-way ticket to Failure Village with a layover in Stagnation Town. The smart men know this but the fools don’t and that’s why the lower classes behave like animals.
HOW TO HARNESS YOUR SEXUAL ENERGY

It is common understanding that over-indulgence in drink and drugs lead to ruin but it is uncommon for people to understand that over-indulgence in sex can lead to the same thing. Let that sexual energy build up inside you.

Don’t dissipate that energy haphazardly because that energy is sensed by other people and draws them into you like a magnet. Being highly sexed (i.e. having sexual energy) but not giving in to any and all desires is the key to success.

“This orgy of indulgence may account for the shortage of great leaders. No man can avail himself of the forces of his creative imagination, while dissipating them.”

NAPOLEON HILL - THINK AND GROW RICH

There is one thing I can guarantee – the most successful men in history have a huge sexual magnetism BUT THEY DO NOT ROUTINELY GIVE IN TO THOSE DESIRES and they never make that desire the goal. They don't go out on Friday nights looking for some action. They don’t have to, this kind of behavior will bring women to them without any additional effort.

Let me tell you about how I started making money. For years I used to dream and devise money making plans but they failed 100% of the time. I used to think to myself (before I ever read Think and Grow Rich) that guys like Bill Gates, in order for them to make fortunes, had to give up sex and the pursuit of sex in order to make money.

I instinctively knew that but I would think to myself “that’s not worth it.” Because I was unwilling to give up that all consuming desire and redirect that energy I never did anything worthwhile. Not until I had a girlfriend that I lived with and I consciously focused ALL that sexual energy into money making energy that I started to make money on my own.

At the time I had a full-time professional job. I had a business plan and desire and I quit my job. 30 days later I made twice my old job’s monthly salary with my new business. And I only did it because I focused my sexual energy into something highly productive. It worked and it’s the only thing that works.

SEX TRANSMUTATION RECAP
Transmutation of sexual energy is the process of turning sexual energy and aggression into fuel for something bigger.

Sex is the number one reason we, as men, do anything. It’s always for sex. It is our biology, our DNA. There is nothing wrong with that.

But if we want to accomplish something grand, something great, we have to transform our sexual energy into fuel for something else.

• Don’t indiscriminately have sex. That’s what savages do and that’s why they will stay savage. This doesn’t mean you can’t have sex but do not make sex your primary goal.

• Don’t masturbate or watch internet porn frequently. This drains vital energy from you. You can see vast, positive changes in mood, personality and happiness by giving this up. Keeping your seed develops an animal magnetism that draws people to you, constantly spilling that seed repulses people.

• Consciously use your sexual desire and energy and focus it into your business and life plan. Sexual energy is damn near limitless and when re-directed can turn any man into a money making machine.

• Get a good woman who will take care of all your needs (not just sexual) - this will free your mind from having to even think about these thing and you can focus completely on your goal at hand. The love and support of a woman is essential for success - most successful men had a good woman behind the scenes.

Sexual energy is the best fuel that exists – use it wisely. Save it up and watch your energy explode (heh).
It Isn’t All Pain and Sacrifice

Winners don’t sacrifice anything. They do exactly what they want, whenever they want. Winners do not want to be doing anything else other than winning.

They don’t want to go to the movies, they don’t want to go to their kid’s birthday party, they don’t want to go out to Valentine’s day dinners. They only want to concentrate on the one thing that makes them great. It isn’t sacrifice if you want to be doing the thing you are doing.

Only losers sacrifice. And they sacrifice every single day. Only a loser would rather be doing something else. Only a loser goes into his 9-5 thinking it’s the only way to provide for himself or his family or that it’s what he has to do to get ahead.

So he sacrifices a whole lifetime. And the game rewards the man who didn’t sacrifice. The game punishes the schlub who sacrifices because he’s playing by the rules.

Sacrifice is another word for ‘giving in’. Winners don’t give in and they don’t sacrifice. They ruthlessly avoid sacrifice. In a winners mind there is no such thing as giving in.

Think that over on Monday morning. Willy Winner was probably up at 5am ready to kill. Seth Sacrifice is pushing his snooze button for the 3rd time.

You’re either the lion or you’re the sacrificial lamb. Friend, you ain’t both.
How To Have A Great Workout

It’s called ass-kicking for a reason. The reason is that ass-kicking kicks major ass. Today you got to decide to be an ass-kicker. Today's gym workout is as follows:

1) Arrive at gym and kick open door.

2) Walk in that motherfucker with a purpose. Anyone who gets in the way gets a boot to the ass.

3) Get a major pump on and sweat like a bastard. Get that fucking sweat out of you, you don’t want that sweat inside your body being a lazy fuck.

4) Go to the grocery store and pick up some ass-kicking fuel: steaks. Wash the steaks down with a tall glass of eggs.

5) Let all the girls smell the testosterone coming from your body and watch them act like a bitch in heat.

6) Repeat every day.

Some people jab a vein for it. Some people snort it. Some people swallow it but all you got to do is dial your motherfucker to 11.

It's all in the mind. You decide to go kick some ass and that's what you go and do. Once you make up your mind there just ain't no turning back. Today, kicking ass is your destiny. It's time to become an ass-kicking motherfucker, motherfucker.
The Continued Pussification of the American Male

Being a man is great. You get to use your muscles to pick up heavy things, you get to use your dick to fuck things, and you get to use your brain to think and create things.

It’s no wonder feminists hate men – they desperately want what we have but they can never have it. But how the heck have they convinced MEN that being a man is bad or evil?

And convinced they have. Unless you’re blind you have noticed a trend: American men are less like men and more like little boys, effeminate little boys stuck in a state of arrested development. Even worse, some men apologize for being men or supplicate and pander to women, minorities and gays.

Next time you watch a newer movie with a masculine, Alpha male character go to imdb.com and look up the actor. You will see one thing in common: all strong, white male characters under 40 years of age are imported from Ireland or Australia.

Instead of explaining in detail the reasons for this pussification (it would take pages upon pages and I’m a man, I don’t have time for nonsense. I’d rather talk about winning, but this information has to spread.) I will gloss over the reasons. 6 reasons why men have been pussified:

1) Diet – The average man eats a diet high in processed carbohydrates as outlined to be healthy by the food pyramid. News flash, the food pyramid is bogus. It’s cheaper to produce grains than it is meat and other animal products, and it’s more profitable. A box of cereal can sit on the shelf for months, a cut of steak can sit on the shelf only a few days.

A high fat/high protein diet is essential for the production of testosterone, evidenced by our caveman ancestors – imagine a fight between an average caveman and an average male office worker. The pussiest of the pussy men eschew meat all-together in favor of a soy based diet.

Another news flash, soy is an estrogen enhancing garbage by-product repackaged and
sold as health food and Americans eat more of it that anyone.

2) **Women's liberation** – Women’s lib has taught men one thing: Women are right, always. Men are wrong, always. In the media men are constantly portrayed as buffoons to their all-knowing spouse or girlfriend. According to the media you must always bow down to your woman. Here are a few things you may not know:

   A) Most women don’t like to be in charge, they want a man who can lead.

   B) Women’s lib is a crock of horse-shit. Not that I’m saying women should not have rights, what I’m saying is that women were NEVER discriminated against or oppressed in the first place. Men used to work all day to provide for their wives and children.

   C) Women and men are not the same and they are not equal. There are differences in the gender which is why for the entire history of mankind men have been the providers and women have been the caregivers. Societies fall apart with the destruction of the nuclear family brought on by the “empowerment” of women. The tides are turning, women are becoming more masculine and men are becoming more feminine.

3) **Lack of exercise** – How could a man possibly be anything other than a lump of lard if he never exercises? He can’t.

4) **Lack of father figures** – More and more kids are being raised by single moms. You can’t have a complete development with only half of the building blocks. In the media men are portrayed as completely unnecessary, which is completely true of your goal is to raise criminal children.

5) **Government sponsored emasculation** – An estrogen enhancing diet is pushed onto you from all angles by your government. You are fed a line of nonsense about women and men being equal yet divorce court can ruin a man and can only improve a woman’s situation, no matter the reason for the divorce.

The wealth is systematically distributed from the man to the woman via divorce theft. It’s a fact that women consume far more than men, if women end up with the money in the long run they are going to buy more useless shit which lines the pockets of those in charge. Every ad, TV show, movie, and misc media portrays women as the smarter, better sex and men as weaklings. Men are taught to be ashamed of their masculinity. The CIA has admitted to funding the advancement of women’s liberation with the stated goal of taxing
women, whom they could not tax when they were not working.

6) Political correctness is a soul-killer of man. In a PC culture most men have to walk on eggshells to not offend any women or minorities or gays. All human resources departments are staffed with women and gay minorities ready to kill anything that isn’t supplication to politically correct fantasies of equality and pedestalization of women, gays and minorities.

Working men have to avoid charges of sexism, racism, and sexual harassment at all costs. Whatever happened to kicking ass and taking names? Now it’s licking ass and taking blame.

What’s a man to do? Never eat soy! Eat meat. Meat is the man’s food. Load up on steak, eggs, chicken, raw milk, butter and all other real products. Limit your consumption of processed food (one day a week is fine). Eat high protein, moderate to high fat, and low carbohydrate to boost testosterone. Eat grass-fed beef if you can afford it.

Lift heavy weights. You can hardly be a man and be a weakling at the same time. Bosu ball nonsense if ok for the girls (not really) but no man should be caught dead doing shoulder presses with 10 lb dumbbells off a stability ball.

Learn to defend yourself. A man doesn’t need to start fights but if the shit hits the fan he needs to be able to defend himself and his family. Learn to box. Learn MMA. Buy a gun. Just do something. Defending yourself is perfectly fine (even against a woman) but only a repugnant coward beats on those weaker than him. Caveat: You MUST discipline your kids or they too will turn into spoiled little nancy-boys. If you choose to spank that’s your prerogative.

Don’t take shit from anybody unless it is a calculated and temporary strategy to get ahead or to get something you need. Stop the supplication and pandering.

The corporate world has gone to the dogs (well, hyenas), perhaps it’s time to leave. Entrepreneurship is one of mans’ greatest callings.

There is no such as “redefining masculinity” – only emasculation. That doesn’t mean that you have to start watching football or start barbecuing every Saturday and drinking Coors. What it does mean is that you should never be ashamed or apologize for your masculinity. You should love it, it’s great.
Most older men have wised up to the ways of the world but young men are still being spoon-fed these lies and just don’t know what they should do.

Friend, you’ve got two choices: be a man or don’t. If no one treats you like a man that’s probably because you don’t act like one. Learn to cultivate your masculinity.

You are a man, goddammit. Act like one!
How to Cure Depression the Old Fashioned Way

Depression, or as my grandfather would say “being a pussy”, is largely self-imposed and easily remedied. Depression is caused by leading a lazy, slothful, gluttonous, pointless, unnatural existence. Boredom is probably the leading cause of depression but a doctor can’t prescribe pills for having a white water rafting adventure.

“But my depression is caused by genetics, chemical imbalance or any other excuse that takes the blame off of me!” That’s bullshit. If you’re depressed it’s your responsibility to fix it. Shoveling pills down your throat isn’t a solution, it’s part of the problem.

Our grandparents didn’t shovel pills down their throats and they didn’t whine about being depressed either. How embarrassed would you be if your grandfather ever whined about being depressed? I would be ashamed beyond belief. Thankfully my grandfather didn’t have time to be depressed, he was either busy building shit with his hands, killing people in Korea, choking rattlesnakes to death with his bare hands or drinking beer and playing poker. Let’s take a look at what should be the obvious causes of depression:

Lack of physical activity – If you sit in a cubicle all day never getting your blood pumping or sweating toxins out it would stand to reason that your insides are just as mucked up as your outsides. It is an obvious fact that anyone who has ever done anything physical knows: after you do some hard physical shit you feel great. You sure as hell don’t feel depressed.

Solution: Get physical. Go to the gym and lift your heart out. Go out to the garage and build something. Do some yard work. Mow the lawn. Go for a run. For God’s sake keep busy somehow, idleness is a soul-killer. No one was ever depressed after a killer lifting session. No one was ever depressed after building a house with their own hands. No farmer was ever depressed about working on his farm all day. He wouldn’t have time to cry about it.

Eating garbage – This one should be the most obvious but somehow this escapes almost everyone – if you eat garbage you feel like garbage. Do you think your grandfather would come home from a hard day doing physical labor to a dinner of fucking macaroni and cheese made with margarine and skim milk, soy burger patties, and candy for
dessert? No. He wouldn’t eat that bullshit and he’d slap you in the mouth if you tried to serve it to him. He ate meat and potatoes and washed it down with whole milk or beer because he knew what was good.

**Solution:** Eat meat. Lots of it. Eat plenty of saturated animal fat. Don’t eat anything made in a laboratory.

**No love life** – If your love life isn’t up to par it is probably because of one reason: you are acting like a pussy. Girls already have one pussy, they don’t want another one. I know you’ve been misled (we all have) that girls want a nice, sensitive, feminized man in touch with his feelings. Hey, that’s great on paper. Use your eyes to figure out that isn’t how it works in the real world. What works in the real world is respect. No one (especially women, double especially women who say they do) respects a feminized man. That horse-shit is how they test you, if you give in you fail. Would your grandpa act like a fairy to get some chicks? Then you shouldn’t either.

**Solution:** Take up some manly hobbies and quit the feminine nonsense. If you’re not a girl, don’t act like one.

**Working a dull, lazy job** – Clearly an unfulfilling work, a place we spend the majority of our time, can be a major cause of feeling like poop.

**Solution:** You already know what I’m going to say but I’ll say it anyway: QUIT. Find something fulfilling. A LIFE PURPOSE is fulfilling in ways a job can never be.

**Relying on entertainment to fulfill you** – The average American watches 5 hours of the boob tube every day. No joke, I would rather be dead then forced to endure 5 hours of TV every day. It’s impossible to not be depressed when constantly bombarded with advertising for stupid bullshit you don’t need. Video games are no substitute. Movies are no substitute. The internet is no substitute. I have never once seen my Grandpa: watch TV, watch a movie, dick around on the internet or play video games but somehow he found a way to pass the time. What I have seen him do: fix cars, build houses, smoke cigars, drink beer and play poker.

**Solution:** Find some better, more meaningful hobbies. Try woodworking, martial arts, weight-lifting, start a business, anything that gets you off the couch and actually doing something. Get rid of that TV!
No family: Probably half of the men I know of my generation came from a broken home. A man no longer has an incentive to get married and have a family. In a snap of a finger all can be taken away by the courts. His children and money can be gone in an instant. With odds like that it’s no wonder men don’t want to start families. On the other hand, not having a family to care and provide for is likely the biggest cause of male depression and malaise. A man is no longer really the man in a relationship, the State is the caregiver. Our grandparents didn’t have any of that. A man had a family to provide for, being a whiny depressed baby just didn’t put food on the table.

A man with a strong family is a man with a purpose. A man with a disintegrating family is a depressed man indeed. Take a look at some foreign families, they never cry about depression.

Solution: For a man wanting to start a family I highly suggest going abroad and finding a woman who has not been indoctrinated into the hypergamous misandrous ways of American women. For a man already married but having problems I would highly suggest reading Athol Kay’s book The Married Man Sex Life Primer which will teach you how to be the leader in your relationship. For a man going through divorce, losing his kids and money you have my deepest sympathies. You’re in a hole and you will just have to pull yourself out of it. Frankly, this is the only acceptable cause of depression. Just don’t let it last forever.

Low testosterone: It’s hard to feel like a man when you ain’t producing your man chemical.

Solution: Get it checked. Get it fixed.

Listening to depressing music, watching depressing movies etc: Do you listen to depressing music because you’re depressed or are you depressed because you listen to depressing music? Depressing music has a depressing effect. Stop listening to it.

Solution: Listen to music that pumps you up and makes you feel alive. Don’t watch depressing movies. Don’t read depressing websites. Cut out the bullshit, baby. It’s upbeat and positive or it doesn’t exist.

Some tips to remember: Don’t drink too much. Drinking every now and again is fine. Having a couple with dinner is fine. Getting sloshed every day is a recipe for pussified depression. Know any happy alcoholics?
Don’t masturbate too much: It’s unfortunate that I have to say this, but I do. Internet porn is free and everywhere but masturbating constantly comes with a hefty price: depression, lack of testosterone, obvious loneliness. Work on finding a girl(s), at the very least it will get you out of the house.

Spend your days with a purpose, a mission. When you have no goals or desires all that’s left is boredom and depression.
The Only Piece of Advice You Will Ever Need to Pick up and Attract Women and Keep Them Vying for Your Love, Attention and Affection

Warning: This chapter is rude, crude and lewd. Reader discretion is advised.

Friends, if you’re having trouble with women I have the answer for you. If you’re reading online about how to pick up and keep women I have the answer for you.

If you’ve been getting the run around from Sally-Jane down the street I have the answer for you.

If you haven’t been laid in a year I have the answer for you. If your girlfriend is withholding sex I have the answer for you.

If you have a hard time keeping women around I have the answer for you. It’s not going to be the answer you think it is and it isn’t pretty.

How to pick up and attract women is on sale by charlatans all over the internet but I’m going to give it to you for free.

It’s got nothing to do with being a better man, it’s got nothing to do with getting in the gym and building muscles, and it’s got nothing to do with pick-up artist or ‘game’ baloney.

There is 1 rule above all others that must be followed if you wish to have undying affection, attention and love from women.

Now, before I give you the holy grail I want you to do something for me. I want you to be completely honest with yourself about what you want in a woman. It will make this process a whole lot easier.

A lot of guys have been bamboozled by TV and magazines and schooling and a whole bunch of other nonsense. Some guys actually believe they want a “strong, independent” sassy woman. Rather, they want you to believe that’s what they want.
They’re scared that if they admit the truth then women will no longer like them.

The truth is that men love women who are demure, feminine, and polite. Women have it twisted, they think that being a nasty bitch is the same thing as being honest and true.

The unfortunate thing is that a lot of guys let women get away with this nasty behavior, in hopes of getting some sex.

These guys let women pretend to be strong and independent. Friend, those are male traits, those aren’t female traits and they never will be.

If you wanted “just one of the guys” you’d be a faggot, not a straight man. You want a girl. You want a girl who isn’t ashamed of being a girl. Men love femininity. We don’t like women who act like men. And the guys still pretending got to give this BS a rest.

Women want to make men happy. Once you realize that, you can forget about the nonsense of equality. The “fight for equality” is nothing more than a war between the sexes.

Now that you are honest with yourself it makes what I’m about to tell you that much easier to put into action. Once you stop believing in that baloney it’s going to turn you into a testosterone machine irresistible to women and girls.

Let me be clear about something: The rule I’m about to give you works for all women, from the sassy, independent sex and the city wannabes to the good ol’ country girls raised in the church to the girls from a 3rd world country to girls from outer space and beyond.

This is the only thing you ever have to do to a) Get women and b) Keep women.

If you read online about how to pick-up women you’re always going to read about Alpha males and Beta males. An Alpha male is the top dog and Beta males collect the scraps. Bunch of nincompoops will write pages and pages about “being Alpha” but none of them will ever boil it down to what it really means.

Well, today I am going to tell you exactly what makes an Alpha Male. It ain’t: looks, money, social skills, leadership abilities, social status, height or anything else. These things matter but they aren’t #1.
This isn’t a nice piece of advice but it is the 100% unadulterated truth. If you follow all other ways to become attractive to women but ignore this advice you will fail.

Here is the only piece of advice you will ever need to attract and keep women:

**BE SELFISH.**

That’s it. It takes a selfish man to have a woman or women completely devoted to his happiness.

Alpha simply means ‘to be selfish’. And women love selfish men. An Alpha is completely unafraid of being selfish.

Alpha literally means ‘first’. It’s a selfish ‘me-first’ attitude. What does an Alpha lion do? He sits around while the women go out and hunt for him. When they bring the food back what does the Alpha lion do? He eats first. Pretty selfish, huh?

The lion doesn’t tolerate others eating before him. The best food is his. The Alpha lion doesn’t let other, lesser males mate with his pride. The lion doesn’t act in a fair and noble manner. The Alpha lion doesn’t raise other lion’s children. He’s selfish. And because he is selfish, the lionesses do everything to make him happy.

Now, I know a lot of guys will say “man, that’s a real douchebag thing to say!” to which I only have one reply: I hope you enjoy jacking off. Political incorrectness does not make something false.

Women line up for the selfish men. Women run as fast as they can from the guys who aren’t selfish.

It takes a delusional mind to think that women want a nice guy who brings them flowers and compliments their beauty and does everything to make them happy.

The man is the leader. That’s all there is to it. When the man is most concerned with her happiness, guess what she is most concerned about. That’s right, she is most concerned with her happiness.

When you are most concerned with your happiness guess what she is most concerned about. Right again, she is concerned about your happiness. She takes her cues from you
A woman with an unselfish man, one who will do everything for her, is like a dog with a weak owner. The dog is unhappy because it has no boundaries or rules. The owner is unhappy because the dog acts like an asshole. When the dog has a firm owner and knows its boundaries it is a whole lot happier, and the owner is happy because he’s got himself a loving, obedient dog. When a woman has herself a man who sets boundaries on her she is a whole lot happier.

Does this sound familiar? “What the heck does she see in him? He’s such a prick! She’s way too good for him! If she was with me I’d treat her like a princess!”

That’s exactly why she will never ever be with guys who say this nonsense. She doesn’t want to date a giant faggot. She wants to date a selfish Alpha. She wants to be with him and make him happy.

She’s disgusted by the thought of someone wanting to treat her like a princess and groveling for her affection. A selfish Alpha simply demands her affection. If she doesn’t give it there are a whole lot more women who will.

If your brain works properly then you have noticed that women who are completely, head over heels in love are never in love with a “super nice guy”. They’re in love with guys who are selfish.

If you treat women like women they’ll sit around in skimpy outfits feeding you grapes. If you treat women like men you’ll get nothing but an earful about how unfairly she is treated and how you need to respect her and then she’s gonna go out and get fucked by a selfish Alpha who treats her like a woman. Do you get it yet?

So what do you have to do to get women? You got to get rid of the nice guy act. Just do what you want to do, when you want to do it and don’t put up with bullshit.

Only be concerned with what you want. Be completely, unapologetically selfish. It’s your way or the highway.

Learn your new favorite word: “no”. If she does something you don’t like then you be selfish and tell her.
Never, ever pretend that what she did is ok. Never pretend that she is an angel who can do no wrong. If she’s acting like a bitch tell her to stop acting like a bitch. If she cooked food that doesn’t taste good then tell her it isn’t good. If she looks fat in that dress tell her she looks fat. Lying to protect her feelings only makes her delusional about what is and isn’t acceptable.

Never pretend that she is a man or “just one of the guys”. She’s a woman. When you treat her like a woman she’s gonna act like a woman.

Let me tell you something that most people are afraid to say: Women are chameleons. They will change themselves for a man. That’s a woman’s nature. It doesn’t make her a bad person.

She wants to change into the woman you want her to be. Let her. Help her. You aren’t doing her any favors by encouraging bad behavior, but you are doing her a big favor when you act like a man who knows exactly what he wants – and gets it. What would a selfish man do?


Would he feel bad about being such an asshole? No. Would he put up with bitchy behavior? No. Would he take her silly tests seriously? No. Would he be ok with her seeing other guys? No.

Would he forgive her for betraying him? No. Would he spend 3 months salary on a ring? No. Would he put up with flaky behavior? No. Would he take her out to a fancy dinner on the first date? No.

Would he say “please can you bring me a water sweetie”? No. He says “bring me a water”. Is he scared that if he isn’t nice enough she will leave him for someone better? No. Is he afraid to show her the door if she doesn’t act the way he wants? No.

Would he use her as a tool for his own happiness? Yes. Would she love him with all of her heart and soul? You better believe it.

Would she stay with him if he turned into a super nice guy who put her happiness first?
Sure. For a while. But she’d be getting sexed on the side by a selfish lover.

Guys – women were put on this earth to make selfish men happy. Not the other way around. You can be a liar and pretend it isn’t so, and drive her away in the process, or you can act like a man, a winner, and let her make you happy. She can become a part of your world or you can become part of her world. The choice is yours.
The Game of Making Money

“Everybody needs money. That’s why they call it money.”

HEIST

Money is a necessity. Everyone knows that. Having money beats the shit out of not having money. Not worrying about the price of gas, the price of dinner, the rent payment, or the cost of the plane ticket is a much better feeling than worrying about the price of everything.

There is a huge difference between A) Living like a Spartan and not wanting to pay hefty prices and B) Being poor and not being able to afford hefty prices.

Making money is just a game. On one hand you’ve got the all-star quarterbacks drawing in millions per year and on the other hand you’ve got linemen who make only a fraction of that and no one remembers their names.

They’re playing the same game but they aren’t playing by the same rules. The quarterback accepts no rules or limitations, the linemen live by rules.

The CEO and the desk jockey are playing the same game but the CEO makes his own rules and the desk jockey follows the CEO’s rules. Then the employee gives the CEO most of his money – just for the privilege of following his rules.

The CEO decides when to pay you, how much to pay you and when to stop paying you. And when he decides to stop paying you (downsizing, outsourcing) and it’s money making time again what do you decide?

Some wolves realize that the game is rigged in favor of the CEOs and that if they want to make any real money they got to do it on their own terms. Some lambs bend over and say “thank you sir, may I have another?” and go look for another Daddy to give them allowance.

Said the CEO to the employee: Hurry up and get yourself on the fire, I’m hungry and I like my lamb chops cooked rare. Said the employee to the CEO: Yes, sir!
Wake up friends. The money is out there, just waiting for you to take it. Employees are begging you to take the money they made for you. The employees are stuck on CHANCE while the CEOs are passing GO and collecting $200 over and over and over.
10 Reasons Why You Should Never Buy Anything on Credit

The debt game is the new and improved form of indentured servitude. And it’s a brilliant plan. The wolves lend you imaginary money so you can shop shop shop and then work, work, work so you can pay them back every last red cent plus interest. The plan is genius, brilliant.

They press a computer key and all of a sudden you have credit. They don’t actually give you any of their money; it’s just a touch of a key. But, you think they did and you go out and shop ’til you drop for the latest gadgets and doo-dads and whatvers.

Then you go to your job and work for them some more so you can pay back that imaginary money with interest. The young ones go to university on student loans so they can enter the debt prison even sooner. The older ones “buy” houses and cars on a never ending debt cycle and keep themselves in indentured servitude with a smile. Plus interest.

And they’ve brilliantly got you worried about your credit score so you can keep consuming and lining their pockets with money, money, money.

They’ll tell you just how important your credit score is but they’ll never tell you that when you stop buying things you can’t afford your credit means absolutely Jack.

Become a cash business, and free yourself from the debt shackles. Here are 10 reasons you should never buy anything on credit.

1) If you can’t afford to pay for it with cold, hard cash you don’t deserve it. – Yes, I know television tells you that you deserve everything your heart desires no matter what the cost. Newsflash: The same wolves that own the TV stations own the debt business. And they know the power of advertising. And they’ve got you loving your servitude. Sucker.

2) It saves you money. – When you purchase with cash you never have to pay interest. Often you can talk the price down. When sellers see cash in your hand they are more
inclined to lower a price. When they’ve got you on credit they can up the price all day long and you’ll still pay it – just over a period of years instead of all at once.

3) You can go to sleep at night knowing you don’t have to continue paying money for months and years and decades to come. – Debt is a sickness in the belly that never, ever goes away until you kill it. If you always pay in cash then you never get into debt and you are much better off than the poor souls who are up to their eyeballs in debt servitude.

4) Cash money is power. – When you have the cold hard cash in your pocket you aren’t worried about anything except getting exactly what you want. You don’t worry about what debt plan you qualify for or if you can get approved or if this extra credit check will hurt your credit score. He who has the money calls the shots.

5) Buying with cash teaches you discipline and responsibility. – When you save up for a purchase or already have the money for a purchase you don’t haphazardly put things on your credit card to pay later (zero interest for 6 months! Let’s buy everything!). When you purchase with cash you see the money changing hands, you feel the hit right away and you will know if it’s a good idea or a bad idea to buy. The babies who cry “But I want it now!” become debt slaves because of their impatient stupidity. Buying with cash teaches you to spend money wisely.

6) Cash money buyers usually have more money saved up. – Credit buyers spend every dime they make, and then they spend more, and then cry that they don’t make enough money. Cash buyers usually have plenty of money to spare and aren’t worried about affording small things like the light bill or the phone bill.

7) You can work less if you are a cash man. – When you don’t have gigantic credit bills every single month you can have a lot more free time to go explore, have adventures, travel, or just stay at home and be a lazy bum. If you got the money – you got the time. You don’t have to worry about constantly constantly working just to pay for something you bought two years ago.

8) You have more money to invest if you don’t spend it all on debt payments. – You got to spend money to make money and if you don’t have any money you aren’t making money. You can use all that money you would have spent on debt servitude and use it to invest or start a business and make yourself even more money.
9) You will be much happier knowing you are free from the debt shackles. – Just look in the eyes of people in debt and you can see just how miserable they are. It’s a sad sight to see someone in debt up to their eyeballs with no solution in sight (except for more debt). Those poor souls are the walking dead.

10) You already know buying with credit is stupid. – Nothing in this chapter is breaking news. This information just confirms what you already knew. What is the solution?

Stop buying with credit. Completely eliminate credit buying as an option. Cash is the only way. Plan how to pay off all your debt ASAP so you can be free and start saving as much cash money as you can.

Get rid of all junk you don’t need, especially anything you are making debt payments on. Live cheap. There are endless ways to cut corners with your spending. Take your life out of the hands of the debt masters and put it in your own hands. You’ll be glad you did.
The Gentleman’s Guide to Modern American Dating

A gentleman will arrive at a ladies dwelling early Friday evening and present her with a selection of beautiful, expensive and exotic flowers. He will compliment her beauty as he escorts her to his moderately priced but environmentally friendly automobile and opens the door for her.

They will arrive at the expensive French restaurant where he will pull out the chair for his exquisite date. He will tenderly ask her what she likes to eat, when the waiter arrives he will order (in French) exactly what she likes and nothing she doesn’t. The date will go very well, they have so many things in common.

He thinks she could be the one he has been waiting for his whole life. He starts to imagine their life together. It’s just going so well and she’s so perfect he doesn’t want to rush things. Which is good because she said she doesn’t want to rush things either.

He drops her off early (she has to wake up early) and he kisses her on the cheek and tells her what a great time he had. He eagerly makes plans for their next date and she accepts. He drives home. He hops online and updates his social internet account with a new status about the evening and what a great time he had. He then goes to bed, still thinking about the future with this girl, masturbates and falls asleep with a smile.

When the girl is dropped off, she goes inside to her apartment and logs on to social internet account. She then opens her apple cellular telephone and sends a message to an Alpha wolf she has been casually seeing for the past few weeks, asking what he is doing. He does not respond.

After one hour she decides to go to bed. She is awoken two hours later when she receives a new message from the Alpha wolf which simply says “come over dont wear anything but a coat”. She responds that she is sleeping and can she see him tomorrow. He does not respond. 10 minutes later she text messages him and says she is on her way. She arrives at his apartment, he pulls off her coat, tells her to get on her knees and she eagerly complies, saying I wilst do that for thee. The next morning at work she is very tired but has
no regrets.

The next Wednesday cannot come soon enough for the gentlemen, for that is when he will go on date #2 with his potential new girlfriend. He arrives 4 minutes early to their arranged time, she is still getting ready but that is ok, he is an understanding person. When she is finally ready 27 minutes later he presents her with a gift, just a small necklace that made him think of her. Again, he escorts her to his automobile and drives her to the ice-skating rink inside the mall.

They have a fantastic time ice-skating and then they go to the food court for pizza, she tries to pay for half but he declines for a gentleman always pays for a lady. And he knows how to treat a lady. They eat for a while. She casually mentions how early she has to be at work the next day. Concerned about the time, he asks her if she needs to go home. She says yes. Without hesitation he drives her home. When they arrive at her apartment he works up the courage to ask if he can come in for some hot chocolate. She replies that she really wants to take it slow this time, and besides, she has work the next day. He understands and kisses her on the cheek.

That Friday, the gentlemen calls her and asks if she would like to attend a movie that evening. She replies that she has already made plans with her best girlfriends. He asks her what she is doing tomorrow, she says she has plans but that maybe she can break them. She will let him know tomorrow. He says ok and tells her to have a great night. She says you too.

She goes to the local discotheque with her best girlfriends and they dance. Many guys try to dance with her and she brushes them off, other guys she dances with. One guy in particular she thought was attractive at first but turned out to be really rude. She asked him to buy her a drink, he said sure, went to the bar and returned with two drinks: a whiskey and coke for himself and a glass of tap-water for her. He even laughed at her. She bids him adieu.

During the evening the gentleman text messages her and asks if she is having a good time. She ignores the messages. Instead, she has been unable to stop watching her new gentleman caller, the one who returned with a water for her. He has been talking and smiling with a lot of other girls and guys. He hasn’t paid very much attention to her except for the occasional glances in which she breaks eye-contact before he does.

Nearer the end of the evening, when the discotheque is about to close, he casually strolls
up to her and says lets go. Surprised, she says where. He says my home. She acts flabbergasted and waits for him to explain. He says nothing. After 15 seconds she says ok, I’d like to. They arrive at his apartment home and have sex without a condom.

Her gentlemen caller cannot sleep for he is worried about her as she has not returned any of his three text messages. He calls her the next morning to make sure she is ok, she mentioned how her phone died the night before and that she didn’t receive any of his messages. He asks her to accompany him for the evening and she says she can’t but if something changes she will let him know. He says ok, have fun.

That evening the lady returns to the discotheque scene with her best girlfriends, where she runs into the Alpha wolf from the previous Friday evening. He is with another young lady and ignores her. She chatters with her best girlfriends about what ungentlemanly like behavior the Alpha wolf displays.

When she returns home for the evening she logs into her social internet account and leaves a comment lamenting the fact that there are no good men left and what a shame it is. The gentleman, fearing she is speaking of him, instantly responds and says that he is there for her if she would like to talk. She says thank you, you are so sweet and then she goes to sleep. The gentlemen understands that this is merely a test for her love and affection and devises a very romantic plan to win her heart forever.

The next afternoon the gentleman, understanding how emotionally vulnerable she is, asks if she’d like to go shopping to make her feel better. She says yes, that is so sweet. They go to the mall and he patiently waits while she tries on her stylish new clothes and when it is time to pay he hands the cashier his visa credit card. Surely the lady will see that he can provide for her and will do anything to win her heart.

He drives her back to her apartment home and this time she invites him in. They sit on the sofa and she again tries on some of her new clothes. He comments how pretty she looks, to which she responds with a smile. She sits down on the sofa and she kisses him. He kisses back, eagerly. After a minute she pushes him away and says she doesn’t want to go too fast or get too involved, don’t you see her heart has been broken before. He says yes, I understand. I would never want to rush you. Whenever you are ready let me know and I will be here for you.

The gentleman leaves her apartment, understanding she she needs some space and some time to sort out her feelings. The lady, using the camera on her apple cellular
telephone, takes a picture of herself in the bathroom mirror with her breasts exposed and messages the picture to the Alpha wolf who ignored her the previous evening. She captions the photograph with the words this is what you could have had.

The Alpha wolf does not respond. The lady again logs into her social internet account and reports to her friend network that guys are such pigs and only want one thing and there are no good guys left and that at least she is following her heart.
Why Are You Working?

Entrepreneurship, running your own business, is not working. Punching a time card for someone else is working. If you don't have a family, love your job, and/or have a definite goal you are working towards (i.e. retirement at 35) then why are you working?

I know why I used to work in soul-less jobs. I had rent to pay, I had a car loan to pay, I had student loans to pay – basically, I was stupid. If I had been smarter I would have avoided all them loans and debts and I would have immediately set out to make my fortune and have adventure. I would have traveled around the world from a young age. Well, it wasn't too late for me and it isn't too late for you.

Back to my question, if the answer is not above, why are you working? Used to be young men would go to work because they had a family to support, they had a young wife and young kids. The game has changed, most young men are smart and aren’t getting married. The game is in favor of the women. If you, as a man, get divorced it's over for you. Your money is going to her. Your kids are going with her. Now you will be forced to work just to pay her alimony and child support.

For you men without families, what are you working for? Why are you toiling away when you don’t have to? You know you could work 6 months out of the year and travel 6 months out of the year. You could work a month here and a month there and have enough to live very well. You could make some money online and live off of that. You could have a part-time job and live just as well. You have infinite possibilities that don’t include sitting in a cubicle getting fat and having your soul erased.

I know that feeling of emptiness when Monday morning rolls around. I know what it’s like to hate going to some office to do some BS work to make someone smarter than me richer. I know what it’s like to be laid off. I know what it’s like to spend Mon-Fri with people who I wouldn’t spend a second with if I didn’t have to. Friends, I ain’t ever going back to that life. There’s no reason. I have never met a worker-bee that I envied. All the smart ones, all the Bold and Determined motherfuckers, aren’t punching a time clock for someone else. The guys punching a time clock are playing by the rules for a game that was discontinued.

You can literally do anything you want and go anywhere you want. The choice is yours –
you can make anything happen.

You want to be an actor in New York? You can make it happen. You want to be a famous chef in France? You can make it happen. You want to be a fitness model in Los Angeles? You can make it happen.

You want to be a travel bum and travel the world? You can make it happen. You want to be a rich businessman in Hong Kong? You can make it happen. You want to be a model photographer in Brazil? You can make it happen.

You want to be a rubber farmer in Cambodia? You can make it happen. You want to be an outback tour guide in Australia? You can make it happen.

You want to be a surfer in Java? You can make it happen. You want to be Joe Cool in Chicago? You can make it happen. So what the heck are you waiting for?
Shame is the Best Motivator

Shame will light a fire under you better than any desire. It isn’t desire that gets someone to train like an animal. It isn’t desire that deadlifts 900 lbs. It isn’t desire that gets someone in the boxing ring and kills opponents left and right.

It is the revenge of shame. A bully kicked sand in your face. Everyone laughed at your frail body. The love of your life cheated on you. The jock punched you and everyone laughed at you.

Your stepdad beat you up. Everyone saw you cry. They showed your cowardice to the world. You let these things motivate you. You say to yourself “That will never happen again” and you mean it. You mean it every bit as much as you mean to breathe air and eat food.
How to Eat Whatever You Want and Get Away with it

Friends, I have a confession to make: I eat whatever I want. So much for discipline huh? Of course, it just so happens that want I want to eat 90% of the time is staple foods like steak and eggs.

It also just so happens that I eat, at most, 8 hours out of the day and fast for 16-20 hours every single day. Intermittent fasting is a fancy term for it but it really just means I don’t eat breakfast and sometime I don’t eat lunch.

Some days I eat only one meal, other days I go up to three meals. For simplicity’s sake we’ll say on any average day I eat two meals. That doesn’t mean I eat two meals and snack all throughout the day – it means I eat twice per day.

If I eat lunch I usually eat steak and eggs, but I have been known to eat sushi, peanut butter and jelly sandwiches, and I have even been known to include beer with lunch.

Now I have eaten junk foods with lunch before and it always ends the same way – with me taking a long nap. Got to sleep off that insulin spike.

I’ve learned from my blunders and I don’t include any junk foods like ice cream with lunch. It’s usually my standby steak and eggs and if I want to go wild I’ll eat some sushi and drink some beer.

But dinner, that’s a whole different story. At the end of dinner I eat whatever I want. In a previous lifetime it was called dessert. It was when people ate their real foods throughout the day and then after dinner they gave themselves a little treat. Nowadays people give themselves a little treat all day and they may eat some real foods after their junk dinner.

So if I want to eat a pint of ice cream mixed with peanut butter I’ll do it. But I’ll make sure and eat my real food (steak and eggs) first. That way I get all my protein and saturated fat needs met, I get full enough that I’m not gonna go too crazy on junk food, and the fat that I eat will slow the release of that insulin so I don’t get crazy energy spikes. And I’ll wash
it down with a beer or two. And hell, even if I do get energy spikes, it’s near bed-time anyway because I only eat that junk at night-time.

I did a two week *experiment* where I reversed that order big time. Every single day I ate McDonald’s for lunch – that’s two double cheeseburgers, big super-size fries and a large Coca-Cola Classic and I had a big ice cream for dessert. For dinner I ate one or two big ol’ fresh barbecued fish, washed it down with beer and then I continued to drink beer all night. I came back leaner and more muscular than before. Go figure huh?

Now I’m sure if I ate like a normal tourist, grazing all day on all those lovely snacks, I’d have come back a bit plumper. That’s the beauty of eating like you’re supposed to (feasting, not snacking). It’s just damn hard to get fat.

For my 6 pack abs to go away I’d have to do something drastic, like eat all the time. I’m not doing that though. I’m a goddamn animal, and I don’t mean a cow.
Always Be Ready to Do or Die

From the darkness you hear “that’s a nice watch, friend-o”. The next thing you know it’s a fight to the finish. Your whole life was preparation for this moment, even though you didn’t know it.

Someone has come from the darkness and they have come for your life. They want to take you out, they are determined to take you out.

Your whole life up until this moment was just a game and the stakes were meaningless. It was all pretend. Today the game is played for keeps – winner takes all.

It’s ‘do or die’ in every sense of the phrase. One of you will stand tall and one of you will fall. One of your souls will be sent to hell. It’s unavoidable.

It’s a fight for your life. For this very moment your whole life was preparation. At the end someone will stand with their bloody knuckles raised victoriously towards the heavens, screaming to the skies from the depths of their soul and the bottom of their heart: “I WILL NOT FALL.” Are you strong friend-o? Would you bet your life on it?
Being Thankful for All That is Good
(1 Year Anniversary)

Setting up a game plan for the New Year is essential. It shouldn’t be left until January 1st to complete. You plant your crops in advance and then you harvest. Preparation and, especially, visualization are key to achieving your goals of the year.

You’ve got to get your goals clearly defined and written down. You’ve got to get a game plan going if you want to accomplish and achieve. Let the zombies go through the motions and not plan anything and never move up. They can sit in front of the TV at the end of the year while WE ARE BUSY PLANNING FOR WAR. But first, a few notes.

BOLD & DETERMINED has been around for one entire year now. Our first post was dated 11-20-10. There are some BIG plans for BOLD & DETERMINED in the new year and I will be happy to share them with you at the appropriate time.

Thanksgiving is just around the corner. Even a lone wolf like me can sit back, relax for a day, barbecue some lamb ribs, steaks, shrimp, and duck legs and be thankful for every blessing, opportunity, and loved one who is still around and kicking.

Friends, there is one thing I want you all to know – You have been blessed beyond belief if you were born in a western country, especially the United States of America. You have opportunity that most of the world doesn’t, cannot, will never ever have. You can literally do anything and go anywhere. We will never in our life know the dire poverty that most of the world faces.

This is part of a text message I received yesterday evening: “You look like a bird in a forest but I am the one in a cage.” I know a lot of us in the west feel like we’re stuck in a cage but there is one crucial difference – the girl who sent me this message really is stuck, she will likely never be able to break free and do anything. The cage we are stuck in is a mental cage – we can open the cage door whenever we decide to do so.

Black Friday is D-Day. The silly people will go out and buy lots of gadgets and do-dads, the DETERMINED people will be busy preparing for the upcoming week, the upcoming
month, the upcoming year, and the upcoming lifetime.

Maybe you are a wage slave today, but tomorrow is a different day and if you want it enough, prepare enough, and take enough action then nothing can stop you. And that goes for any goal that you have.

When war is your destiny you are a warrior. When watching from a safe distance is your destiny you are a spectator. The #1 goal of BOLDandDETERMINED.com is to get you to take action, to become a better man, the best, and live the life a BOLD & DETERMINED free man – to become that warrior.

The door is open for action-takers. Spectators can watch from their cages.
How to Stop Being Lazy: 8 Easy Steps to Overcome Laziness

Laziness is a nasty little affliction that afflicts everyone from time to time. Everyone wonders to themselves from time to time “How can I stop being so lazy?”. Overcoming laziness, or the ability to do things that we do not want to do, is a crucial part of gaining success. Things simply have to get done and we have to do them or make sure they are done.

When we come to terms with this fact, that we will have to do unpleasant tasks to become successful, it makes it a whole lot easier to just ‘buckle down’ and do the tasks we know we will have to do at some point anyway.

Success is the result of a few big tasks done and accomplished and a whole bunch of minuscule tasks done and accomplished. Today we are going to focus on how to get all those small tasks done that we just don’t have the desire to do.

Lazy people let the small tasks go unfinished for far too long. Successful people make sure those small tasks get done as quick, painless and efficiently as possible. Here is successful people overcame laziness.

1) Get organized – The most important aspect of overcoming laziness is getting organized. So many times we want to do something productive but the clutter and the junk makes it seem impossible to get anything done and entices us to not even start our task.

A nice, clean and organized work space just invites us to do some work and be productive. A cluttered and trashed work space invites us to stay on the couch. Set aside a few hours to devote to organizing work stations – everything from your desk to your computer files to your favorites links on your web browser. Make everything as easy, seamless and efficient to find as possible.

2) Make a ‘to-do’ list every evening before bed – It is imperative to write down our


goals so we can visualize exactly what needs to be done. Every single night make a ‘to-do’ list on a notebook or in Microsoft Word and add 5-10 things that must be accomplished the next day. From small tasks like going to the bank to big tasks like finishing up gigantic projects. Everything that needs to be done needs to go on the ‘to-do’ list. No task is too big or too little for the ‘to-do’ list.

3) **Complete your ‘to-do’ list first thing in the morning** – We all know that feeling of dread, of impending doom, when we know we have to do something but we don’t want to do it. So we put it off and put it off and it just keeps eating at us, making it harder to do the task but still eating us up inside.

The only way to get rid of that feeling is to do unpleasant tasks very first thing in the morning and get them over with. Do all tasks in the morning, starting with the hardest task and ending with the easiest task. After you have completed all your tasks for the day first thing in the morning you have your whole day free knowing you have taken care of business already.

4) **Dress the part** – A huge factor contributing to laziness is slothful or lazy dress. Wearing a pair of shorts and sandals does not make someone feel like working. On the other hand, wearing a nice button up shirt and a tie does make us feel productive. It makes you want to get stuff done.

Every single day you should dress like you are going to an important, high dollar meeting – even if you work from home, even if your company has a casual dress policy, even if you are feeling lazy and don’t want to dress the part. You’ve got to dress for success because it gives you a successful, productive mindset. Always present the best you that is possible.

5) **Be hyper-aware of the time** – Starting and finishing our ‘to-do’ list at the exact same time every morning is imperative. It’s called habit and routine and it’s what separate the lazy from the productive. When you have a routine and habit it is easy to get stuff done everyday. Having no routine it makes it very hard accomplish anything.

Start a routine, set specific times to start and accomplish your goals every single day and always be aware of the time. You never want your allotted end-time to come without finishing what you have started. Watching the clock forces you to work harder and faster to get everything done. We want a definite start time and a definite finish time to complete our ‘to-do’ list every morning.
6) Keep a notebook – Keeping a notebook on you is highly beneficial. One of the reasons is that ideas often come to us when we are driving down the street, walking down the road, sitting in a train or other places where we aren’t prepared to act on the ideas. Keeping a notebook will let you jot down these ideas, upcoming ‘to-do’ tasks and we can review our notebook each evening when completing our nightly ‘to-do’ list.

7) Have a lazy Sunday – Being productive all week is a great feeling. After being productive it’s ok to take one lazy day per week, and there is no better lazy day than Sunday. The businesses that matter aren’t open on Sundays, most people don’t take phone calls or respond to e-mails on Sundays, and taking a lazy Sunday will let you rest and prepare for the most important day of the week – Monday.

8) Have someone else do the unpleasant tasks – Laziness is really just not doing things you don’t want to do. These are tasks like calling customer service, going to the post office and mailing a letter, balancing the books, calling back clients, going to the bank, or calling the airline to change a departure.

When we want to do something nothing can stop us, when we don’t want to do something the littlest snag can stop us. Having a personal assistant, co-worker, secretary, wife, girlfriend, or virtual assistant to do these things for us keeps us fresh for the real tasks that we need to accomplish.

It’s the 80/20 rule: 20% of the things we do are the most important and matter the most and we enjoy doing them. 80% of the tasks we have to do are minutia that we don’t like doing but have to be done. If someone else can do it — let them!

How to Stop Being Lazy – Tips to Remember

Organization is the very first step to overcoming laziness. When we’ve taken the time to get organized, which is usually the hard part, it’s very easy to get things done with speed and fluidity thereafter.

Do the unpleasant tasks very first thing in the morning – That includes everything from going to the gym, to logging on to all your online accounts and changing your address, to finishing up the big project.

A ‘to-do’ list is extremely important because it lets you visualize what needs to be done. Visualization is a key to success. Dress for accomplishment because it gives you an
accomplishment mindset. Wear nice clothing that A) makes you feel like being productive and B) makes other people think you are productive. You should hear “Whoa, looking good Mr. Fancy Pants!” very frequently.

The current time is your friend. Always be aware of the time and what you need to be doing at that very time – even if it’s time for relaxation.

Enjoy a lazy Sunday – but don’t let the laziness carry over to Monday. Monday is business time. Monday morning you should always hit the ground running full speed – and don’t stop 'til it’s Saturday night.
Obsession is the Only Thing That Counts

They’ll say things like: “Don’t spend too much time on that. You need to take a break. You’re working too hard. Moderation is the key. It’s like you’re obsessed.” You’d hear it if you cared. You’d hear it if your ears weren’t deaf to bullshit. They’ll say things like:

“I’ve never heard of anything like that. That’s not how it’s done. That’s not what people do. I don’t think that will work. I’m not sure you can pull it off.”

Their words don’t matter. They may as well be speaking underwater. You can ask the obsessed millionaire working on a task what time it is but his ears can’t hear you. He’s miles away standing right next to you. He’s got plans to put into action. He can’t be bothered with trivialities like hearing people.

People who cannot articulate how to be successful will sell you “do what you love”. Well I love getting my dick sucked by beautiful blondes. I love taking a shit and reading a book in the morning. I love playing with my dogs.

Those are hobbies. When you’re obsessed your hobbies disappear. There’s just no time for them. You do what you’re obsessed with so you can afford your hobbies. Hobbies are what you have when you don’t have obsessions. Hobbies are what you try and accomplish. A hobby is manufactured just to have something to do.

A hobby is a time-killer in between obsessions. Obsession is what you absolutely cannot stop doing until it’s finished. When it’s finished then you can play the hobby game. The starving wolf is obsessed with eating. The lamb has a hobby of surviving.

The guy holding the trophy didn’t get there because he loves his sport – he got there because he’s consumed with obsession. The amateurs love what they do and do it for fun. The pros are obsessed.

When you’re obsessed you drive home and walk in the door and think to yourself “how the f*ck did I just get home?”. The idea in your brain was too consuming to even notice driving.
When you’re obsessed you turn on some high adrenaline music. You play a whole album and before you even hear it the whole thing is over.

When you’re obsessed you start working on something at 6am and the next thing you know it’s 5pm – you haven’t eaten, you haven’t gone anywhere, you haven’t been to the gym, you haven’t showered, and you haven’t heard the phone ringing. And you keep doing it.

**Someone:** You want to come to dinner tonight?

**You:** Nope, gotta work.

**Someone:** But it’s Friday night!

**You:** Uh-huh. Gotta go! Bye.

You talk to me when I’m obsessed and baby we’re on a different planet. My ears are deaf to you. Obsession is they key to turning nothing into something.

If you can be obsessed with it for long enough you can turn it into money. Money buys you freedom. The freedom to obsess over anything you want.

The difference between guy who woke up 5 minutes before he has to leave for work and the guy who woke up at 5am because he couldn’t waste time in bed anymore is the difference between night and day. The 5am’er has seen the light of his personal heaven.

The debt slave hauling off to his early afternoon HR meeting is stuck in the dark of his private hell.
Heart, Soul, Blood, Guts, Perspiration, Pain and Pride

An animal gym session, that session where you tear through the weights like a wild animal, that session where you leave shaking violently, barely walking, and sweating through your clothes, that’s how you express yourself. That’s art. That’s physical expression of the highest form.

That ain’t no fucking workout, that’s you baring your soul for the whole world to see. When people see you attacking the weights they see you as you really are. We can see your soul when we see you train. We can see the animal you really are. We can see if you’re a lion or a timid little lamb.

We can see inside the soul of the fat-bellies with spaghetti arms on the treadmills, we can see inside the soul of the lazy light-weight lifters, and we can see inside the soul of the motherfucker tearing through the weights, giving off like he doesn’t have a care in the world except for killing that weight.

That motherfucker shaking after a set, that motherfucker drenched in sweat, that motherfucker with the insane look in his eyes is an artist. You know that person because you don’t dare talk to that person in the gym. He’s busy. You know that person because the whole gym is watching from a safe distance but that artist can’t even see them.

The watchers are invisible and mute to an artist. Heart, soul, blood, guts, perspiration, pain and pride – It’s all on display at the gym. Get your game face on, war is coming to your local gym.
Social Networking - Learn, Earn or Burn

The internet is a wonderful, phenomenal tool - one of the greatest inventions of all time. Anything you want, the internet can provide. Anything you want to learn you can learn online. The knowledge of the world is free to all or comes at a small price.

But we take it too far. We all do. We spend our time playing on social networking sites and pretending we’re cooler than we are, or we spend our time complaining on social networking sites. Or we spend our time looking at pornography. Or we spend three hours watching funny videos.

We spend our time in a fake world, a fake reality, talking to a computer screen, talking to other fakers sitting behind their computer. We walk outside and instead of saying hello to a pretty girl we bury ourselves in our phones, and it’s just as well because she’s even more obsessed with her fantasy.

All that time spent on baloney could be used to learn or earn. On the internet we can learn how to earn. Any industry we want to know about we can find on the internet. Any company we want to connect with we can find on the internet. Any industry we want to break into we can find on the internet. Anything we want to sell we can sell on the internet.

The first step to saying goodbye to the nine-to-five jive is research, research and more research and it can all be done from the internet. Learn, learn, learn until it’s time to earn, earn, earn.

We could learn from it and then put our plan into action and earn from it. All that wasted time spent on baloney could be used to advance our freedom from the nine-to-five jive. If you can’t learn from it or earn from it then burn it. Let it go. Light it on fire and watch it die. It’s a waste of time and it’s a waste of life. If it has no tangible, positive results then burn it up.

Leave the social networking sites for the lonely people, for the lost people. It’s for the narcissists. It’s for the people who have nothing else. They can have it. Unless you can earn from it you don’t need it.
The old friends worth connecting with aren’t playing around on social networking sites all day. The ones who actively use social networking use it for whining, complaining, cry-baby’ing, and ego boosting. They live online, but online living is no living at all.

Internet stars actively promote social networking for one very important reason – they earn from it. It gives them tangible results. It’s a cash cow because of all the people spending every day and night obsessed with their fantasy world. What the average Joe doesn’t know is that social networking is a big, big money-maker for the internet entrepreneurs. “But it’s a great way to connect with friends and family!” No it isn’t. People connected with friends and family for a really long time before the internet. Social networking is a great way for smart people to make a whole lot of money. That’s what it’s for and that’s how a smart person should use it.

There are three kinds of users of all social networking sites:

A) Earners: Big dogs who make big money from the social networking sites and who have the most followers.

B) Learners: Small dogs who are actively trying to become big dogs, they’re learning from the big dogs how to do it.

C) Cash Cows: People handing out money without even knowing it, the smart people capitalize on the cash cows.

E-mail is a perfectly efficient way to say “hi” to friends and family and leaves plenty of free time to learn and earn. The internet can be a tool of freedom or a vicious slave-master. Choice is ours. We know how the smart people use it.

You could be the man behind the screen making the money or you can be the man in front of the screen handing out your money without even knowing it. There’s ass to kick on the internet – if you aren’t the kicker then you’re the one getting kicked. Leave the positive and cut out the baloney. If you can’t learn or earn from it, baby, it’s time to burn it.
How to BE Without Remorse or Apologies

Advice from friendly friends and family members is not meant to help you succeed. It’s meant to help you not break waves and go too far beyond the ordinary.

It isn’t their fault, they aren’t mean or deceitful, they really are trying to help – but only in the way they can imagine will help. They can’t crawl around in your brain and see your vision, drive, or passion. They can only see their own lack of it.

You should never listen to advice from friendly friends and family. You can hear it but you should never listen. Following their advice is akin to deflating a balloon.

You’re doing something out of the ordinary because you don’t want to live an ordinary life with a 9-5 job, mortgage, two car lease payments, monthly cell phone plan, and credit card payments. The friendly friends and family went the normal route, their advice to you is “This is how you go the normal route”.

The real advice, the good advice, isn’t pretty, it isn’t nice, it’s usually the opposite of ‘popular opinion’ and it’s how 100% of successful men got that way. They didn’t follow the baloney rules that friendly friends and family follow. They made their own rules and turned a deaf ear to friendly advice from friendly friends and family.

Friendly friends and family will all give you the same advice independently of each other. You’ll say “Yeah, that’s what everyone says”. But take a look at their lives. They aren’t enviable, they are pitiable and if you take their advice it’s exactly where you are headed. Advice should make you think. It shouldn’t make you say “Yeah, I know what I should do…. ” The advice that matters should make you say “Wow! I never thought of that! Everyone else says the opposite.”

The be/but advice from friendly friends and family: Be proud but don’t be arrogant. Be money conscious but don’t be greedy. Be courageous but don’t be insane. Be strong but don’t be a meat-head. Be passionate but don’t be obsessed. Be adventurous but don’t be crazy. Be disciplined but don’t be strict. Be smart but don’t be a wise-butt. Work hard but take time to relax. It’s ok if you fail, we’ll be here waiting for you with open arms.

BUT nothing. Here it is and I’m going after it with everything I’ve got. All the friendly advice in the world isn’t worth a dime to me.

Go after what you want and don’t take baloney advice from anyone who hasn’t succeeded in doing the exact same thing you are trying to do. You can never fail because you will never give up. Even if you die trying.

Moderation is not the key to success, it’s the key to mediocrity.
How to Take Advantage of Bad Situations

It’s called taking advantage and it’s what winners do. Others will stand around and cry “Oh my God, the situation is so bad, there’s nothing we can do boo-hoo.” As they hand you their money for a service you provide you will say “Yeah, I know. Times are tough for lots of folks right now. Just go ahead and sign right there.”

How to tell a winner from a loser: A loser will say things like “Oh my God! I can’t believe you took advantage of a bad situation!” A winner will say with pride “I saw an opportunity in a bad situation and I took advantage of it.”

Opportunity usually exists in abundance in bad situations. Put on your thinking caps and figure out how you can provide goods or services to the downtrodden and you will always have a market. The downtrodden will always be there whining about the bad situation, whining about people who take advantage, and handing out their money to the advantage takers.

Greed is good? No. Freedom is good. Money is bad? Go ahead and give it to me then. Debt slavery is for the downtrodden who buy it with zero down at only 7.9% interest for the first year. Financial freedom is for advantage takers.

The downtrodden didn’t get that way because of a lack of opportunity. They got that way because they have a downtrodden mindset and always will until the day they die and then they’ll pass that mindset on to their children.

The rich could lose all their wealth and gain it back within a year because it’s all a mindset. The downtrodden are losers in the game of money. The rich are winners in the game of money. You are going to play the game. You may as well play to win.
Why You Should Have Ass-Kicking Friends

Being an ass-kicker means you have to cut out all nonsense, that includes friends and relationships that are not beneficial to you. To live like an ass-kicking Spartan is to live a bare bones, necessity filled life.

There comes a time when you’ve got to re-assess friendships. In the life of an ass-kicker there just isn’t any room for low-yield relationships. If your friends don’t serve a definite dual purpose then it’s time to let them go. Dual purpose friendships: you enjoy spending time with the person and you accomplish an activity.

A low-yield friend is a friend that does not serve a purpose. A friend that just wants to ‘hang out’, gossip, use narcotics, whine or talk about themselves or other nonsense. A low-yield friend is an “energy vampire”, someone who drains you of energy by just spending time with you.

A high-yield friend is a friend you can hit the gym with, train MMA or other activity with, learn something from, or accomplish something with. A high-yield friend energizes you.

An easy test to tell a high-yield friend from a low-yield friend is how often you answer the phone when they call. If you continually don’t answer the phone when they call that’s a sign that they need to be given their walking papers. If you typically answer the phone when they call then they can stay.

Who to give the boot to: Gossips, loudmouths, whiners and Negative Nancies. In the life of an ass-kicker these types are invisible and speak an alien language that only other idiots can understand. Gossips want to chatter about nonsense. They love to work in an office because they have a captive audience for their baloney and can easily infect you with their disease. This is one great reason to leave the corporate life. Negative Nancies just want to be negative and nasty about everything. If you’ve got some friends like that it’s time to give those chatter-boxes the boot.

How to deal with drama: Drama does not exist in the life of a Spartan. Drama must be invited in, like a vampire, or it cannot exist in your world. If you have “dramatic” friends give those narcissists the boot. There’s no time for nonsense. If you wanted to hear about
drama you could go searching for the latest celebrity gossip.

This is what you tell your chatter-box friends when they call you about nonsense: “Don’t ever call me about that BS again.” Click. Spending time with friends should serve a purpose. You should get activities done. “Hanging out” is usually a big waste of time. Every second you “hang out” is a second you have wasted. “Hanging out” is keeping you from your goals. When your friends call it should be for a specific purpose. They should call only to give you some pertinent information or invite you to an activity such as weightlifting or social activities on a Saturday night after a week of killing.

If you’ve got free time to spare then go and “hang out” for a little while, but it shouldn’t be routine. Tell your friends if they have non-pertinent information then they have to e-mail you. E-mails are easier to ignore than a ringing phone. A ringing phone should mean business. A phone call is an intrusion and should have a specific goal and purpose.

**Dealing with girlfriends and girl friends:** A girlfriend is a girl you are romantically and physically involved with. Don’t get caught up in silly phone conversations with girlfriends. Limit conversations to 5 or 10 minutes. Don’t waste time with back-and-forth text messaging. They can talk to you at night, in person, when business is taken care of.

A girl friend is a friend who is a girl. There is no reason to have girl friends. Girl friends serve absolutely no purpose. There are only two reasons males have girl friends 1) They’re gay 2) They’re trying to have sex with the girl and they’re stuck in the friend zone – and that’s just a big old waste of time on a massive scale.

Kick the low yield friends out of your life for good. Keep the high yield friends. You’ll be glad you did.
How to Get Over a Breakup

The period after breaking up with a girlfriend can be a lonesome time full of doubt, fear, regret and pain. Now you will learn how to get over a breakup the easiest, most painless way possible.

This article will not review how to get over a divorce, but how to get over a breakup with a girlfriend with whom you do not share children. For purposes of this post we will assume the girl in the relationship broke up with the guy. We can assume this for two reasons: 1. Most breakups are initiated by the female and 2. A male would not be reading how to get over a breakup if were not the heartbroken party. 10 steps to getting over a breakup: This is how you get over a girl…

1) Understand that you are still in love with her simply because you can’t have her. If she all of a sudden became extremely needy she would cease to be so attractive. Men are in love with women they cannot have and women are in love with men they cannot have. If they could have them, that person would cease to be as attractive.

2) There are plenty of fish in the sea. There are over 3 billion women in the world and the median age for women world-wide is 29 years old. That means there are millions of dateable women in the world. There are literally millions of women as good, or better, than her. There are prettier women, there are sexier women, there are smarter women, there are younger women – anything you can think of there are millions more.

To be obsessed with one in a sea of millions is lunacy. All her “great” qualities were something you made up in your mind. The truth is that women will change to please you in any way you desire. Women are chameleons in love and your hobbies and interests will become her hobbies and interests. A better woman can always be found.

3) She is not your soulmate, your true love, the one or anything else. She’s just a girl you dated for a while. Soulmates and true love is an invention of the movies and sold to the gullible masses. If she was your soulmate or your true love you would still be with her and everything would be roses.

If such a thing as soulmates existed then you would have never broken up. If true-love
existed then she would still be with you. It isn’t true love you have, it’s true infatuation because she played you really well. If the girl actually was perfect for you then you would not have broken up.

4) Realize that when another girl comes along you will forget all about the old one. The way you get over your dog’s death is you mourn for a while and then you go to the puppy pound and pick up a new dog. Similarly, the way you truly get over a woman is to get another one.

5) Do not watch sappy movies or listen to sad music. The media you imbibe affects your mood, positively or negatively. Rather than consume media that makes you sad, you should consume media that uplifts you and motivates you for the future. Don’t feed that heartbreak fire with heartbreak songs, movies and books.

6) Realize that you dodged a bullet by breaking up. Since it could not last, could never last, its best that it’s over with now instead of in the future when much more could be at stake i.e. children, alimony, divorce, child support etc. A little heartache is a whole lot better than being bled dry from an unhappy ex-wife.

7) Realize that you will just be sad and lonesome for a little while and accept it. You wouldn’t be human if you had no emotions. So maybe you’ll spend a week listening to sad music and drinking too much whiskey. Just don’t let it become habit. Get it out, get it over with and move on.

8) You can learn from your mistakes and be a better companion for your future women. That doesn’t mean you should pay more attention or buy more gifts, you shouldn’t. You should act in a similar aloof manner in which “the one” acted which caused you so much heartache and pain. If you want your woman to be head over heels in love with you, you simply cannot be too available to her.

That doesn’t mean you must be rude or mean, but it does mean you cannot be too nice or too eager to please. Never spill your guts and always let her wonder about you. Conventional wisdom says otherwise but conventional wisdom leads to divorce from “unhappy” wives who didn’t have the mystery they craved.

Your woman must look up to you in some way to maintain her feelings of love for you. When you maintain that aloofness she is drawn to your power, the power she craves for you to have but will never admit.
9) Never, ever take advice from women on how to get women. They will lie unknowingly and tell you to be nice and be yourself and buy gifts, knowing full well that they despise the losers who do such things. Similarly, do not take advice from internet “pick up artists” hellbent on sexual degeneracy. The best person to take advice from is a guy who continually has pretty girlfriends who dote on him.

10) Realize that a lot of modern women will never be happy with any man as long as they live. The reality is that modern woman has been spoon-fed completely unrealistic romance movies her entire life and she believes in them as much as she believes in anything. She believes she deserves everything she sees on TV. She will always think that her perfect man, her soulmate, her white knight in shining armor is out there somewhere.

Absolutely nothing a man can do will please such women forever. These women will die alone and will never, ever understand where they went wrong until it’s too late. These are the women whom you cannot please no matter what. If you’re dating such a woman you should let her go immediately and find a better companion. Don’t fall for the “saving her” baloney. She isn’t a damsel in distress and she is beyond redemption. Such cases will only end with you with your head in your hands wondering “why?”.

Getting over a breakup is easy when you think about it in a logical way and don’t let blind emotion run you over. The old adages are very true: there are plenty of fish in the sea, you are better off etc. There is light at the end of your tunnel, whereas if you stayed on board with this woman there would only be darkness waiting for you. The right choice has been made for you, whether you want to believe it or not. Dust yourself off and find yourself a better option. There are millions to choose from.

Bonus #11) You can use the breakup as fuel for a great workout. There is no time a man will hit the weights harder than after a breakup. Especially when she starts dating again. Instead of letting that baloney eat you up let if fuel your fire.
Arguing is a Waste of Time

There is no point in arguing with people who already have their minds made up. It takes up your time and energy and doesn’t produce any tangible results. It ends up with you getting angry, trying to convince someone of something that truly doesn’t matter at all.

*But I don’t want people to think I’m such and such!* Why? How does you taking time from your life to pander to other people make any difference. People who are prone to arguing and name-calling have a very hard time understanding anything.

No matter what you say they are going to think whatever they want to think. No matter how much you argue and pander you can’t change someone who has their mind made up. Just let people think whatever they want and go on with your life.

We’re scared of words for no reason. We argue against words like it changes anything or makes any difference. It doesn’t make any difference.

They’re just words. Sometimes they have a basis in reality, sometimes they don’t. You can argue for or against the words as long as you want but it changes nothing about you as a person.

The Answer is Self-Respect

“How do I get into shape?”

You have some fucking self-respect, never allow yourself to be a disgusting fat-body, and demand that you keep yourself in shape.

“How do I pick up pretty girls?”

You have some fucking self-respect, say “hi” to her, and never accept that any girl is out of your league.

“How do I get a promotion at work?”

You have some fucking self-respect and become so valuable they can’t not give you a promotion.

“How do I get people to respect me?”

You have some fucking self-respect and respect yourself first.

The answer to any “How do I…” question is always the same:

You have some fucking self-respect, you demand higher of yourself than others, you put in the time and energy it takes and you go after it without remorse, without sympathy, and without apologies. It doesn’t matter which path you take, it only matters that you believe in it and yourself.

This is what I want. Give it to me or get out of the way.
Always Know Exactly What You Want

What do you want? Answer that question with specifics and you are 1000% more likely to get it than the guy who answered “I don’t know” or answered with some vague buzzwords like “happiness”.

– Where do you want to be in one year? “Oh, I dunno. Have a better job I guess. Maybe have my own entrepreneurial gig.” Hmmmm. Guess what’s not going to happen for you?

– Where do you want to be in 5 years? “On my chicken farm in Montana with my 22 year old petite, blonde Ukrainian wife and my 1 year old child all paid for from the proceeds of XYZ business which is run completely by my employees.” Vague ideas are just pipe dreams. Plan, visualize, and then act on those plans.

“I want to win the lottery”. Ok. Good luck you fucking loser. Concrete ideas, plans and actions are how you get it. Dream big, but don’t spend all your time asleep. Dream the dream and then wake up and get to work.

On December 31st where do you want to be, what do you want accomplished and how will you do it. Fuck your New Year’s Resolutions to be a better you. You either have a New Year’s plan or you get to endure another year of loser’dom.

You have the power to turn it all around. You have the power to change it for the better. Grab your dick, make sure it’s still there. Since you are not dickless you can stop acting like a little, whining pussy. Shout out to the entire motherfucking world “HERE. I. COME.” And never, ever be unprepared ever again.
“Why Can’t I Get My Business off the Ground?”

What time did you wake up this morning? What was the first thing you thought about this morning?

What was the last thing you thought about before you went to bed last night? Did you spend your evening watching TV? Did you go out to eat and drink last night?

Have you cut down your expenses to the bare minimum? Do you keep buying things on credit? Do you live within your means, above your means, or below your means?

What one thing did you do today to further your business? What one thing did you do yesterday to further your business? What one thing will you do tomorrow, and the day after, and the day after, and the day after to further your business?

Do you read everything about your industry that you can get your hands on? Do you spend your time living vicariously through other entrepreneurs and not doing any work? Are you on internet forums picking the brains of successful people in your industry?

Do you think you can actually start a business working 4 hours per week? Do you work on your business on your lunch break from your job? Do you waste time with your going-nowhere friends trying to come up with ideas for a business?

How many daily phone calls do you make regarding your business? How many e-mails do you send every day regarding your business? Are you content with your 9-5 job or do you feel contempt for your 9-5 job?

Are you just playing? Are you just bullshitting? It’s ok if you are. All you have to do is quit pretending to be an entrepreneur. If you’re going to quit anyway, there is no better time to quit than right now. Get rid of the heartbreak and hassle of starting your own business, you can go to work for someone else and live for the weekends. Just say the words “I quit” and you’ll never again wonder why you can’t get your business off the ground.
The Benefits of Having an Accountability Partner

An accountability partner is someone you share your plans and ‘must-do’ tasks with. Your accountability partner holds your feet to the fire and makes sure you complete what you said you would complete.

An accountability partner is someone who gives you encouragement when you need it, motivation to finish your tasks, and a boot to the ass when you don’t finish what you were supposed to finish.

An accountability partner is like a gym partner: he’s there to spot you on bench press, he’s there to yell at you to “push that weight up!”, he’s there to give you a helping hand on the last rep or two, and he’s there to tell you “you had way more in you! You better finish that set next time! Now spot me, I gotta hit 12 reps no matter what.”

An accountability partner is a person you do not want to let down. With an accountability partner you must have something to lose for the plan to work.

If you respect you accountability partner a great deal then the friendly competition is enough fire to keep you going.

You can make friendly bets with your accountability partner. For example: “If I don’t finish this I’ll give you a crisp $20 bill.”

An accountability partner is there to call you on your bullshit. If you say “Well, I didn’t finish because of this and that…” your accountability partner is there to say “Brother, that’s bullshit. You know it’s your own damn fault.”

When you finish your big goals your accountability partner is there to say “That’s great, brother! I’m damn proud. What’s next on the horizon?”

An accountability partner can be a friend, a brother, a father, or even an internet stranger. But it’s got to be someone that will hold your feet to the fire.
You can meet up on Saturday nights to drink some whiskey, go over everything accomplished that week (person who didn’t accomplish buys drinks), go over next week’s plans and action items, and then go holler at some beautiful blonde babies.

You can meet up for breakfast, lunch, or dinner and go over plans. Whoever didn’t accomplish what they said they would accomplish buys.

You can smoke cigars and go over plans after a Saturday barbecue. You can fire off e-mails Sunday evening / Monday morning to your accountability partner and review everything that has happened this week and what needs to happen next week.

You can fire off e-mails first thing every morning to detail what you must accomplish that day. It doesn’t matter if you meet in person, speak over the phone, or use e-mail to review your plans and action-item lists, but e-mails are a must to send off your daily must-do list.

The goals have to got to be specific and clear. Nothing like “I have to be more confident”. More like “I have to say ‘hello’ to every beautiful blonde baby I see”.

I’ve got to get my company website going this week… I’ve got to follow up leads on at least 10 new clients…

I’ve got to hit the pavement and drum up some business… I have to specifically do such and such… I’ve got to accomplish or die this week.

You’ve got to do the same for your partner. You’ve got to hold their feet to the fire. Make sure they do what said they were going to do.

If they don’t accomplish what they set out to they’ve got to give you that $20, buy your whiskey, or, even worse, they lose their pride and got to gain it back.

You don’t need an accountability partner, but having one can be a nice asset in your motivation and accomplishment arsenal and can help to fully visualize and realize your goals.

Even better than having someone hold your feet to the fire is the active review you must do of your plans. The simple act of seeing your plans, speaking your plans, or typing your plans and the plan to accomplish them can make productivity sky-rocket. ‘To-do’ lists are an absolute must and having an accountability partner is a way to insure you prepare your
all-important ‘to-do’ list every week.

The people who love to go to the gym and train alone won’t need an accountability partner. The people who like having a gym partner will have use for an accountability partner. Other people will fall in between. Experimentation is key to finding the best way to be productive.

The accountability partner system is based on the Honor Code. Honor is for men. If your accountability partner has no honor and lies to you to avoid the shame of losing then you’ve got to find a new one. The system cannot work without honor.

The accountability partner system is a way to keep your feet to the fire and accomplish all those small goals that build up to something big.

Keep your BIG goals to yourself. That’s for you and only you. After you put your plans into action is when you are allowed to talk about them. Never talk about big plans before they have been put into action. That’s what motormouths do. That’s what talkers do. That’s not what walkers do.

With the big plans you are your own accountability partner. You’ll hold your own feet to the fire and you’ll do or die because that’s how it’s done.
Why You Should Start a Blog or Website This Year

A monetized blog(s) or website(s) is one avenue on the path to financial freedom. It will take some work to get there and that’s why you need to start now.

“Should you start a blog or a website?”

If you are brand new to running a website then you should start a blog. If you have no blog ideas then you can blog about your progress on 30 Days of Discipline.

That will give you a solid month of posts so you can learn the ins and outs of blogging. To learn how to start a blog or website read Badnet.com.

“Why should you blog about 30 Days of Discipline?“

Because blogging and writing about it will give you incentive to not muck up your progress.

Maybe you will like blogging and maybe you won’t but it’s a start. You have to start somewhere. If you want to make art then you can make art and not pay attention to business.

If you want to make money then you need to keep your eye on the prize and blog with business in mind. You do not have to start a blog, but remember – there is money on the internet. Do you want a piece of it? And do you want the freedom that comes with it?

If you don’t want to start a blog or website that’s cool. There is more than one way to skin a cat. But tomorrow is the first day of the rest of your life. What are you going to do? What are you going to start? And how will you do it?
ATTENTION CURIOUS MONK!

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5) BADNET is not just for aspiring bloggers and blog artists.

Many users have found BADNET to be useful for posting their photography, advertising their skills, or just simply as an elegant landing page with some contact info for potential clients or friends and family.

There’s nothing about making a site with BADNET that’s specific to just web based businesses: you absolutely can also use BADNET to start a site for a brick-and-mortar business!

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