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

Victor Pride
Theodore Locke
Foreword

It has been a couple of hours since I've finished compiling all of the articles Victor Pride ever published on Bold and Determined. After gathering everything into a single file I felt the strong urge to close it down and simply leave it for a while. It's a weird feeling coming back and staring into the words for a project which I thought would take forever.

I started my task during the summer of 2017 and since then used every bit of my free time in order to complete it. During that time I completed Med School, became a board certified physician, got accepted into a PhD program for Biotechnology and started my residency as an up and coming specialist for Internal Medicine.

Thinking about everything right now I’m amazed that I was even capable of finishing at all. But I must admit: there aren’t a lot of sweeter moments than the feeling of a job well done. But I would have never been able to do what I have done were it not for my mentor who never met me but helped me shape into the man I am today: Victor Pride.

I stumbled upon his blog by accident as I was reading and preparing a PDF file from Mike Cernovich’s seminal blog Danger and Play. His style of writing resonated with me: clear, to the point and without bullshit. It did not take long for me to read all of his posts but still I yearned for more: I read all of his books, listened to all of his podcasts (some multiple times) and studied everything he recommended.

After my parents divorced life seemed bleak and without color. Separation between couples might be a normal happenstance these days but it hit me hard. I lost the will to press on: relationships deteriorated, I gained weight and almost flunked out of Med School.

During my darkest moments Victor offered me a hand and a kick in the ass to get me going again: with Bold and Determined Volume 1, 2 and 3 to regain my killer mindset, with 30 Days of Discipline to regain my iron will, with Body of a Spartan to regain my body and with Nate’s Casual Style 101 to start dressing like Winner Wolf again.

Now here I am with my own website finding my own way within this world full of adventure.

Life has become Full Color again.

Victor, if you are reading this: thank you.

And for my readers, friends: what Victor teaches works. I am living proof of that. Read, study, apply, fail, try again and win. Never be discouraged for each failure is a learning experience. Stand up, look forward with an unwavering gaze and simply – go.

Be Bold, Be Determined and the World is Yours for the Taking.

Theodore

Cover picture made by Alex Gavrilas.
Who is Victor Pride?

In his own words...

He is the proprietor of Bold and Determined - the Website for Winners.

His mission with BOLD and DETERMINED is to help as many of you guys as he can to develop PRIDE!

’Pride is a dirty word when you have none of it.

Having pride is what makes all the difference in the world from being a boy, a feminized dude, or a Man.

I hear guys making jokes all the time, feminized guys, pretending to be masculine.

They will put on a comically deep voice and say: “YEAH, I’M A REAL MAN! HAHAAAA!”

And then all their little friends will laugh.

The thought of actually being a man is unreal for a lot of dudes or guys or bro’s.

It is impossible for these types of fellas to say “I am a man”, without a trace of irony or jokiness, and mean it.

Friends, I will tell you right now, without a hint of irony or sarcasm...

I am a Man.’
Who is Theodore Locke?

I am Theodore Locke, the owner of Lock and Key Principle – a site dedicated to forging the key to open the chest and seizing the treasure that lies within you.

My most deeply held belief is that within each and every one of us lies a jewel behind locked doors waiting to be uncovered.

My site is dedicated to this purpose, to help people create their very own Key to open wide the gates to uncover and realize their full potential.

The same way my very own site came to be, for it would not have seen the light of day had it been for these men whom I must give my thanks and respect for guiding, aiding, inspiring and motivating me on this path we call Life.

| Daryush 'Roosh' Valizadeh from Return of Kings and Roosh V |
| Quintus Curtius from Fortress of the Mind |
| The whole community from the Roosh V forum |
| Mike Cernovich from Danger and Play |
| Victor Pride from Bold and Determined |
| Christopher ‘Chris’ Deoudes from Good Looking Loser and GLL Get a Life |

And, THANK YOU, dear reader, for choosing to read The Gold from Bold!
Full Color Jewels Within the Goldmine

First, you must be Determined to start your journey.

Second, you must be Bold to fight the Lion who protects the Goldmine.

Third, you must be Brave to venture into the darkness and seek out its treasures.

…but even Goldmines hide Jewels of the most lush of Full Colors.

For me these are the best articles from Bold and Determined.

<table>
<thead>
<tr>
<th>Year</th>
<th>Articles</th>
</tr>
</thead>
</table>
23.6.2011 – Unconventional Advice for Young Men  
20.10.2011 – 10 Reasons to Stop Using Internet Porn  
24.10.2011 – How to Harness Your Sexual Energy  
1.12.2011 – 70’s Bodybuilding Routine |
| 2012 | 9.1.2012 – How to be Attractive to Women  
21.1.2012 – How to Pick the Right Wife  
13.3.2012 – A Word For the Future Leaders, Fathers and Providers  
21.3.2012 – How to Write an E-Book for Fun and Profit (10 Easy Steps to Creating Automated Income)  
6.4.2012 – How to Keep Private in a Non-Private World  
28.4.2012 – How to Be a Free Man  
19.5.2012 – Why You Should Have High Standards  
28.5.2012 – 52 Things Every Father Should Teach His Son  
25.6.2012 – 9 Ways to Make Money Without Punching a Time Clock  
7.7.2012 – How to Take Care of Your Hands and Feet  
24.7.2012 – 9 Ways to Stay Motivated Every Day  
19.8.2012 – Why Your Testosterone Levels are Lower Than You Think (and what to do about it)  
29.12.2012 – How to Meet Shy Girls |
20.3.2013 – So You Want to Be a Professional Blogger  
26.3.2013 – So You Want to Be a Professional Blogger Part 2  
15.4.2013 – So You Want to Be a Professional Blogger Part 3  
24.5.2013 – Be Somebody with a Body  
22.8.2013 – Live or Die: Ray Mancini vs. Duk Koo Kim  
13.9.2013 – How You Can Turn Laziness Into Accomplishment  
7.11.2013 – 18 Things Every 18 Year Old Should Know  
31.3.2014 – The Top 10 Challenges You’ll Face as a New Entrepreneur and How To Conquer Them  
8.7.2014 – How to Build Your Brand and Make Your Mark and the Most Effective Marketing Strategy On Earth  
17.9.2014 – How to Start a Blog That Makes Money Forever  
16.12.2014 – About: Bum Mentality, Money, Mansions, Girls, Heart and Soul |
| 2015 | 4.5.2015 – 10 Ways to Get Big and Strong  
19.11.2015 – 5 Years of Pride and Happy Birthday to Bold and Determined |
<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>25.1.2016</td>
<td>18 Way to Win Big in Business</td>
</tr>
<tr>
<td>11.2.2016</td>
<td>37 Bad Guy Bodybuilding Tips</td>
</tr>
<tr>
<td>25.4.2016</td>
<td>The Metamorphosis</td>
</tr>
<tr>
<td>2.5.2016</td>
<td>How to Succeed if You’re Shy or Introverted</td>
</tr>
<tr>
<td>30.5.2016</td>
<td>YOU, INC. The Incredible Way You Can Make Money By Being You</td>
</tr>
<tr>
<td>25.6.2016</td>
<td>How to Succeed if You’re Shy or Introverted</td>
</tr>
<tr>
<td>30.5.2016</td>
<td>So You Want To Be a Professional Writer</td>
</tr>
<tr>
<td>6.6.2016</td>
<td>Donald Trump’s Top 10 Way to Think Like a Billionaire</td>
</tr>
<tr>
<td>27.6.2016</td>
<td>How to Stop Worrying About Cheating and Start Winning</td>
</tr>
<tr>
<td>7.7.2016</td>
<td>How To Get a Chiseled Jawline</td>
</tr>
<tr>
<td>13.7.2016</td>
<td>The Top 5 Regrets of the Dying... And How to Die With No Regrets</td>
</tr>
<tr>
<td>25.7.2016</td>
<td>Highly Energy Entrepreneur: 16 Ways To Increase Your Energy, Focus, And Creativity</td>
</tr>
<tr>
<td>8.8.2016</td>
<td>After 6 Years and 22,400 Comments, This Is The Most Inspirational Comment I Have Ever Received</td>
</tr>
<tr>
<td>15.8.2016</td>
<td>The Hard Truth About How Long Success Takes</td>
</tr>
<tr>
<td>20.10.2016</td>
<td>A Letter From An Old Lion</td>
</tr>
<tr>
<td>28.12.2016</td>
<td>22 Steps to Greatness</td>
</tr>
<tr>
<td>11.1.2017</td>
<td>How I Went From 15$ to a Million in 4 Years of Blogging</td>
</tr>
<tr>
<td>20.3.2017</td>
<td>DOKKODO: 21 Rules of the Ronin Which All Aspiring Entrepreneurs Need to Know</td>
</tr>
<tr>
<td>2.3.2017</td>
<td>How to Go From A to B in a Straight Line Instead of Going From A to A in a Circle</td>
</tr>
<tr>
<td>8.5.2017</td>
<td>33 Rules of the Millionaire</td>
</tr>
<tr>
<td>13.7.2017</td>
<td>35 Ways to Be a God</td>
</tr>
<tr>
<td>16.8.2017</td>
<td>30 Things Every 30 Year Old Should Know</td>
</tr>
<tr>
<td>9.9.2017</td>
<td>10 Reasons To Stop Using Social Media</td>
</tr>
<tr>
<td>7.11.2017</td>
<td>30 Things Every Bodybuilder Should Do</td>
</tr>
<tr>
<td>21.11.2017</td>
<td>Why You Should Exercise Every Day (How To Get Jacked Like Jack Lalanne)</td>
</tr>
<tr>
<td>16.11.2017</td>
<td>33 Way To Be A Billionaire</td>
</tr>
<tr>
<td>25.11.2017</td>
<td>Three Secrets of the Blog Business</td>
</tr>
<tr>
<td>27.11.2017</td>
<td>Why You Shouldn’t Be Too Nice</td>
</tr>
<tr>
<td>29.11.2017</td>
<td>How To Transmute Your Sexual Energy</td>
</tr>
<tr>
<td>30.11.2017</td>
<td>How To INSTANTLY Get Stronger</td>
</tr>
<tr>
<td>13.12.2017</td>
<td>The Victor Pride Billionaire Style Guide</td>
</tr>
<tr>
<td>4.1.2018</td>
<td>8 Reasons You Should Start a New Blog in 2018</td>
</tr>
<tr>
<td>8.1.2018</td>
<td>33 Ways To Be A Man</td>
</tr>
<tr>
<td>23.1.2018</td>
<td>How To Be The Light</td>
</tr>
<tr>
<td>20.2.2018</td>
<td>How To Find The Holy Grail</td>
</tr>
<tr>
<td>17.4.2018</td>
<td>Why You Should Never Masturbate Ever Again</td>
</tr>
<tr>
<td>23.4.2018</td>
<td>18 MORE Things Every 18 Year Old Should Know</td>
</tr>
<tr>
<td>21.5.2018</td>
<td>How It Pays To Be Bad</td>
</tr>
<tr>
<td>Approved Resources</td>
<td></td>
</tr>
<tr>
<td>---------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Must Read Books</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Think and Grow Rich</strong> – by Napoleon Hill.</td>
<td></td>
</tr>
<tr>
<td>This book completely changed my life and taught me one very important trait you need to be successful – positive thinking. I’ve said it a hundred times and I’ll say it one hundred more – this is the book that changed my life by changing my mindset.</td>
<td></td>
</tr>
<tr>
<td><strong>Arnold: The Education of a Bodybuilder</strong> – by Arnold Schwarzenegger.</td>
<td></td>
</tr>
<tr>
<td>Motivational books just don’t get better than this book by the great Arnold Schwarzenegger. This is the most motivational book I have ever read in my entire life. Arnold grew up in the backwoods in Austria and went on to become a celebrity bodybuilder, then a super-famous hollywood actor, then the governor of the great state of California. This book chronicles his start from nothing and his ascent to greatness. It is a must read. Quick, fun and inspiring.</td>
<td></td>
</tr>
<tr>
<td>This is the best business book ever written and is a must read for any entrepreneur or aspiring entrepreneur. I read this book on an airplane headed to the Philippines and the lessons in the book stuck to me like glue. Eye-opening book and a must read for entrepreneurs.</td>
<td></td>
</tr>
<tr>
<td><strong>The 4-Hour Work Week: Escape the 9-5, Live Anywhere and Join the New Rich</strong> – by Tim Ferris.</td>
<td></td>
</tr>
<tr>
<td>This book literally changed my life. I thought I was tied to the USA forever, I finished reading this book and immediately bought a plane ticket to destiny. I haven’t looked back since reading this book. This book honestly, truly changed my life. If it weren’t for this book, I may not know how truly easy it is to travel to other countries. Before I read this book, I had no idea that you could travel so freely, cheaply and easily and I had NO IDEA you could pay for it all with internet businesses that you could run from anywhere in the world. This book was groundbreaking when it was released and it will always be remembered as a classic.</td>
<td></td>
</tr>
<tr>
<td><strong>How to Get Rich: One of the World’s Greatest Entrepreneurs Shares His Secrets</strong> -by Felix Dennis.</td>
<td></td>
</tr>
<tr>
<td>I don’t remember anything about this book other than how much I thoroughly enjoyed reading it. I know the guy who wrote it was a billionaire in the magazine publishing industry but that’s all I really recall. Yes, I said billions from magazines. Those days are long gone though, the money is in online content not in paper magazines. Great, fun book just don’t ask me to give you a synopsis.</td>
<td></td>
</tr>
<tr>
<td><strong>The Laws of the Ring</strong> – by Urijah Faber.</td>
<td></td>
</tr>
<tr>
<td>This book is completely overlooked but if you want to build a business around YOU, INC. then this book is a must read. I read this in Vietnam. Sometimes you read books and they just click with you. This one clicked with me. Faber is a pro MMA fighter who opened a gym and recruited other fighters to his gym. I recruited other blogs to my team. Faber is also the first person I ever saw or heard talk about You, Inc.</td>
<td></td>
</tr>
<tr>
<td><strong>Gorilla Mindset</strong> – by Mike Cernovich.</td>
<td></td>
</tr>
<tr>
<td>I’m not biased because a good friend of mine wrote this book, I’m biased because it’s a masterpiece. The ultimate book about changing your mindset to change your life. It’s all about mindset and this book teaches you how to control and conquer your mindset.</td>
<td></td>
</tr>
<tr>
<td><strong>How to Stop Worrying and Start Living</strong> – Dale Carnegie</td>
<td></td>
</tr>
<tr>
<td>I had previously read Dale Carnegie’s <em>How to Win Friends and Influence People</em> and thought it was good, but not a masterpiece for me. This one, however, was excellent. I could barely put it down it was so quick to read. This is how books should be written – flowing, easy to read, captivating and leaves you feeling better and understanding more about life.</td>
<td></td>
</tr>
<tr>
<td><strong>The Art of the Deal</strong> – by Donald Trump.</td>
<td></td>
</tr>
<tr>
<td>This book was a huge influence on me in my previous career (long before B&amp;D). This book fired me up wildly. Trump’s mindset is contagious and this book is a motivational masterpiece. Easy read, it flows very well, and by then end you will be fired up.</td>
<td></td>
</tr>
<tr>
<td><strong>Face the Music: A Life Exposed</strong> – This book by Paul Stanley from KISS is fantastic.</td>
<td></td>
</tr>
<tr>
<td>Stanley was born with only one ear and he went on to become one of the most famous rock n roll singers of all time. He did it with only one ear, never being able to hear from his deformed (missing) ear. Great motivational book and quick, fun read.</td>
<td></td>
</tr>
<tr>
<td><strong>Shogun</strong> – by James Clavell.</td>
<td></td>
</tr>
<tr>
<td>Shogun is the only fiction book on this list but there’s a lot you can learn from it. If I were to have to describe it, I would call it a Robert Greene book come to life (Greene wrote the 48 Laws of Power and the 33 Strategies of War). At over 1,000 pages this book will take a while to read. But when you get to the end, it will all be worth it. So much to learn about power and strategy in this fantastic novel. Fantastic, must read.</td>
<td></td>
</tr>
<tr>
<td><strong>Straight from the Underground</strong></td>
<td></td>
</tr>
<tr>
<td>The new underground bodybuilding bible (covers everything “taboo”).</td>
<td></td>
</tr>
<tr>
<td><strong>Casual Style 101</strong></td>
<td></td>
</tr>
<tr>
<td>Everything you need to know to be stylin’ and profilin’.</td>
<td></td>
</tr>
</tbody>
</table>
Approved Coffee
The only approved by Pride coffee is RED Coffee.

Recommendations for Starting a Website
To start a website or a web based business you simply need two things: a domain name and a host.

Web Hosting – BADNET
If you’re interested in starting a website check out BADNET to get a great deal on hosting, a free domain, 4 free blogging reports AND a free WordPress setup. There is no better deal than BADNET to start a business via blog.

Website Design And Themes
Bold and Determined uses Metro Theme on the Genesis framework.

Email and Newsletter Service
Bold and Determined uses and recommends MailChimp for your newsletter and e-mail service.

Must Read Articles
To read more about starting a website and making money online read these classic Bold and Determined articles:

- So You Want to Be a Professional Blogger
- So You Want to Be a Professional Blogger Part 2
- So You Want to Be a Professional Blogger Part 3
- The No Bullshit Guide to Making Money Online
- So You Want to Be a Professional Artist
- How to Start a Blog that Makes Money Forever

Muscle Building Supplements That Actually Work

RED BURNER
The best fat burner / pre-workout on the market. Take 1 tab in the morning for fat burning, take 2 tabs before the gym to use as a pre-workout. RED BURNER FAQ

RED-PCT, ESTRO CONTROL & TEST BOOSTER
Boost your testosterone and control estrogen with this product.

RED COFFEE
Absolutely the BEST tasting coffee on the market. Great for gym energy too!

Universal Uni-Liver
The best protein supplement on the market, but you gotta mega-dose it to get any strength and muscle building effects. The box says take 2-3 tabs with a meal, I take 10 with a meal.

Zinc
Zinc helps to increase testosterone and a common “side effect” is increased semen volume. Try 150mg per day to get the best benefits.

Anafuse
Anafuse works very well for muscle gain. Anafuse is a blend of several ingredients:

- Epicatechin → a flavanol found in certain plants such as green tea and cocoa; and is a powerful antioxidant that helps decrease Myostatin.

- Laxogenin → derived from plants, this ingredient is essentially an anabolic building block which your body uses as a blueprint to create its own anabolics.

- HICA → is a metabolite of the amino acid leucine that promotes increased protein synthesis and decreased muscle protein breakdown.

- Vitamin D3 → essential for muscle health in that low levels of Vitamin D3 promote decreased protein synthesis, decreased strength, weakness and muscle wasting.

Read John Doe Bodybuilding’s review of Anafuse here.
Buy Anafuse here.
Shaving and Grooming

**Baxter of California After Shave Balm**
The best after shave I have ever used and I never get those nasty red bumps on my neck any more. I live in Thailand and I pay double to have this product shipped to me.

**Taylor of Old Bond Street Jermyn Street Luxury Shaving Cream for Sensitive Skin**
The best shaving cream I have ever used.

**Nubian African Black Soap**
The only soap I use for all my washing needs. You can buy Nubian African black soap from [amazon](#) or [iHerb](#).

Travel

I use the **Synapse 25** backpack from Tom Bihn and I love the bag. It's the best travel bag I have ever come across. Travel light and travel in style.

Supplements to Help You Relax

**5-HTP**
I have trouble relaxing at night. It seems like my mind “wakes up” at night and instead of relaxing and winding down I've got a thousand thoughts and ideas going through my head. 5-HTP has been a big help in relaxing me at night. Start with 100mg and hour or two before sleep to get a good night's rest.

**Kratom**
Kratom makes me just a happier guy when I use it. It's a great substitute for alcohol and there are no hangovers or debilitating side effects (but drink lots of water when you use Kratom because it can make you constipated). Before you buy Kratom you must read [All About Kratom – The Bold and Determined Special Edition](#).

Websites You Will Enjoy

**RED SUPPLEMENTS**
Supplements that actually work.

**BADNET**
Want to start a profitable blog? We have the total solution.

**Victor Pride**
Victor’s personal home page.

**Danger and Play**
The website for men who want more out of life.

**Good Looking Loser**
Hardcore self improvement.

**John Doe Bodybuilding**
Bodybuilding for the every-man.

**Iron and Tweed**
Train like an animal, dress like a man.
### Other Works By the Authors

<table>
<thead>
<tr>
<th>Victor Pride</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bold and Determined Volume 1</strong></td>
</tr>
<tr>
<td><strong>Bold and Determined Volume 2</strong></td>
</tr>
<tr>
<td><strong>Bold and Determined Volume 3</strong></td>
</tr>
<tr>
<td><strong>30 Days of Discipline</strong></td>
</tr>
<tr>
<td><strong>Body of a Spartan</strong></td>
</tr>
<tr>
<td><strong>Spartan Entrepreneur – Blog Artist</strong></td>
</tr>
<tr>
<td><strong>Casual Style 101 – by Nate Lewis</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Theodore Locke</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Danger and Play (Mindset and Lifestyle Posts) - 2015</strong></td>
</tr>
<tr>
<td><strong>Danger and Play (MAGA – Mindset, Lifestyle and Politics) – 2016</strong></td>
</tr>
</tbody>
</table>
# Table of Contents

## November – 2010

- 20.11.2010 – 8 Reasons Every Man Should Lift Weights ................................................................. 1
- 26.11.2010 – The Time is Now (How to Get Ready for the Opportunity) .......................................... 3
- 26.11.2010 – Why You Should Quit Your Job .................................................................................... 6
- 26.11.2010 – Live Like a Spartan: Get Rid of Your Wallet ................................................................ 8
- 26.11.2010 – The Value of Loyalty .................................................................................................... 9

## December – 2010

- 4.12.2010 – 5 Must Read Books (and how they will help you live the life you want) ....................... 12
- 7.12.2010 – There Is No Such Thing As Tomorrow ........................................................................ 13
- 7.12.2010 – Why You Shouldn’t Have a Back-up Plan .................................................................... 15
- 7.12.2010 – How To Create Your Own Reality ............................................................................... 16
- 15.12.2010 – Contentment in Slavery .............................................................................................. 17
- 16.12.2010 – Think BIG! And Don’t Sweat the Small Stuff ............................................................... 18
- 18.12.2010 – How To Develop Large Forearms ............................................................................... 19
- 27.12.2010 – How to Write Your New Years Manifesto .................................................................... 21
January – 2011

1.1.2011 – 6 Items That Should be in Every Gym Bag

1.1.2011 – Live like a Spartan: Stop Using Disposable Razors

2.1.2011 – Live Like a Spartan: Intermittent Fasting

2.1.2011 – Live Like a Spartan: Get Rid of Your Cable TV

3.1.2011 – Live Like a Spartan

3.1.2011 – Learn To Love Mondays

3.1.2011 – How to be Hyper-Productive in 4 Easy Steps

3.1.2011 – Always Do What You Are Afraid To Do

8.1.2011 – Take an Unplanned Road Trip

9.1.2011 – How To Look Like You Don’t Know What You’re Doing in the Gym

12.1.2011 – How to Naturally Increase Testosterone

16.1.2011 – Benefits of Early Morning Weight Training

24.1.2011 – Live Like a Spartan: Own Your Own Car

24.1.2011 – Learn To Defend Yourself

24.1.2011 – How To Whiten Your Teeth For Less Than $10

February – 2011

2.2.2011 – Serge Nubret’s Old School Workout Routine

2.2.2011 – How to Consistently Make Progress in the Gym

2.2.2011 – How to Build a Big Chest

3.2.2011 – 4 Quick and Easy Tips to Burn More Bodyfat

9.2.2011 – Cut Out the Bullshit

March – 2011

8.3.2011 – The Importance of Never Following all the Rules

10.3.2011 – 7 Things That Make You Lazy (and How to Avoid Them!)
May – 2011 ........................................................................................................... 60
1.5.2011 – 4 Unusual Ways to Break Out of the Usual Routine.......................... 60
6.5.2011 – How to Be a Winner in One Easy Step.................................................. 62
13.5.2011 – What Would You Know If You Knew You Were Going to Die in Two Years? ............................................................... 63
17.5.2011 – Over-Reliance on Science: The Value of Instinct................................ 64
19.5.2011 – Train Like an Animal........................................................................... 67
23.5.2011 – Form is Not Everything....................................................................... 68
25.5.2011 – Using the Right Attitude...................................................................... 69
26.5.2011 – Spartan Cooking.................................................................................. 70

June – 2011 .............................................................................................................. 73
3.6.2011 – ‘The Iron’ by Henry Rollins................................................................. 73
3.6.2011 – Break Out of the Human Zoo ............................................................... 76
12.6.2011 – Finding the Time to Work Out............................................................ 77
14.6.2011 – Top 3 Rules for Getting into Shape....................................................... 78
15.6.2011 – Why Diets Don’t Work......................................................................... 80
20.6.2011 – The Strong Silent Type....................................................................... 82
21.6.2011 – Is It Worth It? ...................................................................................... 83
23.6.2011 – Unconventional Advice for Young Men............................................... 84
24.6.2011 – How Prisoners Get So Muscular........................................................ 87
25.6.2011 – The Real Benefits of Weight Training.................................................. 89

July – 2011 ............................................................................................................. 90
1.7.2011 – Time to Bite the Bullet.......................................................................... 90
4.7.2011 – 5 Signs It’s Time To Become An Entrepreneur..................................... 91
7.7.2011 – Reaching the Alpha State.................................................................... 93
8.7.2011 – Adventure! Spartan Camping.............................................................. 95
7.11.2011 – Start Monday with a BANG!.............................................................. 97
18.7.2011 – When to Miss a Training Session...................................................... 98
22.7.2011 – Kill the Bear or Die Trying.................................................................. 99
August – 2011 ..........................................................100
1.8.2011 – How To Be Thrifty ..........................................................100
2.8.2011 – The Beauty of Simplicity: Spartan Living ........................................103
8.8.2011 – It’s Monday Motherf*cker ......................................................106

September – 2011 ..........................................................108
14.9.2011 – How To Stay Lean .............................................................108

October – 2011 ..........................................................109
18.10.2011 – The Secret to Gaining Muscle ...............................................110
20.10.2011 – 10 Reasons to Stop Using Internet Porn ..................................113
21.10.2011 – 7 Reasons Modern Western Men are Effete Weaklings (and What to do About it!) ................................117
24.10.2011 – How to Harness Your Sexual Energy .......................................121
28.10.2011 – How to Perform the Arnold Press ........................................127
30.10.2011 – It Isn’t all Pain and Sacrifice ..............................................128
<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.11.2011</td>
<td>How to Have a Great Workout</td>
</tr>
<tr>
<td>9.11.2011</td>
<td>The Game of Making Money</td>
</tr>
<tr>
<td>9.11.2011</td>
<td>10 Reasons Why You Should Never Buy Anything on Credit</td>
</tr>
<tr>
<td>10.11.2011</td>
<td>The Continued Pussification of the American Male</td>
</tr>
<tr>
<td>11.11.2011</td>
<td>Why Sweating is Good For You</td>
</tr>
<tr>
<td>11.11.2011</td>
<td>4 Experiments I Have Tried (And the Results!)</td>
</tr>
<tr>
<td>11.11.2011</td>
<td>Why Are You Working?</td>
</tr>
<tr>
<td>14.11.2011</td>
<td>It's What's On the Inside That Counts!</td>
</tr>
<tr>
<td>14.11.2011</td>
<td>Shame is the Best Motivator</td>
</tr>
<tr>
<td>15.11.2011</td>
<td>The Old School 'Steak and Eggs' Diet for Fat Loss, Balanced Energy, and Increased Testosterone</td>
</tr>
<tr>
<td>16.11.2011</td>
<td>How to Cure Depression the Old Fashioned Way</td>
</tr>
<tr>
<td>16.11.2011</td>
<td>How to Eat Whatever You Want and Get Away With It</td>
</tr>
<tr>
<td>18.11.2011</td>
<td>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</td>
</tr>
<tr>
<td>19.11.2011</td>
<td>Always Be Ready to Do or Die</td>
</tr>
<tr>
<td>21.11.2011</td>
<td>10 Reasons to Study and Train Mixed Martial Arts (MMA)</td>
</tr>
<tr>
<td>22.11.2011</td>
<td>Being Thankful For All That is Good</td>
</tr>
<tr>
<td>23.11.2011</td>
<td>The Secret to Gaining Muscle Part III : The Myth of Genetics</td>
</tr>
<tr>
<td>24.11.2011</td>
<td>How To Stop Being Lazy: 8 Easy Steps To Overcome Laziness</td>
</tr>
<tr>
<td>28.11.2011</td>
<td>Obsession is the Only Thing That Counts</td>
</tr>
<tr>
<td>30.11.2011</td>
<td>Christmas Like a Spartan</td>
</tr>
</tbody>
</table>
December – 2011

1.12.2011 – The Old School 70’s Bodybuilding Routine

2.12.2011 – It’s Time to Issue Some Walking Papers

5.12.2011 – Heart, Soul, Blood, Guts, Perspiration, Pain and Pride

6.12.2011 – Social Networking – Learn, Earn or Burn

8.12.2011 – How to BE Without Remorse or Apologies


14.12.2011 – Live Like a Spartan: Cut Your Own Hair


16.12.2011 – How to Take Advantage of Bad Situations

17.12.2011 – Sometimes Violence is the Answer


19.12.2011 – How to Get Over a Breakup

21.12.2011 – Arguing is a Waste of Time

22.12.2011 – The Answer is Self-Respect

26.12.2011 – Always Know Exactly What You Want


31.12.2011 – Why You Should Start a Blog or Website This Year
January – 2012 ................................................................. 215
7.1.2012 – How to Become Location Independent and Work From Anywhere in the World ........................................... 215
9.1.2012 – How to Be Attractive to Women ...................................................................................................................... 217
12.1.2012 – The Importance of Having a Big Ego ................................................................................................................... 220
13.1.2012 – How to Wake Up Early Every Day .................................................................................................................... 221
16.1.2012 – How to Stop Being Broke as a Joke .................................................................................................................... 223
17.1.2012 – The 5 Minute Travel Guide: How to Travel With Less Clutter and Leave Room For Adventure ........................ 225
21.1.2012 – How to Pick the Right Wife .............................................................................................................................. 229
28.1.2012 – Why You Should Be a Builder ............................................................................................................................ 238

February – 2012 ......................................................................................................................................................... 240
29.2.2012 – How to Workout Your Legs Without Getting Extremely Sore ......................................................................... 240

March – 2012 ......................................................................................................................................................... 242
7.3.2012 – Give Up Your Foolish Pride ............................................................................................................................... 242
13.3.2012 – A Word For the Future Leaders, Fathers and Providers ...................................................................................... 243
12.3.2012 – Escape the 9-5 Jive ............................................................................................................................................. 244
18.3.2012 – Be a Killer ......................................................................................................................................................... 247
19.3.2012 – Picking the Right Place to Live .......................................................................................................................... 249
21.3.2012 – How to Write an E-Book for Fun and Profit (10 Easy Steps to Creating Automated Income) .......................... 250
23.3.2012 – 6 Books I Want to Read .................................................................................................................................... 255
25.3.2012 – How to Shake Hands Like a Man .................................................................................................................... 261
27.3.2012 – How to Develop Your Life Mission .................................................................................................................. 262
29.3.2012 – Why You Should Dress Like Winner Wolf ....................................................................................................... 264
### April – 2012

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.4.2012</td>
<td>The #1 Legal Muscle Building Supplement That Actually Works (and will probably be banned soon)</td>
</tr>
<tr>
<td>6.4.2012</td>
<td>The Difference Between the Dreamer and the Doer</td>
</tr>
<tr>
<td>6.4.2012</td>
<td>How to Keep Private in a Non-Private World</td>
</tr>
<tr>
<td>7.4.2012</td>
<td>How to Be a Writer of Beauty</td>
</tr>
<tr>
<td>11.4.2012</td>
<td>The First Time I Made Ten Thousand Dollars</td>
</tr>
<tr>
<td>12.4.2012</td>
<td>32 Things Every Man Should Do</td>
</tr>
<tr>
<td>18.4.2012</td>
<td>14 Down and Dirty Fat Burning Tips</td>
</tr>
<tr>
<td>24.4.2012</td>
<td>How to Channel Your Anger Into Power</td>
</tr>
<tr>
<td>25.4.2012</td>
<td>Become International?</td>
</tr>
<tr>
<td>28.4.2012</td>
<td>How to Be a Free Man</td>
</tr>
</tbody>
</table>

### May – 2012

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.5.2012</td>
<td>It’s OK To Feel Sorry For Yourself (If You’re Pitiful)</td>
</tr>
<tr>
<td>4.5.2012</td>
<td>Should You Quit Your Job?</td>
</tr>
<tr>
<td>9.5.2012</td>
<td>The Difference Between Being Unemployed and Being Broke</td>
</tr>
<tr>
<td>11.5.2012</td>
<td>How to Find Out What Your Destiny Is (and answer the question “What Do You Want?”)</td>
</tr>
<tr>
<td>17.5.2012</td>
<td>How to Use Jealousy and Envy To Your Advantage</td>
</tr>
<tr>
<td>19.5.2012</td>
<td>Why You Should Have High Standards</td>
</tr>
<tr>
<td>21.5.2012</td>
<td>How Do You Know When You Are Jacked?</td>
</tr>
<tr>
<td>25.5.2012</td>
<td>Is Tim Ferris a Scam Artist?</td>
</tr>
<tr>
<td>27.5.2012</td>
<td>4 Uncommon Exercises for Building Strength, Power and Muscle</td>
</tr>
<tr>
<td>28.5.2012</td>
<td>52 Things Every Father Should Teach His Son</td>
</tr>
</tbody>
</table>

### June – 2012

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.6.2012</td>
<td>Join Your Mind and Body and Become Whole</td>
</tr>
<tr>
<td>6.6.2012</td>
<td>Body of a Spartan Now Available!</td>
</tr>
<tr>
<td>11.6.2012</td>
<td>The Real Life NZT-48 (from Limitless)</td>
</tr>
<tr>
<td>12.6.2012</td>
<td>13 Productivity Drugs, Tools, Tips, Tricks and Hacks</td>
</tr>
<tr>
<td>16.6.2012</td>
<td>Become an Above-Average Man</td>
</tr>
<tr>
<td>18.6.2012</td>
<td>“I Have Big Dreams”</td>
</tr>
<tr>
<td>25.6.2012</td>
<td>9 Ways to Make Money Without Punching a Time Clock</td>
</tr>
<tr>
<td>29.6.2012</td>
<td>The 2 Minute Guide to Daily Shaving: How to Get Rid of Neck Bumps</td>
</tr>
<tr>
<td>July – 2012</td>
<td>344</td>
</tr>
<tr>
<td>-------------</td>
<td>-----</td>
</tr>
<tr>
<td>1.7.2012 – How to Become Super-Human</td>
<td>344</td>
</tr>
<tr>
<td>7.7.2012 – How to Take Care of Your Hands and Feet</td>
<td>346</td>
</tr>
<tr>
<td>12.7.2012 – How I Became Mighty with Modafinil</td>
<td>348</td>
</tr>
<tr>
<td>16.7.2012 – How to Cook Pork Ribs: Civilized Caveman Recipe</td>
<td>350</td>
</tr>
<tr>
<td>17.7.2012 – How to Be a Leader</td>
<td>352</td>
</tr>
<tr>
<td>24.7.2012 – 9 Ways to Stay Motivated Every Day</td>
<td>356</td>
</tr>
<tr>
<td>30.7.2012 – 10 Ways to Project Power</td>
<td>360</td>
</tr>
<tr>
<td>August – 2012</td>
<td>363</td>
</tr>
<tr>
<td>19.8.2012 – Why Your Testosterone Levels are Lower Than You Think (and what to do about it)</td>
<td>363</td>
</tr>
<tr>
<td>September – 2012</td>
<td>375</td>
</tr>
<tr>
<td>3.9.2012 – How to Own Your House and Car Anonymously</td>
<td>375</td>
</tr>
<tr>
<td>13.9.2012 – The Only 3 Pieces of Advice You Will Ever Need to Succeed</td>
<td>380</td>
</tr>
<tr>
<td>October – 2012</td>
<td>383</td>
</tr>
<tr>
<td>29.10.2012 – 19 Ways to Improve Your Mood</td>
<td>383</td>
</tr>
<tr>
<td>November – 2012</td>
<td>388</td>
</tr>
<tr>
<td>13.11.2012 – How to Use the Halo Effect to Your Advantage</td>
<td>388</td>
</tr>
<tr>
<td>15.11.2012 – How to Metamorphosize</td>
<td>390</td>
</tr>
<tr>
<td>21.11.2012 – The #1 Way To Get What You Want: Take It</td>
<td>392</td>
</tr>
<tr>
<td>22.11.2012 – Body of a Spartan Review</td>
<td>394</td>
</tr>
<tr>
<td>29.12.2012 – How to Meet Shy Girls</td>
<td>396</td>
</tr>
<tr>
<td>December – 2012</td>
<td>402</td>
</tr>
<tr>
<td>1.12.2012 – Year One: The Most Important Year in Bodybuilding</td>
<td>402</td>
</tr>
<tr>
<td>5.12.2012 – How I Kicked Dirt into a Feminist’s Face</td>
<td>405</td>
</tr>
</tbody>
</table>
2013 .................................................................................................................. 407

January – 2013 ........................................................................................................ 407
  3.1.2013 – How to Find the Motivation to Succeed ............................................. 407
  28.1.2013 – The 21 Rules of the Rich (and how you can emulate them) ........ 410

February – 2013 .................................................................................................... 415
  7.2.2013 – Can You Eat Junkfood and Stay Lean? And a Coconut Smoothie Recipe. ..... 415
  18.2.2013 – The 'Make it and Take it' Principle of Life .................................. 418

March – 2013 .......................................................................................................... 420
  20.3.2013 – So You Want to Be a Professional Blogger .................................. 420
  26.3.2013 – So You Want to Be a Professional Blogger Part 2 ....................... 425

April – 2013 ........................................................................................................... 429
  15.4.2013 – So You Want to Be a Professional Blogger Part 3 ....................... 429
  22.4.2013 – How to Improve Your Mood by Making More Money ............... 433

May – 2013 ............................................................................................................. 435
  10.5.2013 – How Money Can Naturally Raise Your Testosterone Levels ........ 435
  16.5.2013 – How to Build Big Arms ................................................................. 436
  20.5.2013 – The Rule of ABC – Always Be in Control .................................. 438
  24.5.2013 – Be Somebody with a Body ............................................................ 442

June – 2013 ............................................................................................................. 444
  3.6.2013 – T.G.I.M. (Thank God It’s Monday) .................................................. 444
  13.6.2013 – 13 Reasons You Should Start An Internet Based Business ........ 446
  12.6.2013 – One Little Secret for Becoming Successful (Live Below Your Means) 449
  26.6.2013 – How to Become Unbreakable ...................................................... 454

July – 2013 ............................................................................................................. 457
  1.7.2013 – Working Smart for Fun and Profit ................................................... 457
  15.7.2013 – How to Stop Being a No-Getter and Start Being a Go-Getter .... 460
  22.7.2013 – How to Live Well ........................................................................ 464
  30.7.2013 – How to Actually Get Rich ............................................................. 466
August – 2013

7.8.2013 – How to Stop Living Your Life in Transit

22.8.2013 – Live or Die: Ray Mancini vs. Duk Koo Kim

29.8.2013 – Self Improvement for Smart People: The Anti Fight Club Philosophy

September – 2013

5.9.2013 – How to Go From ‘Skinny Fat’ to Superman

13.9.2013 – How You Can Turn Laziness Into Accomplishment

23.9.2013 – The #1 Piece of Advice for Aspiring Entrepreneurs: Do It Pro From the Get Go

October – 2013

1.10.2013 – How Winning is Done

3.10.2013 – The 80 Hour Work Week: How to Do the Work to Receive all the Perks


November – 2013

7.11.2013 – 18 Things Every 18 Year Old Should Know

19.11.2013 – 3 Years of Pride (Happy Birthday to Bold and Determined)

25.11.2013 – Aspire for Higher, the Battle Cry of the Better Man

December – 2013

2.12.2013 – How I Make 10k Per Month Online

10.12.2013 – How to Conquer the Fear of Success


18.12.2013 – Why Small Businesses Fail (and how yours can succeed)

25.12.2013 – Merry Christmas from Ol’ St. Vic
January – 2014 ........................................................................................................518
6.1.2014 – Let’s Kick Some Butt in 2014 .................................................................. 518
12.1.2014 – How to Be the Boss, Create a Job and Have a Soul ................................. 526
29.1.2014 – How I Started the Best Blog in the World and Made it Profitable (Victor Pridecast ep: 1) .................................................. 534

February – 2014 ........................................................................................................535
3.2.2014 – Read this before you decide to give up ....................................................... 535
10.2.2014 – Will, Not Skill: How Mike Tyson For Trained For Greatness ...................... 538
21.2.2014 – How to Live a Life of Choice .................................................................. 540

March – 2014 ............................................................................................................541
15.3.2014 – How to Purposely Be Lucky ..................................................................... 541
24.3.2014 – How to Deal With Loneliness ................................................................ 543
31.3.2014 – The Top 10 Challenges You’ll Face as a New Entrepreneur and How To Conquer Them .................................................. 545

April – 2014 ..............................................................................................................551
14.4.2014 – How to Become a Genetic Freak .............................................................. 551

May – 2014 ...............................................................................................................556
26.5.2014 – So You Want to Be a Professional Badass ............................................... 556

June – 2014 ...............................................................................................................560

July – 2014 ..............................................................................................................564
8.7.2014 – How to Build Your Brand and Make Your Mark and the Most Effective Marketing Strategy On Earth ................................. 564
26.7.2014 – A Morning in the Life of Victor Pride (Video) ............................................ 568

August – 2014 ..............................................................................................................569
11.8.2014 – How a Commitment to Excellence Made Me (and My Inner Circle) Financially Free .......................................................... 569
21.8.2014 – Take Off the Mask and Expose Your Inner Entrepreneur ........................ 573
September – 2014........................................................................................................577
4.9.2014 – So You Want to Be a Professional Artist.......................................................... 577
17.9.2014 – How to Start a Blog That Makes Money Forever ........................................... 581

October – 2014...............................................................................................................586
2.10.2014 – How to Conquer the Fear of Success (Rock & Roll Version).......................... 586
8.10.2014 – How to Be a Maximalist .............................................................................. 588
20.10.2014 – Success Rebel ............................................................................................ 591

December – 2014 .........................................................................................................593
16.12.2014 – About: Bum Mentality, Money, Mansions, Girls, Heart and Soul.................... 593
25.12.2014 – Merry Christmas from Bold and Determined ................................................ 597
January – 2015
26.1.2015 – How to Build You, Inc. A Podcast with Mike Cernovich from Danger and Play

March – 2015
16.3.2015 – How it Pays to Be Big

April – 2015
20.4.2015 – Making Money Hurts People’s Feelings... But So What?

May – 2015
4.5.2015 – 10 Ways to Get Big and Strong
7.5.2015 – The Victor Pride Casual Style Guide

June – 2015
29.6.2015 – Gorilla Mindset: A Review Of The Mental Strategies You Need To Succeed In Life

July – 2015
13.7.2015 – 33 Ways to Be the Greatest
16.7.2015 – Special Announcement: New World Ronin

August – 2015
10.8.2015 – The Writer’s 4-Step Plan to Massive Success

October – 2015
26.10.2015 – How to Overcome the Bad News Blues

November – 2015
10.11.2015 – Why You Should Have a 3C Morning Routine (Coffee, Cardio and Cold Shower)
19.11.2015 – 5 Years of Pride and Happy Birthday to Bold and Determined
30.11.2015 – How to Make Money By Being Yourself

December – 2015
24.12.2015 – Merry Christmas from Victor Pride
January – 2016 ........................................................................................................648
7.1.2016 – How to Live Clean and Green in 2016 ......................................................... 648
25.1.2016 – 18 Ways to Win Big in Business .................................................................. 650

February – 2016 .......................................................................................................654
1.2.2016 – How Women Can Make Money Online ...................................................... 654
11.2.2016 – 37 Bad Guy Bodybuilding Tips ................................................................. 661
25.2.2016 – YOU, INC. The Incredible Way You Can Make Money By Being You ............ 670

April – 2016 ..............................................................................................................679
25.4.2016 – The Metamorphosis .................................................................................. 679

May - 2016 .............................................................................................................690
2.5.2016 – How to Succeed if You’re Shy or Introverted ................................................ 690
30.5.2016 – So You Want To Be a Professional Writer .................................................. 694

June – 2016 ..............................................................................................................704
6.6.2016 – Donald Trump’s Top 10 Way to Think Like a Billionaire ............................... 704
13.6.2016 – How to Start a Blog with Badnet ............................................................... 711
27.6.2016 – How to Stop Worrying About Cheating and Start Winning ....................... 721

July - 2016 ..............................................................................................................727
7.7.2016 – How To Get a Chiseled Jawline ................................................................... 727
11.7.2016 - #1 Piece of Advice for 18 Year Olds... And Anybody Else Who Wants to Live Without Regret .............................................................. 732
13.7.2016 – 34 Rules of the New World Ronin ................................................................ 734
18.7.2016 – The Top 5 Regrets of the Dying... And How to Die With No Regrets ............ 743
21.7.2016 – Fat Burners: The Secret To Losing Weight and Staying Lean ...................... 747
25.7.2016 – Highly Energy Entrepreneur: 16 Ways To Increase Your Energy, Focus, And Creativity ................................................................. 753
August – 2016 ........................................................................................................760
4.8.2016 – A Message for the Young and Hungry Castaways.......................................................... 760
8.8.2016 – After 6 Years and 22,400 Comments, This Is The Most Inspirational Comment I Have Ever Received .... 762
11.8.2016 – The #1 Lesson That Every Determined Man, Woman and Child Needs to Know................................. 765
17.8.2016 – Move Free Like a Monkey: The Best Functional Movement Training Routine For Beginners. Looks Silly, Works Great ........................................................................................................ 769
22.8.2016 – How To Stop Being a Depressed Drug Addict and Start Being A Man ...................................................... 773
24.8.2016 – How To Find Freedom In A Totally Free World ................................................................................... 775
29.8.2016 – How To Actually Work Harder ........................................................................................................... 777

October – 2016 ................................................................................................................... 779
3.10.2016 – RED-PCT: The Testosterone Booster That Actually Works ................................................................. 779
20.10.2016 – A Letter From An Old Lion ................................................................................................. 785

December – 2016 ............................................................................................................... 787
28.12.2016 – 22 Steps To Greatness .............................................................................................................. 787
January – 2017 ................................................................................................................. 794

11.1.2017 – How I Went From 15$ to a Million in 4 Years of Blogging........................................ 794

March – 2017 ......................................................................................................................... 802

2.3.2017 – How to Go From A to B in a Straight Line Instead of Going From A to A in a Circle ................................................................. 802
20.3.2017 – DOKKODO: 21 Rules of the Ronin Which All Aspiring Entrepreneurs Need to Know ............................................................................. 804

April – 2017 ............................................................................................................................ 808

17.4.2017 – How to Find Some Beautiful Place to Get Lost ........................................................................................................ 808
20.4.2017 – Return of the Firestarter and How to Deal with Little White Liars .......................................................................................... 810

May – 2017 ............................................................................................................................... 812

2.5.2017 – The Magic Power of Focus (with Audio Narration) ...................................................................................................... 812
8.5.2017 – 33 Rules of the Millionaire ............................................................................................... 814
13.7.2017 – 35 Ways to Be a God ............................................................................................................. 820
24.7.2017 – How to Leave Your Job and Live an Adventure .......................................................................................... 828

August – 2017 ........................................................................................................................... 830

10.8.2017 – 21 Things Every 21 Year Old Should Do ........................................................................ 830
16.8.2017 – 30 Things Every 30 Year Old Should Know ......................................................................... 837
31.8.2017 – Why You Should Never Smoke Marijuana And What To Do Instead ........................................... 848

September – 2017 ..................................................................................................................... 852

4.9.2017 – Science Is The Lazy Man’s Search For Truth ................................................................... 852
6.9.2017 – 10 Reasons To Stop Using Social Media ......................................................................... 855

October – 2017 .......................................................................................................................... 868

2.10.2017 – How To Cope With Abuse ................................................................................................. 868
9.10.2017 – The Bold And Determined 333rd Article Extravaganza! ................................................................. 871
30.10.2017 – Why You Have Lower Back Pain And How To Fix It .............................................................. 878
November – 2017 ............................................................................................................. 883
1.11.2017 – How To Gain Weight ................................................................................ 883
2.11.2017 – The Magic of Thinking Small .................................................................... 887
3.11.2017 – BOSS MENTALITY and Why I Put Interns Through Hell ....................... 890
4.11.2017 – How To Start Your Journey Of A Thousand Miles .................................... 892
5.11.2017 – RED FOCUS: The Focus Supplement That Actually Works .................... 895
6.11.2017 – How To Increase Your Self-Confidence ..................................................... 899
7.11.2017 – 30 Things Every Bodybuilder Should Do ................................................... 901
8.11.2017 – Permanent Saturday .................................................................................. 907
9.11.2017 – How To Find Your Own Voice ................................................................. 909
10.11.2017 – Everything You Ever Wanted To Know About Testosterone .................... 911
11.11.2017 – How To Meet Like-Minded Friends ............................................................ 915
12.11.2017 – The Magic of Editing: How To Take Your Art From Ordinary To Extraordinary.......................................................... 917
13.11.2017 – RED GROWTH: The New #1 Legal Supplement That Actually Works ...... 919
14.11.2017 – How To Get Respect From All People ....................................................... 923
15.11.2017 – How To See With Your Third Eye ............................................................. 925
16.11.2017 – 33 Way To Be A Billionaire ...................................................................... 927
17.11.2017 – The Power of Concentration or How To Focus Like Nicola Tesla .............. 935
18.11.2017 – How To Be A Monopoly Man – the Number One Thing You Must Do To Succeed .......................................................... 937
19.11.2017 – 7 Years of Pride: Happy Birthday to Bold and Determined ....................... 939
20.11.2017 – The Language of Magic (The Unlimited Magic of Life) .............................. 943
21.11.2017 – Why You Should Exercise Every Day (How To Get Jacked Like Jack Lalanne) .................................................................................. 946
22.11.2017 – OSTARINE: Everything You Ever Wanted To Know About MK-2866 .......................................................... 948
23.11.2017 – How To Always Be Thankful For What You Have – Happy Thanksgiving! .................................................................................. 953
24.11.2017 – How Intermittent Fasting Cured My Allergies Forever .............................. 954
26.11.2017 – Why I Only Set Impossible Goals ............................................................ 960
27.11.2017 – Why You Shouldn’t Be Too Nice ............................................................. 962
28.11.2017 – 15 Best Books For Bad Guys ................................................................... 965
29.11.2017 – How To Transmute Your Sexual Energy ................................................... 968
30.11.2017 – How To INSTANTLY Get Stronger .......................................................... 972

December – 2017 ............................................................................................................. 976
7.12.2017 – I Wrote A Blog Article Every Day For 30 Days And Got BIG Results .......................................................... 976
11.12.2017 – How To Completely Cure Anxiety ............................................................ 981
25.12.2017 – Merry Christmas ....................................................................................... 996
January – 2018 .............................................................................................................. 997
  4.1.2018 – 8 Reasons You Should Start a New Blog in 2018 ................................................................. 997
  8.1.2018 – 33 Ways To Be A Man ........................................................................................................ 1002
  23.1.2018 – How To Be The Light ...................................................................................................... 1013

February – 2018 ..................................................................................................................... 1017
  20.2.2018 – How To Find The Holy Grail ........................................................................................... 1017

March – 2018 ............................................................................................................................ 1028
  26.3.2018 – How To Sleep in a Thousand Star Hotel ........................................................................... 1028

April – 2018 .................................................................................................................................. 1031
  17.4.2018 – Why You Should Never Masturbate Ever Again .............................................................. 1031
  23.4.2018 – 18 MORE Things Every 18 Year Old Should Know .......................................................... 1037

May – 2018 .................................................................................................................................... 1043
  21.5.2018 – How It Pays To Be Bad .................................................................................................. 1043

June – 2018 .................................................................................................................................... 1049
  4.6.2018 – 10 Important Youtube Channels ....................................................................................... 1049
  7.6.2018 – Diet Secrets of the Elite (Raw Meat Barbarian Diet) .......................................................... 1053
#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.

“I have never met a truly strong person who didn't have self-respect.” – [Henry Rollins](https://en.wikipedia.org/wiki/Henry_Rollins)

#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 fewer colds, flu’s, 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.
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.

**Note: what is the meaning of JOB? Just Over Broke!**

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 people’s 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.

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.**

1. **Will this $100 cable bill with 500 channels help me reach my goals?**

   If the answer is no, cancel the cable!

2. **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 an 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 auto-biographies 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?
26.11.2010 – 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.

Note: what does failure contain within itself? Fail(earning)ure(xperience)!

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 on this site 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?

*Note: become shameless! Refuse to give into the pressures of a degenerate society!*

If you don’t do it now, you probably never will. And you know it. So just take a chance, for once.

This article is for the guy or girl who absolutely hates their job and thinks they should be doing bigger and better things. This article 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 website?
Wallets are stupid.

There is no point in a man carrying around 80 different bits of paper and other junk. Wallets are also bad for the posture. It’s like sitting on one brick each time you sit down. Throw away the wallets and simplify your life!

When I used to carry a wallet I would usually just leave it in my truck and take out the few things I needed. Yet, I still held on to the scraps of paper, old insurance cards, old credit cards, and other nonsense.

Get rid of it!

Now – I carry around a money clip with only the things I need.

These things I need consist of:

1. **Drivers License.** Obviously this is something everyone needs to carry around. Except for criminals. I have learned that criminals avoid the DMV like the bubonic plague.

2. **Personal debit card.** If I want to buy something I hand the clerk my debit card. No need for wadded up dollar bills.

3. **Business debit card.** Same reason as above.

4. **Personal credit card.** Same reason as above.

5. **State issued ID.** This is probably redundant for me to carry considering I carry a Drivers License. This is a leftover from my dirt poor days when I drove less than legally (illegally) and needed an ID to get into bars. Priorities for the young and dumb.

6. **Starbucks gift card.** Occasionally I meet with clients at a Starbucks and I like to use this gift card which I received for free instead of using my own money. When there is no money left I will toss the card in the garbage instead of putting it back in wallet (money clip, actually) purgatory.

7. **One business card.** This actually serves as somewhat of a bookend for my stuff. It helps me fill out the clip. I carry more business cards with my padfolio so there is no need for more in my money clip.

That’s it. What else could a man need to carry around every day?

Let the women carry around all the extra junk in their purses. That’s what they are for. Purses. Not women. That’s why we don’t carry around man-purses everywhere. We don’t need all that extra clutter.

**Simplify your lives, gentlemen.**

**It makes things so much easier.**
26.11.2010 – The Value of Loyalty

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.

“Don’t ever take side with anyone against the family...ever.” – The Godfather

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 its 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... 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, whom 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 s/o like you would your dog. If she is good you reward her with attention. If she is bad you punish her by withdrawing 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.**
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... 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, and 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.
4.12.2010 – 5 Must Read Books (and how they will help you live the life you want)

#1) Think and Grow Rich

If you only read one book in your entire life make it this book. This book is about the power of motivation and visualization. If you want something bad enough and you visualize it enough you WILL get it. All current motivation works have borrowed or completely plagiarized from this book.

This is the end-all, be-all book for living your dreams. Highlight your favorite parts to go over again and again. Write down your favorite parts and tape them to your walls to recite daily. Sounds crazy, but it works.

#2) The Richest Man in Babylon

This book teaches you about money. Specifically about the need to save money and about the power of leveraging your money.

#3) How To Win Friends and Influence People

How can you get what you want if you can’t get people to do what you want? This is an oldie but goodie and the lessons hold up in today’s world. Maybe even more so because we are all so disconnected.

#4) The 4-Hour Workweek

The newest book on my list. Don’t let the title fool you, the book is all about using your time wisely and becoming hyper productive. Whether you put in a few hours a week or many hours, make sure you are actually doing stuff and not being a time waster.

#5) Arnold: The Education of a Bodybuilder

This is the most motivating, inspiring book I have ever read. Arnold went from a tiny town in Austria to being the #1 bodybuilder in the entire world. He made millions as a businessman before getting into the movies and becoming the highest paid movie star of all time.

Then he got into politics and become the governor of the 3rd largest economy. This book details his life up until the end of his bodybuilding and the very start of his acting career.

These books have changed my life so much that I now use hundred dollar bills as bookmarks.
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?
**7.12.2010 – 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'. 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.
7.12.2010 – 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 article exists because you created it.

If you hadn’t come across this website and this article 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.

Who’s 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.
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 another site 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.
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 than 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.
Large forearms are one of the most intimidating and impressive parts of a man’s physique. You can tell a strong person by the size of their forearms.

Some guys have impressive forearms without doing any direct forearm work, other guys (like me) were born with toothpick forearms and have to give them special attention.

Forearms are unlike most major muscle groups. They are involved in nearly every exercise you do. Because of that, they can be worked more frequently. They can be worked as often as every single day.

Bruce Lee actually worked his forearms every single day, doing wrist curls while talking on the phone or driving down the highway. Lee’s forearms are very impressive in relation to his size. They were almost as big as his upper arm.

**Best Forearm Exercises**

1. **Power Cleans**

   Power Cleans are actually the best exercise I have found for building the forearms. Not exactly a forearm exercise, power cleans are a whole body exercise that puts tremendous strain on the forearms. If you think about it, power cleans are really just one big heavy ass reverse curl. Power cleans can be performed 2-3 times a week for maximum effectiveness.

2. **Barbell Wrist Curls**

   Sit yourself down on a bench with the barbell at the edge of the bench. Place hands underneath the barbell in a supinated position using a very close, thumbless grip. Use your knees to push your elbows together. Let your hands hang off the bench holding the bar, in a curling motion move the bar up and down using only your wrists, making sure to squeeze at the top. Use just an empty bar at first. Aim for 50 reps and when you can get 50 reps add 5 pounds and go for 50 more reps. After you do your first set with the empty bar, aiming for 50 reps, you can continually add weight to the bar until you wear your forearms out. This can be done every day.

3. **Standing Barbell Reverse Body Drag Curls**

   Take a shoulder width overhand grip on a loaded barbell. Let the weight hang in your hands and slowly drag the barbell up your body as high as you can get it and then back down again. Remember to keep your elbows back to allow you to keep the barbell as close to your body as possible. Do 3-5 sets of 8-12 reps going as heavy as you can go while maintaining form. This can be done as often as you like.

4. **Farmers Walks**

   These are killer for your grip, forearms, and traps. Take 2 heavy dumbbells and walk as far as you can while holding the dumbbells. Take a breather and do it all over again. Use the heaviest weight you can manage and going to the longest distance you can manage. Farmers walks can be done anytime you aren’t too sore. Aim for 3 days a week. In addition to building popeye forearms, farmers walks develop entire body strength.
Tips to Remember

Whenever possible don’t use straps. Straps are great to help you pull some extra weight, but they definitely take away from forearm development. Do all your main exercises without straps unless you absolutely have to.

Use FAT GRIPZ on all your main exercises. Fat gripz are just what they sound like. They are a rubber grip that you place onto a bar to make an extra wide grip. This is killer for forearm developments. You can use these on deadlifts, barbell curls, bench press, farmers walks, and anything else really. Just remember to use lighter weights, the first time using fat gripz will be a shock at how much lighter weight you have to use. I highly recommend these.

Get a pair of Captains of Crush Hand Grippers and put them in your car. Anytime your driving to the supermarket or to work do a quick set of 10 per arm until you get where you are going. Great for forearm development and even better for grip strength.

Grip strength = heavier weights = bigger forearms.

One last tip

Eat more! It’s hard to put on any size if you don’t consume enough calories. Eat plenty of protein and good fats, get your carbs in the form of fruits and vegetables.
27.12.2010 – How to Write Your New Years Manifesto

MANIFESTO – a written statement declaring publicly the intentions, motives, or views of its issuer.

Another year is coming to an end. You have to ask yourself how your year went. As far as I see you can only have 2 options. 2010 was either the best year ever or the worst year ever.

If it was the best year ever, great! I love it! Let’s make 2011 an even better year!

If 2010 was the worst year then it should be easy to have a better year in 2010. We’re going to write our Manifestos for 2011.

Our manifesto is going to outline our goals, dreams, hopes, and fears and is going to develop a plan of attack to make our goals a reality.

The first step is to get out your word processor or a notebook so we can write everything down. If this is to work it must be written down.

If you don't write it down you will forget about it in 15 minutes. We're going to have it in writing so we can refer to it daily, weekly, monthly, and yearly so we can see the clear progression we have made.

Next let's determine what our goals are for the year. Take a little while to brainstorm and write everything down. What is it that has been constantly on your mind this year but you weren't able to fully make it a reality?

Maybe you want to...

Start your own business...
Get into great shape...
Get better with beautiful women...
Become a more confident person...
Worry less (ideally none!)
Travel more...
Have a 300 lb bench, 400 lb squat, and 500 lb deadlift...
Do 10 pullups...
Make more $$$...
Get out of debt...
Start a jazz fusion band...
Be a more confident, bold, and determined person...

Now that you have taken some time to determine your goals for the year let's start writing our manifesto. We’ll call this MANIFESTO 2011.

You can write your goals any way you want, it is as simple as saying “my goals are...” but I think the best way to write your goals is to write them as-if you have already achieved them. For instance...

My goals for 2011 are...

I am making more money than I ever thought possible.
I am completely free of debt.

...
We’re going to be referring back to our Manifestos frequently. The subtle change of saying “I AM” instead of “I want” will work wonders. The mind is a powerful tool and if the mind believes it who’s to say the mind won’t achieve it.

Now that we have written our goals let’s draw up our plan of attack. In this section you will write “my plan of attack for starting my own business is as follows...”.

Deep down in your heart you know exactly what you need to do to start your own business, or lose weight, or become a better person. You don’t need me to tell you the details.

Do that for all of your goals. I kept mine to 5 broad goals, but you can and should do it for as many goals as you have.

Next we will write our conclusion. We will write our conclusion a little differently. We are going to pretend we’re on the eve of the next year and we’re thinking back about what we accomplished in the previous year.

We are going to write something like: "2011 was the best year of my life. I accomplished my goals of getting into shape, starting my own business, and getting out of debt. I accomplished these goals by following this plan of attack... It was a great year and I can’t wait to make the next year even better".

Make it as detailed as possible.

Now print out your Manifesto and keep it somewhere that you can read it every day at first, then every week to every month as you begin to realize your goals. Don’t let anyone else read it.

This is intensely personal and for your eyes only. But if someone does read it, never be ashamed of it.

This is how you want to live and it's how you will live.

The idea for the Manifesto sounds corny but so what. Living your life on other people’s terms is way cornier.

The start and end of a year is just an arbitrary number but it is a good way to measure progress.

No need to wait until January 1st to get started, start NOW!

Whatever day it is.

Each passing moment is a chance to turn it all around.
1.1.2011 – 6 Items That Should be in Every Gym Bag

1. **Towel**

Self explanatory. You need a towel to wipe up sweat, yours and other peoples.

2. **Gym Chalk**

Corporate globo-gyms don't provide chalk for their members. They discourage it because it’s a pain to clean up. Well that’s their problem. Chalk is great because it helps you grip heavy ass weights. Chalk removes the moisture from the hands and turns you into a lifting machine. Get some chalk!

3. **FAT GRIPZ**

Fat Gripz are awesome. They turn an average barbell into a mean-as-nails thick bar. They are phenomenal for developing forearms and grip-strengths.

4. **Ab Wheel**

I know this seems like a useless piece of advertising but ab wheels work. They have been around forever, long before the infomercials. Some gyms have them and some don’t, they’re only a few bucks so I keep one in my bag for ab day. After 3 sets of 10-20 your abs will be on fire. Check ‘em out!

5. **Lifting Straps**

I’m not a huge fan of lifting straps but there are times when they are useful so I keep them around. Lifting straps wrap around the bar and your hand giving you help to grip the bar. I mainly use these when I do heavy barbell shrugs – I rarely use them for anything else but I like having them in my tool belt.

6. **Reverse Osmosis Filtered Bottled Water**

You need water. What’s important about bringing your own water, especially filtered, is the fact that water fountain water has all kinds of fluoride and other heavy chemicals. It’s basically poison. I remember vividly the last time I ever took a sip of water from a water fountain – there were two fountains side by side, I was taking a sip at the tall fountain and the cleaning lady came up to the short one and sprayed whatever her chemical cleaner was over the spout of the small fountain, right where people drink from. I immediately spit out the water in my mouth and never took a sip again from a fountain. It was only later I found out about the extremely harsh effects of drinking fluoridated water.
Optional

7. Shoes and/or deadlift slippers

Shoe choice isn’t very important when your doing silly little “stability” work on a bosu ball but it is important once you start lifting like a man. For squats and deadlifts and things of that nature you want a shoe with as little sole as possible. You want to be very close to the ground.

Shoes that are good for this are converse Chuck Taylors, deadlift slippers, or any flat soled shoe. I lift in a pair of boat shoes but that’s my preference. I keep a pair of Deadlift Slippers (yeah, I said slippers) in my gym bag and I use them pretty frequently.

Deadlift Slippers are just like ballerina slippers, they’re basically socks with a rubber grip on the bottom for support. Nothing else can get you as close to the ground without being barefoot.

If you can swing it I suggest lifting deadlift and squats barefoot. Vibrams Five Fingers can also be an excellent choice, though I have never used them personally.

8. Notebook

It is an excellent idea to log all of your workouts so you can see your strength increases and where you are stalling. If you log all your workouts you can see your progress from week to week, month to month, and year to year!
Disposable razors are vile, worthless inventions meant to dupe you out of your hard earned cash on a regular basis. Disposable razors are useless for 2 reasons.

1. **They give an inferior shave compared to a safety razor.**

2. **The blades are absurdly expensive and must be purchased frequently.**

So why would people use these pieces of junk when superior technology exists? That’s an easy answer.

You don’t see ads every day for a razor that will last you a lifetime and cost less than $20 for a year’s supply of blades but you DO see ads for the latest plastic gizmo that will give you the shave of a lifetime!

...until you have to buy new razors in a couple weeks for $20.

People have been duped into thinking the new 3 bladed piece of plastic is the greatest shaving technology ever invented. That is completely false.

For a close shave nothing in the world beats an old school straight razor. For a safe shave that is extremely close, nothing in the world beats a safety razor.

Best of all, you buy the razor only once and it will last you a lifetime. The blades for a safety razor are dirt cheap. I shaved for an entire year on a box of $6 blades. I would spend more than that every month on the latest mach3 nonsense.

The real story is that Gillette had the patent on the safety razor. The patent was due to expire, meaning many companies could produce these quality razors.

Gillette came up with the disposable razor and put the marketing machine behind it, guaranteeing that they get paid again and again when you buy new razors every month.

You can get started for around $100. After that you never have to buy another razor, this one will last a lifetime. Blades are only $6 for a box of 10.

**Things you need to start wet-shaving.**

1. **Safety Razor** ➔ Merkur makes the best. This razor will last a lifetime.

2. **Merkur Double Edge Safety Razor Blades**

3. **Badger Hair Shaving Brush**

4. **Proraso Shaving Cream** ➔ when it comes to shaving cream nothing beats Proraso.

5. **Proraso Pre and Post Shave Cream** ➔ this stuff is optional but I highly recommend it. My face feels incredible after using this stuff.
How To Wet Shave

I would sooner stop shaving completely than ever go back to using disposable razors. A disposable razor can't come close to the clean, close, fresh shave of a good quality safety blade. I typically shave once a week because...

a) I can.

b) Chicks dig facial hair.

When I do shave it is a nice little ritual.

1. Get out of the shower.
2. Don’t dry my face.
3. Run some water over my badger hair brush.
4. Squeeze the shaving cream into a coffee mug.
5. Mix up the shaving cream with the badger hair brush into a nice creamy mixture.
6. Apply the mixture to my face with the brush, making sure to get the shaving cream in between every whisker.
7. Shave off all the whiskers in just a couple minutes.
8. Towel dry my face.
9. Apply aftershave and I'm done. My face feels as smooth as a baby's.

If you’re sick of shaving altogether you have another option.

Grow a beard.

Why should you grow a beard? Easy answer.

1. Beards are awesome.
2. Beards are manly.
4. Beards are cheap and easy to maintain.
5. Beards look cool.

Simplify your lives, gentlemen. It makes things so much easier.
Multi-tasking is a joke. If you want something done right you put all your effort into that one thing to make it perfect.

You don’t half-ass it while you’re doing other things at the same time. This applies to eating as well. When it comes time to eat, eat.

And eat BIG!

There are hordes of brainwashed people who believe you’ve got to eat 6-8 small meals a day to “stoke your metabolism”. There are hordes of people who have believe the propaganda that breakfast is the most important meal of the day and if you miss breakfast your day will be ruined. What a bunch of baloney!

Eating 6-8 small meals a day is a nightmare! You’re completely ruled by the clock, you’ve got to eat every 2-3 hours or you’re feeling irritable and angry. You’re never full, tiny meals don’t satiate you like big meals do. It’s a never ending cycle; I don’t know how anyone can get anything done eating so much! Imagine the time saved if you ate only one or two meals a day and completely stopped worrying about getting your next meal in. Leave this type of grazing to the cows.

Eat like a Lion.

A Lion eats once every day to every few days and a Lion eats huge. This type of eating plan is called Intermittent Fasting. On IF (Intermittent Fasting) you have a set eating window where you get in your meals and you fast the rest of the day. Typically you have an 8 hour eating window and a 16 hour fasting window.

I like to eat just one or two giant meals per day and get it over with. I skip breakfast. Breakfast is completely overrated and is not the most important meal of the day. In fact, breakfast slows down your mental acuity. When you skip breakfast you are a lot sharper. It takes a lot of energy to digest food, energy that could be used for more useful things during the day. So forget breakfast, eat later in the day and use your energy to get your business going.

You are what you eat.

If you eat nothing but processed garbage you’re going to look and feel like garbage. Eat nothing but real food 6 days out of the week. By “real food” I mean food that will eventually spoil. Stick to the outer section of the grocery store for your food. A Lion eats pounds and pounds of meat. My two meals of the day I eat Steak and Eggs, what Vince Gironda called the strong man’s diet.

Eating this way takes care of any hunger pangs. I’m almost never hungry. All the protein and fat from the Steak and Eggs keeps you full for far longer than any carbohydrate based meal, eliminating any need to snack or graze.

Steak and Eggs keep your energy steady throughout the day as well; you’re not dealing with sugar crashes because you aren’t eating sugars. On the plus side Steak and Eggs will make you very lean and muscular (as long as you’re lifting).

My eating window is from 1-9, so I get my two meals in during that time frame. Always eat the biggest meal post-workout, the real most important meal of the day.
Pick one day out of the week to have as a cheat day. On this day eat anything and everything you want. Live was meant to be lived after all. If you’re eating right on the other days this cheat won’t make you fat but will actually help to lean you out. Plus you will probably be so disgusted at what you ate you’ll be really happy to start eating well again the next day.

For all you muscle-heads scared of losing all your gains – stop worrying!

You’re not going to lose all your hard-earned muscle just because you don’t eat for a few hours.

Serge Nubret ate only one meal a day – 4-5 pounds of meat topped off with rice and beans. Does it look like his muscles wasted away?

Eat like the majestic Lion.

Not like fat cows.

Simplify your lives, gentlemen. It makes things so much easier.
2.1.2011 – Live Like a Spartan: Get Rid of Your Cable TV

**Television exists for one reason:** to so completely mold you into a manageable piece of chattel with little hope of forming your own opinions or see just how much you're being screwed.

It exists to keep you thinking you're being entertained while your “opinions” are being formed for you.

Television is genius. It has brainwashed people so well that they don't know, can't even fathom that they have been so completely duped.

Any time I go to someone's house and I see them watching the boob-tube they are completely zoned out like an automaton dummy.

**Television completely takes over your mind when you watch it,** to the point that the subtle hints on TV become your complete opinion like you thought it up yourself.

The other day I pulled up to the gym at peak hours, around 6 pm. I saw through the window that all the treadmills were filled with people and they were all, each of them down to the last man and woman, were staring up at the TV's in front of them.

It was like something out of a science fiction movie where aliens take over the Earth and no one notices because they were busy watching jersey shore and being spoonfed their news and culture.

**Think for yourself and come to your own conclusions.**

They say religion is the opiate of the masses, and that used to be true.

Television and other media advertising are now the opiate of the masses. Prevailing opinions are those that are espoused on television and other media.

No matter how asinine, if it's on the TV then it must be true!

Other than the obvious fact that TV makes you a dimwit it's also a complete time waster.

No man who ever accomplished anything watched TV all the time like a dummy.

No one who is trying to accomplish something should waste their time rotting their brains away watching the moron tube.

Just turn off the cable, pick up a book, go for a walk, go work out, or make some money.

Save the $100 a month you used to pay for cable and turn it into a fortune.

**Simplify your lives, gentlemen. It makes things so much easier.**
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 to 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 spoonfed by advertising to think you need.

Simplify your lives, gentlemen. It makes things so much easier.
Monday’s are the best day of the week!

Mondays are the start of something new and possibly great.

Monday’s 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:

1. Rise early on Monday. Be up before everyone to get a head start.
2. 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.
3. Start your day with a nice walk, jog, or lifting session to clear your head a little.
4. Make a to-do list over the weekend and get everything done early in the morning.
5. 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.
6. Love Mondays and Mondays will love you back.
7. Dread Mondays and that will become a self-fulfilling prophecy.
8. 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...

1) File TPS reports.
2) Put payments in the mail.
3) Review site traffic from the month before.
4) Kick ass and take names.
5) Post article on Hyper-productivity.
6) Hit the gym with a vengeance.
7) 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!
3.1.2011 – 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.
Take an Unplanned Road Trip

It doesn't matter where you go; it's the experience, not the destination that counts. Pick some place you've never been that you want to go to and head that way.

Be sure and stop anywhere along the way that grabs your attention.

You could plan the trip but that would take all the energy and spontaneity out of the trip. Have only some brief guidelines to follow and you will have an adventure of a lifetime.

Several months ago while I was leaving the gym, I had that euphoric feeling I always have after a brutal workout.

I called up a buddy and said “Let's take a road trip.” He said “When.” I said “Tomorrow early afternoon.” He said “Let's do it.”

He invited his brother along and we all left Dallas around 2 the next afternoon. We decided to go to Florida by way of Savannah, GA (to see the trees).

The first night we ended up at a motel outside of New Orleans, LA. The next day we spent a bit of time in N'awleans and headed for Georgia. We hit Savannah late that night and rented a room. We spent the next morning checking out Savannah.

You can sit at home wondering what's out there... or you can go pack some clothes, pack a cooler, get in your car and start driving.

Later that day we headed down the Atlantic coast of Florida and ended up on Miami Beach. After endlessly searching for a hotel room on the beach we finally got one (and the bathroom door had a giant, and I mean GIANT, peephole in it!).

We headed out to get some dinner and drinks (costing us around $250) and we went to some club right on the beach with a whole bunch of other travelers, many from abroad. After a couple drinks we went back to the hotel and jumped in the pool, realized the ocean was a mere few hundred feet away, and went in jumped in the ocean in the middle of the night.

We left the next day for Key West, our goal destination. We drove down through all the keys and I have to say it really is a breathtaking view. We get to Key West, the southernmost point of the continental US, found a nice place to rent, rented a golf cart for the rest of the stay and we had a fucking blast down there. We ended up doing all kinds of fun shit that never would have happened if we had stayed home.

We came home by way of the gulf coast of Florida, stopping to see some Alligators along the way. We spent a couple more nights on the Florida beach, spent a night in New Orleans, and finally hit home.

All in all it was a 9 day trip and it was a blast. It cost a bit of money but we all had a bit to spare. If money is an object I would suggest camping out. That sounds even better to me than staying in some posh resort.
For you, I have two questions...

1) Where have you always wanted to go?

2) When are you leaving?

When you make up your mind to do it, do it soon!

You don’t want the excitement to die down. If it dies you may not go.

Decide to go and then go! Have an unplanned adventure of a lifetime!
It's January, that time of year is upon us when the gyms are flooded with ‘New Years Resolutioners’ (NYR). NYR's are notorious for not knowing what they're doing and then quitting after a couple weeks for lack of results.

Aside from obvious cases where NYR's have no idea what they're doing, here are the most common weight-room follies and a few pieces of advice you can use to distinguish yourself as a man of supreme understanding in the weight training arts.

1) **Not touch your chest when you barbell bench press.**

If you don't touch your chest you are not bench pressing, you are partial pressing. Keep it up for partial gains. On a side note, bench partials are an excellent way to supplement your bench routine and build up some strength to handle the big weights. It can be used in addition to your normal benching (touching the chest) routine.

2) **Roll your shoulders when you perform shrugs.**

Shrugs are performed to build up your traps, when you roll your shoulders you take all the pressure off of the traps. Roll your shoulders for a guaranteed way to waste the maximum amount of time and effort!

3) **Do any weight training on a Bosu ball.**

I see all the silly personal trainers at the globo-gyms doing this nonsense all the time. It's no wonder the people they train never change their physique. Lift some real weights with a stable core, squeeze your abs, and you will “activate your core” much better than this stability ball nonsense. I can't even bring myself to pollute my website with a picture of a stability ball exercise.

4) **Do deadlifts for reps with 95 lbs.**

Deadlifts are a strength training exercise, unless you have been confined to bed for the past year you should be lifting heavier. I see people doing this all the time at the gym, people who train regularly but they are clearly scared they are going to hurt their back if they use anything above 95 lbs.

Well, they probably will hurt their back at some point because it's so weak from lack of training. Load up the bar with as much weight as you can handle and lift that mother-trucker off the ground.

5) **Using the lightest weight possible.**

Next time you are in the gym take a look around. Look at the people doing lightweight work on a Bosu ball, doing light weight in general, and then take a look at the people using heavy weight (heavy is relative to each person, when I say heavy I mean heavy to that person).

You will see a noticeable difference in physique between the people who are lifting close to their max and the people who are farting around with light weight stability exercises. If you're goal is to look like the people doing the light weight work then go ahead and do it, but if your goal is to look like a man and not a little boy then lift like a man.
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
- Low libido
- Gynecomastia
- Lack of motivation
- Depression
- Low self esteem
- Irritability
- Moodiness
- Memory loss
- Loss of morning erections
- Erectile dysfunction
- Fatigue
- Decreased energy
- Decreased muscle mass
- Testicle shrinkage
- Low sperm count

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

**See also:** Why Your Testosterone Levels are Lower Than You Think (and what to do about it)

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 but are not limited too...

a) **Steak and eggs**

The strong mans favorite meal. High saturated fat in the eggs and zinc in the red meat help produce testosterone.
b) 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.

c) Garlic

Garlic also contains allicin.

d) Peanuts, Salmon, Coconut oil, olive oil

All of them are rich in good fats.

e) Cook everything in butter, not margarine.

f) Eat as naturally as possible.

Organic for your fruits and veggies and grass-fed for your red meat if you can afford it.

g) 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

1. Sleep

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.

2. Lift weights.

Heavy compound exercises produces testosterone naturally. Between 4-8 reps per set is a good goal.

3. Don’t smoke.

Smoking inhibits sexual appetite, probably because you’re constantly sucking on a thin, white phallus.

4. Don’t drink (or limit alcohol consumption).

Alcohol has been proven to lower testosterone.
5. **Have sex.**

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

6. **Live stress free.**

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 there is no point in worrying about it.*

7. **If you’re fat, lose weight.**

Increased weight leads to higher estrogen levels.

8. **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.

9. **Listen to music that pumps you up.**

Songs that pump you up, pump you up full of testosterone.

10. **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.
16.1.2011 – 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 day’s 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 5:05 AM.
- Get up, let the dogs outside.
- Turn on coffee pot and brew coffee (I get the coffee ready the night before).
- Brush teeth and other bathroom needs.
- Get dressed and walk out the door by 5:15am with thermos full of coffee.
- 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.

Boyer Coe – Long time proponent of early morning weight training.
“Buying” or leasing a brand new vehicle is just about the silliest thing you can do. I say “buying” in quotation marks because when you purchase a brand new vehicle more often than not you finance it. You don’t really buy anything, you put yourself into massive debt, or what I like to call debtors prison.

What happens if you think you have a secure job, you purchase a brand new car to keep up with the Jones’ and six months down the line you get laid off or fired? You still have the car payment barreling down on you like a semi going full speed on your direction.

Let me tell you, as a person who has both financed a car and been fired many times it gets very worrisome trying to come up with that car payment every single month when I’ve got no income.

Same scenario: you get laid off or fired. This time, however, you were smart enough to save up a couple grand and you purchase your vehicle in cold, hard cash. All you have to worry about now is paying for gas and paying for insurance.

Average liability only insurance premiums for an American are $900 per year, and if you were smart you pay six months in advance. That means all you worry about is gas.

The average price paid for a new car is $28,400. At a modest 6% interest rate over four years you pay a grand total of $32,014.79 (assuming no down payment or trade-in) and $666.97 per month. That much money per month can let you live comfortably in a decent apartment.

Imagine getting rid of those six hundred bucks per month in expenses. You can save up for a few months and buy a car in cash and never worry about making another car payment again. Taking the bus for a few months is a great trade-off in never making another car payment.

Even if you pay for the car in cash there is no reason to purchase a brand-new vehicle. As soon as you drive that car off the lot its value plummets. Purchase the same car a year or two old and save yourself some money. In one year that brand new car you bought is now an old car and you wasted several thousand dollars.

Of course, if you live in a city with a good public transportation system you can get rid of the car permanently. Even better because then you save money on gas and insurance AND get you don’t have to drive in grid-iron, bumper to bumper traffic.

If possible, riding a bicycle or a moped (I know it looks stupid) is an excellent money saving method of travel and if you ride a bike you will get tons of great exercise. I dare you to find a fat person who rides a bike every day.

Driving a car is one of the most dangerous things you can do. As an added bonus you save yourself a 1 in 84 chance of dying in a car accident. You could die thousands of times in a car accident before ever winning the lottery or being eaten by a shark.

There you have it, trade in that money hemorrhaging hunk of junk, get rid of those payments, save up and get yourself a cash car that gets good gas mileage and has a reputation for being a quality vehicle. I won’t go into much detail about the absurdity of leasing a car other than to say you are paying an arm and a leg to rent a car, you have to carry full coverage insurance, you are limited to a certain number of miles…you might as well drive a car with a gas leak. You could just give $20 to every single person you meet and make some new friends.

Simplify your lives, gentlemen.
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.

Steps to learning to defend yourself

1) 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.

2) Learn some form of defense

Could be boxing, mixed martial arts, Brazilian jiu-jitsu, 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.

3) 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.
4) **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.

5) **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.

6) **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.

7) **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.
When I was a kid I had perfectly white teeth. I also had allergies. My mom took me to an “Allergy Specialist” who put me on about 10 different medications.

I guess to “see what worked”. None of them did work, unless the intended goal was to turn my teeth yellow and spotty and put me in the hospital for a week.

Over the years I have used almost every commercially available teeth whitener with zero success. I have also paid over $300 for professional laser whitening which did not work either.

It wasn't until I stopped using fluoride toothpaste, in fact I stopped using toothpaste altogether, that my teeth whitened.

In an effort to stop ingesting fluoride I stopped using toothpaste and I used a new miracle drug to brush my teeth.

**What is this new miracle drug?**

**Good old fashioned Baking Soda**

Not only did my teeth get an excellent cleaning I also noticed after a few months that my teeth were a full shade whiter.

For a particularly effective method of teeth whitening you can brush with Baking Soda and hydrogen peroxide 1-3 times per week.

The combination of the baking soda and hydrogen peroxide form a chemical reaction that breaks down film growing on your teeth and uncovers hidden bacteria, making brushing far more effective.

To brush your teeth with baking soda all you need to do is get a cup or glass, pour in a bit of baking soda, add some water, stir with your toothbrush and brush your teeth with the mixture the same way was with toothpaste.

On the days you use hydrogen peroxide just don't add any water.

**Don't swallow the solution.**

Before you throw away tons of money on professional whitening and expensive over-the-counter products why not give baking soda and hydrogen peroxide a shot? It's worth it even just to get off the poison that is fluoride.

The simplest methods are usually the best.

**Baking Soda: $3.79**  
**Hydrogen Peroxide: $4.99**

**Whiter & Healthier Teeth: Priceless**
February – 2011

2.2.2011 – Serge Nubret’s Old School Workout Routine

Serge Nubret was an old school bodybuilder who concentrated on having an aesthetically pleasing physique rather than being a mass monster.

To accomplish his physique Serge Nubret actually didn’t lift heavy weights. He lifted moderate weights for higher reps and very high volume. The goal of Serge's routine is to force as much blood into the muscle as possible for as long as possible, bringing vital nutrients into the muscle to aid growth.

Because it is a low weight routine, low rest periods are vital for success. One minute rest periods MAX – aiming for rest periods of 30 seconds.

Serge Nubret would do situps every single morning, seven days a week for one hour straight – working up to 2,000 sit-ups per day.

Serge would lift weights 6 days a week and he would hit each muscle group twice per week.

Monday: Chest, Quads and Abs
Tuesday: Back, Hamstrings and Abs
Wednesday: Shoulders, Arms, Calves and Abs
Thursday: Chest, Quads and Abs
Friday: Back, Hamstrings and Abs
Saturday: Shoulders, Arms, Calves and Abs
Sunday: Rest (abs only)

Serge Nubret’s Routine:

Monday

Quads

Squats – 8 sets of 12 reps
Leg Press – 6 sets of 12 reps
Leg Extension – 6 sets of 12 reps

Chest

Bench Press – 8 sets of 12 reps
Flat Bench Flye’s – 6 sets of 12 reps
Incline Bench Press – 6 sets of 12 reps
Incline Flye’s – 6 sets of 12 reps
Dumbbell Pullovers – 6 sets of 12 reps
**Tuesday**

**Back**

Chin-ups – 6 sets of 12 reps
Behind the Neck Lat Pulldowns – 8 sets of 12 reps
Lat Pulldowns to the Front – 6 sets of 12 reps
Barbell Bent-over Rows – 6 sets of 12 reps

**Hamstrings**

Lying Leg Curl – 8 sets of 15 reps
Standing Leg Curl – 8 sets of 15 reps

**Wednesday**

**Shoulders**

Behind the Neck Barbell Press – 6 sets of 12 reps
Alternate Dumbbell Front Raise – 6 sets of 12 reps
Barbell Upright Row – 6 sets of 12 reps
Cable Lateral Raise – 6 sets of 12 reps

**Arms**

Barbell Curl superset with Triceps Pushdowns – 8 sets of 12 reps
Dumbbell Curl superset with Triceps Dips – 8 sets of 12 reps

**Calves**

Standing Calf Raises – 8 sets of 12 reps
Seated Calf Raises – 8 sets of 12 reps

**Thursday (same as Monday)**

**Quads**

Squats – 8 sets of 12 reps
Leg Press – 6 sets of 12 reps
Leg Extension – 6 sets of 12 reps

**Chest**

Bench Press – 8 sets of 12 reps
Flat Bench Flye’s – 6 sets of 12 reps
Incline Bench Press – 6 sets of 12 reps
Incline Flye’s – 6 sets of 12 reps
Dumbbell Pullovers – 6 sets of 12 reps
Friday (same as Tuesday)

Back

Chin-ups – 6 sets of 12 reps
Behind the Neck Lat Pulldowns – 8 sets of 12 reps
Lat Pulldowns to the Front – 6 sets of 12 reps
Barbell Bent-over Rows – 6 sets of 12 reps

Hamstrings

Lying Leg Curl – 8 sets of 15 reps
Standing Leg Curl – 8 sets of 15 reps

Saturday (same as Wednesday)

Shoulders

Behind the Neck Barbell Press – 6 sets of 12 reps
Alternate Dumbbell Front Raise – 6 sets of 12 reps
Barbell Upright Row – 6 sets of 12 reps
Cable Lateral Raise – 6 sets of 12 reps

Arms

Barbell Curl superset with Triceps Pushdowns – 16 sets of 12 reps
Dumbbell Curl superset with Triceps Dips – 16 sets of 12 reps

Calves

Standing Calf Raises – 8 sets of 12 reps
Seated Calf Raises – 8 sets of 12 reps

Sunday:

Stay at home in bed and recover.

Worked for Serge. Not too difficult is it?

To pick the weight for your 12 rep sets, use your 20 rep max. The goal is to use the same weight for each set of the exercise. When you can complete each set of 12 reps go up 5 lbs and start over. The pump you will get from this routine will be unreal. It will feel like your muscles are bulging through your skin trying to get out! You might feel silly using somewhat light weight and gasping for breath but the results will be worth it!

Serge Nubret also ate like a Lion. He ate only one meal a day: 4 lbs of Horse meat and rice and beans. This routine is hard but it is worth it. I did this routine a few years ago and I remember people coming up to me in the gym asking me how I was getting bigger so fast and if I was on steroids.

Give it a shot.
2.2.2011 – 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.
2.2.2011 – How to Build a Big Chest

Having a big chest is an impressive part of a good physique which is why Mondays are unofficially International Bench Day at gyms across the world.

A big chest is not needed for any sports so you will see many muscular athletes with small chests. However, a big chest is aesthetically pleasing so you will see all good bodybuilders and physique's have a good sized chest. A big chest is a sign of power and strength. The ladies love it too!

Chuck Sipes knew that a mighty chest is mighty impressive.

When trying to build up a certain muscle group, the goal is to put the most amount of strain on the muscle for as long as possible. Heavy weight is great for building dense, strong muscles but for size alone moderate weight is best.

To build a big chest you will concentrate on reps in the 5-12 range and instead of lifting the heaviest weight possible we will use a weight we know we can handle and we concentrate on the burn and the pump that that exercise and weight give us.

The Bench Press is the most well known chest exercise. Benching is great but I do not feel it is the best chest exercise for most people. To build a big chest you want all the pressure on the chest, benching will put pressure on the chest, triceps, and front deltooids.

Many people report not “feeling” it in their chest when they bench. To feel it in your chest you must use a wide grip, as wide as possible, for maximum effectiveness.

The Top 3 Best Chest Exercises

1. **Wide Grip Bench Press to the Neck**

   This is the SECRET WEAPON in the arsenal. Nothing working better than this. You need to buy Body of a Spartan because it includes the 30 Day Cure for No-Chest-Itis and it gives you the routine you need to follow for a big chest.

2. **Flat Bench Flye’s and Incline Bench Flye’s**

   Do this exercise with a twist. Most “experts” recommend not bring the dumbbells down too far so as to not hurt your shoulders. To get the most out of these we have to perform the best way, the way Arnold Schwarzenegger performed them.

   - Lie down on a flat bench and grab a couple of moderate weight dumbbells.
   - Hold them up straight in the air.
   - With a slight bend at the elbows bring the dumbbells down to your sides going as low as you can – almost touching the ground.
   - Bring them back up again in a hugging motion (imagine hugging a big bear).
   - Stop the dumbbells about 6-10 inches from each other.
   - Repeat – start the exercise over.

   We stop at the top to keep constant tension on the pecs, when you bring the dumbbells together it takes tension off of the pecs.
3. **Incline Barbell Bench Press & Incline Dumbbell Bench Press**

To perform the Incline Barbell Press, go to an incline bench, use moderate weight, using a wide grip take the barbell down to the bottom of your neck/top of chest and bring back up again.

To perform the Incline Dumbbell press grab a couple of moderate weight dumbbells and with palms facing away from you press the dumbbells up, while pressing turn the dumbbells so all four bells are facing each other and touch the bells together at the top of the movement.

*A routine consisting of those exercises will build a nice, big barrel chest.*

**Some Extra Chest Exercises to Try**

Not every exercise works for every person. You will need to try out a few exercises to see what works best for you. Here are a couple to try.

a. **Dips**

Using parallel bars extend yourself with your arms, feet in the air, lower yourself as low as you can comfortably go and bring yourself back up by extending your arms. Play with the position of your body to find the most tension in the chest.

b. **Dumbbell Pullovers**

A lot of old school guys loved to do pullovers, they believed that it would widen the rib cage making the chest that much bigger. Science says that is impossible, but looking at a chest like Arnold Schwarzenegger's or Serge Nubret's one can't help but wonder how much science really knows.

c. **Decline Bench Press**

This is widely regarded as a useless exercise on internet forums country wide but it was a favorite of 6 time Mr. Olympia winner Dorian Yates. He feels that the decline bench press takes stress off of the shoulders and places it directly on the chest. Another bonus is that you can use more weight on a decline press than on a flat bench or incline bench.
Big Chest Routine

I. To build a nice big chest we will concentrate on volume.

II. Train chest at minimum twice per week, if you feel you have excellent recovery you can move it up to three times per week.

III. Always train chest on the same days, for example Monday and Thursday.

IV. The weight we use is secondary to “feeling the burn” in the chest, but don’t use baby weight.

V. Concentrate on getting 8-12 quality reps per set and do upwards of 5-8 sets per exercise and 3-6 exercises per session.

VI. Use anywhere from 20-35 sets per session. Always try to finish the workout within 45 minutes, we want the blood constantly in the muscles bringing them vital nutrients and making them bigger and stronger.

VII. A good rule of thumb is to stop when the pump starts going away. Eventually you will get to a point where you know the pump will go away if you do one more set.

VIII. Play with the routine and exercises to determine the order that you like, but always do your hardest and heaviest exercises first.

Enjoy your big-ass rock hard chest.
Follow these 4 tips and you can be sure you will probably notice some fat loss.

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 speak 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 bodyfat 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 – just use Red Burner and let it do all the work for you.

Enjoy your lower bodyfat.
It's time to 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.
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 off the hero's 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.
10.3.2011 – 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: you don’t know how you will feed yourself next month and 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 McDonalds 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. 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.

Solutions are quitting cold turkey, installing some parental controls that don't let you 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 your 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, pay her alimony or child support out the wazoo, takes your kids maybe you will wise up and find a good woman the next time around.

7. **Facebook and Other Social Media**

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.
May – 2011

1.5.2011 – 4 Unusual Ways to Break Out of the Usual Routine

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

   I. What is a greater adventure than moving to a 2nd or 3rd world country? Nothing! The benefits to doing this are many.
   II. It’s an adventure living in a whole other world from what we are used to.
   III. You are usually provided free housing and enough money to live very well, better than most locals.
   IV. It is an eye opening experience to see how people live in a way that is quite different from life in America.
   V. 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.
   VI. 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.
   VII. 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 and a tent, get in your car and drive into the great unknown. 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. Or 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.

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.**
6.5.2011 – 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's?

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.**
17.5.2011 – Over-Reliance on Science: The Value of Instinct

Authors note: BOLDANDDETERMINED.com will never link to a science study to verify and validate our opinion. The below article will clearly explain our views on traditional science. Each opinion stated herein can undoubtedly be simultaneously verified and debunked by science. We don’t care. We value our own judgment and we trust you to do the same.

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 instinct.

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 MIMIMUM 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 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.

But not you.

Not anymore. Not ever again.

Lift that monster weight. And do it again and again.

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.

Henry Rollins
All the biggest, strongest guys use loose form, half reps, body english, and sloppy style to lift the most weight.

A guy who *never* uses loose form to push more weight is a guy who has been lifting the exact same weight for a long time.

If your form is always flawless it means you are not pushing yourself. It is impossible to maintain impeccable form and hit regular PR's (personal records).

**Here's a recipe for ass kicking.**

1. Use good form most of the time.
2. Regularly use looser form to lift more weight than you ever could with strict form.

Handling bigger weights will make you stronger, even with loose form.

Just holding heavier weights will strengthen the tendons and ligaments and prepare your body for lifting that heavier weight next time and the time after. Load up the weight and strengthen yourself.

"**But I'm scared of hurting myself.**"

*Then go home and bake muffins.*

The gym is a place to push your limits, not a place to cry.

The irony here is that the weaker a person is the higher probability he will get hurt.

The stronger he is the less likely he will get hurt yet *people refuse to make themselves stronger so they WON'T get hurt!*

Doesn't make sense.

"**You will never get big if you don't use perfect form!**"

*Tell that to Arnold.*
There are two attitudes that matter.

I. Time to Kill.
II. Time to Play.

Anything in between is filler.

Have you ever noticed the people who make fun of clichés 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?

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. Middle of the road kind of people. People afraid to take a hard stand one way or the other.

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

It is not their willingness to embrace these clichés 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.
The only reason to eat at a restaurant is to enjoy time with friends and family. The poor nutrition offered at most American restaurants is dismal.

Next time you are at TGI Fridays take a look at all the fat people and ask yourself if you want to look like them.

The solution is cooking for yourself.
But not just any cooking.
Spartan Cooking.

Spartan Cooking means making easy (but still delicious meals) that take no more than 5 or 10 minutes of your time to prepare. Because we have better things to do than cook a fancy meal that is going to look exactly like shit in 24 hours.

The good news is that all healthy meals on the face of the earth are easy and quick to cook. It takes me about 30 seconds to cook a steak. It takes about one minute to cook eggs.

It doesn’t require any time to throw a potato in the microwave. It doesn’t require any of your time to throw some chicken wings in the oven.

It doesn’t require any time to throw some food in a crockpot, go about your day, and then come home and eat your dinner.

The 4 Big Benefits of Spartan Cooking

1. It is cheaper than restaurant food. You will be saving money.

2. It is healthier than restaurant food. Who even knows what kind of shit ingredients are used in restaurants. When you put in all the ingredients you know exactly what you are eating. It is near impossible to be unhealthy when you eat a steady diet of real, whole, fresh, nutritious food.

3. Cooking for yourself saves time. No more waiting to take your drink order, then waiting to take your meal order, then waiting for your drink, then waiting for your appetizer, then waiting for your meal, then waiting for a refill, then waiting for your check, then tipping the waiter for making you wait so long. Cook it, eat it, clean the dishes, be done with it.

4. Cooking is easy. Forget about all the detailed, extensive recipes you read online. All any man ever needs to cook is salt, pepper, and butter. If it isn’t delicious in salt, pepper, and butter it doesn’t deserve to be eaten.
Spartan Recipes and How To's

I. How to cook Steak

Steak is the easiest thing in the world to cook. Heat up a pan or skillet very hot. Melt some butter on the pan. Put the steak on the pan. Add a dash of salt and some pepper. Flip the steak over and add some pepper. Remove from heat. Eat and enjoy. Note: I enjoy steak almost completely rare, I only cook the outside to kill any germs that may be on it. If you enjoy well done meat simply leave it on the pan longer.

II. How to Cook Scrambled Eggs

Heat up a pan on high heat. Melt some butter in the pan. Crack your Eggs into the pan. Add some salt and pepper. Scramble the eggs with a spatula. Keep scrambling until the eggs are done. Note: I enjoy my scrambled eggs a little runny, they taste better than completely cooked. Cook to whichever doneness you prefer. Remember that undercooked eggs will not harm you – I routinely drink raw, warm eggs after a workout.

III. How to Cook Eggs Sunny Side Up

Heat up a pan on high heat. Melt some butter in the pan. Crack a few eggs over the pan. Add some salt and pepper for taste. Let cook for roughly 30 seconds. Flip eggs over (like pancakes) with a spatula. Let cook for roughly 30 seconds. Remove and eat. The yolks should be runny and the whites completely cooked.

IV. How to Cook Baked Sweet Potatoes

Wrap a sweet potato in plastic cling wrap. Put it in the microwave for 7-8 minutes. Go do something else and come back to the microwave in about 12 minutes (you will want to let the sweet potato keep cooking inside of the plastic wrap for about 5 minutes), remove from plastic, slice the potato down the center with a knife, add some butter and cinnamon. Eat and enjoy. Cook a regular baked potato the same way but don't add cinnamon. Add butter, salt, and pepper. If you have sour cream you can add it, if you have some cheddar cheese you can add it too.

V. How to Cook Rice

Get a microwave safe bowl. Add rice and water. Always add twice as much water as you add rice. For example one cup rice equals two cups water. Cover bowl and microwave for 20 minutes. Go do something else and come back in about 25-30 minutes (letting the rice cool), eat and enjoy.

VI. How to Cook Chicken Wings

Pre-heat oven to 450 degrees. Place Chicken Wings on a cooking sheet. Season with salt and pepper (they're good with cayenne pepper). Place in heated oven for 25-30 minutes. Remove from oven and flip each wing over. Place back in oven for 25-30 minutes. Remove from oven and let cool for about 10 minutes. Eat and enjoy.

VII. How to Cook any Other Meat

Fry in butter, salt, and pepper.
VIII.  How to Cook Vegetables

Slice them any way you want. Fry them in butter, salt, and pepper. Throw some onions, green peppers, or mushrooms in with your eggs. Throw some green peppers on the pan to eat with your steak.

IX.  If you have a Steamer or Rice-Cooker

Throw some Salmon fillets (seasoned with salt and pepper) in with some asparagus or green beans. Let steam for about 10 minutes. Eat and enjoy.

X.  How to Cook Roast in a Crockpot

Add a packet of dry onion soup mix to the bottom of the crock pot. Add about a cup of water. Toss in a Roast. Add some salt, pepper and butter. Toss in some small potatoes (or regular sized, doesn’t matter). The water should cover about 2/3 of the Roast, add some if you need to. Cook on high for 2 hours. Switch to low and cook on low for 4 hours. Turn off heat and let it sit for 10-30 minutes. Eat and enjoy. Add some Cottage Cheese for an extra delicious punch.

No needlessly complex recipes or fruity ingredients and arrangements. Just some badass food for a badass lifestyle.

Simplify your life.

It makes things so much easier.
Author’s note: this piece was written by Henry Rollins, not by me.

I believe that the definition of definition is reinvention.
To not be like your parents.
To not be like your friends.
To be yourself.
Completely.

When I was young I had no sense of myself. All I was, was a product of all the fear and humiliation I suffered. Fear of my parents. The humiliation of teachers calling me “garbage can” and telling me I’d be mowing lawns for a living. And the very real terror of my fellow students. I was threatened and beaten up for the color of my skin and my size. I was skinny and clumsy, and when others would tease me I didn’t run home crying, wondering why.

I knew all too well. I was there to be antagonized. In sports I was laughed at. A spaz. I was pretty good at boxing but only because the rage that filled my every waking moment made me wild and unpredictable. I fought with some strange fury. The other boys thought I was crazy.

‘I hated myself all the time.’ — Henry Rollins

As stupid at it seems now, I wanted to talk like them, dress like them, carry myself with the ease of knowing that I wasn’t going to get pounded in the hallway between classes. Years passed and I learned to keep it all inside. I only talked to a few boys in my grade. Other losers. Some of them are to this day the greatest people I have ever known. Hang out with a guy who has had his head flushed down a toilet a few times, treat him with respect, and you’ll find a faithful friend forever. But even with friends, school sucked. Teachers gave me hard time. I didn’t think much of them either.

Then came Mr. Pepperman, my advisor. He was a powerfully built Vietnam veteran, and he was scary. No one ever talked out of turn in his class. Once one kid did and Mr. P. lifted him off the ground and pinned him to the blackboard. Mr. P. could see that I was in bad shape, and one Friday in October he asked me if I had ever worked out with weights. I told him no. He told me that I was going to take some of the money that I had saved and buy a hundred-pound set of weights at Sears. As I left his office, I started to think of things I would say to him on Monday when he asked about the weights that I was not going to buy. Still, it made me feel special. My father never really got that close to caring. On Saturday I bought the weights, but I couldn’t even drag them to my mom’s car. An attendant laughed at me as he put them on a dolly.

Monday came and I was called into Mr. P.’s office after school. He said that he was going to show me how to work out. He was going to put me on a program and start hitting me in the solar plexus in the hallway when I wasn’t looking. When I could take the punch we would know that we were getting somewhere. At no time was I to look at myself in the mirror or tell anyone at school what I was doing. In the gym he showed me ten basic exercises. I paid more attention than I ever did in any of my classes. I didn’t want to blow it. I went home that night and started right in.
Weeks passed, and every once in a while Mr. P. would give me a shot and drop me in the hallway, sending my books flying. The other students didn't know what to think. More weeks passed, and I was steadily adding new weights to the bar. I could sense the power inside my body growing.

**I could feel it.**

Right before Christmas break I was walking to class, and from out of nowhere Mr. Pepperman appeared and gave me a shot in the chest. I laughed and kept going. He said I could look at myself now. I got home and ran to the bathroom and pulled off my shirt. I saw a body, not just the shell that housed my stomach and my heart. My biceps bulged. My chest had definition. I felt strong. It was the first time I can remember having a sense of myself. I had done something and no one could ever take it away. You couldn't say s-t to me.

**It took me years to fully appreciate the value of the lessons I have learned from the Iron.**

I used to think that it was my adversary, that I was trying to lift that which does not want to be lifted. I was wrong. When the Iron doesn't want to come off the mat, it's the kindest thing it can do for you. If it flew up and went through the ceiling, it wouldn't teach you anything. That's the way the Iron talks to you. It tells you that the material you work with is that which you will come to resemble. That which you work against will always work against you.

It wasn't until my late twenties that I learned that by working out I had given myself a great gift. I learned that nothing good comes without work and a certain amount of pain. When I finish a set that leaves me shaking, I know more about myself. When something gets bad, I know it can't be as bad as that workout.

**I used to fight the pain, but recently this became clear to me: pain is not my enemy; it is my call to greatness. But when dealing with the Iron, one must be careful to interpret the pain correctly. Most injuries involving the Iron come from ego.**

I once spent a few weeks lifting weight that my body wasn't ready for and spent a few months not picking up anything heavier than a fork. Try to lift what you’re not prepared to and the Iron will teach you a little lesson in restraint and self-control.

I have never met a truly strong person who didn't have self-respect. I think a lot of inwardly and outwardly directed contempt passes itself off as self-respect: the idea of raising yourself by stepping on someone's shoulders instead of doing it yourself. When I see guys working out for cosmetic reasons, I see vanity exposing them in the worst way, as cartoon characters, billboards for imbalance and insecurity. Strength reveals itself through character. It is the difference between bouncers who get off strong-arming people and Mr. Pepperman.

**Muscle mass does not always equal strength.**

**Strength is kindness and sensitivity.**

**Strength is understanding that your power is both physical and emotional.**

**That it comes from the body and the mind.**

**And the heart.**

Yukio Mishima said that he could not entertain the idea of romance if he was not strong. Romance is such a strong and overwhelming passion, a weakened body cannot sustain it for long. I have some of my most romantic thoughts when I am with the Iron. Once I was in love with a woman. I thought about her the most when the pain from a workout was racing through my body.
Everything in me wanted her. So much so that sex was only a fraction of my total desire. It was the single most intense love I have ever felt, but she lived far away and I didn't see her very often. Working out was a healthy way of dealing with the loneliness. To this day, when I work out I usually listen to ballads.

**I prefer to work out alone.**

It enables me to concentrate on the lessons that the Iron has for me. Learning about what you're made of is always time well spent, and I have found no better teacher. The Iron had taught me how to live. Life is capable of driving you out of your mind. The way it all comes down these days, it's some kind of miracle if you're not insane. People have become separated from their bodies. They are no longer whole.

I see them move from their offices to their cars and on to their suburban homes. They stress out constantly, they lose sleep, they eat badly. And they behave badly. Their egos run wild; they become motivated by that which will eventually give them a massive stroke.

**They need the Iron Mind.**

Through the years, I have combined meditation, action, and the Iron into a single strength. I believe that when the body is strong, the mind thinks strong thoughts. Time spent away from the Iron makes my mind degenerate. I wallow in a thick depression. My body shuts down my mind.

**The Iron is the best antidepressant I have ever found.**

There is no better way to fight weakness than with strength. Once the mind and body have been awakened to their true potential, it's impossible to turn back.

**The Iron never lies to you.**

You can walk outside and listen to all kinds of talk, get told that you're a god or a total bastard. The Iron will always kick you the real deal. The Iron is the great reference point, the all-knowing perspective giver. Always there like a beacon in the pitch black.

**I have found the Iron to be my greatest friend.**

It never freaks out on me, never runs. Friends may come and go. But two hundred pounds is always two hundred pounds.
3.6.2011 – *Break Out of the Human Zoo*

I don't visit zoo's.

**Ever.**

Not because I don't like animals, on the contrary I like animals very much. I don't visit zoo's because I don't like seeing animals living in animal prison.

The animals in zoo's always have broken spirits readily apparent in their vacant gaze. It's no fun seeing animals like that, it's just sad.

The same reason I don't visit zoo's 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 zoo's pretending it's natural, humans were not meant to live in human zoo's pretending to live life.

Animals living in zoo's are fed every day, 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 every day. 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.
12.6.2011 – 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 McDonalds 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 first thing after work.
- Go at night after you put the kids to bed.
- Go to bed an hour later.
- Go on your lunch break.
- Go in the morning before work.
- Go on weekends.

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 me: “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.
14.6.2011 – 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 McDonalds 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) and others 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.

**Old Timer Eugene Sandow**

a. **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.

b. 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.

One or two 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.

c. 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.
15.6.2011 – 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 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 people’s 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 et cetera. 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

1. Stop eating junk food. If it doesn't go bad it isn't food. No exceptions.

2. 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). Actually... start to 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.

3. Think about the types of foods your grandparents and great-grandparents would eat and eat those foods.

4. Don’t eat more than 3 times per day. Two is even better.

5. 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 fat-ass you have to stop eating like a fat-ass.
20.6.2011 – 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 and 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 nothing to no one!

Stop talking and start doing.

Explanations are for the weak. Actions are for the strong.
21.6.2011 – 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 this exist.

It probably takes less money to get there than the amount you spend every month.

Is it worth it?
23.6.2011 – 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.

5 Ways to Set Yourself Up For Success in Your 30s

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.
24.6.2011 – How Prisoners Get So Muscular

**Authors Note:** Having never been to prison, the following article is pure speculation. Enjoy.

We've all seen pictures or videos of prisoners and marveled at their excellent physical development. While no one is jealous of their predicament, many of them have bodies that make most regular men envious.

One question often posed is: **“How do prisoners get so big?”**

After all, they eat a terrible, nutrition deprived diet, they probably don't take any supplements, some of them don't have weights to lift, they exercise seemingly non-stop.

In fact, everything they do in regards to weight training goes against the conventional advice.

I. Eat at least 1 gram of protein per pound of bodyweight.
II. Don't lift more than 3 or 4 days per week.
III. Drink water non-stop.
IV. Take supplements.
V. Rest when you're outside of the gym.
VI. Bodyweight exercises don't add muscle.
VII. Exercise one muscle per session only once per week.
VIII. Don't exercise for more than 45 minutes a day.

This is another example of why *conventional* advice is always wrong. Prisoners follow none of the conventional magazine advice and have the bodies to show for it.

**This is how they do it.**

1. **They have to get big and strong.**

When they go in they will no doubt be one of the weakest, smallest guys around. In an ocean of sharks they are the seals. They **HAVE to get bigger, it's not an option.** They set their mind to it and they do it with a single minded determination. Weaklings get picked on, the strong ones don't. **What the mind can believe, the body can achieve.**

2. **They have high testosterone.**

Guys who go to prison normally have higher testosterone than average, then they are placed in an environment drowning in testosterone and their own testosterone count shoots through the roof. You've got to have high T just to survive, to be on the lookout every day, willing to fight or kill at the drop of a dime. Testosterone is the building block of muscle and these guys are loaded with it.

3. **They workout routinely.**

Prisoners always talk about routine and how important it is to them. Everything is on a schedule for them and they no doubt wait and look forward to the time they can lift. Routine is how anyone gets muscular, inside prison or out. Even the most normal of men who follow a strict lifting program over a period of years will get very, very muscular and strong. How many free men are able to dedicate themselves to the gym for a period of 10 years or more? **Even in San Quentin, 1947, prisoners were getting jacked.**
4. **They lift heavy.**

With a yard full of monsters watching you, you not only have to appear strong you have to BE strong, so these guys lift heavy, heavy, heavy. Progressive heavier lifting over a routine period of years will get anyone strong, muscular, and jacked.

5. **They use conditioning exercises to get strong and ripped.**

Stuck in their cells they've got nothing but time for burpees and other bodyweight exercises that get the heart pumping and the fat melting. Endless pushups, hand-stand pushups, sit-ups, dips, and pull-ups will create big, broad shoulders, huge chest, thick arms, 6 pack abs, wide back, and a v-taper that the most dedicated of gym rats would be jealous of. They become *Armed and Dangerous.*

6. **They get enough sleep.**

They go to sleep and wake up at the same time every single day. Regular sleep is when the muscles recover and rebuild.

7. **They eat at the same time every day.**

Their bodies know when to expect its flow of nutrients. Regular eating is extremely important for building and maintaining a world class physique. Even though these guys eat terribly nutrient void food, the body knows what to expect and can utilize what it is given. In addition to the free meals they receive every day, which can total over 3,000 calories per day, they can buy foods like tuna and protein powder from the commissary giving them extra protein and nutrients.

8. **They have low stress.**

They don't have the testosterone sapping stress of paying bills, working jobs, nagging wife, unemployment, child support, and other minutia. The kind of stress they do have, surviving, increases their testosterone.

9. **Steroids**

Prisons are notorious drug hotspots and that certainly includes steroids. Many criminals are in jail on drug charges, meaning they are no strangers to drugs. People who already use drugs are a whole lot more likely to use steroids than any regular Joe.

Prisoners are able to dedicate themselves, not just for a few months but for years, to getting jacked. They are provided all the food and sleep that they need. They lift to get strong as well as big. They exercise for a couple of hours every day. They have no stress that we in the outside world have.

If any free man was able to dedicate himself the way prisoners are dedicated he would be able to turn himself into a muscular monster, just like these guys.

Check out *Body of a Spartan* to build a rock solid physique that can compete with these prison monsters.
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.

**Lift some weights and eat some steaks.**

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.
July – 2011

1.7.2011 – 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 McDonalds 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.
4.7.2011 – 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.

I. Freedom from wasting your life as a cattle grazing in the fields of the corporate world.
II. Time to do what you want, when you want without a permission slip from HR.
III. 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 employees (wage slaves).

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 Four Hour Work Week* 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 et cetera. 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.
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 repetition 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.**

**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.
Friday is the universal last day of the work week. Saturday and Sunday is upon you. What do you do?

- Watch TV.
- Go shopping at home depot.
- Spend all weekend online.

Forget all that nonsense. It's **time for ADVENTURE!** It's time to get out of dodge. It's time to get away from your computer, your phone, your TV.

It's time to spend a night under the stars and hear the wolves howlin' and the owls screachin'.

It's time to sit around a campfire grilling some hot dogs and burgers and drinking some beer.

**It's time to go CAMPING.**

Camping is one of the funniest things you can do.

Camping gives you all the ease of modern civilized living but with a primitive thrill.

As a bonus it requires very little preparation and can be done almost anytime.

**7 Steps to Camping**

1. **Find a campsite.**

   This is as easy as Googling 'your state campsites'. There are reserved campsites in every single state. These sites give you a little piece of solitude without really being alone – there will be other campers around you. Find a campsite, call to make sure they have room, reserve a spot. Now you are done with the hard part.


2. **Find some friends to go.**

   Hopefully you have some adventure prone friends. If not, it's time to make some new ones. Call up your closest friends and invite them. Invite your girlfriend to go along. Invite your brother to go along. Bring your dog along. Go alone. It doesn't matter who goes with you, just go. There is hardly anything tougher than sleeping out in a tent all by yourself, that will build character.

3. **Find a tent.**

   Call all your buddies and see if they have a tent available for you to borrow. Call anyone you know who may have a tent. No point in buying one unless you have to. As a last resort you can go buy a cheap one, shouldn't cost more than about $40 and it will be ok for, at minimum, several camping trips.
4. **Fill a cooler.**

Hopefully you already own a cooler, if not call your buddies yet again and borrow one. As a last resort go buy one. FYI – coolers always come in handy so keep your eyes out for a cheap one. I got mine at an Estate Sale for $4. Fill your cooler with water, beer, hamburger beef, hot dogs, ice, and whatever else strikes your fancy (marshmallows). Bring some charcoal to grill your food and keep a fire going. Don't forget to bring a lighter or matches.

5. **Pack up your vehicle and hit the road.**

It's easy enough to find a campsite within one and 1/2 hours drive from wherever you are. Pack up your vehicle with:

- tent,
- cooler and food,
- some chairs,
- blankets and a pillow,
- charcoal,
- lighter/matches,
- some warm clothes to sleep in (it will get cold at night),
- toilet paper and/or napkins and
- whatever else you want to bring.

Make sure you have everything you need, hop in the car and hit the road.

6. **Arrive at your campsite, pay for your spot, set up your tent, make a fire.**

Your tent should have instructions, but if you’re a man you don't need instructions. There will be a fire pit at your campsite for you to make a fire with. If you have questions ask one of the park rangers. Your campsite will also have a grill for you to cook on. Cook directly on the grill at your own risk. I usually bring tin foil to cook on.

7. **Enjoy yourself.**

Your tent is set up. You’ve got a fire going. You're cooking some burgers and hot dogs. Crack open a beer and marvel at nature. Sit around and bullshit with your friends. Think about your life and what you've accomplished and what you must accomplish. Make a plan for yourself. It’s these times in life when we are the most reflective and aware of what we must do. Enjoy it. Relax. Come Monday it's time to get your ass in gear.

*Going camping right now... could be the best thing you ever did.*
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.
18.7.2011 – 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 Lion's never miss a training session.

The Lamb's 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.
Author’s Note: if you don’t understand the latter part this post it is because you have not seen the movie “The Edge”, in which case you should watch it. It’s about two men stranded in the Alaskan wilds being stalked by a Bear. They can give up and let the Bear consume them or they can fight the Bear to the death, his or theirs.

This life is the only one we get.
We will all die.
There is no way around it.

Knowing this undeniable fact what do we choose to do with our lives?

Winners choose to live it to the fullest, never wasting their precious little time doing mundane work for mundane pay.

Losers (people who live their lives afraid) take the easy way, the irony is that it’s much harder, and choose to work and toil their lives away for nothing.

So there lies the question, can a loser become a winner? The answer is a resounding yes.

It requires nothing more than a change in thought.
Choose to stop being afraid.
Choose to not live in fear.
When this choice is made an entire world of possibilities open up.

After all, what are people afraid of – death?
Everybody dies.
You will die so why be afraid?
You’re going to eat dinner tomorrow night, are you scared of that too?

There is no reason to ever be afraid of dying.
There is no reason to ever think that other people can live great lives but you can’t.

“Oh, that’s ok for him but I’ve got bills and a house and a car and a million other excuses”. Bullshit.

We say these things to make us feel better about choosing the shitty life.

Don’t for one second think that you can’t do it.
That’s a lie.
You can do it.
If you choose not to it’s cowardice.

Kill the Bear or die trying, but don’t give up before you start.

What one man can do another can do...

What one man can do another can do!
WHAT ONE MAN CAN DO ANOTHER CAN DO!
“Because today, I’m going to kill the motherfucker.”
**August – 2011**

**1.8.2011 – How To Be Thrifty**

**Thriftiness is the ability to live comfortably while spending considerably less than the majority.**

Where the normal person rushes out to the store to purchase a full-priced whatever, a thrifty person uses a little common sense, patience, and discipline to purchase the same item at a steep discount.

Like most people, when I want something I want it 5 minutes ago – I don’t want to wait at all but unlike most people I DEFINITELY don’t want to pay full price.

**I want it at a discount and if I can't get a discount I'll just wait until I can.**

There isn’t much worse than a man who is a spendthrift, wasting all his money on nonsense, acting like a child with money.

**Here are some extremely simple ways to buy items at a discount.**

1. **Scour the internet.**

   This is a big duh! There are millions of websites that offer products for sale. Doing a simple Google search can often get you a better price than driving to the store and purchasing at full price. With an eye for thrift and a little patience you can find many things at a huge discount.

   **Example:** I found a website with a bunch of stylish tank-tops on sale for between $1-$3. I did a further search and found a promotional code for free shipping. That means I bought 6 badass tank-tops for less than $10 and free shipping all the way from the UK, all because I spent a few minutes looking for deals.

2. **Buy the older model.**

   Anytime a new model of electronics comes out, the older version will always be on sale. Buying a brand new piece of electronics when it is first released is a pretty good way to waste money.

   **Example:** I bought my blackberry at a steep discount because it was an older model and a new model was just being released. The old version does all the same bullshit as the new version at a fraction of the price. Buying that brand new, hip, sleek phone will make you happy for about 5 minutes until the new version comes out. Then you will rush out and buy that one. It’s never ending. Opt out of the bullshit and buy simply for function and performance. I’ve had my phone for years and I’m not about to go and buy a new one and sign a contract.

3. **Buy Used.**

   This is the best advice I can give. I have bought so many used items at a steep discount it's unimaginable for me to go to a big store and pay full price. With sites like Craigslist and Ebay it's beyond easy to buy the same product at a huge discount. With Craigslist you can even view the item before you buy.

   **Example:** I’m typing this on a used laptop that works just like a new one. I found a nice video camera that was brand new (never opened), the gentleman who had it didn't need it and just wanted to sell it for a few bucks.
My other camera was purchased at a steep discount and it was only a few weeks old. My office desk was purchase used for $40. I outfitted my garage gym full of used barbells and weights for less than a few hundred bucks. Hell, my two favorite suit coats I bought at a goodwill thrift center in Wichita, KS over ten years ago for a couple bucks apiece. I purchase(d) all my vehicles used from Craigslist. I even bought my dog used on Craigslist. When you're willing to put in a little time anything can be found and the price can always be negotiated to bargain basement prices.

4. Stock Up when you find a nice discount.

With a little searching you can find cleaning products and other grooming products at a steep discount, you can buy a bunch of them and use them later. It's a pain in the ass buying that stuff anyway so you kill two birds with one stone. Even meat can be purchased in bulk, frozen and used later.

Example: I stumbled on a huge discount on roasts. Huge roasts were on sale for a couple bucks apiece so I bought about ten of them and froze them. I ended up feeding them to the dog (overcooked beef, like pot-roasts, is disgusting) but that was dog food for weeks and weeks.

5. Buy Generic.

When you buy brand you aren't paying for quality, you are paying for the feeling it gives you. Does it really make a difference which soap you use to wash your clothes? No. Buy the cheaper stuff and save your greenbacks. This can go for anything. After my iPod (which was given to me years before) was stolen I bought a cheap Chinese knockoff for less than $10. It plays music just like the iPod does.


Take advantage of the good nature of friends and family and wait for Christmas or your birthday. I needed a new belt for months but I'll be damned if I'm going to the mall and searching for a belt. My girlfriend brought one over on my birthday, exactly as described by me as what I needed. Problem solved.

7. Fix stuff if it breaks.

Fix something instead of throwing money at a new one. Recently I had a backpack break and an mp3 player stop working. I gave the backpack to my girlfriend to sew up, now it's perfect. I paid a couple kuai (maybe $1.50) to get the mp3 player fixed rather than buy a new one.


If you're handy you can do it yourself. If you know someone handy you can have them do it. Fix your car yourself. Paint your own house. Cut your own hair. Raise your own chickens. Build your own furniture. Most important of all, cook your own food!

Example: The only piece of furniture I still own is an exquisite bookshelf my dad made for me many years ago. I sold every single piece of furniture I had except for the one piece of furniture that didn't cost me a dime. I even sold all the books that sat in it but I kept the bookshelf. Homemade items are always more valuable than anything you buy. How many people do you know in credit card debt for buying furniture? Don't be like those dummies.

Being thrifty isn't the same thing as being stingy. Being thrifty means being smart with your money, knowing when to spend it and when to save it. For items that will last you a very, very long time it's preferable to spend the money and purchase the value. Some items will be more expensive upfront but they will hold their value and you will not have to continuously re-purchase them. Electronics will always break at some point so there is no point in spending top dollar.

Example: My safety razor was certainly more expensive than a disposable razor but I will never again buy a razor, spending that money is no issue. High quality cookware can last you a lifetime. That new high tech phone will last you maybe a year.

If you don't have the cash money, don't buy it. Debt is slavery.
2.8.2011 – 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 DVD’s 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 CD’s 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.
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: being arrested for vagrancy, dying from ingesting poisonous berries or… 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. 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 Yoakam, A Thousand Miles From Nowhere
8.8.2011 – 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.
Hey, we need you to come in and work over the weekend again. No.

Can we watch Sex and the City part 2? No.

Buy me a drink? No.

Can you skip the gym and help me do this BS? No.

Got any spare change? No.

Maybe you should give up on that and just get a job. No.

Can you tell me about your future plans? No.

Let's just “veg out” and watch TV today. No.

I know I've just met you but can you help me move into my new apartment? No.

Let's mindlessly go out to the club/bar every weekend. No.

**Gentlemen, “No” is the most powerful word in the English language.**

Get to know it.

A “No” response need not be followed by a long, drawn out list of reasons why.

“No” is sufficient.
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 et cetera) but it’s no problem to go and grab some McDonalds 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.

5. (Bonus) Keep your metabolism high with Red Burner.
7.10.2011 – The Benefits of Doing Farmers 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 unparalleled.

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 Farmers Walks.

Farmers Walks are the simplest exercise in existence – pick up some heavy weights and walk as far as you can. Repeat. Farmers 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 Farmers 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 Waiters Walks.

4. Clean a heavy loaded bar, press it overhead to lock-out and walk with is 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 15lb dumbbells.

For More “Uknown” Exercises That Get You Strong Like Billy Ray... Be Sure to Check Out Body of a Spartan
You will read countless muscle magazines, books, internet articles, and online message boards searching for the secret to gaining impressive muscle size.

They will say things like:

- “protein powder 6 times a day”
- “load up on creatine for 6 days”
- “take this amazing N.O. pre-workout supplement”
- “be sure and eat within 45 minutes of your workout”
- “never workout longer than 45 minutes”
- “eat 1 gram of protein per pound of bodyweight”

The supplement advertisements will come with pictures of muscled-up monsters so you know what they say is the truth.

Other articles purporting to give you the secret to gaining muscles will say “The secret is that there is no secret – it takes hard work, determination, and sacrifice”.

Or “The secret is taking this combination of supplements every three hours”.

What they will never tell you is the truth.

The truth is that there is a secret to gaining muscle mass, an open secret, and every single person in the fitness industry, bodybuilding industry, modeling industry, film industry, advertising industry, sports industry knows it and they will never, ever tell you what it is.

Well, friends, I know the secret and I will share with you what it is. In the back of your mind you already know what the secret is, you just don’t want to believe it.

The secret to gaining impressive, dense, eye-popping muscles is this - MUSCLE ENHANCING DRUGS.

1. ANABOLIC STEROIDS
2. HUMAN GROWTH HORMONE
3. DIURETICS
4. INSULIN
5. NARCOTICS

Yes, friends, every single bodybuilder, fitness model, muscled up movie star, athlete, weightlifter are all on a cocktail of these drugs.

Every. Single. One.

Having a muscled-up physique that turns heads and drops tongues has very little to do with genetics, diet and exercise and it has absolutely nothing to do with over-the-counter supplements like whey protein or creatine.

Building rock solid muscles has everything to do with muscle enhancing drugs. These people will never tell you the secret to their success for 3 reasons.
1. They will stop making money.

They make an easy buck selling you worthless pipe dreams in the form of supplements like whey protein. Many of these athletes are sponsored by supplement companies (which allows them to buy their drug cocktails) and they will lose their sponsorship if they ever uttered the truth and they cannot openly make money by selling you steroids. They would also be blackballed from their industry for revealing the secrets of their success.

2. If others know the secret then they have a lot more competition.

When they mislead the gullible people they can be worshiped for “having great genetics and a strong work ethic” and not have to worry about competition. If steroids were sold in supplement shops just like whey protein OVERNIGHT 8 out of 10 guys you see would look like a professional athlete, fitness model, or bodybuilder. The United States would turn into Invasion of the Meat-Heads!

3. In the public eye they will forever be known as cheaters.

They will be known as people who “took the shortcut to the top, they didn't work for what they got”.

The real story is that they aren't cheaters, they cannot possibly be cheaters because all of them use drugs. They cannot be cheaters because 99.9% of their peers do the exact same thing. It isn't cheating when it is the norm. In fact, any type of muscle industries cannot exist without the help of drugs for one simple reason: natural physiques look like absolute shit in comparison to drug physiques.

There you have it, friends. Now you know how the pros get their insane physiques. If they didn't take drugs they would look like you or I, the average Joe's, who train hard and eat hard and don't take drugs.

It is possible to attain a good physique naturally, but not a great physique, and you had better train like a maniac in your first two years because it becomes much harder after that to make any gains. The plight of the natural is that he can have size and be a little fat or he can be lean and a little skinny. You cannot be ripped and have size as a natural. That is the law of nature. The human body can only handle so much muscle without drug assistance.

We all, naively, want to believe that people work hard and reap the benefits of their hard work and sacrifice. We want to believe that drugs are the shortcut and only cheaters take them. We want to believe that anything is possible with just a little dedication.

The unfortunate reality is that some things actually are impossible. The human body just isn't capable of handling extra muscle mass above what was intended for us without help from drugs.

Every bodybuilder you have seen, every athlete you have seen (since the 80's at least), every fitness star you have seen, every muscled action star you have seen has used muscle enhancing drugs to get that way.

Muscle enhancing drugs have been around for a very long time, since at least the 1930's. They are not new on the scene. They have been utilized for their muscle building effects for decades. Bodybuilding, in particular and in all its shapes, sizes and eras, does not exist without drugs.
From the first (John Grimek) to the last (whatever Mass Monster is popular when you read this), all use(d) muscle enhancing drugs. In fact they go beyond use into abuse. They take insane amounts because insane amounts are required to achieve that kind of size.

Someone will inevitably say “well what about Eugene Sandow? He was around before steroids were invented! If he can do it I can do it“.

Let me point out three things.

1. Eugene Sandow was the absolute best of the best in regards to “natural” muscle building.

   He had everything perfect for his illusion: the right height, the right bone structure, the right metabolism, and the right strength.

2. Eugene Sandow had no size to speak of.

   He was incredibly lean. Which proves that naturals can have size or leanness, but not both.

3. Eugene Sandow likely took a fat burning drug called Cocaine, which was perfectly legal at the time.

   Alternately he may have used amphetamine (now known as adderall).

I hate to be the bearer of bad news but I must shed light to the poor souls who spend money on muscle mags and protein powders and pre-workout supplements. You can skip all that bullshit and use food and intense training and build a good physique.

You can take it a step further and build a panty-dropping physique if you take drugs. Just remember, in some countries Muscle Enhancing Drugs are illegal without a prescription and could land you in trouble. I'm certainly not advising you take them, I am simply bringing the truth to you.

Full disclosure: I am a lifetime natural. I live amongst a population where no one uses steroids. The physiques at my local gyms are laughably poor. Because of this my physique is #1, cream of the crop, apex. Quite unlike the United States where every gym has a very high number of steroid users and, therefore, eye-popping physiques that put my natural physique to shame.

Stay tuned for more because, baby, we aren't done with this subject.

Part 2 available here.

Eugene Sandow – a killer before killing was cool.

PS – To learn everything about steroids and educate yourself, you really need to read Straight From the Underground.
20.10.2011 – 10 Reasons to Stop Using Internet Porn

How to go from Willy Wanker to Billy Badass in 1 Easy Step

Note: I know there are more than a few guys at work who opened this blog, saw the title of this post, got extremely embarrassed and closed the browser as soon as possible. Sorry guys, but sometimes you've got to eat a little shit. If HR comes by to have a talk with you, you can look the Devil in the eye and see what you've sold your soul to.

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 stimulus for the brain, your body just shuts off and you turn into a lazy piece of shit. How many times 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 but seeing a naked black man buttfucking a dog. 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.

According to this article, 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 horses mouth. Check out the link below to see all 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.

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.

There are 90 pages worth of positive results. I've only quoted from the first few pages:

- “I really like where I’m at now. I am so much calmer. I am losing my rage and anger which I am glad about. I have found out that the temper I had was linked to this addiction.”
- “Social anxiety was the problem I faced right from my childhood. (I was too much interested in science, unlike normal kids, so I always had a feeling that I was not “one of them.”) I experienced huge improvement in my confidence and self-assurance since cutting out porn. I have more energy now and I am exercising daily. (I never did before.) I now perceive myself as a self-assured, successful guy, rather than some introverted jerk.”
- “Daily exercise and porn abstinence really seem to help. I am enjoying my new lifestyle now. In contrast, after I started watching porn, my social anxiety was boosted.”
- “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 quitting 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 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!”
- “It’s amazing how much of a difference there is. I’m a lot less nervous, more coherent, confident, everything. It really does feel like my real personality can come out.”
- “The effect on my social life keeps getting better. I’m finding it really easy to talk to people, especially women. Someone made a comment to me the other day at my salsa class. Something like, “You like to talk to the ladies, don’t you?” I didn’t even notice because I was having so much fun but, when I think about it, he was right.”
- “[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 gone 60 days with just a couple orgasm/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 improvement in a couple months.”
- “The other is the way I carry myself. I walk with more confidence. I feel better about myself. I do not feel like isolating myself as much as I did in the past. Well actually the longer I go without porn the more the desire to be with a woman is increasing.”
- “[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 far 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.
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 boy's 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 than 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 its back on Men in favor of “grrrl power” and sealed its 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 Father’s 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 its 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 girlfriends 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, Goddamnit, 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 DVD’s – 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 bittorrent 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.
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.

“*Sex, alone, is a mighty urge to action, but its 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*

In layman’s 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 quote attributed to 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 Teepee's, 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, 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 things 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).
This article is for fun and information purposes only. This article is not suggesting anyone should ever use illegal substances, if illegal in your country, unless medically necessary and with a Doctor’s supervision and guidance.

In our last article The Secret to Gaining Muscle we exposed the truth about the muscle industry.

To summarize.

There is no muscle industry without drugs (steroids).

There is no such thing as getting into phenomenal shape with over-the-counter supplements like creatine and whey protein or with diet and training alone. The naturally lean and muscular body is a skinny one. The human body CANNOT produce excessive muscular size while maintaining low body-fat.

A natural trainer has two options: be lean and muscular but look skinny in clothing or be big and look somewhat muscular in clothing but also be relatively fat.

Muscle stars do not tell you the truth because:

1. They make money off our gullibility when they sell us worthless supplements that don't work (see the #1 supplement that ACTUALLY works).
2. They don't want anyone to look like them, they want to be special and they don’t want competition.
3. If they told the truth about their drug use they would be thought of as “cheaters” instead of as “genetic freaks” and their livelihood would be instantly gone.

Every person who has attained great shape has used a cocktail of anabolic steroids, human growth hormone, insulin, diuretics, and narcotics. Every muscular person knows this and most of them will not tell you the truth. Steroids are not just used by a small number of meat-head bodybuilders. Steroids are used by a huge amount of people where strength, size, endurance, or appearance are of importance.

Steroids are used for this reason.

On Steroids you go from Zero to Hero in a matter of weeks.

The list of people who ALWAYS use steroids are as follows: Bodybuilders, athletes (even skinny athletes who do not look like the average r oid-head), fitness models, and weightlifters. There is no exception to this list. These people take drugs because they MUST take drugs to earn money or to win.

The list of people who commonly use steroids are: Police officers, firefighters, prison guards, movie and music stars, gym-rats, “natural” bodybuilders, men in the Armed Forces especially those serving in Special Units, divorced and single women over the age of 30 or 40 who want to look good, men over the age of 30-40 who want to look good, prisoners, people in the club scene, bouncers etc.. This list is endless.

With so many people using they must know something that natural trainers don’t know. In this article we will look at the effects and side effects of these drugs.
ANABOLIC STEROIDS

Anabolic Androgen Steroids, commonly referred to as “AAS”. “Anabolic” is short for “Anabolism” which means cell growth (muscle growth) and “Androgen” is short for “Androgenic” which means virilising or affecting the development and maintenance of masculine characteristics. Anabolic steroids are the most commonly used drugs to develop a muscular physique.

AAS includes drugs which promote muscle and size gain and drugs that promote fat loss while maintaining muscle size. The most common anabolic steroids are:

- **Synthetic Testosterone** – First synthesized in the 1930’s and used to great advantage on Russian Weightlifters. Testosterone is an injectable steroid. Testosterone comes in several different forms including: Testosterone Enanthate, Testosterone Cypionate, & Testosterone Propionate. Testosterone is the base for ALL steroid cycles (a length of time that a user uses steroids).
- **Dianabol** – First developed in the 1950’s and spawning the entire bodybuilding industry. Dianabol (DBOL) is the most common and popular steroid of all time. Dianabol is an oral steroid meaning it is swallowed in pill form. Side effects include looking like Larry Scott.
- **Deca Durabolin** – Deca is an injectable steroid used to put on a lot of muscular size in a short time. Deca is also noted for its ability to eliminate joint pain by “lubing” the joints. Deca is a hugely popular steroid. Side effects include getting jacked.
- **Equipoise** – Equipoise (EQ) is an injectable steroid originally used on horses. EQ is commonly used as a fat cutting drug and a stamina increasing drug (good for athletes).
- **Sustanon** – Sustanon is a combination of four different types of testosterone and is used to gain muscular size.
- **Anavar** – Anavar is an oral steroid typically used to cut fat while maintaining muscular size.
- **Winstrol** – Winstrol is a steroid used to cut body fat.
- **Trenbolone** – Trenbolone is an injectable steroid used to cut bodyfat while gaining muscular size. Side effects include making panties wet.

The most common reported side effects of responsible Anabolic steroid use are: getting jacked, getting strong, gaining muscle size, increased stamina, ravenous appetite, ravenous sexual appetite, gaining confidence, and turning into He-Man.

Other, less fun, side effects include: possible testicular atrophy, acne, possible premature hair loss if genetically pre-disposed, hair growth, possible gynecomastia, stunted growth (for the youngsters), possible kidney and liver problems and more.

Yes, Steroids have side effects. Every drug has side effects – as every TV commercial for any drug so comically points out. The truth is that Steroids cannot kill you. Steroids rarely cause impotence – in many countries steroids are used as sexual aides. Years of steroid ABUSE can cause hormonal problems and the inability to produce testosterone without the use of drugs.

**Steroids are not the killer the lying media reports them to be.**

The portrayal of Steroids in the popular media is one lie after another.

Testosterone is the base of steroids, testosterone is THE male hormone and everything that has anything to with masculinity is wrong.

**In the emasculated media's eyes** it's better to act like a weakling than to be a strong male.
Estrogen is THE female hormone and it causes reduced muscle mass, increased fat gain, fluid retention, increased risk of breast cancer, and more undesirable affects. I'll bet you have seen commercials for estrogen pills and their great benefits and I'll guarantee you have never seen testosterone portrayed in anything other than a negative light. The truth is that steroids are downright helpful when used properly and not abused.

Testosterone Replacement Therapy (TRT) is a Godsend for many men past the age of 30 because it helps the users feel young, healthy, and VITAL. Every man past his natural peak should probably supplement with Testosterone, even if not for cosmetic reasons.

OTHER DRUGS USED TO GAIN MUSCLE AND REDUCE BODY FAT

**Human Growth Hormone**

Human Growth Hormone (HGH) is responsible for the gigantic size bodybuilders and athletes have been able to achieve. Anabolic steroids help to put on massive size and strength but only up to a point. Human Growth Hormone is the secret to walking around and looking like a Greek Statue with a huge amount of muscle and a low bodyfat percentage. HGH is how female fitness competitors get into shape. HGH is the entire reason Men and Women over the age of 30 can look like Gods and Goddesses.

**Insulin**

Insulin is used by bodybuilders and athletes to take their size to the ultimate max. Insulin is responsible for the disgusting pregnant bellies of bodybuilders. Side effects include: achieving super-human size and looking disgusting. Insulin is a very dangerous drug and can kill you if used improperly.

**Diuretics**

Diuretics are used by bodybuilders and models to remove excess water from underneath the skin to achieve an abnormally lean and dry look. Frequent use and abuse of diuretics is very unhealthy and can do serious damage.

**Narcotics**

Narcotics and steroids go hand-in-hand. The type of people who are attracted to using steroids are the type of people who are attracted to using other drugs. After developing a Statue-esque physique a lot of guys want to go out and party and pick up chicks. They see it as a bright side that drugs like Cocaine and Meth-amphetamine also have a fat burning effect. Many, many, many people who start steroids are already drug users in the party scene. After using narcotics on a regular basis, injecting steroids is no big deal. And vice versa – after injecting steroids for a long time sniffing a little cocaine or taking GHB or ecstasy or injecting nubaine is no big deal.

Painkillers are also very common for athletes to use and this is what leads to the real health problems – the combination of narcotics (or alcohol) and hormones is a real killer.

*If you decide to use steroids you should never, ever drink alcohol or use narcotics.*

Steroids by themselves will not, cannot, harm or kill you – it is only the combination of steroids and narcotics or alcohol that proves lethal. This is why so many wrestlers, athletes, & bodybuilders die prematurely. Again, I am not advocating anyone use drugs, I don’t even use tylenol (a far more dangerous drug than steroids), but I am telling you that Steroids aren’t the demon they are portrayed as. I want you all to know the truth, even though it can be depressing. I don’t want anyone chasing the dragon when their body is already at it’s natural peak but you can have and maintain a good, natural physique and no one should use steroids unless they have built muscle naturally first or they are past their testosterone producing prime (approx. 30 years old). Stay tuned for more.
28.10.2011 – How to Perform the Arnold Press

Arnold Schwarzenegger performing the Arnold Press.

The Arnold Press is a shoulder exercise performed with dumbbells to build big-ass cannon-ball shoulders. The shoulders (or deltoids) are a three sided muscle and will need to be worked evenly to develop big and round shoulders.

**The Arnold Press was developed by Arnold Schwarzenegger to simultaneously work all three heads of the shoulder** (in layman’s terms the front deltoid, the side deltoid, and the rear deltoid) at the same time, whereas a standard dumbbell overhead press will put more emphasis on the front deltoids, little (if any) emphasis on the side deltoids, and no emphasis on the rear deltoids.

**The Arnold Press is an all-in-one exercise.** However, the benefits are only seen when the Arnold Press is performed correctly, which rarely happens.

The Arnold Press is probably the most misunderstood exercise in existence. It is one of the best shoulder exercises but is continuously performed incorrectly. Today we will learn how to correctly perform the Arnold Press so we can build up some bigass cannonball shoulders.

The Arnold Press is the most common name of the exercise, but there is another name for this exercise: **The Scott Press**. It is also called the Scott Press because Larry Scott, the first Mr. Olympia, developed the exact same exercise to turn his small, little shoulders into show-stopping behemoths. The Arnold Press/Scott Press will put some meat on even the smallest of shoulders, if performed correctly.

The most common way to perform the Arnold Press is to start with two dumbbells in your hands and hold them in front of your chest with palms facing in, pressing the dumbbells over head while simultaneously rotating the hands so that at the top of the movement your palms face away from your body and using a full range of motion. This method completely ignores the intricacies of the movement and doesn't give the same results as performing it correctly does.

**The correct way to perform the movement as described by both Larry Scott in the video below and by Arnold Schwarzenegger in his book The Encyclopedia of Modern Bodybuilding.**

It is a rather awkward movement looking much like a Chicken flapping its wings while pouring tea from a tea-pot. Below is the correct way to perform the Arnold Press/Scott Press as described the Larry Scott himself.

**Starting Position for the Arnold Press/Scott Press**

**Ending Position for the Arnold Press/Scott Press**

*Photos: Larry Scott, Mr. Olympia 1965*

**Now get in the gym and build those suckers up!**
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 the Lion.**

**Or you're the sacrificial lamb.**

**Friend, you ain't both.**
**2.11.2011 – 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.**
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 CEO's 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 CEO’s are passing GO and collecting $200 over and over and over.
9.11.2011 – 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 and shop and then work, work and 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 whatever.

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 and 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 [0% 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 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 article is breaking news. This article 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.
- Cut up your credit cards.
- Plan how to pay off all your debt ASAP so you can be free.
- 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.
- Once you are free of the debt shackles never ever go back.

Take your life out of the hands of the debt masters and put it in your own hands. You’ll be glad you did.
133

10.11.2011 – 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 feminist’s 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 and give you some links to read for yourself.

See also: 7 Reasons Modern Western Men Are Effete Weaklings (And What to do About it)

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.

Most Women don’t like to be in charge, they want a Man who can lead.
II. 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.

III. 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?

1. **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.

2. **Lift heavy weights.**

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

3. **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 but 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.

4. **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!

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 gentleman, 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 gentleman 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 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 let’s 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 gentleman 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 to 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 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 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.

To be continued.
11.11.2011 – Why Sweating is Good For You

I used to work out at a gym in downtown Dallas called Doug's Gym. Doug's Gym is the oldest gym in Dallas, probably one of the oldest in the United States.

The owner, Doug Eidd, opened the gym in 1962 and he has been working there as the only employee since then. For the math challenged that's 49 continuous years in the same location. Doug has never taken a sick day and he has never taken a vacation, though the gym is closed on Sundays.

Walking into Doug's Gym is like walking into a time-warp to the 1960's. All the equipment is still from the 60's and much of it is rusted. Doug's Gym does not have, nor has ever had, an air conditioning system, only a few big fans.

Working out at Doug’s Gym in the middle of a Texas summer is like working out inside a sauna. And Doug wouldn't have it any other way.

One day Doug was telling me, in between sets of bench...

"You got to sweat out all them toxins and shit. That's bad shit inside the body and it's got to get out. Them guys sittin’ in offices never sweat it out."

Pretty, ain't she? The squat rack, not Marilyn.

Working out at Doug's in the middle of July will quickly drench you in sweat, but with the windows open and the fans blowin’ it's just about the best feeling in the world. Sometimes it's hard to get a good sweat going inside the air-conditioned globo-gyms. And if you aren't sweating you aren't getting a great workout and you aren't releasing all them toxins Doug told me about.

Inside Doug's gym I had the best strength increases of my life. In my three months there I broke my deadlift record, my bench press record, and my behind-the-neck push press record. And I did it all while drenched in sweat.

Leaving Doug’s would always be completely drenched in sweat and completely drained, but it wouldn't matter because I gave it my 110%.

Now I tell you this, leaving a workout drenched in sweat is a feeling of accomplishment that no air-conditioned, comfortable workout can mimic.

But was Doug right about them toxins?

According to this: “When you sweat, you breathe faster, your heart works more, your circulation improves and your metabolism accelerates, all in an effort to resume your normal body temperature. Because your circulation is increased during sweating, many of the toxins and impurities are able to exit your body by way of your open skin pores. This is a good reason to exercise to the point of sweating or to sit in a steam room regularly. Your skin also benefits from sweating. Your skin pores open and any dirt or impurities on the surface layers of the skin have a chance to exit. Sweating regularly, if followed by proper cleansing, will help you to achieve softer and smoother skin. It is believed that the immune system also benefits from sweating. When your body heats up, your body generates more white blood cells. This strengthens your immune system.”

I guess old Doug knows a thing or two about keeping healthy and releasing toxins that all of us, in our modern convenience, forget or just don’t care about. At over 80 years old, Doug would spot my bench pressing with just one hand. Strength training in the blazing heat with no air conditioning for 49 years is some Spartan living.

Old Doug Eidd on the right. Fitter than all them youngens and office dwellers.
1. **GOMAD – Gallon of milk a day.**

This is exactly what it sounds like. You drink one whole gallon of milk every single day for a specified period of time. Why would anyone do such foolishness? To put on weight, of course.

**Does GOMAD work? Yes and no.**

Let's start at the beginning. When I decided to embark on this experiment I was pretty dang lean. I had just dieted down and I wanted to pack on some mass. I had been reading about G.O.M.A.D. for a number of years, had always had an interest in it but I do not drink pasteurized milk so I never tried it. As luck would have it I found a local farm that sold fresh, raw unpasteurized milk (at only $8 per gallon) so I was in business.

Every single day for 6 weeks I forced a gallon of raw milk down my throat. **No matter what.** When I went to underground poker games I brought a gallon of milk and a glass with me. If I still had a half gallon of milk left and it was time for bed I would stay awake and finish it all. There was not one single day in this 6 week period that I did not drink an entire gallon of raw milk.

**What happened?**

One thing that happened is that my strength shot through the roof. It really did. I got stronger than I ever was before (but keep in mind I was also training for strength for the first time). I did put on weight, about 25 lbs to be exact. At the end of my experiment I was lifting at the gym and a guy came up to me and said “Don't you workout with that Asian dude? Man you got HUGE! You were always big but you got way bigger. How much do you weigh?” etc.

**Sounds great! What are the downsides?**

The downside is that I got pretty dang fat. Not fat compared to an average person but pretty fat, too fat. I definitely put on muscle, but once the shirt came off you couldn't see it. I also had to wake up roughly 6 times per night to urinate. Every single night. For 6 weeks. I also spent $8 per day on milk in addition to the food I still ate. That's $400 for 6 weeks. That's as expensive as a steroid cycle and about 1/10 as effective.

**What's the verdict?**

GOMAD is not worth it – UNLESS you are extremely underweight and are lifting like a maniac 6 days per week. Anyone else shouldn't be doing this. If you don't have access to RAW milk I cannot recommend it to anyone. Pasteurized milk will get you fat (and probably sick) pretty dang fast.

2. **Eating Raw Paleo**

The paleo diet is a new fad diet in which you eat the way your ancestors supposedly ate. Lots of meat, vegetables, fruits and nuts. Not a bad idea. Of course I like it extreme so I took it one step further and did RAW paleo. I did this for three months but stopped when I wanted to put on some extra weight.
What is Raw Paleo?

Raw Paleo is when you eat a Paleo diet (meat, veggies, fruits and nuts) but you do not cook anything. You eat everything completely raw.

Surely you didn’t eat raw meat?

I sure did. Every single day I ate raw beef, and sometimes raw lamb or raw buffalo meat in addition to the many raw vegetables and raw fruits I was consuming. Mostly I ate tomatoes, apples, oranges, some “raw” cashews (they use heat to open the cashew shell, not exactly raw). That’s pretty much what I ate, with some raw liver thrown in once in a while.

[DISCLAIMER: I REALLY Don’t recommend you eat raw meat.]

How does raw meat taste? and doesn’t it make you sick?

Raw Beef tastes pretty dang good. It’s a weird feeling at first, but after you get used to it you like it very much. Raw Steak fat is especially delicious. I never once had a problem eating raw beef but raw buffalo did give me diarrhea once. When you cook meat you denature the proteins with too much heat. If the meat isn’t heated it isn’t denatured. So... you don’t need to eat as much and your body utilizes much of what you eat. You’ll notice that bowel movements are just a shell of their former size when you utilize everything you eat.

What happened?

When I was eating nothing but raw I felt like superman. I felt invincible. I felt so great I stopped wearing a seatbelt; I thought nothing could hurt me. My body-fat was just coming off like nothing and I was barely working out at the time. I got in the best shape I had been in at that time and I was lifting maybe 3 days per week with not much intensity.

What’s the verdict?

Give it a try – if you’ve got the stomach for it!

3. Celibacy

No sex for 8 (eight!) months. My least favorite experiment. I had been reading about guys like Nikola Tesla who were celibate geniuses and I already knew about the power of Transmutation of Sexual Energy so I bit the bullet and decided to give it a try.

What happened?

Nothing good came of it. I could literally feel my testosterone sapping away. During this time I wasn’t especially productive or happy. Probably because I didn't outlaw masturbation, only sex — big mistake. I felt like those guys that have never had a girlfriend and spend all their time playing World of Warcraft. I was just in a bad mood all the time.

What’s the verdict?

Not worth it! In fact, to get great results you should reverse this experiment – no masturbation but plenty of sex!
4. **Keto dieting combined with Intermittent Fasting**

**A keto diet** is one where you eat nothing but protein and fat – no carbohydrates – in an effort to lose bodyfat.

**Intermittent Fasting** is where you eat for part of the day and fast (don’t eat) for most of the day. In this case you eat for 8 hours per day and fast for 16 hours per day.

There are plenty of health benefits and reasons to eat and not eat, feast and fast, detailed [here](#). I did this diet to burn off all the extra bodyfat I put on drinking a gallon of raw milk per day.

**What was your diet?**

For lunch I had steak and eggs cooked in butter. For dinner I had bacon and eggs. That's it. I did this Monday through Friday. Saturday was my cheat day and I could eat anything I wanted, usually I ate a whole blueberry pie with French vanilla ice cream. On Sunday I ate moderately. I did this diet for 4 weeks, every single Monday-Friday was nothing but Steak, eggs, butter and bacon.

**What happened?**

I burned off a whole bunch of that body-fat that I put on while doing GOMAD. But I had some other, even better side effects – constant energy levels. I never had a dip in energy, I never had to take a nap, I didn't even feel the need to eat – that's because I didn't eat any carbohydrates and I never had an insulin spike.

On my Saturday cheat day I would ALWAYS have to take a nap and I wouldn't feel too great on top of that. During the week I felt like a million bucks, never bloated, never hungry, no ups and downs in energy levels – just calm, cool, steady and collected. It was a great feeling.

**What's the verdict?**

Definitely worth doing! Lose some body-fat and keep energy levels steady – it's a win-win!
11.11.2011 – 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
- 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 soulless 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 of them loans and debts and I would have immediately set out to make my fortune and have an 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. These 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?
On a banana boat near Ko Phi Phi island, Thailand
It sure is.

And your outsides are the best indicator of your insides.

A slovenly appearance reveals your insides to be the same.

A lazy slob on the outside does the world a huge favor. They show the whole world they are guilty of sloth.

They are holding up a big sign to the world that says “I don't respect myself. There is no reason for you to respect me either.”

They have proven that they have no discipline, pride or respect. And they don't even care. Apathy is for the apathetic. And that's why they are invisible to good fortune.

Two guys walk into a bank. They are the same age and same height. One guy is an out-of-shape office worker. He isn't a snazzy dresser, he stands with a slight slouch, and he doesn't make eye-contact very well.

The other guy is an ex-Marine, he has short, kempt hair, his properly fitted shirt reveals his muscular chest, shoulders, back and arms, and is tucked into his properly fitting trousers. He stands up straight and he makes eye-contact. His PRIDE is evident.

The female bank teller to the ex-Marine: Hi Sir! How can I help you?

The female bank teller to the office worker: I'm sorry, my register is closed. I'm going on break.

It is what's on the inside that counts – and everyone can see your insides and they treat you accordingly. We can all see what your insides look like. When you look like a million bucks people treat you like a million bucks. When you look like a penny people will discard you like a penny.

If you're wearing that sign it's time to take it off.

And, friends, if pride is a sin I'll be seeing you in Hell.
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. A bully kicked sand in your face.  
b. Everyone laughed at your frail body.  
c. The love of your life cheated on you.  
d. The jock punched you and everyone laughed at you.  
e. 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.
When it comes to burning body fat simplicity is often overlooked in favor of needlessly complicated systems and plans for losing weight. People will needlessly try to count calories, mix and match several different ingredients to “activate their fat-burning” abilities, eliminate all high calorie foods, or drink nothing but juice for a week.

And they end up right back where they started – with unwanted body fat!

Well, I am here to tell you there is an easier way, a simpler way, and a funnier way.

It’s called ‘Steak and Eggs’.

The Steak and Eggs diet was developed by famous bodybuilding trainer Vince Gironda as a way to burn off all excess body fat. It is the simplest diet in existence and it is one of the most effective. The Steak and Eggs diet is exactly what it sounds like – you eat Steak and Eggs, cooked in butter, and you watch the fat melt off.

You eat only two meals per day: Breakfast and Supper, or Lunch and Dinner. For meal #1 you eat 3/4 lb to 1 1/2 pounds of steak and 4-6 eggs. For meal #2 you eat the exact same thing. Cook your Steak and Eggs in butter, as much butter as you want, and season with salt and pepper.

Prepare your eggs any way you like, fried, scrambled, sunny side up, poached, or hard boiled. No carbohydrates, no vegetables, no other foods, no snacks, no drinks except water, black coffee and unsweetened tea. Every 6th day is a cheat day and you can eat whatever you want. Ice cream, pies, alcohol, McDonalds – nothing is off limits.

That’s 5 days of Steak and Eggs and one day of glorious gluttony. Repeat until lean.

Isn’t it hard to eat only Steak and Eggs?

It is only mentally hard. Physically you feel great on this diet. Once you get past the mental aspect of eating the same thing it’s as easy as going to McDonalds and ordering a #3 supersized with a coke.

Won’t I be hungry all the time if I just eat two meals of Steak and Eggs?

At first, maybe. After you get used to it you will not even notice hunger. Fat and protein are very satiating and fulfilling. It is when we eat carbohydrates that our bodies signal us to eat more and more. Everyone knows the joke about being hungry 30 minutes after eating Chinese food – because it is mostly rice and other carbohydrates. Fat and protein provide long lasting energy. Someone can sit around and snack on carbohydrates like potato chips and cookies all day but you cannot snack on steak all day because you will get full.

But isn’t Steak and Eggs cooked in Butter high in fat and unhealthy?

It is high in fat, yes but unhealthy, no. What you don’t hear on the nightly news is that saturated fat is essential for health, vitality and testosterone. You can simply take a look around you and notice how many obese people avoid fat like it is evil incarnate. Well that’s just plain untrue. Fat is essential for maintaining a lean weight. You need to eat fat because fat provides steady energy throughout the day. When you don’t eat fat you simply keep eating (in humans it’s called snacking, in animals it’s called grazing). All grazing animals are fat and all snacking humans are fat.
How does the Steak and Eggs diet burn body fat?

The Steak and Eggs diet is a ketogenic diet. That means it is a high-fat, moderate protein, zero carbohydrate diet. When carbohydrates are eliminated as a source of energy your body is forced to burn fat as fuel. For the ketogenic diet to work you must eat high fat and not eat carbohydrates.

How does the Steak and Eggs diet give you balanced energy?

On the Steak and Eggs diet you do not consume any carbohydrates. When you eat carbohydrates you spike your insulin which results in bursts of energy and fatigue. Everyone at the office knows of the after lunch slump when all you want to do is sleep. That is because of the carbohydrates consumed at lunch. When you eliminate the carbohydrates you eliminate the insulin spikes and your energy stays steady throughout the day.

Vince Gironda – a Lean, Mean, Steak Eating Machine

How does the Steak and Eggs diet increase testosterone?

Simple. Fat and cholesterol are the building blocks of testosterone and must be consumed in order to naturally increase testosterone.

Can I eat other meats besides Steak?

Well then it wouldn't be the Steak and Eggs diet would it? If you need to replace a meal here or there with another meat it is no problem, but keep the bulk of the diet Steak, Eggs and butter.

Won't I be missing out on essential vitamins and minerals if I am not eating vegetables?

Let's see. 3 ounces of beef provides the same amount of Iron as 2 3/4 cups of raw spinach. 4 ounces of beef gives you 40% of your daily requirement of Zinc. 4 ounces of beef gives you 40% of your daily requirement of Selenium. 4 ounces of beef gives your nearly 50% of your daily requirement of vitamin B12 and 25% of your daily requirement of vitamin B6. Beef is one of the healthiest foods you can eat. Eggs contain Calcium, Phosphorus and Magnesium.

How long should I do the steak and eggs diet?

As long as you want to or need to.

Who is the Steak and Eggs diet for?

Anyone who wants to naturally burn some body fat, lose weight, have steady energy and increase testosterone.
**Rules to Remember**

1. Don't be afraid of eating fat! You MUST eat high fat in order for this diet to work. If you eat zero carbohydrates and low fat your body will go into what it called Rabbit Starvation (or protein poisoning). Protein by itself is toxic and must be accompanied by carbohydrates or fats.

2. Never give in and snack on “just one”. It is never just one, it will always lead to more and more until eventually you’ve eaten the whole box.

3. Alcohol is off limits while on the Steak and Eggs diet.

4. Remember, five days in a row of Steak and Eggs, one day of high carbohydrates, lower fat cheat day. You will notice after your carbohydrates cheat day you will look great in the mirror. That is because your muscles may look flat and depleted while on a ketogenic diet, when you eat carbohydrates they fill up with water and look spectacular.

**More reading:** [Check out more Zero Carb Diet Tips here.](#)

*Want my favorite Steak and Eggs recipe plus three additional recipes for a lean and mean body?*
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.

1. 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.

2. 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.
3. **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.

4. **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.

5. **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!**

6. **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 women 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.
7. **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.

8. **Listening to depressing music, watching depressing movies et cetera.**

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.

**Remember: The Power of Positive Thinking!**

**Some tips to Remember**

1. 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?

2. **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.

3. Spend your days with a purpose, a mission. When you have no goals or desires all that's left is boredom and depression.
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 word for it but it really just means I don't eat breakfast and sometimes I don't eat lunch.

Some days I eat only one meal, other days I go up to three meals. For simplicities 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 going to 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 McDonalds 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 fishes and washed it down with beer. And then I drank beer all night. And 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 – feasting, not snacking – that 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.
Warning: This post 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 you're 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 wannabe's 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.
How to Attract Women

This is the only thing you ever have to do to get women and 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 douche-bag 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 – never forget that.

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 going to 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 going to 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 take turns doing the dishes? No.
Would he accompany her to her co-workers wedding? No.
Would he grovel and beg for forgiveness for anything? No.
Would he massage her shoulders for an hour? No.
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 some water sweetie”? No. He says: “Bring me 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.

PS: this is how you can become a man, by following this routine religiously: 30 Days of Discipline
19.11.2011 – 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 word.

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?
158

21.11.2011 – 10 Reasons to Study and Train Mixed Martial Arts (MMA)

Knowing how to fight is essential. Martial arts are sports, like any other, with rules, regulations, restraint and discipline. All Martial Arts are great to train but they do not teach you how to fight.

- Boxing teaches you how to throw a mean punch, but if the fight goes to the ground the boxer is done for.
- Thai Kickboxing shows you how to kick the hell out of someone, but if the fight goes to the ground the Thai Kickboxer is done for.
- Brazilian Jiu-Jitsu teaches you how to subdue someone on the ground with an armbar or a choke, but it doesn't teach stand-up fighting or punching.
- Jeet Kune Do teaches you how to condition your body and mind but it doesn't teach you how to break free of a headlock.
- Wrestling will build immense strength but has too many rules to ever win a fight.

Put all the Martial Arts training styles together and you have: MIXED MARTIAL ARTS. Mixed Martial Arts (MMA) combine all the styles of martial arts training into one package: learning how to fight.

Here are 10 Reasons to Study and Train Mixed Martial Arts (MMA)

1. **Training Mixed Martial Arts (MMA) will build confidence in you.**

When you know how to fight your mind is a little calmer, a little freer, and a little more relaxed. When you know how to throw a punch, break an arm, or choke someone unconscious there isn't too much threat of physical confrontation. And if there is threat, it is easier to walk away.

See also: How UFC Fighter Conor McGregor Paid for My Vietnam Vacation

2. **Training MMA will teach you discipline.**

As with any sport, MMA requires discipline. It teaches discipline of the mind and body. Training MMA teaches the discipline of eating right, sleeping right, and training right.

3. **Training MMA is an excellent physical workout.**

Sparring (Boxing practice during training) or grappling (wrestling or ground-fighting practice) for 3-5 minute rounds is absolutely brutal cardio, which is why fighters are usually in top notch physical condition. There is no treadmill or stair-master in the world that can beat the benefits of practice fighting.

4. **Training MMA will teach you self-defense.**

If the need should ever arise you will be able to defend yourself against would be attackers. Nightclub bouncers are notorious tough-guys who love to start fights and gang up on bar patrons. MMA fighter Alistair Overeem and his brother, MMA fighter Valentine Overeem, had this to say to five bouncers: “Alistair attended some famous dance club with his brother Valentine. Went to the toilet and did not have coins to pay the toilet woman. Alistair told her he would pay a euro when he came back, because he did not have change. Then the security guard who was nearby started to get involved,” he wrote.
Brother Valentine saw the incident and also started asking what the problem was. They offered to pay, but by then 6 security guards came over surrounding them. The Overeem brothers were asked to leave, Alistair was already outside when he saw his brother Valentine fighting.

Valentine still was discussing the situation on his way outside with one of the security guards hit Valentine in the face with a flash light. Three security guards dived onto Valentine and brother Alistair wanted to go back inside to help his brother. This resulted in five security guards in the hospital.”

As funny as the above story is, it is not likely for the average person to fight five bouncers. What is more likely to happen is someone being accosted by thugs and hoodlums.

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 word.

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.”

A dramatic retelling of a very real possibility.

Author's Note: I have a family member who was murdered in a very similar way. Beaten to death by two hoodlums).

This type of violence is a very real threat for anyone who poses a target – someone who does not have the confidence, strength, size and the will to win of a fighter.
5. **Training MMA is a good manly hobby.**

Here we talked about causes of depression in males and one of the big reasons is lack of anything physical or masculine. Fighting in a controlled environment is just a damn good hobby that promotes values like courage, strength, will and heart.

6. **Training MMA fulfills mans need for physical expression a.k.a violence.**

We don't want violence in our daily lives but we still yearn for physicality. We all get pumped up seeing fights in movies or TV or when we hear about someone who was accosted by thugs and kicked the crap out of them. Training MMA is a perfect middle ground. You can train (or fight) in controlled areas and release aggression with no threat of repercussions, jail time, murder et cetera.

7. **Training MMA teaches competition.**

The 2nd best person in a fight is a big ol' loser. “Winning isn't everything!” It is when there are only two of you. Training MMA will bring that winning drive and spirit to the surface, which can be utilized in other aspects of daily life like business and relationships. Competition is good. A person training in MMA will not spar or grapple with too many opponents willing to roll over and lose – it's real competition and everyone wants to win.

**At an MMA gym everyone wants to be Maverick – no one wants to be Goose.**

8. **Training MMA is a huge stress reliever.**

Above, we talked about how fighting releases aggression and it's true. After an hour’s session of training, when you are completely drenched in sweat, tired and sore as hell, ready for a big meal and sleep there can be no more room for stress.

9. **Camaraderie.**

When training at an MMA gym you will meet a whole bunch of people with similar interests as you. You aren't going to run into too many nancy-boys afraid of their own shadow. You get to hang with other big dogs while kicking ass and taking names.

10. **Chicks dig fighters.**

Women love violence. They will say things like “I hate violence. I hate those meathead guys that fight all the time.” The women who say things like this have one thing in common: they're lying. Women absolutely love men who handle violent confrontation and come up the winner. It's in their nature, it's in their DNA.

**Something you won't read in a newspaper: **ghetto thugs who often beat up weak people are rewarded with sex by their ghetto mistresses. You're smarter than fighting all the time – but simply being able to handle violent confrontation (having the Eye of the Tiger) is enough to get them wet.

**Sounds great! Where do I sign up?**

Go here and look for a Mixed Martial Arts gym in your area. Find one, go check it out, if it looks good sign up and get to training.
22.11.2011 – Being Thankful For All That is Good

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 keys 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 opportunities which most of the world does not, cannot and 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 BOLD & DETERMINED.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.

**Victor Pride, BOLD & DETERMINED**

**November 22, 2011**
In part 1 of this series, The Secret to Gaining Muscle, we exposed the truth about how to gain muscle. All bodybuilders, fitness buffs, fitness models, and anyone who makes money from their body is a user some combination of: Anabolic Steroids, Human Growth Hormone, Insulin, Diuretics and plain old fashioned Narcotics.

**They lie to you and say they take whey protein and creatine and this and that. They lie to you because...**

- A. They want to make money from you selling supplements that don't work (see the supplements that actually work here).
- B. Much of what they take is illegal and they cannot admit to it.
- C. They want you to think they work really hard and have great genetics. When you know they took steroids they will be looked down upon as cheaters.
- D. They don't want competition. If everyone knew their secrets (the secret is that anyone can look like them) then they wouldn't be special anymore. If everyone took the same products they use, and not the worthless supplements they peddle, then every guy in the gym would look like a professional athlete.

In part 2 of the series, The Secret to Gaining Muscle: The Truth About Steroids, we looked at all the different types of drugs that they use and the mega-doses required to be a 300 lb lean monster. We also exposed one of the myths about steroids: that they are very dangerous and can kill. The reality is that anabolic steroids are not near as dangerous as the frantic media portrays.

After a man reaches a certain age Steroids and Human Growth Hormone aren't just downright helpful, but they are damn-near necessary. After 30 years of age a natural trainer is going to have a very hard time making natural gains because your natural testosterone levels plummet.

**Side note: if you actually want to learn about anabolic steroids & their cycles you absolutely NEED to read Straight From the Undergound.**

Today we are going to expose the Myth of Genetics.

You will hear bodybuilders and fitness freaks say: “I just have great genetics for putting on muscle. I can eat whatever I want and my metabolism just burns it off. I just thank my mom and dad for this body.”

Friends, today we bring you good news.

Absolutely ANYBODY can be a bodybuilder.

Absolutely anyone can look like a bodybuilder. Absolutely anyone can have 6 pack abs and big biceps. The good news is that no one has good “genetics” because having good genetics is a lie that has become mythical. You'll see someone training in the gym who is on steroids or human growth hormone or a mix and then you will hear someone say “I wish I could look like that. I wish my genetics were as good as his.”
Good news: ALL bodybuilders started as skinny weaklings. That's what drove them to steroids in the first place. They were tired of being skinny.

None of them were big, or had good “genetics” to start with. No one can look like a muscled up, cut up monster naturally because the human body is incapable of that amount of size and lean tissue mass without chemical assistance. The human body simply cannot naturally tolerate obscene amounts of muscle and obscenely low body-fat.

You can put on size as a natural trainer. You can get cut up and be very lean as a natural. Having both isn’t going to happen.

The plight of the natural trainer is this: you can be big but carry some fat. You can be lean but look skinny. When you’re a big natural you look big in clothes but when the clothes come off you are smooth. When you are a lean natural you look skinny in clothes but when the clothes come off you look cut up.

The first thing that happens when a natural “bulks up” (eats more food to put on size) is that they put on some fat. The first thing that happens when a natural trainer “goes on a cut” (eats less food to burn bodyfat) is that they lose muscle mass in the process.

The exception is in the first year of training, especially if the trainer is skinny to begin with, they will be able to put on a lot of muscular size and not too much, if any, body-fat.

How Genetics Really Matter

The only thing “genetics” matter for is muscle shape and muscle symmetry. To look great your body has to be symmetrical. To look freaky your body has to have some outrageous muscle bellies and muscle shapes. Putting on size is the easy part: they take lots of drugs. Skinny little Timmy down the street could become a bodybuilder if he had the money for the drugs and the willingness to take MEGA doses of steroids. He would look like a bodybuilder but he would pay the price too. Bodybuilders are on so many drugs they walk around like zombies. Next time you're in the gym watch a bodybuilder, those guys aren’t all their in the head.

Heck, anyone can have a 6 pack abs, big chest, wide shoulders, huge biceps, wide lats and super tight waste if you're on the right drugs and right amount of drugs. Genetics has nothing to do with putting on muscular size or burning body-fat.

Next time you see someone who is naturally big take a good look, you will notice one thing: they have big bones. They have wide bones. They have naturally wide clavicles and shoulders. That’s what separates a naturally skinny person from a naturally big (but not fat) person. Take a look at their wrist size, it will be a whole lot bigger than a skinny persons wrist. Naturally big people can be just as skinny (that is, not have much muscle) but because they have bigger bones they're never going to look skinny.

Naturally big people don't have superhuman ability to put on muscle or maintain large amounts of muscle and low body-fat, they just have big bones. Big bones, and the strong tendons and ligaments that come with having big bones, will make a person naturally strong. These guys don't become bodybuilders, they become athletes or strength athletes like Powerlifters or Olympic lifters. Guys with big bones don't look symmetrical or aesthetic on a bodybuilding stage. Only skinny guys who put on lots of muscle step onto a bodybuilding stage and look good.

“But I'm different! I'm naturally skinny! I can't gain muscle!” In the first year of two of natural training any skinny person can put on a whole lot of weight without gaining too much fat, if any at all. The first year or two of natural training can completely transform a skinny person into a muscular person, steroid free. The people who are naturally skinny are emaciated and malnourished. They simply don't eat enough and the right kinds of food to gain weight. No one is skinny when they eat enough food. Anyone can gain weight but these naturally skinny folk just don't have big appetites. Anybody can out on muscle size naturally.

See how in Body of a Spartan.
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 miniscule 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.

How to Stop Being Lazy in 8 Easy Steps

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.

   To get as organized as possible be sure to follow [30 Days of Discipline – The Bootcamp for Winners.](http://www.30daysdiscipline.com)

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 separates the lazy from the productive. When you have a routine and habit it is easy to get stuff done every day. 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 business 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.** Like calling customer service, or going to the post office and mailing a letter, or balancing the books, or calling back clients, or 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 makes you feel like being productive and 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.

**To get as organized as possible be sure to follow 30 Days of Discipline – The Bootcamp for Winners.**
28.11.2011 – 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.

*When you’re obsessed…*

Someone: *You want to come to dinner tonight?*
You: *Nope, got to work.*
Someone: *But it’s Friday night!*
You: *Uh-huh. Got to 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 thy 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.*
Every December people pack into malls and shopping centers like herd animals lining up for slaughter.

Here, take my money!

No, take my money first!

Here slice some more fat off my back to make your breakfast!

What does a Spartan do every December? Baby, it ain't shopping.

On Christmas day a Spartan pulls out his fat-ass money clip and hands his loved ones a crisp $20 bill and then enjoys the holiday.

Now think very carefully about what you gave as gifts last December. How many of those people still have your gift? Likely zero. Think about the gifts you got last year and the year before. Do you still have them? Do you even remember what they were?

Do a little test. On Christmas day ask this question…

You: What did I give you last year?
Them: Uh… it was a… hmmm…

The only reason I even remember what I gave as gifts last year is because I gave $20 bills as gifts.

Live Like a Spartan Every Day

Baby, shopping is a waste of time and money. December is a time to finish out the year. A time to take a look at what you accomplished, tie up all loose ends, and get ready for the new year. Plan, plan, and plan some more.

Visualize – plan – prepare – there's opportunity ahead.

A Storm is Brewing – and it's coming January 1st every year.

New year’s resolutions? Bullshit. New year’s PLANS.

Shopping? There's no time for shopping. Don’t take time away from ass-kicking to go shopping! When you go shopping in December you got to check your balls at the customer service counter – balls aren’t allowed during Christmas shopping.

What if people are upset that I just gave them money?

Take the money back if they don't want it. Gracing them with your presence on Christmas day is gift enough. Money is a bonus.

Them: Boo-hoo, you just gave me money! That’s not very Christmas like.
You: Baby, I got no time for your BS. Give me that money back; I’ll put it to good use.
Money is more useful than most Christmas gifts. On December 26th people already forgot what they got for Christmas.

**What if I just gave them a Christmas card?**

Don’t line the pockets of the people who have turned Christ-mas into Consume-mas. Give your family the same amount of money. That Christmas card is going in the trash as soon as you leave.

**What if I really want to give gifts?**

If you really want to give gifts then give your woman a few bucks and let her go do the shopping – give her one guideline: buy something useful for immediate family members only. Shouldn’t give anything to non-immediate family members. No need to waste your money on a pocket knife/compass/screwdriver/flashlight combo that no one is ever going to use.

**Spend Christmas day with your family,** eat all the tasty treats you want, say goodbye and head home. There's work to be done. There’s ass to kick. There’re doors to be kicked down. Save your money – save your time – keep your balls – and get ready for the opportunity. If you ain’t prepared it’s going to pass you by.

*Simplify your lives, Gentlemen. It makes things so much easier.*

**Bonus**

1. **How to eat on Christmas Day to stay lean.**

Eat any damn thing you want on Christmas Day. Eat fourteen boxes of donuts and wash them down with 12 pints of egg-nog. Here is *One Easy Holiday Hack* to keeping off fat during Christmas: [Train like an animal](https://www.bulgeandgrow.com) year round, [eat like a Spartan](https://www.bulgeandgrow.com) year round and you ain’t ever gonna get fat. Any fat you put on on Christmas day is going to be gone in a few days 'cause a Spartan keeps his body a lean, mean killin’ machine.

2. **What to give your guy friends for Christmas.**

Tell those lazy motherf*ckers to get on BOLD & DETERMINED and sign up to grab an early copy of [30 DAYS OF DISCIPLINE](https://www.bulgeandgrow.com) on Christmas day.

3. **What I’m going to do on Christmas morning.**

I'm going to wake up bright and early on Christmas morning and I'm going to open the window of my 28th floor apartment and I'm going to HOWL LIKE A WOLF out the window first thing before I even take a piss. Then I'm going to get on my computer and I'm going to send out [30 Days of Discipline](https://www.bulgeandgrow.com) to everyone who signed up for the newsletter. Then I'm going to HOWL LIKE A WOLF some more and scare the shit out of my neighbors. ‘Cause damn it I feel like a million bucks and I want everyone to feel this way.
1.12.2011 – The Old School 70’s Bodybuilding Routine

The 1970’s produced the most impressive male physiques the world has ever seen. The bodybuilders of the 70’s made Zeus and Hercules look like pencil necks. In this article we will take a look at the 70’s bodybuilding workout routine – and how the 70’s bodybuilders achieved their near perfect physiques.

Current bodybuilders look like pregnant cows with zero bodyfat, in other words, they look absolutely ridiculous. The 70’s bodybuilders were the ideal physique of man – they had low bodyfat, but not so low they looked sick, they had small waists with abdominals clearly defined, big chests, wide lats, big shoulders, and big arms. They had perfect V-tapers. A V-taper is when the male upper body has a “V” shape. Starting with wide shoulders, wide lats, and moving down in size to a tight waist – like a “V”.

In this article we will review the de-facto bodybuilding routine of bodybuilders like Arnold Schwarzenegger, Frank Zane, Franco Columbu, Lou Ferrigno, Boyer Coe, Bill Grant, Mike Mentzer, Serge Nubret and other bodybuilders from the golden era of bodybuilding. The workout routine they used was a high-volume approach. In lay-mans terms ‘high volume’ means they did a whole lot of work to achieve their physiques. Both in the gym and in the “kitchen”.

Today’s top bodybuilders follow a routine of working out one bodypart per week for one hour per workout session. For example they may work Chest on Monday, Back on Tuesday, rest on Wednesday, Legs on Thursday, Shoulders and Arms on Friday, and rest on Saturday and Sunday. The 70’s era bodybuilders were in the gym 6 days per week doing lots of heavy work, resting very little, and spending a long time in the gym to achieve the look of perfection.

Their routine was not set in stone. A trainer must use his instinct to find what works for him. We will look at the bodypart splits (the days they worked each muscle groups) and the exercises they used. It is for the reader to determine his choice of exercises and rep scheme (the amount of reps you will do per set).

Bodybuilding in the 1970’s was about achieving perfection of the male body. 70’s bodybuilding was about building the most aesthetic, muscular and strong body attainable by man. Below we will look at how they accomplished this.

<table>
<thead>
<tr>
<th>The De-Facto Bodypart Split of the 1970’s Era Bodybuilders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
</tr>
<tr>
<td>Tuesday</td>
</tr>
<tr>
<td>Wednesday</td>
</tr>
<tr>
<td>Thursday</td>
</tr>
<tr>
<td>Friday</td>
</tr>
<tr>
<td>Saturday</td>
</tr>
<tr>
<td>Sunday</td>
</tr>
</tbody>
</table>

Abdominals (Abs), Calves, Neck and Trapezius work was done 4-6 times per week or as needed.

The seventies bodybuilders would typically start their routine with abdominal or calf work (if needed).

After the abs and calves they would start with their hardest and heaviest exercise. The exercises they used were the most basic, multi-joint movement that built the most muscle. They would start with the hardest and heaviest and work towards the lightest exercises.
## Exercise Selection

<table>
<thead>
<tr>
<th>Exercise Selection</th>
<th>Monday and Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chest Exercises</strong></td>
<td>Flat Barbell Bench Press</td>
</tr>
<tr>
<td></td>
<td>Incline Barbell Bench Press</td>
</tr>
<tr>
<td></td>
<td>Dips</td>
</tr>
<tr>
<td></td>
<td>Chest Flies</td>
</tr>
<tr>
<td></td>
<td>Dumbbell Pullovers</td>
</tr>
<tr>
<td><strong>Back Exercises</strong></td>
<td>Pullups</td>
</tr>
<tr>
<td></td>
<td>Chinups</td>
</tr>
<tr>
<td></td>
<td>Bent Rows</td>
</tr>
<tr>
<td></td>
<td>T-Bar Rows</td>
</tr>
<tr>
<td></td>
<td>Deadlifts</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Tuesday and Friday</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shoulder Exercises</strong></td>
</tr>
<tr>
<td>Military Press</td>
</tr>
<tr>
<td>Behind the Neck Press</td>
</tr>
<tr>
<td>Dumbbell Overhead Press (Arnold/Scott Press)</td>
</tr>
<tr>
<td>Front Dumbbell Raises</td>
</tr>
<tr>
<td>Side Dumbbell Raises</td>
</tr>
<tr>
<td><strong>Biceps Exercises</strong></td>
</tr>
<tr>
<td>Barbell Curls</td>
</tr>
<tr>
<td>Dumbbell Curls</td>
</tr>
<tr>
<td>Incline Dumbbell Curls</td>
</tr>
<tr>
<td>Concentration Curls</td>
</tr>
<tr>
<td><strong>Triceps Exercises</strong></td>
</tr>
<tr>
<td>Standing French Press</td>
</tr>
<tr>
<td>Skullcrushers</td>
</tr>
<tr>
<td>Close Grip Bench Press</td>
</tr>
<tr>
<td>Cable Pulldowns</td>
</tr>
<tr>
<td>Cable Pushdowns</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Wednesday and Saturday</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Leg Exercises</strong></td>
</tr>
<tr>
<td>Squats</td>
</tr>
<tr>
<td>Hack Squats</td>
</tr>
<tr>
<td>Leg Press</td>
</tr>
<tr>
<td>Leg Extensions</td>
</tr>
<tr>
<td>Leg Curls</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Daily or as Needed</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Abdominal Exercises</strong></td>
</tr>
<tr>
<td>Sit-ups</td>
</tr>
<tr>
<td>Rope Crunches</td>
</tr>
<tr>
<td><strong>Calf Exercises</strong></td>
</tr>
<tr>
<td>Standing Calf Raises</td>
</tr>
<tr>
<td>Donkey Calf Raises</td>
</tr>
<tr>
<td>Seated Calf Raises</td>
</tr>
<tr>
<td><strong>Forearm Exercises</strong></td>
</tr>
<tr>
<td>Seated Barbell Wrist Curls</td>
</tr>
<tr>
<td>Reverse Barbell Wrist Curls</td>
</tr>
<tr>
<td>Behind the Back Barbell Wrist Curls</td>
</tr>
<tr>
<td>Hammer Curls / Reverse Barbell Curls</td>
</tr>
<tr>
<td><strong>Neck Exercises</strong></td>
</tr>
<tr>
<td>Wrestlers Bridges</td>
</tr>
<tr>
<td>Neck Curls</td>
</tr>
<tr>
<td>Neck Harness Curls</td>
</tr>
</tbody>
</table>
**Sample Routine**

This is a sample workout routine that can be used to get started on the Old School 70’s Bodybuilding Routine.

### Monday and Thursday

| Chest                      | Flat Barbell Bench Press – 5 sets / 1-12 reps per set.  
|                           | Incline Bench Press – 5 Sets / 12 reps per set.  
|                           | Flat Bench Dumbbell Flies – 5 Sets / 8-12 reps per set.  
| Back                      | Chinups – As many sets as it takes to complete 50 Chinups.  
|                           | Bent Rows – 5 Sets / 8-12 reps per set.  
|                           | T-Bar Rows – 5 Sets / 8-12 reps per set.  
| **Example for a Chest and Back Superset Routine** | Flat Barbell Bench Press superset with Chinups – 5 sets / 5-12 reps per set of Bench Press, as many chinups as possible per set.  
|                           | Incline Barbell Bench Press superset with Barbell Bent Rows – 5 sets / 5-12 reps per set.  
|                           | Chest Dumbbell Flies superset with T-Bar Rows – 5 sets / 8-12 reps per set.  

**Note:** the rep scheme should fall between 5-12 reps per set, depending on how heavy the weight is, with 8 reps being ideal. You will start with lightweight and move up in weight with each set.

Always start this day with Flat Barbell Bench Press. You will do 5 total sets. Each set you will go up in weight 10, 15, or 20 lbs depending on strength level.

You will want to end this exercise as heavy as possible; even with only 1 or 2 reps. This will “activate” your strength and allow you to lift heavier in all your next exercises.

A favorite of Arnold Schwarzenegger’s was to combine Chest and Back exercises into a superset. That means doing two exercises in a row without stopping. For example: he would do a set of Flat Barbell Bench Press and then immediately do a set of Chinups without rest. Arnold would continue like that until all 5 sets were finished.

Supersetting Chest and Back is an excellent way to build muscle, sweat out toxins and burn bodyfat because it’s very hard work.

### Tuesday and Friday

| Shoulders     | Behind the Neck Barbell Press – 5 sets / 5-12 reps per set.  
|              | Arnold/Scott Press – 5 Sets / 8-12 reps per set.  
|              | Lateral Dumbbell Raises – 5 sets / 8-12 reps per set.  
| Biceps       | Barbell Curls – 5 sets / 8-12 reps per set.  
|              | Incline Dumbbell Curls – 5 sets / 8-12 reps per set.  
|              | Concentration Curls – 5 sets / 8-12 reps per set.  
| Triceps      | Close Grip Bench Press – 5 sets / 8-12 reps per set.  
|              | Standing French Press – 5 sets / 8-12 reps per set.  
|              | Cable or Rope Pushdowns/Pulldowns – 5 sets / 8-12 reps per set.  
| **Example Biceps/Triceps Superset Routine** | Standing Barbell Curls superset with Close Grip Bench Press – 5 sets / 8-12 reps per set.  
|              | Incline Dumbbell Curls superset with Standing French Press – 5 sets / 8-12 reps per set.  
|              | Concentration Curls superset with Rope Pulldowns – 5 sets / 8-12 reps per set.  

**Note:** always start this day with the Barbell Shoulders Presses. Those with shoulder problems can substitute the Behind the Neck Barbell Press with Standing Military Press (Barbell Presses to the front). The rep scheme should fall between 5-12 reps with 8 being the ideal.

Start the Barbell Press with light weight and move up in weight with each set until you are hitting about 5 reps.

The Arnold/Scott Press and the Lateral DB Raises should be performed with 8-12 reps per set.

The Biceps and Triceps exercises should be performed with 8-12 reps per set. Heavier weight does not need to be used with each set. To save time and get an insane pump the Biceps and Triceps exercises can be supersetted. To do that you will do one exercise of Biceps immediately followed by one Triceps exercises until all sets and exercises are completed.
**Wednesday and Saturday**

<table>
<thead>
<tr>
<th>Legs</th>
<th>Squats – 5 sets / 5-20 reps per set.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hack Squats – 5 sets / 8-20 reps per set.</td>
</tr>
<tr>
<td></td>
<td>Lying Leg Curls – 5 sets / 8-20 reps per set.</td>
</tr>
<tr>
<td></td>
<td>Leg Extensions – 5 sets / 8-20 reps per set.</td>
</tr>
</tbody>
</table>

**Note:** always start Leg day with Squats because they are the hardest exercise. The squats will be performed in the same fashion as the Flat Bench Press. We will start with a lightweight and move up in weight with each set. The first set of Squats will be done with the empty bar for approx. 20 reps.

Then you will add weight with each set depending on your strength levels, ending the 5th set with anywhere between 1-5 reps. The Legs respond very well to higher rep schemes so we will keep the low end of the other leg exercises at 8 reps and the high end at 20 reps per set.

**Trapezius (As Needed)**

The Trapezius muscles (traps) are the muscle connecting the neck and the shoulders. Some trainers traps may need some additional work. For a man with narrow clavicles it is generally advisable to avoid trap work. For a man with wide clavicles trap work is usually necessary.

<table>
<thead>
<tr>
<th>Trapezius Exercises</th>
<th>Barbell Shrugs</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Dumbbell Shrugs</td>
</tr>
<tr>
<td></td>
<td>Farmers Walks</td>
</tr>
</tbody>
</table>

**Abs and Calves (As Needed)**

Both Abs and Calves respond well to higher rep ranges. 20 reps per set is good for calves and even more than that is good for abs. You will need to experiment with the suggested exercises to find what works best for you. Both abs and calves can be worked up to 6 times per week. Arnold Schwarzenegger started every workout with calf work and wrist/forearm work and ended each workout with abdominal work.

**Forearm Work (As Needed)**

Forearm work can be done on Tuesdays and Fridays along with Biceps and Triceps work. Forearm work can also be done on any other days the trainer sees fit. Forearms can handle a lot of work and some trainers will need to do a lot of forearm work to get their forearms to grow. Forearms can be done in rep changes of 8-12 reps per set.

**Neck Work (As Needed)**

Some trainers will need to do neck work and some won't. The neck can grow from heavy breathing during exercises like Squats, Overhead Pressing and Deadlifts but some trainers will need to do additional work. Neck work should be done in the rep ranges of 8-20. Neck work can be done 2-3 times per work or more if needed. Neck work is essential if trainer does not have naturally big and/or muscular neck.

**Notes about the Old School 70’s Workout Routine**

Old school bodybuilders trained for strength as well as muscle size. They would often do an exercise as heavy as can be until they found their one rep max. Each week a trainer can pick one exercise and go as heavy as possible to find their one rep max. The perfect exercises to do a one rep max on are the Flat Barbell Bench Press, the Deadlift, and the Squat.

The Deadlift is not included in the sample workout above but can be added to any back day for ultimate strength and mass gains. The deadlift should not be performed for over 5 reps. It is a heavy weight exercise designed to build ultimate strength. Warmup with light weight and add progressively heavier weight to obtain your one rep max.

When following the 70’s workout routine be sure to not take too long of a rest period. One minute rest per set/superset is good. Resting very little and working very hard provides excellent fat-burning benefits.

**Diet and Eating**

Bodybuilders of the Golden Era ate BIG. In particular, they ate a lot of protein and saturated fat. Whole raw eggs were consumed by many as a staple protein/fat source. Steak, Beef, Chicken, and Tuna were staple protein sources as well. Carbohydrates were eaten during “bulking” (putting on weight) phases and were gradually reduced during “cutting” (losing weight) phases. Many of them made their own protein shakes consisting of raw eggs, milk powder and whatever else they could think to add.

**Required Supplements**

OSTA-RED to gain the ‘swole’ and RED BURNER to burn the fat off.

**Anabolic Steroids**

Bodybuilders of the 1970’s used anabolic steroids to obtain their muscular size and low bodyfat percentage. The 70’s bodybuilders used steroids under the supervision and care of a trained physician.

Steroids were perfectly legal in the 1970’s and were as easily obtained as any current prescription medication.

It would be a lie to say that a natural trainer could look like the 70’s era bodybuilders on food, training, and over the counter supplements alone. A natural trainer can make good progress on this routine, especially if within the first year or two of training, but will not obtain the same level of musculature. A particular favorite of 70’s era bodybuilders for putting on size was the combination of testosterone, deca durabolin. and dianabol.
### Required Reading

**Body of a Spartan** – achieve the ideal physique without the drugs.

**Arnold: The Education of a Bodybuilder** by Arnold Schwarzenegger – one of BOLD & DETERMINED’s top 5 favorite books. It has a wealth of training information and is extremely motivating. After reading this book you WILL bust your ass in the gym. This book also talks about the power of visualization and mindset and details Arnolds rise to the top of the bodybuilding world. A must read.

**The New Encyclopedia of Modern Bodybuilding : The Bible of Bodybuilding** by Arnold Schwarzenegger – the most complete bodybuilding book in regards to exercise selection, muscle groups and functions, training methods and rep ranges, and diet information.

### Required Reading

**Pumping Iron** – Pumping Iron is one of BOLD & DETERMINED’s top 5 films. Pumping Iron is a must watch for anyone interested in 1970’s era bodybuilding. Starring Arnold Schwarzenegger, Lou Ferrigno, Franco Columbu, and Serge Nubret as themselves, this docu-drama documents the rivalry between Big Lou Ferrigno and Alpha Dog Arnold Schwarzenegger leading up to the 1975 Mr. Olympia. With endlessly quotable lines, training advices, and hardcore training this movie is the ultimate for people interested in physique training.

**Bonus #1:** A no-holds barred look at the ultimately Charismatic and Machiavellian Arnold Schwarzenegger.

**Bonus #2:** Watching this movie before heading to the gym is the ultimate pump-up, on the same level as Rocky.

### Motivational Pictures

- Frank Zane – The Ideal V Taper Body
- Arnold Schwarzenegger – Performing Dumbbell Chest Flyes
- Arnold Schwarzenegger – With a very sexy girl.
- Mike Mentzer had - Perfect aesthetics and admitted he built his body with High-Volume training.
- Sergio Oliva – The Victory Pose
- Mike Katz – Of ‘Pumping Iron’ Shows off his Gigantic Neck
2.12.2011 – It’s Time to Issue Some Walking Papers

The worlds full of them... the Talkers.

They just talk, talk, talk and then talk some more. Just when you thought they were done they talk some more.

Then they go home and get on the internet and talk some more. They talk about this and they talk about that. “This person wouldn’t listen to me talk. How can I make that person listen to me talk?”

They talk about their future. They talk about what they’re going to do. They talk about why they didn’t do what they said they were going to do. They talk about why it’s not their fault.

They talk about the excuses.

They talk about who they blame.

They talk about the girl that screwed them over.

They talk about acting weak like it’s the right thing to be.

They talk about what they could do if only they wanted to.

They talk about how other people are in the wrong for treating them like poop.

They talk about what's wrong with the other people.

“Can’t the other people see how hard I’m trying? Can’t they see how nice and caring I am? Why can’t those other people just give me a chance? When will it be my turn? I've been waiting and waiting in line and I’ve been talking about it the whole time. If I could just talk to them I could make them understand.”

Walker: Hey Johnny Talker, why don't you try some walking.

Talker: No, I just want to keep talking. Do you think she’ll ever take me back? Do you think I'll get that promotion? Probably not, people just always want to screw me over. Talk, talk, talk, talk, talk. Where are you going Johnny Walker? I’m not done talking.

Walker: Johnny Talker, there's only one thing to say to you. I'm going to say it once so listen close:

SHUT UP.
5.12.2011 – 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.
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 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:**

1. **Earners** – big dogs who make Big money from the social networking sites and who have the most followers.

2. **Learners** – small dogs who are actively trying to become Big Dogs, they’re learning from the Bog Dogs how to do it.

3. **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.**
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.
The BE advice from BOLD & DETERMINED

Be Proud.

Be Obsessed.

Be Crazy.

Be Selfish.

Be Strict.

Be after Money.

Be after Freedom.

Be Deaf to Bullshit.

*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.
In this post you are going to learn how to get BIG the natural way. We will talk about proper training, proper eating, and proper supplementation. We will learn how to go from skinny to jacked, from zero to hero, from little to BIG! We will assume the reader is skinny.

But first... some motivation from Chuck Sipes, a Panty Wetter.

Let me tell you a little story about a guy I know. This guy is jacked. He spent 10 years in the gym daily. He looks exactly like the picture of Chuck Sipes. We were doing pull-ups in the gym one day when a guy and a girl came over to talk to us. The guy was running his mouth but the girl wasn’t saying anything, she was just staring at my buddy. I’ve never seen it before or since but I saw her get her little panties wet just by looking at my jacked friend. I saw the lust in her eyes, I saw it in the way she opened her mouth a little, in the way she slightly licked her lips, the way she spread her legs just a little bit more than they should be, in the way she almost imperceptibly thrusted her hips forward. She wet her panties just by looking at my friend. That’s the power of being jacked. That happened 5 years ago but I remember it like it was yesterday.

A natural trainer has two very solid years to put on maximum muscle size. Gains will be harder to come by after the first two years of training so in those two years it should be a fight to put on the most muscular weight. A skinny natural should be eating, eating and eating as if his life depended on it.

There are two types of skinny guys

1. Lean Skinny

These types are rail thin but they have no body-fat. Their abs and musculature show all the time, even though they are toothpicks. These types have the best muscle building bodies because it’s very, very hard for them to gain any fat.

2. Skinny-Fat

These types are skinny but have no musculature to speak of. Even though they may be rail thin they usually have something of a fat gut. These guys will have a harder time building a ripped physique.

Why are people skinny?

Being skinny is a matter of not eating enough. Nearly 100% of skinny guys are not big eaters and they eat mostly carbohydrates. They do not eat much protein or fat. It’s impossible to be skinny when eating enough necessary food.

To get big there are two critical components → Lifting BIG and Eating BIG.

If either are neglected you can expect to either not get big or get fat instead.
**Eating BIG!**

To get big one must eat big. The human body cannot grow without an excess of calories. Skinny trainers must be eating, eating, eating and eating some more. No ifs, ands or buts. No eating big = no getting big.

**What to eat – there are 3 macronutrients that make up all the food we eat.**

1. **Protein**

   Protein is what builds muscle. Without protein you cannot gain muscle. Not just any protein either. Animal protein is how one gets big. Vegetable proteins do not have the necessary amino acid profile to be utilized fully by the human body. This is one reason vegetarians look so pathetic and skinny. One cannot be healthy, fit or strong without animal protein.

   **Protein sources → Beef, Eggs, Tuna, Fish, Pork, Chicken, Duck, Lamb, Cottage Cheese**

2. **Fats**

   Fats are essential to getting big and muscular. Eating fat does not make you fat. Fat is ESSENTIAL for a natural trainer because fat builds our testosterone levels. Don’t eat fat + don’t take steroids = don’t get jacked. Steroid trainers don’t eat fat because they don’t need to build natural testosterone. When you see copies of their diet in muscle magazines what they never tell you is the insane amount of muscle building drugs they use. A natural trainer must eat fats. Vegetable fats like vegetable oil are junk. To build testosterone you need saturated animal fat.

   **Fats → Whole Eggs, Meats with the fat, Milk, Cottage Cheese, Butter**

3. **Carbohydrates**

   Carbohydrates are a must for getting big. Carbohydrates provide energy, they send water to the muscles, and they're an easy way to consume extra calories. You cannot get big without eating carbohydrates.

   **Carbohydrates → Rice, Beans, Oatmeal, Bread, Fruits, Vegetables, Potatoes, Sweet Potatoes**

**When to eat and how much to eat**

When trying to get big one must eat 4-6 smaller meals per day. A meal should be eaten every 3 hours. A skinny trainer must be eating all the time. You must eat protein with each meal. If there is no protein it isn’t a meal. A meal can be protein + fat, protein + carbohydrates, or protein + fats + carbohydrates but protein MUST be there.

Pick your favorite foods to eat. It really doesn't matter what food it is as long as you get enough protein, fats and carbohydrates. Just eat and eat and eat.

3 solid meals should be consumed each day. More solid meals can be consumed if the trainer has the stomach for it. Liquid meals can replace meals 4-6 if the trainer so desires.
A liquid meal can consist of...

a. **Protein Shakes**

Protein shakes are advertised in the bodybuilding world as the end-all/be-all of bodybuilding. Well, they aren’t. Protein shakes are ONLY a way to get additional calories and protein into your system to get big. Protein shakes will not make you look like the guys in the magazines but they will give you additional calories to get bigger.

b. **Meal Replacement Shakes/Protein bars**

See above. An easy way to get in some extra calories if you're on the run or don't have the appetite to eat.

c. **Liver Tabs**

Liver tabs are liver in pill form. They're a kick-ass way to get quality protein without having to eat liver. You can just swallow these pills and watch your strength and endurance go up.

d. **Homemade protein shake/Homemade weight gaining shakes**

Homemade shakes are a fantastic way to get in a bunch of extra calories in an easy to drink formula. Just about anything can be put into a blender, blended and enjoyed in between meals. Homemade shakes can include: protein powder, peanut butter, bananas, berries, raw eggs, ice, milk and any other food you wish to add. Pro bodybuilders even blend cooked chicken and drink them to get in those extra protein calories.

**Sample Meal Plan**

1. Meal 1 – 6 eggs, bowl of oatmeal, banana
2. Meal 2 – Protein shake or homemade shake or protein bar
3. Meal 3 – Chicken, rice and beans
4. Meal 4 – Protein shake or homemade shake or protein bar
5. Meal 5 – Steak, Eggs, baked potatoes with butter
6. Meal 6 – Cottage Cheese

**Easy, low cost muscle gaining recipes, because you need those calories!**

I. **Tuna** ➔ you can add BBQ sauce to tuna, heat it in the microwave and it tastes like brisket.

II. **Peanut butter and jelly sandwiches** ➔ an easy and tasty way to get in extra calories.

III. **Eat the fat** ➔ don’t cut the fat off of your meats and eat butter. Add butter to baked potatoes and baked sweet potatoes.
Things To Remember!

1. **Eat real foods** – no franken-foods like margarine, vegetable oils, or foods in boxes that never expire.

2. **You must eat 4 times per day minimum** and at least 3 of those meals must be solid meals. The more solid meals the better.

3. **You don't need to overthink it.** Just eat from all 3 food groups. Your goal is to get BIG. If you eat your protein with each meal you will be getting enough protein – there is no additional reason to count calories or grams of protein.

4. **Watch the scale and the mirror for progress.** If the scale is not moving up you need to eat more.

5. **Eat every 3 hours** like clockwork.

6. **Eat Real food before** resorting to supplements.

7. **The top two supplements** that will help you get swole and stay lean: OSTA-RED and RED BURNER.

**Lifting BIG!**

Natural trainers new to the iron game will make progress along the same lines as steroid users. In the first 6 months a natural trainer can put on many, many muscular pounds. A natural trainer can train 4-6 days a week and make excellent progress. There is a lot of baloney floating around about “overtraining”.

It is the opinion of BOLD & DETERMINED that whiners who talk about “overtraining” do so to have an excuse for having a poor physique.

New, natural trainers can handle an extreme amount of volume. You do not want to waste your precious first two years cry-baby'ing about overtraining. You need to be in the gym lifting and killing it all the time. Take advantage of the natural growth hormone your body will produce when you start weight training.

**How to Start Weight Training**

Anyone wanting to start getting in the gym and turning into a man will at minimum need to be able to perform simple bodyweight exercises like push-ups, sit-ups, body squats and pull-ups.

If a trainer cannot perform 5-10 push-ups, at least one or two pull-ups, 10 body squats and 10 sit-ups he has no business touching weights. Work on these bodyweight exercises first and then get into the gym and lift some iron.

**The Basics**

The basics are how you build a muscular body. The basics are how you build your muscular foundation. The basics build strength. The basics must be done at first.

A natural trainer needs to focus on multi-joint compound barbell exercises.
The basic exercises are:

|---------------|---------------|-------------|----------------|-----------------------|----------|-----------|-----------|--------------|----------|------|

The first month or two in the gym should be used to learn and perfect proper technique of the basic exercises. Basics build strength of the muscle, the tendons, the ligaments and strength of the mind.

What About Cardio Training?

A skinny, natural should not do cardio. For a skinny person trying to get big cardio is a waste of time.

Routines

There are a lot of beginner routines floating around in magazines and on the internet. Routines are a good way for a new trainer to get started, but soon enough you will want to develop your own routine and train on instinct.

A beginner can start with three days per week in the gym.

Beginners should follow a routine like this

<table>
<thead>
<tr>
<th>Beginners Training Routine</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
</tr>
<tr>
<td>Squats → 5 sets adding weight each set.</td>
</tr>
<tr>
<td>Bench Press → 5 sets adding weight each set.</td>
</tr>
<tr>
<td>Overhead Press → 5 sets adding weight each set.</td>
</tr>
<tr>
<td>Pull-Ups → 3 sets of as many as you can do.</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
</tr>
<tr>
<td>Squats → 5 sets adding weight each set.</td>
</tr>
<tr>
<td>Bench Press → 5 sets adding weight each set.</td>
</tr>
<tr>
<td>Overhead Press → 5 sets adding weight each set.</td>
</tr>
<tr>
<td>Pull-Ups → 3 sets of as many as you can do.</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
</tr>
<tr>
<td>Squats → 5 sets adding weight each set.</td>
</tr>
<tr>
<td>Deadlift → 5 sets adding weight each set.</td>
</tr>
<tr>
<td>Bench Press → 5 sets adding weight each set.</td>
</tr>
<tr>
<td>Overhead Press → 5 sets adding weight each set.</td>
</tr>
<tr>
<td>Pull-Ups → 3 sets of as many as you can do.</td>
</tr>
</tbody>
</table>

Never be ashamed of the weight that you use. Most trainers start with baby weight and add weight as they get stronger. There is no shame in working to get stronger and better!

There was a time I was in the gym, I had only been training for a few weeks. I was doing seated dumbbell overhead press with 27.5 lb dumbbells. That’s baby-weight, that’s even below baby-weight, but I was struggling. For me, it may as well have been 100 lb dumbbells. I remember some girl staring at me the whole set. Other guys could have been extremely embarrassed at the baby weight being used; a lot of guys would have left the gym and never come back. I didn’t care. I saw her staring but I continued the set like it was life or death, my face contorting with all kinds of stupid faces as I lifted baby weight. I thought to myself “Baby, you can stare all you want. I’m in here to do business and there isn’t anything that’s going to stop me”.

Never be ashamed of the weight you use. With time and practice that weight will go up and up and up, but we all have to start somewhere. When you feel comfortable with these exercises you can add gym time as you see fit and do extra work where you see fit.
When a trainer has spent enough time in the gym to learn the exercises, put on weight, and lift heavier weight he is ready to get in the gym more often and start lifting for real. The Old School 70's Bodybuilding Routine can be followed for maximum size and gains.

**Remember!**

I. There is no one size fits all routine.

II. You will have to experiment and see what works for you. There is one rule though: you must do the basics, you must do them first, and you must do them hard.

III. Starting trainers can work each muscle group 3 times per week for maximum benefits.

IV. The weights you use should be jumping up each week. Always try to go harder and heavier with each workout.

V. A new weight trainer will have an increase in human growth hormone and testosterone. Natural trainers can handle a lot more volume than the un-fit and whining complainers will have you believe.

VI. It takes an obsession with eating and training to get big. Eat all the time, train all the time.

VII. You've only got one life to live. You've only got a set amount of time to put on the most weight. The naysayers, the cry-babies, will give you baloney advice about “overtraining” and that's why they look like poop – they believe a natural trainer will break in half if he works out too hard or too much.

*The guy I told you about above, the panty wetter, lifts weights 7 days per week 364 days per year. He takes one rest day per year. He eats small meals every 3 or 4 hours. He lifts heavy and hard for 45 minutes a day and works abdominals every day. He’s dedicated, he'll never miss a session, but he doesn't overthink it. It's just something he does every single day without question and without fail. When you listen to things you “can’t” do they become reality. When you don't listen to the “cannot’s” then a world of possibilities opens up.*

In an earlier series we talked about the secret to being Big and completely Ripped at the same time. When it comes to natural training there truly is no secret. Put in the time and effort and you get the benefits.

**EAT, EAT and EAT and LIFT, LIFT and LIFT!**

See also Body of a Spartan for a step by step natural method to building a panty wetting physique without using drugs.
Going to get a haircut is an inefficient time-waster.

- You have to drive to the salon.
- You have to sign in to reception.
- You have to wait for a stylist.
- You have to explain what you want (and they never truly understand).
- You have to get your hair washed (the only enjoyable part).
- You have to put up with small talk about whatever nonsense is happening in pop-culture.
- You have to put up with them not doing it right the first time: “No, it needs to be shorter so I don’t have to come back for a while”.
- You have to look at it in two mirrors, then style it, then finally give it the ‘A-OK’.
- You have to pay and then you have to pay extra (a tip) for them doing their jobs.
- You have to drive back home with an itchy neck and an itchy back.
- You have to take a shower and change clothes.

All in all you've wasted at minimum an hour.

Now let's look at the Spartan way to cut your own hair:

- Buy some clippers for the price of one haircut.
- Cut your hair in the bathroom.
- Sweep up the mess.
- Take a shower.
- Go kick some ass.

How to Cut Your Own Hair

I. Step 1 – Buy Some Hair Clippers Here.

All hair clipper sets will come with different length hair guards that can cut your hair at any length you so desire. Most of them come with facial hair trimmer attachments as well, so you can rest assured knowing you can trim your beard and your hair with one apparatus.

I picked up my clippers at Walmart several years ago for about $25 and have been using them ever since. Of course, I have lost most of the guards so I only cut my hair in two lengths: short and really short.

II. Step 2 – Dive right in and cut your hair. One of three things will happen...

a. You will like the haircut → if you like the D.I.Y. haircut you can skip the stylist forever.

b. You will do a poor job, panic, and drive to a stylist to fix it → better luck next time. Try again until you get it right.

c. You will have to shave it all off → if you decide to shave it off you don't have to worry about doing anything to your hair for months. Keeping a shaved head saves time on styling and saves money on shampoo and hair gel. With a shaved head you're ready to walk out the door at any time of the day or night without doing anything to your hair. Win, win.
III.  **Step 3 – Clean up the mess, sweep the floor, take a shower.**

I usually put a stopper in the sink and cut my hair into the sink, when I'm done I can just scoop the hair out of the sink and throw it away.

**Some Home Haircut Tips To Remember**

- Cut against the grain.
- Keep pressure on the clippers, if you hold them delicately they will not cut your hair even.
- If you don't want to do it yourself you can have your girlfriend, your mom, your sister, your best buddy, your wife, or your brother cut it for you.
- It's just hair; it will grow back in no time. If you make a mistake you won't even notice it in a week's time.
- Dry hair is easier to cut with clippers; wet hair is easier to cut with scissors.

Cutting your own hair is just common sense. Pick the length you think you want and test a section first. If it looks good, go over the whole area. If you want the top longer than the sides then just use a different guard for the top. Use the naked guard to trim the hairs on the back of your neck. A second mirror will come in handy but I almost never use one (can't be bothered to go and buy one) and it always turns out fine. Hair stylists go to haircut school but I have taught girlfriends how to cut my hair in less than 5 minutes. It is just about the easiest thing in the world and my home haircuts turn out better than paid haircuts 100% of the time.

**Recap**

- Home haircuts save money.
- Home haircuts save time.
- Paid haircuts cost money.
- Paid haircuts are a waste of time.
- Cutting your own hair makes you look cool 112% of the time.
- Self-sufficiency, DIY, no BS.
- Save that money, save that time.

*Simplifying your life makes things so much easier.*
**For the longest time I didn't train to my own music.**

My iPod (given to me by a friend years before) was stolen from my car when some “youth” hoodlums busted the window and I never bothered to buy a new one. I didn't like the idea of shuffling through the music to find the perfect song, messing with the volume and other settings instead of focusing on my workout.

**I was wrong.**

I purchased an MP3 player a couple months ago and I noticed an absolutely huge change in the quality of my training. Far more aggressive, lifting heavier and taking shorter rests. To get pumped up I walk around the gym with my mood enhancing tunes until I’m ready to attack the weights and then it’s on!

**Music is a necessity in the gym.**

The **right music** takes you to a new level.

The **right music** will turn your workout from ‘ok' or ‘good' to ‘monster'.

**Music** makes a huge difference.

**Music** makes ALL the difference.

**Music** that moves you and makes you want to move puts you in a more aggressive state of mind and helps you hit the weights harder.

**Music** fires you up more than anything.

It wouldn't matter so much if one were able to work out in silence or to the simple clanking of weights, but that is impossible in almost any gym. All gyms play music for teenage girls, the most inappropriate workout music known to man. Even trying to ignore that baloney it still affects your workout in a negative way. Working out to your own music is the only solution unless you like working out to teeny pop.

Heavy music that pumps you up, Ballads that remind you of pretty little Mary Sue in the 7th grade and flood you with emotion, Hip Hop that has an animal beat, music that transports you into another world, music that FIRES YOU UP – it all helps to push us further in the gym.

The **right music** can transport you into beast mode in the gym. Music is a way to manufacture a feeling. To feel energized listen to energetic music. To feel happy listen to happy music. To feel sad listen to sad music. To get into the mindset of a gym warrior, listen to a warrior’s music.

**Gym time is no time to be a music snob.** Pick the music that pumps you up, not the music that makes you cooler and smarter than everyone else.
The Official BOLD & DETERMINED Gym Playlist

<table>
<thead>
<tr>
<th>Hard and Heavy – Metal is the Gym Music. The songs below were just made to pump iron to.</th>
<th></th>
</tr>
</thead>
</table>
| Pantera | Mouth for War  
A New Level  
I'm Broken |
| Hatebreed | I Will Be Heard  
Facing What Consumes You |
| Slayer | Here Comes the Pain |
|   | Rock’n’Roll – these Rock songs are full of fire and energy. |
| AC/DC | If You Want Blood (You’ve Got It) |
| Godsmack | I Stand Alone |
| Coheed and Cambria | Welcome Home |
|   | Hip-Hop – Bold and Determined hates Rap but these songs are full of fire. |
| Necro ft. Jamey Jasta | Push it to the Limit  
Push it to the Limit Version 2  
One of the top 5 best lifting songs of all time. |
| Tech N9ne | The Beast  
Riotmaker |
| Achozen | Deuces |
| Ill Bill ft. Immortal Technique and Max Cavalera | War is My Destiny |
|   | Ballads and Soft Music – these Songs are great for Light-Weight days or Cardio Days. These aren’t pump-up songs, these are songs for steady-state work. |
| Dwight Yokam | A Thousand Miles From Nowhere |
| Sun Kil Moon | Duk Koo Kim |
| Guns’N’Roses | Don’t Cry |
|   | Fun – these Songs make you want to get up and kill and do it with a smile. |
| Survivor | Eye of the Tiger (Rocky Theme Song) |
| Hulk Hogan | I Am a Real American |
| Nine Inch Nails | Closer (Seven Remix) |
|   | Check out one of these songs before gym time and get FIRED UP! |
16.12.2011 – How to Take Advantage of Bad Situations

It’s called taking advantage and it’s what winners do.

Other 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.
God hates a coward and so do I.

I just read about a man who watched his wife get raped by a policeman. The man hid in a closet for two hours so the policeman wouldn't know he was there. One hour after the policeman left the man called the hospital for help. The man wasn't a criminal, he was just a coward whom the policeman enjoyed picking on.

If my wife was raped by someone right in front of me I'd put him down like a dog. Two in the back of the head, pop, pop. Be the man a policeman, a priest, or a common criminal. If there were no guns, as was the case with this story (it happened in China) then I would use anything I could get my hands on and if no weapons were to be found I would use my bare hands.

I read stories all the time about brave men who killed the rapist of their wife or daughter, men who took justice into their own hands and I salute these men. I sincerely respect men who will take action into their own hands. The police aren't there to help.

No one will help you in times like that.

No judge or priest or therapist will un-rape your daughter but they will spit in your face and let the rapist go free or tell you to forgive or set up a dialogue between you and the filthy animal who raped your daughter so you can talk about your feelings.

I won't forgive and I won't forget. It's an impossibility that I could ever let that happen to someone I care about. Terror can make you strong or terror can take you over, like the coward hiding in the closet. There is almost no one on this planet that I care about, but there isn't a soul on this planet that could hurt someone I actually do care about while in my presence.

For all the brave men who took care of business and are now in prison you have my respect and you most assuredly have the undying love and respect of your family.

That's what a hero is.

A hero isn't someone who can play basketball or football really well, single moms aren't heroes, minorities who left their poor country and set up shop in the land of opportunity aren't heroes.

Men who protect their families at all costs are Heroes with a capital H.

Make no mistake, friend, there are animals out there who love to prey on the weaklings. If you needed a reason to get in the gym and build some strength or learn MMA then I could hardly think of a better one.

Every peaceful, law abiding, family loving man has violence locked up in his heart. There may be a time when you have to let it out. If that time should come, you most certainly should be prepared and know how to use your violence. The filthy animals won't hesitate to use it against you and yours.

Being an Ass-kicker means you have to cut out all nonsense, which 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 Nancy's.

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 Nancy’s 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: they’re gay or 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.

MORE ON FRIENDSHIP FROM A GOOD FRIEND OF MINE: How to Turn Good Friends into Great Friends | Building Your Crew | How to Find Legit Friends: The Ten Year Test | Biblical Wisdom: My Approach to Friendship
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:

a. Most breakups are initiated by the female.
b. A male would not be reading about how to get over a breakup if he 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” hell-bent 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 does 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.

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 it fuel your fire.

Bonus

If you want women to become obsessed with you read this article, but heed this warning: when a woman is obsessed with you, you will lose your desire for her. For you to be truly attracted and want her she must make you chase her a little. She cannot be too available at first because the chase is an important part of “falling in love”.
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 your 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.

Time is precious.

Don't waste it arguing.

Especially with people who aren't worth a second of your time.

You're a racist! Uh huh.

You're a sexist pig! Uh huh.

You're a homophobe! Uh huh.

You're wrong! Uh huh.

You're an elitist! Uh huh.

You're selfish! Uh huh.

You're obsessed! Uh huh.

You're a smart-ass! Uh huh.

You're stupid! Uh huh.

You're insane! Uh huh.

You think you're better than everyone! Uh huh.

You're so demanding! Uh huh.

You're just mad because blah, blah, blah, blah, blah, blah and BLAH!

Huh? Did you say something?
22.12.2011 – 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 cannot 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 don’t know. Have a better job I guess. Maybe have my own entrepreneurial gig.

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.

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.
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’ve got to 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 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.
I'm going to tell you how to make money online. I'm not going to tell you how to have an entrepreneurial journey, or grow as a person and spiritual being – I'm going to tell you how to free yourself from the shackles of trading your time for money.

When you have an internet-money-making-system in place you make money whether you work or not. You go to sleep and wake up to see how much money you made the day before.

**How much money can you make online?**

You can make a lot or a little. It depends on how hard you work, how much you learn about your industry, how much you are willing to try and experiment, and maybe just a little luck. Some people make a few bucks a month, others make 40k per month or more.

If you can make $10 you can make $100. If you can make $100 you can make $1,000. If you can make $1,000 you can make anything you put your mind to.

**The open secret to making money online**

There are lots of little secrets and tips and tricks and hacks to making money online, but the only way to make money on the internet is by selling something. You've got to sell, sell and sell some more.

**You can have the greatest product in the world but if you don't sell it then you don't make money.**

**You can have the worst product in the world and sell, sell, sell and make a whole bunch of money.**

**Here's How You Do It**

1. **Create your own product and sell it**

You can create an E-book, a piece of software, or sell another product that you have created, commissioned or purchased. You can create this product yourself or you can outsource the work to a freelancer.

2. **Sell someone else's product**

Selling a product that someone else created for a percent of the profit is called affiliate marketing.

3. **Sell advertisement(s) on your website**

You can sell advertising on your website directly to a company(s) or you can use Google AdSense to sell advertising.

4. **Sell a service (consulting)**

Most bloggers who make money off their website also sell their consulting services. They consult about SEO techniques and tactics, or they can act as life coaches.
The REAL secret to making money online

The real secret to making money online, the real moneymaker, is selling “How to make money on the internet” programs. That is where the real money is. This is the secret of countless bloggers, location independent entrepreneurs, Tim Ferris wannabe's, Affiliate Marketers and click-bankers who will have you believe otherwise.

Countless bloggers have followed this approach. They faked it 'til they made it by selling “How to make money online” programs. If you can make people believe you will show them the way to make money online they will give their money to you to get your information.

Money vs. Art

You can create art or you can make money, and never the tween shall meet. If you want to make money online you can forget about creating art and focus on salesmanship. Sales is the name of the game.

ABC – Always. Be. Closing.

BOLD & DETERMINED is art, not business. I really, truly hate writing technical “How to” articles so I will keep this as brief as possible. I'm going to give you the facts and the resources and from then on it's up to you to make something happen.

There are two types of people this guide is for

I. People who want to leave their 9-5 jive forever and need a way to do it.
II. People who want to supplement their 9-5 and make some extra cash money.

Why should you make money online?

So you can be FREE. Freedom and time are the most important things in the world. Being shackled to an office chair is a soul-stealing, heart-crushing affair that I wouldn't wish on my worst enemy (O.K, maybe I would) but I wouldn't wish it on my friends.

Be smart and leave the 9-5 jive forever.

I saw this Panda in Hong Kong. He was just facing the wall in this concrete room instead of hanging out in the fake grass. We could only see him through the TV monitor. I saw this look a million times when I used to work in an office. Why should you start making money online? Freedom. You don't want to end up like Prison panda. You can be free IF you work to get there.

There are two kinds of money to be made online

Passive money and Active money.

Passive money is when you make money selling a product. Passive money comes to you without you doing any additional work. You set up the product, automate your page, and sell your product which is charged and delivered automatically.

Active money is when you make money selling your service(s). Active money requires you do additional work (i.e. consulting).
Ways to make passive money online

a. Affiliate Marketing

Affiliate marketing is when a person advertises a product for another person in return for a percent of the profit. Anytime you read a blog that talks about a product they love so very much and they conveniently provide a link for you to check out the product you are looking at affiliate marketing in action. To become an affiliate marketer you will post a review of a product on your website, get your customers to purchase the product and you will get a piece of the profits. This can add up to some very good income. You can make up to 75% of the purchase price of the product doing this. Let other people create the product and you send traffic to buy that product and collect your money.

The most ethical way to become an Affiliate Marketer is to actually use and enjoy the products that you promote.

b. Advertising with Google AdSense

Google AdSense is the most popular, and easiest method, to put paid advertising on your website. Will it make you a bunch of money? Maybe yes or maybe no. It takes experimentation to find what works best.

c. Selling Private Advertising

When you have a decent amount of traffic to your website or blog you will get requests to place advertising on your website. You can also create an “Advertise?” link on your website to allow advertisers to contact you about placing their advertising on your website.

d. Selling a product

The biggest moneymaker is creating your own high quality product and selling it to your audience. You can even create an affiliate deal for your product – allow others to generate traffic for you and give them a percentage of the sale. This can all be automated by using companies like Clickbank.com.

Ways to make active money online

Sell your service...

- Are you an expert in a certain area?
- Are you good at SEO work?
- Are you good at programming?
- Can you be a life coach?
- Are you a good graphic designer?
- Are you good at using PhotoShop?
- Can you teach someone a 2nd language?
- Can you be a personal fitness trainer?
- Can you write quality articles for other people?
- Can you fake any of that?

People will pay you for your service if you have a quality website that makes them feel like you are a qualified expert. I have news for you, most bloggers who blog about “How to make money online” don’t know anything and are trying to make money themselves. Most bloggers start a blog to make money and become famous. They fake the hell out of their knowledge.
The 6 steps to making money online by blogging

1. **Start a quality website or blog.**
2. **Provide something valuable.**
3. **Get traffic.**
4. **Capture the emails of your audience.**
5. **Sell your audience something worthwhile.**
6. **Repeat.**

**Become Free.**

The biggest money spending audience on the internet

Do you want to know who the biggest money spending audience on the internet is?

It is you and people just like you.

People who are looking for a way to leave their soul-stealing job and live life on their own terms.

People who are tired of feeling like Prison Panda.

That’s why “How to make money online” programs and websites are popular and profitable. One of the easiest ways to make money on the internet right now, this very second, is to create and/or sell a “How to Make Money Online” website or E-book because that’s what people just like you want to know. The secret is that you make money online by selling other people how to make money online.

**What kind of website should I start?**

First rule: Do not think in terms of a website, think in terms of websites. To make money online you must have many sites producing income for you.

1. **Blogs**

Blogs are the easiest websites to start and monetize. On a blog you can use Adsense ads, you can sell private ads, you can post affiliate links, you can create and sell your own e-book or other product, you can review products for a fee, and you can sell your consulting services. There are many, many ways to make money from a blog.

Blogs are the easiest way to start in the online world. If you cannot think of a topic to blog about you can download 30 Days of Discipline and blog about your progress. That’s a perfect way to get started and used to blogging.

Running a blog with WordPress is very, very easy.
2. **Niche Sites**

A niche site is a small site dedicated to a small market. For example: a website about how to kill ants. Pepper in some articles, pepper in some advertisements, pay attention to the SEO and the competition and watch a steady trickle of money come into your pocket. Niche sites are the bread and butter of internet marketers making a living from their websites. 10, 20, or 30 niche sites bringing in $100-$200 a month can bring you some real money. Niche sites can certainly make more than that per month – but they do take work.

You can build niche sites the same way you build your blog, using WordPress.

3. **Single Landing Page for a product you have created**

A landing page is a simple one or two page site that shows you a product, its benefit and then it's price. A good example of this is [Eat Stop Eat – Intermittent Fasting for Fat Loss](#). A very simple but highly effective sales page for a quality product. FYI – That's an affiliate link. If you click on that link and purchase Eat Stop Eat then I make a commission off of that. Can you now see some of the ways you can make money?

4. **E-Commerce Sites**

A lot harder to start for a complete newbie but can certainly be very profitable.

5. **How do you create a “How to make money online” website?**

Be patient, friend. That's coming soon.

---

**Glossary – What is...?**

a. **Domain Registration**

A domain is the name of the website. For example: The domain name of this website is boldanddetermined.com. A domain can be .com, .net, .org, .us, .info etc. Domain registration is the act of purchasing a domain name. Domain names are quite cheap if they are not already taken by another person or company. A .com domain name will run in the neighborhood of $10 for a year.

When you purchase a domain name it is a good idea to also purchase a [private registration](#). If you don’t purchase a private registration anyone on the internet can see who owns your site and they can possibly get more information about you. It’s a good idea to protect yourself as much as you possibly can.

There are free websites available but they do not look professional and I highly advise against them. Free websites and blogs can be built at blogger.com or wordpress.com but they will always have blogger, blogspot, or WordPress in the title. For example, if I had started BOLD & DETERMINED on a free platform the domain name would be boldanddetermined.wordpress.com and I would never, ever be able to change that until I purchased a real domain name. If your goal is to make a professional money making website you must purchase your own domain name(s).

b. **Hosting**

Hosting is where your webpage, files, and documents are stored. Your website must be hosted somewhere or it cannot be viewed by anyone. It sounds complicated to a very beginner but it isn't. Once you set up your hosting provider you can forget all about it.
c. **SEO**

SEO stands for Search Engine Optimization. When someone searches in Google for a particular word or phrase and you want them to come to your site you must optimize and manipulate your wording so that you have a higher place in the Google lineup.

d. **WordPress**

WordPress is the easiest, best and, frankly, only way to run a website. Best of all it is completely free. Every money making blog and small website uses WordPress as their platform. WordPress takes less than 5 minutes to install and is extremely easy to learn and use.

There are two types of WordPress. WordPress.org and wordpress.com. WordPress.com is a site that will let you create a free blog and provide free hosting but your domain name will always end with wordpress.com. I do not recommend you use wordpress.com. WordPress.org is what the big boys use.

e. **WordPress Themes**

A WordPress theme is the look of the website. With WordPress themes you can change the look of your website in a matter of minutes. You can design your own theme, you can use a free theme, or you can purchase a professional looking Premium WordPress theme. Since your goal is making money and not making art then a Premium Theme is the only way to go. Your site has to look good if you’re going to make some money.

f. **WordPress Plugins**

WordPress plugins are additional tools to add to your WordPress website to optimize performance. WordPress plugins are extremely easy to download, activate and use. Some examples of WordPress plugins: When you see a “Facebook Like” button or a “ReTweet” button on a website or blog you are seeing WordPress plugins in use. There are many, many behind the scenes plugins that the casual viewer will not even notice or be aware of but they help make your website run smoothly.

g. **E-mail list/Subscriber list/Opt-in list**

This is your list of website viewers who have given you their e-mail address to be kept posted of any new posts to your website and receive any e-mail communications from you. For example: You can send out a weekly or monthly newsletter, send out any special or urgent news, or send out special offers for your products or your affiliate products.

Setting up an email list is a MUST DO from the very beginning of your website.

h. **Monetize**

To monetize your website is to turn it from a non-income producing website to an income producing website i.e. to bring in money.
How do I start my first website(s)?

Follow the links in the resources below.

**Resources**

Remember, this guide is a primer to making money online. This is how you start. You must continually read and learn to make money, but you’ve got to start somewhere.

**Setting up your website**

**TIP:** Use BADNET to set up your website. Including hosting, domain name, 4 blogging reports and free WordPress installation if you need it.

I. **WordPress Themes**
   - **StudioPress** – My favorite themes on earth. You will need a theme for your WordPress site. Your site has to look good, it has to look professional if you want to make some cold hard cash. Studiopress has the best selection.
   - **The Thesis Theme for WordPress** – High quality, professional theme.

II. **Installing WordPress**

III. **Installing WordPress Themes**
   - To learn how to easily and painlessly install a WordPress theme go here.

IV. **Installing WordPress Plugins**
   - **WordPress Plugins** – WP Plugins are the easiest thing in the world to install. To learn how to install WP Plugins the easy, hassle-free way go here.

V. **Market Research**
   - **Google Analytics** – Google’s free website tracking and analytical tool. View all sorts of info about your visitors (i.e. how long they stay on your site, your most popular articles and pages, how visitors came to your site).

VI. **Outsourcing Work**
   - **E-lance** – Elance is where you go to get a freelancer to do some work for you (i.e. Site design, site coding, ghostwriting).
   - **oDesk** – oDesk is another website where you can find someone to do some quality work for you.
VII. Money Makers

- **Google AdSense** – Google AdSense are ads you put on your site. Anytime someone clicks on the ads you make some money. It's only small change but it adds up as your traffic grows. It can turn into some real income for you if you build a good website.
- **Clickbank** – Clickbank is where you go to find an affiliate product(s) to advertise on your website. Signing up for a clickbank account and promoting clickbank products is very easy.
- **Amazon Affiliates** – If you send someone to Amazon to purchase a product you can make a percentage of whatever was sold. Signing up for Amazon Affiliates is extremely easy.
- **Commission Junction** – Commission Junction is another affiliate website where you can get links to companies to promote their products and services for a percentage of the sales.
- **Paypal** – Paypal is one way for you to accept payment for your website, goods and services. It's very easy to set up. FYI – You can donate some of your hard earned money to me for producing this helpful and free guide for you. Paypal accepts all major credit cards, to make a donation you do not even need a Paypal account. But you will likely need to open a Paypal account to receive payments.
- **E-junkie** – E-Junkie is how you sell a product you created. You simply create your product and they will take care of the rest. You can add their shopping cart to your website and boom, everything is automated for you after that. You can also choose affiliate products from E-Junkie to promote.

VIII. Email Subscriber & Newsletter List Creation

- **Aweber** – Aweber is the best of the best for capturing emails and sending out mass emails and newsletters. I used it for about two years. I only stopped when I no longer needed to send out mass e-mails.
- **Mailchimp** – Mailchimp is a way to capture email addresses and send out mass e-mails for your newsletter. Mailchimp is free for the first 12,000 subscribers and 2,000 e-mails per month. I have been using MailChimp for 2+ years and love it. Subscribe to the free BOLD & DETERMINED newsletter.
- **Feedburner** – You can use feedburner to offer RSS subscription service, e-mail subscription service, and newsletter service. Feedburner is free. Feedburner gives you some great details about how many people are reading your posts, opening your e-mails etc.. For BOLD & DETERMINED I use feedburner for my RSS Feed and every time I post a new article it is e-mailed to people who subscribed to the e-mail updates. Subscribe to BOLD & DETERMINED by Email / Subscribe to the RSS Feed.

IX. Bookkeeping & Accounting

- **Intuit Quickbooks** – You’ve got to run your website like a business, and that means taking your bookkeeping seriously.

X. Business Creation

- **Legalzoom** – Create an LLC or other business structure right from your computer.
XI. Must Read Books


- **The 4-Hour Workweek: Escape 9-5, Live Anywhere, and Join the New Rich** by Tim Ferris – This book literally changed my life. For better or worse I can never go back to how I used to live. I’d be wealthier if I never read this book but I certainly wouldn't be happier. This book goes into quite a bit of detail about how to run a successful online business. Don’t let the title fool you, to become successful you will work a whole lot more than 4 hours per week.

- **Arnold: The Education of a Bodybuilder** by Arnold Schwarzenegger – I just plain love this book. One of the most motivational books of all time by one of the most motivational people of all time, Arnold Schwarzenegger. This book has absolutely nothing to do with making money online but it has everything to do with winning.

**Parting Tips**

1. Quit bullshitting. If you want to make money you’ve got to work for it. Wake up at 5AM and put in 3-4 hours of work every morning. Work on your lunch break. Work in the evenings before you go to bed. Think about your business 24/7. Live and breathe your business.

2. Download [30 Days of Discipline](#) to help you focus and get into the right mindset.

3. Never be scared to ask for money. Your goal is to make money; there is no reason to hide that.

4. Time is your most precious commodity, don’t waste it.

5. **QUIT FUCKING AROUND AND START RIGHT NOW. “TOMORROW” IS FOR LOSERS.** You’ve seen Fight Club right? Think of it like this: If you’re not on your way to making money online in 6 months you will be dead.

6. If your mission is to make money online then there is no better time than **right now**.

   Go to BADNET now and get started.
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 The No Bullshit Guide to Making Money Online.

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?
Wouldn’t you like to become location independent and work from anywhere in the world right from your laptop?

Most people probably would.

If I were a smart man I would sell you this information, but I’m stupid and I’m going to give it to you for free.

What is location independence, anyway?

Location independence is a cool buzzword that means you make money from the internet and you do some travelling.

So what’s the secret to becoming location independent? It must be really hard to make all that money to afford traveling all the time, huh?

Before I tell you the secret, let me go over a few things with you...

Location independence doesn't really mean you can work from anywhere in the world, any time. What location independence really means is that you can work from a 3rd world country or countries.

The vast majority of location independent bloggers do not make very much money by western standards. They are not flying back and forth from New York City to London to Paris to Sydney. Location independent entrepreneurs spend most of their time in Southeast Asia or South America.

Why do they spend their time in Southeast Asia and South America?

Because it’s very, very cheap to live and spend time in those countries, those countries are fun, and location independent entrepreneurs can’t afford to live in high priced countries.

How much does it cost to live in Southeast Asia or South America?

A whole lot less than you probably make every two weeks. You can live in and travel around Southeast Asia and South America for between $500-$1,000 USD per month. And you can live very well on that money, way better than the locals. Which is great because most location independent entrepreneurs make between $500-$1,000 USD per month.

That’s the secret.

You don’t have to make very much money to live very well in those countries.
How do location independent entrepreneurs make their money?

That's easy. They have blogs and E-books, just like this article, that they sell to you so you can learn how to become location independent just like them. For only $39.95 per month you can learn how to become location independent just like them!

Being “Location Independent” is their job. That’s how they make their money.

Do you want to become location independent?

Great! All you have to do is make the decision, and then sell yourself, your articles, your E-books, your forum; your whatever to other people who also want to become location independent.

How can I do that?

First, you start by learning the ins and outs of blogging. Check out the No Bullshit Guide to Making Money Online and use the resources to start your first blog(s). If you are new to internet work then you will need some time to learn before you jump on a plane to the Philippines.

But it can be done, and it can be done quite quickly if you put in the time and effort. Making $500-$1,000 per month is chump change and any person reading this article can do it.

The question is do you want to?

There are much better ways to make money than by becoming a location independent entrepreneur. But there are no other ways, which I know of, to go and travel the world and have it paid for.

How can you get started?

Think of it like this: People want information. What information can you provide?

Everyone is an expert in something. Everyone has a particular hobby they are knowledgeable about.

If not, then you can learn about something and write about your findings.

Turn it into a nice package and sell it.
9.1.2012 – How to Be Attractive to Women

1. **Be Tall.**

Women want to look up to a man, literally and figuratively.

2. **Be Rich.**

A rich man is equivalent to a beautiful woman. Have you ever seen a fat girl riding shotgun in a Lamborghini?

3. **Be Handsome.**

You will find some internet sites that bewilderingly proclaim “Looks don't matter.” We’ll call those guys virgins. Looks matter, make yourself look the best you can. A lean face is a handsome face. Make sure your face is lean.

4. **Be Jacked.**

I have seen the power of being jacked with my own two eyes. When I'm in shape and women touch my arms and my abs the first thing they say, with huge eyes, is “Oh my God!”

5. **Be Highly Confident.**

You’ve seen the guy in the bar with the sideways baseball cap and the blonde on his arm just eating it up. I got some sour news for some guys: women love the guys you call douchebags. Because they are confident enough to be a douchebag without caring what anyone else thinks.

6. **Do Not Supplicate to Her.**

Tease her like a little sister. If you tease your little sister and don’t take her seriously she is going to look at you with you giant eyes and a huge smile. But even your little sister will shit all over you if you act in a spineless and dickless manner around her.

7. **Be Sarcastically Funny but Not Self-Deprecating.**

Women absolutely love to be teased, but they do not love when you make fun of yourself. She wants to look up to you so don't tear yourself down, even in a joking manner.

8. **Do Not Be Needy.**

Needy people are annoying to everyone.

9. **Don’t be a Nice Guy.**

You don’t have to be mean or rude to women, you just don’t ever want to be thought of as a “Nice Guy” or a “Great Guy”. That conversation always starts and ends the same: “I think you’re a great guy… and someday you’re going to meet a woman who will make you happy.”
10. Be Pre-occupied with Your Own World.

Make her a part of your world. Whatever you are excited about she will genuinely become excited about as well. Do not become a part of her world – do not stay at home and watch chick flicks and TV shows about gay dancers or whatever that shit is that's popular right now. Do your own thing and make sure it is a priority for you. If you have nothing going on then start a website and work on that.

11. Don't be Too Available.

I am not saying play some game where you don't answer every 4th call. I am saying genuinely be too busy to take her calls or to see her sometimes. Remember, you don't need to rush to call her back 13 seconds after she called you. It can wait as long as you need.

12. Have Excellent Style.

Give her an excuse to come and talk to you: “Wow, I love your scarf/shirt/jacket etc.”


Women do not like timidity, especially in the bedroom. Be a Gentleman in public, be a caveman in private. This is also true for women: be a lady in public and a whore in private.

Here is an extra tip ➔ women absolutely love to be objectified.

But only by winners.

15. Do Not Fall for internet Pick-Up Artist (PUA) scams.

Those programs are written by societies losers for other losers. And they don't work.

16. Do not take advice from women about how to win a woman's heart.

They will lie to your face and tell you to be nice, buy her things, bring her roses and all the other baloney they know doesn't work. They will also lie to other women and say things like: “No, you aren't fat! You should eat more! Your haircut doesn't make you look like a boy, it's super cute!”

17. Give up Masturbation and Internet Porn or Cut Down Tremendously.

This will do wonders for your confidence, your energy levels, your ambition and your charisma. Read all about it here.

18. Don't Be Scared to Say Hi.

Picking up women is simply a numbers game. If you see a pretty girl on the street, and she gives you some eye contact, go ahead and say “Hi.” “Hello,” is a bit formal, “Hi,” is much better. To get over that fear of talking to women make a deal with yourself to say hi to 5 girls one day, 6 girls the next day, 7 girls the next and so on until it's a matter of habit. Next thing you know you're Casanova.
Pick 5-7 of the above traits and you will do ok with women.

The real deal truth is that you:

a. Need to concentrate on your career (money).
b. Need to concentrate on your physique and health.
c. Need to take care of yourself.
d. Need to be the master of your own domain.
e. Need to bring her into your world and not go into her world (like watching chick flicks every Friday night).
f. Need to hold yourself to a masculine standard.

   If you do not have a pussy you do not need to be in touch with your “feminine side”.

   If you worship the ground she walks on, she will not respect you.

   If you don't worship the ground she walks on, she will worship the ground you walk on.

   And everybody’s happy.
Everyone loves a humble guy. That's because no one has to compete with a humble guy. Everyone hates a big ego guy, because a big ego guy points out your own shortcomings, lack of skill, desire, heart, dedication and discipline.

All champions have big egos. Without a big ego they would have never become a champion. They would have been just like Joe Average crying about the ego of Chuck Champion.

Ego isn't a bad thing. Ego is a must. A big ego is just high self-esteem. All champions have egos. It’s the ankle-biters at the bottom who cry about: “Humility being a virtue.” You cannot be a competitor, and a winner, without ego. The desire to be a winner at all costs is what drives champions. To a champion, losing is worse than anything else. Losing is too damaging to the ego.

When champions lose their ego and become humble is when they start their decline. You know what's humbling? Losing. Losing is humiliating. Winners don't lose. Only losers lose.

Here is the real deal about humility: You show it to your superiors. You do not show it to your inferiors. Champions have no superiors.

**Humility is for the humble. They can have it.**

Show me a guy who has no ego and I'll show you a guy who's comfortable taking 7th place out of 7 contestants. I'll show you a guy who's comfortable with the taste of shit in his mouth. You cannot be competitive and not have any ego. You can be non-competitive and have no ego, but so what. That means you are a spectator. That means you're a critic.

When you want to learn something that's when you can be humble. When you're already King Shit you can act like it. If humility were truly a virtue we would turn on our TV's and worship humble and dirty street beggars, on their knees begging and crying for pennies, instead of worshiping big ego sports stars, actors and TV personalities.

Don't confuse braggadocio with ego. Ego is the all-consuming desire to win, to not lose, and pushing yourself past the limit to do it. Bragging is arrogance and empty boasting. Ego is pride.

You've got to have ultra-confidence in yourself in your specific field. You can be humble all day about the shit you don't know anything about, but when it comes to your area of expertise you should be Top Dog, King Shit, Cock of the Walk, A-#1, Big Man on Campus. You can feed the ankle-biters some scraps every now and again, after you've eaten your fill.

**Be proud of your accomplishments.**

**Whatever they may be.**

**If someone complains about your ego just ignore them.**

Don't let them drag you on down to loser-town.

**They say: You’re so full of yourself!**

**You say: Thank you for the compliment.**
13.1.2012 – How to Wake Up Early Everyday

Waking up early is probably the best thing you can ever do if you’re trying to become wealthy or free from the shackles of the corporate world.

To get started making some real money you’ve got to put in the time anywhere you can get it. For most that is early morning when you have no other distractions and have a fresh, clear mind.

4 hours of work per day is more than plenty to get started. Imagine waking up at 5AM and having all of your work done by 9AM. You have the entire rest of the day to enjoy as you wish.

The best way to wake up early is to have a reason to wake up early. I started waking up early because I wanted to.

I had been wanting to do it for a long time. I would wake up early one day and then wake up later the next day and the day after until I was back to waking up at my normal time. So I made it my goal to catch the sunrise every single morning and before you know it I was up every single day watching the sun rise. If I had no goal I would have just stayed in bed.

But sunrise still wasn’t early enough for my liking so I found a gym partner who wasn’t a bullshitter and wanted to get in at 5:30 every morning. I started waking up at 5AM because I met my gym partner at the gym every morning at 5:30AM. Even if I wanted to stay in bed there is no way I’m not going to meet someone at the gym at the time I said I would.

Since then, waking up early is just habit and routine. Heck, if I wake up at 7:30am I feel like I wasted a whole day.

The morning is when you have no disturbance, you are completely free to create and work as you wish. The whole world is sound asleep in their beds and you're wide awake ready to kill it.

Eventually they'll all say to you: “Oh, I wish I could do what you do. I just don’t have the time.” And you won't do anything but silently laugh at them.

Early Birds VS. Night Owls

An Early Bird is one who wakes up early and thrives in the morning. A Night Owl is someone who is most productive in the evening or night. I'm an early bird. I don't do any work at night. None. I eat dinner and then climb into bed around 8 or 9PM every single night.

But I wasn't always an early bird. I was an extreme night owl for most of my life. Literally going to bed sometimes at 7 or 8am. I became an early bird simply by desiring it.

How to Become an Early Bird

Becoming an early bird is as easy as making the conscious decision to become an early bird. Say the following words to yourself: “I'm an early bird. I like waking up early. That's when I get the most work done.” It doesn't matter if it's true now. The more you say it the more it will become reality.

When I first started lifting weights I hated it. I dragged myself to the gym. At a certain point I just started lying to myself and saying: “I love working out. I can't wait to go work out,” and that's exactly what happened in a very short period of time.
How to Wake Up Early Everyday

I. **Make the decision to become an early riser**

II. **Have a reason to wake up early (i.e. have something to work on or have a gym partner waiting for you at the gym every morning).**

III. **Be in bed at the same time each night.**

Make the decision and force yourself up at 5AM the first day. That night you will likely be tired earlier than normal. That’s good. You will need to start going to bed earlier, and preferably at the same time, each night.

To be able to be up at 5AM every day and be refreshed you must go to bed earlier than normal. Sleeping from midnight to 5AM will not leave most people feeling refreshed. But sleeping from 9PM to 5AM will leave most people refreshed and ready to start the day at 5AM.

It’s a good idea to be in bed by 9PM every night. I’m in my bed under the covers by 9pm every night without fail. I’m often in bed by 8PM. The amount of sleep needed varies by person, but you should know how much sleep you need to function at your best.

**What Are Your Priorities?**

*Is it your priority to go out every night to get blackout drunk?*

*Is your priority going out every night to pick up hot babes?*

*Is your priority to sit at home on the computer and chat on Facebook all night?*

If it is your priority to make something of yourself then you will make it happen by waking up early.

You can read a hundred internet articles about how to wake up early but if it isn't your priority, your real priority, you're just wasting your time. If it isn't your priority to wake up early and get to killing then you’re just bullshitting and pretending.

**The 5 second version of “How to Wake Up Early Everyday”**

Have a purpose and a reason to wake up early every day.
There's a nasty little disease going around called being **Broke as a Joke**. It affects millions of men every year. One unfortunate side effect of this disease is that it causes men to whine like little babies instead of taking action. We will correct that and it will be quite harsh.

**Broke as a jokester need a real kick in the ass, they don't need any coddling.**

**You've got three options to choose from:**

- **a.** Spend all your free time Learning.
- **b.** Spend all your free time Making Shit Happen.
- **c.** Spending all your time being broke as a joke.

**Start Learning**

To learn your industry you should read every book you can get your hands on, every blog you can find, every forum on the subject, every success story you can find, and talk with as many experts as you can.

You should be reading and learning about your industry night and day. First thing in the morning and last thing before bed. If you have a regular job you should be learning about your industry when your boss isn't looking.

**Start Making Shit Happen**

To make shit happen all you've got to do is **start** and not give up. You don't need to learn your industry for longer than two months before you dive in head first. Some broke as a jokesters will say things like: “I've been learning for two years so it's time I get the ball rolling,” or “I've been learning for two years and I just can't seem to make anything happen.”

If you want to get in shape you can’t read a bunch of goddamn books on physical fitness and expect to get into shape, you have got to get your flabby butt in the gym and work. Same with business. You have got to learn all you can, cram it into a month or two, and then get that motherfucking ball rolling.

**Take the first step, and then take more steps every single solitary day.**

**Start Spending Money to Make Money**

If you have ever said this statement: “I'm not going to spend any money to learn this. It should be free. I refuse to spend any money to learn my industry,” then you should slap yourself in the face because that's the mentality of a loser.

If you aren't willing to spend a dime in your industry you will never, ever make a dime in your industry. Forget the loser mentality of never spending any money and hoping to somehow make money.

You will have to spend money so just accept it. At first you may want to just buy books and other information but as time goes on you will need to spend more and more money.
Chronic Broke as a Jokesters will always say the same two things: “I have not made much money,” and: “I don’t have any money to purchase any information or services which will help me.”

On the opposite end of this spectrum are the people who will spend countless thousands of dollars in their desired industry and never take action. These people are the information junkies, the seminar junkies who will wait in anticipation for a new product they can buy instead of taking any action.

They’ll do this for years and years, just buy products and wonder when it’s going to be “their time” to get started. There are people who wish to be in the Real Estate industry who go to 18 paid seminars over a 3 year period and haven’t ever bought a house.

**Tips**

I. **Cut down on your expenses so you can spend on what is important.** What is important? Buying information or services which will help your business.

II. **Get off of Facebook, Twitter and all the other social media sites, get off the porn sites, cut out the TV watching.** You’re just wasting your time when you could be doing something much more valuable. Your time should be spent either eating, shitting, lifting, learning or doing.

III. **Stop waking up so damn late.** Some of you broke as a jokesters wake up at 11AM and then wonder to yourself when you’re “going to catch a break.” You aren’t going to catch shit, you have got to make it happen.

START no longer than two months after making the decision about your industry. Spend one to two months learning only and then make the first step. You are going to learn infinitely more by doing than you will by reading.

You will need the knowledge base that reading gives you but you must get your boots on the ground and actually do. You can read all the books you want about how to milk a Cow but unless you’ve ever had your hands on a Cows teat you don’t know shit about milking cows.

Download **30 Days of Discipline** and develop some winning habits.

If you’re broke as a joke don’t leave a comment.

Get to work.

Come back when you have made a few bucks and then you can comment.
In airports all over the world you will see men and women dressed like imbeciles, they wear a giant backpack on their back (it’s absolutely huge and filled to the brim) and then on their front they wear another regular sized backpack like they’re carrying a baby.

Today I’m going to show you how to pack with less clutter and less junk so you can travel light, not be bogged down with 50lbs of luggage, leave room for souvenirs and – most importantly – have an adventure of a lifetime.

To accomplish this you’ve got to eliminate all the extra baggage, you only need to have carry-on luggage (luggage that is not checked with an airline, is taken onto the plane with you), and you’ve got to make your luggage as light as possible.

You need a backpack and possibly a smaller day bag at most. When traveling you do not want to spend all your time carrying 50lbs of luggage and/or looking after all that luggage, you want time to explore and have a good time. All that luggage gets in the way.

Below is a list of the essential travel items

1. Clothing

You’ve got to bring clothing but you don’t have to bring your entire wardrobe. A few shirts, a couple pairs of pants/shorts, a couple pieces of underwear and a couple pairs of socks will be enough in a warm climate. In a cold climate you’ve got to bring just enough to keep warm.

There are two ways to clean laundry while traveling:

   a. Every hotel or near every hotel you will be able to find a launder who will clean your clothes for you at a price.

   b. You can wash all your clothes yourself with a bar of clothes soap. Most of the world washes their clothes this way. It’s easy, it’s quick, and it’s cheap.

Jeans and shorts can be worn for several days to a week or more at a time. Shirts can be worn for two days before they start to stink. Socks are at a two day maximum. Nylon underwear can be worn for several days at a time before they start to stink (but I recommend no more than one day).

You can simply plan to wash clothes in the shower every other day and you will be fine.

2. Toiletries

Toiletries can fit into a single toiletries bag/Shaving Kit.

Toothpaste and Deodorant → bring a tiny sized toothpaste and a stick of deodorant or you can use baking soda as toothpaste and as a deodorant.

   • To brush your teeth with baking soda simply mix some baking soda with water and brush like regular
To use baking soda as deodorant simply wet some baking soda with water and apply underneath the arms (be careful not to use the same brush for your teeth and armpits). This saves room on a bar of deodorant and a bottle of toothpaste (a bottle of toothpaste will have to be thrown away at the airport anyway, unless it’s tiny sized).

Bring a toothbrush.

A small bottle of baby powder is essential to keep the feet, and your other unmentionables, dry and stink-free.

Hair care ➔ I like to shave my head before embarking on a trip lasting longer than a week. That way I don’t have to carry around any shampoo or hair gel (both will have to be thrown away at airport checkpoints). Not everyone wants a shaved head so I highly recommend getting a short haircut before embarking so as to not have to deal with extra hassle.

You will not be able to get on a plane with shaving cream and possibly not with a razor. You’ll either need to purchase one at your destination or grow a beard. A small Electric Shaver can come in very handy.

Baby wipes are a must bring item. Baby wipes take up less room than toilet paper, can be used to wash your hands and will come in handy in an emergency. You cannot be sure that any place you are traveling will provide toilet paper.

I tend to travel with a Devil-May-Care attitude but the thought of having to answer natures call in some 2nd or 3rd world toilet with no toilet paper fills me with unease. It isn’t a chance I am willing to take.

In your shaving kit you can throw in extras like ➔ tweezers, bandages, diarrhea medicine, Q-tips and any other medicine you may need.

3. Electronics

The beauty of the internet age is that everything can be taken care of via a laptop and an internet connection.

Skype ➔ can be used to make phone calls from your laptop, you can manage your bank accounts online, you can take care of other business via e-mail and company websites.

E-Book Reader ➔ an e-book reader is a must if you enjoy reading. Gone are the days of packing 5 or 10 books. An e-book reader is the size of one small book and can fit hundreds of books into one nice, little package. Excellent for plane rides, layovers or extra time in airports, and rainy days in hotels or youth hostels.

Cellular phone ➔ everyone has a cell phone. Whether or not having cell service in another country is important to you is your choice. A SIM card can be purchased in any country you travel to and will work for local calls. Some cell phones will work abroad automatically, some cell phones will not work abroad and you may have to purchase a new phone abroad to make calls. Skype can be used to make phone calls directly from your laptop computer.

MP3 player ➔ if you’re a music lover.

Camera/video camera ➔ if you love taking pictures.
4. **Money**

You only need to bring a little cash, ATM cards, debit/credit cards. Travelers cheques are obsolete and a waste of time and space. Money in the currency of the new country can be withdrawn from the nearest ATM directly from your bank account and dispersed in the needed currency, converted to the current exchange rate automatically.

5. **Bring your passport or other needed identification.**

Those are all the must bring items.

---

**To recap**

<table>
<thead>
<tr>
<th>Toiletries</th>
<th>Electronics</th>
<th>Money</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Pairs of Shirts</td>
<td>Laptop Computer</td>
<td>A small Amount of Cash.</td>
</tr>
<tr>
<td>2 Pairs of Underwear</td>
<td>E-Book Reader (gone are the days of packing 5 books)</td>
<td>ATM Card(s)</td>
</tr>
<tr>
<td>One Belt</td>
<td>MP3 Player</td>
<td>Debit/Credit Card(s)</td>
</tr>
<tr>
<td>Toothbrush</td>
<td>Cellular Phone (remember, Skype can be used to make Calls from your Laptop or you can have Skype forward the Calls to your Cell Phone)</td>
<td>Passport/ID</td>
</tr>
<tr>
<td>Clothing Soap (or just have your Clothing Washed at your Destination)</td>
<td>Camera (I use the Nikon D90, it's bulky but it's excellent)</td>
<td></td>
</tr>
<tr>
<td>Baking Soda to double as Toothpaste and Deodorant (or bring Deodorant and buy Toothpaste at Your Destination)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baby Wipes and Baby Powder</td>
<td>Other Toiletries that Fit in your Shaving Kit</td>
<td></td>
</tr>
</tbody>
</table>

---

6. **Miscellaneous Items**

**Sunglasses** → especially if it's a warm, tropical sunny climate.

**Condoms** → some souvenirs you don’t want to bring back.

**A padlock** → you never know when you will need to lock your stuff up at a hotel or at a beach somewhere.

7. **Don't Bring**

Lighters, liquids, travelers cheques or your girlfriend.
Travel Tips

a. **Always say “No,” to the first price when locals are trying to sell you something.**

They will always try and rob you at first, and the price will always go down when you say “No.” If you can’t get a price you like simply start to walk away and they will say “Stop,” and go lower on the price for fear of losing a sale.

b. **Taxis and other private drivers will always try and rip you off.**

It’s best to always get a metered taxi or agree on a price upfront. The sharks hang out at airports, bus stations, and train stations preying on gullible newcomers and foreigners, the prices for transportation at airports, bus station and train stations will always be outrageously high. Either haggle to death with these drivers or walk a little ways away from the station and find a better priced ride.

c. **Don’t get drunk in random places if you want to keep all the money in your pocket.**

Either don’t get drunk or leave everything of value at the hotel and only bring a small amount of cash. 3rd World tourism providers are masters at extracting money from drunken foreigners.

d. **Tuesdays and Thursdays are the cheapest days to book plane tickets.**

e. **Cheapoair.com is the cheapest spot I have found for tickets.**

That’s everything you need to know.

Where Should You Go?

**Well, where have you always wanted to go?**

- Float down the Mekong river on an inner tube in Laos.
- Take a [Black Sea Run](#).
- Celebrate Carnival in Brazil.
- Meet the notoriously beautiful women of Colombia.
- Start a business in the world’s freest economies Hong Kong and Singapore.
- Take a train through Russia on the Trans-Siberian railroad.
- See the pristine beauty of Albania.

Have fun. **Everything and everyone will be waiting for you when you get back.**
You have two options: you will get married or you won't get married.

If you will get married then this article is for you. We will not review whether or not you should get married but we will review how to pick the right wife.

Picking the right wife is of utmost importance.

Marriage is a life-long commitment and requires a great deal of forethought. Getting married without a plan and without any forethought is a terrible decision.

Getting married is a business decision.

Marriage is a contract between two entities. You've got to enter into it with the ruthless mind of a determined businessman for it to work. You've got to pick the right wife like a businessman picks a company to invest in. It shouldn't be left to chance (“love”) – you've got to be pro-active, know what you want and then go after it.

1. Marriage isn't about love or connecting with your soul-mate.

Those are inventions of TV and movies.

II. Marriage is an exchange of resources.

Your wife shall provide A and you will provide B. If your wife doesn't, or won't, provide her share then she should not have the privilege of marriage with you.

III. Marriage is a contract and you've got to try your hardest to make sure that contract is reinforced.

You cannot make the best decision when you’re emotionally love-sick like a 16 year old school girl. No businessman who wants to stay in business will sign a contract in an emotional state of mind and no man who wants to stay married will sign all of his power away just because he loves her. It takes rational, clear-headed planning and thinking to pick the right wife material.

There are only two reasons a man should ever get married

1. He wants to start a family.

2. His career or political ambitions demand he has a wife (he is interested in going into politics). We will not talk about this except to say that a political wife is for show and show only. For this article we will assume the reader falls into the first category.

There is absolutely no other reason to ever get married.

Love is not a reason to get married. When you get married you sign all your power over to your wife, it must be of some benefit for you to do so. That benefit is to grow old with your family.
The goals of a marriage should be

I. Minimize the chance of divorce theft and child robbery.

II. Maximize wife's happiness with her wifely and motherly duties (the complete opposite of everything you will see, read or hear). It's not about empowerment (or any other buzzword designed to kill the traditional family), she should be completely devoted to her family. True happiness for a woman comes from her family, it does not come from her career, or her “independence”, or her sexually liberated point of view.

III. Have a healthy, happy family with well educated, respectful children: non-sissified sons and girlish daughters with strong family values.

Be Honest About What You Want

Most men don't want an “independent, empowered” woman. That's code for bitchy slut with a chip on her shoulder. We all want a sweet, nice, joyful, feminine woman who treats her man like a King.

Bullshitters will suck up to the dregs and say the opposite in a futile attempt to get some action. These poor suckers get shit on the most and never understand why. Hear this gentlemen: women love men who go after what they want, who don't take a woman's BS seriously, and treat her like a woman, not like a man in drag. Women hate suck-ups as much as they hate stepping in dog poop on the street. To a woman, a male suck-up is less than human.

Divorce

There is no denying that marriage is a very, very bad deal. When you get married you immediately give your wife all the power over your money and your children. “No-fault” divorce really means “his-fault” divorce. If your wife is to decide she wants a divorce she can have all the benefits of being married and none of the drawbacks. Divorce is theft from the man. It's a redistribution of wealth from men to women. She can live off of your paycheck via alimony and child support and she can keep your children and raise them in a single-mother or step-daddy household. She has the complete and full support of Papa Government behind her.

In the eyes of the law she can do no wrong and you can do no right. And there is nothing you can do about any of that.

That's why you have to choose the right wife in the first place to eliminate much of that risk. Steps should be taken to minimize the chances of divorce. You must take extra special precaution to choosing the right wife so you can avoid the possibility of a financially devastating and family ruining divorce.

When to get married?

The best time for a man to get married is after 30 years of age. At that age he has had a long time to live life, earn money, think of what he wants in a wife, and settle down a little bit. The ages of 20-30 are the wild years but after the 30 year mark men will tend to settle down. Most men under 30 years of age aren't mature enough to make the best decision about who to spend their life with.

Now remember, 30 years old is the starting age to think of marriage. That doesn't mean you should get married at 30 or by 30. Anytime in between 30 – 45 is a good time to tie the knot. Between the ages of 30 – 45 is when a man's marriage value is at its highest.
We have spoken about the need for a good woman [here](#). In the following section we will look at how to determine good women from bad women.

**The top 12 rules for picking the right wife to maximize a happy life and minimize the chance of divorce...**

1. **She should be young.**

   **The woman should 30 years of age MAXIMUM; 25 is even better and 20 is the best age.**

   A woman’s body does not age well. You want the most amount of years with your wife having a tight, young, firm body. After 30 it goes downhill fast. At around the age of 31 a woman's beauty really declines fast.

   It's a tradeoff, she gives you her good years and you put up with her in her bad years. Never take a woman already in her bad years.

   Women do not age well. “Cougars”, older women that younger men find irresistible, are an invention of the movies. Single women over the age of 30 have wasted all their pretty years having a lot of random sex and now they want to find a sucker who will take care of them without having to give him any of her good years.

   **Don't be that sucker.**

   A young body is especially important for bearing children. Old women cannot have and don't have healthy children. At 30 years of age a woman is already 15 years past her child-bearing prime.

   **‘But I like talking to smart women. Twenty year olds are stupid!’**

   Her IQ won't grow much with age. A dumb 20 year old is a dumb 30 year old. The difference is that the 30 year old dumb woman is a lot bitterer and has a whole lot less to offer.

2. **She has to come from an intact family with original mother and father.**

   No step-mommies and step-daddies. Children from single mommy homes cannot be healthy. A mother simply cannot raise healthy children alone or with step-daddies. You want an emotionally healthy wife. Women who grew up with divorce have too much baggage, use ‘sluttery’ as a way to get attention from daddy, and will not know how to act in a proper family setting.

3. **She cannot believe in divorce or even imagine getting a divorce.**

   If she mentions the word ‘divorce’, what to do in case of divorce, praises a friend who got a divorce, or says divorce is an option then she is not a keeper. Throw her back in the water and go fishing some more.

   **To make a marriage work, both the man and wife must think of divorce as no option at all.**
4. **She must have the natural body type you prefer.**

Every woman will gain a few pounds when they settle with a man. It's unavoidable. What is unacceptable is a woman blowing up to whale proportions. If a woman was once very fat, lost the weight on crash diets and ultra-gym sessions, that weight will ALL come back plus more when she gets married.

If she has to constantly diet and go to the gym she is about to blow up like a balloon when the ring is on her finger and the vows are spoken.

You must pick the natural body type you like. That means she must have the same body type her whole life, never yo-yo'ing up or down in weight.

She should have a pretty face. When her body goes the only thing that will be left is her face and you will have to see it every single day.

5. **She must be image conscious.**

*A woman who gets pig-fat after marriage is a disgrace to herself and her family.*

She must be aware of her image and keep her body trim for you. Women will always gain a few pounds after marriage, but there is a difference between a few pounds and one hundred pounds. Take a look at all the women in her family, if they are all pig-fat it's a good idea to walk away as fast as you can. You will have to see your wife daily; you don't want to be thinking about skinning some bacon off of her back to cook breakfast.

6. **She must be family oriented and not career oriented.**

This is going to be the mother of your children and the keeper of your house. An Ass-kicker doesn’t need two incomes, he can provide, what he needs is a keeper of home and heart. Two income households leave the raising of their children to expensive day cares and schools, and then mommy goes to work so they can afford to pay for day care and babysitters.

*I don’t want children.*

*Don’t get married. The only reason to get married is to have a family.*

*But I want a career woman.*

Doesn’t matter, even if she is a career woman when you meet she will not be when she is older. No woman wants to work but it takes some of them a long time to figure that out. They waste all their youth playing/working their career and then realize what a huge mistake they made and leave their jobs to take care of their (quite possibly retarded – that’s what happens when old ladies have babies) child.

*How many 45 year old married female lawyers or other professionals do you know?*

The women who work in middle age do so because they have no choice and they whine about it every day of their life. They would give anything to leave their jobs and take care of their family instead.

No woman truly wants to work. Work is a man’s world and always will be. A woman’s work should be in the home taking care of the home and children.
7. **She must be a “good” girl.**

She cannot be a drinker or a smoker nor have any tattoos. She cannot have a party girl past, a sordid past, and she cannot have gone out more than a couple times drinking. You cannot turn a whore into a housewife. The more sexual partners she has had the more likely the marriage will end in divorce.

*Are you saying all party girls, smokers and drinkers are sluts?*

**Yes.**

The fewer sexual partners your wife has had, the better. The ideal wife should be a virgin. **Remember,** the more sexual partners she has had the more likely you are to be divorced in about 6 years and lose most of your money, possessions, and your children.

If you think she needs help or that you are helping her and she is changing then you are being foolish and you are being played. It's going to end badly for you when you get hitched to a woman like this.

Always pick a good girl. That means a virgin (or close), family oriented, pleasant, eager to help, a 'smiler', and patient.

8. **She must have no problem signing a pre-nuptial agreement.**

A Pre-nup probably won't save you much money, if any, in the case of divorce but her signing a pre-nup does one very important thing for you: it shows you she is serious about making the marriage work.

9. **She should change herself for you.**

When a woman is in love she will change herself to please and conform to you. Her new favorite food will become steak and eggs, she will enjoy watching all six Rocky movies with you, and she will do things to please you she has never done or liked before.

*I don't want a woman who flip-flops!*

A woman who doesn't flip-flop is a woman who does not respect you.

Women are not men and should not be held to the standards of men. A man who changes his views on the whims of a woman is a sissy. A woman who changes her views on the whims of a man is a woman who is in love. She should not be degraded for that because that's what 'keepers' do.

10. **She must look up to you and respect you.**

Women marry up and men marry down, since the dawn of marriage. If she looks down on you she will leave with your money and your children. You've got to be a man that she can look up to, admire, love and respect – always.
11. **She should not have any children from a previous affair.**

In the animal kingdom when a Lion takes over a pride he kills the cubs of other Lions. Raising someone else’s child is cuckoldry with your full knowledge and consent. If you raise someone else’s child you will be taking care of another man’s seedling and there will *always* be another man in the picture.

Be selfish and keep your wife and children to yourself. They should be yours and only yours. Don’t settle for another man’s leavings and sloppy seconds.

**Here is what women with children do:**

- **a.** They have unprotected sex with a stud, get knocked up, and look for a sucker to raise the bastard.

  **Or...**

- **b.** She has already been married, had children, and then divorced the father and left.

  **In each case the woman is unfit for marriage.**

12. **She should be a ‘Smiler’**.

She should smile when she sees you. Her eyes should light up. She should be excited each time she sees you and reward you with her beautiful smile.

A big, bright shining smile from a pretty girl is worth more than any university degree she has, worth more than any job she has, worth more than any other baloney modern women wrongly believe makes them attractive to men.

You want a happy woman. You don’t want a frowning, nagging, pessimistic bride. **Always pick a smiling, warm, happy-go-lucky woman to share your life with.**

**Things To Remember**

I. **American women have been indoctrinated since birth to believe in and embrace divorce.**

They have been indoctrinated and instructed to believe that their feminine instincts are wrong and bad. This causes a great deal of confusion in their minds and, to put it plainly, many of them are unfit for marriage and raising a family. Especially avoid women who use psychiatric drugs and especially avoid women who go to therapy. Therapy only makes women more insane and teaches them to blame men more for their problems.

II. **Party girls are for fun, good girls are for marriage.**

III. **If a woman cannot or will not cook daily, how will she ever care for children?**

She can’t. To raise non-fat children you must marry a woman who can and will cook.
IV. As a man your options do not dwindle as you age.

Your options only increase with your age and wealth. Conversely, as a woman ages her options plummet. That's because men age gracefully, like a fine wine, and women age like milk. That's why you must pick a beautiful young lady. It is highly advisable for a man to wait until he is a little older to get married. 30 years of age is an acceptable starting age for a man to start thinking of marriage.

V. Never, ever take advice from a woman on how to be attractive to women.

Be nice, be yourself, be courteous, buy her gifts only works to put you in the friend zone and rightfully so because it's pathetic behavior.

VI. You should avoid women who have a lazy, entitled, “me-first” attitude.

VII. Don't let your wife have complete and utter control of the home decor.

You don't want to live in emasculation-station with throw pillows and doilies and dolls and flowers everywhere.

VIII. Men are not women and women are not men.

Things that women should do, do not apply to men and vice versa. Double standards exist. That's life. You are the leader. She is the follower. Lead her.

IX. When she loves and respects you she will enjoy all things about you.

She will not demand and nag you into changing. If you smoke a big fat cigar and your clothes smell like an ashtray she will enjoy the smell. She should want to sleep in one of your shirts because it has your smell. That's the power you should have over your wife for her to be happy and content.

X. If she's a nagger before marriage then that is a sign you need to give her, her walking papers.

Nothing is going to get better with marriage, it will only amplify.

XI. Marriage should be old school traditional for it to work.

Pick a non-traditional woman and have some baloney non-traditional marriage and you can expect non-traditional results: alimony payments, child support payments and seeing your children every other weekend.

XII. Never get married just because.

Have a purpose and a reason for the things you do.

XIII. Getting married is a dangerous proposition.

Make sure you know how to swim before you dive in head-first.
Dealing With the One Who Got Away

There are over 3 billion women in the world. The median age for women the entire world over is 29 years old. There are millions of women who are possible marriage material. “She” isn't the one or your soul-mate or other baloney. There are millions just like her. And if she was your soul-mate you’d still be together. Let her go and move on. There are plenty more where she came from.

Personal Recommendation From BOLD & DETERMINED to Find a Suitable Wife

Picking a woman from your own country and culture is always the best solution. Unfortunately, there is wholesale, systematic destruction of marriage and family in many 1st world countries, especially America and England, which has narrowed the options tremendously. One may have a broader selection if he were to go abroad to another country where marriage and family are still valued. But, and this is a big but, think long and hard before you marry a woman of another race and father half-breed children.

Remember, it is best to marry a woman of your culture and race. If that option is unappealing for the reasons described above there is a whole, big, wide world for you to choose from.

Conclusion

Growing old alone and with no children to carry on your name seems a worse prospect than following this checklist and picking the best wife you can.

Civilization exists because of the nuclear family. Certainly marriage has been tainted in the last 50 years, to the detriment of all, but if you make smart decisions you can cut down your risk tremendously.

If you are going to get married, do it the smart way.

If you aren't going to get married go ahead and have a beer.

Good luck and Godspeed.
Today at the gym there was only myself and another fellow, a portly man, “working out”. Sunday is a rather easy gym day for me, I just go in and have fun.

I started my workout with deep squats. The other fellow in the gym was sitting at a chest press machine occasionally pushing some light weight, but mostly just sitting.

I am doing set after set of heavy, ass-to-grass squats, adding weight with each set. The fellow is just staring at me the whole time while he sits on his machine.

After about 10 sets of heavy squats (singles) I decide to superset sprints and squats. I warm up with a light jog the length of the gym and back. He watches me. I hit a set of squats. He watches me. I do another warm up run. He watches me.

I do my sprints – the length of the gym and back as fast as I can. Then I go for a set of squats. He moves to another machine, sits down, and keeps watching me.

I finish 5 sets of sprints and squats and he is still sitting on his machine, watching me, wondering to himself:

“Why can't I look like that guy?”

Gym Rules for Killers and Real Dealers

1. Get off your ass. Sitting down is for the lazy. Winners stand. If you want to sit down go back to your couch.

2. Excuses are for assholes. I’m naturally skinny-fat with long monkey arms and a thin bone structure. Boo-fucking-hoo. If I can build something you can build something.

3. Pick up something heavy. Put it down. Do it again.

4. Don't quit when it gets hard. That's when it starts to get good. Keep going.

5. Sweating is good for you. If you ain't sweatin' you're just bullshittin'. Especially if it's summer. In winter you can wear clothes that will help you sweat.

6. Have fun with it. You don't need to do the exact same routine and exact same exercises day after day. You just need to give each exercise your all.

7. If you can't bench or squat your bodyweight you don't have any business playing around on machines. After you develop some strength is when you will get benefit from machines, not before.

8. It's all in the mind. That's where the battle is won or lost.

9. Never listen to the bullshit about “overtraining”. Tell Jim Bob, who grew up on a farm baling hay every morning and has shoulders as wide as his wingspan and forearms like bowling pins, about overtraining and he’ll laugh in your face. “Overtraining” is an excuse to be lazy and out of shape.

10. Have a nice day.
**28.1.2012 – Why You Should Be a Builder**

You: “Victor, man, I’m not happy.”

Me: “What are you building?”

You: “Nothing.”

Me: “There’s your problem. Get to building.”

As Men we build shit. We’re builders. We’ve got to be doing something. If you aren’t doing as you were intended what do you think is going to happen to you? What's going to happen to your soul?

It’s going to blacken and rot as you blacken and rot from the inside out.

You’ve got to have goals and ambitions that you are actively working towards. If you don't spend your days actively busy, actively building something, then you ain't going to find happiness.

Idle hands are the devil's plaything. It's no wonder so many guys are so depressed and down in the dumps – they aren't building anything.

**What do you spend your days doing?**

- Working some job you hate?
- Chatting on Facebook?
- Trying to get some little slut to send you pics of her tits?
- Browsing internet forums for stuff unrelated to your industry?
- Reading blogs that do you no good?
- Playing with your dick in the dark in front of the internet?
- Smoking dope and getting high?

Well if you feel like poo-poo stop doing the things that make you feel like poo-poo. Build something. Building something doesn't just mean building a bookshelf. You can build a business.

You can build your body. But you need something to do and something to work towards and for. Your days need to be spent building something and fulfilling your natural urge as a man to build and create (and get paid for it).

If you're good with your hands then build something with your hands. I couldn't build a fucking wooden box so I build other things. Getting a contract signed is my goal. I build deals. I build to get you to sign your name on the line which is dotted. When you see the fruits of your labor it's impossible to be depressed and sad.

When I get that contract signed I drive home doing 90MPH with Motley Crue blaring “Live Wire”. I can't help it. That adrenaline is just pumping in my veins. It's Cocaine without sniffing. When you are handed money for that which you have built and created is the ultimate.

“Because I’m alive! A live wire!”

I'm fucking alive man. What about you? And man, if you ain't alive then you got to get to building something. That's how you turn from the walking dead into a walking Man.
**My personal recommendation for happiness and contentment**

1. **Spend your days building.**

If you're good with your hands you can build a blue-collar business but I don't necessarily mean building anything physical. I mean building your business. I mean actively working, pursuing, acting and doing.

- Building your foundation.
- Advertising.
- Phone calls, e-mails, and faxes.
- Paperwork.
- Business lunches.
- Seminars.
- Research and development.
- Meetings and Interviews.
- Execution of ideas.
- Get them to sign the line which is dotted.

All that little stuff adds up to a big fat check with your name on it. Sometimes it's as simple as hitting the “enter” key or picking up the phone and making the call. But it always starts with building something.

2. **Spend your nights relaxing.**

I don't mean going out and chasing pussy every night. That ain't no path to salvation or redemption. That’s a lonely life that will turn your red heart black.

I mean have yourself a nice big dinner. Get yourself a good girl for a girlfriend and let her take care of you. Have a nice cleansing shower. Relax and unwind.

Hit the gym if you don't go during the day. Get in bed and check your favorite blog (BOLD & DETERMINED). Fall sound asleep after a day of building. If you ain't tired at night that means you didn't do enough building that day. That can easily be remedied.

**“But I have no direction.”**

Yes you do my friend. That direction is forward.

Be busy during the day building, and spend your nights doing all the bullshit you want to do.

After you get your building done it doesn't matter how you spend your time.

Get your building done and enjoy your life.
February – 2012

29.2.2012 – How to Workout Your Legs Without Getting Extremely Sore

It’s that day of the week again. Leg day. You go in, you do your 3-5 sets of squats, you do your 3-5 sets of leg press, you do your 3-5 sets of leg extensions and then you do your 3-5 sets of hamstring curls. You finish up, you go home. For the next week you can barely walk. Your legs are so sore that you look like you have crapped your pants every time you walk. So you just stop doing legs. It isn’t worth the soreness that follows.

Unless you have aspirations of being a bodybuilder, you do not need to build up huge musculature of your legs. You do not need to do a “leg day”. You do not need to be sore for several days afterwards. You should work your legs, you should make them strong, but unless you are a bodybuilder (i.e. using bodybuilding drugs) you do not need to work your legs like a bodybuilder does.

Training like an Olympic lifter trains is a better option for a natural. Olympic lifters squat frequently for low repetitions, usually between 1 and 3.

So how do you train legs without becoming too sore?

Train your legs more often with lower reps.

This is a routine I grabbed from Chaos and Pain (one of the top 3 lifting blogs on the net, NSFW). I’ve been doing this for most of the year and it’s kickass.

Chaos and Pain creator Jamie Lewis

This is a squat based routine. You will not need to do any other leg exercise other than squats (unless you need to work your calves). You can do front squats, back squats, Olympic squats, or low-bar squats. The choice is yours.

You will squat at least 3 days per week. You can choose any 3 days and you may work your legs up to 7 days per week. I actually squat almost every time I am in the gym, up to 6 days per week. Because of my frequent, low rep routine my legs are almost never sore. It used to be that I would do a leg day once a week and then I would waddle around for several days afterward until the soreness went away.

To do this routine you will need to know your one rep squat maximum. That is, the heaviest weight you can squat once while maintaining proper form. Squatting for a single repetition is called a “single”. You will want to find your one rep max before you start this routine.

To find your one rep max you will warm up with a light weight. I warm up with the empty bar for 10 reps, then 135 lbs for 5 reps. After that you can add 30-50lbs per set while doing only one rep. Your goal is not to tire yourself out with endless reps, but to warm up your legs and activate your strength. You will keep adding weight and adding weight until you get up to your one rep max. Once the weight starts getting heavier you can add lighter weight, instead of adding 30 lbs you can add 20 lbs or 10 lbs, until you get to your maximum weight.
The Routine

I. **10 – 15 singles at 90% of your one rep max with 60 seconds or less rest in between sets.** When you are able to do 15 singles at 90% of your one rep max with less than a minute in between sets it is time to add 5 or 10lbs to your working weight.

II. **To find 90% of your one rep max** take your cell phone calculator and multiply your one rep max weight by .90 and you have your working weight.

III. **Before you get to the singles you will want to warm up.** To warm up for this routine you can warm up the same way you would warm up to find your one rep max.

IV. **You must pay attention to the time.** Bring a watch, check your phone or watch the clock on the wall but you must keep the rest time under or exactly at one minute.

V. **This routine is not for beginners.** Beginners need to do many repetitions to build the muscles of the legs and to develop the lungs. If you have been lifting for a little while, a couple years or so, this routine could be perfect for you.

VI. **Low reps can and do build muscles.** Take a look at Olympic lifters for confirmation. Those guys rarely go over 3 reps and have insane musculature of their legs.

VII. **Squats are not such a taxing exercise that they cannot be performed frequently.** Pat Mendes, who squats 800 lbs without a lifting belt or lifting suit, squats 7 days per week.

VIII. **It should go without saying that the squats should be performed as a full, ass to grass, squat.** Watch the video linked above to see how to perform a full Olympic squat under a heavy weight for a single.

IX. **You can do other exercises or work other body parts after hitting your squats.** The human body can and should be worked as a whole rather than as parts (unless you are training for bodybuilding purposes).

X. **You will likely be sore the first time or two doing this routine,** but when you make it a habit you rarely get sore.

XI. **This is not a complete weight lifting routine.** It is simply a leg routine to continue work and strengthen your legs. You will still need to do upper body exercises. As always, I recommend the big dog lifts: Deadlift, overhead press, bent rows, pull-ups, dips, pushups, barbell curls, close grip bench press etc..
March – 2012

7.3.2012 – Give Up Your Foolish Pride

You’re too proud.

Just give it up already. We’re all the same on the inside. You don’t have anything to be proud of.

The only thing that makes you different from other people is you were born with privilege and they weren’t. Your IQ, your work ethic, your self-discipline, your drive and your passion have nothing to do with it.

You were just born privileged and should have nothing to be proud of, like the rest of all the sad sacks you see every day.

Just because you drive a nice car that you paid for... Just because you have an above average IQ... Just because you have more than two weeks pay in the bank... Just because you dress well... Just because you don’t waste your money on dope... Just because you don’t waste your money on lottery tickets... Just because you don’t blame others for your station in life... Just because you don’t expect handouts... Just because you would never take government welfare... Just because you don’t spend time with lesser human beings... Just because everything you have you (and your family) worked for... Just because you have ideals... Just because you aren’t covered in tattoos and piercings... Just because you make plans for the future and follow through with them... Just because you have high standards for people... Just because you pay your taxes, just because you aren’t a fat slob... Just because you don’t have bastard children... Just because you don’t have unkempt hair and facial hair... Just because you aren’t a minority who deserves success more than you... Just because you hold a steady job or self-employed position... Just because you accomplish whatever you put your mind to... Just because you don’t tolerate bullshit... Just because you’re a winner...

DOES NOT MAKE YOU BETTER THAN ANYONE ELSE!

So get over yourself already and come and spend time with us normal people. Those of us that aren’t so high and mighty and don’t want to work for what we have.

Just give it up already.

Give up that foolish pride and come and live like us animals.

It is better to live without pride, like us degenerate filth who respect everybody equally. Don’t you see how wrong your pride is?
We have an advantage being born in and of the West. We don’t have an advantage because of “white privilege” or “male privilege”. We have an advantage because we are smart and capable. A smart and capable man can do anything. A smart and capable man surrounded by other smart and capable men is untouchable.

But some of us are lacking. Some of us are empty. Some of us don’t know who we are or what we stand for. Some of us believe we don’t deserve our God given strengths. That we must squander it, that we must live a life of decadence and depravity and hedonism. Some of us believe that we have undo privilege just because of our sheer ability. Not all of us have it.

The world needs the order takers every bit as much as it needs the order givers. But as a man of wits and capability you must never defer to the lessers. You must never believe that because others have a disability, a psychological disorder, an inborn stupidity, or an undeserved sense of entitlement that you, the smart and capable, must defer to the masses of the ignorant, lacking, lazy, and entitled.

You, as a man, take what is yours. You are given nothing and you accept no charity or handouts.

Some say a man must give to the lessers. That it is your job to take care of the world and all its inhabitants. This is not true. It is your job as a man to take care of the defenseless. The women, the children and the animals. You never provide for the defensive who do not share your abilities and wish to take what you have through overt or non-overt violent action.

You maximize the strengths of the powerless and minimize its weakness. You encourage women to give credence to their God given strength of empathy, tenderness and care-giving and you minimize their weakness of solipsism, greed, jealousy, and vindictiveness. You never give encouragement for the unnatural qualities or terrible qualities that the weak possess.

You do not treat dogs as men. You do not empower the animals that give us sustenance, nor do you treat them viciously. You treat them with humanity and compassion but you never forget what they are there for and you do the job you must. You remember, always, that those who slaughter animals with cruelty and torture are not of you and your world.

You remember that those who enslave, torture, maim and kill of their own are not of your world. They exist but they must be kept under a watchful eye for they are never to be trusted to be as empathetic as you or to have the same values as you. In some men empathy is as natural as walking, but in some men it is not. You can never assume that those who are not like you will ever share your values. When you assume this you pay the consequences of your actions in blood.

Always remember that you feed your family first before you feed the family next door.

The blood in your veins, the blood that you share, is the most important thing in this world. You provide for your blood. You do this first and with all the strength and pride of your character, and then you provide for the family next door. But you never, ever provide for the family next door the same as you provide for your blood and, above all else, you never provide for the family next door before you provide for your blood. The wealth that you accrue is for you and your blood.

Not all creatures on this planet deserve what you have. Let them take that deserve straight to the hell that they have created, maintained and spread. What is yours is for you and your blood. And you will have it through the power of wit and action that defines you and your people.

As builders, as winners, as men of honor... do not forget your blood.

Our leaders and fathers have forgotten their blood.

They have traded their blood for their God.

They have left you to rebuild.

As a man, building is in your nature and accomplishment is your drive.

Friends, young men, fathers and providers... it’s time to do a little building.
The ability to make money for yourself is not just a fun daydream.

It is a necessity.

Your job could be taken away in an instant.

If you do not have the ability to go out and make money for yourself you can find yourself in disastrous circumstances if you are unable to get another job.

The game has changed.

The players have changed.

It used to be that a man could work with the same company his whole life, make a good enough salary to support his family. He did not have to worry much about his job going to China, or India coming to him and taking his job, or having to work underneath incompetent affirmative action hires, or being discriminated against in favor of equal opportunity hires.

Today, you can lose your job at the drop of a hat with no guarantee of getting another any time soon, or with quality pay and benefits. The good news is that there is an entire world of possibilities available to everyone. Every single person has something they are good at.

It is your duty to yourself, as a man, to exploit your qualities and cultivate the ability to make money on your own without an HR representative deciding whether or not you are worthy of employment.

What about my degree? Doesn’t that guarantee me a good job?

Unless you studied medicine, engineering, law, computer science or something similar you probably have a useless degree. Don’t feel too bad, there are millions just like you.

Think of it as a very expensive lesson: you can rely on yourself and only on yourself.

A degree is a guarantee of nothing.

7 Reasons to Start Your Own Business

1. Your job isn't safe and in your control unless you are the HMFIC (Head Mother-fucker in charge).
2. Hard work doesn't pay off unless the results of your hard work and dedication go directly into your pocket. In the corporate world the only thing that pays off is your ability to play the game and woo the psychopaths in charge.
3. Even if you continue to work a job you will have multiple streams of income, one of the most important aspects of wealth building.
4. When you are working for yourself you are freer than working for a company. Take vacation time or sick time whenever you please with no consideration for the amount of sick days or vacation days HR has graciously given to you.
5. Working forty hours a week, 5 days a week (before over-time) in a drab office is overkill. It's too much. One could work 20 hours per week, 2-3 days per week in the office and produce the same results and enjoy a better quality of life. Working for yourself allows you to pick and choose your hours and modify as necessary.

6. Your job is no guarantee of a future. The economy has no guarantee of recovery. There is no guarantee that 3rd world immigrants are ever going to stop entering your country to work for less than you. There is no guarantee that there will be more jobs created. The only guarantee you have is the skill – set you possess and your determination.

7. Working in a corporate office is soul-killing. It's dull, drab and boring. There is no better cure for the blues than to stare at a check with your name on it and a whole bunch of zeroes.

The Four Ways to Make Money On Your Own

I. Selling Goods

Can you make something that will sell? This can include art, furniture, mechanical devices, computer programs or anything you can build.

II. Selling Services

Not everyone has the ability to make money using their mind. If you are good with your hands and have a skill-set (plumbing, carpentry, auto-mechanic) you will always have the ability to make money because people will always need work done.

III. Selling Information

This can range from becoming a consultant to selling information via books, seminars or selling information online. In what area do you possess knowledge? That knowledge can be sold.

Side note: I met a woman in the Seattle airport who was a Corporate Change Consultant. If she can make a good living doing something so ridiculous then anyone can make money by providing value or the illusion of value.

IV. Be a Middle Man

Buy from person A at $10 apiece, sell to person B for $11 apiece. This can include importing and exporting goods, buying and selling cars, houses, guns, jewelry or baseball cards. Anything there is a market for can be exploited by a smart and savvy person.

You may have noticed it's all about SALESMANSHIP. To venture out on your own you are required to sell yourself and to sell yourself well. You must have the confidence of a salesman. You must present yourself as an expert in your field. You will have to ask, or market, for business. You will have to negotiate payment and ask (or demand) payment. If you don't have the ‘cojones’ to do this then you will not make it far on your own. More than any skill, it takes gumption to go out on your own. If you can't make a phone call to a stranger and speak of your business then you can't make money on your own.

What's the rule? BE BOLD.

It takes brass balls.
How to Get Started

The way to get started is to concentrate on making your first bit of money. Putting all your extra time and energy into your side business with the intent of making it BIG. Even if you have no plans of ever leaving your job you will still have the extra income stream and the ability to make money on your own if the time should come.

If it is your goal to leave your 9-5 job forever then another step you must take is reducing your expenses. You will likely have a tough go of it at first and not have much extra money. It is imperative that you have only necessary and not frivolous expenses and bills.

Visualize your success. If you constantly think: “This isn’t going to work. I’m never going to make any money,” then you are right. You must think it is going to work beyond a shadow of any doubt.

Make it your HABIT to work on your business every single day. If you cannot develop and maintain consistent winning habits then a business venture will never, ever work for you. Grab 30 Days of Discipline and follow those steps.

You’ve got to be an actor. Even if you are just starting out in your new venture you must never come across as inept and clueless. You will learn as you go, but at first, depending on what field it is, you must fake it until you are comfortable.

You’ve got to be an economic survivalist, you have to prepare for the future.

Anything can happen at any time.

A man relies only on himself.

Preparation, Visualization, Execution.

“They’re sitting out there waiting to give you their money. Are you going to take it? Are you man enough to take it?” – Glengarry Glen Ross
Idle hands are the devil's tools.

"Nobody wants to work."

Bullshit. Everyone wants to work. Nobody wants to do unfulfilling, boring, shitty work.

It’s all about making a choice. Are you going to do unfulfilling, boring, shitty work or are you going to do work that fires you up? Work that gets you out of bed in the morning because you can’t fucking wait to do it.

Back in the days of my office jobs I’d hit the snooze button repeatedly. Over and over. I didn’t want to go in to work. I wanted to stay home for as long as possible, even a few more seconds.

I thought I had to do it. I thought I had to work somewhere just to work.

Looking back all my jobs were a complete and total waste. I was never able to save any money, they sure as hell weren’t fulfilling, they were just a big ol’ waste of time.

But I had rent to pay, car payments to pay, insurance to pay, credit card payments to pay, and all that extra bullshit that comes along with being a minion.

I had the mindset of “I’ll just do this until...”.  

Until what?

I win the fucking lottery?

Somehow I get a business going without doing any work on it?

I think a lot of people have that mindset. They think to themselves: “This is just a temporary job. I’ll just do it until my real thing comes along.” But they just wait and wish on it instead of work and build on it. Or they say: “I don’t want to risk it. I’ve got a steady paycheck here and I’ve got bills to pay.”

Well then.

They have made their decision.

I have made my decision.

It’s time for you to make your decision.

I have said a billion times you have more opportunity than any generation that ever lived. The internet is a Godsend for aspiring entrepreneurs. So even if you have to spend your days slugging through a dreary, boring job you can use your free time to work on your real work, whatever that may be.

Or you can be like me, use your time at the office to do your real work until the day your boss calls you into the office to see what your priorities are. You can lie to him and say: “Boss man, my priorities are here with this wonderful company,” or you can be like me and say: “Boss man, my priorities are elsewhere. Here is my two week’s notice.”
You can look down the barrel of a gun and face your fears. You can see what you're made of.

Or you can stay at the end of a whip. You can work to make others rich; you can work for scraps and peanuts. Some people aren't cut out to be leaders and go-getters, but those motherfuckers shouldn't be reading BOLD & DETERMINED. Those Prison Pandas should be reading Yahoo! Celebrity News and getting fatter by the second.

You must work, and you must do fulfilling work to be a happy, fulfilled man. There isn't a soul on this planet who is completely happy and fulfilled by not working. The Office Space dream of: “I'd do nothing,” is just a pipe dream. That would be a horrible life.

Look to the ‘ghetto dawgs’ living on welfare and see how happy they are. Look to the Occupy Wall Street-ers living on daddy’s dough to see how happy they are. Look to the housewife who outsources her work to nannies, daycares, and washing machines and spends her days watching television to see how happy she is.

Those people don't work for their dough and are about as happy as herpes.

Everybody needs to work to feel useful, to feel accomplished, and to be able to sleep at night.

Even if you're stuck in a shit job in a shit cubicle you can still do meaningful work. Find the time, make the time, visualize and then take action. Do a little building everyday and one day you have built a skyscraper. You will find success after you have been tested. Success will not come without temptation to quit. Give in to temptation and you deserve what you get.

Fuck your quitting.

Fuck your whining.

Fuck your complaining.

Fuck your lack of achievement.

Fuck your naysaying friendly friends and family.

Fuck your self-doubt.

Fuck your “lack of energy”.

Fuck your lack of money and resources.

And if you aren't ready to kill it then fuck you.

Go complain to your mommy.

Go complain to your girlfriend.

Go complain to your office co-workers.

They're used to it.
If you want to make some money it is best to live in a rich city.

When people strike out to make their fortunes they either move to rich cities or they move to new frontiers that are teeming with natural resources.

Nobody moves to Jerkwater, Indiana to build wealth but people move to New York City, London, Los Angeles, Singapore, Berlin, Toronto, Tokyo, Paris and Sydney to build wealth.

Why do people move to those cities to make money? Because that’s where the money is. Just to live in those cities you must make a decent amount of dough.

What’s the secret to building wealth?

Making a lot of dough and not spending it haphazardly. Earning like a King but spending like a pauper. 3rd world Asian immigrants do it all the time. They move to a rich city, they work hard owning a store or a shop, they live cheap, they all live together, they save their dough, they invest in business and real estate and by the time their kids have grown up they’re driving a Mercedes and attending Harvard.

Note – the opposite is also true. In cheap cities you can live like a King and spend like a pauper. Here is a nice little “hack” to getting the most bang for your buck: make your dough in a rich city and spend it in a poor one. Example: Bangkok.

Top 10 Richest Cities in the United States

1. New York
2. Los Angeles
3. San Francisco
4. Chicago
5. Washington D.C.
6. Houston
7. Dallas
8. Atlanta
9. Boston
10. Seattle

Top 10 Richest Cities in the World

1. Zurich
2. Geneva
3. Copenhagen
4. Oslo
5. Sydney
6. Stockholm
7. New York City
8. Luxembourg
9. Munich
10. Los Angeles

If money has been hiding from you, perhaps it is time to go where the money can be found.
In this post we will review how to create a fast and easy additional stream of income that is completely automated. To do this you must create an E-book, video or audio series, or something else of value that you can sell. For this article we will assume you are creating an E-book.

Relax; it will not be as hard as it sounds.

To create an additional stream of income this way will require an investment of $130 and a monthly investment of about $15. If you don't have the dough for this you can get back to daydreaming. The only thing else required for building an additional income stream is the ability to follow directions, a little creativity, and a little gumption.

The goal of this is to not create the greatest quality product the world has ever seen, the goal is to get you started making some additional dough. We want this to move fast, fast, fast not slow like a turtle. You should be able to have all of this DONE in 30 days.

Remember your goal is to follow the directions and get this done FAST. As much as it is a way for you to earn some extra income it is also a learning experience for those who have never done internet work and want to start.

Pay attention, because we're going to do this Fast and Furious like the movie.

Note: If you are unfamiliar with terms like WordPress, google keyword, domains, and hosting then you may want to read The No Bullshit Guide To Making Money Online before you read the rest of this article.

Here are the 10 Steps to creating an additional income stream online and fully automated.

1. Fix a problem.

To make some money online you're going to have to write an E-book. This is the hard part. Everything else on this list is easy, peasy Japaneasy. Simply follow instructions.

Step 1 is the deal-maker or deal-breaker. You've got to fix a problem, and you've got to fix it via the written word. This is where you write an E-book or something similar. Think of all the problems you know how to fix, think of all the knowledge you have and get yourself a notebook and a pen and write all your ideas down. Think long and hard (but not too long) and pick the perfect one for you.

Check the Google keyword tool to see how many people are searching for your keyword each month. Let's assume you want to create a product about different types of cheese. We will use the Google keyword tool to see how many people are searching for the different types of cheeses.

Here we see that over 12,000 local people have searched for ‘Types of cheese’ and over 2,000 local people have searched for ‘Different types of cheese’ this month. That's a good amount of people and we can feel good about creating a product or website for it.

Note: if you are a terrible writer then you can hire someone from e-lance.com to write the E-book for you. It will cost you more dough, but if you simply cannot write then you have no other options.
The very fast method to creating an E-book:

I. Develop a title and theme of the E-book.

II. Create an outline of the E-book.

III. Write the E-book following the outline.

IV. Review and re-write the E-book until perfect.

V. Convert the E-book to a PDF file when finished (your Word Processor will be able to do this for you).

VI. You can use Microsoft Word or a free word processor called Open Office (what I currently use) to create your e-book.

Once you have your idea you can continue to Step 2.

2. Register a domain name.

You will need a domain, or website, name for your product. You will want a .com domain name if at all possible, the next solution is a .net or a .org.

Use BADNET to grab your domain name (and some other goodies).

How to pick your domain name?

Ideally you will want to get a domain name that is a perfect match for your product and a perfect match for what people are searching. For example if you were selling a book about the different types of cheeses you would want to look at the Google keyword tool to see if people were searching for the different types of cheese. We did that in Step 1 and already know people are searching for it.

Next, we want to see if we can get an exact, matching domain name. If we can get an exact domain we have a very excellent chance of showing up well in a Google search for “Different types of cheese.”

Boom, now we’re in business. The exact domain name with a .com is available for the taking. Obviously, you probably will not want to write an E-book about the different types of cheeses but hopefully you get the idea.

Now we’re ready for Step 3.

3. Set up a hosting plan.

Hosting is where your website is housed on the internet. Free website platforms like Blogspot are for people who want to talk politics and religion, not for people who want to make dough.

Use BADNET to get your hosting.

After you get your hosting provider set up it’s time for Step 4.
4. **Install WordPress.**

*Note: If you've taken advantage of the BADNET offer you can skip this step, BADNET will install your WordPress site for you.*

WordPress is the free, go-to platform to run a blog and to run a simple sales page. WordPress simply could not be easier to install, learn and use.

Follow the instructions and you're set. It really doesn't take more than a minute to install WordPress.

*Let's move on to Step 5.*

5. **Set up your payment processor.**

The best solution I know of for processing payment and sending your product to your customer is [E-Junkie](https://www.ejunkie.com). For $5 a month E-junkie is a STEAL. E-Junkie will process your payments and send out your product to your customers, all for $5 a month. You can be on a beach or in Timbuktu and still make money letting E-junkie do all the work for you.

E-Junkie is stupidly easy to use, simply follow their instructions and read their [getting started guide](https://www.ejunkie.com/guide). You can even use it free for a week before you spend a dime (even though it’s only $5 a month and worth every penny).

To get started you can simply click on the link that says: “Sign up for FREE 1 week trial now.” You won't have to enter a credit card or anything. You will want to upload your PDF E-book to your products list. Very easy to do.

*On to Step 6.*

6. **Set up a Sales page.**

To make money off of your product you will have to sell it.

To sell your product you must create a sales page.

A sales page will have several sections:

- testimonials,
- ‘About’ your product,
- guarantees,
- and most importantly a sales page will have “BUY NOW” or “DOWNLOAD NOW” or “ADD TO CART” call to action buttons.

You have two options when it comes to creating a sales page. You can develop, code and design it yourself or you can use a ready-to-go program that will do the work for you.

To create fast, simple and effective sales pages without doing endless programming I use a ready-to-go program called [OptimizePress](https://www.optimizypress.com). [OptimizePress is phenomenal](https://www.optimizypress.com). It makes creating sales pages so painfully easy I feel like an idiot for waiting so long to purchase it. Currently OptimizePress runs for $97 and it’s worth every red cent. You can purchase once and create as many sales pages for as many products as you want. I wish I would have started using it forever ago. It would have saved me a lot of anguish.
If you want to make money on the internet but you aren’t a computer whiz, or even if you are, you should use OptimizePress. It just makes things so damn easy and fast. They have “How-To” Videos for everything, so when you don’t know or don’t understand something you just watch the video and fix the problem. Even computer illiterates can follow the extremely simple and easy instructions.

You can take a look at the 30 Days of Discipline page to see a very simple, and very quickly made, OptimizePress Sales page. (Note: This is not a great sales page to mimic.) Your sales page will need to have a lot of quality information about your product to make your customers comfortable with purchasing.

Note: Don’t forget to link your E-Junkie “Buy Now” link in the sales page. There is a video showing you how to do this in the OptimizePress members section. In fact, there is video showing you how to do everything in OptimizePress.

You will want to take a little while to learn and play around with OptimizePress. You may even want to take a whole weekend (or more) to perfect it. Or you can get it done fast just to get your product out there.

After you have set up your sales page it’s time to move on to Step 7.

7. Finish and finalize your product.

Make sure your product is polished, shiny and free of typos. After you type it and finish it up you will want to save it as a PDF and upload it to your E-Junkie account. Easy, peasy Japaneasy.

It’s probably best if you create a cover for your E-book. If you’re a PhotoShop whiz you can do it in a few minutes. If not, you may have to outsource and hire someone to do it. Never fear, there is a website called fiverr.com where people will do work for you for $5. You can get someone there to design your E-book cover for you and good quality too.

You can also get someone from Fiverr to create a website header for your sales page, if you so desire. A website header, and even an e-book cover, is not imperative but it helps.

On to Step 8.

8. Publish your website.

- You have created your product.
- You have purchased a domain name.
- You have hosting.
- You have installed WordPress.
- You have set up your E-Junkie account and linked your e-book PDF file to your E-junkie account.
- You have created your sales page and linked your E-junkie “Buy Now” button to it.
- You have looked over your product and your sales page and you are ready to finalize everything.
- Hit the publish button and now you have a live, money making site on the internet.

Note: the big dogs will do a pre-launch of their product before their site is live. They will do a pre-launch to build up anticipation and advertising for the product. Since this is your first, I’m assuming, internet product we will skip that step and just get the site live and ready for action.

Let’s go to Step 9.
9. **Drive traffic to your website.**

   **This is another hard part.**

I. **The absolute best way to get traffic** is to create an insanely valuable product that remedies a need your customers have and are currently and actively searching for a solution for.

II. **Another way to get traffic** is to leave comments on similar blogs and articles that discuss the same issue.

III. **Another way to get traffic** is to create a blog, which you can easily do with OptimizePress, and write targeted articles towards your audience. When they search the Google machine for an answer to their problem your website will come up with a solution. This is called Search Engine Optimization (SEO).

IV. **Another way to drive traffic** to your website is to write articles for free article websites and leave a link back to your website.

V. **Another way to get traffic** is to pay someone, or a company (or someone from Fiverr), to generate traffic for you.

   **On to Step 10.**

10. **Count your money, celebrate, and then re-invest.**

Do it all over again with another website and another product. Keep doing it until you have MULTIPLE streams of automated income generated for while you are doing other things.

   **Keep learning, keep improving, and keep taking action.**

   **Fin.**

Boom. That’s the gist of it. You are ready to create an E-book (or any product, really), get that sucker online and start making some good old cash money.

If this is your first online money making venture then it hardly matters if it succeeds wildly or fails miserably. **What matters is that you LEARN.** After you do it once, and learn from your mistakes, you can do it over and over and over and over. Except for writing your E-book, or creating your product, all of this can be finished in a single weekend. The E-book first draft could even be finished in a weekend if you buckle down and get to work. Sylvester Stallone wrote the first draft of Rocky in a single weekend.

There are tons of little tips, tricks and hacks that you will learn as you go along. The only goal of this post is to get you started making some of that sweet, green money and to light a fire under you to get started and to **take action.** Yesterday was the best day to get started, today is the second best day.

   **Get to killing.**

**Additional Resources:**

**Google Analytics**

Google Analytics is a way to track all your traffic (visitors). You will want to use Google analytics on your website to view how much traffic you receive, where the traffic is coming from, and how much traffic converts. Google Analytics is free and easy to use. OptimizePress makes it stupid easy to install analytics on your website, just watch the video on the OptimizePress members page.

**Note:** Some of the above links are affiliate links and some are not. I vouch for all links 150%, affiliate or not.
When I was 17 I was having a little get together at my house. I invited over a little mall slut and a few of my good friends. We put on the movie Fight Club, which I had just rented that day, and she yells: “I love this movie!” and proceeded to describe the whole movie, in complete detail, down the twist ending. Before the movie was on for 5 minutes I knew the whole story.

Since that night I have never, ever mentioned a plot to any good movie or any good book to a single soul. When people ask me about a movie or book I say I loved it, I highly recommend it. One thing I never, ever do is describe the plot or give any details about the story other than a few vague sentences. I have realized what it’s like to have something ruined, and if I am recommending a book or movie I want everyone to be surprised, just as I was surprised when I read or saw the art in question.

Often, if I’m watching a movie I have already seen with a girl who has never seen it, she will literally beg me to tell her the ending. It’s comical, but I will never tell anyone the ending of any movie. It drives them crazy.

Her: “What happens in the end?!”

Me: “Watch it and see.”

Her: “You always say that!”

So rather than do a book review of the books I have read and enjoyed I have decided do a preview of the books I plan to read at some point.

I. Poorly Made in China: An Insider’s Account of the China Production Game by Paul Midler

Premise of the Book

An insider reveals what can — and does — go wrong when companies shift production to China.

In this entertaining behind-the-scenes account, Paul Midler tells us all that is wrong with our effort to shift manufacturing to China. Now updated and expanded, Poorly Made in China reveals industry secrets, including the dangerous practice of quality fade—the deliberate and secret habit of Chinese manufacturers to widen profit margins through the reduction of quality inputs. U.S. importers don’t stand a chance, Midler explains, against savvy Chinese suppliers who feel they have little to lose by placing consumer safety at risk for the sake of greater profit. This is a lively and impassioned personal account, a collection of true stories, told by an American who has worked in the country for close to two decades. Poorly Made in China touches on a number of issues that affect us all.
It was a world gone wrong, one in which manufacturers thought little of manipulating product quality levels in order to save the smallest amounts, where savvy foreign business leaders were made to feel in control while they were taken for a ride by their partners, where entire manufacturing facilities sometimes vanished right into thin air...

**Welcome to Poorly Made in China!**

At the height of the boom export manufacturing, Paul Midler returned to East Asia, a recently graduated Wharton MBA. In the right place at the right time, he was sought out by a number of foreign companies who wanted help in navigating the new economy. The adventures came fast, as did the business and cultural lessons.

Poorly Made in China is a dramatic romp through China's export manufacturing sector, one that reveals what really goes on behind the scenes. The story follows the author from one project to the next, taking the reader through a diverse set of industries and revealing a number of challenges.

An engaging business narrative told with doses of humor and insight, this true story pulls back the curtain on the rising Chinese economy, providing a closer look at the rough-and-tumble environment in which so many of our consumer products are being made. For those trying to make sense of why so many quality failures could come out of China at once, this book is an especially interesting read.

**Poorly Made in China** is the tale of a modern-day gold rush and its consequences, the chronicling of a rising economic power and its path along a steep growth curve. Entertaining and eye-opening, the book highlights the extent to which culture affects business dealings, and the ultimate suggestion is that we may have more to be concerned about than product failures alone.

**Victor Pride’s Thoughts:** having lived in China for a year I can tell you with 100% sincerity that Chinese products really are garbage. Their products are much worse in China. Going to shop in China is like going to shop at the dollar store in America. The Chinese care nothing for quality. They care solely for one thing: Renminbi. They will do anything and everything to get it. Having said that, this book looks highly entertaining and it’s on my to-read list.

**Side note:** Everything I have ever purchased in China has broken, except for my watch. I expect it to break any day now.
II. Tai-Pan by James Clavell

**Premise of the Book**

It is the early 19th century, when European traders and adventurers first began to penetrate the forbidding Chinese mainland. And it is in this exciting time and exotic place that a giant of an Englishman, Dirk Straun, sets out to turn the desolate island of Hong Kong into an impregnable fortress of British power, and to make himself supreme ruler... Tai-Pan!

<table>
<thead>
<tr>
<th>Awards</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;Unforgettable!&quot;</td>
</tr>
<tr>
<td>Chicago Tribune</td>
</tr>
<tr>
<td>&quot;A fabulous epic of the Far East that will disturb and excite you... a thrilling and enticing tale of adventure and human relationships... dramatic episodes, exotic vignettes and heady descriptive passages.&quot;</td>
</tr>
<tr>
<td>Baltimore Sun</td>
</tr>
<tr>
<td>&quot;Clavell is, as always, a matchless tale-spinner.&quot;</td>
</tr>
<tr>
<td>Cosmopolitan</td>
</tr>
<tr>
<td>&quot;Every five or six years there appears on the horizon a book so vast in scope, so peopled with bold, colorful characters, it eclipses other efforts.... Such a book is Tai-Pan.&quot;</td>
</tr>
<tr>
<td>Pittsburgh Press</td>
</tr>
<tr>
<td>&quot;Grand entertainment... packed with action... gaudy and flamboyant with blood and sin, treachery and conspiracy, sex and murder... fresh and vigorous.&quot;</td>
</tr>
<tr>
<td>New York Times</td>
</tr>
</tbody>
</table>

I just finished reading Tai-Pan for the second time. The first time I read it was nine years ago. At that time I was sure it was one of the best epics ever written. Now with nine more years of wisdom I am convinced. Clavell writes a fascinating tale of ruthless men and women in 19th century Asia. The dialogue is at times witty and the ending is the best I have ever read. I am now faced with the grim task of trying to find another book to read that comes close to the grandeur of this novel.

**Victor Pride’s Thoughts:** sounds highly intriguing. I have previously read Clavell's 1,000 page masterpiece *Shogun*, about an English ship ending up in feudal Japan and their struggles to return home. Shogun was a phenomenal story of the struggle for power in feudal Japan and an English foreigner falling for a married Jap woman and all the little games they all (the Samurai) have to play. I was in awe of the ending. Plenty of sex, violence and Machiavellian manipulation in the book. If you have the patience to read a one thousand plus page novel, I highly recommend it.

**Because Clavell's Shogun was so great, I expect Tai-Pan to be a very good novel too.**

III. The Education of Millionaires: It’s Not What You Think and It’s Not Too Late by Michael Ellsberg

**Premise of the Book**

**The Myth:** If you get into a good college, study hard, and graduate with excellent grades, you will be pretty much set for a successful career.

**The Reality:** The biggest thing you won’t learn in college is how to succeed professionally.

Some of the smartest, most successful people in the country didn't finish college. None of them learned their most critical skills in an institution of higher education. And like them, most of what you’ll need to learn to be successful you’ll have to learn on your own, outside of school.

Michael Ellsberg set out to fill in the gaps by interviewing a wide range of millionaires and billionaires who don’t have college degrees, including fashion magnate Russell Simmons, Facebook cofounder Dustin Moskovitz and founding president Sean Parker, WordPress creator Matt Mullenweg, and Pink Floyd songwriter and lead guitarist David Gilmour.
Among the fascinating things he learned:

- How fashion designer Marc Ecko started earning $1,000 a week in high school with his own clothing business and later grew it into an empire.
- How billionaire Phillip Ruffin went from lowly department store clerk with no college degree to owner of Treasure Island on the Vegas Strip.
- How John Paul DeJoria went from homelessness to billionaire as the founder of John Paul Mitchell Systems hair care products.

This book is your guide to developing practical success skills in the real world. Even if you've already gone through college, the most important skills weren't on the curriculum – how to find great mentors, build a world-class network, learn real-world marketing and sales, make your work meaningful (and your meaning work), build the brand of you, master the art of bootstrapping, and more.

Learning the skills in this book well is a necessary addition to any education, whether you're a high school dropout or a graduate of Harvard Law School.

Victor Pride’s Thoughts: sounds like a highly motivating book. I love books like these that get you fired up. This one is sitting in my e-book reader just waiting to be read. These are the types of books that you can read in a day or two and be fired up for weeks, or even months, to come.

IV.  **Musashi** by Charles S. Terry

Premise of the Book

The classic samurai novel about the real exploits of the most famous swordsman.

Miyamoto Musashi was the child of an era when Japan was emerging from decades of civil strife. Lured to the great Battle of Sekigahara in 1600 by the hope of becoming a samurai-without really knowing what it meant – he regains consciousness after the battle to find himself lying defeated, dazed and wounded among thousands of the dead and dying. On his way home, he commits a rash act, becomes a fugitive and brings life in his own village to a standstill – until he is captured by a weaponless Zen monk.

The lovely Otsu, seeing in Musashi her ideal of manliness, frees him from his tortuous punishment, but he is recaptured and imprisoned. During three years of solitary confinement, he delves into the classics of Japan and China. When he is set free again, he rejects the position of samurai and for the next several years pursues his goal relentlessly, looking neither to left nor to right.

Ever so slowly it dawns on him that following the Way of the Sword is not simply a matter of finding a target for his brute strength. Continually striving to perfect his technique, which leads him to a unique style of fighting with two swords simultaneously, he travels far and wide, challenging fighters of many disciplines, taking nature to be his ultimate and severest teacher and undergoing the rigorous training of those who follow the Way. He is supremely successful in his encounters, but in the Art of War he perceives the way of peaceful and prosperous governance and disciplines himself to be a real human being.

He becomes a reluctant hero to a host of people whose lives he has touched and been touched by. And, inevitably, he has to pit his skill against the naked blade of his greatest rival.
Musashi is a novel in the best tradition of Japanese story telling. It is a living story, subtle and imaginative, teeming with memorable characters, many of them historical. Interweaving themes of unrequited love, misguided revenge, filial piety and absolute dedication to the Way of the Samurai, it depicts vividly a world Westerners know only vaguely. Full of gusto and humor, it has an epic quality and universal appeal.

The novel was made into a three-part movie by Director Hiroshi Inagai.

Victor Pride’s Thoughts: it would appear that I have a thing for Samurai novels (this and Shogun). Well, I don’t. I was about to purchase Tai-Pan and I saw a link to this one and it sounds highly intriguing. The Amazon reviewers talked me into checking this one out. With review titles like: “Best Book Ever”, “Excellence, Unequaled”, and “Most Exciting Book Ever Written” who could refuse?

V. The Real Mad Men: The Renegades of Madison Avenue and the Golden Age of Advertising by Andrew Cracknell

Premise of the Book

Advertising is a business rooted in art, an art rooted in business, and it reached its peak in a specific place at a specific time: New York City at the end of the 1950s and through the ‘60s.

AMC’s award-winning drama Mad Men has garnered awards for its portrayal of advertising executives. This engaging, insightful narrative reveals, for the first time, the lives and work of the real advertising men and women of that era. Just as portrayed in the series, these creative people were the stars of the real Madison Avenue. Their innate eccentricity, vanity, and imagination meant their behavior and lifestyle was as candid and original as their advertising.

They had it and they flaunted it.

People like Bill Bernbach, George Lois, Ed McCabe, Mary Wells, Marion Harper, Julian Koenig, Steve Frankfurt, and Amil Gargano, and others, who in that small space, in that short time, created some of the most radical and influential advertising ever and sparked a revolution in the methods, practice, and execution of the business. Including over 100 full-color illustrations, the book details iconic campaigns such as VW, Avis, Alka Seltzer, Benson & Hedges, Polaroid, and Braniff Airways.

Victor Pride’s Thoughts: I was in the bookstore the other day and this book just jumped out at me. I thought the cover picture was beautifully done so I picked up the book, thumbed through and checked out some more of the pics. Yes, I want to check out this book just because I liked the pictures. They had style and pizzazz in that era. Something we are missing today. I don't even care what the story is about (I didn't even read the premise above), I'm gonna check it out again just to be inspired by the pictures.

VI. Influence: The Psychology of Persuasion by Robert B.Cialdini

Premise of the Book

Influence, the classic book on persuasion, explains the psychology of why people say “Yes” — and how to apply these understandings. Dr. Robert Cialdini is the seminal expert in the rapidly expanding field of influence and persuasion. His thirty-five years of rigorous, evidence-based research along with a three-year program of study on what moves people to change behavior has resulted in this highly acclaimed book.
You'll learn the six universal principles, how to use them to become a skilled persuader – and how to defend yourself against them. Perfect for people in all walks of life, the principles of *Influence* will move you toward profound personal change and act as a driving force for your success.

Arguably the best book ever on what is increasingly becoming the science of persuasion. Whether you're a mere consumer or someone weaving the web of persuasion to urge others to buy or vote for your product, this is an essential book for understanding the psychological foundations of marketing. Recommended.

<table>
<thead>
<tr>
<th>Awards</th>
</tr>
</thead>
<tbody>
<tr>
<td>For marketers, this book is among the most important books written in</td>
</tr>
<tr>
<td>the last ten years.</td>
</tr>
<tr>
<td>Influence should be required reading for all business majors.</td>
</tr>
<tr>
<td>Influence should be required reading for all business majors.</td>
</tr>
<tr>
<td>This book will strike chords deep in the hearts and psyches of all of</td>
</tr>
<tr>
<td>us.</td>
</tr>
<tr>
<td>The material in Cialdini’s Influence is a proverbial gold mine.</td>
</tr>
</tbody>
</table>

**Victor Pride’s Thoughts:** damn, I'm pumped already and I haven't even read the book yet! One thing you will notice about the big dogs is that they have superhuman abilities of persuasion and influence. You must have powers of persuasion if you want someone to write a big, fat check and put your name on it. And even if you do have it, it is wise to study and keep up with your craft.
This is a handshake.

This is a bunch of bullshit.

Bros be thinkin' it's cool to imitate the ‘brothas’. Dudes be thinkin' they hip and progressive. Guys be thinkin’ they down and dirty with the cause.

Men don’t do this nonsense.

The importance of a good, strong, firm handshake cannot be overstated. When you shake hands with a man (or bump it or whatever this other faggot baloney going around is called) you know right away what kind of man you're dealing with.

If you are dealing with a serious man not to be “trifled” with you will receive a solid, firm and strong handshake and eye-contact. If you be dealin’ with a “bitch nigga” you’ll get a limp wristed finger shake, some faggoty fist bump, something like in the picture above, or worst of all he will offer you his left hand.

I have been offered the left hand twice in my life. The first time it happened the man had grease all over his right hand and I didn't see it, so he offered the left hand with an explanation. Fine. The second time it happened a joke of a man offered his limp left hand with no explanation. I knew right away I be dealin' with a “bitch nigga”.

As a man of integrity you must always offer the handshake and never offer any kind of fist-bump baloney.

This is how you offer a handshake.

I. Always try to be the first to offer a handshake and an introduction.

II. Always make eye-contact when you do so.

III. Always offer a good, firm grip. Never give a limp greeting to a man.

IV. Always offer the handshake at the beginning of a meeting and at the end.

V. Always offer a handshake to male family members, business partners, male friends, and people you meet for the first time.

VI. Never remain seated for a handshake.

VII. Reduce firmness and grip as needed for the elderly and for women.

VIII. Generally the handshake should not exceed 3 or 4 seconds (there are exceptions).

What happens when they try to do this? JUST SAY NO.

While we are on the subject don’t be a bro, a dude or a guy.

That swinging dick makes you a man. That's how you refer to yourself and that's how you conduct yourself. You ain't no bitch nigga is you?
Boys, it's imperative to have a mission in life. Let's forget about this dream business. Dreams are the bullshit you do when you sleep. Your mission is what you fill your waking life with. A dream is by very definition fantasy. A mission is something you have every intention of fulfilling.

You got to think of your goals as missions. You got so say to yourself: “I'm going to run 5 miles or I'm going to drop dead and nothin' in between.” With that mindset there's nothing you can't accomplish.

**Say to yourself:** “I'm going to do this even if it kills me.”

**Don't say:** “I sure would like to do this someday...”

**Nobody needs to know your mission but you.**

You don't need to go blabbing about your mission. You just need to have it firmly planted in your mind.

**How to start going on missions**

The first step you take is to turn all your short term goals into missions. Give yourself to those missions with a one track mind, a tunnel vision. Transform yourself from everyday John Johnson into the Terminator and get after it.

I can't even tell you how great it is to be fired up about one thing and then get that motherfucker accomplished. It's the best feeling in the whole, big, wide world.

It doesn't matter how big or small the mission is. Just get fired up about that one thing and turn it into overdrive until it's done. Keep doing it and doing it. Get your ‘to-do' list out every day and turn each of those tasks into missions.

**So how do you figure out what your life mission is?**

**Hey man, that's really just as simple as could be. You can do that in three easy steps.**

1. **Figure out who you are**

There are a lot of lost souls in our world but, boy, you got to know who you are. You can't be a no lost soul on a mission. Lot of men in our world emasculated, lot of men raised by single mommy's, lot of men don't understand what race they are, lot of men don't understand their own, lot of men at war with their own thoughts and feelings.

Cut out the bullshit and figure out who you are. If you're a redneck then stand up and say it loud and proud: “My name's Ronnie Joe and I'm a redneck and damn proud of it”.

**You are something, man, you ain't nothing. Figure out just what the hell that is.**
2. Figure out what you stand for

Now that you know who you are you can figure out what you stand for.
You can stand for good.
You can stand for evil.
Or you can stand out of the way.
Choice is yours.

3. Give some of what you got to the world

Everybody's here for a purpose. That's what I believe. Your purpose is up to you to decide but your life purpose has got to be something you can be proud of. Now that you know who you are and what you stand for you can give some of that to the world.

The Buddhists say what goes around comes around. They call it karma. Another way of thinking about it is 'cause and effect'.

There's an internet forum where all the internet guys go to hang out and trade war stories. The stories are always the same, the guys who provide a service and value, are on a mission for success and have the mind of a killer are always getting ahead. On the opposite side are the guys who don't want to build anything, don't want to work for anything and just want to scam people out of money and always complain how they can't find success.

That's their karma. Their life mission is to be a parasite. They could change it with the snap of a finger but they never do and nothing but despair comes from their lips.

You have to take your pick out of 3 options

I. You can do a little bit of good and get a little bit of good coming your way.
II. You knowingly do evil and it's going to eat at your soul, if you even have one, until it's been eaten away.
III. You can just stand out of the way and let things happen, like all those lost souls you see everyday stuck in traffic. Those people are just along for the ride, you want to be like them? Fuck those people, they aren't winners. Even those people don't want to be those people.

And if you think your life has no purpose, boy, I pity you but maybe you're right. Maybe it's your fate to be stuck in traffic waiting to die.

For the rest of you killers and real dealers...

Forget about having dreams; leave that to the little girls dreaming of becoming princesses, and start focusing on completing your missions. When your mission is accomplished that's when you'll be living the dream.

CARPE DIEM, BOYS.

Acta non verba.
29.3.2012 – Why You Should Dress Like Winner Wolf

*Winner Wolf is the embodiment of masculine style.*

*Picture by Peter Stultz.*

When you dress like a winner it's impossible not to get ahead. When you dress like a winner people will always notice you and they will always hold you in high regard which, if you dress like a winner daily, is where you deserve to be held.

Whether you are trying to get a job, trying to get clients, trying to get a date, getting lunch, or going about your daily errands it is always best to dress for success.

If the lazy, dirty occupy Wall Street hipsters would get a shave, get a haircut, put on a fresh, clean, modern, and fitting suit their opportunities would sky rocket. Everyone wants to do business with a winner.

No one wants to business with a dirty bum. Those in positions of power and authority take note of these things. They correctly observe that laziness in dress is a direct embodiment of laziness and apathy in life.

The other day I was in a local coffee shop doing some light reading and computer work. A very lazy and disgusting looking young woman entered the establishment. She had a fat caboose, she had dirty, ill-fitting clothing, old and decrepit shoes, dirty hair, she clearly did not wash her face.

Worst of all she was wearing a wool ski-cap on a day that was blazing hot. She sat down right next to me and I could no longer concentrate on my work and I had to leave. With only a little effort and change of attitude that beast could have turned into a pleasant young lady.

Later in the day I went to a local sporting goods shop to purchase some supplies. The young lady who worked there was a beautiful blonde who took great care of her skin, her hair and her nails, she watched her weight and figure, she was wearing appropriate form-fitting clothing, and she advertised her feminine confidence and charms with a big, bright shining smile.

She was a clean angel compared to the dirty devil I saw in the coffee shop. Since that day I have been thinking about both young women each day, for obviously different reasons, and I hold the beautiful blonde in high regard and I have no regard for the disgusting beast with the ski cap.

I see legions of men daily who wear ill-fitting garments and take no regard for style and showmanship. Rather than take much note of these men they are invisible to me, and surely to all other men who hold a high regard for appearance.

I will take no note of these men, other than a cursory glance, for they are screaming to the world that they are worth nothing. On the other hand I will always take notice in admiration of a man with kempt hair, upright posture and wearing handsome attire.

For all good positions in life you must be a salesman. You must advertise yourself. Whether you know it or not you are already advertising yourself. If you are dressed like a sloth you are advertising yourself as a sloth. It hardly matters what your abilities truly are, if you are dressed the part you are automatically assumed to be the part.
When you see a man in a fireman's outfit you correctly assume that man to be a fireman. When you see a man in a tailored suit, cleanliness of face, hair and hands you correctly assume that man to be of some importance. When you see a man wearing an oversized, baggy t-shirt, baggy jeans, sandals, sporadic facial hair and a baseball cap you correctly assume that man to be no one of consequence.

It is one thing to go on vacation and wear shorts and a tank top. It's one thing to make a run to the market or to the post office in lazy clothes. It is another thing altogether to go each and every day wearing garbage in place of fitting and proper clothing.

Good friends, take some pride in your appearance. Leave that: “It's what's on the inside that counts,” business to the dirty and unemployable.

**Your outward appearance is a complete and total manifestation of your inward mindset, attitude and pride.**

*If you wish to be perceived as a man of value, start advertising yourself as a man of value.*
April – 2012

4.4.2012 – The #1 Legal Muscle Building Supplement That Actually Works (and will probably be banned soon)

27.8.2016 – Update ➔ Super DMZ has been BANNED like I predicted it would be. Never fear, there is one NEW legal muscle building supplements that actually works. It's called RED-PCT. You can read about it here: How to ACTUALLY Increase Your Free Testosterone Levels with Red-PCT (with Blood Work PROOF)

As we have told you many times before here at the premises of pain most sports and muscle building supplements do not work as advertised. Big time sports and muscle stars sell these silly supplements to supplement their income, nothing more.

They won’t openly sell you the real deal (though many do, underground) because it is illegal. They also do not truly want to give away their secrets and face more competition. It takes a sociopathic mind to sell you bunk supplements and say they are the real deal muscle builders, but as these people will openly say: “They will do anything to get to the top.”

So the Regular Joe down at Regular Joe's gym has three options...

1. **The White Hat method of building muscle.**

He can go the legal route, and what he thinks is the real deal route, and try and put on muscle the old fashioned way – through sweat and hard work. All the time he’s training hard he’s looking over at the guy next to him who's curling 20lb dumbbells and has 18 loaded guns for arms. The kid's thinking to himself: “I just need to work harder! One day, with the right diet and training, I will look like that! I better get a protein shake in before I lose my gains! If only I had his genetics!”

This method is all well and good for a year or two but a wall will be reached that can never be climbed without help.

2. **The Black Hat method of building muscle.**

Go to the dark side. The real deal way that all bodybuilders, athletes, movie stars and other assorted jacked men use to get jacked – anabolic steroids, human growth hormone, diuretics, and if he really wants to be a freak, insulin. For this all he has to do is go onto the internet, place an order, send money, receive product and start using. Before he knows it people are saying: "You are so muscular! Oh my god!" He feels like a God. After all that wasted time in the gym trying to build muscle the way the muscle magazines said got him next to nothing. A simple week or two and now he knows the truth. Maybe he pays a price with his health, maybe he doesn't. Maybe he gets in trouble with Johnny Law, maybe he doesn’t. One thing is for sure – he is a jacked mother.

3. **The Grey Hat method of building muscle.**

If one doesn't want to go to the dark side for fear of Johnny Law knocking on his door, but still has a taste for real muscle, he has options. His options are called DESIGNER STEROIDS (sometimes called PRO HORMONES). Designer steroids are really just steroids that found legal loopholes and are legally available for purchase (that is, until they are banned by Johnny Law).

The biggest big dog in the Designer Steroid world is called Superdrol (scientific name Methasterone). Superdrol was a beast. Superdrol was a real and true steroid. Superdrol would get you jacked before breakfast. A lot of sports stars relied on Superdrol. Superdrol now exists in a legal grey area and is not readily available.
However, clever scientists and marketers have been able to reproduce the magic of Superdrol by using the same ingredients and giving the product a different name.

Today, there is one rightful heir to the throne of best legal supplement. This product has nearly the same exact recipe as Superdrol except it has an addition of 10mg of a molecule called Dimathazine, which, by all accounts, makes it the superior product for muscle building and muscle hardening. Make no mistake, this product works better than any other supplement you can buy at your local vitamin shop.

What is this product?

“The #1 Legal Muscle building supplement that actually works...”

SUPER-DMZ

UPDATE: So sorry but you are too late, Super DMZ has been banned. Check out RED-PCT, the #1 supplement that actually increases testosterone.

Super-DMZ is the real deal. It is not a protein shake or glutamine or nitric oxide or any other baloney sold in the magazines. It is a potent oral steroid which will give you lean muscular gains in a short time frame. By all accounts Super-DMZ gives much the same muscle building benefits (without the harsh sides) as the illegal oral steroid Dianabol. Because it is so effective care should be given to how you take it, who takes it, and the length of time you take it.

Super-DMZ is an over the counter legal product that contains 10mg of Superdrol and 10mg of Dimethazine per capsule. Dimethazine is two steroid molecules bound together by a nitrogen atom. Upon ingestion, stomach acid separates the two steroid molecules that closely resemble methyldrostanolone (Superdrol) Therefore Super DMZ contains both Superdrol and Dimethazine. Dimethazine once broken down is similar to Superdrol though.

What Other People Have Said

Person 1: “Super DMZ is a potent oral steroid that should illicit solid gains in lean body mass with little water or fat gain depending on diet... What struck me the most about this steroid is how rapid and dry my gains were. It reminded me of a faster acting, dryer Dianabol. However Super DMZ-RX is much stronger milligram for milligram than Dianabol. Users of Super-DMZ can expect to add 8-12lbs of lean body mass in just 3-4 weeks. I personally had no noticeable side effects from Super-DMZ at 2 capsules daily for 4 weeks. Super DMZ-RX is a strong, clean steroid that can be used to increase lean mass, strength and power with little to no water retention in short periods of time.”

Person 2: “Hands down the strongest oral steroid I have ever used. Super DMZ is a clean version of SD.”

Person 3: “I put on about 17 pounds over 6 weeks.”

Person 4: “Lean, dry gains. Burning pumps in my arms when I'm washing my hair or brushing my teeth. The scale weight jumped quickly, the way it does with Dianabol, but without the ‘puffyness’.”

Person 5: “I have not taken it, my best friend has… gained LEAN weight FAST, not too much water retention, back pumps were horrible but overall loved his cycle. Gained about 14lbs.”
Person 6: “It fucking great... Super DMZ is the brand name for the steroid “Dimethazine”, which is a very potent steroid, exceeding the potency of steroids such as Anadrol and Dianabol milligram for milligram. It has been sold as a script drug in Italy and Mexico as long ago as the 60's, but I believe was discontinued after about a decade... as were many steroids from the past. It is very closely related to Methasteron (SD) and will cause more muscle fiber growth than any other commonly used oral. It is a non-aromatizing, potently anabolic, moderately androgenic, steroid. Outward sides are low, but it is hell on most people's cholesterol, as are many orals. It is also fairly toxic, exceeding Anadrol in toxicity, according to medical studies. In other words, it's one of the most toxic oral steroids commonly used today, but also one of the most effective. Among today's commonly used orals, only SD and M1T surpass its ability to build muscle fiber over a 3-4 week period. Lean, water free gains of 12-17 lbs in 30 days are very common, the average. Steroids like Anadrol may cause greater overall weight gains in some circumstances, but a much smaller percentage of Anadrol's weight gains are muscle fiber. Gains with Dimethazine are very well maintained compared to aromatizing drugs, such as Dianabol and Anadrol. Strength gains are also very good with this drug, as they are with its parent drug, SD.”

Person 7: “It's great... 16lbs in 28d ays! 15 of it coming in 21days. Bench went up 35lbs with a pause in that time, more with touch and go.”

Super-DMZ should only be used by healthy adults at least 21 years old. Do not exceed the recommended dose or duration of 4 weeks. Do not use if you are at risk of, or being treated for diabetes, liver problems or high blood pressure. Do not drink alcohol while using this product, and increase daily water intake. This product can negatively affect male fertility. Always consult your health care professional before using any dietary supplements.

If you want to get jacked the legal way this is how you do it, friends.

Get ready to hear the ladies say “Oh my god!” when they touch your arms and abs.

PS. Review sources can be found here.

PPS. BOLD & DETERMINED is not your Doctor and is not advising you take these products. Read up before you beast up.

PPPS. Super DMZ is banned now. The best current legal supplements can be found here.
6.4.2012 – The Difference Between the Dreamer and the Doer

The Dreamer

The dreamer sits in his cubicle dreaming about when he can run his own business. The dreamers sits in front of the TV at home lost in thought. The dreamer eats his lunch and dreads doing back to work.

The dreamer says: “If only…”
The dreamer says: “When it’s the right time…”
The dreamer says: “Some day…”
The dreamer says: “Maybe…”

The Doer

The doer TAKES ACTION. The doer has a plan and follows it. The doer keeps a daily to-do list and gets it completed. The doer is on a MISSION and nothing will stop him.

The doer says: “Right now…”
The doer says: “I will…”
The doer says: “YES!”

THE DOER TAKES ACTION.
Everywhere you look someone is trying to get your information. Your name, your date of birth, your social security number, your driver's license number, your mother's maiden name, your favorite pet, your address, your phone number, your company name, your vehicle license and registration, and even your eye color (Green like July).

They collect this information so they can sell to you better.

How do they do this?

They watch you.

Paranoid?

Yes.

With good reason?

Yes. Keeping private is of utmost importance!

Why should you stay private?

A better question would be why shouldn’t you stay private? Everyone in the world does not need access to your intimate details and information. Those details can be used against you whether you do any wrong or not.

You can be SUED FOR ANYTHING in our world. If you're as handsome as me you will have trouble with stalkers. Any crazy person can try and track you down and sue you for any bit of nonsense.

Not to mention all the Government agencies are watching you and spying on you, YES YOU! Below we will discuss some very basic, but rock solid, strategies to stay private in an ever increasingly non-private world.

Alias’s

An alias is a fake name. It is not illegal to use a fake name unless under oath.

When should you use an alias? All the time. Think of all the times you are asked for your name online.

Do you just give it freely? I used to. Now I don't. I always use an alias unless they are sending me a check and then I use my real name.

My rule is: only use a real name when you must. That goes for when you're dealing with Government, taxes, and someone who is paying you. Otherwise, use a fake.
**Ghost Address's**

BOLD & DETERMINED is of the opinion that you should NEVER give out your physical address (where you live). No one (aside from friends and family whom you trust) should have this information. You should always use a ghost address.

A ghost address is a place where you can get mail but is not where you are located physically. Using a ghost address your real address cannot be traced back to you. An example of a ghost address would be to use a **PO Box** or a **Mailbox Etc.** to receive your mail.

A PO Box is pretty dirt cheap for the security it provides. Another option is to use an online company which will receive your mail (in another State), scan it and email it to you, and depending on what you tell them to do they will forward it to any address you choose or they will shred it. Here at the premises we use **Mailbox Forwarding.**

**Cell Phone Privacy**

Smart phones are a spy's wet dream. Any hacker worth his salt can get into your smart phone using the Bluetooth capabilities, the wireless internet, the instant messaging. Anything. Hackers will set up free Wi-Fi access in public places such as libraries, cafes and airports.

Unsuspecting users who log onto the hot spot are then monitored for passwords, credit card numbers and account information. Those apps you download can be harmful too. Many cell phone users leave their Bluetooth signal constantly on, and never change the default Pass-codes, usually "0000" or "1234."

For these reasons I no longer use a smart phone. I have been using a plain Jane phone with no extra capabilities except for phone calls and text messaging (and I'll be damned if the charge doesn't last 4 times as long as a smart phone. I charge the thing once every four days instead of every day).

You can pick up track phones at the local gas station (what ghetto'ites call a "burner") for $15 and renew minutes as you go. This past year I have saved at least $1400 not using a smart phone with a full data plan. If you want to go the extra mile you can pay with cash and use an alias when you set up service.

Never put personal information on your cell phone. No social security number, credit card numbers, date of birth, passwords, or compromising pictures.

**Online Privacy**

Nearly everything you put online can be traced back to you. That's why you must take double-special-extra precaution when you put any information online. Remember, **NOTHING YOU PUT ONLINE IS SAFE.** It can all be traced back to you, and that INCLUDES emails you write.

Yes, all emails are read and stored by 'Papa Government'. Before you put something on the internet, think to yourself if you would like it read back to you five years later (don't be like BOLD & DETERMINED and say the unpleasant truth, at least not under your real name). Anything can come back to haunt you.

The only way your emails are safe is if you use an encrypted email and the person you are messaging also uses encrypted email. You can get a free secure email address at [Hushmail](https://www.hushmail.com) but remember, it is not private unless BOTH parties use encrypted email.

Always use several emails. Have a real email you use for friends and family and use several baloney emails with fake names for all the endless sites that ask you for an email (but use a real email for the **BOLD & DETERMINED email updates**. We don't sell emails or give out info).
Social Media

Facebook is a stalkers heaven. You check in and they know exactly where you are. They know exactly where you were last Friday at 2PM. They know your name, your date of birth, your email, maybe your address, your company, your favorite TV shows, and most of all they have crystal clear pictures of your pretty face to go right alongside your full name.

Just say no to social media unless you are using it for business purposes. If you have tons of pictures online and can’t get rid of them what you do is add those same pictures, with tons of different names, to tons of different sites. That way, you dilute the impact and no one knows which is the real name and the real you. Of course, it’s best if you never use your pictures with your real name in the first place!

Rules for Online Privacy

I. Always use aliases.

II. Never use social media with your real name and face.

III. Never, ever use your real address. Always use a fake address (123 Jerkwater st. Nowhere, IA) unless something is being shipped to you and then you can use your ghost address.

IV. Never, ever use your real date of birth with your real name, and never use your social security number (unless it is an absolute must).

V. You do not want your real name associated with your real face. Social media is a no-go unless you are using it for business purposes, and I would use a fake name or fake pictures.

VI. Stay away from social media.

VII. If your pictures are online and you can’t get rid of them, put many pictures with different names online (especially if you have an uncommon name).

VIII. The only reason you should have your real name and face online is if you are selling your services online. If you are a consultant, a personal trainer, or something like that and you are drumming up business online then it is acceptable to use your real name and face but you can modify: If your name is John Daniel Franklin you could use JD Franklin or John DF.

IX. Always buy privacy protection when you buy an internet domain. The world does not need to know what websites you own.

Online Purchasing

Rather than use a real credit card or debit card for purchases, giving hackers in a who-knows-how-far radius access to you, you can use prepaid debit cards that can be purchased at your local store.

Remember, you want NOTHING to be able to be traced back to you.
**IP Address**

Your IP Address can be used to track your physical location. Unless you use a Proxy or a VPN (Virtual Private Network), each time you visit a website or leave a comment the webmaster knows almost your exact location (remember that next time you leave someone a nasty comment).

A proxy is a piece of software that changes your physical location to a faraway location. A proxy or VPN is like a ghost address for your computer. I use two proxies: a free proxy called Freegate and a paid VPN. The paid one is far superior to Freegate, which is always in need of updates for it to work, and VPN's are extremely cheap. You can purchase a VPN by the day, week, month or year. The longer you go, the cheaper it gets.

**Obvious**

- Don't click on links from emails you don't know.
- Never click on a link from a banking institution or anywhere else asking you to put in your credit card information again.
- Never give out information over the phone. Social Engineers (today's con artists) will call you, pretending to be from a company you use, to “confirm” your details about a purchase or something. They won't forget to confirm your date of birth, your credit card and CVC number, bank account, and your name.

**Offline Privacy**

Keeping private offline is much easier than keeping private online. **Some things to remember:** never use your physical address, only your ghost address.

That goes for the pizza delivery boy. Pizza joints keep your address on file. You’re better off going to pick up the pizza. Say you have a stalker, and they have your phone number but not your address, they can call up some pizza joints and say this...

**Stalker:** Delivery please.  
**Pizza place:** What's your phone number?  
**Stalker:** 555-5555  
**Pizza Place:** Is your address still 123 Jerkwater st?  
**Stalker (with a big smile):** It sure is!

And now they have your address. You may think you will never have a stalker, but you would be naive. Just because YOU would never stalk anyone does not mean the crazies, weirdos and psychopaths would never stalk anyone.

**Our world is full of crazies and lawsuit happy lunatics.**

Or maybe someone wants to sue you or blackmail you and hires a Private Detective to do all their dirty work. They will be happy to go through your garbage looking for any pieces of mail that they can use to harm you with. Always, always, always shred your mail when you are finished.

Just like online, you should never give out your information offline. Some stores will ask for a name and phone number and/or address just before you checkout. Just say no, or give them fakes.

**Remember:** make sure the person you give the information to deserves the information.
When I was in College there were a bunch of dirty hippies signing up people for credit cards in exchange for a free submarine sandwich at a local restaurant.

Tons of college kids gave them their name, date of birth, social security number, and driver’s license number all in exchange for a free sandwich! If you want the free sandwich, only give fake info!

You should carry a passport, rather than a State issued ID or drivers license, as your main identification. A passport does not have your date of birth or address. A date of birth is almost as good as your social security number, keep it hidden! The only person you should show your State issued ID to is a law enforcement officer who asks for it.

**Cash is King**

Always pay cash. Cash is king. Cash is untraceable. When you make purchases online you can buy prepaid debit cards and use them, rather than your real debit or credit card. If a hacker gets a hold of a pre-paid debit card, big deal! If a hacker gets a hold of your real credit or debit then that can be a VERY BIG DEAL!

Don’t carry all your cash in the same spot. Hide it around the house, hide it in your car, hide it in your shoes. If you get robbed just give the robbers the token amount you carry in your pocket. Depending on where you are you can be pick-pocketed as well.

**Keep your cash, and your passport, safe!**

**ATM’s**

Always cover the screen when you put in your pin number for your ATM card. There are a lot of sophisticated criminals in this world who can do a lot of bad things with your card number and pin number. I got in this habit in Asia, I would protect my PIN number like a prisoner protects his food. As a consequence, I never got robbed or scammed except for the time I got pick-pocketed by two trannies in Thailand.

**Offline Rules**

I. If it can be read, you must shred!

II. Make sure every person you give info to deserves that info.

III. When dealing with law enforcement keep your mouth shut! Lawyer up before you say a word. They will just usually let you go with a warning. Never admit to anything (like speeding) and don't give out your social if they ask for it. Say: “Officer, am I required by law to give my Social Number to you?”

IV. Never associate your real address and name.

V. Cash is king.

VI. Never apply for credit cards out in the open!

VII. Keep your ATM pin private and hidden.
Social Security and Date of Birth

Never give out your social security number and date of birth unless you absolutely must. You will need these things when you file for taxes, deal with the government, deal with your employer etc. but everyday people do not need this information. Just say no to giving out your social and always use a fake date of birth.

Conclusion

Lot of bad people in this world, friends. They don't care who they rob, steal or scam from. You could be next if you don't take precautions. Keeping yourself private is keeping yourself safe. You never, ever know what someone will do with your private and personal information.

Let me give you one example: I have had death threats from this very website. From both left wing loonies and right wing loonies. Some real insanity has come to my inbox.

Anything can happen. Keep yourself prepared, keep yourself safe, keep yourself smart. Keeping your information private is essential.

How do you keep ownership of your house and car completely private and anonymous?

What if you accidentally cut off some maniac while driving, he remembers your license plate number, and then one night you get a visitor calling on your home?

What if your wife or loved one does?

What if someone has your license plate number and wants to sue you for bogus reasons?

Uh oh!

Answer coming soon.

Must Read

- How to Be Invisible: The Essential Guide to Protecting Your Personal Privacy, Your Assets, and Your Life
- Social Engineering: The Art of Human Hacking
Great writing is passion.

Plain and simple. Passion is what makes your words leap off the page and engage the reader. The technical skills have got to be there, never think you can write like a dimwit and be great, but technicality is second to passion and fire.

Make your words art.

Make your words flow like poetry. You can quote great writers and their quotes stand alone as beautiful pieces of art. Put as much detail into the little pieces as you put into the whole.

Sometimes a piece of art will have a beautiful title but the body of words will fail.

Sometimes a work of art will have a dreadful title but the body of words will be great.

Sometimes the two will be put together and a work of art will emerge.

When you have a great title, a great body of words, and quotable works of art then you have a masterpiece.

To become a writer you must first read.

You must know how words are put together on a page to make a story. You must know how words can create emotion in your reader. You must understand that art is about more than words on a paper, it is about style and arrangement and beauty.

If you are not a reader but you call yourself a writer you are a fibber, a faker. A writer appreciates the beauty of the written and spoken word and aims to create some of that magic in his own voice.

Artists who say they do not follow their particular art (whether it be words, film, music or other) are fibbers. They spent years and years obsessively following their art and finally got to a point where they had a voice, at which point they could stop obsessing over other people's art and start obsessing over their own art.

If you are to be a writer it is already in you, lurking somewhere. It has been on your thoughts. You can see a string of few words and appreciate the subtle beauty of the arrangement. You are not a defiler of your language. You are an appreciator. You are a sponge.

You keep these words buried in your mind and you let them out at the right time. Each word you put to paper is analyzed and analyzed until you have the best arrangement of words those sentences could possibly ever have.

If you must be told of the rules of grammar, diction and punctuation then you are not a writer and you will never be a writer.

If you must be told to not write long-winded run-on paragraphs you are not a writer.

If you must be told to use capitalization and punctuation you are not a writer.
“I want to be a writer”.

If you say these words you are probably a liar. Writing is free. A man who wants to be a writer sits down and writes. A liar pretends that they: “Want to write, when I have the time.”

The time is always there for the true.

If you are a writer you have a voice.

Your voice is your particular style and diction. Your voice is pulled from here; there and everywhere until you have a style you can call your own.

When you have this style, when you put words to paper, when people read your words and cry or laugh or scream or excite then you are a writer. You are an artist. You are a creator of beauty.
11.4.2012 – The First Time I Made Ten Thousand Dollars

If your mission is to quit there is no better time than right now.

The only thing worthwhile in life is what we stick with. What we don’t quit on. What we don’t give up.

We’ve done a hundred different things that we had big plans for. But then we quit. 2 days later, a week later, a year later doesn’t matter. We gave up and now we’ll never know what may have been. If you had put in the time and sweat equity in that one business you may have become rich by now. Doesn’t matter what the business was, your determination and, more importantly, your TIME is what matters.

You must show up, you must put in the time. Like Nike says: ‘Just Do It.’ Especially on those days when it isn’t going so well for you. When you feel like you’ve failed. It’s often been said that you reach success right after the moment you would have quit, when you were at your lowest. Like everything they say it has much truth to it.

It was my business. I had no job. I had no other income. It was do or die. Sink or swim. I was getting low on funds, real low. Mortgage time was coming. I had enough to make probably one more payment. I was riding around town with my best girl. I had been offered a job with a rival, a competitor, but I turned it down cold. You will not get your hands on my money. I lamented to my girl how tight the money situation was. Innocently, she suggested maybe I should have taken the job with the competitor.

I snapped: “This is my job. There is nothing else, there will be nothing else. Never. I will get no job. I will do this and it will work or I will become homeless. Do you understand me?”

After having her head bitten off she said: “OK. I trust you. I know you will make it work. I’m really proud of you for everything you have done so far.”

And we drove home in silence. I could have given up right then and there. I could have taken the other job. I could have taken a part-time job and traded my time for money. If I had done that I would still be a wage slave to this very day. One of the best decisions I ever made was to bite her head off when she showed a hint of doubt at my choices. Before that day and after that day she was 100% behind me which matters more than you could ever know unless you have had someone like that in your corner.

One week after the incident I received a phone call from someone who wanted to sell something, something that I was in the market of buying. I didn't want to go and see him. He was clearly very poor and lived in a very bad neighborhood. He is probably trying to rob me. Maybe it's the police trying to give me a ticket for putting out my signs on the street corners. After all the excuses I decided to go. I didn't want to, but I did. I get to his residence and we make a very good deal for me to purchase his product.

I go home and put the product on my website, I am going to resell it for a profit. I'm hungry, I make lunch. Not 10 minutes after putting the product on my website I get a phone call from someone interested in buying the product. He is a young kid. I doubt he has any money. I tell him, kid, look at the website and look at the video I produced. I’m trying to get this time waster off the phone so I can eat my lunch. He says OK. 10 minutes later he calls me back and says: ‘I want to buy it. I'll give you this much...’
Exactly $10,000 more than I am paying for it.

So I go and meet the kid. He really is ready to buy. He has the money, he has the desire. Off we go to find an escrow company so we can draw up some contracts and put some money on the line.

30 days after that very day I had no more money problems. It was the hardest deal I ever had. I had to get not one but FIVE ghetto hoodlums to sign off on the deal. Half of them were currently wanted by police and had no proper ID. They must have notarized signatures so I must get them proper ID. When they went to the ID office they made a runner after the lady looked up their names and info. The agent working on the deal was extremely uncooperative and unwavering on her demands. Every single day for 30 days was harder and more nerve wracking than the day before. Every day I could have quit. It would have been easy to excuse. But quitting didn’t even cross my mind one single time. I’ll take this deal to the edge of the fucking Earth before I quit.

I could have quit at least 5 times:

- In the truck, I could have listened to the girl and said OK, I’ll try something else. Funds were low; it would have been easy to get a job to “see me through the rough times”.
- I could have quit when I received the first fishy phone call and thought something was up. I could have reasoned and said: “It’s probably not worth it.”
- I could have quit when I received the call from the minority kid who was interested in buying, whom I thought was just a time-waster.
- I could have quit when the bombshell dropped that 5 hoodlums owned equally the product and half were wanted by police. This was an extremely hard problem to fix and required constant attention. To anyone who was not determined, this problem was indeed impossible to fix.
- I could have quit when the un-cooperative and nasty agent made me jump through hoop after hoop.

Sure.

Quitting would have been an option for other people. But my mind was set. There was no fucking way my plan wasn't going to work. It was going to happen and that's all there was to it. Not more than 37 days after the conversation in the vehicle I never again had serious money problems. Seeing that check with my name on it and all those numbers was at that point the greatest of my life. And it was a 'piddly' amount of money looking back, but it was a whole lot more than I had ever had before. And it was there because I stuck with it. I didn't quit. I had it firmly in my mind that I will do this deal and that's all there is to it.

Picture by Victor Pride: Hong Kong 2011
1. **Physically build something.**

Nothing says ‘girly’ man like an inability to build even the most simplest of objects. If you can’t build a bookshelf or a nightstand its high-time you get to building. I tell you, one of the only physical things I truly value is a high-end bookshelf my father made for me many years ago. Since that time I have moved probably a dozen times and I’ve even sold 100% of my furniture, but I still have the bookshelf. It’s the things we build with our own hands, with our own sweat, that are worth something in this life. You can give me an entire Ikea store or keep my bookshelf and I will keep my bookshelf.

2. **Build a business.**

Working for someone else is a soul-killer. Taking orders is for order-takers. Building a business will teach you more about life than all your schooling and work experience combined. There is nothing more satisfying than seeing a big-fat check with your name on it as a result of all your sweat equity. Building your own business(s) will develop unwavering confidence in your abilities. Leave the modesty for the modest. You can’t be modest and be a big-dog.

3. **Take privacy seriously.**

It’s a new world, boys. All that seemingly harmless information you give to the internet can and may come back to haunt you. Your name here, your address there, your date of birth here, your social security number there and pretty soon a social engineer has all your information and will take you to the cleaners. It will be a very nasty process trying to get all your dough back after a clever hack robbed you blind because you GAVE AWAY all of your information.

4. **Own his online name.**

See above. Every man should own HisOwnName.com. Whether you want to use it or not. Your name is your identity, it’s your reputation, and you should own it. One day in the future you may want to sell your consulting services online and you want the instant credibility of a dot com behind your name, but if you wait you will not get it. Domains are only going to become harder and harder to come by. If you have a common name like John Smith you will never get your own dot com with your name (unless you use initials like JRSmith.com or something similar) but if you have an uncommon name you should grab your name dot com domain RIGHT NOW. Someday in the future you may have enemies who wish to harm you, they could grab yourname.com and do some real reputation damage. Go to badnet.com and get yourname.com immediately. Domains run less than $10 per year and now you have peace of mind knowing you own your name and insurance against anyone else owning it.

5. **Lift weights.**

Every reader of BOLD & DETERMINED knows this. Weights are for men. Little baby boys have Olive Oyl arms and fat bellies. Get in the gym and kill it. Lifting weights will teach you how to push yourself to the limit. It will teach you about setting and reaching goals. It will give you confidence in yourself and your abilities. And it will make you STRONG.
6. **Eat meat.**

Meat is what produces testosterone, testosterone is what makes men. All those vegetarian dweebs you see are effeminate for a reason.

7. **Dress for success.**

You can tell everything about a person by the way they dress. Filthy, dirty hippies dress like filthy, dirty hippies and you can tell instantly that they:

   a. Have no work ethic.
   b. Want to steal from you and yours.
   c. Hate everything good, wholesome and strong.
   d. Deserve a punch in the face.

**Clean and Sharp is the rule.** You don't need to wear a three piece double breasted suit everyday but you do need to be clean and sharp and ready for business.

8. **Wet Shave.**

Shaving with a disposable razor is like shaving with a toy. When you grow up you're supposed to stop playing with toys. Men should shave with real razors, like their Grandfathers did before them. Wet shaving isn't just shaving and grooming, it's a ritual.

- You get out your razor, and shaving cream, and badgers hair brush.
- You wet the badger's hair brush and take the brush across your whiskers to wet them.
- You mix up the water and your shaving cream in a coffee mug.
- You lather up your face; you really work in the cream in between all the whiskers.
- You get out your dual sided safety razor and you start shaving, being careful not to cut yourself because it's extremely sharp. By the time you are done there is not a single whisker to be found. Your face is as smooth as a baby's.

9. **Shake hands.**

The hand shake is how men greet and address each other. The ‘fist bump’ and other assorted bullshit is how lower forms of life greet each other. A firm handshake is an indicator of strength and respect. Respect for yourself and respect for others. The fist bump shows a clear lack of respect for tradition, strength and pride. Fist bumpers deserve a fist bump to the face.

10. **Follow the 30 Days of Discipline bootcamp for winners.**

Discipline is the mark of a man. A man can control himself. A man sets goals and follows through. A man does what he aims to do. A man does not let baloney get in his way of achievement.

11. **Keep a Positive Mental Attitude.**

Read motivating works and listen to motivating music. Despair art and sad music can easily put us into a depressed mood. Uplifting art can uplift you and put you in a positive state of mind. Just say no to despair blogs, sad music and whiny bullshit. Say yes to high energy art.
12. **Own your car outright.**

Debt is slavery. If you have to make payments on your car you can't afford it. Buy a cheaper one and pay ALL CASH. 48 months of payments is a long time to pay to get from point A to point B. If you have the dough, go ahead and splurge on a luxury car. If you don't have the dough, work and build until you do have the dough. Until then, drive something cheaper. Remember, if you can't afford it in cash you don't deserve it. **LIVE LIKE A SPARTAN.**

13. **Be loyal to blood.**

The thing about lowlife liberals is that they hate everything about their race and culture and wish to destroy it. They hate the strength and pride of tradition. Nonsense, embrace the traditional and embrace your blood. When push comes to shove all you have is your blood. No one else will ever do for you in times of need. Blood first, everything else a very, very distant second.

14. **Stop watching porn.**

Heavy porn watchers are always Low-T having, light avoiding, pussy repellent boys. It's embarrassing to be a masturbator and it is shameful. No matter what the degenerate liars on TV say, it is nothing to be proud of. If someone walked in on you masturbating you would feel righteous shame. When you give up the porn you have time for more important things, like building a business, having more energy, attracting women, and being a damn man.

15. **Never supplicate to women.**

Men are the rightful leaders. When you give your power over to a woman you are truly a vile little specimen. Women don't deserve undo praise and they certainly do not deserve everything men deserve. You've got to be the leader of your woman. If you aren't the leader of your women you are her follower. A follower is also known as a chump or a cuckold. Don't be a chump, be a champ!

16. **Just say no and forget the excuses after you say “no”.**

**Punk Version**

Someone: Do you want to help me take care of my sick grandma?

Punk: Oh, well, I would but you know, I have this and that to do and I just don’t have the time...

**Man Version**

Someone: Do you want to help me take care of my sick grandma?

Man: No.

17. **Seek out adventure.**

What is life if without adventure? BORING. Jump off some cliffs. Run a Spartan death race. Go to Mexico and avoid being kidnapped. Jump from an airplane. Life is for the living, baby. Have fun with it.
18. Take cold showers.
Cold showers will turn a sissy into a man. Cold showers are the best. Cold showers refresh you. They make you feel alive. Cold showers get your blood pumping and your lungs working. Cold showers are how a man should start his day.

19. Don't talk too much.
Talking too much about your future plans fools your mind into thinking you've already accomplished it. The more you talk about your goals, the LESS LIKELY you are to accomplish them. The rule is: ‘Don't say nothing until you've accomplished. Before you accomplish you're just a talker, after you accomplish you're a walker.’

20. Know how to throw a punch.
You'll probably never have to fight anyone in your life. Doesn't mean you don't need to know how to throw a punch. Knowing how to throw a punch will give you the confidence you need if ever confronted. There is no reason to go through life not knowing how to do something as simple as throwing a punch.

   Besides, punching a heavy bag is a lot of fucking fun.

21. Stay out of debt.
Debt is prison. As long as you are in debt you will always be a prisoner. CASH IS KING. If you have the cash, pay for it. If you don't have the cash, SAVE UP! It is one thing to use credit cards to take advantage of frequent flier miles and other points; it's another to use credit cards because you can't afford to buy your girlfriend Christmas gifts.

   STAY OUT OF DEBT AT ALL COSTS.

22. Subscribe to the BOLD & DETERMINED email updates.
Come on. It's free and it isn't ‘spammy’. It's full of kick-ass shit you don't get anywhere else on the internet.

   Note: We used to have two different mail services, now we have one. If you aren't getting email updates and you want them you will need to sign up again.

23. Never rely on anyone else for your income.
It's a changing world, baby. Jobs are going everywhere except right here. Wherever it's cheaper, that's where the jobs go. You cannot rely on a job to provide for you. You got to be a motivator and make your own living. It's all up to you; a job can be taken away at any moment.

24. Be proud.
Pride is a sin? It's a sin to be a little bitch.
25. Be fit.

We already said a man must lift weights, but lifting isn't enough to give you a hard-body. You've got to take control of your diet and supplement regimen. If you're fat you may have to do some cardio as well. Have you ever had someone touch your arms and her eyes go wide? It's a great feeling. Have you ever heard someone say: “Whoa!” when you took your shirt off?

My program Body of a Spartan is the best program on the internet for natural, drug free trainers.

26. Never argue with idiots

Arguing is a waste of time. In any argument one person is right and one person is wrong.

Why would the person who is right waste time with the person who is wrong?

A stupid person will never be able to understand that they are stupid and wrong, but you make a fool of yourself when you treat stupid people as if they were smart and capable of understanding the truth. If they were smart and capable of understanding the truth then you wouldn't be arguing in the first place. Arguing is for children. It is unbecoming of a man to be caught acting like a child.

27. Not spend all day on social networking sites

These sites are for girls. Liberated women who are so independent that they have all the time in the world to whine about how there are no real men. Stay the fuck off of these places, there are better uses of your time. Don't forget to like this post so your Facebook friends can show up and get the kick in the ass they need.

28. Hold yourself accountable

It's all up to you. If you want it to happen and you put in the work and sweat equity. It's your entire fault if it succeeds or fails. Blaming others is the coward’s way out.

29. Give 110% at all times

Winning isn't everything, if you're a loser. It's one thing to give it your all and come out 2nd or 3rd best. It's another to put in only half effort. Half effort motherfuckers are dead to me. You're either full on 100% or you're a ghost.

30. Live Like a Spartan

Don't spend your money frivolously and haphazardly. Keep your body lean, keep your mind mean and keep your credit clean. Simplify your life. It makes things so much easier.

31. Like, retweet, or share this post!

32. BE BOLD.

“Fortune Favors the Bold.” – Old Latin Proverb
18.4.2012 – 14 Down and Dirty Fat Burning Tips

1. Don’t eat within 3-4 hours of going to bed.

I have developed this rule simply by observing myself in the mirror first thing every morning. When I eat within an hour or so of bed I am always fatter the next morning. When I do not eat within several hours of bed I am lean and mean.

I started doing this in China. I would be at home at night, wanting to eat something but since I went to the grocery store daily to buy my fresh food for the day and there is no Chinese junk food I want to eat and all the stores close at 8:30 pm and I didn’t have any food so I just wouldn’t eat at night. This is how I developed a rock hard 6-pack.

Go to bed on an empty stomach, that way your body is burning fat instead of the food in your belly.

2. Just say no to low calorie foods.

Low calorie “diet” foods are for fatties. If you eat 5 portions of the low calorie bullshit it’s even worse than eating “bad” foods like steak and eggs and butter. High calorie foods are FILLING so you aren’t going back to the kitchen again and again looking for more low calorie baloney.

3. Use fat burners.

Fat burners speed up the metabolism and decrease hunger. They also help you focus when you’re dieting and are low on calories.

Red Burner is the best fat burner on the market.

4. Intermittent Fasting.

Intermittent fasting is the process of fasting for part of the day and eating (feasting) for part of the day. For intermittent fasting you have several approaches.

   a. Fast for 24 hours once or twice per week.
   b. Eat all your food in an 8 hour window and fast for a 16 hour window (Leangains).
   c. Eat all your food in a 4 hour window and fast for a 20 hour window (The Warrior Diet).
   d. Eat one big meal a day, like a Lion.
   e. Eat two meals per day.

I have tried all of the above methods and they all work.

After all, what is the #1 rule when trying to lose weight?

DON’T EAT SO DAMN MUCH!

5. Steak and Eggs.

Bodybuilders of yesteryear were steak and eggs men and they had the physiques to show for it.
6. **Walking.**

Jogging is a bunch of bullshit. Walking is fantastic. Last year I spent two weeks in Thailand. I did not lift weights or do bodyweight exercises. I hit the gym exactly once in that timeframe. I ate two meals per day every day and I walked an insane amount. I could see in the mirror every day that I was getting leaner and more muscular (no drugs).

*When I got back the first thing they said was: “Whoa! You're stronger!”*

What I like to do is wake up early as can be, take the dog out for a walk and catch the sunrise. It's a great way to start the day.

7. **Lift weights.**

To get in tip top shape you must lift weights. When you're trying to lose weight you want to take SHORT rest breaks and you want to get that heart pumping like a maniac. Your weight lifting routine should be a race to finish faster than you did the day before. Taking short rest breaks (30 seconds) and lifting in a slow, controlled manner will get your heart pumping and your lungs burning far better than any treadmill or elliptical baloney.

Remember, look around the gym and find the fittest people and see what they are doing. They aren't playing on a stationary cardio machine. If you can find some old routines by the great Vince Gironda you can follow those. *The Hollywood Physique* also has something similar.

8. **30 Days of Discipline.**

If you follow 30 Days of Discipline and don't come out lean like a Spartan that means you didn't follow it.

9. **Skip breakfast.**

“The most important meal of the day,” says the executive of the cereal company. It's just not necessary to eat all the damn time. Two meals per day (lunch and dinner) full of high calorie foods is absolutely perfect for toning and trimming.

You’ve probably heard the morons say: “Well if you're trying to lose weight you should eat more,” which makes a lot of sense if you live in la-la land. Here on Earth to lose weight you've got to eat less.

10. **Exercise daily.**

Get in a daily walk, get your daily lifting done, hell, even go for a jog. But do something each and every day to get your heart going. Rest days are a bunch of bullshit and an excuse to be lazy. That's what sleep is for, rest. Your days should be spent killing and dealing.

11. **Sign up for an event that you will have to train for.**

Something like a mud run/death race, something that will force you to get into good shape to be able to complete. I recently ran a 12 mile *Tough Mudder* and let me tell you, you need to be in good shape to do something like that. Signing up for the challenge will get you in gear to losing those extra lbs. I didn't see too many fatties at the finish line.
12. If you eat a “cheat meal” skip a meal the next day.

Whenever you eat some fattening foods or go on a binge you should counteract by skipping a meal the next day. I had a buddy who went on a rampage to get a 6 pack but he didn't want to stop drinking. For every time he would drink, he would skip a meal the next day. It worked like a charm; he had a 6 pack going in seemingly no time. If you eat some fattening foods be sure to counteract and skip your next meal.

13. Don’t buy junk food.

If there is ice cream around me, I will eat it. If it isn't here I will not eat it. Concentrate on buying fresh food that you have to prepare yourself. If you have a cupboard full of snacks you will eat them. So just don't buy them, don't have them in the house.

If you wake up in the night and wander into the kitchen and see a bunch of cupcakes you will go to town and eat them. If you wake up in the middle of the night and wander into the kitchen but have no food to eat you will drink a glass of water and go back to bed without eating.

Remember, snacking makes you fatter than anything else.

14. Have a nice day.

Frequent eating and snacking is usually a sign of boredom, depression or unhappiness.

So don’t worry, be happy!
Pssst.

Are you an angry man?

You are, huh.

Well then, I have a little secret for you...

Anger is not a bad thing.

Anger is fuel.

The trick is channeling the anger into worthwhile pursuits and not letting that anger get the best of you. Being able to control your anger is what men do. It is childish to show your anger constantly. It is childish to not be able to control your anger, or to show your anger inappropriately.

Certainly, your anger must come out at the right time – but each time some little thing bothers you is not the right time to show your anger. This is not repression, it is channeling. The anger must be channeled into a higher pursuit.

I know some very angry men, it is not a life I would wish for anyone. Even with all the baloney that you face each and every day there is still too much great to be angry all the time. The absolute beauty of being born a free man of the West is that you are free to change your circumstances as you wish.

Maybe you had someone tell you, when you were a child, that you would not amount to anything. And maybe you even listened to them. But I am here to tell you right here and right now that those motherfuckers were wrong. And it is your responsibility as an achiever to prove it. Take that anger that you have and channel that into a project.

Channel it into power.

Don’t just let it eat you.

Eat that anger first and spit it out a winner.

“You want to make me angry? I will take a bite out of that anger and shit out success.”

How to Channel Anger

1. Business

Take the anger and use it as energy for success. The best revenge, the best remedy for anger, is success. The best kind of success is the kind you have created and built for yourself. If I were a young man I would focus 150% on building a business online. If I were an older man with a job, wife, kids and all those other shackles I would focus 99% on building a business online and generating some nice side income. Or I would focus on some other side business, but something that fills your time with something positive and gives you rewards on your work.
When I was a corporate man I was very angry. Sitting in traffic, yelling in my car at the dumb motherfuckers who can't drive, moving 10 feet and then stopping for two minutes, on and on until I finally got to work or home.

Since I have made the decision to go on my own forever, I will never be forced to sit in traffic again. I have my own personal rule: I never get on the highway between the hours of 4:30 pm to 6:30 pm. I just stay at home, laughing at all the goons stuck in traffic.

2. Art

Art requires energy. Energy that could otherwise go into blind anger. I am of the belief that every man should practice art.

Art is not limited to the obvious (painting, drawing). Art can encompass many things. Being a skilled craftsman is like being an artist. Art can be:

- Writing
- Music
- Painting
- Woodworking
- Carpentry
- Fixing up cars

Anything that requires talent and that you have a genuine love for is art. You can turn that anger into expression of the highest form, rather than the lowest form.

3. Location

If I lived in, say, Arkansas I would be highly angry. All it would take to remedy that would be a simple move. If your location is not to your liking there is a very simple fix for that: move.

**I cannot say this enough:** YOU HAVE COMPLETE CONTROL AND CHOICE OVER YOUR LIFE!

If you hate the area you live then pack up and find a new place. If you hate that place pack up and find another one. There's a great big world out there.

You may even figure out that there is no place quite like home and it's not so bad. After all, you do not know how much you have and how well you have it until it is gone.

4. Fitness

It’s hard to be angry when a hot blonde with big titties is running her hands over your abs with wide eyes.

The purpose of the gym is to get in there and work out your anger. There is one gym rule to live your life by: get in that motherfucker and get to work. Drop the weights, curl in the squat rack, stare at the ladies – do whatever the fuck you want as long as you are pushing it 110%. It’s the little guys who are constantly worried about what everyone else is thinking and if they’re “doing it right”. Let me tell you something, I don't give two shits what anyone in the gym thinks about me. I'm going to do what I'm going to do and that's all there is to it. And that's why when I leave the gym I'm void of anger and pumped up on adrenaline.
5. Jogging

When it comes to burning fat and getting jacked, jogging is the worst route to take. On the other hand, there is a thing called runners high. Runners high happens when you are running for a while and endorphins are released into your system.

It is like taking a shot of adrenaline, all natural and narcotic free. I always thought it was a bunch of hippy nonsense but I found out for myself that it is very real. I am not a jogger or a runner, never have been. Again, it is the worst way to get in shape.

However, I signed up for a 12 mile death race and had two weeks to prepare...

*Enter the running...*

I started running one day for 25 minutes. Then the next day I would do 30 minutes, then the next day 35 minutes and so on. I dare say that runners high is more effective than the high you get from weightlifting. It is intense and champion molding. After pushing your body to the limit, and then pushing beyond your comfort zone and pain barrier, your body goes into runners high mode and the pain is no longer there. It’s just you and those miles adding up. In the midst of this high there is almost no better feeling in the world.

6. Emasculation

*Treating men and boys like dickless curs is big, big business.*

*It will happen to you if you let it.*

*Women will cheat on you.*

*They will laugh at you.*

*They will treat you like you have a vagina.*

*IF YOU LET IT HAPPEN.*

It does not happen to me. It never has. But I have seen it happen over and over again. There is an easy fucking fix: act like a man. You have a dick, don’t be shy to act like it. Make the decision to never give your power away and it won’t happen.

When your women treat you like a man instead of a girl it is hard to be angry. Hail to the King, baby.

7. Avoidance of Anger Inducing Places

Grocery stores in certain parts of town make me angry (disgusted may be a better word). For this reason I only visit high-class (Super White) grocery stores like Whole Foods. These places are always very pleasant. I shopped at one of these places exclusively for almost a year and it was pleasant beyond belief. I spent a ton on food every month, I could have had an apartment for what I spent, but it is completely worth it to not have to look at human garbage.

Under no circumstance do I visit Wal-Mart. For you foreign readers here's a nice look at what you are missing: People of Wal-Mart.

It is time to turn that anger into worthwhile pursuits. Being angry and doing nothing about it or having nothing to show for it is just a waste. Being angry and letting that fuel you, well, that’s how you can create something special.

*If you are an angry man, channel that anger into power and create something.*

Remember friends, you can let the anger eat you up or you can turn that anger into fuel for achievement.
25.4.2012 – Become International?

To become international you must be independently wealthy or you must have a source of income which does not restrict you to one geographic area.

Since most of us are not independently wealthy that leaves one option: start a location independent business that allows us to live with the freedom we want.

What kind of location independent businesses are there?

There are many but they all have one thing in common: They are internet based.

The absolute beauty of the internet is that anyone with half a brain can learn to make money online. Internet work does not merely depend on skills learned in school or in apprenticeships. Anything you want to learn about online business can be learned online.

Internet work does not require a degree from a top-tier school, it does not require introductions from higher-ups, it does not require you be born and bred into wealth – the only thing it requires is your willingness to learn. After your initial learning stage you must take action. You must continually take action, refine, build and collect.

If you are willing to do these things, and do them daily, you will be rewarded for your efforts.

The barrier to entry into online business is the lowest of any business in the world. One could get started spending zero dollars if one were so restricted. A domain can be purchased from $2-$10, hosting can be had for the same monthly price.

There are no costly start-up fees, everything you want to learn can be found online, and your online business can provide you with substantial monetary returns and even more importantly: FREEDOM AND TIME.

Money is spent online. Not dollars and cents, but billions of dollars per year spent online. That number is only increasing; the number is not going down.

The internet is today's Gold rush.

A pick-ax can be purchased quite cheaply. To get your little piece if gold all you have to do is start digging and the sooner you start digging the better.

Sincerely,

Victor Pride
International Free Man
Maker of Money
Digger of Gold
Opportunity Seeker
Advantage Taker
As far as I am concerned freedom is the most important thing a man can have.

Our freedoms are being slowly and systematically chipped away.

Many do not care, as long as they have a fresh supply of porn, big TV’s and video games then nothing else matters.

“They strip search children at airports? Big deal! I have 24 hour porn access”.

These things, these material things, are simply an illusion of choice. I feel 100% fine knowing that those kinds of people will face very difficult times ahead.

I don't feel fine knowing that BOLD & DETERMINED readers might not be fully prepared for disaster (economic or otherwise) or, even worse, think it isn't going to happen.

If disaster doesn't happen, great! You can be extra, super-duper free.

These Are the Areas you Must Work On to Become a Free Man

1. No Job.

As far as I am concerned, a free man of the West is man who provides for himself. Under no circumstance should you rely on a job for 100% of your income and livelihood. A job can be taken away in a matter of minutes. I've gone in to work in the morning and left jobless several times.

Each time I was laid off I was provided a handsome severance package which allowed ample time to find a new job. This is not always the case and could be very disastrous for someone who lives paycheck to paycheck and who does not have a 2nd income source.

If you would like to have a job for some extra benefits and security, I see no problem with that. If you have 100% reliability in that sole job then it is a problem. All can be taken in a matter of moments. Be prepared for the worst, so when the worst comes you will be doing just fine.

Remember this golden rule: multiple streams of income.

Self-employment, entrepreneurship, flipping houses, flipping cars, internet marketing, personal training, investing, consulting, or building bird houses – you have endless options to make side money.

Things like equal opportunity, affirmative action and offshore outsourcing make you, the free man, redundant and possibly dependent on the State or debt to survive.

To be a free man you've got to have the ability to provide for yourself.
2. **Stay out of Debt.**

*Debt is slavery.* There is no easier way to put it. To be a free man you must, must, must stay out of debt at all costs.

*If you want to get into the debt game – be the debt master, don't be the debt servant.*

**I want to tell you about something called a Lonnie deal.** A Lonnie deal is simple but it is beautiful. Lonnie will buy a mobile home that needs some work. Lonnie will pay ALL CASH. Because he pays all cash he will purchase at a very steep discount from a desperate owner who needs to sell. Lonnie will then fix up the mobile home and make it nice and livable. Lonnie will then sell that mobile home for a higher price to a new buyer.

**Here is the catch:** Lonnie will not sell for cash, Lonnie will sell for terms. Lonnie will get a small down payment and collect monthly payments (with interest) until the entire balance is paid. If the new buyer stops paying Lonnie will kick them out, do a little fix-up work on the mobile home, and then get a new buyer in with the same terms and conditions.

**Broken down, a Lonnie deal looks like this:**

- Lonnie buys a mobile home for 5k cash.
- Lonnie puts in 5k work to make the mobile home nice and livable.
- Lonnie sells the mobile home for 23k, with a $3,500 down payment and $225 per month at 7% interest rate over 10 years.
- Lonnie makes a grand total **profit** of $20,669.38 off of a 10k investment and a week or two of work.
- Lonnie does these deals again and again and spends the first week of the month depositing his many checks.

Lonnie becomes the bank, the debt master, and his buyers become the debt servants. This type of transaction can be done with many things, not just mobile homes, but houses, cars, guns, whatever you can think of.

When you sell a mobile home on terms rather than on a cash basis it is called a Note. The note business is extremely profitable. You can look to the rich bankers for proof of this. The beauty is that anyone can get into the Note game.

Lonnie Deals are named after fellow Texan Lonnie Scruggs, whose book *Deals on Wheels* was a big influence in my business model. Deals on Wheels is about flipping mobile homes but it is an excellent eye-opener about all the possibilities that exist. Lonnie’s model can be used in many different industries and products. This book is a huge influence in the underground real estate investing industry.

3. **Decrease your Tax Burden.**

United States taxes are a gigantic burden to the small business man. To combat this, the smart business man will move his assets and tax-base to an offshore tax haven where he can minimize his tax burden.

You can either move your business interests offshore or develop an air-tight system of writing off your profits in such a way that you will pass an audit by the government. Your taxes only exist to make the wealthy wealthier and to provide for the sub-human scum of society who cannot work for their share. It is your duty as a free man to keep as much of your hard-earned money as you can.

To be a free man you must keep a good amount of your profits. Johnny Law doesn't give a damn about you keeping your profits, it's up to you.

**Write Off Your Way to Wealth**
4. **Freedom from child support payments and alimony.**

Child support can mean 18 years of debt slavery. Child support burden is **MASSIVE** to a man who does not see his children often and whose ex-wife is out partying with new guys every night.

*Never get married unless you are 500% sure she is the right one.* I don’t mean your soul-mate or life-partner, I mean someone who shares the same values that will make a marriage and family work.

Now personally, I would not marry an American woman for all the money in the world. They’re fun to play with, but when it comes time to get serious they do not currently make a very wise choice.

To be a free man you cannot have alimony or child support payments. You will likely go directly to jail if you stop your payments. Whether you can afford the payments or not makes no difference to Johnny Law.

5. **2nd Passport or Residency.**

The US government is run by psychopath’s who care nothing for the average citizen. They will put their hand in your pockets every chance they get, right up until (and after) collapse. The worse things get, the more money they take from your pocket. For this reason, I see it as almost essential in getting at least a 2nd residency.

Some countries will offer citizenship or residency after several years of occupancy in their country. Some will offer citizenship with marriage to a national. Some will offer citizenship for a cash payment, investment, or home purchase in said country. There are a lot of options here.

There are many resources available on the resource machine we call the internet.

*Friends, if you make these 5 goals a priority you can rest assured you will be freer and more secure than the average man:*

I. Work for yourself and make your own money.
II. Stay out of debt.
III. Decrease your tax-burden.
IV. Stay away from women who put you in debt.
V. Get yourself a “Just-in-case” 2nd passport or citizen option and you will sleep very well at night.

*Until next time,*

*Victor Pride,*
Free man of the west
The pity is that everyone hates their job. The pity is that everyone is looking for a way out. A way to make ends meet without the soul crushing. The pity is that most people spend years going to college and years working in a soul-killing position before they open their eyes.

The pity is that everyone thinks “If I could just get that one great idea...”, “If I could just get one big break...”, “If only someone gave me a chance I could really do something great”. The pity is that all the time spent day dreaming could have been spent building something.

The pity is that most people live with mountains of debt, go to work to pay off the debt, and then buy more things on credit. The pity is that everyone feels the burden of all that stuff on their shoulders but they don’t know that it’s O.K. to get rid of it all.

The pity is that people have become soulless. The pity is that they drown themselves in booze, or narcotics, or games, or sex. The pity is that they think there is no way out. The pity is that they become nihilistic. The pity is that instead of building and making the decision to live a rewarding and fulfilling life they just continue on the same path that is killing them.

The pity is that they will type, type, type away about all of their problems but they won’t type up a solution. The pity is that they have unprecedented freedom to do anything they want. The pity is that it’s easier to not have a job than it is to have a job.

The pity is that everyone has an idea of what they want but no one has a plan. The pity is that when someone asks them: “What do you want,” they do not have a concrete answer.

That is the pity with them.

The pity with you is that you are not soulless. The pity is that you are not a dumb animal. The pity is that they have unlimited options. The pity is that you consciously choose a dead-end path. The pity is that you will not make a decision without a committee approval. The pity is that even though you are free you act like a prisoner.

The pity is that the solution has been right in front of your eyes this entire time.

It’s time to break free.
I do not live with regrets but if I were to find myself 18 years old again I would do things differently.

For starters, I would disregard all advice from friendly friends and family. The advice to “get a degree, get a good job, save for retirement” is bad advice from a decaying era. The thought that simply getting a degree and getting a job will lead to a good life is ludicrously stupid.

Like so many other young (and dumb) men I listened.

I did my time in college, which I hated every second of, working jobs to pay my way.

And then I worked. I worked jobs that I hated.

They were soul-killers.

But hey, they helped me pay my rent, my truck payments, my insurance payments, my credit card payments and left me with enough to go get drunk on the weekends.

I have known since I was a teen that I never wanted to work a dead-end job my whole life. Saving for retirement sounded like a scam and I never believed it. “You want me to work hard now and eat shit so I can live like a king when I'm 65? Why don't I just do that now?” Yet I still followed the path.

I had my first brush with self-employment when I went into the insurance industry. It did not work out so well and I went broke as a joke. I got a recovery job that paid me to surf the internet all day. It was not such a bad job; in fact, it was the cushiest job I have ever had. Naturally, the job was unsustainable and my whole department (of 2 people) was laid off and given a severance package.

Getting laid off or fired has never bothered me. I could go find a job in a few days if I wanted. Finding a job is easy. What isn’t easy is letting your soul go.

So, of course, I went and found a new job. It was while surfing the net at this new job that I struck gold. Innocently, I stumbled upon what would eventually become my method of generating cash.

After two months at this job I had done enough studying on the net to know that my method was solid.

I walked into the boss man’s office and said: “Boss man, I have to quit.”

I had enough money to pay for an entire month of bills and that was it. 30 days after quitting I had made twice my monthly salary at the best paying job I had ever had.

I was 26 years old.

It took me 11 years of working jobs I hated to figure out what I had always known: you do not have to have a job to make money.

As an entrepreneur I have made more money in one single day than I made all year at any job I ever had. Those 11 years I spent in Hell were a learning experience and I do not wish to change anything.
However, if the magic time man sent me back to 18 years old this is what I would do:

I. I would skip college.

II. I would dive 150% into internet marketing, the new Gold rush.

III. I wouldn't listen to a single word my family said to me. I wouldn't even tell them my plans.

IV. I would travel all around Asia, South America and Europe and I would live like a free man rather than a wage slave.

V. I would have become free at the age of 18 rather than 26.

The internet is the greatest freedom providing tool in the history of the world.

If I could change one thing I would have told this to my 18 year old self.

My younger self was under the delusion that to be an entrepreneur you had to invent a product that served a need. What I never knew is that you can piggyback on the profits of others and provide for yourself while creating absolutely nothing, if you didn't want to.

All you have to do is get someone to click a link.

100 years ago you had to find oil, or gold. Now all you have to do is get someone to click a link.

I have been online for 15 years. Most of those years were a complete and total waste of time. I could have been building something that whole time. It's never too late, though. It wasn't too late for me and it's not too late for you.

Good luck friends. I hope you will do now what I waited 11 years to do: TAKE THE WORLD INTO YOUR HANDS.

Sincerely,

Victor Pride

P.S. It is a summer Friday afternoon and I am smoking a cigar on the patio and playing around on my computer. Years ago I would be watching the clock so I could drive home in rush hour traffic, hit the gym, have dinner, go get drunk, and then spend all day Sunday dreading Monday morning. Now I am excited as can be for Monday.

Last night I played some poker with a group of friends and some friends of friends.

One gentleman showed up to the game unshaved (for several days), longish unkempt hair, and wearing ill-fitting clothing. Towards the end of the game it came out that he was unemployed and he truly needed the money he was winning. He came out on top about $20, but this $20 was highly important to him.

“I’m jobless right now. Every time I win I think: ‘That’s a fountain drink. That’s a value meal’”.

Naturally, when this bit of information came out I thought to myself: “You look like a dirty bum, you have no money, and your priorities are sodas and value meals”.

This, friends, is the definition of a loser. One who is so desperately poor that $20 makes a big difference but with that $20 he will waste it on junk food. This guy could have spent his money on some rice, beans and chicken that would feed him for a week and give him a good amount of protein.

He could have spent his time BUILDING something that will pay him handsomely.

But he is not a builder, he is a waiter.

He waits and waits and waits and waits for something to come his way. Like a random poker game.

Friends, a winner waits for nothing. A winner takes action and makes plans and follows through.

If I were broke as a joke this is what I would do:

- I would make money online.
- I would not leave my house except to go to the gym or the grocery store.
- I would focus 500% on building an income. Morning until night.
- When offers from friends and family come in to go to dinner, go for drinks or see a movie my answer will always be the same: no. I’m busy.

At the poker game I lost $50. That $50 doesn’t matter at all to me. I will never miss it and I will never notice it is gone. That $50 was not 50 soda pops I could have purchased.

That is the difference between being unemployed and being broke as a fucking joke.

Friends, it is up to you to make your life happen. Self-reliability is the only type of reliability that is certain.

Poker bum made the decision to be a bum. I have made the decision to be a Wolf.

What is your decision?
Some are of the opinion that your destiny is out of your control. That your destiny has been pre-determined and you have no choice in the matter. Some believe that it does not matter if you take action or do nothing. Some believe that whatever will be, will be and there is no point in planning.

Others believe that you are the creator of all that happens in your life. **BOLD & DETERMINED** is of the opinion that anything a smart and mentally stable person wishes to achieve can be achieved through the sheer power of determination.

Arnold Schwarzenegger wished to become the best bodybuilder who ever lived. His parents and his peers in his small Austrian town thought bodybuilding was a ticket to nowhere and that he was wasting his time. But young Arnold had an iron will and unbreakable determination and he went on to become the greatest bodybuilder of all time.

After he found bodybuilding success, Arnold Schwarzenegger wished to become a movie star, not an actor, a star. Agents laughed at his bulky muscles and his funny accent. Arnold was not deterred, he knew his path, his destiny, and he went on to become the most famous movie star the world has ever seen.

Young Arnold could have listened to his parents in his small Austrian town of Graz; he could have given up his bodybuilding dreams and followed in the footsteps of his Police Chief father. Becoming Chief of Police is certainly not a bad living, but Arnold certainly would have wondered: “What if...” until his dying day.

When asked the question: **“What Do You Want?”** Arnold answered: “I want to become the greatest bodybuilder of all time, move to America, become a movie star and then become a world leader.”

**Knowing what you want is the most important part of determining and fulfilling your destiny.**

Having a plan is of utmost importance. Being able to answer the question: **“What do you want?”** with complete certainty **IS** your plan. If you cannot answer the question or if you answer with vague uncertainties then that is what you are surely to become: nothing but a vague uncertainty.

**The Talker**

**What do you want?**

*Oh, I don’t know. A good job I guess. Maybe some travel. You know, just be happy.*

That’s exactly what this person will get. A job that pays him money and steals what is left of his soul. A week of vacation per year and one day he may make it to Cancun, Mexico. That's it.
The Walker

What do you want?

I want to set up a drop-shipping business selling blue widgets to overweight single moms. This business will be set up so that it can be run from anywhere in the globe. This will give me a chance to have positive cash flow while I do a little traveling. The blue widget business will not last forever so I will invest money from that venture into real estate, specifically farm land, which will give me an income for the rest of my life. I plan to raise a large family on a farm in this part of the World, away from the degenerate influence of television and public schools.

I would bet money that this person will be able to follow through with this plan, this destiny, because he knows exactly what he wants.

How to Answer the Question “What Do You Want?”

The first step to answering this question is to BE HONEST. It is only for you that you are answering this question so you must let go of the fear of saying something wrong or improper.

For example: I will get married some day and raise a family. I will only marry a woman who meets specific guidelines, and one of those is that she must be a virgin. Every man I know is deathly afraid to admit that they would prefer a virgin, or to even think that it’s an option. The consequence is that these men will end up with used goods. Fine for them. That is the destiny they have chosen.

When answering the question “What do you want?” it is ok to be selfish.

It is imperative to be selfish when answering the question.

You likely already know what you want. For some, the ones who can answer completely, the thoughts are at the forefront of their mind. For others, those who are scared to answer with sincerity and honesty, the thoughts are what keep them awake at night.

What keeps you awake at night?

- Dread for your job?
- Money worries?
- Debt?
- Wishing you had a lovely young lady to hold?
- Excitement for the day ahead?
- Wishing you had something to be excited about?
- Depression?

What you are thinking about is likely what you have waiting for you in the future. Night time is the greatest indicator of whether or not you are following what should be your destiny. There are two options at night when you lay awake:

1. You are visualizing your plan of attack, you are going over your plans, you are preparing, you are excited for the day ahead and you fall asleep content.

2. The demons come for you. All your mistakes and missteps come to eat you up because you are not on the path you should be on.
What To Do

Get a paper and pen and write down the most important things in your life. Read this repeatedly until you have narrowed down exactly what is most important. Then say it out loud. Don't mumble and don't stutter. Say it loud with confidence.

Never say: “I don’t know”.

When someone says: “What do you want for dinner?” You must answer with certainty.
When someone says: “What do you want to do tonight?” You must answer with certainty.

This will get you used to answering questions with confidence and sincerity.

Go somewhere you can be alone. Go for a long drive. Go for a walk in the woods. Leave your phone and iPad and electronic junk behind. Just you and your thoughts. Answer the question “What do you want?” and answer with complete honesty. There will be no one around to judge your thoughts, there will be no one around to laugh at you or say it can't be done.

Look at yourself in the mirror. Do not look away. If you cannot look at yourself in the mirror without feeling disgust you cannot accomplish anything. You absolutely must be able to face yourself. When you become comfortable with yourself you will be comfortable exposing yourself and your plan to others.

I. Play To Your Strengths

Everyone has something they are good at. Play to the strengths you possess.

If you are low IQ you cannot move to Silicon Valley to develop web applications. If you are 5’6 and 28 years old you will not become a professional basketball player. If you live in the middle of nowhere, Kansas you are not going to become a famous actor.

II. Dreams Do Not Have To Be Grand

The dream for the entirety of my early adult life has been to be self-employed. This is not a grand dream; there are millions who make money on their own. All it takes to become self-employed is a method and a determination to make it work. Once I made the decision to go my own way and never look back it has been downhill. It has been over 4 years since I have received a paycheck from an employer. If I had simply made the decision earlier and followed through with determination it could have been 10 years ago.

III. The Power Of Visualization

You must visualize yourself as you want to be. I did this long before I went into business on my own. I visualized exactly what I would be doing, how I would be acting, and wouldn't you know it? Two or three years later I was doing exactly what I visualized myself doing.

When I want to lift a heavy weight for the first time I visualize it before I lift, sometimes for days. I see myself lifting it in my mind; by the time I get to the gym I have already lifted it a dozen times in my head. My brain already knows I can lift the weight, so I just pick it up and lift it.

The barriers we have are mostly psychological. If we can get past them in our mind they are extremely easy to fulfill in real life.
IV. Choosing Your Destiny

Friends, it is your choice how you wish to live your life. The world is yours for the taking. Your destiny will be what you have built it to be. If you build upon it with a bunch of: “I don’t know’s” or a bunch of letting things happen rather than taking action and making them happen then that is the destiny you have to look forward to.

If you have made the decision to plan out your life, rather than letting it happen, you can look forward to your plan coming to fruition.

Friends, I wish you all the best.

I hope you will make a plan and follow through.

The world has plenty of worker-bee slaves.

Let those motherfuckers have it.

Your destiny is yours to choose.

The choices you make today will affect your tomorrow.

Make the right one.
Everybody knows a few Jealous Johnny's who can't be happy for anyone's success and always have a snotty, negative comment to make. Those are the people who don't succeed. The people who don't get ahead. The people that sabotage themselves with their negative behavior.

They see a successful person and they think: “What an asshole! I can't believe girls like him! What a prick! I could do that if I wanted to!” Those people should simply be ignored. Those armchair critics can stay in Loserville with the other Negative Nancy's.

You, on the other hand, are smarter than that. You know that when you see someone who has an enviable life that he probably did something to obtain his good fortune. You know that if you can put together the puzzle of what he did, learn from his successes and mistakes, then you may be able to obtain similar fortune.

And when you study the lives of many enviable Men you can let all of their combined advice, teachings and mishaps inform you of what it takes to be successful. You can let the envy motivate you. There is no time for negativity when you are busy becoming something better.

If you treat successful people as teachers and you the student there is much to learn.

If you treat successful people as the butt of your complaint then there is nothing to learn and nothing to gain.

When someone produces a twinge of jealousy in you think not: “How the hell did that asshole do that? What a lucky bastard!” Instead, think to yourself “How can I do that?” and then put together the puzzle. What one man can do, another can do. All you need to do is reverse engineer that success. Figure out what they did and then emulate it.

It does not take creativity to be successful. Most people are not creative. What it does take is recognizing an opportunity when it presents itself. Next time you are jealous or envious do not think negatively about what an asshole the winner is. Instead, think to yourself how you can accomplish the same thing. Visualize yourself doing the same thing.

Learn everything you can about the winners process so you can emulate or modify the process and create success for yourself. One thing you do not need to do is reinvent the wheel. The wheel is already here and it's a great invention – it is only your job to determine how you can emulate someone who is already making money from the wheel.

“But I don't want to be a copycat!”

Yes, you do. You think you are the only person in the world to hold a job? You are the only person in the world to work in an office or a factory? There are millions billions who trade their time for money. People who work jobs are the biggest copycats in the world.

Everyone is already a copycat.

Why not copy success instead of mediocrity?

It truly does not take more work or thought to run a, say, successful internet business than it does to punch in a time card every Monday through Friday.
When I went into business for myself I did not reinvent the wheel. I did what hundreds, probably thousands, of other people already do. I studied their methods. Day and night I studied. I learned and I decided what would work best for me and my strengths.

The only thing hard about going into business for yourself is being DEDICATED. If you can dedicate yourself, just like you dedicate yourself to your 9-5 jive, you can accomplish something. Maybe you won't become rich but there is one thing that is infinitely more important than material wealth – **TIME**.

**The time and freedom to enjoy life as you wish is the most precious thing in the world.**

All it takes is the desire. Find the method you want to copy, find one that meshes with your strengths and sensibilities and get to copying. You can copy my step by step Spartan Entrepreneur method or you can copy any method you want.

**Damn near anything you want to copy can be found online.**

**If you cannot find a method on the internet there is a little known secret that Entrepreneurs have been using for centuries...**

This secret is called....

**ASKING QUESTIONS.**

Find someone who does what you want to do and ask them questions. Take them to lunch or for a beer and pick their brain. Most people are happy to talk about their business and themselves. All you have to do is pick their brain. A tiny little nugget of seemingly throw-away information could prove to be invaluable to you. Instead of being Jealous of Johnny you can pick Johnny's brain and find out what he did to build what he has built.

You may find out you were jealous for no reason. You may find out that most entrepreneurs are not super smart geniuses; they are just regular people who decided to follow and copy the method of other tried and true pros.

**Heck, you may come to find out you can do the exact same thing.**
On occasion I have been accused of having high standards.

I confess, to you here and now, that, yes, I do have high standards.

But let me point out one teensy-weensy-little-itty-bitty tiny detail...

Our culture, western culture and in particular American culture, has been so degraded that the simple act of having standards can be interpreted as having high standards.

For example, on my simple list of what you should look for in a future bride are traits that my Grandfathers generation simply took as normal. If a woman did not possess these traits she was not marriage worthy. These traits are still considered normal in most parts of the world.

Today in our world, however, even the simple thought that you could possibly marry a woman like this, a virtuous woman rather than a used up cum-dump, is blasphemy.

If you would like to run a little test you can do this: explain to someone that you would only consider for marriage a woman who has not had her femininity and grace pumped out of her. The person you will have explained this to will react like you just explained that you admire Hitler.

Unimaginable for most people today.

This is because our generation is so completely void of standards and afraid of, heaven forbid, judging someone (unless that someone is a white male who projects strength rather than weakness and vulnerability). The thought that women should abstain from things like eating too much food and being a slut are just beyond the realm of thought for a decaying society full of lost and confused souls.

Friends, just because the world is burning does not mean you have to lower yourself to the level of the animals and go on a looting spree.

Just as you would hold others to higher standards you should hold yourself to the highest standard.

Like they say: BE THE CHANGE YOU WISH TO SEE.

Having high standards is the mark of a man who is not swayed by the lies of the television, the lies of the government and the lies of the deluded and drugged masses of the soul-less.

High standards are the mark of a man who is, indeed, above. Holding high standards is an easy accomplishment when others have standards only slightly above complete degradation.

The world can burn all it wants, but I am not going to lower myself to the level of an animal. I hope some of you will do the same.

Victor Pride
**21.5.2012 – How Do You Know When You Are Jacked?**

Jacked is when you take your shirt off and your girlfriend or some random hussy's eyes pop out wide and she says: *“Whoa!”*

Jacked is when every guy stares at you in the locker room when you have your shirt off.

Jacked is when you finish your set of Deadlifts and the fellows in the gym come to compliment you.

Jacked is when people ask you to take your shirt off.

Jacked is when strangers call you “Big Man”.

Jacked is when people say: *“Do you workout 5 times a day?”*

Jacked is when girli touch your abs with confused eyes, thinking: *“How can abs feel this hard?”*

Jacked is when you start off at a weakling 130lbs or a fatso 300lbs and mold yourself into granite.

Can you become jacked if you don't touch steroids? The answer is yes and no. You can't look like the magazines but you absolutely, positively can develop your body to become the most jacked nature will allow. To become the best you can possibly be. To have the body of a Spartan warrior, drugs are not needed. **The body of a Spartan can be achieved with 3 things:**

1. Food.  
2. Training.  
3. Commitment.

If you can eat the right food, **train 4-6 times per week** and be committed then you can achieve a state of 'jacked-ness'.

The lean and mean Spartan almost looks like a normal guy with clothes on. Almost. **But his face is lean.** You can see that there is little to no tummy fat. He looks like an athlete. He looks like he can swim across the lake with no problems. He looks like he can do 100 pushups no problem. He looks like he can run around the block and not break a sweat.

**The beauty of training like a Spartan is that anyone can have a Spartans body.**

**A Spartan body is not dependent on drugs.**

The secret to becoming lean and mean like a Spartan is training like a warrior, not training like a bodybuilder. You need to hit the weights, and hit them hard, but you don't want to follow the baloney 1 body part per day workout plans you see in the magazines.

You don’t want to play with triceps kickbacks, you want to work the exercises that give you the most bang for your buck. **Your whole body needs to become strong**, you need to be whole. Your body is connected, it is not just biceps, triceps, lats and quads. Your muscles are connected and you want to train all of those muscles, not just the ones with a cool name.
**Is it easy to get jacked?**

It's easier than you think it is. If you're doing the right exercises and not the bullshit you read about in the magazines then it becomes a hell of a lot easier. But it isn't easy. If it were easy everyone would look great instead of looking like poop.

That's one of the great things about looking great – you don't have too much competition. Especially when you aren't in the gym. Most people are skinny twigs or they are fatsos. You will catch the skinny twigs staring at your arms, chest and shoulders. You will catch the fatsos staring at your flat stomach. And you will catch all the smiles from the pretty girls.

**Does being jacked actually help you get girls?**

It's incomprehensible that some guys will actually ask this question and not know or understand that the answer is a big, fat yes. If you could change your skinny twig body or your fatso body for a Spartan body for a single, solitary day and see all the smiles you get from the girlies you would be in the gym every day after that to achieve your Spartan 'jacked-ness'.

**Do you lift just to get girls?**

Just like every straight man on the planet you will start lifting for all the hot 'cooz'. Over time your lifting takes on a meaning of its own and you start developing goals just for yourself. No broad is ever going to ask you if you Deadlifted 500lbs that day. No girly in some bar somewhere is going to ask you if you bench with 100lbs dumbbells.

It doesn't matter; these are goals that you set for yourself. This is you making the decision to push it to the limit and lift what you could only dream about lifting before. It's about setting goals, achieving those goals and then setting more goals and crushing them. It's about not being satisfied with average or good, it's about becoming stronger and better than you were the day before.

Jacked, fit, lean, Spartan... whatever you want to call it. Becoming it is imperative to your betterment. Just because you are a skinny twig now or a fatty now does not mean you can't become jacked. No one starts out jacked, it takes work to get there. But the beautiful thing is that anyone who wants it, truly wants it, will become it.

You may have been living your whole life making fun of the meat-heads and the gym-rats and the little-dick juice-monkeys but they know something you don't know – strength. Pride of accomplishment of the body. Perseverance. Pushing through pain barriers. Accomplishment that you can see with your own eyes.

**From the skinniest twigs to the fattest fatsos, all who have become jacked will say the same thing...**

Lifting, becoming strong, and developing the mental discipline to do it, is the best thing I have ever done in my entire life.

I developed Body of a Spartan so that anyone could get the same results I got.

Try Body of a Spartan NOW to hear....

"WOW! Do you just workout 5 times a day?"

Click here to view the body of a Spartan sales page.
25.5.2012 – Is Tim Ferris a Scam Artist?

“Man, Tim Ferris is just a scam artist who wants to steal your money. That stuff doesn’t work.”

“Man, Tony Robbins is just a scam artist who wants to steal your money. That stuff doesn’t work.”

“Man, this guru and that guru are scam artists who just want to steal your money. That stuff doesn’t work.”

Friends, I would like to share with you how I feel about self-help gurus.

Does reading self-help guru stuff work or is it a bunch of hogwash designed to steal your money?

I will say here and now that YES those types of books work. But they do not work in the traditional sense, or in the way most people think they are supposed to work.

Most people think that if they follow the method in The Four Hour Work Week they will become rich and work only 4 hours per week. That is incorrect. What you will get from the book (if, and only if, you are open to ideas) is MOTIVATION to go after your true calling.

You will get ideas and you will get fired up.

What you do not want to do is follow the method that the author, Tim Ferris, used. It worked for him but does not mean it will work for you. Especially now that the book is many years old. It's a dinosaur in terms of internet marketing but it is still a MUST READ for hungry entrepreneurs.

The real beauty of guys like this, gurus if you wish, is their ability to motivate you to becoming something better. No, you really cannot do what Tony Robbins does. Only Tony Robbins can do what he does.

You really cannot do what Tim Ferris does, only Tim Ferris can. But what you can do is read their work, let their infectious energy motivate you, grab an idea here or there and then get to work on your own project.

The books, self-help style entrepreneur books, are just motivation. They aren't literal blueprints. There are people who understand that and there are people who don't. The people who don't get it are the people who take the books literally.

The guy that doesn't get it is the guy that says: “No way you can work only four hours per week! That guy is a scam artist!”

Let me be the first to say: “No shit you can't work four hours per week!”

That is EXPLICITLY stated in the book.

The title is simply a motivator. You read these books to get motivated and to get ideas. Even if you get one idea from the book it was worth your money. One tiny little nugget of an idea is worth far more than the price of a book.

One day, a couple of years ago, I was browsing through a used bookstore and I found an old hardcover copy of The Four Hour Workweek. I remembered hearing about it a couple years before, the press and buzz about the book were enormous. At the time the book came out I had no intention of reading it, assuming it was some type of nonsense, baloney. I mean, who can really work four hours per week on a beach?
Well, for 7 bucks I picked up the book and read it in two sittings.

Was it worth it?

The Four Hour Workweek completely changed my life. Completely. It completely opened my mind to new ideas I would have never, ever thought of on my own. From the day I read it my life has never been the same. But do you know how much of the 4 hour method I follow? Zero! I follow absolutely none of the methods in the book.

Sometimes blueprint methods are good and work, but when it comes to something big, your lifelong dreams and obsessions, then there is no blueprint you can follow. You will have to take ideas from here, take ideas from there, take ideas from everywhere and put them together until you have something special.

It's not really about working 4 hours per week. It's like what Tony Robbins says; it's about unleashing *Unlimited Power and Awakening the Giant Within*.

Are these guys scam artists? Well, that depends on who you ask. Most people who read their books will DO NOTHING to better themselves and because they cannot fathom that anyone can become better they assume the books are rip-offs and scams. Or they will take the books literally and try and walk in the shadows rather than forging their own path.

My favorite blogger, [Rick Schwartz](https://www.rick-schwartz.com), has written many times that a set of 20 Tony Robbins tapes he bought in 1994 completely changed his life. He listened to the first 4 tapes and never listened to the other 16. He was so fired up from the first 4 that they were all he needed to get started. Today he is a multi-millionaire domain investor.

You see, it's not about the methods or blueprints in the books, it's about opening your mind to the possibility that a giant lies within you. All you need to do is wake that giant up and get to work. It's about motivation, it's not about method.

Friends, some of you have giants within you. And some of you don’t. To those that don’t, I only have one thing to say to you: “Yeah, I'll have fries with that“.

Victor Pride

P.S. I will guarantee you that my book [BODY OF A SPARTAN](https://www.bodyofasp Spartan.com) is going to give you some phenomenal fitness and muscle building ideas. And heck, I'm even going to throw in some blueprint recipes for the guys just getting started in the weight room. It's time to awaken the giant within.

Or, as I call it, the Wolf within.

OWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWWW!
These are four highly uncommon but ultra-effective exercises for developing some raw power, muscle and strength. I have never once seen anyone perform any of these exercises in any gym spanning two continents. Too bad for them and fortunate for you – these exercises will help you turn beastly.

1. **Wrestlers Bridge**

The wrestler’s bridge is mostly a neck exercise but it also works your entire core. Most people don’t even think of training their neck, which is too bad for them. Having a strong, thick, powerful neck is probably the #1 indicator of someone who possesses immense power. Having a muscular body but a little neck is unsightly and goofy looking. Having a thick neck pulsing with muscle is impressive even if the guy is skinny everywhere else.

To perform the wrestlers bridge you will want to get on your back, push yourself up onto your neck using your hands for support, let go so you are resting your weight on your neck, and then you will want to move your core up and down so that your neck and back get a mighty workout. Start with 3 sets of as many as you can do. Gradually build up to 5 sets. When you can do at least 5 sets of ten reps you can start adding weight (holding a dumbbell or barbell above you for added resistance).

2. **Weighted Pushups Between Two Benches**

This exercise is excellent for chest, triceps, shoulders, and core development. Set up two flat benches parallel to each other and set up a chair behind them. Set your feet on the chair, one arm on each bench, have someone put a weighted plate on your back and start doing deep pushups between the two benches. Simple and effective.

Ol’ Doug told me about this exercise and it’s a monster. You can expect all the girlies in the gym to be watching you while you perform it. When you get setup in your pushup position have a friend or someone in the gym put a 45lbs weight plate on your back for added resistance. This exercise is a man maker.

3. **Dive Bomber Pushups**

Use the same bench setup as above but you will angle your body so you are facing downwards (dive-bombing). You will need to move the chair closer and put your ass in the air like you are dive-bombing. This will develop some thick, broad shoulders. This is much like a handstand pushup that guys in prison do all the time, except this way you get more of a range of motion in between the benches. Do as many dive bomber pushups as you can, rest for 30 seconds to a minute and then do some more. Repeat until finished.

4. **Suitcase Deadlifts**

The suitcase Deadlift is a whole body exercise but is especially excellent for grip, forearms, obliques, neck, and traps. Load a heavy (remember, heavy is relative) barbell, place the barbell on one side or your body, grab and lift with one arm. Repeat with the other arm. It is just like picking up a suitcase except your suitcase is heavy and made out of iron.

5. **Bonus Exercise: Girl Pushups**

Girl pushups are not what they sound like. You don’t want to get on your knees and do dinky pushups like a girl, you want a girl to get on your back to give you added resistance while you do pushups. This only works if you have a thin girlfriend. Some night tell your girl you need to get a quick workout in, have her lay on your back and then do some pushups with her on you. These are actually quite intense and they have a dual benefit: getting your workout in and wetting your girl’s panties.

Girl pushups sound funny but this is a no phony baloney exercise, it is work. You can expect to be very out of breath at the end of a set, especially if your girlfriend is a fatso. For extra ‘panty-wetation’ you can add girlfriend bench presses – have her lay across you flat as a board while you bench press her.
In honor of Memorial Day, let's talk about 52 things that every Father should teach his Son(s).

1. **How to Throw a Ball.**

   It breaks my heart to see little boys who don't know how to throw a ball. They stay inside all the time eating potato chips and playing the newest video game system. Put a baseball in their hands and they look like a Deer caught in headlights. No boy should ever be caught dead throwing like a girl. When I was a youngster we had a name for all the boys who threw like girls, and it wasn’t a nice name.

2. **How to Throw a Punch.**

   Our single mommy world is raising a bunch of little ‘pussified’ boys who get bullied (because they are ‘bulliable’). You've heard the rallying cries of “STOP THE BULLYING! STOP THE BULLYING!”

   I say stop raising twinks and the bullying will stop. Each Father must teach his son how to throw a solid punch. Bullies are cowards who pick on the weak, after a jab to the nose you can forget about bullies picking on you ever again.

3. **How To Tie a Tie.**

   If you don't teach your Son how to tie a tie he is going to learn from the internet. Is the internet a better father than you?

4. **The Power of Willpower.**

   Your mind is your greatest asset and with it, and the right attitude, you can accomplish anything you set out to do. Make the decision, do not waiver in the face of adversity, and you will reap the rewards of your effort. Give in to adversity and quit and you can expect to be completely and totally AVERAGE.

5. **Never Give Women Power Over You.**

   When women have the upper hand they will use it to your peril. It is only when you hold your rightful power that women respect you. It is usually the case that men who give women power, who try and do everything to please women, who would never dream of arguing or abusing a women, that get the police called on them for “abuse”.

6. **How to Build a Bookshelf.**

   Not knowing how to use a hammer, nails, screwdriver would be highly embarrassing later in life when little Johnny has to have his nagging wife fix everything in the house.

7. **Discrimination is Good.**

   Disregard the media baloney about discrimination being bad. Discrimination is how you survive and prosper. You see a girl in a bar dressed like a slut, you can be sure she is a slut. You see a group of blacks with their pants around their mid-thighs you can be sure you don't want anything to do with them. You see a group of Mexicans gathered around the Home Depot you can be sure they are illegal’s.
8. It’s Not OK to Be a Sissy.

Only single mommy’s and weak daddies raise sissies. A strong father will not raise a weak child; he will teach his child the importance of stoic strength. He will teach him the importance of a “Yes, I can!” attitude.

9. Trust is Earned, Not Given.

Treat everyone with respect but never let your guard down. People in this world are out to eat the weak and if you show vulnerability the Hyenas will feast.

10. The Importance of Hard Work.

The years of 15 – 21 will mark you for the rest of your life, it is imperative that you get in some hard work so you can develop the habit of not being a lazy slob. That can mean athletics, yard work, farm work, work in the family business, or school work.

11. The Importance of Physical Fitness.

Keeping your body lean and mean shows pride in yourself and your abilities. Letting yourself go is a sign of weakness, depression, and high estrogen and low testosterone.

12. Don’t Believe Her When She Says She’s on the Pill.

A.P.O.E. (Always pull out early).

13. How to Swim.

I was at Maya Beach, a small island in Thailand (famous for the movie The Beach) and I saw the most embarrassing sight of my life. There are two ways to get to Maya beach: the front way and the back way. If you go the front way you have to pay, so we had our banana boat driver take us the back way so we could get in for free. At the back door of Maya beach you have to park the boat in the water, jump in the ocean, and swim to the edge of the island where you climb up a rope and then up some stairs.

As we were leaving we saw some truly horrific sights. One guy COULD NOT SWIM EVEN WHILE WEARING A LIFE JACKET. He was being pulled through the ocean by a tiny little Thai man who was not wearing a life jacket. The guy in the life jacket was being dragged like a little baby by a guy half his size who was not wearing a life jacket. That man’s father failed big time. The guy looked at me, we made eye-contact and he just shrugged like: “What can you do?”

The embarrassment does not end there. The guy had a buddy WHO ALSO COULD NOT SWIM EVEN WHILE WEARING A LIFE JACKET and was being pulled by another little Thai man.

14. Competition is Great.

If you play, you play to win. Second place is the First loser.

15. Opportunity is Everywhere.

You must learn to keep your eyes and ears open and ready to take advantage of opportunity. As a man you do not wait for opportunity to present itself to you, you seek it out.
16. **Know Who You Are.**

You will live amongst other races who covet the things you have, never forget that and never let your guard down.

17. **Always Give 110%.**

If you are going to do something you must do it right. Never give less than your best. Your aim for perfection is what separates you from the animals of society.

18. **Your Word is Special.**

If you say you will do something it is a must that you follow through. Never, ever be known as a liar or as a flake. Your reputation is special and must be kept in-tact.

19. **How to Make Money on Your Own.**

Working for others to make them rich and you a pittance is what slaves do. Making money on your own is how you do for yourself.

20. **Boys is Boys and Girls is Girls...**

...and never the tween shall meet. Sex is not a social construct, it is biological. If you don't listen to yourself and your body you are going to grow up to be very angry and confused. It is only when you know who you are and what you stand for that you can be comfortable with yourself.

21. **Excuses are Useless.**

Excuses are for the useless and the weak who cannot do what they said they would do. Always do as you say you will do and never give excuses as to why you didn’t do something.

22. **Excessive Apologies are for Pussies.**

Never, ever apologize unless you have done something terribly wrong. Never end phone calls with “sorry”, never pepper your conversation with “sorry” and never BE sorry unless you truly must be. If it wasn’t your fault do not say sorry. If it wasn’t a heinous crime, don’t say sorry.

23. **Girls.**

Girls will respond to you being a boy. They will not respond to you trying to bond with them and have things in common with them. The further away from their femininity you are the more they will be attracted to you. Tease them, play with them and treat them like a little sister and you will not have girl problems.

24. **The Importance of Athletics.**

Sports will teach you discipline and competition and they will give you pride of accomplishment. Sports will develop your body at the point in time it is most essential to develop your body – your teenage years.
25. Be Bold.

Bold action is required to reap the rewards of life. Timidity is good for **nothing**. If you want something you go after it and you take it. **You don't ask permission** to fulfill your goals, you don't apologize for your goals, you don't make excuses for your goals, and you don't give a damn about being modest in the face of lesser.

26. **Discipline is a Must.**

You must be disciplined enough to keep your hair trimmed and clean, you must bathe regularly, you must wear clean clothes daily, you must not dress like a slob, and you must keep yourself in top physical condition.

27. **Hedonism is for the Weak.**

The world you are brought into is a degenerate, nihilistic, and hedonistic den of sin. Most of those you see did not have the same benefits you had (a father who taught you about life). Pity them, but do not join them in their quest for self-destruction.

28. **Treat Animals With Firm Kindness.**

You will never have a better friend in your whole life than your puppy dog. Be good to your pets because they will be good to you. Remember, son, you have friends and family and the whole world, your dog only has you. A firm swat to your dogs behind is enough discipline, but you must never take your frustrations on a helpless animal.

29. **Think BIG!**

Small dreams are worthless. Think BIG and get BIG results. Aim high, go for the gold.

30. **You Are a Born Leader.**

Always lead by example and strive for the best.

31. **A Higher Power.**

There is more to life than we know or will ever know. Never think that you know everything about everything. There is something more at work and we won't know what it is until we die. Atheism is a form of nihilism. If there's no God then we can just do whatever we want and not worry about consequences. Son, that's good enough for them but **your life has a purpose.**

32. **Save Money.**

Spending your money on the latest gadgets and doo-dads and not saving anything for a rainy day is stupid. You will always need a backup fund for a rainy day or for an investment opportunity. *The Richest Man in Babylon* is good bed-time reading.

33. **Don't Talk So Much.**

No one needs to know your plans except for you. Keep a lid on the motor-mouthing.
34. **How to Properly Shake Hands.**

A firm handshake says the world about you. A limp handshake says the opposite.

35. **Embrace the Future but Do Not Give Up Tradition.**

The future will bring some fantastic advancements but never clown on your race, your races tradition and values. That's part of who you are and it is to be embraced.

36. **How to Shave.**

The internet should not be a guide to life. Every son should learn to shave from his father.

37. **How to Shoot A Gun.**

Every man should know how to shoot a gun. Especially with the world delving into chaos. If you shoot an animal for sport be sure to eat the meat.

38. **Don't Bully or Harm But Always Fight Back.**

Never, ever let someone slap you around or have their way with you. You don't start fights but you sure as hell finish them if needed.

39. **The Word “No” Gives You All the Power.**

Never be afraid to say no. No is the most powerful word you can ever say.

40. **How to Go Camping.**

Son, this is how you set up a tent, this is how you build a campfire, and this is how you grill meat and beans outdoors. The cooler is for ice, water and beer.

41. **How to Fish.**

Fishing is a fun and relaxing past-time and comes with a great benefit: fresh, delicious fish to eat.

42. **How to Change the Oil in Your Car/How to Change a Tire.**

It's ok to take the car to a pro to get the oil changed but some day you may be strapped for cash and need to save every penny. Some day you may be on the highway far from anywhere when a tire blows, you will need to know how to put on a spare tire and not have to rely on mechanical support. Paying someone to change your tire is just a waste of money.

43. **Take Road Trips.**

You should take road trips as often as you can. You will see parts of the country you would have never seen otherwise and road trips will be some of the fondest memories you will ever have.

44. **Go to Barbers.**

A Barber is trained to cut men's hair. A hair stylist is trained to cut women's hair. Always look for the red and white Barber’s pole to find a Barber.
How to Cook.

If you don't know how to cook you will be one of two things: Fat or Skinny. It is imperative to know how to cook steak, eggs, chicken, pork, bacon, and fish. Those foods should be your staple foods and you can add things like potatoes, vegetables, rice, and other foods that require cooking. Fast food equals fast fat on your belly.

How to Lift Weights and Do Pushups.

Learning proper form from a seasoned pro is better than learning from the internet.

Always Ask for What You Want.

If the waiter brings you the wrong food tell them. If the cook made your order wrong tell them. Never be shy to get what you paid for. If your woman asks you what you want for dinner you always answer. You never say: “Oh, I don’t know... What do you want?”

Don't Be Afraid to Negotiate.

You will want to get the best possible price on the cars and houses you buy. Never pay the asking price (unless it's a steal) and always try to negotiate the best possible price. Always pay cash money. An offer with cash in hand is often irresistible.

Political Correctness is How the Weak Gain Strength.

Always understand what political correctness is based on: lies.

People are not all the same. Black is not white. Woman is not man. Gay is not straight.

Travel as Often as You Can.

Travel does not inherently make you a better person but it gives you life experience and a chance to see how the rest of the world lives. It will give you stories to tell for years to come.

Never Tie Yourself Down.

Don't tie yourself down with an un-affordable mortgage, don't tie yourself down with a job making others richer, never tie yourself down with immense credit card or student loan debt. If you can't pay cash, wait and save up until you can.

Always Keep a Positive Mental Attitude.

Remember, son, whether you think you can or think you can't you are right.
1.6.2012 – Join Your Mind and Body and Become Whole

Gentlemen...

When you have a strong body but a weak mind you are a meat-head.

When you have a strong mind but a weak body you are an egg-head.

When you have neither you are useless.

When you have both you are a force to be reckoned with.

In order for man to succeed in life, God provided him with two means, education and physical activity. Not separately, one for the soul and the other for the body, but for the two together. With these means, man can attain perfection. — Plato

The damned thing is if you weren't born smart you will never be smart. On the other hand, if you were born weak (or, more likely, allowed yourself to become weak) you can make yourself strong through vigorous exercise. I have good news, friends. Dumb people don't read, it is therefore highly likely that you are a smart person.

The question, friend, is will you put your smarts to good use and develop your body along with your mind?

Will you become whole?

Or are you satisfied being half of what you should be.

Do you care to attain perfection?
Do you aspire?
Do you strive?
Do you give your best?

I do.

Victor Pride
Today, at the gym I was confronted yet again with the reality of it.

Being jacked changes everything. It changes you in ways you can’t even imagine ’til you get some weights in your hands and muscles on your body.

When you get a little bigger and get a little stronger and get a little leaner you know what happens?

- You get more respect from people.
- Random people start deferring to you.
- You get more smiles and stares from the girls.
- You start to get respectful head nods from random guys.

Being smart and funny and nice and cool is great and all, but it doesn’t get you respect from strangers and awe from women.

When you hear someone say: “Being fit doesn’t mean anything! It doesn’t make any difference,” you can be sure of one thing: they have never, ever, ever been fit and experienced what it’s like. Because once you’ve been fit, boy, you know it changes everything. It changes your confidence level and it changes other people’s perception and respect for you.

That ain’t no joke.

It’s like a poor person saying “Money doesn’t change you”. Boys, having a little money in your pocket changes you and having a little muscle on your frame changes you. Without question.

Today at the gym I was going to use a rope for some triceps pull-downs. I walked over to where it was and asked the fellow near it if he was using it. He said: “Yeah, but only like one more set.” I nodded my approval and walked to the other side of the gym to the other pulley apparatus. The fellow finished up his set, removed the rope pulley and walked it all the way across the gym and handed it to me.

Leaving the gym the pretty little blonde girl at the counter gives me a big, bright shining smile and I walk out into the rain. I’m not about to run to my truck, I’m not about to put my gym bag over my head. I’m going to walk in the rain and let it wash over me, ’cause I’m alive boy, and it feels great.

I get out to my truck and start the drive home and on the radio is some song crying about bullies. Bully this, bully that blah, blah, and blah. I think to myself: “Why are these little babies singing about bullies when they could be in the gym getting stronger?” Bullies only pick on the weak so they decide to sing about it?

There’s time for crying about bullies (never) and there’s time for action.

Right now is that time.

Body of a Spartan, my own personal workout, diet, routine and advice is now available!

In all the time of this blog I have never once written about my own routine, but it’s available now. I have been pumped up about this release all day, just waiting for midnight to get it out. I tried to keep it short and succinct like all my other work but the damn thing came in at over 100+ pages. Of course, I do have pictures of each and every exercise for easy reference.

I also threw in a special little free bonus.

Follow it and you can expect some ‘jacked-ness’ to occur.

Victor Pride

P.S. You can go to the sales page here to read more about it (and maybe see an old picture or two of skinny Victor). Enjoy.
There is a movie called *Limitless*. The movie is about a writer who is a bit of a lazy slob and has a nasty case of writers block. He lives in a filthy apartment, has long, hippie hair, and goes drinking rather than starting his novel.

One day, he runs into an old pal. His old pal used to be a drug dealer. Nowadays his old pal is dressed sharp and looking good. Instead of dealing drugs he is now a pharmaceutical rep, a legal drug dealer. The drug dealer and the writer sit down for a cup of coffee and a chat. The writer spills his woes for his old friend. His old friend, the drug dealer, tells him about this magical new drug.

The drug dealer says: “You know how people only use 10% of their brains? Well, this drug allows you to use 100% of your brain.”
The writer says: “Yeah, right. Whatever. Sure it does.”
The drug dealer says: “I’m going to give you one for free, on the house.”
The writer says: “Nah, I don’t want it.”
The drug dealer says: “Be grateful. That drug costs $800. Per pill.”

This piques the writer’s interest and curiosity.
One day, the writer takes the pill.

And then the fun starts...

Before he knows it, he remembers things he learned once, many years ago.
He can predict all conversations even before they take place.
He can seduce any woman.
He makes millions of dollars in record time.
He writes his book in an afternoon.
He is the smartest man alive.
He can do anything.
As long as he is on the drug.

What a great premise for a movie, huh?

It’s just too bad that drugs like that don’t exist.
Or do they?
Drugs exist that turn a frail, skinny body into the body of a muscular god.
Drugs exist that can turn a weak man into a strong man.
Why don’t drugs that make you smart, or smarter, exist?
It turns out they do exist.
They’re called… can you guess...

SMART DRUGS.

The scientific name of these drugs is Nootropics.

These drugs are also known as memory enhancers, neuro-enhancers, cognitive enhancers, and intelligence enhancers.

Nootropics don’t exactly make you smart if you are stupid, what they do is enhance your focus, your memory, your motivation, your attention, your mental clarity and your cognitive abilities.

In a word, they help you focus.
**Wait, so what is the real life NZT-48 from Limitless?**

By all accounts, the nearest drug to NZT-48 is a drug called Modafinil. Modafinil also goes by the generic names of Provigil, Alertec, and Modalert.

Modafinil is a memory-improving and mood-brightening psychostimulant. It enhances wakefulness, attention capacity and vigilance. Its pharmacological profile is notably different from amphetamines, methylphenidate (Ritalin) or cocaine. Modafinil is less likely to cause jitteriness, anxiety, or excess locomotor activity – or lead to a hypersomnolent ‘rebound effect’ – than traditional stimulants.

Modafinil was first developed and prescribed to narcoleptics to help them stay awake during the day. It was later used by the Navy and Air Force to help pilots stay alert on long missions. Modafinil keeps you awake and alert, has an effectiveness that spans up to 8 hours, and increases the capacity of your working memory. It remains prescription-only in the United States, and any US resident would need to either obtain a prescription from a doctor, or purchase it from a foreign supplier.

**Does Modafinil actually work?**

Let me share my experiences with Modafinil.

I took my first dosage of 200 mg in the morning, around 8 am. I didn't feel smarter, but I soon felt a sort of focus that is hard to describe. I did not get any work done but I become obsessed with finding watches on Ebay. Later that evening I went to the gym to have my workout. The workout that evening was one of the most intense, most focused gym experiences I have ever had. The weight was flying up, the rest periods were nil. The focus was absolutely insane; I may as well have been the only person in the gym, or whole world. It wasn't a workout, it was a mission.

**Side Note:** It turns out that Modafinil has been used by several athletes (sprinter Kelli White in 2004, cyclist David Clinger and basketball player Diana Taurasi in 2010) as a performance-enhancing doping agent.

The next day I used another 200 mg first thing in the morning. That was the day that sold me on Modafinil. That day, I worked for 10 straight hours on Body of a Spartan. 10 straight hours without food, without break, without even moving from the chair except to drink more coffee (caffeine is actually the most widely used Nootropic in the world).

I have used Modafinil several times since then and it has given me an intense focus each time. I am already highly and intensely focused, Modafinil really pushed me over the edge.

**Are there any side effects?**

Yes. Side effects can include:

<table>
<thead>
<tr>
<th>Back pain</th>
<th>Nausea</th>
<th>Stuffy nose</th>
<th>Feeling anxious</th>
<th>Upset stomach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>Feeling nervous</td>
<td>Diarrhea</td>
<td>Dizziness</td>
<td>Trouble sleeping</td>
</tr>
</tbody>
</table>

I did not personally experience any of these side effects but I did experience one unexpected and harsh side effect: no patience for stupid people. None. Whereas before I could mildly tolerate stupid and/or weak people, on Modafinil I cannot tolerate any stupidity and I have zero patience for it. Modafinil has intensified my already high disdain for stupidity. Like ‘roid rage, it could be described as smart drug rage. And it's very real.
Is it a placebo affect?

Perhaps. One thing that cannot be denied is that my thoughts have been intensified and my focus has been thoroughly improved. For better or worse. According to Wikipedia, studies have shown that normal healthy volunteers between the ages of 30-44 showed general improvement in alertness as well as mood while using Modafinil.

Is Modafinil addictive? What happens when you stop using it?

Unlike harsh drugs like Adderall, studies have suggested that Modafinil “has limited potential for large-scale abuse” and “does not possess an addictive potential in naive individuals.” So no, it is not addictive. Some days I use it and some days I don't. On the days I don't use it I don't feel any side effects at all and I don't feel the need to use it to make any addiction pains go away.

Will you continue using Modafinil?

You bet I will. It's going into my arsenal of productivity tools. Modafinil did not turn me into a Wolf who eats stupid people, it only intensified my hunger.

Should you try Modafinil?

That depends on whether or not you would like to improve your focus and productivity.

Note: Modafinil and Modalert are the exact same thing.

More Articles on Nootropics and Modafinil

Nootropics: their effects, their risks, and where to get them

“Ten years ago I went on a quest to become an expert on coffee and to sample as many different ways of making it and as many different varieties that existed. I tried everything from the French Press to the Coffee Siphon, Hawaiian Kona to Jamaican Blue Mountain. But unsatisfied with mere coffee, I went on a quest to find out how to use chemicals to enhance my mind. It had its roots in old high-school days when I'd bring a six-pack of Jolt cola to a computer-programming marathon: cramming together study halls and lunch breaks in my senior year. The nootropics of that era were caffeine, sugar, cortisol, dopamine, epinephrine and norepinephrine, and the last four in that list were all natural hormones my body was making itself.”

You can watch Limitless here: watch Limitless on Amazon.

MEDICAL DISCLAIMER: Superdrive Publishing Ltd., publisher of Bold and Determined, makes no representation or warranty regarding the accuracy, reliability, completeness, currentness, or timeliness of any information provided. This article is provided for information, entertainment and convenience only – it does not constitute endorsements of any situations or medical tactics or advice. All information contained herein should not be used as a substitute for the advice of an appropriately qualified and licensed physician. The information provided here is for educational and informational purposes only. In no way should it be considered as offering medical advice. Please check with a doctor and/or licensed medical physician. NO LIABILITY WILL BE ASSUMED FOR THE USE OF THIS ARTICLE AND/OR ADDITIONAL POSTINGS HEREIN.
Productivity.

The art of getting shit done.

But how do you get shit done in a timely, efficient and quality manner?

How do you not let all those teensy, tiny little bitty insignificant details not get in your way and stress you out?

I’m glad you asked…

1. **Clean Your Office Space.**

A dirty office space is a goddamn tragedy. A dirty office space just screams: “Don’t get anything done! There’s too much to do and you don’t even know where to start! Just forget about it until later.”

A dirty office space is like a dirty kitchen. When it’s time to cook dinner but the kitchen is too damn dirty, that’s when you get on the horn to the local pizza place and order an extra-large pepperoni for delivery. Now you’re out $20 and you're fatter.

2. **Don’t Watch TV.**

I’ll say this as delicately as I can: **TV is for idiots.**

TV is extra triple special for idiots when you watch during the day rather than take care of business. If you must watch TV, and this is a big if, only watch at night after a certain time and after the day’s ass-kicking has been done.

3. **Sleep Well.**

Getting your sleep is a must. You need to be rested and energized for the day. A sleep routine is essential. That means going to sleep on or about the same time every night and waking up at the same time every day.

I am a big believer in: “**Early to bed, early to rise makes a man healthy, wealthy and wise.**”

**Waking up early is essential.** Wake up at 11AM and the whole damn day is over, you may as well wait until tomorrow to take care of business. Of course, you're going to wake up late tomorrow and keep putting things off. It’s a nasty cycle.

**But how do you get to sleep at night?**

I’m glad you asked. Since I’ve been back in the States I have (had, actually) fallen into some nasty habits of sleeping in later and later. 8AM, 9AM… 10:30AM at my absolute worst. I find this behavior completely and totally unacceptable so I did what any normal person would do when they are trying to wake up early every day: I set up a tent in the backyard and slept outside for 8 nights in a row.
Why would I do such a thing?

Well, if you have ever been camping in the woods you will be privy to one little piece of information: it’s completely impossible to sleep in late when you’re sleeping in a tent. When the sun comes up, so do you. Even if you were up drinkin’ ‘til 4am you’ll be up at 7am with the sun.

So when I was sleeping in the tent in the backyard I would wake up at 7 every single morning, right with the sun, howlin’ like a Wolf. Even on the day I thought I was sleeping in late, it turned out to be 7:15am. In fact, this is how I started waking up early without an alarm clock.

Here is a little trick to getting to sleep early enough so that you can wake up early.

To get to sleep at an early time this is what you do (and it involves drugs):

- Buy some nighttime sleepy pills (no heavy duty stuff like Ambien, over the counter nighttime sleep pills or drowsy allergy meds are fine).
- Take the pills one hour to one and a half hours before you want to go to sleep. If you want to go to sleep at 9PM, you would take your pills at 7:30-8:00PM. This will give you an hour or so to wind down the evening.
- Don’t go to bed until you are extremely drowsy. Try and stay up until you are ready to pass out. At this point go to your bed and fall asleep. Don’t go to bed an hour before bedtime just to chill out. Your bed is for sleeping (mostly), so go to bed when you are ready to sleep. By 9PM you should be pretty damn tired and ready to pass out.
- Go directly to bed and go to sleep. Don’t bring your laptop to bed, don’t bring a book to bed and don’t turn on the TV. Just get in bed and fall asleep. Wake up 8 or so hours later. If you go to bed at 9pm, you should be able to wake up by 7am without an alarm. Be sure to open up the windows and let the sunlight in to wake you up more and energize you for the day. Remember, going to bed early and falling right to sleep only works when you get in bed already tired and you don’t let anything distract you (TV, computer etc.).

Take a power nap in the afternoon?

I have to say, after napping on and off for years, I do not believe in the power nap. Each time I wake up from an afternoon nap I am not energized, rather, I am groggy and tired.

4. **Get an Accountability Partner.**

Get an accountability partner and get down to business. Having an accountability partner fires you up and gets you pumped up for accomplishment.

5. **Join a Mastermind Group.**

A mastermind group is a group of people who are in the same business or who have the same goal and who get together to party and kick-ass. Or to discuss business. Much like having an accountability partner, a mastermind group will hold you accountable, give you business ideas, and get you fired up for some ass-kicking.

Think of it like the Mafia, those guys all have their own business methods, but they get together to compare stories, give tips and advice, eat some pasta, and get rid of snitches.

**How do you find a mastermind group?**

Try Googling: your field and mastermind. Search through forums dedicated to your field. Find others whom you think would be a good fit and give them an invite.
6. **Stop Watching Porn.**

There are about a million reasons to quit internet porn, more productive time is just one of them.

7. **Follow 30 Days of Discipline.**

Now, it’s possible I could be a little biased because I developed the method and wrote the book, but I think *30 Days of Discipline* is a beast of a method for getting shit done.

Speaking of getting shit done...

8. **Read Getting Things Done: The Art of Stress-Free Productivity By David Allen.**

This is a book I am in the middle of reading right now. Ok, you got me. I have only just started it but so far it seems intriguing.

**Buy Getting Things Done here.**

9. **Use a Pomodoro Timer.**

The Pomodoro technique uses a timer to break down periods of work into 25-minute intervals called ‘Pomodoros’.

There are five basic steps to implementing the technique:

I. Decide on the task to be done.
II. Set the Pomodoro (timer) to 25 minutes.
III. Work on the task until the timer rings; record with an ‘X’.
IV. Take a short break (5 minutes).
V. Every four “Pomodoros” take a longer break (15–20 minutes).

*Why would you take a break every 25 minutes?*

Well, I have found that when you are highly busy with something and have to take a break, you are always very anxious to get back to work. When your break is finished you are refreshed and ready to kick some ass into overdrive.

10. **Fast Through the Morning and Early Afternoon.**

*Fasting* means not eating. One of the benefits of not eating is that your mind is clear; blood is not rushing to your stomach to aid digestion. There’s a phenomenon in offices worldwide called the ‘After Lunch Slump’.

It is when all the workers have ingested their lunch and now have zero energy and don't want to do anything but sleep. Here's a wild thought to combat the after lunch slump: **don't eat lunch.** Keep your mind sharp and focused. To make up for the lost calories, eat more later in the day.
11. **Use Smart Drugs.**

There is a movie called *Limitless*. It's about a lazy writer who starts taking drugs that help him access 100% of his brain rather than the 10% or so humans supposedly only use. When he is on this drug he is invincible, he can think of anything, he can woo any woman, he makes millions of dollars in record time and he writes his book in an afternoon.

Well, the movie drug doesn't exist but there are real life smart drugs that act as memory enhancers, neuro-enhancers, cognitive enhancers, and intelligence enhancers. These drugs are called Nootropics and they help you focus on your task at hand with almost single minded determination.

The #1 Nootropic that I am a big fan of is called Modafinil. It enhances wakefulness, attention capacity and vigilance.

*Come on, drugs that make you smart don't exist!*

You know, that's exactly what I would have said a couple of months ago. I would have said: "I'm not going to mess with all that stupid baloney. It's a waste of my time." It turns out that they actually do exist and they do work.

**If you find that hard to believe, think about this:** drugs exists that make your body muscular and strong; why is it impossible that drugs which make you smarter might exist?

12. **Use To-Do Lists.**

Big, big fan of to-do lists. I use them every day. They can be written on anything, a notebook, note-cards, the back of envelopes, or you can use notepad on your computer. Just get those tasks written down and cross them off upon completion. The simple act of writing your tasks down seems to clear out space in your mind. Once it is written down, it does not have to be remembered.

13. **Outsource the Baloney.**

If you don't want to do it, don't have the time to do it, or can't do it – **let someone else do it!**

Stop worrying about it and give it to someone else to handle.

Get a friend or family member or coworker to do it, hire a stranger from the internet, get a VA from a 3rd world hole to do it... life is too short to be dealing with baloney every day.
BONUS! 10 Free Productivity Programs

Check out these free and kick-ass productivity programs. Maybe you'll find one you like.

I. Remember Stuff

- Evernote – Remember Everything.
- WorkFlowy – Organize Your Brain.
- Remember the Milk – The best way to manage your tasks. Never forget the milk (or anything else) ever again.

II. Task Management

- Xmind – The world's coolest brainstorming and mind mapping software and the best way to share ideas.
- Wunderlist – Organize your life – your free and easy-to-use task manager.
- Toodledo – Be more productive with an incredibly powerful to-do list.

III. Task Management for Groups (or Teams)

- Asana – Asana is the shared task list for your team. The place to plan, organize & stay in sync.

IV. Scheduling

- Interactive Calendar – A powerful and great-looking desktop calendar and planner capable of bringing some order to your business and personal life.

V. Time Tracking Software

- WatchMe – WatchMe is a feature-rich timer program that can be used to track time for a number of different tasks or events together or independently of one another.
- Toggl – Time tracking so easy you’ll actually use it.
16.6.2012 – Become an Above-Average Man

“I’m just an average guy.”

Friend, if you aspire to be an average guy then the genie will come out of the bottle and grant you your wish.

“Poof! Your wish is my command, you are now completely average. Fat belly, safe and secure job as a professional slave, nagging wife, television every single night, brand new financed vehicle every 2.5 years, 5 year old daughter dressed like a prostitute, big house which is 110% mortgaged, 15 credit cards (but only 7 of them maxed), and… oh yeah! No respect.”

Hmmmm… you think to yourself, this isn’t so great.

“Hey Genie, I have another wish…”

Genie: “You are now completely average; you cannot have any more wishes. Average men do not get what they want.”

Welcome to average world, friend. I hope you enjoy the taste of shit because you will be eating it until the day you die. If you wish to change your misfortune, however, I have one little secret I wish to share with you:

IT’S ALL IN THE MIND!

If you wish to change your station in life, if you wish to change your luck and fortune, if you wish not to be average but to be a winner there is one simple think you must do: start thinking like a winner and not like an average bozo.

Poor trash aren’t poor trash because they are “disenfranchised” or because they are “discriminated against”. They are poor trash because they are stupid and they have the mindset of poor trash. Given a million dollars, a piece of poor trash will be broke and back on welfare within a year.

Middle income schlubs aren’t schlubs because that’s the best they can do; they are schlubs because they settle. They make 50 grand a year and settle, they meet a woman and settle, they do as they are told. If you can make 50 grand a year, you can make 100 grand a year.

If you can get a haggard wife you could almost as easily meet a young and nubile wife with 85% less nagging and 100% more cooking. If you can do one thing, you most certainly can do it better a 2nd time.

So why settle when you can aim for perfection?

Well, settling is the mark of the average man.

“I’m Just An Average Guy”.

If you wish to be average you most certainly have already been granted your wish. But there is good news and there is hope. The world is full of stories of schlubs who transcended. Schlubs who shed their skin to start again. Schlubs who lived as caterpillars and eventually emerged from their chrysalis as butterflies.
How did they achieve this metamorphosis?

They changed their mindset. They left behind the world of “average” and aimed for transcendence, they aimed for perfection, they aimed for glory. They stopped thinking like the average man and they started thinking like an above-average man.

That’s all it takes, a change to your mindset. It takes one simple word added to your thought vocabulary to get you started. That word is “Above”. Think no more thoughts of: “I’m an average man,” think instead: “I’m an above-average man. I am not going to participate in nonsense because I am above it.”

**Raise yourself above average.**

The thought process manifests itself into the physical. The average minded man has an average body to go along with it. The above average man has an above average body to prove it.

You have the body of a schlub? Develop the rock hard *Body of a Spartan.*

Never again allow yourself to become flabby and plump or skinny and weak. Flabby and plump is for the average Joe. You, friend, have dedicated yourself to molting. You have dedicated yourself to mental and physical betterment.

**At least, I hope you have.**

*Victor Pride*
18.6.2012 – “I Have Big Dreams”

“I have big dreams of blah, blah and blah...”

That's great, friend. Dreams are lovely. I often have dreams of battling a Minotaur with a big broadsword, but then I wake up and go to work.

Dreams are about as meaningful as “hope” and “change”.

Dreams are a way for dreamers to never face reality.

Dreams are for those who do not, or cannot, take action. Dreamers stay in dreamland rather than taking concrete steps to achieve a goal or series of goals.

**Men of action got that way by taking ACTION.**

Dreamers got to their position by daydreaming and fooling around rather than planning and doing.

**Doers plan actions and then accomplish those plans.**

Dreams are what happen when you are asleep.

**When you are awake you take action. You make life happen.**

Famous actors didn't have dreams of becoming famous, they had plans. Dream actors live in the Midwest and read celebrity magazines, working in an office but dreaming of stardom. Doers move to Hollywood or New York City and do something every single day to further their goals.

Maybe yesterday you were a dreamer. Today, right now, is your time to become a doer. What action can you take today, right now, to further your goals? Go ahead and do it.

**One action a day keeps the dreaming away.**

If yesterday you were a fatso, today you will exercise and eat right. If yesterday you were a skinny wimp, today you will go to the gym and lift weights. If yesterday you were running your mouth about your dreams, today you will shut up and accomplish one thing to further your goals.

Today is the day you become a planner, an architect of your destiny, a mastermind of fate. Yesterday doesn't mean anything and tomorrow is too far away. Right now is what counts. You spend it dreaming or you spend it doing.

**Like the movie says: “Get busy living, or get busy dying.”**

**You have big dreams?**

**Keep dreaming, girly.**

**Men are busy taking action.**
Opening and utilizing an offshore business entity has been done by the rich for decades, and for good reason. Opening an offshore business can reduce (or eliminate) burdensome tax structures, can provide privacy protection, reduce reporting requirements and can reduce audit risk.

For those that do business internationally, or on the internet, using an offshore business entity is a smart move.

**HONG KONG**

Hong Kong is a great choice for opening an offshore business for one very big reason: any business done outside of Hong Kong is taxed at 0%. Business done inside Hong Kong is taxed at a flat 16.5%. Businesses that incorporate in Hong Kong but operate internationally can eliminate much (or sometimes all) of their tax burden. Don't let the above picture fool you, even though Hong Kong mostly is a 3rd world slum it is also a world business center and a great place to incorporate.

Here are some of the main benefits of opening a Hong Kong company:

- Setting up a Hong Kong company is inexpensive.
- Hong Kong is the world’s freest economy and has held that record consecutively for 17 years in a row.
- Opening a business in Hong Kong is easy.
- Hong Kong is one of the least corrupt countries in the world, it ranks ahead of the USA, Germany, Japan and the United Kingdom.
- Hong Kong has a world class business infrastructure.
- In Hong Kong you can easily recruit skilled staff.
- English is spoken as one of the two main languages of Hong Kong (Cantonese is the other).
- Hong Kong is strategically located for business in Asia and is the best gateway for doing business in mainland China.
- Hong Kong is owned by the People’s Republic of China but was developed under and is still ruled by British law. Hong Kong’s legal system is separate from Mainland China’s, and English common law prevails.
- Foreigners can own 100% of a Hong Kong company and are free to be the sole directors and shareholders of a Hong Kong company. There are no local resident requirements and there are no restrictions on nationality.
- A Hong Kong company offers global recognition and is very stable. Hong Kong is one of the world’s major trading, finance and service centers.
- To open a Hong Kong company, you don’t need a physical address in Hong Kong and your physical presence is Hong Kong is not required (you may even be able to open your bank account from abroad).
- A Hong Kong company allows you to open up a multi-currency Hong Kong bank account and gives you access to Hong Kong banking.
- Hong Kong adopts a territorial source principle of taxation meaning that all profits generated outside of Hong Kong are tax free and profits generated inside Hong Kong are taxed at 16.5%.
Who should consider opening a Hong Kong based company?

- Entrepreneurs and businessmen who do a lot of international business.
- Anyone who makes their living via e-commerce or other internet methods (i.e. internet marketers, domainers, internet entrepreneurs etc.)
- Anyone who works directly with Asia.
- Anyone who spends a significant amount of time abroad.

**Note:** US citizens who spend 330 days or more per year outside of the US, and make their money outside of the US, qualify for the Foreign Earned Income Exclusion. The foreign earned income exclusion will allow you to pay zero income tax on all income earned outside of the USA, up to $92,900 per year. This exclusion, coupled with a zero income tax Hong Kong company, can save you a significant amount of money.

**SETTING UP A HONG KONG COMPANY**

Setting up a Hong Kong company is easy. In a nutshell, you will pick the name, provide your passport copy, provide your name and address, pay your fees, and then do a yearly audit.

**You have two choices to create your company:**

1. **Do it yourself**
   - Not recommended unless you have done the required research and know which forms to file, where to go, and when to file your yearly audits. Doing it yourself is the cheaper upfront option but could cost you much more in the long run if you fail to keep up with the required details and paperwork.

2. **Use a company that specializes in opening Hong Kong companies for foreigners.**
   - Using a company is the easiest choice. It will cost you more upfront but you will get some piece of mind knowing that all the i's are dotted and the t's are crossed.

**TYPES OF HONG KONG BUSINESS STRUCTURES**

You will need to determine which type of business entity you want to use. There are four basic business structures available in Hong Kong:

I. **Sole Proprietorship**
II. **Partnership or Joint Venture**
III. **Limited Liability Company** (also known as a ‘Private Limited Company’)
IV. **Branch Office of an Overseas Company**

A limited liability company is the recommended entity because it limits your personal liability to the capital subscribed.

You will need to determine the name you would like to use for your company. You must use a name that is not already in use by another Hong Kong Company. You can do a free name search [here](#).

A minimum of one shareholder and one director is required; however the shareholder and the director can be the same person. You will have to have a company secretary and they must be a Hong Kong company or individual. If you use a company to set up your Hong Kong business they will most certainly provide you with secretarial services.
The incorporation of a brand new company takes around eight to ten days but one can buy a “shelf company” and start business almost immediately. This kind of “shelf company” has never traded since incorporation and so has no liabilities.

Shelf companies are ready-made companies which can be used the moment they are purchased. They normally have an authorized capital of HK$10,000 with standard Memorandum and Articles of Association. One can change the name, amend the Articles or increase the authorized capital at any time. Shelf companies are setup in Hong Kong with one subscriber share of HK$1.00 which is the statutory minimum. There is no obligation to subscribe and pay up further capital.

**The three typical structures of Hong Kong limited liability companies are:**

- Your overseas company holds the shares of the Hong Kong company as a parent company.
- You hold the shares of the Hong Kong company as an individual.
- A nominee shareholder holds the shares of the Hong Kong company on your behalf as the beneficial owner.

**SETTING UP A HONG KONG PRIVATE LIMITED LIABILITY COMPANY REQUIREMENTS**

**The minimum requirements are:**

- One Shareholder.
- One director.
- A company secretary.
- A registered office address in Hong Kong.
- An auditor(s).
- A Business registration certificate.

I. **One Shareholder.**

Every Hong Kong company must have at least one shareholder, who does not need to be a Hong Kong resident and can be either an individual or a corporation. Shareholders and directors can be individuals or corporations of any nationality or residence.

Nominee shareholder services are available where the beneficial owner wishes to remain anonymous. The shares are issued in the name of nominee companies, which are wholly owned subsidiaries of our company and the name of the owner does not appear on record.

II. **One Director.**

Every Hong Kong company must have at least one director who does not need to be a Hong Kong resident and can be either an individual or a corporation. The director and the shareholder can be the same person or corporation.

III. **One Company Secretary.**

The company secretary must be either an individual resident in Hong Kong or another Hong Kong limited company. The company must keep its statutory books such as the register of members and the register of directors, etc. together with minute books at its registered office. It must also file a return with the Companies Registry of its present company structure at the anniversary date of its incorporation. Many Hong Kong companies can act as the nominated secretary and attend to the preparation of the AGM documents and filing of the Annual Return.
IV. One Auditor.

Every Hong Kong company is required by law to have its annual accounts subject to a statutory audit. The auditors must be a firm of Hong Kong accountants. An auditor of the company must be appointed within 18 months of incorporation of the company. A Hong Kong company is required to prepare annual accounts which must be audited by a Certified Public Accountant (“CPA”).

V. Registered Office in Hong Kong.

A Hong Kong company must have a registered office in Hong Kong. You may use a virtual office (or holding service) or a company that provides virtual office services. A Registered Office is a statutory requirement under Hong Kong Companies Ordinance and Ordinance for all notices from government are to be sent to the Registered Office.

VI. Register with the Hong Kong Business Registration Office.

Every company must register with the Business Registration Office and pay the Business Registration Fee on the anniversary of its date of incorporation. All companies operating in Hong Kong are required to have this business registration certificate to conduct business.

VII. File Profits Tax and Employer’s Returns annually.

In Hong Kong, there are 3 types of taxes: profit tax, salaries tax and property tax. Your Hong Kong company would only be affected by the profits tax (assuming you do not buy property in Hong Kong). The profits tax rate in Hong Kong is 16.5%. If your company does business offshore, you can apply for offshore income with the Hong Kong Inland Revenue Department. When completed your tax rate would be 0%. An offshore income claim is not automatic; it needs to be applied for.

The Inland Revenue Department will select some transactions and request all the documents relating to these transactions to be submitted to ensure that all the company's operations are carried out outside HK, it is therefore recommended to keep all the correspondence for all the transactions e.g. faxes, emails, telephone bills, memos of meetings, purchase orders, sales orders, shipping documents.

VIII. File an annual return giving particulars of the Directors, Shareholders and Secretary, together with the Company's capital structure.

An annual return of the company must be filed with the Companies Registry every year. A Hong Kong company must also notify the Companies Registry of any special resolution passed (other than that to change the company’s name), the creation of a charge over certain assets and any change which may occur in the information contained in the documents already filed.

Each year, a company must record minutes of its annual general meeting (“AGM”) at which the audited accounts are presented, the directors re-elected and the auditors re-appointed, etc.
HONG KONG PRIVATE LIMITED COMPANY FORMATION FEES

The Fee(s) for starting a Private Limited Hong Kong company will vary depending on which company you decide to use and which extra options you choose. Prices will vary between $1,000 USD to $2,000 USD.

The company pictured below, Asia Business Services, quotes a total price of $8,000 HKD ($1,030 USD) for a Hong Kong Private Company formation and includes one year of secretarial services, one year of office services and help with opening a Hong Kong bank account – in addition to opening the private limited account, taking care of the government regulations and getting your business certificates and company kit (rubber stamps etc).

Annual business registration fees paid to the government can vary per year (this year they are less than $100 USD). Annual auditing and accounting fees will vary based on the company you use.

There are many companies available that specialize in helping foreigners open Hong Kong companies. A few hours of Google research should help you to find the perfect company for you.

HONG KONG BANKING

One of the great benefits of opening a Hong Kong company is that you will be able to also open a Hong Kong bank account. Unlike most offshore banking centers which try to discourage regular transactions by imposing high fees, Hong Kong banks do not discourage many transactions and have low wire transfer fees to prove it. Unlike tax haven countries, Hong Kong bank accounts are meant to be used for business and not for savings.

For commercial banking for your small offshore company you will likely end up using HSBC, the dominant bank in Hong Kong. There are many smaller banks but they are harder to get into if you aren't a Hong Kong citizen. HSBC is a London headquartered bank, HSBC actually stands for Hong Kong and Shanghai Banking Corporation, and they are currently listed as one of the world’s 50 safest banks.

There is a minimum deposit fee to open a bank account in Hong Kong. The minimum deposit fee is typically low but will vary from bank to bank. $1,000 HKD should be enough to get your account started.

With a few minor exceptions, all Hong Kong bank accounts are multi-currency. This means you have just one account number, but when you log in to your internet banking, you’ll see separate balances for each currency. For example you might have some HK dollars, some Singapore dollars, some US dollars, some Euros etc. Of course, you may use only USD if you wish.

Owning a multi-currency bank account is a great way to diversify currency risk and is a common strategy among the wealthy banks of Europe. A multi-currency bank account is also a must if you typically work with more than one currency. Multi-currency accounts are a good, conservative way to hedge against currency risks or make profits with fluctuations. Anyone who wishes to diversify outside of the dollar will need a foreign bank account.
US CITIZENS

One of the greatest advantages of opening a foreign bank account, besides the currency diversification out of the dollar, is privacy. US citizens are obliged to report any and all offshore multi-currency accounts to the IRS, however, private parties like credit rating agencies or lawyers who might want to sue you will not know anything about a private foreign bank account.

Opening a foreign bank account will not affect your tax situation, positively or negatively, as you must declare any and all foreign bank accounts to the IRS.

US citizens cannot avoid paying taxes but you can minimize them through the use of offshore business entities.

GOLD

Hong Kong is one of the best places in the world to buy and hold gold bullion coins. You can hold virtual ounces of gold in a Hong Kong bank account and there are also a number of private safe storage facilities in Hong Kong where you can store gold.

HONG KONG INCORPORATION EXTRA RESOURCES

Hong Kong Official Websites:

- Search for a company name
- Inland Revenue Department
- Hong Kong Companies Registry
- Company Name Guidelines

Articles about Hong Kong Business:

- Starting a Business in Hong Kong (an Introduction)
- Hong Kong Company Registration Guide
- Hong Kong LLC FAQ’s

Companies That Can Help Your Form a Hong Kong Company:

- http://www.asiabs.com
- http://www.klakogroup.com
Every day, people ask themselves, and others: “What can I do to make a side income, or maybe even replace my current income?”

Every day, people will ask, ask and ask some more about how to accomplish this seemingly mythical feat. One thing they will not do is take action. They will never follow through with a plan or with advice given to them.

Even with golden advice. That's why they're stuck punching a time clock (which they ironically don’t give up on) and that's why action & risk takers can lead a life of freedom from time clock hell.

I recently had a conversation with an unemployed accountant. I mentioned I will be visiting such and such country, which in years past has had a problem with kidnapping gringos, and the person I was speaking to said: “Don’t get kidnapped, ha-ha-ha.”

But then she had more to add.

She said: “Oh, you won’t get kidnapped, they only kidnap people with money. “ I looked at her, curiously, like a dog will look at you when you blow into its ear. She was nice enough to clarify her meaning: “I mean, MONEY-MONEY. The type of money that YOU'LL never see."

I started to laugh at this statement. You see, this person has been unemployed for the past 18 months. She is an accountant and is holding out for a position at 90k per year. In the past 18 months of complete joblessness she could have opened her own consulting firm and eclipsed the 90k salary she was holding out for and simultaneously ensured that she is never again laid off and left looking for work. Instead, she has chosen to be a parasite and collect unemployment while “looking” for a job.

The above mindset, the mindset of a parasite and not a producer, is the mindset of an ultimate loser.

This is the type of mindset that can’t fathom ever making any real money or doing something extraordinary and assumes no one else can either. Above is what a loser looks like. Continue reading below to see what a winner can do to stop punching the time clock...

1. FREELANCING

A freelancer, or independent contractor, is someone who does all the work they would have normally done with an employer, but they have decided to take their future into their own hands and go into business for themselves. Freelancers are often graphic artists, photographers, copywriters, computer programmers, language translators, editors, models, actors, search engine optimizers, web designers, writers and publishers.

If you have any of the skills above, or any skill un-mentioned, you can become a freelancer.

Why should you become a freelancer?

So you can get out of the 9-5 jive and quit punching a time card for your boss.

How can you become a freelancer?

Easy, peasy, Japaneasy. Everything you could ever want to do can be done on the internet.
Sites like Elance and oDesk let you sell your freelancing services directly to people who need your service. You sign up, post the services you provide, spruce it up and make it look nice, bid for work and then do your job (and do it well), get paid and go on to the next one.

**20 years ago you had to go knock on doors and make cold calls and network, network, network.**

**Today, you can get all of that accomplished on the internet.**

2. **CONSULTING**

Consulting is a lot like freelancing, you will take your previous experience and use that to go into business for yourself, but consulting differs from freelancing in one major way: **consultants sell their knowledge.** A freelancer will do some actual work, like taking wedding photos for instance, however, a consultant will sell his knowledge and expertise.

A consultant will typically have multiple customers at a time and focus on cultivating long-term relationships rather than completing short time specific projects.

According to an entrepreneur.com article entitled *How to Start a Consulting Business*, the top 20 consulting businesses thriving today are:

- Accounting
- Advertising
- Auditing
- Business
- Business Writing
- Career Consulting
- Communications
- Computer Consulting
- Editorial Services
- Headhunting Services
- Gardening
- Grantsmanship
- Human Resources
- Insurance
- Marketing
- Payroll Management
- Public Relations
- Publishing
- Taxes
- Writing Services

If one had a career in any of the fields above it should certainly be easy enough to carry that knowledge over to a consulting firm. Niche knowledge can be exploited as well, for smaller fields of expertise there is not much competition.

**What are you an expert in?**
3. INTERNET MARKETING

I am of the opinion that every smart and serious minded man who is prepared to leave the 9-5 jive forever needs to be on the internet. There are a million and one ways to make a living online. The possibilities, options and opportunities are limited only by your imagination and the imagination of others.

The barrier to entry is almost non-existent. A few bucks for a domain and hosting, a few bucks for this and that and you can get started. One could even get started with ZERO monetary investment if one were terribly broke.

Internet marketing requires no overhead, no office space, no physical product, no meetings in person, no daily phone calls, no time spent in traffic, no inept and incompetent co-workers, no boss breathing down your neck, and no time card to punch.

Internet marketing is the ultimate in freedom. As with everything in life, this statement comes with a but…

Internet marketing is the ultimate in freedom but you must be highly self-motivated and determined or you will not make a single penny.

The internet is the Wild West and it is full of gold. Your pick-ax can be had dirt-cheap but you've got to actually use your pick-ax and get to work mining for gold.

There are endless ways to get started online, so many that it can become overwhelming, the best thing to do is pick one method and get started. See 13 Reasons You Should Start An Internet Based Business for an easy method to get started.

4. E-COMMERCE

Open up a website and sell stuff. Easy enough, right?

Actually, it can be quite easy. Sites like Shopify, Volusion and BigCommerce make it incredibly easy to create an e-commerce website with the click of a button. A person who has never even created a simple website can open an attractive looking online store in a matter of hours.

The trick to operating a profitable e-commerce venture is to find a product that people already want, sell it to them at a reasonable price, and have someone else ship their order to them. In this scenario, you would be the middle man. You would have no physical product to ship, no inventory to keep track of and fewer headaches.

How can you sell stuff without having any inventory?

It's called dropshipping. You find a company that already warehouses a product and you strike a deal with them – you send over your orders by e-mail and they ship the product directly to your customers. The warehouse will sell the products to you at wholesale price, you sell the products to your customers at retail price, you keep the difference and you never have to physically see or ship a product. The warehouse sells their product, your customer gets what they want and you make a living. Win-Win for everyone involved.

Sites like Doba and Shopster make it easy for you to find wholesale products that can be sold retail and dropshipped.
For a complete story about how a real, profitable E-commerce store works and how it utilizes the dropshipping method be sure to read House of Rave Dot Com Story Part 1.
5. **BUY AND SELL STUFF**

People sell quality items for pennies on the dollar every single day. If you logged in to your local Craigslist right now you could most certainly find something that could be purchased and resold for a profit. People sell things cheap because they want fast cash and an easy sell. Many people will simply cave in for a fast and easy cash offer.

**Their loss could be your gain.**

The great thing about buying items from Craigslist is that the list price is rarely the sell price, most of the times sellers of an item will take much less than advertised. I have bought many items on Craigslist and never paid the asking price.

Computers, Apple products, other electronics, bicycles and even cars can be purchased and resold at a profit very easily. Thousands of people have made their living on Ebay doing what is described above – buying low and selling at a profit.

Items can be purchased online or in person and they can be sold locally through sites like Craigslist or nationally via sites like Ebay and Amazon.

**Note:** You cannot sell any more than 5 cars per year if you do not have a dealers license.

6. **PERSONAL TRAINING**

There really is not a lot of money to be made in personal training, however you can certainly make a livable income and you can help people at the same time. Personal training can also be a great way to make a side income. You can train clients in the early morning, on lunch breaks, and after work to help bring in some extra cash money. Of course, you will need to be in shape to be a successful trainer.

Whatever you do, do not get a job as a personal trainer for a gym chain. The life of a personal trainer at a globo-gym is not enviable. The trainers at a globo-gym work all the time and they make terrible money.

Next time you are at your local gym repping 405lbs on the incline bench, take a look at the eyes of the personal trainers working there. You will see how soul-less and dead they are. That's because they are broke as a joke and working all the time, punching a time card for their little piece of hell.

If you are going to get into personal training, the only way to do it is to go your own route. Train from your garage, basement, or rent your own space. You will need a certification to be a personal trainer but PT certifications are easy enough to come by.

7. **BLUE COLLAR**

What do house painting services, lawn care services, roofing services, plumbing services, carpentry services, general contracting services, electrician services, trucking & logistics services and flooring installation services all have in common?

**They all pay big money if you are the boss man.**

Blue collar services are needed every single day of the year, rain or shine, and they are needed whether the economy is good or bad and there is always a market for them. Fortunes can and are made in blue collar industries.
8. **DOMAIN SPECULATING AND INVESTING**

**Domaining is the art of buying, selling and investing in domains.**

*Why would anyone care about domains?*

Domains, dot-coms, are the greatest investment the world has ever seen. Owning TimesSquare.com is as good as, or better than owning property in Times Square. Yearly maintenance for even the most popular of dot-coms is a mere $10, but that $10 investment can provide significant returns. If you are smart enough to own a domain like *baseball.com* or *football.com* you have an asset worth 7 figures.

While it is true that all the most valuable domains are taken, many of them can be purchased for a fair price or even at a steal of a price. It takes a little digging and a little detective work but a phenomenal purchase can be had for those willing to put in the time and effort.

Dot-coms are virtual real estate. Owning a good dot com give you instant traffic, instant credibility and, for the best of the best one word domains, instant income.

If you don't think domaining can be lucrative you should take a look at a guy called Frank Schilling, a guy who developed a domain portfolio valued at between 500 million and 1 billion dollars.

For those interested in domaining, start by reading every single post on RicksBlog.com.

**Note:** One could also invest in real estate. What is one thing they aren't making any more of and increases in value every single year?

Land.

Buying and maintaining land will likely not give you an income straight away but can be a significant source of your future wealth.

9. **INTERNATIONAL ENTREPRENEURSHIP**

There’s a guy called Jim Rogers, a very famous and rich American investor, who has moved his base of operations to Singapore and claims China will be the next superpower. Jim Rogers is often quoted as saying:

> “If you were smart in 1807 you moved to London, if you were smart in 1907 you moved to New York City, and if you are smart in 2007 you move to Asia.”

While I disagree wholeheartedly that China will ever become a super-power, there is no denying that China is a booming market and its citizens are all about money and business. These Chinese citizens are hungry to buy quality products from American and other sources.

There are 1.3 billion Chinese, even a tiny market in China is HUGE.

There is tons of room for a savvy international entrepreneur to get in on the action in China, or in other frontier markets like Mongolia, Burma, and Vietnam as well as the other BRIC countries Russia, India and Brazil (the 4th being China).
“TAKE ADVANTAGE AND MAKE YOUR MARK”

Opportunity abounds, friends. At no other time in human history have people been able to do almost literally anything they want. Everything is at your fingertips; everything is a mouse click away.

Anything can be done and accomplished.

All it takes is a choice, a mindset; I CAN and I WILL, and a willingness to take advantage of the opportunities that present themselves to you.

After you have made your decision to leave the 9-5 jive, there is one thing you must do every day – FOLLOW THROUGH. You must never give up if you wish to make a sustainable living. Do at least one thing every single day to further your goals and you are better off than 99.99% of the time card punchers.

Or you could just keep on punching that time card and hoping and wishing for better.

Victor Pride

P.S. I know I have said that opportunity exists for everyone, but I lied. Opportunity exists only for those who are willing to take it.

P.P.S. It’s not all about making money. Money isn’t inherently valuable but it is the avenue to wealth. And wealth is the avenue to freedom. And you aren’t free if you’re punching a time card for someone else.

P.P.P.S. If you haven’t already grabbed a copy of Spartan Entrepreneur, go ahead and get yours before I yank it off the market.
Daily shaving is a real pain in the neck. If you have sensitive skin you are almost certain to have bumps, ingrown hairs, pimples or an itchy red rash on your upper neck – right in the crevice where the face and neck meet. For this reason, I have averaged shaving once per week for the past decade and a half.

Trying to shave with these pesky bumps is a highly uncomfortable experience. You will typically cut yourself, bleed all over the place, and never, ever get rid of those bumps. To combat the gruesome and dreaded neck bumps I have tried, well, mostly nothing.

I have, however, decided it is time to always keep my face clean, lean, mean and shaved. I set out on a mission to master the perfect system of daily shaving to get rid of, once and for all, those goddamn neck bumps.

I have found the trick to never getting those pesky ingrown hairs and today I will share with all of you.

Before we get started, let’s review our toolkit:

I. I am a wet-shaver. That means I prefer to shave with a tool and not a toy.

II. I use my trusty Merkur Classic Safety Razor, a product of superior German craftsmanship and design.

III. In the safety razor I place the best of the best blades, the superior German Merkur Double Edge Razor Blades.

IV. I use the best of the best in Italian shaving cream, Proraso and the best in Italian badger hair shave brushes, the Omega Pure Badger Shaving Brush.

These tools are not necessary to get rid of neck bumps but they are highly beneficial, they offer a superior shave, and they will save you sweet green American money. If you’re still shaving with a toy, and buying the newest and greatest in whatever plastic contraption with 13 blades and only $40 per case, you are wasting your money.

The Merkur safety razor is a one time, $27 purchase that can last a lifetime. The Merkur razor blades cost $6 for a pack of 10 and last far longer than the junk sold in Walmart. The badger hair brush is a $30 investment that will last for years and years. The superior Proraso shaving cream goes a long way, only a quarter sized amount (or less) is needed per shave, and it only costs around $11 per tube.

“Quit throwing your money away on toys and buy tools.”

Ok, now that we have our tools set up let’s find out how to get rid of those pesky neck bumps....

First Step: You will shave before you shower.

- Wet your badger hair shave brush with warm water and run the brush across your face, getting your whiskers wet and warm.
- Mix up a quarter sized amount of shaving cream in a coffee mug or similar contraption. To mix up the shaving cream into foam, you will want to take your WET badger hair shave brush and swirl the brush around the shaving cream.
Next, you will work the foam into your already wet face. You will spend one to two minutes working the foam into your face with your Badger’s hair shave brush, making sure to get the foam in between all your whiskers.

**When your face is nice and lathered you will begin to shave.**

**The most important part of shaving and not getting those red, irritated neck bumps is to shave with the grain.**

On your upper lip, cheeks and chin you will shave downward. You will shave downward almost everywhere EXCEPT for where the neck meets your chin. Where the neck meets the chin, the crevice that gets all those red bumps, you will shave at an upward angle, being sure not to go against the grain and irritate the skin.

Though you are able to shave repeatedly on your upper lip, cheeks and chin to get the baby-smooth feel, I like to give the lower neck area only a once or twice over. The more the razor brushes across the area, the more cuts, bumps and ingrown hairs seem to appear.

After you have finished shaving, downwards for the cheeks and chin and upwards for the neck crevice, **you will take a hot shower.** The hot shower after shaving is the entire key to getting rid of the neck bumps. The heat will open up the pores of the neck and those ingrown hairs will cease to appear, leaving you free to shave daily or every other day without shaving over bumps and ingrown hairs.

**Let’s recap:**

a. **Shave before you shower.**

b. **Shave with the grain.**

c. **Have hot shower after shaving to open pores (end with ice cold shower, of course).**

d. **Go kick some ass.**

If you have a problem with neck bumps you may want to not shave for several days, up to a week or more, and let those bumps and ingrown hairs heal before you begin your daily shaving.

**Picture**

Neck free and clear of bumps and ingrown hairs while shaving daily for two weeks. Shadows may *appear* to be neck bumps and ingrown hairs but they are not (except for on accidental cut visible on your left). That neck is almost as smooth as a baby's. If I were to shave daily and not use the method above I would have a red rash all across the top of my neck.

**Note:** upper body strength not achieved by daily shaving.

**Enjoy shaving daily, or every other day, and not having to deal with those itchy and uncomfortable ingrown hairs.**

**Victor Pride**

343
July – 2012

1.7.2012 – How to Become Super-Human

There's a ridiculous notion that natural, non drug-enhanced, trainers need to do less work to get better results. Only in some sort of Sci-Fi Bizarro world can a natural trainer do less work and get better results.

“Oh, you can't do as much as a drug trainer. You can't recover. Your body is as frail as my Grannies. If you work out more than 3 times a week you'll over-train and fry your central nervous system”.

Surely you've heard the internet morons parrot the statements above.

Do you want to know the truth?

Ok. Here it is.

Only drug enhanced trainers can do less work and get better results.

If you don't take drugs and try to get in shape with 3 days a week baloney workouts you are just pissing into the wind. The nasty truth is that a natural trainer has to do a lot more work to get inferior results to a drug trainer.

While it is true that a natural trainer can't train like a drug trainer, it is not true for the commonly thought of reason. The common reason is: “You can't train like a drug trainer because you can't recuperate. You can't train as heavy as them or as often as them. They train too heavy for a natural, they train too long and hard and they train too much.”

You've heard that nonsense I'm sure. Would you like to know why you really can't train like a drug trainer and get results?

Ok, here it is...

Drug trainers train really light!

Yes, it's true. You've seen the guy with gigantic arms curling 20lbs dumbbells, the guy that's all muscle and no fat and he's rowing 50lbs dumbbells. Drug trainers only train each body-part once per week. Most juiced out trainers do not train very hard.

Natural trainers cannot train like juicers because light-weight doesn't do anything for a natty. Natural trainers can't train like juicers because training 3 or 4 days a week does nothing for a natty. A natty has to train hard and heavy and often. A natty who does “body-part splits” is wasting his time.

Drug trainers don't have to train hard and heavy because they are on the right drugs. And what do the right drugs do? They turn you SUPERHUMAN. That's not a joke, that's not hyperbole, and that isn't bullshit.

The right drugs give you results that you absolutely cannot get without using them. You really can become SUPERMAN if you take the right drugs. Yes, I'm talking to you, Skinny Sam or Fat Fred with the “bad genetics”. ANYONE CAN GET JACKED. There's no such thing as a “genetic mutant”. No one is jacked because they “have awesome genetics, bro”. No one is jacked because “they're just really dedicated”.

344
Here is a secret you may or may not know: **steroids aren’t really drugs, they are hormones.**

The biggest part of being jacked is having the right hormone balance. The right hormone balance = muscles. Hormones and the right hormone balance makes up 90% of ‘jacked-ness’, the right food and the right training make-up only about 10% of getting jacked.

When you train naturally you are training at the bottom 10% capability. You leave the most important part, hormones, out of the equation and concentrate on food and training. Because of this you **must** train hard and heavy and often to maximize your gains. Yes, you have to work hard to get results.

To get the lean and mean body of a Spartan you have to push yourself. You can’t be terrified of hitting the weights. You can’t be a pussy around the weights and cry about “overtraining”. You can’t be afraid of “doing too much”.

**You have to hit the weights hard, heavy, fast and often to get the most out of natural training.**

It is only then, when you give it your best, that you get the best out of your natural training. But there is a limit to your natural training and you will hit it and you will not improve after that point. You will stay the same muscular size and all you can do at that point is gain or lose fat.

**So how do you become Super Human?**

First, you build your body up as best you can using the **Body of a Spartan** method. When you are at your natural limit (if you work hard you have two years natural at most before you reach your limit) and then you move on to A or B...

**A. Get yourself some superdol.** This stuff is the real deal and will put lbs of muscle on your body and massive strength in your bones.

**B. You go to kindly Dr. So and So and you say: “Doctor, I have low testosterone. I want to start Hormone Replacement Therapy immediately.”** Your kindly old Doctor is going to take care of your hormone imbalance and fix that plummeting testosterone level that affects every single western male and he’s going to get you on the road to putting on some muscle.

**And then, you are... SUPERMAN.**

**And you have become SUPERMAN the legal way.**

**All the girlies you run into start to say:**

- “Wow, you have great genetics!”
- “You must have been working out since you were 10 years old!”
- “Wow, you must be really strong!”

And you laugh because you started out at 130lbs and now you weigh 200lbs even. Some “great genetics” at work. The possibilities are limitless and any old Skinny Sam or Fat Fred can turn into “Natural Genetics” Johnny with the beast of a physique that gets the girlies wet, the heads turning and the weights flying up.

**But before you play around with hormones you need to get yourself in the gym and get to liftin’ them weights, then get to the kitchen and get to eatin’ them steaks.**

**And when the time is right to go forward, you’ll know it.**

**Victor Pride**
7.7.2012 – How to Take Care of Your Hands and Feet

You will only ever have one set of hands and one set of feet, for this reason proper care should be given to maintaining them – especially if you are a weightlifter, bodybuilder, or regular Joe gym rat and spend a lot of time with weights in your hands.

The knurling on the barbells and dumbbells can be rough on your hands and cut them up, not to mention all the sweat, chalk, dirt and grime that is on the weights and rubs into your hands.

Top 3 grooming products to take care of your hands and feet (and can be easily kept in your gym bag)

I. Baby Powder

Baby powder is a must. Baby powder will keep your feet stink free and, more importantly, dry. Generously dumping some baby powder into your socks can help to soak up any sweat and keep those feet dry and healthy. Moist feet can cause warts, athletes foot, toenail fungus, rashes, eczema, and other nasty and itchy skin infections.

Simply keeping your feet dry can prevent most foot problems.

Before I discovered the majesty of baby powder I used to get athlete's foot once or twice a year and I'd go crazy trying not to itch them. Nowadays I always keep a tube of baby powder in my gym bag and usually a tube in the house somewhere and I always powder up my feet before I leave the house.

When I'm inside I never wear socks.

Baby powder can be purchased almost anywhere and runs about 2 – 4 bucks per tube. You can throw a bottle of baby powder in your gym bag and liberally dump some powder in your socks before your workout to keep them dry, but be sure to change socks after a workout. Wet socks won’t do much to prevent nasty foot infections.

On a side note, I used to get athletes foot not from athletics but from being sedentary at the office. Wearing dress socks and dress shoes every day, my feet would tend to sweat and I'd get some nasty rashes that itched like a beast. Baby powder cured all that. If you're wearing socks all day, baby powder is an absolute must to keep your feet dry and healthy.

II. Pumice Stone

A pumice stone? Isn't that for girls?

Yes. But...

If you are actually lifting weights and not playing around with baby weights you will have developed some gnarly calluses on your palms.

Until recently I did not put any emphasis on hand care, which is silly because I had badass calluses all over my hands. When I'd hold a beautiful blonde baby she'd yell: “Ow!” because my ruff and gruff mitts would feel like sandpaper on her skin.

My calluses would damn near cut up any skin that they touched. The calluses would get gigantic and then eventually they'd rip off when I'd do heavy shrugs or heavy partial Deadlifts, or they'd get so unmanageable I'd cut them off with scissors or nail clippers or just rip them off myself. I thought that there was no solution and that I was condemned to have rough mitts for eternity.
But that was before I was introduced to the magic of the pumice stone via Donny Shankle.

Enter Donny Shankle…

Donny Shankle, when he isn't punking out muggers at Disneyland, is an American weightlifter who has released a very helpful video about proper hand care for the weightlifter. Before Donny released his video I’d never considered using a pumice stone to file down the calluses on my palms, I’d just end up ripping the damn things off eventually. I thought the pumice stone was some baloney that women used on their feet.

Well, I watched the video, I saw Donny file down the calluses on his palms, I looked down at my sandpaper palms, a revelation occurred and I promptly made a trip to the local drug store to pick up a pumice stone.

And what a difference it made. I picked a pumice stone up for about 8 bucks and filed those gnarly calluses down into something resembling civilized hands.

I actually lost the pumice stone I had and my hands went from human to mutant in about two weeks, those calluses just came right back and I made another trip to the girly section of the drug store to grab another pumice stone.

A 7 or 8 dollar investment for hand care is a no-brainer. Pick one of these things up, file those mutant hands into human hands and stop worrying about cutting up your girlfriend’s delicate skin.

What about gloves, wouldn’t gloves take care of calluses?

Gloves are for girls.

III. Bag Balm

Bag balm is another trick I picked up from the Donny Shankle hand care video. Balm is like lotion except it is a thicker, yellowish wax and must be rubbed into the skin. Personally, I hate lotion and I never use it. I hate the way it feels and I hate the way it leaves your hands greasy and you can’t touch anything.

However, the hands can really take a beating from the knurling on barbells and dumbbells and they should be taken care of properly.

I have noticed that after filing down the calluses my hands are a little tender and itchy so I went ahead and grabbed some bag balm to give them a little moisture and take care of that dry itch.

What you will want to do is rub the balm into your hands, the palms, and in between the fingers. Your hands will be greasy for about 20 minutes until the balm soaks in. What I do is rub it in the palms and in between the fingers and then I use a paper towel to sop up some of the extra balm and to dry off my fingertips.

Using the bag balm once or twice a week should be plenty for normal hand care. If you live in a cold, dry place you may want to apply the balm every day, especially if you have dry and cracking skin.

A big tub of bag balm runs about 10 dollars at any local pharmacy or drug store and the tube should last about a year. Note: Badger Balm may be a better choice to keep in your gym bag, it is similar to bag balm and it comes in a smaller round container and is lighter and easier to carry.

Be sure to take care of your hands and feet, they are the only hands and feet you will ever have. When you get a moment, run up to your local drug store and get your care package and then toss them in your gym bag for safe keeping.

You’ll be glad you did.

Until next time.

Victor Pride
12.7.2012 – How I Became Mighty with Modafinil

The harder it is to get, the better it usually works. There’s a prescription only drug called Modafinil. To purchase Modafinil you must get a prescription from your local and kindly Doctor or you must jump through some hoops to order Modafinil online from an overseas pharmacy.

Modafinil is in a class of drug called nootropics, commonly known as “smart drugs”. There are about a million drugs classified as nootropics. Well, I'll be damned if I'm going to try all of them, or even 10 of them.

I want the best and only the best. The best is not available on Amazon for one-click purchasing. The best takes a little bit of work to get. The best is hard to get for a reason: the better it works, the more limited it is. The shittier it is, the more available it is. That's why you can get protein powder at every corner store but you can barely find pro-hormones anywhere.

I went straight for the best, Modafinil, and I was not disappointed.

I discovered Modafinil through an underground entrepreneur's forum. The guys on the forum loved it and went bananas over it. They compared it to NZT-48 from the movie Limitless. I read each and every word, I read each and every source, and then I went straight to Google to find some of this magic.

And one day that magic showed up.

30 pills at 200 mg apiece, a one month supply from my kindly Dr. to test out. Some say you should chop a pill in half and take 100 mg for your first bite. Caution isn't my style and I popped the first one around 8AM.

Modafinil, it is said, is the real life NZT-48 because of how it helps you focus.

And, baby, they weren't lying then they said it helps you focus. The focus on Modafinil is breathtaking. It is like being on a train, going through a tunnel. There is no way to go but forward and there are no other distractions. Modafinil is the ultimate tunnel vision.

Other than the extreme focus on Modafinil, there are a couple other benefits which I love.

Modafinil was developed as a drug to treat narcolepsy. Narcolepsy is a disease where people fall asleep randomly during the day; Modafinil makes it so that they can stay awake. Of all the benefits of Modafinil, staying awake is my favorite. You see, I often have to take a nap during the day. I can't help it. I get tired and I fall asleep. I absolutely hate having to take a nap during the day, it feels like failure. While on Modafinil there is no need to take a nap, there is no yawning, it is flat out impossible to nap on Modafinil.

My typical work day is 8 – 5. Never before in my entire life have I been able to focus for so long, day after day, and never become tired or worn out. Having no need for a nap, having no need to rest, having no need to do anything other than focus on my task(s) at hand. I have now run out of Modafinil. I have been out for several days.

Yesterday, I was forced, beyond my will, and this is very hard for me to admit, excuse me while I hold back tears, I was forced to take a nap from 3-5pm. It was awful. 3 – 5PM is now prime ass-kicking time for me and to nap through it is absolute failure.
Years ago, running my first successful business, I would work from 9AM – 1PM and come 1pm I was beat. I was ready for a rest, or lunch, or whatever. I would usually have a break from 1PM – 5PM or so when business would pick back up. Afternoon used to be the worst time to get anything done; now afternoon work is just as good to me as morning work. The prolonged focus is just unreal.

One of the other side effects of Modafinil (and I do drink a ton of coffee, too) is decreased appetite. I am no stranger to fasting through the day but on Modafinil I simply am not hungry during the day, period. I do not eat anything before 5PM. I am just not hungry and on the days I do eat, my focus and productivity decrease. I am as convinced as I ever was that eating SLOWS YOU DOWN and you should only eat when you are ready to slow down. Digestion takes away too much energy and all the fatasses in your local office should be proof enough that lunch is disastrous.

Since I am not trying to lose weight I will eat a lot after 5PM. Since I am a lean and muscular 200 lbs, give or take 1 lb each day, and I have maintained this weight while fasting through the day and eating after 5PM.

A typical day for me will be Superfocus work from between 8AM – 5PM. Somewhere during the day I will swallow a whole glass of egg whites. Usually I will head to the gym at 5PM. I will have a badass workout. I will then come home and eat my first meal.

My first meal is almost always 7 – 8 scrambled eggs with cheese cooked in butter and 3 toasted English muffins liberally covered in butter. I will eat whatever I want after that and usually try to get in another glass of egg whites. My strength has not gone down on this routine, in fact, I was able to Deadlift 535 lbs just the other day and 2 days ago I did partial Deadlifts from the knees and went up to 7 plates per side, that’s 675 heavy ass pounds.

Last week is when I had my last pill. Since then I have been off and there are no withdrawal symptoms, there are no nasty side effects, there is just back to normal. There have been a few articles along the lines of “Modafinil Can Be Habit Forming” and here is my answer to that: no shit it can be habit forming. It’s habit forming because it works and it makes you better. Any serious man who wants to be better will do everything in his power to be better. Kicking ass is habit forming.

But... there is truly one nasty side effect of coming off of Modafinil.

You go back to normal. And normal is pretty shitty compared to mighty.

Official Verdict
Modafinil A+

Victor Pride

MEDICAL DISCLAIMER: Superdrive Publishing Ltd., publisher of Bold and Determined, makes no representation or warranty regarding the accuracy, reliability, completeness, currentness, or timeliness of any information provided. This article is provided for information, entertainment and convenience only – it does not constitute endorsements of any situations or medical tactics or advice. All information contained herein should not be used as a substitute for the advice of an appropriately qualified and licensed physician. The information provided here is for educational and informational purposes only. In no way should it be considered as offering medical advice. Please check with a doctor and/or licensed medical physician. NO LIABILITY WILL BE ASSUMED FOR THE USE OF THIS ARTICLE AND/OR ADDITIONAL POSTINGS HEREIN.
I hate cooking as much as the next man, but I do it because I’m not going to live off of fat-ass fast food and TV dinners. You’ll find some great recipes online for all these fancy dishes, but I’m not going to cook fancy every day, or every week or even every month. When I cook, I cook simple.

**Today, I am going to share with you my recipe for eating like a civilized caveman.**

Follow this recipe and you can eat meat off the bone like a real deal caveman but you won’t have to chase the wild beast down in the forest and stab it to death with your flint knife. The great thing about this recipe is that it’s easy to prepare (less than 5 minutes) and provides for a feast. It will provide an entire day’s worth of food, and if you cook a bunch at once you will have food for several days – leaving you free to kick ass and not be running around trying to take care of lunch and dinner.

1. **Buy Some Ribs.**

Pork ribs come in a few different flavors: Baby back, St. Louis Style, and Spare ribs. I have a fool proof 3-part system to choose which cut to buy:

- What is available at the grocery store.
- What looks good.
- What is the best price.

**For the big boy pictured I usually spend $10 and it will give me an entire days worth of meat.**

2. **Coat the Ribs in your Favorite Dry Seasoning.**

I use only 2 seasonings: Coarse Sea salt and Chinese BBQ (Shao Kao).

You can use whatever dry seasoning you fancy. Hell, even salt and pepper will work fine. We’re not trying to win awards by how many fancy ingredients we can throw together, we are trying to make it tasty and easy. Be sure to coat both sides of the ribs with your seasonings. Coat the bottom side first and then coat the top side (the meaty side) and cook the ribs meaty side up.

Place the ribs on a cookie sheet or glass baking dish. I always use tin foil because the ribs will make a mess of the pan and it’s a real bitch to clean, when you use tin-foil there is almost no mess in the bottom of the pan. Sometimes, like pictured below, the rack of ribs will be so big it overflows and the fat will cook off the ribs and fall to the bottom of the oven, leaving a nasty mess. In this instance I will place the ribs in a glass baking sheet and place that baking sheet on top of a cookie sheet, the cookie sheet will catch all the runoff fat and grease. This will result in easier cleanup.

3. **Cook at 450 Degrees for One Hour.**

Preheat oven to 450 degrees. I place the ribs in the top of the oven because they get a better crisp and they cook faster. If you cook two or more racks of ribs you will notice that the ribs on the top of the oven cook faster and darker than the ribs in the middle of the oven. Cook for 50 minutes to one hour. If you cook two or more racks you will have to cook the ribs in the middle or the bottom of the oven for a longer time than you will cook the ribs on the top of the oven. You can eyeball the ribs to tell when they have reached desired doneness.
4. **Remove Ribs from Oven.**

When your ribs have reached their desired doneness, after 50 minutes to one hour, remove them from the oven and let them cool off for about 15 minutes. When you remove them from the oven they are going to be sizzling and they will cook for several more minutes.

5. **Slice off a Chunk.**

After your ribs have cooled down you can slice off a chunk to eat.

6. **Slice Individual Ribs.**

Of course you probably don't want to eat a big piece of rib like in the picture, so if you are a civilized caveman you will slice each rib separately. The ribs are much easier to eat when they are separated and you can really eat all the meat this way.

7. **Eat With Your Hands and Enjoy Being a Civilized Caveman.**

No picture, but you get the gist.

8. **Put the Leftover Ribs in the Refrigerator.**

After the leftover ribs have cooled down you can place them in the refrigerator to eat later. Ribs actually taste better when they are reheated than when they are fresh. That's just one of those mysteries of the universe.

**PRO TIPS**

- Be sure to have dental floss nearby. After eating caveman ribs you will need to floss your teeth. If you do not floss you will look like JAWS and the next time you go to the Dentist the cute girl who cleans your teeth will be disgusted. I like the combination floss/toothpicks.
- BBQ Sauce is the best dipping sauce for Pork ribs and Sweet Baby Rays is the best BBQ sauce on the market.
- Cook a bunch of ribs at the same time and reheat them later. Ribs, for some reason, taste better reheated than when fresh and it's easier to cook a bunch if you plan to eat them frequently, like I do.
- You can cook all styles of Pork ribs the same. You can also cook Beef ribs using this same recipe.

**Enjoy your tasty meal.**
Dogs are great. Dogs are the greatest animals on earth. We love our dogs as much as we love our own family and would do anything for our dogs – **WHEN**! – they are good dogs. Bad dogs are given away to the pound and abandoned on the street.

**The difference between bad dogs and good dogs is...**

Good dogs have a leader that disciplines them when needed and rewards them with affection when needed.

Bad dogs have weak owners.

Dogs are not Men. They should not be treated as men, thought of as like men, or held to the same standards as men. They are dogs and they should be treated as dogs.

No matter how much you personalize a dog it is still not a man, it is a dog. It can never, ever be like a man, possess the characteristics of a man, can never lead man, and should absolutely never be thought of as the boss.

When a dog thinks it's the boss it is very, very unhappy. A dog's natural place is subservient to man. It must be led with discipline and love. A dog with no discipline will act out aggressively because it has no guidance. A dog with guidance and discipline is a happy, happy, content dog.

A dog does not have the mental capacity to make the decisions of man.

Your dog will love you until the day you die and will do anything for you, including die for you, but you've got to be the leader of your dog. You can never let your dog think it's the leader. When the dog think it's the leader it will begin to constantly test you, it will lash at you, it will growl jealously at other people for getting too close to you, it will walk in front of you instead of behind you, it will walk in doors before you – it will think it owns you and not the other way around.

1. **When your dog does something that pleases you**, you will reward the dog with attention, affection and possibly a treat.

2. **When the dog does something out of line**, you will punish the dog with withdrawal of attention, stern correcting, ignoring, or a swat to the behind.

3. **You will never reward the dog for bad behavior**. You must never give your dog a treat if it does not explicitly follow your command and your lead.

When you reward the dog when it hasn't earned it you have reinforced the negative undesirable behavior and now the dog thinks that not only is the behavior acceptable, but that the negative behavior is good.

When you tell your dog to do something (i.e. sit) your dog must sit before it can do anything else. Never, ever tell the dog to sit and then let it walk away. You must make sure that dog complies with your command at all costs.

You are the leader of your dog. You must always walk in front of the dog, never let the dog lead the way. Always walk in doors first, in front of your dog. It is unacceptable for the dog to walk in a door before you.
Follow these rules and your dog will love you more than anything in the world. You will be the entire world to your dog. It will look out the window and wait for you while you are gone, it will be excited beyond belief when you arrive home, and it will covet and do anything for affection.

Your dog will be a happy, happy dog until the day it goes to doggy heaven for it will know beyond a doubt that it had a master who loved it very much and provided it with the guidance, discipline and leadership that it needed so very much.

You can always tell the mark of a man by how his dog regards his word and guidance. If they sit when told to sit, if they don’t eat until he eats, if they joyously follow behind him on the leash you can be sure he knows how to properly guide them.

And you can be sure that his dog loves him to death.

Dogs can make men very, very happy.

We love to spend time with our good dogs. But a bad dog can be a miserable burden.

A dog can be an angel or a demon.

All a good dog wants to do is please its owner.

All a bad dog wants to do is control, and act out aggressively and viciously.

Thankfully now we know there is a way to turn many bad dogs into the good dogs that we love very much.

One man’s nightmare dog is another man’s love sick puppy.

Unfortunately there are many, many bad dogs that are too far gone and cannot be helped. They have had no positive guidance and have had free reign to be bad dogs, have never received punishment for their bad behavior and now they can never recover. Those bad dogs should be left for the pound to deal with; they are not your problem. Those bad doggies cannot be helped and will only bite the hand that tries to help.

There are still many good dogs all over the world who love to be good dogs and are waiting for the right owner to take them home. If those doggies could say: “I love you!” they’d say it joyfully – but only to a strong owner. Those same doggies with a weak owner will growl and bite and protect its property – the weak owner.

The good news is that there are millions and millions of good doggies in the world and all the bad doggies can be ignored.

How can you learn to be a leader?

Think real hard about the parallels of dog training and your leadership role in human life. You may think I wouldn’t compare people to dogs, but you would be wrong. Human behavioral psychology cannot be subverted by women with fancy and useless degrees who talk to you about the need for communication.

There is no need for open communication from a leader and there is no need to “work together”, there is need for dominance and an iron will.
If you, Regular Joe, have a problem with dominance and leadership you need to go buy yourself a puppy dog. Do not go to the pound and rescue an older dog that has already learned its behaviors. You want a puppy dog so you can teach it at its most important developmental stage. To get a dog who is old and is already potty trained, leash trained and can follow commands is useless to you.

**You must be there to teach the dog discipline when it is young and not prone to discipline.**

It is a power of wills to teach a puppy dog to obey. If you don't follow through with your commands your little puppy dog will do whatever it wants. This is why anytime you meet a single woman who owns a dog she always says the same thing: “My dog has behavioral problems.”

**These dogs do not have behavioral problems, they have no leadership or discipline.**

Training a puppy dog is the greatest way to learn how to be a leader if you are not a natural leader. You can take the little tricks you learned about your puppy dog and use them to gain dominance in other areas of your life where you feel you have no control or you feel people are walking all over you.

Remember, someone will always be doing the walking. If it isn't you, it's someone else. But if you're letting an unqualified leader guide you then you deserve all the shit that you eat. No one is going to give you dominance or control if you are spineless.

**But if you have courage, heart, strength and an iron will you will take what is yours.**

Victor Pride

**Gentlemen, I got this message via E-mail a few weeks back and it put a big smile on my face.**

“Hey Vic, today was Day 30 of your life-changing program. I have to say it's the most powerful and enlightening experience I've ever had. I'm a new man now. A REAL MAN.

Waking up at 5 am is easy for me now. I love to walk in the morning and clear my mind. I love to go to the gym at 6:30 am and give everything I have.

**I'm a Proud and Bold Lion now.**

I take cold showers every day. Not even a second of hot water. My muscles contract and I feel alive. There is this animal feeling inside, this true leadership that I've never felt before.

Gave up porn and masturbation. Feel like a million bucks, smiling to ladies, talking to strangers, getting compliments for my clothing style.

Adopted the To-Do list for the rest of my life. I was the biggest procrastinator ever a month ago. Now I get shit done everyday man. Kicking ass real hard.

Pushups helped me to finally show a little of chest definition. It was my lacking body part and I know someday it will be my strongest part. Thank you for your site, for your program, thank you for being direct, no B.S., and thank you for helping me discovering the hidden Alpha Man inside.

Cheers my friend.”

**If you'd like to have a try at changing your life today you can pick up a copy of 30 Days of Discipline here.**

*Victor Pride*
24.7.2012 – 9 Ways to Stay Motivated Every Day

1. **Have a goal.**

   Seems obvious, right? If you don’t have a goal then you have no reason to be motivated. To stay motivated you have to have a goal, a mission, which you can work towards. Goals can be gigantic or miniscule, it only matters that you have one and that you work towards making it happen.

   **Fuck trying, make it happen.**

2. **Read motivating works.**

   Every morning I start my day off with a motivating or educational book. It is essential that you can learn something, get pumped up or both. Fiction is for playtime, if you want to read fiction you can read it in bed at night.

   Currently I am reading *How to Get Rich* by Felix Dennis, founder of a UK based publishing empire and altogether rich bastard. I cannot recommend the book enough for readers of BOLD & DETERMINED. No bullshit, take no prisoners, killer attitude. Buy the book, you will like it.

   **These are my personal must-read books.**

   I. **Think and Grow Rich** by Napoleon Hill – this book completely changed my life and taught me one very important trait you need to be successful – thinking positively.

   II. **Arnold: The Education of a Bodybuilder** by Arnold Schwarzenegger – this is the most motivational book I have ever read in my entire life.

   III. **The Millionaire Fastlane: Crack the Code to Wealth and Live Rich for a Lifetime** by MJ DeMarco – this is the best business book ever written and is a must read for any entrepreneur or aspiring entrepreneur.

   IV. **The 4-Hour Work Week: Escape the 9-5, Live Anywhere and Join the New Rich** by Tim Ferris – this book literally changed my life. I thought I was tied to the USA forever; I finished reading this book and immediately bought a plane ticket to Thailand. I haven’t looked back since reading this book.

   V. **How to Get Rich: One of the World’s Greatest Entrepreneurs Shares His Secrets** by Felix Dennis

   VI. **Gorilla Mindset** – by Mike Cernovich. The ultimate book about changing your mindset to change your life.

   VII. **How to Stop Worrying and Start Living** – by Dale Carnegie. This is the best book ever written for learning how to “let go” of negativity and live life.

3. **Stay clean.**

   One of the best decisions I have ever made was to shave daily and to get my haircut into a pristine high and tight every two weeks. Every other Thursday morning I’m at the barber ready to cut off my hippie length hair and get clean and mean.
Staying clean, mean and well groomed is of utmost importance, important for your own morale and important to inspire confidence in others.

Dirty freaks don't inspire confidence in anyone. You will notice one thing amongst the upper class and the very well off, they are always impeccably groomed. Even if they are just wearing a t-shirt and shorts, they look clean. Poor people cannot look clean no matter how hard they try. The simple act of putting on a suit does not make you look clean, even the simple act of bathing does not make you look clean. A dirty person always looks like a dirtbag, even with a suit and tie on.

Staying clean and groomed doesn't require 18 different soaps or specialty shampoos and conditioners, it simply requires you take care of your body the way in which you should. Daily bathing of course, clean, form fitting and stylish clothes, hair trimmed (especially the hair on the back of the neck), face trimmed (if you can grow a full beard, great, but if you grow spotty facial hair then you should always be shaved). On the poor class facial hair only seems to grow into a mustache and goatee.

4. Dress like a winner.

There are no winners who look like losers. You can stand next to a winner and know it instantly, you can know it by their dress, by their cleanliness and by their demeanor. Dressing like a winner is a must. Every time I say: "Dress like a winner," I always get a flurry of responses and excuses about why you shouldn't dress like a winner, or that the weather is too hot to dress like a winner.

Winners are winners on the inside and the outside, and their style of dress will confirm it. You should never wear dirty clothes, you should never wear ill-fitting clothes, and you should never wear cheaply produced clothes. It's certainly O.K. to pay a steep discount (I do) but for quality clothing, you shouldn't pay a cheap price for cheap clothes.

Since it is the dead of summer right now I'm going to let you in on my little secret – it's too hot to wear a suit and tie, every day I wear single color V-neck t-shirts made out of Peruvian Pima cotton. These shirts are so comfortable that any time I put on another t-shirt it feels like it's made out of cactus. Not only are they comfortable but they look phenomenal (they aren't made for peasants) and they can be purchased at a very reasonable price. Check your local upscale shopping mall for Pima cotton t-shirts and then wait for a sale and buy in bulk.

Note: The only people who can look good in t-shirts, and especially v-neck t-shirts, are men who have a good build. If you're a skinny guy or a fat guy you need to hit the gym before you worry about an upgrade in clothing.

I can't say this enough: the way you dress matters more than most will ever imagine. If you don't believe me, if you're one of those deluded guys who thinks clothes don't make the man, then go ahead and put on a dress and tell me clothes don't matter. I saw a fat slob yesterday that made me sick.

The fellow had a nasty beard, the fellow had greasy gelled hair (and was balding), he was wearing gigantic khaki shorts with army pockets, he was wearing a gigantic cotton t-shirt, he was wearing some basketball shoes that a white man should never wear and he was wearing dirty white socks that poked up an inch above his shoes.

He looked like complete shit and I'm sure he felt like complete shit because he kept his hands in his pockets the whole time. If that fellow would take a bath, shave his dirty face, put on a form fitting suit, wear nice shoes and lose 50 lbs he would feel like a million bucks. He would be a brand new man and he would probably for the first time in his entire life get stares from cute girlies.

Gentlemen, when I walk into a grocery store I get smiles, stares and blushes from the girls. If that doesn't happen to you then you should fix that problem.
5. **Drink Coffee.**

Coffee is probably the world’s greatest drug. There’s a reason all those fruity types are obsessed with Starbucks, and that reason is this – coffee works. Coffee wakes you up, coffee helps you focus, and coffee keeps you alert. Coffee is a minor **nootropic** and it’s the most easily available nootropic in the world. Buy it, drink it.

6. **Have a rich mindset.**

Wealth is a mindset. Poor dirtbags are always going to be poor because they have a poor, dumb mindset. Ask any dirtbag how to get rich and they will say one of two things: win the lottery or win a lawsuit.

Making money is just a game, when you take it super seriously and become frightened of it you will never make any of it. You'll go to your job and get paid exactly what you're worth – pennies. The difference between the owner and the manager of a company is that the manager is scared and the owner pushed through his fear of failure and is reaping the rewards.

The manager works hard to put money in the pocket of the owner. Thanks, manager!

**It doesn’t take a genius to make money, it takes determination and drive and a refusal to listen to the whiners, losers and complainers who give you reasons why it can't be done and why it will fail.**

**Saying: “If only this,”, or “If only that,”, or “When this happens blah, blah...” is a copout and a bullshit excuse.**

**Nothing is ever going to happen for you until you GET THE FUCK UP AND MAKE IT HAPPEN.**

7. **Use Smart Drugs.**

One thing that separates winner from losers is energy. The rich have a boundless energy and drive. They work 16 hours a day, party all night, sleep 4 hours and then do it all again. Well, if you do not have boundless energy there is a way to get it and that way is called SMART DRUGS.

8. **Aspire for Higher.**

Aiming to be average is a great way to be average. Aiming for higher is a great way to become superior. It's all in the mind. What you aspire to is what you become. Of course it takes action along with your aspiration, but hear this: **you are going to take action no matter what.**

Most people will take action to be a faceless nobody who makes 50k a year working some shit job with “benefits” and two weeks' vacation per year and one week sick leave per year, takes orders from some useless manager or some fat hog in HR and then dies a nobody.

**“I'm not greedy, I just want...”.**

**Fuck your “just”.**

If you “just” want an average life you will get it. Winners don’t “just” want anything. Winners demand a taller order than that. And they’ll get it, too. We all get what we want.
If you just want an average life that's what you'll get. But look around at the average Joe and Jane, their lives are as enviable as AIDS. I'd sooner eat a bullet than aspire to be average. Aim for more, aim to become above average. Aim for the stars. Maybe you only reach the moon, but you'll be far above the rest of the faceless average Joe's still stuck on Earth.

9. **Howl like a Wolf.**

This is another one my little secrets. It's impossible to feel sad or feel depressed or feel lethargic after you howl like a Wolf. That's a scientific fact. Do it right now and you are guaranteed to feel like a king and you are guaranteed at least 5 minutes of boundless positive energy.

**Do it now.**
1. **Talk Loud.**

Make sure people can hear you. Talk loud, talk proud, don't stutter and don't "uhh" and "uh" through your conversation. You don't need to yell, but you need to project your voice. Make sure everyone can hear you.

When you talk at someone they shouldn't have to say: “*What? Huh? What did you say?*” No one needs to guess what your answer is; the power is in “yes” and “no”. “*Umm, well, you know, I think maybe...*” does not project power.

2. **Don't dress like a gay or a nerd or a hipster.**

Yes, we all know gays are fabulous but they aren't powerful. They are sissified half men who do everything in their power to look as fruity as possible. When you dress like a gay you look dickless.

Many otherwise straight boys dress gay, and that's fine for those sissies, but for a man of power it's unacceptable. There is power in a well fitting suit and tie. **There is power in a well fitting t-shirt that accentuates your build.** There is no power in skinny jeans, or man purses, or whatever other bullshit those silly-heads are wearing.

3. **Build a big back.**

Obviously, having a muscular figure is powerful. Probably the most overlooked body-part is the back, which is a shame because the back is a huge muscle group. You can't see your back so often it is neglected. That's unfortunate, because a big, broad back screams power. If you happen to stand in an elevator behind a fellow with a huge back you'll know right away that the guy is no Minnie Mouse.

A big back just looks powerful, more powerful than big arms or a big chest, or even big shoulders. Hit your pull-ups, bent barbell rows and your heavy rack Deadlifts religiously. Even though you can't see your back, all that hard work will pay off. Anytime I happen to catch my back in a mirror (anyplace that there are mirrors in the front and back) I'm always a little shocked at how well all the back work has paid off.

**A big back just looks damn strong, don't neglect it.**

4. **Don't be self deprecating.**

When you make fun of yourself people lose respect for you. Clearly, you do not believe in yourself so no one else should believe in you either. It is infinitely better to be arrogant than it is to be humble and self-deprecating.

It takes arrogance to be highly successful and it takes arrogance to be a leader. You must believe in yourself and you must believe you can do a better job than anyone else. People will cry about you being arrogant, but they'll cry while they follow all the rules set by the arrogant leaders.
5. **Don't follow the rules.**

The rules are for the herd, the average Joe and Jane who will never amount to anything. The rules do not apply to the powerful, simple as that.

**Note:** I said rules, not laws.

You've heard a million idiots say “But I did everything right! I followed all the rules and I still got shat on!”

**Here's a tip for the rule followers:** rules are designed for you to get nothing and give everything.

You'll not get a damn thing by following the rules, the rules are set by the powerful to keep you down and to keep them up. Whine and boo-hoo about it all you want but go fetch your daddy's coffee while you're doing it. What rules did Steve Jobs, Arnold Schwarzenegger, and Mark Zuckerberg follow? Rules are for those who wish to be ruled. The power is in getting others to follow your rules.

6. **Walk with power.**

Walk tall and stand proud. No hands in the pockets baloney. Don't drag your feet on the ground, don't walk with your head down, don't be a Minnie Mouse and try to get out of everyone’s way.

7. **Never apologize.**

I get at least 5 guys apologizing to me every day. Usually it’s in the gym, I'll be walking with my 5lbs pink dumbbells in my hands and some guy is in my way and he says: “Sorry.” That happens constantly. Never apologize for just being there. Don't start a conversation with “sorry”. Don't end a conversation with “sorry”. Just don't say sorry, period.

**But what if you do something terribly wrong and are truly sorry?**

There's an easy fix for that, friend: **don't do anything terribly wrong.** Problem solved.

8. **Maintain eye contact.**

When you speak with someone you look them in the eyes. Don't look around the room or the floor or the ceiling. Look at the eyes, the windows of the soul.

9. **Always give a firm handshake.**

Your handshake says everything about you. A **firm handshake is powerful.**

**What is a limp wristed, loose-goose handshake?**

It is the opposite of powerful.
10. Don’t let your woman call you honey, or sugar, or dear.

Guess what? Your woman is going to call you anything you tell her to. The key is to tell her, not ask her. The goofballs with the slouched backs and the khaki shorts let their women call them honey or sugar or, worst of all, dear.

All highly emasculating names for a man.

She will call you whatever you want, if you want to be called dickless then she is going to call you dear or honey. If you want to be called a powerful name, you just tell her. Simple as that. Tell her exactly what to say. Say: “Call me daddy.” She might giggle or laugh, but never give in, never apologize, never backtrack and she will soon call you the new name and squeal with delight each time she does it.

The little secret here is that women want you to have power, but they will test you and try and take it away, just don't let them.

Here is another secret: the same things that turn men on, turn women on.

Fellow, your woman wants to feel your power – let her. There is no more powerful feeling in the world than when your woman happily calls you “daddy” or…? Sky's the limit.

BONUS! Lift weights like an animal.

The only thing that truly projects strength is… STRENGTH.

Make your body as strong as you possibly can. And then make it stronger. The weight room is the man-maker, the ultimate, get to know it intimately. Barbells are your best friends but sometimes they laugh at you and need to be taught a lesson.

Conquer them and learn how to conquer all.

Get your power on, boys. While the gettin’s good.

If you don’t want it, some other fellow will scoop it up.
Gentlemen, I am going to let you in on the secret of living a long life full of happiness, health, vitality and drive. But first, I want you to do me a favor. Think of all the old fellows that you know. Think of all the old fellows you see in the gym.

The old fellows in the gym belong to two categories.

1. **Category – the Walking Train-Wrecks.**

They have big fat beer bellies or they look like they're about to break a hip as they sit on the thigh abductor machine.

2. **Category – the Enviable Ones.**

They have low body fat, above average muscle mass and a good and healthy outlook. This is the type of old fellow you look at and think: “Wow! That old fellow is in great shape. I hope I look like that when I'm older.”

**Guess what, friends...**

Those old fellows who are in tremendous shape didn't get there by “dedication” or by eating chicken and rice or by having “good genetics”. They got there by taking their destiny into their own hands. Rather than wither away like the rest of the old farts, the “young in spirit and body” old fellows got there by manipulating their hormone balance.

**There is one very important hormone for men...**

**This hormone is called testosterone.**

Certainly you have all heard of testosterone and you have most certainly heard about what a killer drug it is and how your dick will fall off if you take it. So rather than take it, most of us just suffer. And believe me friends, suffer is the most appropriate word. Testosterone levels are falling worldwide at astronomical rates. That isn't my opinion, even though it is easily observed with my own two eyeballs, this is a scientific fact.

**Fret not friends, because there is an answer to the epidemic of low testosterone.**

You simply do not have to grow old pitifully. You can take a bite of an apple fallen from the tree of life and stay young in body and mind until your last days. The cure, friends, for this withering killer, is called synthetic testosterone and is available to you 100% legally by your kindly, local Doctor.

**It's called Testosterone Replacement Therapy.**

**It can also be called the fountain of youth, the tree of life.**
How can you tell if you have low testosterone?

Well, if you are alive today it is a certainty that you have lower testosterone levels than an older man. Recently, I convinced a good friend of mine to go get his testosterone levels checked. He simply did not believe me that he may have low testosterone levels. He thought his doctor would laugh him out of the office.

He claimed: “The Doctor’s going to look at me and laugh. I’m 34 years old but I look 24, I’m in good shape, I’m not fat.”

My response was: “If you are alive today you have low levels.”

Eventually he went to go get checked, along with his father, and guess what? His levels were incredibly low. His levels were so low that his father, who is 20+ years older than him, had HIGHER levels than he AND his father had low levels also.

How do you know if you might have low testosterone?

<table>
<thead>
<tr>
<th>Low Testosterone Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you are alive today you almost certainly have low levels.</td>
</tr>
<tr>
<td>If you experience muscle loss or inability to gain muscle.</td>
</tr>
<tr>
<td>If you experience fat gain.</td>
</tr>
<tr>
<td>If you are fatigued or have sleep problems.</td>
</tr>
<tr>
<td>If you have gynecomastia (a.k.a ‘bitch tits’).</td>
</tr>
<tr>
<td>If you experience hot flashes.</td>
</tr>
<tr>
<td>If you have night sweats.</td>
</tr>
<tr>
<td>If you have low sex drive and weak erections.</td>
</tr>
<tr>
<td>If you are irritable.</td>
</tr>
<tr>
<td>If you are depressed.</td>
</tr>
<tr>
<td>If you experience hair loss.</td>
</tr>
<tr>
<td>If you have memory problems.</td>
</tr>
</tbody>
</table>

I’ll bet good money that a lot of those symptoms are very familiar to everyone reading this. The above symptoms, friends, are what it means to stay natural. When you say you want to stay natural, you are saying you want to do nothing about these symptoms even though they can be fixed.

How do you fix low levels of testosterone?

Easy. It’s called Testosterone Replacement Therapy or TRT.

You go to your local Doctor and you say: “Doc, I have low T. Fix me up.” Your kindly Doctor will prescribe the necessary ingredients to get you fixed up and feeling like a teenager again. He will monitor and check your hormone levels and blood levels as a precaution. You will be in the hands of a professional.

Your Doc will prescribe you one of two options:

1. Injectable testosterone to be injected into the buttocks or the shoulders once every week to every two weeks.
2. A testosterone cream that you rub into your skin every day.

How will you feel if you supplement with testosterone?

In a word: great.
In two words: fucking great!
You can expect better recovery from intense exercise and less soreness. You can expect enhanced muscle growth. You can expect erections like when you were a teenager. You can expect to feel like a fucking man.

As simple as that.

Now, I know we have all been told about the horrors of using testosterone. I have some good news for you friends, and that good news is this:

Those slobs telling you how bad using synthetic testosterone is are one of two things.

1. Liars.
2. Fat/Skinny/Skinny-Fat pieces of shit themselves and have no idea about the reality.

Of course, they do make their anti-testosterone propaganda highly believable and scary so let's look at some of the reasons you may wish to stay “natural”.

8 excuses you don't want use Testosterone Replacement Therapy

I. I want to stay natural.

Before I expose the fallacy of staying natural, ask yourself this important question…

Why? Why would you possibly want to stay natural, knowing that modern science can give you a drink from the fountain of youth? Knowing that, instead of withering and decaying, you can age tremendously and gracefully. Knowing that you can have the testosterone levels of a man instead of a little boy.

Have you answered this question and decided that you still wish to stay natural?

Ok. Now I will tell you the fallacy of your argument.

YOU ARE NOT NATURAL!
You have not been natural for one minute of your entire life.

If you were natural you would have grown up in the forest, eating the animals that you killed and the grubbage that you could find. Instead, your mother drank soda pops while pregnant with you; fed you soy baby formula and you grew up in comfort eating genetically modified and hormonized foods.

Go to your kitchen right now and look at the ingredients in your food. Where do you suppose you can find all those ingredient together naturally?

- Your milk and beef is modified with hormones which cause women to act like men and men to act like women.
- Your fruits and vegetables are sprayed with pesticides and herbicides.
- Your water is laced with estrogen enhancing chemicals.
- Almost all food and drink is stored in plastic which seeps estrogen enhancing chemicals.

You see, you're pretty far from natural. Unless you have never eaten a cheeseburger, never had a bottle of water, never eaten a salad, never heated up food in a plastic container, never drank a soda pop, and never eaten soy (which is an ingredient in all boxed food) you are not natural.

You have been eating hormones every single day of your life. All the food you have been eating for you entire life has ESTROGENIC EFFECTS.

There is no such thing as natural.
There is only advanced deterioration. When you are saying “I want to stay natural” what you are really saying is “I want to rot”.

See also: How to Keep Estrogen Under Control

II. I don’t want to be dependent on TRT for the rest of my life.

There is a common fear of being dependent on hormones “to function” for the rest of your life.

Would you like to know why that is a silly fear? Ok, I will tell you.

It is a silly fear because every single man alive needs TRT. The one's who do not take it simply suffer in silence. The ones who do take it know the tremendous positive effects it has and when it is gone miss the shit out of it. Every man needs it, the older you get the more you need it. You don't want to be dependent on it but that doesn't mean shit, you are dependent on it and will be forever no matter how you feel about it.

Testosterone levels are falling worldwide, by 1% per year each year.

“A man born in 1970 had about 20 percent less testosterone at age 35 than a man of his father’s generation at the same age.”

That's for a man born in 1970. A man born in 1980 will be worse, a man born in 1990 is half-girl already and a boy born in 2000 is probably going to be wearing pigtails and dresses when (s)he grows up.

Just because you aren't taking TRT right now doesn't mean you don't need it, or that you shouldn't be taking it – you are just suffering the consequence of low testosterone. You need it now and you need it forever. It's already happened and you are already dependent on it for what should be normal testosterone levels.

That, friends, is the reality of the world we live in.

III. I have naturally high T.

Sure, some men do. Until they reach a certain age. But most of the men reading this do not have naturally high levels and that's because most men in general do not have high levels and that's because worldwide testosterone levels are falling at an astronomical rate.

It's pure delusion to think living in a completely unnatural environment and ingesting estrogen enhancing chemicals daily will let you keep high levels.

A conservative age where men need to take matters in their own hands is 30. My own personal opinion is that levels plummet between the ages of 25 – 27. In fact, there are most certainly teenagers alive today that need Testosterone replacement therapy.

This is the world we live in.

Men are becoming feminized at astronomical rates and women are becoming masculinized.

You think somehow this worldwide trend has spared you?

It hasn't.
IV. I want to up my testosterone naturally.

Good luck. How do you suppose you can up it naturally in an unnatural environment? Start eating non-genetically modified food and non-hormonized meat and non-pesticided veggies? Ok, that's a good start but are you going to do this forever? Where do you find these foods you can be 100% sure aren't estrogenic? How can you be sure that truly natural food will be available in the future?

Family farms that produce natural food are going the way of the Dodo bird. Corporate mega farms are almost certainly going to be the only option in the future, and those mega-farms don't give two cents about giving you “natural” food.

And how exactly do you plan to reverse a lifetime of abuse? The simple answer is that you can't.

Obviously, natural methods do have their benefits and should be practiced, but they work only on a small scale compared to what TRT can do for you.

V. I eat a ‘paleo’, my testosterone levels are definitely high.

For those of you who do not know what paleo is, it's a delusional diet where you eat foods supposedly only found in the paleolithic era. The followers of the paleo diet think it's the holy grail and the cure for all ails.

The paleo diet doesn't work to increase testosterone for two reasons.

1. The same as listed above, you can't naturally recover from a lifetime of unnatural abuse. If you have eaten unnatural foods through your most important developmental stages (teenage years) you are messed up for life. You cannot recover because you do not have the proper hormone balance anymore, maybe you never did in the first place, and what levels you do have drop dramatically after the age of 25 or so.

2. Last time I looked at the calendar it didn't say 10,000 BC. Today is today, you don't live in the past unless you're mentally unstable. You've got to make the best of what you can do today, and today we do not have any of the same food as in the paleolithic era.

But we do have modern scientific miracles like synthetic testosterone.

VI. Testosterone gives you steroid rage and shrinks your dick and kills your sex drive and makes you less of a man.

If testosterone is so evil to you it is probably best to do nothing about the problem.

For all of the non Chicken-shits who aren't deathly afraid of testosterone I will tell you what it really does.

First of all, a Doctor prescribed dose is going to be pretty low. It's going to be very low compared to a bodybuilding dose. It's simply going to bring your levels to where they should be in the first place. It's going to make you feel better, it's going to make you healthier, it's going to make you vibrant, it's going to make you recover better and faster and, gasp, it's going to make you more of a man.

But doesn't test shrink your dick and kill your sex drive?
Think of a naturally high testosterone male. What comes to mind? Heavy muscle mass, no-bullshit attitude, and a sex maniac.

Guess what, that’s what synthetic testosterone does to you – it increases your sex drive, it increases your muscle mass, and you have no tolerance for bullshit. Some call it steroid rage, but it is simply not putting up with nonsense.

But wait a second, I heard it shrinks your dick and makes you impotent.

No. Testosterone can and will shrink your testicles if you abuse it but here is something you won’t hear on the nightly news: testosterone can make your dick bigger. Literally and figuratively. You see, testosterone engorges the muscles with blood, when you get an erection your muscle fills with more blood and, bingo, becomes bigger.

Testosterone is a killer and will give you cancer and a heart attack.

Wrong again. Testosterone is healthy for you, does not increase risk of prostate cancer and is not bad for your heart. Testosterone is the key to male vitality. To be scared of testosterone is to be scared of the boogey-man. If you’re scared of testosterone you are literally scared of nothing.

It is entirely possible that if you are scared of testosterone you are scared of success.

I don’t want to use drugs.

I guess if you get a headache you don’t use an aspirin, you just suffer through it huh?

Most people don’t want to use drugs, but you’ve got to make the best of a bad situation.

Personally, I would prefer to have naturally high levels for the rest of my life and never have to worry about any of it. Unfortunately, I don’t live in fantasy world where that’s an option. I live in the real world and I take real steps to deal with real problems.

What is the next step if you have low testosterone?

Go to the Doctor. Go to 5 Doctors if you have to. Fix the problem.

Read this article to find out specifically how to get tested and treated for low testosterone: LowTestosterone.com: My Experience Finding Optimal Treatment

You do not have to rot with age. You do not have to grow fatter by the year. You do not have to grow weaker by the year. You do not have to be shackled by the testosterone reducing environment. That is a choice you make. You can take your destiny into your very own hands.

Growing old naturally is the worst choice you could make. At 25 years old, or 27 years old, or 30 years old, or 35 years old it is time to get tested, checked and fixed. 35+ years old gentlemen should not walk to the Doctor, they should run.

If you have low hormone levels, and most readers certainly do, the only side effects of TRT are positive. The Doctor will check your levels and prescribe what is needed to you. The testosterone given to TRT patients is either a gel that you rub into your skin or an intramuscular injection.
And if you are going without it, friend, you are suffering. Get to the Doctor and at the very least get checked. You will probably be surprised at how low your levels are. Easy, peasy Japaneasy and everybody's happy.

**How to get blood work & check your testosterone levels**

You can get blood work done without a physicians’ approval using a company called [My Lab Fax](https://www.mylabfax.com). You simply order the test you want, in this case order a test that checks testosterone levels, pay for it online and they will send you to a lab near you draw blood and check results.

Go here to order your blood test from My Lab Fax.

**Until next time.**

**Your man,**

Victor Pride

P.S. I'm not a Doctor. If you have specific questions ask your Doctor, that's what he's paid for.

P.P.S. Check out this great TRT series:

- [An Intro to Testosterone and TRT](https://www.lowtestosterone.com)
- [My Low T Journey: Symptoms Before Testosterone Replacement Therapy](https://www.lowtestosterone.com)
- [My Low T Journey: One Year on TRT](https://www.lowtestosterone.com)
- [LowTestosterone.com: My Experience Finding Optimal Treatment](https://www.lowtestosterone.com)
1. **Eat Slow to Stay Lean.**

Next time you're out to eat around a bunch of people, watch them. All the lean people eat very slow. To lean people, naturally lean, food does not seem to be a big deal. They'll have a whole plate of food in front of them and they'll eat a bite here, a bite there and continue the conversation.

I was out with a real deal lean girl the other night, I ordered 3 plates of food and she ordered one plate. I finished all 3 of my plates before she finished her one plate.

**To stay lean naturally, eat slow and let it digest.**

2. **Use BioFreeze on Your Tender Joints and Ligaments.**

*BioFreeze* is a life saver, I love the stuff. It's like IcyHot except 1,000 times better. You rub it on your tender joints and it gives you a heating feeling and makes your joints and ligaments feel better. I was at the gym one day whining about how my shoulder was hurting and a gym rat buddy clued me into BioFreeze. I made a mad dash down to a local massage parlor that same day to pick up a bottle at double price. If you've got some hurting shoulders, elbows, knees or whatever grab a bottle of this stuff and let it work its magic. BioFreeze will allow you to lift with sore or hurting bodyparts.

**You've got two ways to buy BioFreeze:**

- You can buy from a local chiropractor or massage parlor
- You can order Biofreeze from amazon

*Pro Tip:* Unless you are in pain right now and need BioFreeze asap, you should order from Amazon. When you pick up a bottle at the chiropractors or at the massage parlor you will pay double the price.

**BioFreeze comes in two flavors:**

- You can buy as a gel and rub onto your skin with your hands.
- You can buy it as a roll on stick, like deodorant, and you can roll it on without having to touch it.

**I use the roll on stick and I rub it on my shoulders before I hit the gym.**

3. **High Carb or High Fat / Never Both.**

The combination of eating high carbohydrates and high fat equals fatness. Choose high carbohydrates or high fat, either/or but never both. Of course, you want moderate to high protein always.

**For a natural guy** you would be better off eating high fat, high protein and low carbohydrates. **For a hormonally enhanced bodybuilder**, high carbohydrates, high protein and low fat is fine.

**For a look at what high fat/high carbohydrates/low protein diet does** you can take a look at middle easterners. Those people have some of the worst bodies on earth. No muscle and high fat.
4. **Eat Pineapples and Drink Pineapple Juice.**

For a hormonally enhanced trainer, pineapple is highly advisable because pineapple is very good for your liver and, if you are using hormones like superdrol or testosterone, you need to pay special attention to keeping your liver healthy. Fresh pineapple of course is the best, but in a pinch you can grab a 6 pack of those little cans of dole pineapple juice or grab some canned pineapple.

5. **Drink Egg Whites / Eggs.**

*Eggs are Mother Nature’s protein shakes.*

They are natural, healthy, cheap and readily available. Whey protein is garbage, toxic waste filled with nasty chemicals. I have been drinking eggs for years and I have never been sick from drinking them. I even drank eggs in China and never got sick. The salmonella risk is completely overblown, you are more likely to get salmonella from eating salad but those stupid freaks on the internet never tell you: “Don’t eat salad because you’ll get sick!”

**DISCLAIMER: I really DON’T recommend eating raw eggs.**

The trick is to never drink an egg that has a cracked shell. If the shell is cracked, throw it away. If an egg does have salmonella it will be on the shell, so never crack your eggs on the glass you will be drinking from. Crack the egg somewhere else and then drop the egg into your glass. I typically drink 6 of them. Just pretend you are chugging a beer, you do not need to chew the yolk and it will go down just fine. Eggs don't have much of a taste, but the texture can be a little gross. After you get used to it, it’s nothing.

**If the thought of drinking eggs repulses you there is another solution.**

*Enter Cartons of Egg Whites...*

At the grocery store you can buy cartons of egg whites (called egg beaters, or the generic version). The cartons run about $4 and they are pure, complete protein. They have been pasteurized so there is no way they can make you sick.

Even better, they do not have the yolk which is the hardest part to mentally overcome drinking. Egg whites have almost no taste, you can chug a whole glass and it tastes almost like water. You can also mix in some powdered lemonade or pink lemonade and it will taste like lemonade.

I made the switch from whole eggs to the cartons of egg whites and I absolutely love it. They are extremely easy and there is no cleanup. I have a glass after a workout and I try and have a glass before bed.

**Tips:** there will be two types of egg white cartons at the grocery store.

- Type 1 is pure, 100% egg whites.
- Type 2 will have some other bullshit in it.

**Be sure and buy 100% egg whites!**

You may get diarrhea at first after drinking eggs or egg whites, but eventually your body will get used to it and you will be fine.
6. **Follow Body of a Spartan.**

   I developed the *Body of a Spartan* method while I was living in China.

   I had two goals in mind...

   - Get lean.
   - Get strong.

   And that’s exactly what I did.

   I got stronger and I got leaner. I had some rock hard abs and I was lifting heavy as hell, naturally.

   One thing about lifting naturally is that your recovery is no bueno and you get so goddamn sore. Because the *Body of a Spartan* method is not a typical bodybuilding routine, it focuses more on heavy weights and low reps, it really cuts down on the soreness.

   I spent way too long spinning my wheels doing stupid ass bodybuilding routines, and not using hormones, and being constantly sore as a result. You can build a physique naturally, you can get strong naturally, and you can do it with *Body of a Spartan*.

   You will not get jacked following bodybuilding magazine routines if you are natural.

   Check out *Body of a Spartan* here.

7. **Plate Loaded Hammer Strength Machines are Good.**

   I have said many times that machines are poop and free weights are the way to go. That is still true, but there are exceptions. You need to build up your strength first before you play with machines, and you do that with free weights.

   But when you become strong and advanced, machines have some huge benefits. Especially the plate loaded hammer strength machines, and double especially the hammer strength back machines. If you are using a 25lbs plate per side on a back machine you are wasting your time.

   If you are using two 45lbs plates or more then machines are OK. To build up your back strength focus on pull-ups, chin-ups, deadlifts, bent barbell rows, and rack deadlifts. When you are strong you can start playing with lat pull-downs, seated rows, and all those fancy plate loaded hammer strength machines to really blow your back up.

8. **Strength First, Feel the Weight Second.**

   When you first start training you need to get stronger. Period. End of story. You get stronger by lifting heavy weights. You’ll see some Big Motherfuckers in the gym curling 15lbs dumbbells but those are advanced guys.

   For a new guy you've got to get strong. If you are a natural guy you will never get benefit from using tiny weights. The ironic thing is that you have to be advanced to use tiny weights.

   Get strong first, get big first, sculpt later with baby weights.

   How do you get strong as hell? *Body of a Spartan*, of course.
Taking the time to build up that strength will pay off. I'm not a naturally super strong guy. In the strength department I am probably right about average for a white man of my height and build. But I took the time to lift heavy and develop that strength. I paid attention to getting stronger. I made a plan to get strong. Now I am one of the strongest guys in any commercial gym anywhere.

That isn't braggadocio, that's fact.

Having strength is a great feeling and I highly encourage you all to become strong.

9. You Will Put on Some Fat to Get Big.

If you're a skinny guy you need to eat, eat and eat some more. It isn't pleasant, it isn't fun, and it isn't comfortable but it's necessary. Start eating to get bigger. I started at 130 lbs at a height of almost 6'2.

I had to fucking eat and eat.

Nowadays I'm over 200lbs and I maintain on two meals a day, but to get here I had to force feed and I lost my abs to get here. If you're a skinny guy forget about eating clean, you aren't going to put on weight eating chicken and rice.

If you're a lean-skinny guy and want to get big, start eating. Maybe you'll lose your abs and maybe you won't. If you're a skinny-fat guy and want to get bigger, start eating. You never had abs so don't worry about it.

If you're a skinny-fat guy do not diet and get lean. You need MUSCLE to get lean. If you diet as a skinny-fat guy you're going to look like dog-shit. You need muscle first, and if you don't have muscle underneath you're going to look like 120lbs of shit instead of 140lbs of shit.


I've said it a hundred times and I'll say it a hundred more times. Most supplements are junk and you will never build muscle by using most supplements. So you have to use the ones that actually work (and are usually on the verge of being banned).

Supplements can help with general health though. Liver tabs are great supplements, but that's because they are liver, just dried liver. I am also currently taking a product called Animal Flex, which is designed to help protect and support your joints from continuous weight lifting. I'm 67% sure it has done nothing to help my joints, but then again I'm bad about taking it every day.

Note: Skinny-Fat guys check out The Best Supplement Stack For a “Skinny-Fat” Guy

11. The One Song Playlist.

This is exactly what it sounds like; you listen to one song on repeat while in the gym. Pick a song that pumps you up and just let it play on repeat. Music can and will have a huge impact on your workout, but you can easily get sidetracked dicking around with your MP3 player, trying to find the right song.

Pick one song that fires you up and get to the gym and go to work.

I prefer powerful music full of aggression – here is my current choice.

I also have a secret weapon for great workouts: sad sack, sappy songs, ballads, and lonesome music. This type of music really does a number on your emotions and is a great choice for the gym, just not every day. Once in a while I'll put on Dwight Yoakam or Michael Bolton and hit them weights with a passion.

Pick whatever music fires you up!
**BONUS – What To Do When You Get Big**

I. **Enjoy It**

As a big man you will get respect from people. People who would not have thought anything of you before. Big men, as in not fat, are rare and command respect. People will defer to you. People will get out of your way.

Little girlies eyes will pop out of their heads and their jaws will drop as they stare in awe. You will get big, bright smiles from the little cutie in the cereal aisle. Girlies will say: “Whoa, you’re big like Vin Diesel!”

**Note:** I also keep my hair in a military style high and tight (see pic of ol’ Big Bear). For some reason the combination of being big and having a high and tight haircut commands respect. I get respectful nods and comments constantly. Of course, I always get asked how long I've been in the Marines and I have to explain that's just a fashion choice. If you're looking for a clean and easy hairstyle you should try the high and tight. I'll never go back to having long, hippie hair ever again. With the high and tight your hair is always clean looking, you don't have to wash it much, you never have to style it, and you are always ready to go. Be sure to go to a barber, and not a stylist.

II. **How to Scratch Your Own Back**

When you get bigger you will become less flexible, unless you stretch, making it impossible to scratch parts of your back. I don't stretch, so I am not flexible. As a consequence I cannot scratch parts of my back or sometimes my shoulders.

Never fear, I have a secret weapon: a fork.

I keep a fork on my bedside table and whenever I get an itchy back I grab the fork and go to work. You can also get yourself a human back scratcher, just make sure she grows her nails out.

When you're out and about and don't have a fork or a girlie, you may have to scratch your back like a Bear scratches it’s back on a tree. Find an edge that is the right height and sharpness and rub your back on it like a Bear. Looks stupid, but sometimes it’s the only way to get the middle of your back.

III. **How to Put on Your T-Shirts and Not Get Deodorant Stains**

“But Victor, I've been putting on t-shirts my whole life!”

When I started getting bigger, I would always get deodorant streaks on my t-shirts. I couldn't put 2 and 2 together and figure out what was going on. I was in a hotel room in Austin, TX with some buddies. We were getting ready to go out on the town and pick up some of that Saturday night beaver and I put on 3 shirts and got deodorant streaks on all of them.

After yelling fuck for the 3rd time, my buddy showed me a little trick.

To put on your shirt and never get deodorant stains on the outside you've got to fold the shirt up from the bottom. Fold it up halfway, like you're going to show off your belly, and put it on that way. When you put it on you will still get deodorant on the shirt, but it will be on the inside of the shirt where it's invisible, and not on the outside of the shirt where it makes you look like an idiot who can't put on a t-shirt.

IV. **Go to the Gym You Lazy S.O.B.**

There is no better time than right now!
If you are concerned about privacy, and you should be, it should be of interest to you to learn how to own your house and car anonymously.

The rich hide their wealth; their ownership, their business and anything else they can hide and they hide it all for good reason. You should make it very hard for anyone to find out what you own.

There are a million ways for you to lose everything you have. You can be sued for anything. Junkyard attorneys are looking for anyone and everyone they can get a little piece from. Any scumbag can sue you at any time and for any reason. Maybe they won't win, but they often do. Even if they do not win a settlement, you have already paid thousands to an attorney to defend yourself.

You are a walking target if you have means. You are a walking target if you own a house or a car outright. You are a walking target if you have plenty of equity in your home. You are a target if anyone can see what you own. The more successful you are, the bigger the bulls-eye on your back is.

However, if you don't have means or, even better, if you appear to not have means then your would-be benefactors will go after an easier target. If a junkyard attorney does a little digging on you and it appears that you own nothing of value then he isn't going to waste his time with you.

Who do you think is more likely to get sued?

a. A man who owns a home worth 350k and has equity?

b. A man who leases a home valued at 350k and clearly has no equity?

Clearly the gentleman in section A is the appropriate target for a frivolous lawsuit because he clearly (and publicly) has means which he can access by selling his home or taking a home equity loan. The gentleman in section B does not make a rich target for a Shark attorney. An attorney isn't going after someone who rents or leases a home, there is no money to be made there.

You may be thinking to yourself that surely no one is ever going to sue you over trivial matters. That's a mistake on your part. This line of faulty thinking is based on the assumption that other people think just like you do, and since you would never file a frivolous lawsuit then certainly no one else will file one against you, right?

Dead wrong.

If everyone thought that way then the phrase “Frivolous Lawsuit” wouldn't exist. Not everyone thinks like you and not everyone has integrity. That is a fact you must get used to.
But surely common sense will prevail and I won't get sued for something that isn't my fault, right?

Look around you, common sense ain't so common. Common sense is a gift bestowed only upon the intelligent (and intelligence doesn't cancel out greed or desperation). Scumbags sue the better off every single day of the year. They sue because they don't care about you, they don't care about what's right or wrong, and they don't care who they ruin.

They want, want, want and they aren't willing to work for that want and they want you to give and give and give.

There is one thing in common with all frivolous lawsuits: MONEY

Specifically, poor or desperate scumbag losers sue rich companies or rich people in hopes of getting a nice, big fat payday. Well, friends, maybe you aren't rich but are you richer than a ghetto piece of welfare trash? I'm guessing that you are. Maybe you aren't cash rich, but do you have equity in your home? Do you have assets (car, boat, motorcycle etc..) that you can sell? Do you have something to lose?

The junkyard dogs will salivate at the thought.

And that's why you need to protect yourself and your assets from the prying eyes of the frivolous.

And the number 1 way you protect what is yours is you HIDE IT.

The two things that are of the greatest value, that most people have, are a car and a house. There are a million reasons you can be sued or otherwise targeted and, if you own everything under your own name, there are a million ways to find out what you own and how much can be taken from you. Something as simple as your license plate number can give incredible personal details about you. That is if, of course, you have your car registered under your own name.

What happens if someone is intent on getting something from you and all they have is your license plate number but, wait a second, they cannot get any information about you personally? Nothing. That's exactly what happens. They'll move on to the next target who has naively put everything he owns under his own name.

What to do if you own a house

Well, to start if you buy a house you should buy with cash. You should not get a mortgage. It isn't home “ownership” if you have a mortgage. You simply rent from the bank instead of renting from a landlord and, oh yeah, you get to be responsible for all repairs. When you rent your landlord is responsible for all repairs.

You’ve heard of the “Rent-to-Own” programs for people with bad credit. They can “buy” a house on a rent-to-own plan and one day they can, maybe, own the house. You have probably laughed at these types of commercials and the people that do this and then, after you get done laughing, you write out your very own rent-to-own mortgage check to the bank for the house you don’t own. Those rent-to-own people just weren't smart enough to actually “buy” the house and get a mortgage, unlike you.
What to do if you own a car

The same goes for car ownership. When you go to purchase a car you should actually purchase the car and not rent to own from the bank. If you can't pay cash you should not buy the car. You could get a 20k loan and “buy” a brand new car or you could save up 10k and purchase a model that's a few years old and now you own it outright.

What if I need a brand new car to look successful but I can't pay cash?

Well then, if you want to look successful you should probably actually become successful enough to buy a car. Nothing looks more successful than success.

How to hide ownership of your house and car

Ok, now that you have purchased your home and your vehicle with cash and you own them outright you are an attractive target to unscrupulous attorneys and lesser's. How do you own your house and car anonymously so that you aren't a target and no one knows what you own?

I'm glad you asked. Here is the answer...

You assign ownership of your house and your car to an LLC.

Specifically...

You open a New Mexico LLC and you assign the ownership of the house and the car to the New Mexico LLC.

Now the New Mexico LLC (limited liability company) owns the house and the car. In the eyes of the average lawyer or private investigator looking into your assets you don't own anything. But wait a second, obviously you own the LLC so they could just easily trace the ownership back to you and prove that you own it, right?

Wrong.

New Mexico State LLC's offer the greatest privacy for any American company.

An LLC is a very common business structure. LLC stands for Limited Liability Company and anyone can open an LLC. The owner of an LLC is public record in nearly every state and anyone who wants to find the owner of an LLC can easily do so.

But...

The great state of New Mexico DOES NOT PUBLISH THE OWNER(S) OF THEIR STATE LLC's. In fact, New Mexico doesn’t even know who the owner(s) of a specific LLC is! The New Mexico LLC is often called the Invisible New Mexico LLC or the Anonymous LLC and it is one of the ultimate strategies of privacy and wealth management.

There are only 3 things required for a New Mexico LLC articles of incorporation:

1. The name of the company and the address of the principal office (an address of your choice).
2. The name and address of the Registered Agent (which must be in New Mexico, details below).
3. The duration of the LLC, which can be limited or perpetual (often 100 years).
The state of New Mexico does not require the names of the owner(s). The only place where your name goes is on the PRIVATE operating agreement, which is a document that ONLY YOU control. Literally only you will ever know who the owner of your New Mexico LLC is. The only way for anyone else to know is if you tell them.

The mailing address for the principle office can be anywhere in the world and you do not need to reside in or do business in New Mexico. There are no annual fees or reports for a New Mexico LLC, and even changes of ownership are completely private and confidential. Not only is the New Mexico LLC the best in privacy protection, it is the cheapest privacy strategy and holding company in existence (New Mexico only charges $50 for filing an Articles of Organization).

Now, you do have to have a registered agent, whom New Mexico can contact, and they must be addressed in New Mexico. There are plenty of companies you can hire to be your registered agent and they will charge around $100-$150 per year. The registered agent will receive official communications from the state and forward them to you accordingly and they will keep your name private.

The only way that New Mexico or your registered agent can demand the name of the owner(s) of an LLC is by court order.

New Mexico LLC’s are most commonly used as a holding tool, rather than an active business, for houses, vehicles, boats etc. You do not want to do business from any New Mexico LLC in which you own and hold property and you do not want to get an EIN (employer identification number) for your New Mexico LLC. Your New Mexico LLC will simply be a holding company to keep your property ownership anonymous and out of the view of prying eyes.

What about taxes?

If you don’t derive an income from your New Mexico LLC you don’t need to pay any taxes.

What about non-American foreigners, can we open a New Mexico LLC?

Yes, foreigners can open a New Mexico LLC.

HOW TO OPEN A NEW MEXICO LLC

You have two ways to open a New Mexico LLC:

1. You can go through the state of New Mexico and open an LLC yourself.
2. You can hire a company to take care of all that stuff for you.

LLC’s are formed by filing an Articles of Organization with the New Mexico Public Regulation Commission Corporations Bureau. You can file the Articles of Organization for a mere $50 (for foreigners, the price is $100).

- New Mexico Articles of Organization
- New Mexico Articles of Organization for Foreigners

If you open the New Mexico LLC yourself you will still need to use a New Mexico Registered Agent service, so you will come out of pocket around $200 or less. There are no yearly fees to the state of New Mexico, but you will have to pay for registered agent service yearly (or several years in advance).
If you wish to use a company to set up your LLC for you, you have a couple of options. You can either choose a name for your company or you can purchase a “shelf company”.

**A shelf company in an already-formed LLC that has never been used and is ready to go.**

The cost to open a New Mexico LLC with a company (that includes registered agent service) is typically $325-$425. If you look around, sometimes you can get a good deal that includes 2 or 3 years of registered agent service included in that price.

When you put your property into a New Mexico LLC the junkyard dogs can sniff around all they want, but they will never be able to find what property you own or who the owner of an LLC is without a court order.

**If you happen to get into a fender bender with a crazy person** who jots down your license plate number in hopes of getting your address all they will find is a dead end.

**If you wish to keep the equity in your house hidden you have a very easy solution**, you assign the title of the house to your LLC and then you file a “friendly” mortgage with the LLC and you rent your own house from the LLC. If you own a 300k house, you file a 275k, or so, mortgage with the LLC.

**If the junkyard dogs miraculously DO happen to get a court order exposing the ownership of the LLC**, they will see that you have no equity in the home and it will be a waste of their time to proceed.

**Note:** you do not have to make monthly payments to your LLC if you assign a mortgage to your house. You set the terms of the agreement (you don’t ever actually have to pay anything, to yourself).

Okey-dokey, friends. I hope you have seen the need and the value in protecting yourself and your assets. What’s mine is mine and I do what I can to keep it that way, and you should too.

**If you’re a man of means you need to protect those means.**

**And if you aren’t a man of means, what are you waiting for?**

_Victor Pride_

_P.S._ There are a million more reasons you need to keep your assets private, reasons that I did not discuss in this article; frivolous lawsuits are just one of many reasons. Even if you aren’t worried about frivolous lawsuits, it should not be anyone’s business but yours what you own. Why make it so that anyone can find out what you own?
Over the weekend a lovely young lady was staying with me. On Sunday evening the talk naturally turned to the topic of Monday. What do you think she said to me? She said: “Ugh... I hate Mondays!” To which I replied with the truth: “I love Mondays. My favorite day of the week.” To which she replied, many times over: “I hate Mondays.”

In another life I would have joined in with her Monday morning complaining. In another life I hated Mondays as much as anyone.

The problem with Monday, you see, is not that you have to go back to “work”. It’s that you have sold your soul to the Devil and now you must pay your due. For that pittance of a paycheck and “job security” and all that baloney you have given up your soul.

Most people do not think there is any other option except to go to work and make a living. My own family certainly never thought there was a no other way to make a livable income. I was taught the same thing all of you were likely taught: “Go to college. Get a good job. ‘Buy’ a house. Save for retirement. When you are retired then you can live a nice life.”

My thought was always: “Retirement? 65? I have to wait that long to be free? I hate Mondays.”

Of course, that was all before I opened my eyes to reality. College is a joke and a waste. Jobs are for suckers. All of it is a sham. The people who have given you this advice aren't necessarily liars but they are delusional and weak. So friends, readers of Bold & Determined, the greatest blog on planet Earth, today I am going to give you the only 3 pieces of advice you will ever need to succeed in life.

The Only 3 Pieces of Advice You Will Ever Need to Achieve Success

1. **Have a reason to need success.**

You must have a need to succeed. Not a want, or a hope, or wish. A fucking NEED. Personally, I never liked the feeling of selling my soul for a pittance while making other, smarter people richer. I never liked having bosses and superiors who were incompetent. I never liked authority. I never liked attending HR diversity training led by fat black lesbians or gay Mexicans. I never liked having to explain why I was 6 minutes late.

I never liked being stuck in traffic at 8:30AM and again at 5:30PM. I never liked following stupid rules that made no sense. I never liked calling in sick with some fake excuse. I never liked being stuck in a space with people whom I would never consent to spend my time with outside of work.

Now, if you replace the phrase “never liked” with “psychotically hated” then you may get a sense of my need to break free.

Your reason can be anything. My reason just happened to be my disdain for most people. But make no mistake friend; you do need a reason and not just a want or a wish. There has to be something there that drives you, and if nothing drives you then you aren't ever going to be an entrepreneur.
2. **Pick one thing and stick to it.**

*Multi-tasking, the act of concentrating on many things at a time but never **FOCUSING** on one thing, is a surefire way to mediocrity and failure.*

You must pick one thing, one area, and focus on that one thing with all the intensity and focus you can acquire. It is always one thing that makes the first money for an entrepreneur. Entrepreneurs don't try 15 things and make any money, at least not when they start.

*They start with one thing and one thing only and they work it until they have a nice payday.*

You can't throw 15 things at a wall and hope one sticks, you throw one thing at the wall as many times as you need until it sticks. **Entrepreneurship** requires focus; focus can only be achieved on one thing at a given time. It's not even worth trying to multi-task until you are earning dough from your one thing.

Pick one thing and one thing only and work it until it produces. After you have cashed in on your one thing is when you can branch out into other areas, but only after you are receiving a regular income from your one thing.

*Obviously you will want to do some homework and research and pick the best one thing you can pick.*

3. **Make a commitment to success.**

You have probably heard your girlfriend talking about commitment, or more likely you have heard girls on the television talking about commitment. They are right, in a way. You DO need to make a commitment. Not to some little tart, but to yourself and your life and your business. You must give yourself 150% to whatever it is that you are pursuing.

In this case, you are pursuing a BUSINESS that provides you with enough income to never work at a soul-killer, soul-stealer J-O-B ever again. You will only ever find success or talent through something you give yourself completely to.

The fellows up on a stage shredding their guitars didn't get there by practicing 3 days per week, one hour per session. They played their guitars from morning until night for YEARS. Those Hollywood actors didn't step into one audition and get famous, they worked at it for years before they got their big break.

*“Overnight Successes” can take up to 15 years to achieve.*

Rich people are notorious for having little to no contact with their children. That's because you can't make two commitments for your time, only one thing can take up most of your time if you are to achieve extreme success. Obviously most people aren't going to become wealthy and this is an extreme example, but I hope you get the point.

Make that commitment, friend. Say to yourself: *This is it. This is all there is or ever will be. This will work or I will die.*

Without a commitment there is nothing stopping you from quitting. Without a commitment there is nothing stopping you from saying “Ah, this isn't working. I'll just go get a job. Maybe I'll try something else later”.

Any wild and crazy idea can work if and only if you are committed to making it work.
If I told you what my first business was you would probably get a confused look on your face and say: “There’s no way you can do that.” But I could and I did. And anyone could do it. I have explained that very business, the business that got me out of debt and got me free, to many, many people. They have all said the same thing: “That’s genius! I’m going to do that!”

Not a single one of them has done it.

They were been given the keys to the club and they stayed on the fucking couch rather than getting up and going. To this very day I make residual income from that business, something I have not actively worked on in over two years and those same people I gave the keys to still whine and complain about their jobs.

Two years ago, a few days before I moved to China, my buddy asked me what I was going to do to make money. I told him blogging. He looked at me curiously and said: “What? I just don’t see how you can make money blogging.”

Two years later I make a livable income from Bold & Determined. It didn't happen overnight and it didn’t happen without commitment but it happened exactly as I envisioned and planned it happening.

Any wild and crazy idea can work as long as you have a plan and more importantly as long as you are COMMITTED to making it happen.

A little joke...

Do you want to know what the little joke about entrepreneurship is? ENTREPRENEURSHIP ISN’T HARD! Pretty funny, huh? It’s true.

It’s easy to do something you are passionate about and something that you are driven to do. It’s WAY harder to wake up on Monday morning knowing you have an entire week of Hell to get through. And that you will have to do that for the rest of your life.

That’s not to say it’s all peaches and cream. As an entrepreneur there will be MANY times where you have no idea how you’re going to pay the rent next month. It can be extremely stressful and it can take a toll on you, especially if you are prone to anxiety.

But...

The only people I know who are truly happy are people who have made their own rules and followed their own path. I have never in my life met a corporate-cog who was happy with their station in life. And guess what? I don't give a shit. Fuck ’em all. Everyone I have given advice to in real life has not taken it and has not improved themselves. I only talk about this stuff online where hopefully one or two readers will actually do something.

I do no advertising or SEO work to draw-in readers. My feeling is that someone who wants to find this information will find it and those who don't want to find it will stay away. Those who want the information are welcome with open arms, those who don't will get a nice ass-kicking on the way out the door.

GET UP OFF YOUR ASS, ENJOY YOUR LIFE, AND GET OUT OF THE 9-5 JIVE FOREVER.

Victor Pride

P.S. If you're stuck without motivation or drive then pick up 30 Days of Discipline and follow it. It can change your life, it changed mine.
October – 2012

29.10.2012 – 19 Ways to Improve Your Mood

How to Improve Your Mood (Without Using Pharmaceutical Pills)

1. **Be around people.**

Humans are social creatures. **Isolation is punishment.** We all NEED to be around other people, if only for a little while. I'm as big of a homebody as anybody, but when I feel a little blue I go to the local coffee shop to get my fill of people. Even if you like to be alone you should not be alone all the time.

2. **Groom regularly.**

Daily showers, **shave daily**, keep your hair trim and neat. **The way you look affects the way you feel.** If you look great you feel great. 100% of the time. I get my head shaved once per week. If I go longer than that I feel like a damn, dirty hippie and after a clean haircut I'm always ready to kick some more ass.

3. **Stop lying to yourself.**

Western women are massively more likely to “suffer depression” than men are. Western women are all living the life of a feminist. Not only are they pretending that it's ok to be a woman yet act like a man, they actively hate womanly qualities such as care-giving, nurturing and submissiveness. They act the opposite of the way they are designed to act and now they are all mentally ill, miserable and depressed.

The opposite is true for a lot of men. They act like dainty little fairies instead of adult men. For the past 2 years I have not dated a single western woman, and I have experienced nothing but positive, chipper, trim and thin, **happy women** who never cry, never yell about nonsense, never lie face down on the bed while crying and simultaneously hitting and kicking the bed because she has to clean up too much and you don't help her enough.

Currently I do zero cooking, zero cleaning and zero nonsense while at the same time I pay 100% for everything. This is how mama nature made us, subvert this and “suffer depression”. Today's modern man is not enlightened and evolved, he's a fruit.

**Today's modern woman is not independent and strong, she's a cunt.**

**Friends, let me make a bold but true statement for you: the greatest anti-depressant for men, far better than any pharmaceutical death pill, is TESTOSTERONE.**

4. **Get into shape.**

It's hard to be a Debbie Downer when you have **big arms**. The other day I was getting a massage and the masseuse called another woman over just to feel my muscular, thick thighs. Would you like to know what every single guy who says: “Girls don’t like muscular guys,” have in common? They are all flabby or skinny dweebs who have never had muscle.

**It makes more of a difference than you could ever imagine unless you saw it with your own eyes.**
There are these clueless guys on the internet who always talk about PUA or Game baloney. If these fellows spent as much time sculpting their guns as they did about arguing about who is “more Alpha” then they would be able to get some pussy instead of pretending that they are masters at social engineering.

**Keep your body clean, lean and mean.**

**You will be rewarded.**

5. **Don’t watch movies with a social “message”**.

The Hollywood movies that have a message always have the same liberal message: you should act like more of a faggot.

Personally I don’t watch ANY new movies or television at all. When I DO watch a movie I always watch the same few: Predator, Rocky, Pumping Iron. If I never saw a movie ever again for the rest of my life I would not care.

I completely gave up television years and years ago. Television is for brain-dead, dimwitted baboons and if you’re watching it you are watching shit that is making you “suffer depression”. TV is not designed to better you or make you happy or fulfill you. It’s designed to subvert you, make you feel sad and envious and to CONSUME MORE to fill that empty void in you.

6. **Don’t listen to whiny, sad music.**

Every little emo-fruitcake who suffers depression has one thing in common: they all listen to whiny, sad, crybaby music. Listen to something positive that fires you up. Music has a HUGE effect on your mood, the more sad baloney you listen to the more sad you will feel. Turn that frown upside down and put on some happy tunes.

7. **Read inspiring books.**

Reading an inspiring book while taking your morning shit is the best way to start the day. Or read inspiring blogs or other works. Men's magazines are garbage, they are “Cosmopolitan” or “17” with a slight masculine twist.

**I have two basic rules about what I read:** It must be inspiring or it must enable me to learn something.

Don’t read things that make you depressed, or make you feel bad, or that do nothing to increase your mood. The most pathetic people I have ever met in my life are the people who work in an office but spend all day reading celebrity gossip.

8. **Rethink your morals.**

You live in an insane society run by insane sociopaths. All the morals that you think are yours and your decision alone are not. They are the morals that have been decided for you and taught to you by your school teachers and your television.
Testosterone is immoral, we all know this. What sense does this make? Testosterone is the key male hormone and the key to male health and vitality. It must be wrong to use artificial hormones to alter your own hormones, yeah? Tell this to the millions of women who use estrogen in the form of the birth control pill.

See what kind of reaction you get from them about how you don't care about women's bodies. You must decide for yourself what is moral and what is not. You must do the research yourself and you must be the sole decider about what is right and wrong. Relying on what everyone else is doing is for the foolish the weak and the stupid.

9. Don't be PC/Liberal/Social Justice Warrior (SJW).

Political correctness is subtle castration. Political correctness makes you take the side of the degenerate and morally weak and side against the strong who hold real values of family, self preservation and self reliance.

*Political Correctness is for the weak.*

When you give in to it you were weak to begin with or you become weak. Of course, there is another side to this: If you hold a respectable job you MUST be PC for your own preservation.

*This is why you should...*

10. Start your own business.

There are a billion reasons to start your own business and make your own money. How a grown man can call another man or woman “my boss” and not feel immense shame is beyond me. Why any smart and able man would want to work in a field that rewards women and blacks just for being women and blacks is beyond me. How any man could sit through sensitivity training and be worried about sexual harassment charges is beyond me. Why any man would work his tail off to make another man rich is beyond me. When you start your own business and make your own money you also make your own rules. Why any man would follow the rules set by mentally ill, self-hating liberals is beyond me. Try to say nigger or faggot at your job and see what happens. At my job I can say anything I want and that's because I don't take my orders from the mentally ill.

11. Go your own way and make your own rules.

Again, when you live in a deranged world the only sane thing to do is go your own way. Say goodbye to the corporate world, say goodbye to Hollywood filth and say goodbye to what all the slack-jawed baboons think is important. Shopping won't make you happy. TV won't make you happy. Jobs won't make you happy. A new car will make you happy for about a week, until it becomes an old car. Then you're stuck with an old car and a monthly payment.

12. Don't get married.

Ever had a relationship so good you felt the need to say: “You know honey, our relationship is great but one thing is missing: Complete and total government control of our love life. Will you marry me?” Until the anti-male laws change you should never, ever get married. The law will rape you if you get a divorce. All the power is in her hands when you say: “I do.”

She has no reason to stay with you, she has no need to stay with you, all her friends and family will encourage her to divorce over any bit of “unhappiness” and you can and will be left HELPLESS, especially if you have kids. If you DO get married you MUST follow the rules and pick the most suitable candidate.
13. **Leave social media websites.**

Have you ever once, in your entire life, felt great after perusing social media websites? No. Each and every person addicted to those sites is hopelessly deluded and out of touch with reality and, consequently, bitterly unhappy.

14. **Stay out of debt.**

Debt is a mood killer, to put it mildly. It used to be called indentured servitude, now it's called a “loan”. **Complete ownership or bust.** If you can't afford it, don't buy it. You will pay FAR more than it's worth in the long run.

15. **Live for a purpose.**

Easier said than done, but a meaningless life does not lead to happiness. Everything I do is for a purpose. If something doesn't serve a purpose I don't do it, or I don't buy it. I don't like to hang out and bullshit around, I don't go shopping at the local shopping mall, I don't go out to see movies, I don't go out and pick up sluts at the local watering holes (anymore).

*My only real goal is betterment.*

*My only concern is to better myself physically, mentally and financially.*

*If something doesn't help me in those areas then I don't waste my time with it.*

16. **Eat right.**

No donut tastes better than the feel of your rock hard abs. Don't eat slop like oatmeal and other wheat products. Those are great for fattening up livestock for slaughter but they aren't great for human men. Meat is mans food. I have heard: “Oh yeah? Well what about Asia! They're super healthy and eat mostly carbohydrates!” They're also 3 feet tall and as skinny as twigs.

Beef, eggs, chicken, pork, fish, duck, lamb or friggin' ostrich – take your pick. Our Neanderthal ancestors ate nearly 100% red meat and had bigger brains and bigger muscles to show for it. Of course eating zero carbohydrates is not exactly the easiest diet to follow and you will need to eat carbohydrates to gain a significant amount of muscular weight.

*My carbohydrate sources come from the following:* white rice, potatoes, sweet potatoes, fruits, vegetables and ice cream. I also drink a pro-biotic milk product called Yakult. A pro-biotic drink will help maintain gut flora, modulation of the immune system, and regulation of bowel habits and constipation.

This drink, Yakult, is hugely popular in many Asian countries for its ability to keep the gut healthy. If one has chronic stomach issues I would suggest trying this product before letting a doctor butcher you with some nasty drugs. I feel this product has done quite a bit to improve my daily experiences. You should be able to find Yakult, or a similar probiotic, at your local organic food store.
17. **Sleep right.**

Deep REM sleep is possibly the most important thing you can ever do to keep yourself in a good mood (and good health). If you aren't sleeping well you will be grumpy, impatient, irritable, fatigued, forgetful and depressed.

*If those symptoms sound familiar you may not be sleeping properly.*

Even if you're in bed for 8 hours, if it's not deep REM sleep it's baloney sleep. If you aren't sleeping right you need to get it fixed. If you have sleep apnea you can get a CPAP machine and start sleeping well. It is my opinion that insomnia is mental and fixing other areas in your life will fix insomnia.

18. **Choose the right city to live in.**

So many men live in cities they hate and then they complain about it. According to the internet there are 455 cities with a population of 1,000,000+. There are 1054 cities with a population of 500,000+. If you hate the one you're in then MOVE.

If you rent two movies to watch and the first one is terrible you will take it out and watch the other one instead. If your city is terrible you should do the same thing. Pick another one. Rather than just living with something you hate you should do something about it. There's a great big world out there beyond Jerkwater, Nebraska.

19. **Drink a coconut smoothie.**

I have one every-day after my workout because they're delicious and they never fail to brighten up my day. Sometimes you just have got to drink a [coconut smoothie](http://example.com).
November – 2012

13.11.2012 – How to Use the Halo Effect to Your Advantage

Hello Friends,

on Bold & Determined I have said 1,456,329 times before that the way you dress and the way you look matter. It matters more than your “insides”. In fact, your outside appearance is a direct reflection of your insides.

If you have a “good heart” but you look like a fat slob then your good heart is meaningless.

Each and every time a dirty bum asks me for money I say the exact same thing, “no”. If a well dressed man or woman asked me for change for this reason or that I would give it to them.

If a poorly dressed and disheveled friend or family member asked to borrow a sum of money, even if the deal seemed good, I would say no.

If a well dressed and kempt friend or family member asked to borrow money I would say yes.

When I see a fatso I am repulsed. When I see a male dressed in a polo shirt with the collar popped and a big, fat belly sticking out and stick-figure arms I am disgusted. A lack of concern for one’s body is a tremendous character flaw and it exposes them as a weakling and a lesser being “on the inside”.

Lack of discipline, lack of pride, and lack of self-respect does not make one’s insides good.

When I walk down the street I look at people and I know right away who is a “good” person, a person with self-respect and self-discipline, and I know right away who is a slob, a weakling, or a pushover. I know who can get things done and I know right away who cannot get things done. This is not merely physical, as in muscle mass, this is also determined by the clothing one has chosen to wear and the cleanliness of the person.

I will give you two examples of people I have seen recently.

1. Example A.

I saw 5 kids who were dressed like metal-heads. Black, heavy metal band t-shirts. Long, dirty hair. Dirty clothing. Poor posture. These kids clearly had no confidence and were pushovers. They could be made to do anything. They could be manipulated to do anything. They had no sense of self, no self-respect and no pride.

I know this for two reasons.

I. They were dressed like metalheads, wearing t-shirts for the heavy metal band Avenged Sevenfold.

II. I know they are pushovers because all five of them were deaf. They were all speaking in sign language. They could not hear but they championed a heavy metal band and, more importantly, the look of a burnout metal-head.

Without even knowing the music the kids have chosen to dress in a manner that will not get them respect from anyone. They have two handicaps, they are all deaf AND they have chosen to give themselves another handicap and dress like slobs.
2. **Example B.**

I was walking down the street and I saw a young man, maybe mid twenties. He was dressed clean and presentable; he had muscular arms that clearly were made of hard work. Upon closer inspection I saw that he didn’t have any legs, he had two prosthetic legs. Upon even closer inspection I saw that he only had one arm, too. A man with only one arm and no legs could find the time to present a good appearance, but 5 young men with a far less debilitating disability couldn't take the time to shower, wash their hair or put on clean clothes.

If the one armed man in Example B had asked me for a few dollars I would have said sure, here you go. The man was clean and presentable and showed self respect. If the dirty metal-head kids had asked for money I would have said no.

The guy in example B could have been a psychopath and the metalheads were all probably nice kids. I would not have gone out of my way to help those kids but if I had asked the kids for a favor I am sure they would have jumped all over themselves to help me.

*This phenomenon is known as the Halo Effect.*

The Halo Effect is a cognitive bias in which you judge a person’s character, their insides, by their outward appearance and their demeanor. Someone who is handsome, likable, clean and charismatic will benefit from the Halo Effect. The man who has the Halo Effect in people can do no wrong. No matter what he does he is forgiven and looked up to.

A man who does not have the halo effect will find his wife leaving him after he has one beer after he promised to quit drinking. The man who has the Halo Effect will find his wife apologizing to him after she found him cheating on her.

**Two men can do the exact same thing.**

- **Man A will hit on an attractive female coworker.** Man A is not in great shape is not handsome and is not the most confident. Next thing he knows he is sitting in HR answering to sexual harassment claims.

- **Man B will hit on an attractive female coworker.** Man B is handsome, in shape and charismatic. This man can say the exact same thing to the woman and she will find herself giggling uncontrollably and giddy with delight.

Not looking your best is giving yourself a handicap. Not being your best is giving yourself a handicap. Willingly giving yourself this handicap is for losers. The winner, the Ubermensch, will present himself as the best at all times. And he will be able to take full advantage that looking the best has to offer.

*Everyone will judge a book by it's cover, your cover should be fantastic.*

**Build yourself up.**

Don’t tear yourself down.

Building up is for the supermen.

Tearing down is for the incapable.

**Which are you?**

*Victor Pride*
15.11.2012 – How to Metamorphosize

Yesterday you were a fatso or a skinny boy.

Yesterday you couldn't do 10 pushups.

Yesterday you sat in your bedroom and read comic books about super-heroes or played video games and pretended you were the character.

Yesterday you were invisible.

Yesterday you dressed like a slob; you dressed the way you felt on the inside.

Yesterday you were disgusted when you took your shirt off.

Yesterday evening you had a thought.

You thought I am going to change.

The thought hit you so hard that you stayed awake all night; there were too many thoughts and plans in your head. You'll sleep when you’re dead, you thought. You made a plan. Something inside your brain finally clicked and you realized that this is all of your making, and you can change it if you wish.

You can metamorphosize like the caterpillar metamorphosizes into the butterfly.

Today you got up as the sun was rising. Maybe the first time you ever did it. You had a shower. You shaved your face. You went and got a haircut. Then you went directly to the gym and you bought a membership. The salesman said they could give you two weeks free to try it out and see if you like it and you said no. You will be there every day from now on.

And you’re a man of your word.

In the locker room before your workout you had a vision, as if the ghost of bodybuilding future came to pay you a visit and show you your future.

This is what you saw.

Your eyes have changed. Now there is a fire behind them that was absent before. Your eyes can now burn a hole into anything they see. You can see more clearly. You can see more clearly because you are only looking at one thing. You see things with tunnel vision, if it is outside the tunnel you don't see it. It doesn't even exist for all you care.

Your walk has changed. Your walk now has purpose. It isn't aimless like so many others. You are at point A but you will get to point B and it doesn’t matter who steps into your way. Your ears have changed. You have gone partially deaf. You cannot hear discouragement. Discouragement may as well be spoken in Chinese. When they gave you silly advice you mouth sounded out: “Uh-huh,” but your ears didn’t even hear.

Your speech has changed. You don't spend time explaining. You don't spend time asking permission. You don’t spend time fishing for encouragement. You don't spend time mouthing excuses. You make statements of purpose and fact. Your body has changed. You were once weak and soft and now you are strong and hard like the Farnese Hercules.
You have transformed.

Now you are a butterfly in a world of caterpillars. And it all started with that small decision.

Your transformation happened because you saw the change clearly in your mind. You visualized every step you took. You knew what was going to happen before it happened. You had a plan. You had a vision. And you followed through with it.

Your friends, family and co-workers all had grand plans. Each of them told you of their plans and each of them gave up before too long. When the going got tough they stopped going. You never bragged about your plans, you didn't volunteer information about your metamorphosis and you didn't care if others understood or didn't understand.

You just did. This is your fire and it never needed to be shared or explained.

The ghost of bodybuilding past left you, you woke up from the daydream and said this to yourself:

‘Yes I will change. Yes I will do this. I will start right now.’
Hello Friends, there is a secret to getting what you want.

An open secret that I will share with your right now.

The secret is this: to get what you want all you have to do is take it.

If you ask permission for what you want you are going to be denied.
If you don’t need permission you cannot be denied.

“Hey, do you think I can? Hey, is it ok if I do this? Hey, is it possible for me to win this time? Ok, sorry for asking. I would never break the rules. Thanks. Sorry for asking.”

Winners don’t think the rules apply to them. And they are right. The rules of the game only apply to those who are willing to abide by the rules. The guy with the #1 beside his name is the guy who did what it took to get there. He used every damn trick in the book and he broke all the rules and then he took what he wanted. He is the one who out-thought his opponents.

Playing by the rules is for losers. The rules are there to make sure you do not rise up. Playing by the rules is the same thing as doing the minimum. You cannot do the minimum to achieve maximum results. To get maximum results you have to produce maximum action.

If you play by the rules then you aren’t trying very hard. If you’re playing by the rules then you have turned off your brain and you’re coasting on auto-pilot. Winners do what it takes to win, they do better than their best and they’re always a step or two ahead.

“But, but, but, but that’s cheating! But, but, but, but that’s not fair! But, but, but, but I want to win I just don’t want to do anything above and beyond, I don’t want to do anything differently than what the rules say!”

Fairness and equality are for the lessers who cannot TAKE so they want to be GIVEN.

They stand with their fucking hands out expecting a medal.
They stand with their fucking hands out expecting the same results as the men who took action.
They stand with their fucking hands out crying for more equality for them and less for you.
They stand with their fucking hands expecting you to give them “equality”.

They want to scavenge your kill, like the Hyena scavenges the Lion’s kill. They want praise for being inferior. They expect that by playing by the rules they’ll be given the same gifts as the men who took action. They expect inaction to provide the same result as action and when they aren’t provided the same result they demand equality and fairness for everyone, which means fairness and equality for them, and a handicap for the already capable.

They don’t even want to take from you, they want you to give.

This works to your advantage. While everyone is standing around with their damn hands out waiting for a miracle you can go grab opportunity, take advantage, break the rules and come out on top.

Rule breakers are action takers.
If you want something it’s time to put your hands down, put your thinking cap on and figure out how to get it. There’s a way to do everything. Put yourself into SUPERDRIVE. Make a plan of action and stick to it. You may feel something on your feet: “Hmm, what’s that on my feet? Oh, those are hands trying to pull me down. Let me just kick those away and go about my business”.

**Action fakers.**

Action fakers are the excuse makers. The ones that “could have done the same thing, if they wanted to”. The one’s that cry about this and that and why they aren’t ahead. If they wanted something and they *could* have done it then they *would* have done it.

**Action takers.**

Actions takers figure out a way to accomplish their goal. They don’t cry about cheating or why they lost. They plan, visualize, take action and then grab what they want.

**Pick your choice.**

1. **Make excuses about why you don’t have it.**

   If you aren’t prepared to take action you can be rest assured that another man is prepared. You could have done the same thing he did, but you have chosen not to. But hey, at least you stood strong and didn’t break the rules. At least you’re morally superior. At least you’re better at doing what you’re told to do.

2. **Figure out a way to do it and then take what you want.**

   The only real option. If you want something you plan for it, you visualize it, you take action and then you grab it. *That’s mine. Give me that.* What the knucklehead losers think of your actions is of no consequence. If you want it, friend, you damned sure will find a way to get it. If you want it you will take it. No excuses, no whining and no crying. Just killing.

   *Victor Pride*

**P.S.** *Winners follow 30 Days of Discipline.*
Hello friends, I want to share with you a recent email I received from a young man named John.

John was kind enough to attach his review of *Body of a Spartan*.

*I have posted it in full below.*

---

Hello, Victor.

Thanks for *Body of a Spartan*.

It changed my life.

My review is posted below.

“Five months ago, I started a weightlifting program based on Victor’s book, *Body of a Spartan*. I decided to give it a lot of time to give it a good tryout. But first, let me explain how I got here in the first place.

In college, I had to take a physical elective, and one of the classes offered was weight training. I thought, “Cool, a weight training class. I bet I’m going to learn some practical and valuable stuff there.” I had always wanted to start lifting weights, and this looked like a good opportunity. Fast forward a few months and the class turned out to be a joke. The instructor was a really, really skinny guy who looked more like a marathon runner. The textbook was not very good. It had more words than pictures, and I kept guessing if I was doing an exercise correctly. We had to do tons of cardio as well.

The class was half full of girls who did not want to get ‘muscular.’ We were told not to ‘overtrain.’ I also never did any bench presses, squats, or deadlifts. Can you believe it? We weren’t even required to do those essential exercises! At the end of the semester, I still had not made any noticeable gains. Frustrated, I tried working out on and off afterwards before I left it completely.

I researched weightlifting information but was skeptical of being told lies and being ripped off. All I wanted was the Truth. Then I stumbled upon BoldandDetermined. I read his series on the Truth About Gaining Muscle and was thankful somebody had the balls to tell me the truth. I thought, “If this guy is truthful enough to tell me the truth about bodybuilding, then maybe he is truthful enough with his *Body of a Spartan.*” With nothing to lose and confident that Vic seemed like a truthful guy, I tried out *Body of a Spartan*.

Well, I can honestly say that *Body of a Spartan* is the real deal.

I have done it consistently for five months and have seen massive improvements in my physique. I guess this is because I’m more of a “beginner” since I wasn’t really training properly previously. The biggest gains I have made are my chest, triceps, back, legs, and shoulders. Remember how I wrote I never did any bench presses? When I first started out, I could barely lift the single 45lbs. bar! To go from that to being able to bench press well over 100lbs. is a feat of accomplishment, pride, and confidence that is hard to understand to those who have never done it. When I first started, I couldn’t even do one chin-up. Now I can do ten in a row no problem.

On *Body of a Spartan*, it’s like my muscles exploded.
The Best Things About Body of a Spartan

1. **The Pictures**

By far, one advantage Body of a Spartan has over my crappy college text was the pictures. It actually shows you how to do an exercise in detail so you know if you’re doing it right. This is huge right here.

2. **It’s Flexibility**

Body of a Spartan treats your body like an organic entity instead of a machine. Some days, you’ll have more energy while on others you might just want to get your blood pumping. One day I was tired because I had a few hours of sleep, but I did some exercises because I wasn’t 100%. You have a lot of choices when it comes to what you want to do. On most days, I’m able to give it my all. You know your body the best.

3. **It’s Truthfulness**

It’s honest in that it tells you what to expect and what not to expect. The Truth is the most important thing. We have to discard false information and replace it with correct information. So much of what we know or have been taught is wrong. Like so many others, I had been lied to and misled. I have tried out Body of a Spartan and seen positive results.

Also, a few personal recommendations...

a. **Get enough sleep.** You will not be able to give it your all if you’re not 100%.

b. **Eat properly.** Vic’s blog also has some useful tips that I’ve successfully used.

   *It is impossible to lose when you never give up.*

Just like with anything, if you fail you try again. How bad do you want it? How much effort a person puts into something is directly correlated with how bad he wants it.

Those who give up never wanted it in the first place.

On a final note, the MOST important thing is to stay consistent. I went to the gym every week, 4 – 7 days per week. You MUST make a commitment. If you don’t make a commitment, then there’s nothing stopping you from quitting.

You must discipline yourself first and foremost.

*‘The first and best victory is to conquer self. To be conquered by self is, of all things, the most shameful and vile.’* – Plato

Check out Body of a Spartan here.

Victor
29.12.2012 – How to Meet Shy Girls

You want a girlfriend but you don't want an argumentative she-man. You want a girlfriend who is nice, sweet, modest and chipper. You don't want “just one of the guys”. You want a girlfriend who looks up to you and builds up your confidence and makes you smile. You want a girlfriend who acts like a girl and makes you feel strong and powerful.

Is there a way to find such a creature?

Here at Bold & Determined I have previously spoken of “good girls” in a positive light. I'll let you in on a little secret, a good girl is often really just a shy girl. A shy girl doesn't usually act on her slutty emotions or on the whims of her slutty friends. Today we will share with you how you can acquire a shy girl of your very own.

Why You Would Want a Shy Girl

Extroverted girls are just too forward. There's nothing for you to do as a man. They'll just come running to you. You'll ignore them for days or weeks in a row and they'll still be calling and trying to see you. It's too easy to seduce outgoing girls. You'll meet them and then be in bed with them 45 minutes later. You don't have to work for anything. When you don't work for anything you don't care about it, it means nothing. There's no hunting involved so you just don't care.

A shy girl, on the other hand, takes some work to get.

You will have to be the hunter rather than the hunted, as nature intended you to be.

There are many other reasons to pick a shy girl over an extroverted girl as your girlfriend.

These reasons include...

- Shy girls will often have far fewer sexual partners than outgoing girls.
- Shy girls are typically modest and ladylike.
- Shy girls are not overly opinionated, rude, loud-mouthed or foul-mouthed.
- Shy girls are easier to get along with because they are more eager to please.
- Shy girls will bring out the protective instinct in you.
- Shy girls will let you hunt them. You are the hunter and they are the prey, a shy girl will not typically make the first move, or any moves, it is up to you.
- Shy girls tend to be more loyal, down to earth and pleasant.
- Shy girls are girlish, rather than “mature, independent and experienced”.
- Shy girls do not want to compete with you to see who can be more masculine.
- Shy girls do not typically have high career ambitions and are happier being around family.
- Shy girls are not typically party animals.

Shy girls make things easier.

If you are to have a girlfriend you should have one who helps you out and brightens your day, not one who is argumentative, bitchy, whorish or “feminized”. If you have a girlfriend but you spend all your time fighting with the bitch about what to eat for dinner then it's time to cut her loose. Show her the door and find yourself a shy girl. If you're Bold & Determined you have ass to kick all day, when you get home you don't want to have to play that bullshit with your woman too.

When you're home with your woman you should be relaxed, calm and comfortable.
Shy girls do not tend to have sky high over-confidence and are more down to earth and downright easier to be around. I’m sure you have been spoon-fed all this baloney about girls needing more confidence, well they don’t. They have far too much artificial confidence and that’s one reason they cannot keep a boyfriend and one reason why they are mentally unbalanced and rely on pharmaceutical anti-depressants.

A shy girl isn’t necessarily immune to all this, but there’s a good chance she is.

This is not a cool, hip, alpha-dog or “player” thing to say which is why I’m going to say it: I like to protect my woman. It makes me feel good when a girl relies on me for protection and security. When a girl is scared and grabs your upper arm for protection it will make you feel powerful. I do not have any proprietary instinct or care for a loud-mouth woman or an overtly slutty woman. I just don’t care what happens to those types of women.

Shy girls do not typically have the black girl attitude of: “I don’t need no man. I’m as strong as a man. I’m just as good as a man. I’m just one of the guy,.” or any of that bullshit. Shy girls tend to not compete to see who can be more of a man. They are usually content to be the girl and let you be the man. They may challenge you here or there but it is not a constant dominance game. I feel no protective instinct to a loud-mouth woman who tries to be a man and I care zero percent when it comes back to haunt them [Exhibit A], but when I hear of a shy, modest girl who is harassed it makes my blood boil.

Part of being a man is being protector of your property, that includes your woman.

How to Spot a Shy Girl

<table>
<thead>
<tr>
<th>Shy girls tend to...</th>
<th>Dress modestly.</th>
<th>Avoid eye contact.</th>
<th>Speak quietly, mousy.</th>
<th>Walk with feet pointed inward.</th>
<th>Giggle when uncomfortable.</th>
</tr>
</thead>
</table>

A shy girl is a bit mousy and quiet. She won’t be on the elevator yelling into her phone, she won’t be at the club dancing like a whore, she won’t usually leave her home dressed like a dirty bum, she will not make much eye-contact with strangers, her feet will point inward when she walks and her head will be held lower. She will giggle at small, normal things.

Shy girls are not typically party animals. So you won’t often find them at the disco, the honky-tonk, the hipster bar or the country juke-joint. If they are at the bar they are probably holding her friends coats and purses while her friend is blowing 5 guys in the alley.

A shy girl is not going to walk by you on the street and say: ‘Hi,’ and start a conversation with you. She may make eye contact with you and if she likes you then you will see, in a split second, her eyes brighten. This is an “eye smile”, it’s a look of hope and expectation that you will speak to her. When you get an eye smile that means a girl is interested in you. If you catch an eye smile you should stop the girl and make any excuse to talk with her, (if you like her, of course).

The simplest thing to do is ask directions: “Hey, do you know where blah, blah is? Is there a food court here? My copy of the Holy Bible is worn through from so many readings; do you know where the bookstore is? My t-shirt has split at the biceps and I need to buy a larger one, do you know a good clothing store?”
Where to Find a Shy Girl

Shy girls are everywhere that men and women interact. A shy girl isn't a shut-in, she will have to go to the grocery store just like everyone else. When you come across a shy girl that catches your fancy you will need to make the first move, the second move, and every move after that. Forget the silly nonsense of: “Oh, if she liked me then she would make a move, or she would call.”

That baloney is for girls, if you like a shy girl you make the moves.

Period.

As things progress she will open up more and suggest days to meet or activities to do, but that may take some time.

Religious girls are often shy and modest, but only the truly religious. Just because a girl says she's “Christian” doesn't mean anything. Most Christian churches are emasculated “girl power” factories. Unless her church is one that is made fun of by all-knowing atheists, i.e. Mormon Church, then it is highly likely she has no moral or religious values. If she is an active member of a cool-to-hate church like the Mormon Church then she is probably not faking her religious devotion.

If she is religious in the face of mockery then she is not one who gives in to temptation.

Remember: religion is not the end-all, be-all of finding a shy girl. A shy girl may very well be an atheist, Buddhist or a “Christian”.

Shy Girls are Often Plain Jane girls

For purposes of this article we will describe beautiful as an 8, 9 or 10. A shy girl that will make a nice girlfriend will fall in the 6 to 7 range. These girls make perfect girlfriends, so don't shun a 6 or 7 right away. All she needs is something that you love, something that drives you crazy. If her body is good and her face is good and it turns you on then it matters not if she isn't an 8 or above.

By the way, I will let you on a little secret I know: makeup makes ALL the difference in the world and shy girls tend to not overdo their makeup.

If you have found a girl who wears little to no makeup and still makes you hard then you have found yourself a treasure.

Shy girls will often be described as pretty, rather than beautiful or hot. You may luck out and find an ugly duckling, a girl that previously had acne, wore goofy glasses and braces, was fat, or was sickly as a child. These girls can sometimes grow up to be quite beautiful but have the mentality of the ugly girl.

You have probably heard that fat girls make good girlfriends for the same reasons. The people that have this saying neglect a few things: fat girls are disgusting to look at and have bad personalities and are grossly over-opinionated.

A shy girl will often be skinny or lean and they aren't prone to over-eating.
'All sounds good, but where can I find one?'

Shy girls are everywhere. At the sandwich shop, at the bookstore, at the gym, at your workplace, on social media websites and on dating websites. A few months ago I was stuck overnight at LAX international airport. I happened to be stuck with a shy girl, a recent immigrant from Vietnam. She had been in the States for 6 months. She was a pleasant girl, petite, nice and chipper. She wasn’t beautiful but she was quite pretty and had a petite, lean body. I asked her what she did and she replied: “Nothing. I’m waiting for my work visa. Now I just stay in my apartment all day.” In Asia she’s just a regular girl, but in America she would have been a catch. If any guys had spoken to this girl they would have put her under lock and key pretty fast. This girl was free and certainly would have done all the cooking and cleaning necessary, as well as been a pleasant, easy-going girlfriend who would brighten some guys day.

'But what do I say?'

First thing you do is make yourself look good. Get in the gym, get some fitted, stylish clothing representative of your personality, get a nice haircut, shave your face or trim your beard, be clean, be handsome. You need to be someone she can look up to. You can say something silly. If she gives a mousy giggle you know you can proceed. If she gives you a whatever look or replies with sarcasm you can leave her be.

A shy girl’s natural response is to giggle when she is uncomfortable.

The presence of a handsome, well dressed and well muscled man is enough to make her uncomfortable. Saying something silly will do two things: it will break the ice and allow her to talk to you and it will let you determine if she is a shy, modest girl or if she is a sarcastic type who dresses ironically. You can be a cool dork with a shy girl. Say dorky, funny things but be cool when you do it. It helps if you are a physical superman. If she says: “I’m hungry,” you can say something dorky like: “Hi Hungry, I’m Victor. Nice to meet you.”

It’s OK To Go Slow BUT You Must Test Her

A shy girl may very well want to go slow. She will need to be comfortable around you. She'll say: “I’m not ready.”, “You’re too fast,” or “Can we take it slower?” and you'll say: “Absolutely. I understand.” There are two types of women who say things like this. Genuinely shy girls and used-up ex-whores who are trying to trap a man.

A genuine shy girl is, a-hem, shy and doesn’t want to get naked and grunt like an animal for fear of being embarrassed.

A used-up ex-whore is playing a game with you.

Your job is to TEST the shy girl and make sure she is true to her word. If she says: “I want to wait,” but then lets you ram her 12 minutes later you know she isn't a “good girl” and you can start your search again. If she rebuffs all your charming advances you know you probably have a good girl on your hands. To test her you must touch her. Always touch, touch, touch. When she says: “I want to go slow,” you will say: “Yes, I understand,” but you will always be trying to get in.

The more she resists the better she is.

If she can resist a suave gentleman such as yourself that is near proof she is resisting every Joe Cool and Suave Johnny that comes long.
If she says: “I want to take it slow,” and you say: “Yes, me too,” and then actually do take it slow you are wasting your time. You need to be the aggressor. You do not want to be the testicle impaired shoulder to cry on. You want to be the hunter, not the bystander. Every chance you get, every time you are alone you need to make her as turned on as humanly possible. You want her to get wet and flustered. Every time she is able to resist and say: “No,” when she is hot & bothered is another point in her good girl favor.

You see, waiting is OK, BUT ONLY when you have tested, tested and tested and she has passed all the tests. If you don't make a move and just wait around like an idiot you are being played for the fool that you are.

**How to Date a Shy Girl**

Your first goal is to try and get her to meet you at your high rise condominium for dinner and a movie and so she can see your above-average pool view. If she says: “No,” that's a good sign that means she probably isn't going around to every guys home for “dinner and a movie”.

Your next option is to meet in a public place like a coffee shop, where you can sit and have a chat. This is the normal getting to know you thing, and it serves the purpose of getting her comfortable with you.

Meet up with her, have a nice time and then let her go. Don't make plans right away. Two to four days later re-initiate contact and make plans again. Don't gush all over her; don't say baloney like: “Wow! I never meet girls like you, , don't be over-eager. Keep it light. Silly, dorky humor is perfect for getting her comfortable with you. You do not want to be aggressive with a shy girl until you are in bed.

If you have muscular size she will probably be intimidated or scared of you at first, this is why you say silly, dorky things. This will turn down the apprehension and turn up the comfort levels. You want to get her smiling and laughing, but never be the clown. You don’t need to be extremely witty to make a shy girl laugh, she will laugh at any silly thing you say (if she likes you).

**Drawbacks to Dating Shy Girls**

Obviously not everything will be rosy just because a girl is shy. You may find her shyness completely annoying. You may find out that you are not so patient. You may find yourself yelling: “WHAT?!” every time she speaks because she speaks so quietly you cannot hear her. You may become completely annoyed that you aren't able to sleep with her right away. If you are shy yourself then your conversations with a shy girl may be pretty boring.

**No girl is going to be perfect, but if a shy girl sounds appealing to you then go get one.**

**She may very well be annoying and she may very well turn into the best girlfriend you have ever had.**

**Tips to Remember**

It is better to have a shy girl as a girlfriend rather than as a sex toy. You can use extroverted girls as sex toys. It takes about 45 minutes to seduce an extroverted girl and an extroverted American girl will do anything on the first date, what's left after that? To seduce a shy girl it takes longer because she will never make a move and the sex will tend to get better as she becomes more comfortable and in turn more submissive to you.
Shy girls are not forward and they need to be hunted.

Don’t confuse shyness with mental instability or depression. There is a difference between a shy girl with a healthy amount of modesty and a sick girl with extremely low self-esteem. If she’s dressed in all black, is unkempt and dirty, constantly talks about things she hates or is avid user of alcohol or narcotics then kick her to the curb. If you feel like you need to save her you should rescue a dog instead, it will work out better for you.

Find a shy girl and leave the broken girls alone.

You don’t need to act like a nice guy dweeb to get a shy girl. You don’t need to keep your hands to yourself and “respect her boundaries”. You need to be the aggressor, like a gentleman caveman. Shy girls aren’t touchy feely. You need to touch her so she can get used to your touch. When you walk through a door or up a set of stairs put your hand on the small of her back. When you walk through the shopping mall put your hand on the nape of her neck. When you walk through a crowded area hold her hand or wrist. When you ride in an automobile put your hand on her thigh. She may push it away this time, and maybe next time, but eventually your hand will always stay there.

Eventually she will not only be used to your touch, but she will expect it and crave it.

Keep at it - shy girls aren’t bold enough to say: “I like you so much. I can’t wait to see you again!”

They probably won’t ever come out and say it. Simply assume that she likes you since she is meeting up with you. Keep making plans with her every few days to week(s) for as long as it takes. She may invite you to this event or that event and she may not, don’t let it worry you if she never initiates contact or tries to make plans with you.

Let her come along with you in your world.

It takes time with a shy girl, so have patience. The wait will be worth it. You will always appreciate something you have worked for more than something that was given to you. If you diet for 10 weeks and then eat a cheesecake it’s going to taste better than if you eat junkfood daily. If you try to get a girl into bed for 8 weeks and finally land it it’s going to be better than the girl that gave it up after 45 minutes.

I promise.

When you finally do get in you’ll have the pleasure of saying, into her ear: “You’re my property now.”

Happy hunting.

Victor
Imagine 7 years ago...

I was in the gym shoulder pressing 27.5lbs dumbbells. I wasn’t just pressing them, I was struggling. 27.5lbs dumbbells are just about as lightweight as you can get. Girls can do those weights with ease. The whole time I was pressing those light weights and struggling there was a young lady in the gym staring at me the whole time. This would be embarrassing to most guys, struggling with little bitty weights, and most guys would probably give up after that.

Not me.

I had a mission, a mission to get past using those 27.5lbs dumbbells and get into the big boy weights, the 30lbs dumbbells. After the 30’s I’ll get the 32.5’s and just keep going. I was going to do it no matter what happened and no matter who was staring at me. It's all part of the journey. Today, 27.5 lb dumbbells aren't even a warmup.

They're too light.

A Little Background

I used to be skinny. Not just skinny, baby, I was skinny as a twig. At nearly 6'2 I weighed a whopping 130lbs. I took a picture of myself flexing one day and my biceps were the same size as my wrists! I decided it was time to take control and get into shape. I decided I was going to build my body up from scratch. I was going to get bigger, I was going to gain weight, and I was going to get stronger.

To do it all I was going to be in the gym minimum three times per week and I was going to eat 6 meals a per day every single day. No matter what. Eventually I went from 130lbs to 190lbs without getting fat and without touching steroids.

Building a Foundation

My first year in the gym I was obsessed. There is no other word to describe it. I didn’t even like going to the gym at first. It wasn’t an enjoyable experience. But I made a pact with myself and there just wasn’t any way I was going to give up and let myself down.

So I would drag myself to the gym. Eventually, I just started telling myself: “I love to lift weights and work out.” I told that to myself so much that it turned into the truth! I started to love lifting, it became my favorite hobby. It was a great feeling seeing the weights you use go up every workout.

The hardest part about building your body up and gaining muscular weight is the eating. I had to eat 6 meals a day, every day. A meal every three hours. Even if I was full, I would eat. If I was tired and needed sleep but hadn't had 6 meals I would eat first.

When I woke up in the morning I would rush to the kitchen and make my eggs and oatmeal. Absolutely nothing got in the way of the eating. And because of that, each week I was gaining weight and gaining weight. I went from 130lbs to 140 lbs almost overnight. Then150 lbs, then160 lbs, all the way on up to 190 lbs.
All that eating and lifting took extreme focus and energy. Most people when they try and get in shape they go to the gym once or twice, see no results and then give up. But that first year is the all-important year. That first year is going to determine the rest of your lifting career. If you give up in the first year you can usually forget about ever attaining your goal. Without that 100% dedication it's just never going to happen for you.

**Remember, that first year is about building your foundation.**

**You've got to do the eating and the lifting to build yourself.**

Nowadays, since I already built the foundation, I've got some good muscle size, I am a nice weight, and I can lift some really heavy weights. If I hadn't been obsessed with progress in that first year I'd still be a skinny twig. Because I already put in the time and effort, today gaining weight and lifting heavy weights is extremely easy. I already put in the base of the work and now I just collect the rewards.

**The First Year in the Gym is Your Most Important Year**

When you start bodybuilding you absolutely must focus 100% from the get go. That first year is about building your foundation. If you aren't focused and dedicated then your physique just isn't going to be there in the long run.

**It's going to be a struggle.**

It's going to be like the people who say: “I just can't seem to gain/lose weight!” They can't gain or lose weight because they haven't put in 100% dedication and focus and they haven't been building a proper foundation. It's the same in business. If you “can't seem to get your business going” it's because you haven't put in 100% dedication and focus and you aren't busy building your foundation.

To reap the rewards in the future the building has to be done now. That time when noticeable gains aren't so great has got to be spent building your foundation. The foundation has to be there first before you can carve out a masterpiece. Your first year or so in bodybuilding has to be spent building that foundation. When the foundation is there, that's when those gains will just seem to come in overnight.

**Things to Remember**

Lifting a goal weight is as much of a mental hurdle as it is a physical hurdle. You've got to build your body up to handle that weight, but your mind must also be prepared to lift it. After you lift it one single time it becomes easy!

**You've passed the hurdle and you'll never have to go back.**

The hard part is maintaining focus and working to get over that hurdle. The first time I deadlifted 315lbs I was sore for a week, but nowadays deadlifting 315 lbs is barely even a warmup, I'll even deadlift that amount with one arm.

**After you pass that hurdle the first time it becomes super easy to repeat it.**
Keep your eye on your big goal but have small, step-by-step goals that get you there. If you want a 315lbs bench press you don’t immediately try and bench 315lbs. At first you start with 225lbs and you add 5lbs here, 5lbs there and keep adding and building on those mini-goals and before you know it you’re at your end destination.

When building muscle and gaining weight you want do to at least one thing more in the gym than you did the workout before. Whether that’s adding a repetition on an exercise or adding 5 lbs to an exercise.

**The only thing that matters is that you do a little bit more each day to further your goal. Even if it’s a small thing here and a small thing there, all those little things add up.**

**Remember to build your foundation first.**

All the extra stuff can come later. Whatever happens in the future, you always have your foundation built and you can add to it an anytime. If you try and take the easy and quick route you will not have a foundation to build on.

A house not built on a proper foundation will blow away in the first storm but a house built on a proper foundation will be able to weather the worst of the worst storms and come out on top. When building your muscles you first have to focus on building your foundation. Build your base, build your strength, only after all the heavy lifting is done can you then carve out the masterpiece.

Since my foundation is built, even if I stopped lifting weights and lost my size I could easily get back into the gym and gain it all back in a matter of weeks. That foundation is there, ready to be added on at any time.

**To reap the benefits later, build that foundation now.**

**Good luck.**

Victor

**P.S.** You can build the foundation the same way I built my foundation – with Body of a Spartan.
5.12.2012 – How I Kicked Dirt into a Feminist’s Face

1. I wrote a kick-ass article about kicking-ass and called it 32 Things Every Man Should Do.

2. A fatty-patty feminist wrote an article about it on the hugely popular website for losers, jezebel.com. The article is full of snarky and sarcastic put-down humor attempting to mock my masterpiece.

3. Her article became wildly popular and went viral. It received over 2,000 likes and over 300 comments in just a few days. The article spread through social media like wildfire, the little piggies couldn't get enough of it.

4. 33.3% of the commenters were smart enough to agree with me.

   Awesome Comment 1.
   Awesome Comment 2.
   Awesome Comment 3.
   Awesome Comment 4.
   Awesome Comment 5.
   Awesome Comment 6.
   Awesome Comment 7.
   Awesome Comment 8.
   Awesome Comment 9.
   Awesome Comment 10.
   Awesome Comment 11.
   Awesome Comment 12.
   Awesome Comment 13.
   Awesome Comment 14.
   Awesome Comment 15.
   Awesome Comment 16.
   Awesome Comment 17.
   Awesome Comment 18.

5. Thousands of feminist Nazi's stormed the shores of Bold and Determined. 90+ of them wrote enraged hate comments and death threats. Many of them wrote long, heartfelt comments and all of them were completely ignored and banned for life.

6. The feminist she-devils liked the Jezebel article so much that my original article went viral in a big way. It went from roughly 100 likes to over 400 likes in the span of a day or two.

7. The feminist clowns got wind of yet another ass-kicking article I wrote called How to Meet Shy Girls. They invaded that article with full force, trying to get me to remove it.

8. The attempted sabotage of How to Meet Shy Girls backfired and the article became even more popular than the original Jezebel article, receiving over 2.4 thousand likes.

9. Because of the huge influx of readers and the social media wildfire my already large readership grew dramatically in just 2 days.
10. Thanks to the social media controversy tons of men who have balls and hate feminists as much as I do found BOLD & DETERMINED. Sales of the best ass-kicking book for winners, 30 Days of Discipline, increased even though the web server was crashed for nearly 24 hours due to all the shrill harpies trying to invade man’s world.

11. I laughed all the way to the bank knowing that a new bunch of winners are doing 30 Days of Discipline, and it’s all thanks to feminism.

What I Will Do Now

A. I will send the author of the Jezebel article some Christmas cupcakes for giving me such a wonderful gift. I need your address baby girl, I'm going to send you the best cupcakes money can buy! I know you like them!

B. I will continue to write more articles for winners on THE website for winners, BOLD & DETERMINED.

How You Can Kick Dirt into a Feminist's Face

I. Like or Tweet this post and make the feminist cows even angrier (if possible!).

II. Never do what the entitled piggies tell you to do.

III. Act like a man, not a little boy, and for the love of god stand up for yourself. Live your life as a winner who doesn’t take orders from mentally ill women.

IV. Every man should follow 30 Days of Discipline.

V. Have a nice day and enjoy a nice coconut smoothie, I will!

Victor Pride
2013

January – 2013

3.1.2013 – How to Find the Motivation to Succeed

Often I hear comments along the lines of: “Victor, help! I just can’t find the motivation to ________.”

I have the answer to this dilemma but it may not be the one you’d like to hear.

The motivation is already there but it’s only there for things you truly want or need to do.

If you have to find motivation externally then you don’t truly want to do it, whatever “it” is.

I can’t find the motivation to eat peas, I can’t find the motivation to live in Little Rock, Arkansas, and I just can’t seem to find the motivation to punch a time clock for someone else. Because I can’t “find the motivation” I don’t do any of those things and I don’t go looking for motivation to do them. Looking for motivation for something you don’t want to do is a waste of time.

You will either want to do it or not want to do it. When you ask for help “finding motivation” you are just pretending.

“I just can’t find the motivation to get to the gym.”

I can’t find the motivation to stop going to the gym. I’d rather die than stop going to the gym. It would take an act of God to get me to stop going to the gym. Even when I have no energy or “motivation” or my mind is focused on another project I’m still in the gym 3 – 4 days per week.

And wouldn’t you know it? Each time I’m in the gym I see the same people and none of them have a motivation problem. Each time I walk by a McDonald’s restaurant I see the same “type” of people and they don’t look like they lack the motivation to eat a supersized #2.

“I just can’t find the motivation to do any entrepreneurial work when I get home from my day job.”

Before I left my last real job I couldn’t find the motivation to stop working on my side project. When I was at my “real” job I was spending all my time selfishly working on my side gig and I would continue working on it all through the night when I was at home.

I still can’t find the motivation to stop working independently. Thinking back on the punching a time clock, getting permission to be sick, and dealing with morons daily is enough motivation for me to keep working and making money independently.

Looking at the ridiculous lifestyle I have now, compared to 6 or 7 years ago is just mind-boggling. I’m completely free now and I would rather die than go back to being a wage slave. I can’t fathom how people find the motivation to go to a soul-killing job every single day.

To me that is insanity.
Unless you love your work you should not do it. We live in such a special time in history that you are free to do nearly anything you want, I guess it just so happens that most people want to take orders and be given a paycheck. That's fine for them, but they look like the living dead to me and I don't need any extra motivation to not be like them.

"I can't find the motivation to practice playing guitar."

That's because you don't want to play the guitar. Stop pretending.

"I can't find the motivation to lose weight."

That's probably because you're a lazy slob. I can't find the motivation to go on daily donut binges, as a consequence I'm not a fatass.

"I can't find the motivation to wake up early."

That's because you have nothing to wake up for. I can't find the motivation to stay in bed all day.

So how do you find the motivation, really find the motivation, to live your life the way you want to?

1. Be Honest.

There's no need to pretend you want to do something just because other people want to do it. All I want in life is to be jacked, make money, be free and be served by a sexy girl or two. I don't need to find the motivation to accomplish these things, I'm driven to do them. I can't not do them, and I don't give much of a damn about anything else. You can call me small-minded, I only want a few things in life, I have them, I won't let them disappear and it just doesn't matter to me who agrees or disagrees with me.

2. Go For It.

You don't need permission to go after what you want. If you require permission then you will not get what you want. You've got to go for it, you've got to take it, and you've got to stop caring what other people think. You've got to put a boot to the ass of anyone who is trying to naysay or stop you from achieving. Make your ears deaf to their nonsense.

3. Don't Quit.

What is it they always say? Quitters never win and winners never quit. I tried to do a million entrepreneurial gigs before and I quit all of them. There are only two entrepreneurial gigs that I never quit and I'll be damned but I have lived off of the income from those two for many years. All the nonsense I tried to do before I didn't really care about so sooner or later I gave up and quit.

I'm not the smartest or most capable man in the world, I'm not even the 2nd smartest or most capable man in the world. The only thing I have going for me is that when I am fired up I will never quit. I'll go the edge of the earth for something I believe in. I will go broke for something I believe in.

I will risk anything and everything for something I believe in. Because of this my life is comical in it's abundance. I look around at everything I have and everything I'm able to do and I start laughing sometimes at what I have been able to accomplish and how I have paid for everything without having a job.
I start laughing thinking about how I used to sit in my tiny apartment with a notepad dreaming up ways to leave the rat race and be as free as I am right now. I'm not a humble guy but it truly is humbling to think about how my life turned out exactly the way I dreamed it would many, many years ago and it's only because I didn't quit two projects.

It is only when you have fire for a project that you cannot quit, there is no option to quit. Rather than trying to force motivation you should only work on projects that fire you up. You'll save yourself a ton of time and heartache. If you've got to force motivation then you should just go ahead and say “no”. It’s only when you can't stop working on something that you are going to get the benefit from it. When you're fired up about something, take it to the extreme.

There is no need to “find motivation”. The motivation is already there. Your motivation just may be different to someone else's motivation. I see a lot of people who are motivated to watch television and eat potato chips all day.

Fine for them. Is it fine for you?

Victor Pride

P.S. Follow 30 Days of Discipline and watch your motivation skyrocket.
I recently ran across this article entitled 21 Ways Rich People Think Differently Than Average People based on a book called How Rich People Think. I was immediately struck by the similarities between the writing on Bold and Determined and the thoughts of the rich elite.

1. **Average people think MONEY is the root of all evil. Rich people believe POVERTY is the root of all evil.**

Average fellows are SCARED of money. You read that correctly. FEAR of money. You'll hear average fellas say things like: “I would never try and make money from this. I would never do this just for money,” etc. Like money is AIDS and they would never try and get it.

   **Everyone needs money because money is freedom.**

This fear of money is a one-way ticket to average town. Everyone needs money, there is no damn reason to make excuses or justify it or be afraid of it. I want money. This is how I make my money. Deal with it. Don't be ashamed of your need or want for money. Get out there and take it and leave the excuses for average Joe.

2. **Average people think selfishness is a vice. Rich people think selfishness is a virtue.**

Everyone is selfish, but there are two types of selfishness: overt selfishness and covert selfishness. You want to be OVERTLY selfish. Covert selfishness is for chicken shits. When you come right out and say: “I want it my way and I'll have it my way,” you will get what you want. When you play the covertly selfish guy, also known as Nice Guy Syndrome, you are only going to get shit on. Nice guys aren't nice guys, they're chicken shits. They want the same thing overtly selfish guys want, money and women, but they're too scared to come right out and demand it so they play nice and hope they'll be able to manipulate that outcome. But it won't happen, it'll never happen.

   **You want it? Take it. You want to eat shit? Play the nice guy game.**

3. **Average people have a lottery mentality. Rich people have an action mentality.**

I hear these losers all the time: “If I could just win the lottery... If I could just get a chance... If my big break would come in...” and blah, blah and blah. I don't expect anything to be given to me. If I want it you can be damn sure I'll go and get it. Play your stupid lottery, sit on your stupid couch in front of your stupid TV, and make your stupid excuses. Someone else is out there kicking ass and taking what is rightfully his.

4. **Average people think the road to riches is paved with formal education. Rich people believe in acquiring specific knowledge.**

Universities are leftist indoctrination facilities. And they are full of deluded morons. You must educate yourself. Any damn thing you want to learn about you can learn about. You don't need to spend time in women's studies to learn it. Every damn thing is on the internet, for free. If you want to learn about it the only thing stopping you is you.

   **I will say it again and again: everything you learn in college is useless if you want to be an entrepreneur and it's up to YOU to learn your craft.**
5. Average people long for the good old days. Rich people dream of the future.

Some people call it planning for the future; I like to call it visualization. Visualize the future and how you will be. Actually see yourself as you wish to be. The things we think tend to become reality (assuming you aren’t a delusional narcissist).

“Things used to be so great, but nowadays....”

Forget that nonsense and mold your future the way you want it.

6. Average people see money through the eyes of emotion. Rich people think about money logically.

Money is like an extra emotion to poor people. They always have “money problems” and they're always whining about it. For some damn reason they can't ever have enough to pay rent and the car payment and the damn electric bill. I have been poor many times but I've never been so poor I couldn't pay my bills and I've never been so poor I cried about it.

Forget about money as emotion, it’s just a damn game making money. Think about it like you think about your next 15 chess moves. Don’t be like these idiots living paycheck to paycheck and never having enough.

Here's a simple solution: if you’re poor... DOWNSIZE!
...and then get to work, plan ahead, and quit spending your money on nonsense.

7. Average people earn money doing things they don’t love. Rich people follow their passion.

I don't like the word passion, that’s a word for women's romance novels, the correct word is obsession. Rich people follow their obsessions to the edge of the earth and beyond. Average people can’t understand this because their obsession stops at their favorite sports team or TV show or smoking pot or some other nonsense.

The 4-Hour Work Week is a cool little motivational book but you can't take the title literally. If you're going to find success in your field you are going to spend every waking minute thinking about it, you will have to be obsessed. Forget relaxing, forget taking a break, and just give in to the obsession.

8. Average people set low expectations so they’re never disappointed. Rich people are up for the challenge.

“Hey man, don’t worry about it. It’s no big deal. You expect too much. Let’s just watch the game!“

I have no time for this type of person. How any man could live his life so pathetically free of any and all challenge is beyond me. You get the same types in the gym. Type A is afraid to exert any real energy and Type B will go all the way. Type B will have the physique to show for it.

9. Average people believe you have to DO something to get rich. Rich people believe you have to BE something to get rich.

What do I have to do to get rich? Be the type of motherfucker that gets rich.

Be a damn killer and go get it.
10. **Average people believe you need money to make money. Rich people use other people's money.**

I'll tell you boys, I made my first money using NONE of my own money. Not a penny. Where there's a will, there's a way. If you want it bad enough, as in you are obsessed with it, you will get it. Even if you only have $12 to your name, makes no difference.

*I can't make money because I don't have any money.*

_Sounds pretty stupid doesn't it?_

*I have to make money because I don't have any money._

_Sounds much better._

11. **Average people believe the markets are driven by logic and strategy. Rich people know they're driven by emotion and greed.**

I have no time for these people who constantly talk about logic and strategy i.e. “I like logic. I deal with things logically.” Logic is only one part of the picture. If you look at everything logically you aren't looking at the big picture and I'll tell you why.

Most people in the world do not think logically, they think emotionally.

_When you speak to them logically you are not getting through to them._

Most people in the world are dummies and they can't think logically. But these “I'm SO logical” types always assume that everyone else also thinks “logically”. If you think they think logically you are thinking like a dummy. Not everyone thinks like you, in fact most people don't even think. They just react. They're idiots and shouldn't be treated like they are masterful logicians, and they shouldn't even be assumed to understand logic. Logical thinking is only half the puzzle.

12. **Average people live beyond their means. Rich people live below theirs.**

Again, these people can't pay their phone bills at the end of the month. Live like a Spartan. Have money leftover. Hell, I live like a king and I barely spend any money. I'm able to live very well because of a little word called Geo-Arbitrage. Make money in dollars, spend in baht and I want for nothing.

My monthly expenses are bare minimum. Few bucks in rent for my high rise condo with pool view, few bucks for water and electric, few bucks for internet, few bucks for gym membership, few bucks for my maid, and a few bucks to run my websites. Easy, spartan, simple and clean. If need be, all those expenses can be reduced even further. I spend less money to live on now than I used to spend on just my mortgage.

13. **Average people teach their children how to survive. Rich people teach their kids to get rich.**

I had average parents who taught me how to be average. They didn't know anything about making money but they sure were adamant that college and a full time job and saving for retirement was the answer. I wasted years following that stupidity. For most of my life I've been a fool, and a lot of you probably have too. But it's not too late to wake up and start kicking ass instead of licking ass.
14. **Average people let money stress them out. Rich people find peace of mind in wealth.**

Money is freedom, baby. I can't say this enough. Money buys you freedom. If you have money you don't have to take orders. When you have money you have the pleasure of saying my favorite word, “no”. I do anything I want any time I want. I don't ask permission.

15. **Average people would rather be entertained than educated. Rich people would rather be educated than entertained.**

Television, magazines, celebrity websites, sports – the mark of the average. If you can't learn or earn from it, burn it.

16. **Average people think rich people are snobs. Rich people just want to surround themselves with like-minded people.**

Rich people are different. After you've made it why would you ever want to go and hang out with losers who are jealous of you? Average people cannot hide their envy and jealousy. I have seen this look in their eyes, up close and personal, it is the most pathetic look I have ever seen and the most hateful look I have ever seen.

They made the poor decision to go and waste their life at a job and now you're a demon because you are free and have money. You took the time to educate yourself, you took the time to make your own money, you took the chance, you did all the work and they look at you like you got lucky and they have the gall to get enviously angry at you. It has often been noted that you end up exactly like the people you hang out with, so say goodbye to the losers, be elitist and hang out with the winners.

17. **Average people focus on saving. Rich people focus on earning.**

How many people have told you of the wonderful benefits of saving for retirement and how you can finally live like a king when you're 65? None of those people seemed to be living large, though.

   **Weird, huh? Can it be that they have no clue what they're yammering about?**

I choose to live like a king right now; I'm too selfish and impatient to wait. To afford my lifestyle I had to quit my damn job and focus on earning on my own. And it was the best decision I ever made.

18. **Average people play it safe with money. Rich people know when to take risks.**

What I have found is that when I take big risks, the kind of risks that give me nausea, diarrhea and anxiety for days, they tend to payoff for me. For some damn reason I have been able to risk my money many times and have always made it back plus some extra. It has always been when I didn't take a risk, when I chose to hang on to the money I had, that I burned through it and was left broke.

   **You can never, ever make it without risking something.**

19. **People love to be comfortable. Rich people find comfort in uncertainty.**

Average people don't want to do any damn thing except eat snacks and watch TV. Wasting your days at a 9 - 5 and wasting your nights in front of the TV on a La-z-boy recliner with a bag of chips is comfortable for some, I guess, but it always made me miserable. Personally, I hate relaxing. It's such a damn waste of time.
20. **Average people never make the connection between money and health. Rich people know money can save your life.**

   "**Well, at least I have my health.**"

This saying always makes me laugh a little. What they are really saying is: “**My life is terrible... but at least I’m alive**”. I’d rather be dead than be 65 years old and living on social security and Medicare. I’d rather be dead than be old and living on a fixed income and relying on the government to give me my “pills”. Not only does money give you peace of mind, which can save your damn life from high blood pressure and stress, but it also buys the best medical care and the best drugs.

21. **Average people believe they must choose between a great family and being rich. Rich people know you can have it all.**

   **Average people are excuse-makers.**

   "**I chose to have a family instead of going into business**".

Bullshit, you chose mediocrity because you're mediocre. Lie to yourself all you want, but I can see through those lies a mile away. If you were driven and not a liar you would let your family motivate you to give them a better life. A family isn’t a burden or an obstacle in making money, it’s an excuse to be lazy and coast at a job.

Rich people demand more out of life, and they get it. Demand more, especially from yourself, and your quality of life will go up. Demand more from your personal relationships and you will get more. Demand more from your business partners and you will get more. If they don't want to play ball then fuck 'em, find others who want to play. It's a big world out there and there is plenty for your taking. Be a man and take it.

22. **Bonus – rich people all have self discipline.**

   **The end.**
February – 2013

7.2.2013 – Can You Eat Junkfood and Stay Lean? And a Coconut Smoothie Recipe.

I have good news, friends. The answer to the above question is yes; you can eat junkfood and stay lean. In some cases you can even eat junkfood and lose weight and fat.

I will share with you the secret to eating junkfood and staying lean and mean.

But first, let me show you a picture of me after having eaten junkfood almost daily for the past several months...

In the weeks leading up to this picture I drank many Coca Cola’s, drank many fruit smoothies, ate many Snickers bars, ate many strawberry pop-tarts, and ate many cans of Pringles Sour Cream n’ Onion chips.

Let me first make a couple of things clear, I do not binge eat, I do not eat junk daily, I typically do not eat junkfood more than one time in a day. I have a calculated method for eating junk and not adding extra junk to my trunk. Also, I only eat the same few snacks, all mentioned above.

So you can eat junkfood and stay jacked but you cannot just stuff your face with anything and everything. There has to be a rhyme and a reason to your junkfood eating madness. Without a rhyme or reason you will look like you belong in Walmart and not at the local beach party.

How to Eat Junkfood and Not Get Fat

I. Do not be fat already.

Obviously fatso’s have emotional over-eating problems. They don't eat until satiated, they eat to gluttonous excess. They binge eat to quiet their demons, or something. I don’t care why they eat so much, the point is that if you want to eat junkfood and be lean YOU MUST NOT BINGE EAT ALL THE TIME.

Fat people should take drastic measures to lose their lard, and that is the subject of another article. In this article we will share how normal men can enjoy some tasty treats and not develop a spare tire around the midsection.

II. Don’t binge eat, and eat your junkfood at night.

Again, this must be stated. DON'T BINGE EAT! Eat your snack, enjoy it, and then quit. The way to not binge eat is to only buy what you want to eat that evening. Do not buy a week worth of snacks and keep them in the cupboard, that weeks worth of snacks you were clever enough to buy ahead of time can easily turn into two days worth of snacks.

If you want junkfood, buy it one day at a time and eat it at night. If you eat it during the day you will often think to yourself: “Well, that sure was good, I should go get some more,” and then you will have all day to think about eating some more snacks.

When you eat at night, before bed, you are tired and won’t want to leave to go pickup more junkfood. Don't buy a ton of junk to eat at night, buy enough to satiate your junk hunger and call it quits.
III. **Eat sugary junkfood pre-workout.**

Typically the only time I will eat sugary chocolate bars is when I am heading to the gym and I am hungry. I will often grab two Snickers bars and eat them on the way to the gym IF, and only IF, I am very hungry and need energy. I don't do this everyday, only when I am hungry and need some calories to lift. Then I go to the gym and lift like a maniac and burn through all those sugar calories.

IV. **Eat less fat and fewer carbohydrates.**

If you know you are going to snack then you need to eat less fat calories and less carbohydrate calories on that day, and replace those calories with junkfood calories. A calorie is not just a calorie; HOWEVER I am not convinced that there is any difference between 200 calories of pop-tarts and 200 calories of brown rice.

If you want to eat junkfood snacks that evening then skip the portion of carbohydrates with your dinner. It's as simple as replacing your dinner carbs with your snack carbs. I know all the Paleo Diet Gurus will tell you otherwise but they are full of shit and the big-time paleo gurus are ripped because they use human growth hormone, not because they eat steel cut oatmeal.

V. **Do not eat snacks in addition to your regular meals; eat snacks in place of meals.**

*Cliff's Notes Version*

Replace fat or carbohydrates with junkfood. You may also skip carb or fat meals at different times throughout the day. Just remember that when you want to eat junkfood you need to remove a carb or fat meal from somewhere else. Replace the calories, don't add additional calories.

*Long Version*

Yes, you can replace your meals with junkfood but with a twist. **Be sure to eat your protein.** You can skip the carbs and fat but you need to get your protein in. It is often said on bodybuilding websites that you need to eat 1 gram of protein per each pound of bodyweight.

The world's greatest protein drink is liquid pasteurized egg whites that you buy in a carton at your local grocery mart. They are pure protein, they are clean and pasteurized, they are cheap enough and, more importantly, THEY WORK!

*Note - the world's greatest snack are Hardboiled Eggs.*

Sometimes I replace meals with snacks because I am on the run and can't wait for my maid to cook my chicken and rice. I will just grab 2-4 hardboiled eggs and 2 Snickers bars and go on my way. Something about hardboiled eggs really makes you full.

You can drink egg whites all day and night with no problem but after you eat 4 hardboiled eggs you are just plain full. You can cook up a bunch of hardboiled eggs and toss them in the fridge and grab a few whenever you need something to eat. And they just happen to be a little healthier than junkfood.

Next time you want to snack, eat some hardboiled eggs first (don't eat the yolks if you plan to also eat junkfood) and you will not eat as much junk as you would normally. This method is tried, true, tested and perfected by yours truly.

416
Example Meals

I. If you typically eat chicken, broccoli and rice for dinner but you want to eat junkfood what you would do is simply eat chicken and broccoli and then eat your snack, skipping the rice.

II. If you typically eat a 5 egg omelette for dinner and you want to eat junkfood as well what you can do is make a 7 egg omelette, but only use one or two egg yolks and 5 egg whites and then eat your junkfood snack.

VI. Lift weights like a man.

Obviously you should be in the gym most days per week, liftin’ weights and burnin’ cals. Cardio can be utilized if extra fat burning is required, and it is best done first thing in the morning on an empty stomach.

Personally, I don’t do any cardio and I rely on my lifting sessions to keep me fit. Unless you’re really, really super trying to get lean (or you are fat) then cardio isn’t necessary. Weights will be enough for the average fella to stay lean and mean and be able to enjoy some tasty treats every now and again.

Body of a Spartan is the best program on the planet to help you get lean and mean, and in fact I was much leaner when I was following that program than I am right now, but as long as you hit the weights with fire and energy then you should be good.

VII. Use Fat Burners.

Obviously if you want to eat junk you need to increase your metabolism.

So here’s how you do it: take 2 Red Burners in the morning.

This will give you extra energy so you can train harder in the gym, it can increase your metabolism and it can heat your body up – causing you to burn more calories.

BONUS: Coconut Smoothie Recipe.

Coconut smoothies are the most delicious drink on the face of the earth, and now you will be able to make your very own.

<table>
<thead>
<tr>
<th>Ingredients Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blended</td>
</tr>
</tbody>
</table>

1. Buy a coconut.
2. Open the coconut with a machete or chainsaw.
3. Pour the coconut water into a blender.
4. Use a spoon to scoop out all the coconut meat from inside the coconut into the blender.
5. Pour ice into the blender (1 – 2 cups).
6. Pour condensed milk into the blender (1-2 spoons worth).
7. Pour sugar water into the blender.

How? Heat a mug half-filled with water in the microwave for 2,5 minutes, put about 5 – 6 spoonfulls of table sugar into the hot water and stir it well – add this sugar water concoction to your coconut smoothie, the amount you will add is taste dependent. You can put a lid on your sugar water, put it in the fridge and use it again next time.

8. Blend, pour, drink and enjoy your fresh coconut smoothie

I always drink my coconut smoothies post workout. For an extra protein kick you can add liquid egg whites to your coconut smoothie. Egg whites do not degrade the flavor and they give you your post workout protein.

It’s a win-win situation and everybody’s happy.

Enjoy.
**18.2.2013 – The ‘Make it and Take it’ Principle of Life**

**Someone recently asked me what I think about the Law of Attraction.**

*Is it the real deal or is it New Age hocus pocus?*

The Law of Attraction is the theory that you can create what you want. It is the theory that by truly believing in the object of your desire and focusing onto it will lead to that object or goal being realized on the material plane and that negative thinking will manifest negative results.

*This can also be called visualization.*


*But I like to call it something a little different…*

But first, let’s talk about how to find your place in life. You see, people will often ask how to find their place in life. They'll say “I'm lost! How do I find myself?” And the answer is simple. You don't find your place in life.

*You make your place in life. You make it and take it. You visualize it, attract it, make it and take it.*

*That's mine and I'll have that now*.  

Make it and take it, baby. Make concrete plans now, and execute them at the appropriate time. Unbreakable confidence. And if you don't have it, get it. **Act as if**. Nothing worthwhile is going to be given to you. If it's worthwhile then someone else is holding on to it tightly, to make it yours you must take it.

If you rely on finding your place in life you'll find yourself interviewing with 22 year old female studies major Becky in Human Resources for your exciting career as an IT professional, you won't find yourself in a position as a professional writer, **professional blogger** and **killer** like ol' Big Bear.

*I didn't find this job, I took it.*

*I started planning three years ago. I visualized it and “law of attracted” it three years ago.*

For two years I didn't make a dime. One year ago I started making money and replaced my previous income. Now I live fully on **my internet income**. I visualized it for years, I knew it would happen, there wasn't a question in my mind, it was just a waiting game.

When I first escaped my **9 – 5 jive** I had been planning and visualizing my new position for a number of years as well. All I was doing was waiting for that one opportunity, like a Lion waits for a little Gazelle. When I had the Gazelle in my sights I took a bite out of its neck and didn't let go. That's the difference between the Lion and the Gazelle. The Lion will wait for the perfect striking time, the Gazelle wants it now, now, now and won't plan ahead.
When I left my 9 – 5 jive (about 10 seconds before the boss-man could fire me) I was fully prepared to be broke as a joke for as long as it took. It turns out, it only took about 2 weeks, but I was prepared to eat beans out of a damn can for as long as it took.

Listen, friends. I am not a patient man.
I am as impatient as they come, but I will wait for what I want.
I won’t settle for less.
A lot of you guys settle, and take less than what you want.
If that's what you take and accept then that is what you deserve.

There are no two ways about it, what you have is what you have attracted. If you want more then you plan for it, visualize and then go grab it.

Saying: “I deserve better!” is for losers.
Saying: “I demand better and I will have better!” is for winners.
Change the mindset, change the thought process, change your life.

Make It and Take It Tips

1. Learn the word “NO”.
Say it often. ‘No’ is a power word. You know who doesn’t say no? People pleasers. You know who says no all the time? Real dealers and ass kickers. ‘No’ comes from a position of power.

2. Stop caring what other people think.
Their opinion is useless to you, their advice is useless and their thought process is non-existent. If they didn’t see it on television then it isn’t real to them. That goes for your mommy and daddy and your best friend from childhood. Unless someone’s life is enviable to you their advice is utterly pointless and useless garbage. Unless they are doing something you want to do, don’t ask for or accept advice.

For example:

- I take bodybuilding advice from bodybuilders.
- I take business advice from successful entrepreneurs.
- I take advice about how to properly make coconut smoothies from my maid.

I don’t take any advice from fellas who wasted their lives working for some company and raising a family. I know 8 million people like that, and their advice is always the same garbage: “Get a good job, get married and save for retirement so you can live as well as me!”

Make it and take it, friends. If you want it get your feet on the pavement and get out there and get it. It’s not going to be out in the open waiting for you to find it. Whatever IT is that you want, it likes to play hide and seek with you. You’ll have to get out there and kick those rocks over looking for it, but it’s there.

The rest of the lazy bums will only look in plain sight, if you take just one extra step you will have a leg up on almost everybody on planet Earth.
And then they’ll call you lucky. And they’ll be right.

There isn’t a soul on planet earth who has good luck and a bad attitude.
Good luck men have positive mental attitudes. They will extend their arm to Lady Luck and she’ll take it with a little smile and a blush, like the good girl she is.

Victor Pride
20.3.2013 – So You Want to Be a Professional Blogger

From the desk of Victor Pride.

Alternate title – Creative steps to becoming a pro blogger

Who is a Professional Blogger? One who makes a monetary living from a blog or blogs.

“Wow, can you show me how to do that?”

That is the question I always get when I try and explain to people what it is I do for a living. I always tell them the same thing, no, but today I am going to share with you how you can become a professional blogger.

In part one of this three part series I am going to show you the mindset and the creativity it takes to become a professional blogger.

Note: when I say professional blogger I mean that you make money from your blog. I don't mean you have a loyal following, I don't mean you write controversial pieces, I don't mean you have a real witty sense of humor, I mean you make green dollars and red cents. Let's party...

I. Mindset of a Winner

Number one, ‘numero uno’, #1 needed piece of equipment for starting a pro-blog is having the mindset of a winner, right from the start. You've got to know why you are writing a blog. Don't bullshit around and say: "Oh, I'm just going to blog and see what happens."

If you want to be a professional blogger you need a reason, a plan, a strategy and a blueprint.

You have to have the proper mindset. You don't have the mindset, you don't have the fire, you won't learn it, it won't work and it will be a waste of your time. You had better make the decision to become a pro and then follow up your decision with action. It's decision time, make yours. Do it or don't do it, none of this “see what happens” bullshit.

II. Have a Voice

If you want to be a professional blogger you must have a voice. You must have something to say, you must have a position and you must be even slightly unique. You must have experience in a certain area or niche (the area you are writing about). And make no mistake about what I just said, you will be writing so you must be functionally literate. You don't need to be the world's greatest author but your writing needs to have style if people are going to read your words.

III. Have a Reason

I first started dreaming up this blog many years ago. It was on my mind for a long time, and it went through a few incarnations before I got it right.
The reason I started dreaming up the blog is because:

a. I knew I had something to say. I had a voice, I had experience, and I knew beyond a shadow of any doubt that that were men out there who were dying to read something like this.

b. I knew I wanted to transfer my income source from real world wheeling and dealing to online playing. I planned to completely transfer my income and make all my money online.

IV. Be an Authority

If you want to make money from your blog you must be an authority. No one wants to pay some schmuck to read about their journey to riches. No one gives a damn about unsure, unconfident, poor people. I'm not getting out my credit card to pay for something created by someone who is on a journey to self discovery. When I pay for something I want expert advice from a pro. I go to authority for information and I go to amateurs for a laugh.

Make the decision to be PRO.

Bush league blogs don't make the author any money.

V. Mentoring, Masterminding, Apprenticing

I always read about how great having a mentor is, or how being part of a mastermind group is so great and helpful. I couldn't say, I'm a lone-wolf and I did everything on my own. That's not braggadocio, that's a helpful tip for all the lone-wolves out there who don't have or don't want any outside involvement.

All this stuff can be learned on your own but it probably takes longer and you will have many instances where you go from screaming at your computer screen to laughing maniacally when you finally figure out some little technical task. You don't have to attend any blogging for profit workshops, you don't have to join a blogger's mastermind group and you don't have to be overly technical. Everything can be learned – SURPRISE! – right from your laptop computer.

VI. Model of Inspiration

You can model your blog on another blog and you can steal ideas from other creative areas. BUT, BUT, BUT the trick is to do it in such a way that no one notices you have creatively stolen. I have seen countless dirty and shameless ripoffs of Bold and Determined. They won't go anywhere because they add nothing of value and they add nothing different.

The idea is to copy and expand, copy but make it better or add a different flavor. Just plain copying is for the lazy and stupid. If you're morally opposed to words like “copy” and “steal” you can bless your heart and say “take inspiration from” instead. Take inspiration from great work and add your own flavor. The art of creativity is “taking inspiration” from a piece of art and adding your own flavor. The trick is to make it your own.

VII. Keep an Eye on Design

There are a bunch of good authors who write good blogs but they let the blog look like poop. This is a gigantic mistake; your blog has to look good. Just like your person has to look good, your online representation has to look good too.
Looking good instantly makes everything you do better. Your blog has to look like a million bucks if you want to go pro. I'll give you an example, a fellow called Danger and Play writes a good blog but his design looks like generic slop. If he underwent a design overhaul he would instantly have a great blog.

Update: After this article was published, the proprietor of Danger and Play took some personal design tips from me and improved his traffic dramatically in the first month. And it still continues to grow monthly because it looks good and has good content. It went from a blog with good content and a sloppy design to a world class blog just by making it look good.

Danger and Play Blog Reader Stats

You can use some sloppy, point and click layout (or “theme” as they are called) or you can spend a few bucks and make your site look good. I will go so far as to say a good looking but poorly written blog is worth more than a superbly written but sloppy looking blog.

VIII. Develop a Routine

Routine is the most important part of your work. Everyone wants to be a world travelling blogger and write from the beach and coffee shops in far-away cities. The blunt truth is that it sucks working from anywhere you are unfamiliar with. On the beach the bugs will eat up your feet and coffee shops are too distracting. You need privacy and routine to create quality work.

I am writing this piece from my MacBook Pro (no hipster in the world can do as many pullups as me) in a coffee shop in Saigon, I would 100% prefer to be at my home writing this. It has taken me over a week to write this, it should have taken me only a morning and an afternoon. Concentration is impossible when out of the normal routine. The other day I was at the airport with a couple hours to kill so I tried to get some writing done and a fellow just came and sat right next to me, crossed his legs, and started reading my words. I was flabbergasted at the nerve.

IX. Buckle Down and Get Obsessed

Early last year I spent 6 months in the States holed up working on Bold and Determined. I didn't have sex for 6 months, I didn't party, I didn't go to the movies, I didn't go to lunch with friends. I did nothing but eat, lift and work on making internet money. There were days where I looked at the clock, it would be 9:30PM and I hadn't even had a bite of food that day. It was the best thing I ever did.

After those 6 months I had a steady, livable income.

Now if I don't work for 30 days I still make money, each day I don't work I still have an income. I am now able to live completely off of the income from Bold and Determined because of that 6 month time frame. At that point the blog had been live for a little over a year and I had one very important thing: a dedicated readership. If it takes a year to build a steady readership then it takes a year, you will make nothing without readers.

Getting readers is the most important thing you can do, and for that you have to write something that people want to read OR you have to get yourself linked to by prominent bloggers.

Note: I have to thank Modafinil for that period of obsessive work.
X. Dealing with Loneliness

Something tells me that if one has the ability to create something out of nothing, then that person has the ability to deal with loneliness. And if you don’t have a job you rush to everyday, if you work from your home like I do then you can expect to experience loneliness. When you do things out of the ordinary you don’t exactly relate to most people and vice versa.

XI. Play to Your Strengths

You'll never see daily posts on Bold and Determined because I'm not a talker. The same type of people that can open their mouths and talk a mile a minute are the same type of people that can write post after post, article after article, day after day. That's a strength that they have, and maybe you have it too, but if you don't have it there is no need to fret.

Daily posts simply aren't necessary and if you aren't the right type, a talker, they are detrimental.

My writing schedule has evolved (or devolved) into a very simple process: if I have something to say, I say it. If I don't have anything to say, I don't say anything. I won't write about my lunch just to have something to write about it, and you shouldn't either.

XII. Be Prepared to Expose Yourself

It doesn't matter what you write about, your words will expose you. The world will know you. They will have access to the depths of your heart and soul. If you want to connect with your readers you will have to give a piece of yourself.

XIII. Two Types of Professional Bloggers

There are two types of pro-bloggers: talented artists and talented networkers. A talented artist creates good written content and a good networker gets themselves linked to by many other prominent bloggers. I'm not pooping on talented networkers, they are go-getters and they get after what they want.

They aren't creators so I don't read the poop they come up with BUT they have strengths and they play to their strengths and a lesson can be learned from them. You've got to play to your strengths; if your strength doesn't lie in creating quality art then you've got to use whatever is at your disposal.

If YOU have a voice, a fire, a reason, a stance AND you have the go-getter ability of the networkers you will have something nice to play with.

XIV. It Takes Time

Time plus effort equals results.

You've got to put in that time before you get yourself a paycheck. Cliches are cliches for a reason, they are often true. It takes time, so keep at it and do not give up. You won't make any money your first week, month and probably you won't make any money for over a year. Big deal, you're building something and that takes time. If you don't want to wait go and play the lottery and talk about how lucky people with money are.
**XV. Walk the Walk**

If you're writing about fitness you should be fit, if you're writing about money you should have money, if you're writing about feminism you should be 200 pounds overweight and single. You've got to be believable and you've got to walk that walk.

*A little bit of authenticity goes a long way.*

**Victor’s Personal Advice**

Nearly every article on the face of the earth written by a pro-blogger about “How To Become a Pro Blogger” is written by the talented networker type. Their advice is always the same – network, network and network. That method works but it's all a bunch of worthless articles linked to other worthless articles.

**My advice here, more important than anything else, is to create the best articles you possibly can.**

The blogging world is mostly a bunch of talentless people jerking each other off and sending each other scraps and leftovers. Most male bloggers are limpwrists and for some reason they all idolize this blog Zen Habits and the author Leo Blablalah. I hate that blog, the writer is fat and always talks about health and he talks with a lisp.

Nearly every blog on the planet that is successful is written by a limp wrist and they blog about limp wrist interests, like running marathons in India and stopping at every monastery along the way to have an authentic vegan brunch.

**This is my own personal recommendation for starting a blog: add some testosterone. I'm sick of reading girly poop written by males.**

**Now howl at the damn moon and get to writing.**

OWWWWWWWWWWWWW!

*See also: So You Want to Be a Professional Blogger Part 2 and Part 3.*

**Victor Pride**

Start your blog at BADNET and you'll know you're starting your blog the right way. *We show you step-by-step how to start a money making blog (and we even do the work of starting it for you).*
In the first installment of this series we looked at the mindset necessary to unlock the corporate shackles loosely placed around your hands and feet. Just like the Elephants who believe they aren't strong enough to break through some rinkity third world shackles, most people believe there's no way they can break free of the 9 – 5 jive and make money doing something out of the ordinary.

Sour news friends: that's absolutely true for most people. The majority won't ever accomplish anything.

BUT (!) since the readership of B&D is filled with risk takers there is a good chance a certain percentage of readers, the ones with an interest in blogging, will be able to accomplish something. But why the heck would you want to become a pro-blogger? The obvious reason anyone would want to become a pro blogger is the amount of freedom it gives you.

Say goodbye to sitting in traffic at 8AM, yelling at all the morons who can't drive while sipping your McDonald's orange juice and munching on a sausage biscuit with cheese, cursing God. I can't even remember the last time I was stuck in traffic at 8AM or 5PM. At 8AM every morning I'm at my desk sipping coffee, at 5PM, well, no matter what I'm doing it isn't sitting in traffic waiting to get home after a hard day of office gossiping.

Technical Tools and Rules You Will Need To Start Blogging (Like a Pro)

1. **NO FREE DOMAINS AND NO FREE HOSTING!**

Absolutely, positively without question – YOU NEED YOUR OWN DOMAIN NAME AND HOSTING.

Save yourself time and money and just use BADNET right now to get your domain name (free), your hosting and BADNET will set up your blog for you (no cost to you). There are websites like wordpress.com (not to be confused with wordpress.org) and blogspot.com that will give you a free domain and free hosting.

For example, if I did that my domain would be boldanddetermined.wordpress.com.

This is what amateurs use.

If you want to be a pro you need your own domain name and your own, NON-FREE hosting. When you use free hosting services this is what you are saying to the world: “I do not believe in my vision enough to invest $7 in a domain name and $7 a month to host it. Therefore, you should not believe in me either”.

Anyone who cannot afford a $7 per month hosting plan does not have anything valuable to offer, and that's the truth. Those free hosting sites will limit the advertising you can place or in some cases they do not allow you to place any advertising at all, and they go ahead and place their own advertising and make money off of your stupidity for using their “free” service.
Free sites are **LIMITED** in what you can do and you are at the mercy of their terms of service. Just say no to free hosting and take control of your website. Limits are for people who want them. When you have your own domain and your own private hosting you control everything and your options are limited only by your imagination.

A dot com domain can be purchased for $10 or less (free with BADNET service) and a standard hosting plan costs $4-$7 per month and you can host unlimited sites. To want to be in the online world but not have your own hosting is sheer stupidity. Stay in the bush leagues if you want to write about nonsense but if you’re a serious man you just need to get a hosting plan, put it on auto pay and forget about it.

**NOTE:** Bold and Determined now offers a free WordPress installation service and many other blogging goodies. It’s called BADNET. Start your blog at BADNET and you’ll know you’re starting your blog the right way. **We show you step-by-step how to start a money making blog (and we even do the work of starting it for you).**

Make the Right Domain Name Choice

Picking the right domain name is highly important. Your domain name is ‘numero uno’ about your website. It has to be memorable if someone is going to remember to type it into their address bar and visit you again.

A poor domain choice is the most easily fixed and the most widely made mistake new bloggers make. Your readers need to find you easily by typing your domain name into their address bar. If you pick the wrong domain they won’t find you.

If you pick some silly name that is hard to spell or remember they will not find you. They’ll type the address in a few times; if they can’t find it they’ll Google it a few times. If they can’t find it that way they’ll never find you AND they’ll be mad at you for picking such a stupid domain name.

Make it EASY for Your Readers to Find You!

Bold and determined dot com is an easy domain to remember, easy to read and easy to type. Even the dimwits who failed English class and Google “bold and determine” are still able to find the website.

<table>
<thead>
<tr>
<th>The 5 Rules of Picking a Proper Domain Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. It must be a dot com.</td>
</tr>
<tr>
<td>A dot com is the default, everyone knows dot com and when you say website the first thing people will think is “.com”. No one defaults to dot org, dot net, or something cute like a dot me.</td>
</tr>
<tr>
<td>II. It must be easy to read and easy to remember.</td>
</tr>
<tr>
<td>If they can’t read it or remember it they won’t be able to come back.</td>
</tr>
<tr>
<td>III. It must not be a free site like boldanddetermined.wordpress.com or boldanddetermined.blogspot.com</td>
</tr>
<tr>
<td>Picking a free site says you do not value your own website enough to spend 7 dollars on a domain and 3 dollars per month on hosting.</td>
</tr>
<tr>
<td>IV. It must be easily spoken and it must make grammatical sense.</td>
</tr>
<tr>
<td>For example no one would say determinedlybold.com, that would be a stupid domain name.</td>
</tr>
<tr>
<td>V. It must not have any numbers (1, 2, 3, one, two, three) or dashes (-).</td>
</tr>
<tr>
<td>No one can remember that nonsense. No one can remember if the number is spelled or typed as a number, no one can remember where the damn dash is and no one is going to type that nonsense into their address bar. bold-and-determined.com would be one of the worst domains in history. Make it EASY! Several weeks back a snake oil salesman came to leave me a spam comment to try and get some traffic to his site. I followed his link and what I saw shocked me. He had the worst domain name I have ever seen and for a month I have remembered how stupid it was. It was called 8elementssofwellness.com. He stupidly replaced an “8” with a 3 and now it looks like gibberish unless you concentrate. If one were going to try and return to his site they would be lost trying to type in that nonsense.</td>
</tr>
</tbody>
</table>

426
2. **Use WordPress**

WordPress is the greatest and best blogging platform in existence and it's free. BADNET will set up WordPress for you free of charge.

[Click here to use BADNET.](#)

3. **Capture E-mails From Day 1**

Anyone who has ever worked in sales knows you need one very important thing to make money – leads. The blogging for profit model is similar to a sales job. If you don't capture leads and if you don't turn those leads into sales you don't eat.

**In the online world email addresses are your leads and they are very important to your business.**

You need to capture the email's of your readers right from the start so you can inform them of any news, products available, etc. You can also send them new posts via email so they don't have to keep checking your site for updates or, even worse, forgetting about your site altogether. RSS is dead and email is the way you need to communicate with your readers.

I use [Mailchimp](#), which is free for up to 500 subscribers and will allow you time to build your email list and not spend any dough. They will database all of your subscribers and you can easily set up an automatic new post to email feature.

4. **Make Your Blog Look Good**

Got to look good. Looking good makes everything better and easier. Good looking people have an easier life than ugly people. Good looking blogs have better traffic than ugly blogs, even if the “insides” aren't great.

I'm white, tall, handsome and muscular and I can say without hesitation that on the inside I simply don't care about most people. It doesn't matter how great my “insides” are. Everyone can see me and they treat me well. Walking around Vietnam they treat me like I'm the second coming of Superman, like I'm on holiday away from the hustle and bustle of Krypton. If I were a fat, black midget with a heart of gold they would probably spit on me.

5. **Appearance Makes All the Difference In the World.**

For my blogs I have been using the Genesis framework and I buy “child themes” from [Studiopress](#) and I have been extremely pleased with my purchases. They look phenomenal and there is no extra backend coding required. Currently I am using [metro theme](#) and it's the first time I have never had to do any additional backend coding work on a theme I didn't design, usually I spend hours tinkering with the code trying to get everything perfect.

6. **Keep an Eye On the Numbers**

You will want to know how many visitors are coming to your site and how they are getting to you. The easiest, simplest and free way to find out is to use [Google Analytics](#). One look at analytics and I can see how many visitors have stopped by in any given day, week, month or year. I can see that I get over 5,000 unique visitors every day and on my busiest day I received over 36,000 unique visitors.
The Cost of Pro Blogging

The cost of pro blogging, when you are just starting out, is minimal. It can be done for under $10 per month. Currently I pay over $300 per month but it took a couple of years before that cost was necessary. The real cost is time. If you are going to blog anyway, and spend all your time doing it, you may as well make some dough.

Cliff’s Notes For the Impatient

1. Use BADNET to set up your domain and hosting plan.
2. Install WordPress and the proper plugins (let BADNET install for you here).
3. Install a good looking theme.
4. Open a free Mailchimp account to snag email’s.
5. Open a Google Analytics account.
6. Write the world’s greatest content.

8 More Pro Blogging Articles You Need to Read:

I. So You Want to Be a Professional Blogger Part 3
II. How to Start a Blog That Makes Money Forever
III. How I Make 10k Per Month Online
IV. How to Make Money By Being Yourself
V. So You Want to Be a Professional Artist
VI. How I Started the Best Blog in the World and Made it Profitable (Victor Pridecast EP. 1)
VII. YOU, INC. by Professor Victor
VIII. 13 Reasons You Should Start An Internet Based Business

That’s it, boys.

Victor Pride

Make money even while you’re playing on the beach, but not until after you put in the work.
Money is freedom and power.

I used to be a bit of an “easy-going, go with the flow” kind of guy. Do you know what happened when I started making money? I started getting things my way and I started saying no a lot more. I became much more demanding. Money is power.

What I do now, write words on a computer screen and receive money back, is FREEDOM.

In my last gig I was tied to a metropolitan area. I made better money than I do now, and would have become wealthy had I stuck with it, but I was tied to a certain city and I wanted freedom more than I wanted a million bucks. Now when I look around I am truly amazed at what I have and where it came from. A religious man would say I am blessed. A lazy man would say I am lucky.

I would say I am creative. Not in the sense that I am a great artist or that I'm super talented at computing or that I'm too cool for school. I am creative only because I created what I wanted. If I can do it then certainly a percentage of other men can do it as well.

“What one man can do, another can do.” – The Edge

OK, friends. Let’s not beat around the bush anymore, let's talk about money and how to acquire some of it from your blog. There are 3 basic ways to make money from your blog.

1. Selling advertising
2. Affiliate marketing
3. Creating and selling your own product

Before we review each step, let me ask you two questions.

a. What is the most important day of the week? Monday, of course.

b. How do you wake up on Monday feeling refreshed and energized? You check your email accounts and see how much money you made while you were farting around over the weekend.

The greatest feeling in the world is seeing a bunch of dollar signs waiting for you. And if you don’t have any dollar signs waiting for you when you wake up, it's time to create some.
1. Advertising for your Blog

You get traffic, you place ads on your websites, people click those ads, and you make a percentage.

I don’t rely on this model, I hate advertising for other people’s products and you will not see many ads on Bold and Determined except for products available exclusively through Bold and Determined.

There are 3 types of advertising you can place on your website.

I. You can sell adspace for a set monthly price.
II. You can place ads where you get an amount of money each time someone clicks on the ad.
III. You can place ads where you receive a commission from any sale that came from the advertisement.

Many people choose to run Google AdSense, which I believe is a truly stupid waste of time and resources. With Google AdSense you can only make pennies and you need HUGE traffic to make a living AND you are sending your readers AWAY FROM YOUR BLOG TO A POSSIBLE COMPETITOR. You want your readers to stay on your website, not to be so damn bored they click on an obvious ad to try and find something better. Google AdSense also looks extremely ugly and your blog needs to look good.

Google AdSense is pointless for bloggers.

There’s a blog called Expat-Chronicles which is a perfect example of what not to do. The guy is a VERY entertaining writer but he isn’t doing many things right to make a nice living. For example he had this to say about Google ads: ‘I have Google ads on this site, and they pay about $100 every three months. That’s $400 / year, MAX. And that’s five years after starting.’ He makes a piddly $400 per year on Google AdWords but, get this, he has Google AdWords in 3 (THREE!) prominent locations on his blog, cluttering up the layout and making it look like poop. All for a dirty, tiny $33 per month. I make much more than $33 per day and I don’t have any Google ads, or even any ads at all.

Google ads can and should be REPLACED. Everyone on planet earth knows what a Google ad looks like and they aren’t being clicked anymore. If I were the writer of Expat-Chronicles I would yank all the Google ads and replace them with ads for my own product. $33 per month is pointless and to have 3 spots for pointless ads is, well, also pointless.

Advertising Tips to Remember

It is best to LIMIT your number of ads, rather than plaster ads everywhere. If you have a choice between chocolate ice cream or vanilla ice cream that’s a very easy choice to make, and I will have vanilla 10 times out of 10. If you have a choice between 37 flavors of ice cream your brain is overloaded with choices and options. If you see 500 different ads flashing in your face you don’t want to click any, but if you only see one or two it’s an easy choice to click and see what the fuss is about.

Simplicity.

There isn’t a need for complication. Make things easy, don’t give too many options. When you go to McDonald’s you know you’re getting a cheeseburger and fries, when you go to a Chinese restaurant you have no idea what you’re getting, they all have 100 options on the menu. Too many choices equals no choice made. Make the choice for your readers, they are relying on you.

If you want to get jacked like ol’ Big Bear then pick up Body of a Spartan. If you are feeling like poop and not accomplishing anything then pick up 30 Days of Discipline and start kicking ass. Those are your two options. It’s not worth those few pennies that Google will pay me to take you away from my site.
2. Affiliate Marketing

Affiliate marketing is terrific. You refer a product to someone and you get a percentage when they purchase. This model has worked since the dawn of money. You bring someone to me, they buy what I have, I give you a cut. If you like a product, surely a percentage of your readers will like the same product, so if you promote it and some of your readers purchase then you make a percentage of the sale. This is win-win for everybody.

The world's biggest and best affiliate marketing product website is clickbank.com. I have been using ClickBank for a long time and they have never done me dirty and have always paid me on time. This is BIG in the internet affiliate marketing world, making sure you get paid. With many fly by night operations and horror stories of shady operations that never pay you you have got to make sure you deal with reputable companies. If you want a product to promote, you can be sure you will be paid your earnings with ClickBank.

Some other reputable operations include Commission Junction and ShareASale.

How do you find a product to promote?

Simple. Only promote what you use yourself. Go to the website of the product that you endorse and search near the bottom for an “affiliate” link. If there is no option to sign up as an affiliate put your game face on and send them an email asking if they have an affiliate program.

In the past I promoted a product called Superdrol. It's a product that I believe in for one reason: it's the most potent muscle building hormone on the face of the earth. It is now illegal and if I could go back in time I would buy 50 bottles of it. I feel comfortable promoting it because I used it myself and it worked unbelievably well.

Promote products you use and believe in and you can sleep well at night. I believe in killing with a conscience. When you do anything and everything for a buck you are always going to be struggling, but when you are genuine and believe what you say it will be obvious to everyone else. I'm even swayed by this. When someone who's opinion I respect speaks favorably about a product I run out and buy it.

3. Creating Your Own Product

This is the best choice for bloggers and the method that I believe in the most. You can create as many products as you want, of course, but it seems to me the fewer options the better. One or two flagship products works well for me. Your own product is the representative and embodiment of your website and your philosophy and you should go above and beyond what is available for free.

Creating E-Books

The cool thing amongst the cool bloggers is to say: “Don't sell e-books! That's so gauche!” I have seen many of those too cool for school bloggers up close and personal and they are all skinny hippies with dirty hair and their too cool for school nonsense is irrelevant. E-books are books, simple as that, and books are great. Reading and learning is for winners, being too cool for school is for nerds. The only rule for creating an E-book is that you should know what you are talking about.

Walk the walk before you talk the talk.
For some tips about how to create an e-book check out How to Write an E-Book for Fun and Profit (10 Easy Steps to Creating Automated Income).

For some tips about how to sell your product be sure to read Ca$hvertising by Drew Eric Whitman and The Ultimate Sales Letter by Dan Kennedy.

Creating Technical Products

You can create other things like “apps” or themes, but I can't tell you how to do that. I'm not up to date and hip on all the new technology. Just last week I purchased a smart phone for the first time in over two years, after my dumb phone stopped working.

I used my new piece of technology today to take a picture of myself at the gym and was a little startled to realize the feminist harpies were right, I do look like a caveman, and cavemen don't give advice about technology.

Check out Brian Gardner for an example of a blogger who also creates and sells technical products. The guy creates the best WordPress themes I have seen, see StudioPress, and has a great blog as well.

There are unlimited products you can create and monetize; you are limited only by your creativity. All you’ve got to do is get to creating. Make your blog exciting. Make the titles exciting. Make people want to read. Give away valuable information.

Do your creating, and you will have your own little ATM machine.

Start your blog at BADNET and you'll know you’re starting your blog the right way.

We show you step-by-step how to start a money making blog (and we even do the work of starting it for you).
Friends of Bold and Determined, you may have noticed a dearth of posts in the last 6 months. I took a detour into bodybuilding, with all that entails, and as I have said many times multi-tasking is for girls.

You do one thing until you have it complete and then you move on. My build is now how I wish it to be, more or less, and during that time my business grew and supported me with no hiccups. All is well.

Now...

This month I have had to make the decision many times to either renew some domains I purchased one year ago or to drop them. I ended up dropping a ton of domains, because they were quite stupid, but it reminded me of how motivated I was one year ago.

One year ago I was beyond determined to make my money 100% online and to make Bold and Determined my lifeblood money maker. And I succeeded. I have been able to do minimal work for 6 months and not only make a livable income but my business actually grew during that time. I can quite literally do nothing for a month and have money coming in. Not working is fine and dandy if you have other endeavors you are working on, say taking your bodybuilding to the next level, but one has to realize that having a great build is not the most important thing in life.

The most important thing in life is having an ever-increasing stream of money, security and freedom and having a reason to require money, security and freedom.

The future is coming for all of us and each of us should be prepared. And as far as I am concerned men should be constantly building, and for the future an empire should be built. To me, building an empire is the only worthwhile life goal.

Follow the lead of the great Arnold Schwarzenegger. He built the world’s best body, but he was not satisfied with merely being a body, he went on to create an empire and no matter how much of a liar he is, no matter how much of a sociopath he is, no matter how out of his mind on steroids he is, no matter how many maids he fucked he is still an admirable man worthy of study and emulation.

It has recently come to the forefront of my mind that my mood is directly influenced by money. How much I have right now, how much I have coming to me, how much I plan to make, how much I need to spend, how I will acquire it etc.

After having this revelation it has occurred to me that the only thing I care about is this: seeing dollar signs in my email when I wake up in the morning.

More important than how great my abs look, more important than how full my upper arms are, more important than how good my girlfriend sucked my dick, more important than good news from friends and family, more important than anything, for my mood, is how much money is coming to me and the process and building up that money.
If I don't make as much money as I want then I am in a dark mood and the remedy for that dark mood is $, just as the remedy for hunger is a plate full of chicken and rice. Many will say silly things like: “Well, you should just be a man and get your emotions in order and never show anger.” My emotions are in order, when I don't have the money I require I get angry and volatile, I don't fix that by shrugging my shoulders and saying: “Que sera, sera,” I fix it by making some money.

If you do not have what you require you should be mad as hell until you fix it.

If I don't wake up in the morning to an email full of orders I am not going to be in the best mood possible and just as when my belly is hungry I can be volatile. When I am well fed then I am calm, cool, pleasant and happy. The obvious solution to always be in a great mood is to constantly be improving the money situation.

Money buys freedom.

Freedom from calling another man boss, freedom of location, freedom of time, freedom to say “no”, and freedom of anxiety from not having any money.

“You have just received a payment,” is music to my ears. And if that email says something else, well, I just don’t care. There is a lot of this: “Stay hungry. Always be hungry,” type of mindset which I do not necessarily agree with. It is impossible to be well fed and hungry. If you’re hungry, you eat until you are full. Being hungry sucks.

I say Always Be Building.

You don’t have to be hungry to be a builder; you just need a goal, a commitment, time and a reason. Take as many detours as you like, but keep that end goal firmly in your mind. Right now I make 3.5 grand per month doing nothing because of what I built 2 years ago, 1 year ago, 6 months ago, and even the work I did these past 6 months. Now I expect to make 8+ grand per month doing a lot more work.

For the fellows interested in how I do it I basically spelled out my entire game plan in the So You Want to Be a Professional Blogger series. What I did was not hard, I don't like hard work. I like simple and I kept it simple and maybe more importantly I enjoyed what I was doing so much that I would even forget to eat.

The simplest thing in the world is to do your duty day in and day out, time after time, day after day until it is where you want it to be.

That’s all I did, I kept at it for 2 years until I had it where I wanted it, and right at the end of those two years I kicked it into overdrive. Routine, overdrive, routine, overdrive, relax, overdrive, routine. This is how you build something special. Make one dollar this week doing something new. Make two dollars next week. If you can make one, you can make two, if you can make two you can make four. If you can make four, well, you can make anything.

I’d say good luck but it would be a lie; luck is made by you and you only. All that luck shit is in your head, consider yourself lucky and you will be.

I’m the luckiest man in the world and I mean it.

Victor Pride
May – 2013

10.5.2013 – How Money Can Naturally Raise Your Testosterone Levels

The more money you have the more of an alpha dog you are.

I used to be a real down to earth, go with the flow: “Yeah, hey man, it’s whatever,” kind of guy. I was also poor. When I started making money I started demanding things and I started getting things done my way. I started saying: “No,” as easily as most people say: “Yeah, uh, I guess that’s ok…” I went from an average of a few hundred dollars in my bank account to having an average of 10, 20, 30 or 40 grand with more always on the way. And guess what happened? I stopped taking bullshit. I make a lot less money now but...

A. I make enough so that I am completely free to go anywhere.
B. I have zero debt and my monthly expenses are less than a grand.
C. I can afford to purchase anything I want and I don’t worry about putting food on the table.

Do something I don’t want to do? Not even an option.
Someone telling me what to do? No.
Relying on other people to pay me? Nope.
Following the schedule or plans of others? Negative.
My word goes? Yes.

You want to increase your testosterone but you are scared of the needle?
Make more money. Money will make a man of you.

When you've got money in the bank and a pocket full of cash you don't accept baloney. When your waiter brings you the wrong meal, instead of saying: "Oh, it’s O.K. I guess. I'll just eat this,” you'll say: “This isn’t what I ordered. Take this back and bring me my steak and baked potato,” and you'll say it without apology and without pleading.

You'll stop asking permission and you'll start demanding.
You won’t ask, you will tell.
When you have money you have balls. You are in control.

A lot of males are scared of money and scared of success. They'll say things like: “I would NEVER do that just for money! I would NEVER try and make money from that!” They say this baloney, and act this way, to feel morally superior. Morally superior in their poorness. Good for them. That makes it easier for the rest of us who aren't afraid of money. That makes it easier for you to become a big dog. Acting moral is the act of being the best at following orders.

The most “moral” people are the best order takers.

When a person brags about being too moral they are bragging that they do what they are told better than you. And you should be happy for them, the world needs customer service representatives and IT professionals to help fix your computer.

“I do everything I’m told and I never get ahead! I just don’t understand,” they always end up saying.
Tough one to figure out, isn’t it boys?

I'll have to ponder that riddle over the weekend and see if I can possibly find an answer.

See you Monday.

Victor Pride
Big arms.

We all want them.

Every day in the gym you'll see fellows pounding out curls for the girls, trying to build up their arms.

The thing about arms is that for some guys they are easy to build, for other guys they are hard to build. Next time you are in the gym you can take a look around and you may notice a few things.

1. Guys that have big arms will typically have a small chest and will typically have narrow clavicles.
2. Guys that have big chests will typically have small arms and will typically have wide clavicles.
3. Guys that have both big arms and big chests look phenomenal, but they are few and far between.

Personally, I fall into the big chest, weak arms category. My biceps just don't like to grow. Not to mention my arms are long as hell, like the wings of an Eagle. I don't have any sort of biceps “peak” whatsoever and my wrists are so small that my 85lbs girlfriend can almost wrap her thumb and middle finger around them.

I was not blessed in the arms department. Even with this lack of “arm genetics” I have built my arms to a decent size and routinely receive compliments about them. I believe I have found the solution for building big arms even if your “arm genetics” are subpar. That solution is building thickness. Since my arms do not have any sort of nice shape or impressive peak, and never will, the only thing I can really do is make them as thick as I can.

The way you build arm thickness is... HAMMER CURLS!

Hammer curls will build thickness in your brachialis and brachioradialis muscles, making your arms bigger and thicker, even if they don't have a good “shape” to them.

I. Hammer Curls.

They are called Hammer Curls because you hold the dumbbells like you would hold a hammer. Perform hammer curls one arm at a time, left arm, right arm, left arm, right arm repeat. Like you're hitting a nail with a hammer, but slower. Be sure to squeeze your upper arms at the top of the movement for maximum pump effect.

I like to finish my arm workout with 2 – 4 burnout sets of hammer curls. The best rep range is 8 – 12 reps. You want to pick a weight that is challenging but one that will allow you to get all your reps in. It is perfectly acceptable to cheat on the last 3 – 4 reps of your set. I can now do this exercise with 75lbs dumbbells for 10 – 12 reps, but I will usually stick with 45lbs dumbbells for my sets. Pick whatever weight is challenging for you, doesn't matter if it's 25lbs or 45lbs or if you use pink dumbbells.

This exercise is more about the pump, it's not a strength exercise, and you should feel a tight pump at the end of your sets.

II. Take the Right Supplements.

There is only so much size and thickness you will build naturally, and if you have been training hard n’ heavy for 3+ years you have likely reached your genetic limit. To put on size over your natural limit you will have to use not-so-natural methods. There are over the counter supplements available at RedSupplements.com that will put slabs of thickness on you, but they are no joke products like creatine or protein powder. Some of them are real deal hormone manipulators and should not be trifled with. Before you use any supplement that actually works you should have been lifting for 3+ years and minimally 22 years old and you should be serious about getting bigger.

If you don’t have a real interest in getting mucho bigger you can skip this step.
III. Shave the Hair On Your Arms.

One tip to make your arms look bigger and badder...

SHAVE THE HAIR!

I know it sounds gay but I don't care. Hairy arms hide the veins and make your arms look dirty. I have hairy arms, I had hairy arms for damn 30 years, I shaved them finally and they started to look good. My arms never looked good until I shaved the hair and then they instantly looked good.

Rather than shaving all the time you can use a hair removal cream called Veet to remove the hair. You simply rub on the cream, wait 10 minutes, and then scrape off the hair with the scraping tool that comes in the box.

I suggest you have your girly friend do this for you because it's boring but she probably enjoys doing things like that. You can purchase Veet online or at any local drug store or supermarket.

An Example Workout Routine for Bigger Arms

I will typically work biceps and triceps together, I don't like hitting biceps one day and triceps another day. Arms are arms and I work them as a whole. For biceps and triceps I will typically start out with one exercise I can go heavy on, pyramiding weight up with each set for one final heavy set. Then I will drop the weight down for my next 2 – 3 exercises and concentrate on the pump.

<table>
<thead>
<tr>
<th>Biceps</th>
<th>Triceps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbell Curls</td>
<td>Close Grip Barbell Bench Press</td>
</tr>
<tr>
<td>1 set by 20 reps, 1 set by 15 reps, 1 set by 12 reps, 1 set by 10 reps, 1 set by 8 reps with weight going up with each set.</td>
<td>1 set by 20 reps, 1 set by 15 reps, 1 set by 12 reps, 1 set by 10 reps, 1 set by 8 reps with weight going up with each set.</td>
</tr>
<tr>
<td>Dumbbell Curls</td>
<td>Skullcrushers</td>
</tr>
<tr>
<td>3 – 4 sets by 12 reps.</td>
<td>3 – 4 sets by 12 reps.</td>
</tr>
<tr>
<td>Hammer Curls</td>
<td>Rope Pulldowns</td>
</tr>
<tr>
<td>3 – 4 sets by 12 reps.</td>
<td>3 – 4 sets by 12 reps.</td>
</tr>
</tbody>
</table>

... and that's all she wrote, bub.

Arm day is finished and now you can go enjoy your coconut smoothie with added egg whites.

If you've got an arm workout that you are already happy with just toss in a few sets of hammers curls at the end and thicken those guns up. With a little down and dirty American work ethic and proper supplementation you can transform those spaghetti arms into something you can be proud of.

Until next time,

Victor Pride
ABC.
The most important rule for being a winner.

Always.

Be.

In

Control.

<table>
<thead>
<tr>
<th>ABC.</th>
<th>Always.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Be (In).</td>
</tr>
<tr>
<td></td>
<td>Control.</td>
</tr>
</tbody>
</table>

Be in control of everything in your life, leave nothing in the hands of others, and always keep options. Control your money, control your earning, control your woman. Leave nothing to chance when it can be controlled. You have to have money and money making ability to control your life. You cannot be in control if you're broke, you cannot be in control if you beg your boss for your bi-weekly paycheck that has been thoughtfully taxed in advance for you.

I. Control Your Earning.

When you have a job as a wage slave you don't pay taxes. You aren't a taxpayer. They take taxes. They say: “Oh, that's mine. Here, you can have the leftovers.” And, as a wage slave, what do you always say? “Damn taxes! Barely leave me any room to breathe,” and then you dutifully go back into work day after day, again and again, complaining the whole time, and waiting with your handout for your de-taxed paycheck.

When you are in control of your money, as in you do not have a boss, you pay appropriate taxes. Taxes are not taken from you they are given. As a self-employed man of destiny, an entrepreneur, you control how much or how little you earn. You don't call anyone boss, you don't run in fear of disappointing your boss.

The world is on your shoulders, and that's the way it should be.

II. Control Your Money.

Never leave all of your money in the hands of others. Never fall into the trap. “Oh, I have a company 401k, I'll be fine.” With your money and your future you've got to take action and keep a watchful eye on your money and not let a team of complete strangers control your investments.

What is it they say? Don't put all your eggs in one basket. For your money you can multiply that rule by 1000. Never, ever, ever, ever keep all of your money in one spot. It cost me $7,000 to learn this lesson and it was worth every penny because I didn't lose $70,000 or $700,000.
Always keep multiple bank accounts with a balance and always keep cash around the house. Cash is king and you never, ever know when your bank accounts are going to be inaccessible. Put your cash in a safe or otherwise hide it.

**It pays to be a little paranoid because you never know what will happen.**

When I was in China my bank just decided to close my account. Huh? Yeah, it's just closed now. I called them to get it fixed and they said sure, no problem, just come in to the nearest branch and we'll get it fixed. Oh sure, I'm only 7,000 miles away. I lost a dollar for every mile through late payments because it was a business account and obviously business payments stopped until I could get it fixed. Thankfully I was ok because I had another bank account and I had cash, but I was still out 7 G’s. Because of that little lesson I now have 7 bank accounts spread across 3 countries, an additional two nominee bank accounts, credit cards and prepaid debit cards. I keep balances spread out, I am not playing around and you shouldn't either.

**Never let one bank control your finances.**

**III. Pay In Advance.**

Whenever you can, don't pay anything on credit, do the opposite and pay everything in advance. Don’t put anything on credit. When you have bills you are a slave. Pay everything in advance and you have peace of mind and no one is going to give you the old “you owe me money” bit.

**Paying in advance is power, paying on credit is slavery.**

Think of a credit card only as a delayed payment debit card. I have my gym membership, my web hosting and one other bill directly billed to my credit card every month and I pay it each month before any interest is due.

You can also use your credit card to take advantage of frequent flier miles and other nice programs, but never, ever, ever use your credit card just to buy stuff you can't afford to pay cash with. IF! you are to use credit cards it should only as a strategy to build your credit or to get a bunch of free stuff with your credit card points.

**IV. Live Below Your Means.**

You don’t have to live like an animal but you should not be stressed or anxious about paying your monthly bills. If you pay everything in advance you don't even have to worry about the big bills. But if you aren't in a position to pay everything in advance you need to choose your home and your automobile wisely.

**A house and a nice car is not worth the anxiety if you are living beyond your means.**

Always pay cash for your car. I had a 5 year note on my pickup truck, that's 5 years of payments to drive from A to B. Never again will I have a car payment, and since then I have bought 3 or 4 cars and always paid in cash in full. A car is a car is a car, paying monthly when you can pay once is stupid. If your car costs 2k or 30k it doesn't matter, only buy what you can afford. If all you can afford is a 2k car then buy the car and work your ass off until you can buy that 30k, 40k, 50k car.

**Let that motivate you to achieve but don't go beyond your means.**
Back in the States I had a $1600 mortgage for a 3 bedroom house. It's stupid to pay so much for one person so I rented a room out to a local college kid and got a little money back. Now I have a central condo in a large city and my rent is paid up through the end of the lease and I have less stress.

You need to live below your means so you have some padding in case of hard times, especially if you are an entrepreneur. As an added bonus when you live below your means you have money to buy anything you want. When I had a job and a set income I was always poor and had to save up to buy anything. Now I don’t “save up” for anything, if I want something I just buy it. That's because I live below my means and don’t spend haphazardly. In a regular month I buy food at the grocery store and pay monthly bills like electric and internet.

I'm not throwing money away on a car payment, house payment, the newest electronics, restaurants, or all that stuff that today's modern enlightened man can't live without. That means when I want to buy something I just go and buy it and don’t fret. When I want to go on vacation I just go and don't worry about saving pennies. Of course it should go without saying when I buy something or go on vacation I always search for the best deal.

V. Control Your Intimate Relationships.

Getting married is an act of surrender, of defeat. When you get married you give 100% of your power to a woman. Women only respect you when you have power over them. That is as true today as it was in 1950 or 20,000 BC.

That's why married men walk around like broke-dick dogs, because 99% of them are broken dogs.

That's what happens when you give your power away. A married man has no power whatsoever, his wife and the courtroom have 100% control over his children, his income and his assets. In return for what? There isn't a single benefit for a man to get married. When you get married you sign away control.

What is it the feminist pigs always say? It's not the 1950's anymore! And they're right. You don't have to have a job, you are free to do as you wish, to go where you wish, to make as much or as little as you wish. Today anything is possible.

The irony is that living like a modern man, in debt up to his eyeballs, married to a good for nothing slob, working a job he hates, fat as can be on his way to diabetes, is probably a lot worse than a life in the 50's.

Personally, I live a sort of alternate reality version of the 50's. I keep a woman around and pay all the bills and she does 100% of my housework and everything else I tell her. I rely on her to cook, clean and suck. She relies on me for safety and security. That is complete control and I could find a new girl in a nano-second but I am happy and she is happy so there is no need.

Now I know there are a great many websites telling you to never, ever provide for a woman, never be a beta provider, never give money yadda, yadda. These websites are written by guys who have a very hard time attracting women but they are 50% right.

I would NEVER give money to or financially support a Modern Western Woman. If I were a western man I would be a cad until I found a non western, non feminized, non empowered, non undignified woman. If you find the correct woman it is not only acceptable to provide it's also the only way to have complete control of your relationship.
The reality is that money is power, women are attracted to both money and power and when you are the sole source of $ for a woman you have complete control over her and, if you are appropriately selfish, she will dote on you all day and night, just like in days of old. It's completely true that modern women make money and have options, and that's a huge reason why they are terrible as wives and girlfriends.

**You need to have options for other women, at all times.**

That doesn't mean you always need to have 10 girls in your phone or your instant messenger ready and waiting, it just means you need to keep yourself in a state where it's easy to attract and keep women.

The reality is that I am blessed to be tall and handsome **BUT!** if you are not so handsome there is hope and I mean that sincerely. Money and a dominant disposition is your salvation. Women are attracted to men with money and always will be. That doesn't make them gold-diggers, it makes them women.

**Men love titties and ass, women love money and that's life, baby, no need to cry about it.**

**VI. OPTIONS!**

**Always keep options open.**

**Options, options, options.**

Options are how you stay free. Keep many bank accounts with balances spread over each. Be an entrepreneur and make your own income. Stay out of debt always. Don't leave your investment strategy in the hands of strangers. Keep options with other women. Have options and ideas for making a real income, not a “dream job” but a real way to make green dollars and red pennies. Your other options don't need to be acted upon; they just need to be there, in your mind, ready to go if a change is needed.

I have two options for making money if for some reason Bold and Determined doesn't work out for me. I can build another online venture that I'm positive will provide for me. Alternately, I can move to any mid to large size American city and make money in real estate within one month.

Even though I am putting all my effort into Bold and Determined, and it is providing me a nice life, I have the other options in my head at all times, ready to go if need be. And both options are completely under my control. I'm not relying on interviewing with some little girl in HR, going for a second interview with the gay Mexican HR manager, and then going through sensitivity training all so I can receive a tiny little bi-weekly paycheck already de-taxed.

**Not for me anymore, no thanks.**

**Until next time, friends.**

Your man,

Victor Pride
Hello friends of Bold & Determined.

Long time readers and new readers alike will all know that here at B&D we are big on strength, weight training and muscular development. Recently a study came out that confirms what I can already see with my own eyeballs: men with upper body strength are less likely to support wealth redistribution and men without upper body strength tend to favor the nanny state.

Professor Michael Petersen said...

‘In all three countries, physically strong males consistently pursued the self-interested position on redistribution. However physically weak males were more reluctant to assert their self-interest – just as if disputes over national policies were a matter of direct physical confrontation between individuals.’

Obviously I don’t truly care what the study says because I already know weak bodies tend to have weak minds. I know it’s true because I used to be a skinny twig and I used to self-identify as a liberal. When I started getting strong and started making more money I changed almost instantly and started to despise liberal nancy boys for what they are, Rats.

You see, friends, working out with weights and building a body will give you one very important thing: confidence.

It will give you confidence for two reasons.

1. You will know what you can achieve and overcome when you put your mind to it.
2. People will stare and give you compliments daily.

Weight training and bodybuilding can teach you how to overcome obstacles, how to achieve goals and how to push past your pain barrier. The gym can help you become more successful in life, in every way that matters.

When you are physically strong people treat you better, they smile for you more and they rush to do things for you. When you are a weakling you get spit on and that’s why you like and identify with the nanny state so much, because you don’t have to do anything for yourself and you are provided for.

But being provided for is for women and high estrogen males only. Men take, do and build. Men do not rely on others to be taken care of.

I was combing through some old photos the other day and what I found shocked me. I found some shirtless pictures of myself. If I had to use one word to describe those pictures, that one word would be “yuck”. I looked like 160lbs of estrogen from years of eating macaroni and cheese instead of steak and drinking Coca-Cola instead of water. I hear this word “genetics” thrown around all the time as an excuse to be a slob. “If only I had good genetics boo-hoo.” Friends, “genetics” is an excuse to be a non-achiever. Genetics don’t mean anything. The estrogenic food you eat and the lack of activity is what makes your “genetics” bad. Anyone on earth can build a body but the longer you put it off the longer it will take to achieve.
It starts with four things.

1. Yes, I will go to the gym minimum 3 days per week from now on.
2. Yes, I will put in the hard work.
3. Yes, I will eat better.
4. No, I will never mumble another excuse for as long as I live.

Now I want you to walk to the mirror, take your shirt off and snap a picture. In a year or two or five or ten I want you to look back at that picture and laugh at how disgusting you used to look.

I always get a lot of flack on the internet from high estrogen males who like to tell me muscles are fake, it’s not functional strength, girls don’t like muscles blah, blah. They will say anything to make themselves appear better, but they won’t actually do anything to improve.

They will tell you degeneracy is normal and the best.

But I know the truth and you know the truth. Life is better as a strong man, in every way. Girls smile at you so much more, you have better posture, you have knowledge in your strength, and you have pride. Rodney Dangerfield got no respect because he was fat. If he looked like Superman it would be a different story.

Do yourself a big favor, go and buy a gym membership.

Buy some iron for the garage.

Do some pushups.

But for God’s sake, don’t look like a slob for even one second longer.

Victor Pride

Body of a Spartan Is How You Become Somebody With A Body.

Build Your Body Now.
Monday morning, friends.

The best day of the week. If I could make everyday Monday I would.

Hell, I spent my weekend shooting an AK-47 at coconuts and throwing grenades into the lake in Cambodia and I'm still ready as hell for Monday. I like to play around on the weekend like everybody else, but Monday is always business as usual here at the Thunderdome.

A couple little tricks to not hating Monday include:

- Not having a job.
- Kicking ass on the weekend instead of “lounging” or “chilling”.

Ask Bob in accounting what he did over the weekend.

“Hey Bob, how was the weekend?”

“Oh, hey, Tony. Yeah, it was pretty good I guess. The wife and I got caught up on our Netflix rentals, then we went to the home improvement store and she spent all my money ha,ha. The weekend sure does go by quick, doesn’t it!” I haven’t actually had a conversation like that in years and, uh, personally I’d prefer to die than go back to living the 9 – 5 Office Life. But I don’t have to choose death, see I’m so doggone smart I've figured out the secret.

Do you want to hear it? Work for yourself instead of working for other people.

Now I’ve exposed the secret to freedom. Stop making someone else rich and do it for yourself. But! Don't just do anything. Do the smart thing. I had a conversation with a hotel owner here in Cambodia. We got to talking about profit. The guy makes $1,000 – $1,200 per month. I tried to keep a poker face: “Uh-huh, I see,” but I was a little shocked at how measly his investment was paying off.

He had put in about $60,000 to remodel the place and now he's living on peanuts. I didn't have the heart to tell him that Bold and Determined was less than a $30 investment for me and currently gives me over $6,000 per month in return. And I don't have to sit in a damn hotel all day, worrying about occupancy rates, worrying about my Cambo employee's embezzling, worrying about the damn second coming of Pol-Pot dragging me down to S-21, worrying about this and that and every little thing.

So much stress for so little reward and I want no part of it. I'm too modern and enlightened for that. I want minimum risk for maximum reward. What I want is freedom, and I'll buy it with money.

Sitting in an office all day making your corporate shareholders rich isn't freedom, being tied to a location isn't freedom, but making money wherever you go and whatever you do, well, that's freedom in my humble opinion.
Once you figure out how to get dollars into your bank account without asking your boss for a raise you have a very special piece of knowledge.

The knowledge that if you did it once you can do it again and again and again and again and again.

I've done it twice in my life in two polar opposite fields. If the heavens start to rain on me and for some reason Bold and Determined let's me down, hell, I'll just do it again and again and again and again and again.

It starts over again every single Monday.

There's always another chance to make it right.

Victor Pride
13.6.2013 – 13 Reasons You Should Start An Internet Based Business

Location: Phnom Penh, Cambodia

We have all been there.

Sitting in traffic, waiting to get to the job we hate, sitting in the office waiting for 5 o'clock, counting down the minutes to the weekend, which is never long enough. All the while dreaming we could have our own business, maybe our own internet based business, so we could leave this rat race behind and get to livin'.

The good news is you can leave the rat race, you can start your own business, and you can become free and happy.

13 Reasons to Start an Internet Business

Today, with the internet, it is extremely easy to start your own business. I have done it and thousands of others have done it. It is only as hard or as easy as you want it to be. But why should you start an internet based business?

1. **By running an internet business you will have more free time to do the things that matter in life.**

   Being stuck in traffic everyday, taking orders from the boss, waiting on your paycheck (with taxes conveniently removed for you), asking permission to take your holiday is no way to go through life.

   Running an internet based business will give you the time to do the things that matter and let you not do the things that don't matter. Spend more time with family, spend less time with family, spend more time travelling, spend more time doing anything you please. Without a 9 – 5 noose around your neck you're free to come and go and do as you please. I just spent a week at a tiny, little known beach in Cambodia called Otres Beach, riding jet ski's and getting tan.

   That would have been completely and utterly impossible if I had a boss and an office to report to.

2. **With an internet based business you can control your income.**

   When you have a job you make a set amount of money, no matter how hard you work or how well you do your job. The opposite is true when you run an internet based business. Your income is directly tied to how hard and how well you do your job. The sky is the limit when it comes to making internet money. The choice is yours when it comes time to decide how much you want, or need, to earn.

   Make the decision to earn more and you can, as long as you do the work.

3. **With an internet based business you can work from anywhere.**

   Again, no more getting up at the crack of dawn just to go sit in traffic and wait and wait. When you run an internet based business you can work from home, the local coffee shop, the library, or abroad. Anywhere you have an internet connection is where you can work from. Say hello to sunny skies and goodbye to drab and lifeless grey offices.
4. **You can feed your entrepreneurial spirit without breaking the bank.**

Not everyone was meant to live life as a corporate cog in the machine. Many of us are entrepreneurial minded but are just too afraid to take the leap and go for it. With an internet based business you have tiny start-up costs and low to no overhead. It isn't as risky as starting a local brick and mortar shop where you have to pay rent, pay for product, and pay your employee's salaries. To start an internet business is almost free. You simply need a domain and a website, that will run you about $20 to start.

5. **People spend money on the internet, your business can get a piece of that.**

Internet spending is predicted to account for 40% of all retail sales by 2020 and 84% of the world's internet users now shop online. That is a huge amount of money online just waiting for you. I spend a great deal of my own money online, I don't like leaving to go shopping if I don't have to. Most people are the same, they want to buy from the comfort of their own home.

6. **Your internet business is open 24/7.**

Rather than be open for a limited time, like most brick and mortar shops, your online business is open 24 hours a day, 7 days a week, 365 days per year. That means you can make money while you sleep. Imagine waking up to see page after page of sales your website made while you were counting Sheep.

7. **There are no geographical limitations when you run an internet business.**

You can be based in Nowhere, Iowa and sell your products to India, Japan, Canada, and Mexico. The only limitations online are the limitations we place. With such a huge client base, the whole world, you can access a much wider base of clients and customers. Bold and Determined has readership and clientele from USA, Canada, Australia, Great Britain, Singapore, South Africa, India, Nigeria and many other places I didn't even know had internet.

8. **With an internet based business you have more job security.**

There is no such thing as job security unless you create it. Your employers want money, rightfully so, and they don't particularly care how loyal you are and they will do what is necessary for profit not what is necessary to keep their cogs happy. You cannot rely on anyone or any company to employ you forever. You can only ever rely on yourself and one thing is for certain: the internet isn't going anywhere.

I hear a bunch of silly conspiracy theorists worrying about the day the internet gets “shut off”. Friends, there is no on/off switch for the internet. It's here, it's here to stay and every damn person you know is addicted to it. I'm addicted to it as much as anyone. The obvious solution here is to make money from your addiction, you will be online anyway so you may as well be making dollars while you do it.

9. **When you run an internet business you can better control your companies image and reputation.**

With bad press and a bad image a company can go under in no time. When you run an internet business, and are internet savvy, you can much better control your company image and reputation. Provide a good product or service and your reputation will be stellar. Be a killer, sure, but be an honest killer.
10. **With an internet based business your customers have access to more information and product.**

With an internet business the sky is the limit in regards to the information and products you can carry. All this means better information and access for your customers. You can have as many or as few products as you want, you can have as many or as few websites as you want.

11. **It's easy to automate your internet business.**

There are almost an endless amount of products available to help automate your business and make you money while you sleep, eat or travel. Four websites, each making $500 per month automatically is a real nice piece of side money. Double that money and it's a real income. Triple it and you're doing quite well.

12. **Anyone can start an internet business, from teenager to senior citizen.**

The beauty of running an internet based business is that anyone with a computer and internet connection can do it. From teenager to senior citizen, white or black, disabled or able-bodied, the internet has no bias. All are welcome and all can make money if they are willing to put in the effort and take action and, most importantly, do it consistently.

13. **Running an internet business is more fulfilling than working for someone else.**

Running your own business is infinitely more fulfilling than being a corporate cog and taking orders from others. As you can see, starting an internet based business makes sense. Friends, we have all wanted to leave the rat race and get a bigger piece of the pie while not wasting our lives away behind a cubicle. The one way that everyone in the world can make their own money and make their own schedule is by starting an internet based business.

**Remember, there is no better time than RIGHT NOW.**

**The first step is simply to take action.**

**Actions, not words.**

**Victor Pride**

**P.S. Starting a website is very cheap.** You only need a domain name and a web host. Hosting is about $3 – 4 per month and when you use BADNET your domain name is free. Badnet will install your blog for free plus you get a ton of other benefits like being able to meet like-minded friends and fans. It’s a total no-brainer.

**Here’s how you take advantage of this deal: How to Start a Blog Overnight – Use Badnet and Follow These Easy Directions**
There is one little secret you need to know if you want to make an income without a 9 – 5 job. It's a secret that everyone knows, an open secret, but is just so hard to grasp for some reason.

**What is the secret to making it without having a 9-5 job?**

**The secret is you must live below your means.**

**Far below your means.**

That does not mean you need to live in filth like an animal, it means you need to pay as little money as humanly possible for you to live. If you can live for free, so much better. Typically, when someone gets a job, a “good job”, their life expenses increase as well. They will usually rent a nicer apartment or “buy” a nicer house (with a mortgage) and they will typically purchase or lease a new automobile. These are big expenses and they come with many hidden expenses like higher insurance premiums.

**As the income goes up their spending goes up to match it.**

Bills, bills, debt and more bills. More money, more stress as they say. With so many bills there is no way a normal person can just quit their job and focus on an entrepreneurial endeavor.

**I hear that all the time:** “I can't quit my job, I have bills to pay!”

**The secret is to get rid of the bills.**

A car payment isn’t necessary when an automobile that will get you from point A to B can be purchased with cash. An expensive home isn’t necessary if you wish to achieve more. You need money to live. There is no way around that but if you spend the majority of the money on your home and auto you have a tiny, tiny chance of ever breaking free and making money as an entrepreneur. Buy what you need and only what you need and don’t buy luxury. Save the luxury. Standing in line for the new $400 phone is a waste of your time and money.

**The right time to buy luxury is when luxury seems cheap to you.**

You need to keep your money as a padding *in case* in those inevitable lean times you need a place to live that will not be too hard to pay for. You don't want to spend all your time and energy just working to try and pay rent. Your time and energy should be spent on other things, like building your business.

I know what it's like to have a hefty mortgage during the lean times. It's like a noose around your neck. It's anxiety and stress and it's no way to live. I am able to do a lot of things and visit a lot of places precisely because I live damn near for free. My rent is $500 per month presently and fully paid up through the end of my lease. It is a very smart move to pay up your living arrangements in advance, as far in advance as you are able to.

**It's a stress relieving feeling to say to yourself:** “Well, now my home is paid up for the next year, how should I spend my time now that I'm not worried about paying rent?”
The answer, of course, is to spend your time making more money and buying freedom. The answer isn't to slave away for your boss man, making him rich so you can barely get your mortgage paid. I've been on both sides of that coin, and I'll tell you my way is better. A lot of people can't get by without buying all the new toys and digging themselves deeper into debt. Fine for them. But not fine for me, and I damn sure know it's not fine for a lot of Bold and Determined readers.

**Live below your means.**

**Live Spartan.**

**Make the money, put in the work.**

**When the new luxury home seems cheap to you that is the right time to buy.**

**And if it isn't cheap, hey, just make more money until it is.**

Your man,

Victor Pride
Friends...

Today I have a very special post for you.

I am going to share with you the **BOLD & DETERMINED MISSION**.

I am going to share with you picture proof that what I am saying to you is true.

I am going to share a confession with you.

I would like to ask one question of you before you read this article: do you aspire to be a better man?

I don’t mean would you *like* to become better, everyone would *like* to become better, I mean are you actively changing your life for the better? I **AM**. Everyday I work to achieve more.

My mission with BOLD & DETERMINED is to help as many of you guys as I can to develop **PRIDE**. Pride is a dirty word when you have none of it. Having pride is what makes all the difference in the world from being a boy, a feminized dude, or a Man. I hear guys making jokes all the time, feminized guys, pretending to be masculine. They will put on a comically deep voice and say: “**YEAH, I’M A REAL MAN! HAHAHA,**” and then all their little friends will laugh. The thought of actually being a man is unreal for a lot of dudes or guys or bros. It is impossible for these types of fellas to say: “I am a man,” without a trace of irony or jokiness, and mean it.

Friends, I will tell you right now, without a hint of irony or sarcasm, I am a man.

<table>
<thead>
<tr>
<th>What does it mean, to be a Man?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stand tall.</td>
</tr>
<tr>
<td>Stand proud.</td>
</tr>
<tr>
<td>Make eye contact.</td>
</tr>
<tr>
<td>Say exactly what you mean and mean every word you say.</td>
</tr>
<tr>
<td>Don’t defer to the weak.</td>
</tr>
<tr>
<td>Admire the strong and pity the weak.</td>
</tr>
<tr>
<td>Don’t talk, talk, talk all the time.</td>
</tr>
<tr>
<td>Speak with authority and conviction.</td>
</tr>
<tr>
<td>Never speak about things you know nothing of.</td>
</tr>
<tr>
<td>Don’t apologize for the mundane.</td>
</tr>
<tr>
<td>Do not be ashamed of the superior and do not make excuses or apologies for the inferior.</td>
</tr>
<tr>
<td>Be strong, be proud.</td>
</tr>
</tbody>
</table>

Now, friends, it’s easy enough to type these words and make you nod your head “yes” but I will go the extra step and show pictures of myself without a blur or black box covering the face. I want you to know that I am real, that I exist and that what I say is not bullshit or just talk, talk, talk.

*As you can see from the picture I go to the gym regularly to lift weights.* I don’t eat fatso foods. I keep my hair clean. I keep myself looking good. I take pride in myself. I know that when I walk into a room I am going to be noticed. I will be noticed because I do not walk meekly. I am not saying this to be braggadocious. I am telling you in no un-certain terms because there is no other way to put it.

I want to prove to you that you can be a winner.
I am saying this to you because it did not used to be so. I was not always this way.

I have a confession to make...

I used to be skinny.

Take a look...

Fake mustache (for comedy, haha) and girls jeans.

You see, friends, I know all about being skinny. One day, I flexed my biceps in the mirror and my upper arm was the exact same size as my forearms. Even worse than being skinny, I had no pride. I had skinny guy syndrome: I was weak, I was a devout liberal atheist (the know-it-all kind), and I was broke as a joke.

Not only was I skinny, but I was a loser. A skinny loser.

When someone would say to me: “I am proud of this or that,”, I would jealously think down on them. They weren't as smart as me, a smug, liberal goof. I did not build anything. I didn't work hard. I did not try to better myself and I looked down upon those who had pride in themselves. They were better than me, but I didn't want to admit it so I made jokes. When I met people with confidence, pride and drive I would make fun of them behind their back. I would get together with my loser friends and we would make fun of guys who were better than us.

Plain and simple.

“He goes to the gym, makes a lot of money, has clean hair he must have a little dick ha, ha, ha!”

I would brag about how much porn I watched and say: “It’s no big deal. Everyone does it.” I would brag about never working out and eating anything I wanted. I would brag about not gaining any weight.

The worst part of all – I did not realize I was a loser.

I Had the Skinny-Guy Mindset.

It was not until I actually started lifting weights that I realized how wrong I had been about physical development. I thought there was no need for it – and I was dead wrong. You see, being skinny does not make you a bad person.

No.

Having the Skinny Guy Mindset makes you a bad person.

The Skinny Guy Mindset is one of weakness pretending to be strong. Making excuses for weakness and the weak, trying to shit on everything that is strong and good. The Skinny Guy Mindset is one in which you actively try to bring everyone above you down to your level – even if you do not realize it.

But I found my savior: the Iron.

With weight training comes strength, with strength comes pride.

You see friends, it is not only about lifting weight and pumping up. It's about developing pride. Pride of body, pride of mind, pride of soul. I want to see you develop the Body of a Spartan and the Pride of a Lion. I want you to know that you can change. I want you to know that you can become better. I want you to know that you can evolve.

All it takes is one very small change of mindset.
The body will follow what the mind says. When your mind believes it your body knows it's for sure. I've got money in the bank, muscle on my arms and pride in my heart all because I changed my mindset and anyone can do the same. On your “journey” you will get people, lessers, who question you or mock your decision.

**Doesn't matter.**
**It's for you, it ain't for them. They can rot and you can grow.**

Remember one thing friends, there is no overnight solution. A life change is required. The transformation pictured below took me 7 years, but anyone with a bit of knowledge can do it faster than I did.

See [30 Days of Discipline](#) for mind and [Body of a Spartan](#) for body.

See the archives of Bold and Determined for a swift kick to the ass.

**Until next time.**

Your man,

Victor Pride
26.6.2013 – How to Become Unbreakable

How to Develop a Superiority Complex

The best way to become ordinary is to follow the advice of ordinary people. Maybe even some of the time they truly believe their advice will help you. But most of the time their advice is designed to keep you from rising up. They’ll say: “Well, I just don’t want to see you get hurt.” But what they truly mean is: “Well, I’d really hate to see you succeed and remind me of my menial existence.”

So who can you take advice from?

You take advice only from people who walk the walk, the only people who give meaningful advice.

And here’s the cold hard reality: good advice is always the opposite of popular advice, or the “consensus”.

When you ask for the consensus in regards to blah and blah you are asking how to fail.

I see this in internet forums all the time. Some guy on a bodybuilding forum asks for a consensus on some exercise or supplement. A bunch of know-nothings talk about their know-nothing opinion and the advice seeker says: “Thanks for the great advice. Glad we’re all on the same page.” If you want real advice that really works you take it from the lone wolf who’s opinion differs from the consensus.

If the consensus is “A”, you do “B”.

But when you take unpopular advice you become a target to your friends and family for doing something out of the ordinary. They start to question you, they start to mock you, they demand you give in to them and do the normal thing.

So you do one of two things...

I. You decide to become Larry the Lamb and tuck your tail between your legs and give in, like a broken dog.

II. You decide to become Winner Wolf and become unbreakable in which case the opinions of lesser mean absolutely nothing.

What does it mean to be unbreakable?

To put it in no uncertain terms, becoming unbreakable means building and maintaining a protective shell or wall around your emotions to insulate yourself so you don’t even entertain thoughts that deviate from your plan. Inside your head you have your plan, you know your plan. Your mom, your dad, your girlfriend, your best buddy from 5th grade don’t know your plan because they aren’t inside your head.

When you spill your guts to them about your plan they try and talk you out of it. They don’t understand your plan and it isn’t their job to understand, it’s their job to try and talk you out of it. The breakable will listen to them and say: “Yeah, I guess you’re right.” The unbreakable won’t even hear it.

If you want success you must have a plan for that success and it must be on your terms.
To do things on your own terms you must be unbreakable. Develop an unbreakable shell. When they shout their nonsense in your ear don’t let it break you. When they talk down to you, ridicule you, or poke fun at you don’t let it break you. Don’t even hear it, don’t even entertain it, don’t even pretend to listen.

**Remember this:** they are in the position they are in because they took that same stupid advice; go with the flow. If you want to be like them then listen to them and become forgettable.

If you want more you must ignore.

Recently a reader asked me how to deal with an inferiority complex. Here’s what you do: develop a superiority complex by becoming superior. Don’t just think of yourself as superior, become superior. This “everyone is equal and everyone is the same” line is cute and all but it’s baloney. Some people are good and some people are bad, some people are inferior and some people are superior.

My man Victor,

reading your blogs is a breath of fresh air.

In fact, I was so driven insane by thoughts of failure and depression that only your blog helps.

My question: I go to an Ivy League university (not that I give a shit about it, but it gives context to my problem) and seeing so many intelligent people around me deflates me. I know I’ll never be an engineer as good as some of these guys, or a mathematician. I know, and this is factual, that ounce for ounce, some of them are more intelligent.

My success comes in practical things, the softer subjects, but also life. I am a religious Indian man and I believe in leading my life with pride and purpose. Yet it happens so often, I feel inferior to others who are “better”, more intelligent/more accomplished, although I am gifted in so many ways, I look for something even better.

I have to overcome this shit; I need to wake up knowing that I’m no lesser to anyone. Hell, I know in my heart that I’m a champ, but the fire seems to die out every once in a while. I was in the social circle/networking until about a year ago, when a rumor came to bite me in the back. I quit that shit called Facebook and now just look at E-mails... was happy when I saw you wrote a post on that.

Please write a blog post on this if you can. I want to live life like a tiger, and I want to stop feeling like a 2nd rate piece of trash from time to time.

**HOW DO I FORGE MY PAST MISTAKES?**

I care too much about what people think of me.

I need to move on with my life, but it’s not happening.

I need your advice.

Thanks so much,

Sanford
If it were true that you wanted to overcome this inferiority “complex” then you would be busy right now. You would be busy building, molting, or metamorphosizing. If you feel inferior there is only one damn thing you can do.

**BECOME BETTER.**

Remold into gold and become a superior man.

Put a plan into action and follow it until accomplished and don’t let a goddamn thing get in your way. I’m not going to tell you that you’re just as good as everyone else and that no one is better than you and that we all have our strengths. Some people are better than others. If you are inferior it isn’t a complex. It’s a cold, hard slap in the face from daddy reality.

If I were inferior, and believe me I used to be, I would work like hell to become superior.

**Here is the rule to follow:** accept the things you cannot change and fix the things that you can.

And then become unbreakable.

If it cannot be changed there is no sense in crying about it, but if it can be changed and it’s eating at your soul then you need to work on it, day and night if need be, until you’re a better man. Some people will call superiority a mental disorder. I don't care. The mental health profession is full of delusional ninnies.

When you’re so focused and driven that you don't let nincompoops tear you down that is called a mental disorder or a social disorder. Fine. They can be normal and “healthy” all they want. That's why they are losers. The entire mental health industry is full of quacks and crazies, to listen to them is insane.

**Inferiority and superiority aren’t complexes, they are real life.**

**When I see people I usually feel one of two things:** disgust or curiosity.

When I see dirty people I feel nothing but disgust.

When I see well dressed, presentable, successful people of means I become curious. “What do they do, how did they do it, and what could I learn from reverse engineering them?”

And when I go looking for advice, guess which type of person I go to?

Inferior or superior, choose one or the other ’cause ain’t no in-between.

Until next time.

Your man,

Victor Pride

P.S. This book teaches you EXACTLY how to become UNBREAKABLE.
Working Hard Versus Working Smart

Hard work is for suckers.

I said it and you read it.

I don’t work hard, I work smart and I work only for benefit.

Listen here, I’ve structured my life in such a way that I never spend time with people I don’t like. One of the many benefits of economic and geographical freedom.

But...

I do my work on the internet, which means I am forced to deal with some of the world’s dumbest people who don’t have a filter on their keyboard fingers. One thing that really gets my goat is these silly motivational sayings, like: “Do things because they’re hard,” or smug shit talk like: “What’s the matter, too hard for you?”

Working hard doesn’t irk me, but this type of silliness is always vomited from the mouths of bullshitters. No-getters pretending to be go-getters. Losers talking down to other people and pretending they “work hard”.

Let me tell you something, friend, I don’t do anything just because it’s hard. “Hard work” is what people without a brain do or, usually, what lazy people say on the internet to feel big. I did hard work one summer roofing houses and making minimum wage. That was hard and I won’t be doing that ever again. A year ago I ran a 12 mile Tough Mudder mud race in the middle of a Texas summer. That was hard and looking back there wasn’t a single benefit to doing it.

Now there is only one reason I do anything: because there is a benefit.

If it’s hard and there is no benefit I won’t do it.

If it’s hard but the benefit is great I will do it.

Hard or easy makes no difference. What makes a difference is BENEFIT, but the reality is that most of the best things I’ve accomplished were actually quite easy. Some of the greatest things I’ve done were just easy, peasy. I’ve made $45,000 dollars in a single day before. You know how hard I worked for it? I made a few phone calls, that’s it. I had systems in place, you can bet I wasn’t sitting around foolin’ with video games and smoking dope, but I wasn’t doing anything hard.

I had my systems in place and when opportunity came knocking I opened the door and let her in.

After getting your business set up it’s easy. It might seem hard at first, while you learn, but it quickly becomes easy. Things are only hard when you don’t know how to do them. Then they become easy.

But never confuse laziness with easiness.
Laziness means doing nothing. Doing something that is easy and has a big benefit is what action takers do. I used to work a lot harder than I work now and I used to make about 1/4 of what I make now. I used to hate my job, that's what made it hard and that's why I didn't make any money. So if you're like me you branch out, go your own way, give up the stupid “hard work” game and get to working smart. After you've put your plan into action, after you've put your business on auto-pilot easy things just happen to you.

So many times when my bank account was running low a deal would just fall into my lap. Again, I wasn't foolin' around with video games or watching TV, I was working, but I wasn't doing anything hard. I am telling you without a hint of pretending that money falls into your lap after you have put your systems in place, and it isn't hard. I work from my home office. How hard is it sitting at my desk with my air conditioner going full blast while I look out over the pool? It isn't hard at all.

**Compared to the way most people live, my life is like a vacation.**

**It does take time and effort to accomplish my goals but time and effort does not equal hard.**

Here's the silly thing, a lot of people are so stupid that they will choose to do nothing instead of doing something easy. They won't make a change even though the change makes life easier. Those Mexicans standing out in front of Home Depot at 5AM hoping to be picked for day labor to make $15 bucks, that's hard. Going to your shit job day in and day out to cover the bills is hard; putting up with your nagging wife and your spoiled kids is hard.

**Living the life of a free man who makes his own money and rules is easy.**

**So I take the easy way out and I work smart.**

**Know what else I do?**

**I take shortcuts.**

**You know who doesn't take shortcuts?**

**Dummies. “Stuck in a rutters”**.

Years ago I would drive home from work at 5:30PM in Dallas traffic. If you've ever been on I35 in Dallas at 5:30PM on a Monday evening you know it's no place you want to be. Bumper to bumper to bumper traffic. After sitting in this traffic enough times I decided to stop being stupid and I got out a map and planned a shortcut going through this street and that street all the way home. I took my drive home from an hour down to a half hour. I see dummies on the internet saying shortcuts are bad, that's why those dummies don't have a pot to piss in. They prefer to “work for what they have”, which is nothing. They'll talk about the virtues of hard work in the same sentence talking about how hard it is to pay bills “these days”.

**How many times have you read in the news “He worked so hard all his life and died with nothing”?**

I've read that a million times.

Listen carefully, there is working hard and there is working smart. Working hard is for the everyday Joe. Working smart is for the man who takes the time to look at all options and picks the best option that provides the most benefit.

**Easy?**

**Hard?**

**Who gives a shit.**

**The benefit is what matters.**

**Follow the rules, or follow the benefits.**

**One or the other.**
I have chosen to follow the benefits. I don't give two cents if something is hard or easy, if it's beneficial I'll do it and if it's easy that's all the better. I used to follow the rules and work hard (for someone else's benefit), it never worked out too well for me. I used to have bills up to my eyeballs, I used to have the body of a slob, I used to go through a new girl every week and each of them were alcoholic party girl slobs who couldn't cook a piece of toast and cried about having to clean the kitchen once every three weeks.

Now I've got money in the bank, freedom of location, the body of a greek god and a little 20 year old shy girl who loves to cook and clean, follows my every command like it was gospel and does it all with the world's biggest smile.

It takes time, it takes effort, what it doesn't take is “hard work”. Doing hard work is the same thing as doing something you don't like to do. Hell, “hard work” can be replaced with one single word to be more accurate. That word is tedious. You've got to do a lot of tedious things to become successful.

And that's a lot easier than roofing houses.

Mindset of a winner or mindset of a worker bee.

Every single day I see people working their fingers to the bone doing hard work, that isn't anything I'd wish for the readers of Bold and Determined, the Website for Winners™. You've got to stay busy, you've got to be building, but that just isn't hard. A lot of things seem hard when you start. That's called learning.

After you've learned how to do math it stops being hard, doesn't it? You'll say: “That's all you have to do? Wow. That's really easy”. And it is easy. But hey, what do I know? Anonymous commenters on the internet with a hundred bucks in their bank account and a hundred extra punds on their body think telling you to work hard will help you get it all.

Yeah, OK.

Good luck.

Those boys can work hard. I'll be busy working smart.

See you next time,

Victor Pride
I recently read an article that said 70% of the American workers were “checked out” during their working day. 7 out of every 10 American workers actively hate their job and inactively spend their working day zoned out.

**Joe Average may think to himself:** “Wow, how unfortunate that these people can't enjoy their jobs.”

**Winner Wolf thinks:** “What a bunch of slack jawed idiots, wasting their time for money. Instead of zoning out these people could spend their time at 'work' working on a real passion project”.

But they won't and they never will because these type of people are called “no-getters”. They are the opposite of “go-getters”. No-getters hate their jobs and do nothing about it except play online games and gossip. Though inactive at their job, no-getters are actively envious, jealous and resentful of go-getters because go-getters go get what they want.

**No-getters stay in jobs they hate, go-getters don't.**

You'll know a no-getter by the words they use and by their willingness to trade or give away their time for nonsense. Some of their favorite words include: “luck, wish, lottery, silver spoon, never, can't” etc. and some of their favorite time sucking activities include 9-5 jobs and standing in line for the newest phone. They can't fathom building anything of value and that's why they are zonked out zombies wasting away in cubicles for a dream that never was and never will be (retiring rich).

**I'm going to tell you bluntly how you can stop being a no-getter and start being a go-getter.**

1. **Stop trading your time for money.**

If you are paid salary or hourly you are paid for your time. If you are paid for your time you put a self-imposed limit on how much money you can make. You've only got 24 hours in a day, how many of those hours can you work? **16 hours**? Tops. If you're a Chinaman working as a slave maybe you can push it to 18 hours per day, 7 days per week but that's the limit of human endurance.

Working for time limits your earning capability, not to mention robs you of the most important asset you will ever have. Time is the most important thing you will ever have and if you trade your time for money you aren’t an entrepreneur, you’re a salary man.

Even if you're Joe Plumber and your truck says “Joe's Plumbing” you may be working for yourself but you're still trading your time for money. How many places can you be at one time? The answer is one place at any one time.

Time is the most important thing you own, give it to yourself, don't give it to anyone else. Certainly don't trade 5 of your days for 2 “free” days and don't give 50 of your weeks in exchange for 2 “free” weeks. Those 2 weekend days and those 2 weeks holiday per year cost you your life, you just didn't realize it at the time.

Be greedy with your time. Never trade it for pennies. You'll never be rich trading your time for a paycheck but more importantly you will never, ever be free. You get maybe two weeks per year vacation time but the entrepreneur gets 52 weeks per year vacation time.
It doesn't matter where I am in the world I make money. It doesn't matter if I'm sleeping or awake, if Santa is watching or not, I make money 'round the clock. It doesn't matter if I'm in Thailand, Texas, Tanzania or Timbuktu, money comes in.

Joe the Plumber is on call and makes money when he goes out to fix a little old ladies broken sink, Johnny office worker gets paid his 40 hour salary and that's it, even if he works super-duper hard and comes in early and stays late. The entrepreneur doesn't trade his time for money. If you want to be an entrepreneur you have to stop giving away your most precious asset.

**Working more isn't the answer, working better is.**

When you stop giving away your time you have the ability to focus on making more money than any average Joe working an average job for an average wage for a chance of retiring as an average man with an average retirement income.

II. Ignore the naysayers.

Most people aren't go-getters so how do you convince no-getters of your plans? How do you convince mom and dad and uncle Joe you are going to be an entrepreneur and not a walking zombie? It's none of their business, that's how.

**Your life only belongs to someone else when you are...**

- An employee.
- Underage.

Your plans are for you and you alone. You can share parts of them on a need to know basis, but never give away your strategy. It's nobodies damn business and if you require approval you don't have the balls to be an entrepreneur. Approval is for dogs. If you want approval then be a good boy, get a good education, and get a good job with the rest of the good boys and spend your next 50 years wondering what could have been.

If you want to **be an ass-kicker** then start kicking some ass and do it every single day and stop worrying about approval. If I needed approval I'd still be making slave wages and getting drunk every weekend. I'd still be lamenting how big of a bite mommy government takes from my paycheck.

**I'd still be stuck.**

III. Ignore the hard times.

As an entrepreneur you'll have a new friend that maybe you didn't have before and his name is anxiety. Waiting to make money can make you very anxious. Many times you don't know when or if you'll make money.

You've heard that “get rich quick” is a scam and all fake but you probably have heard it from other office zombies. The reality is that as an entrepreneur you make big money in windfalls. You do not get rich slow and steady; you **get rich** by making one or several big deals that make you rich quick.

**But what are you doing before that time?**

**Working and worrying, probably.**
If you take the plunge and decide your fate is yours to make you will likely face some lean times before you “get rich quick”. I've been so poor that when I made $700 it seemed like a fortune. I've been so poor that as a grown man I made $15,000.00 one year. That's fifteen thousand pre-tax dollars.

How did I get through such a harsh existence? I didn't even think about it. It didn't even occur to me that they were hard times. They'll ask you after you become successful how you made it through such hard times and you'll reply: “Well, I didn't even realize they were hard times. I was so focused on my project that I just did what I had to do and didn't worry about all the times I ate tuna and oatmeal.”

**Endure and ignore.**

That's how you get through the hard times and get rich quick and it just doesn't matter what anyone else thinks about your strategy.

**IV. Stop consuming and start producing.**

**No-getters are consumers and that's all they are.** Work and consume, debt, work, consume, debt, work, consume, die.

**Go-getters are producers,** they produce what the no-getters consume.

**The in-betweeners are the ‘wannabe’s who follow get rich quick schemes.**

You absolutely can get rich quick when you produce something valuable for a good many people. The reason get rich quick schemes don't work is because they don't provide any value to anyone; they are tools for the impatient to try to acquire wealth. The type of people that follow get rich quick schemes never stick to one thing and they never try to provide value, they jump ship at the first sign of hardship and move on to the next scheme. Rinse and repeat. The in-betweeners are followers, they aren't leaders and they aren't producers. To make real money, make a real product that makes a real difference to someone.

And for heaven's sake don't spend all your money on nonsense like the newest phones and gadgets and hip clothes. You'll never get rich saving your money, that's a get rich slow scam, but you will need capital for your ventures and you will need a monetary padding in case of hard times. You can buy all that cool, hip stuff when you're loaded.

**V. Stop begging and start learning.**

“I want to be my own boss and make my own rules, please tell me what to do and how to do it.”

**Yeah, right.**

There isn't a blueprint for wealth and freedom but there are blueprints (plural). So you learn from everywhere, you take from this one and that one and you learn. Take what you need and discard the rest. No one piece of work is going to make everyone who reads it rich but you can learn from Book A and Book B and Book C.
It's very important to read every industry specific book, article, blog post, and forum you can find. You'll need to be an expert in your industry. It is also great motivation to read business books and auto-biographies of the successful and “out of the ordinary” business books like *The Millionaire Fastlane*.

The last job I had I was there for two months. It's not a lie to say I spent each day of my two months on the clock reading about my new business venture. Unethical? I don't care. Unlike the zonked out zombie no-getters who mentally check out, I checked in to a different sort of work each and every day, all day. Because I learned and studied so much I doubled my salary income less than 30 days after quitting my job and I was never again forced to trade my time for money.

Because of that decision to learn each and every day (I never stopped learning) I can now write to you from anywhere in the world. Right now I'm on an island in the Philippines. I could spend a week or a year here and it wouldn't make any difference to my paycheck. I just spent my birthday here on an isolated and empty beach, just me and my special little lady. We had a BBQ right on the beach and rode the motorbike all along the empty beach for miles. I paid for it all from this very website. I started Bold and Determined to be able to enjoy location freedom. I started working on the web 4 years ago; I started making a real income 1.5 years ago.

You do the math.

Endure and ignore, provide value, stay disciplined, semper fi do or die, oorah. All those macho military sayings, the ones that no-getters like to mock, are true and they are some of the best pieces of advice of all time.

*Carpe Diem*, lest you be 65 years old and realizing what a mistake you made by trading your precious time for a piece of shit post tax paycheck.

The real secret to success? **Start 5 years ago, start yesterday, start today and don't ever stop.**

Seize the day.

Until next time.

Your man,

Victor Pride
I recently met a rich lady at a private airport in the Philippines. A nice lady. We were waiting for our airplane, which in the Philippines always seem to run late, so we chit-chatted about this and that. She told me about her home on a private island, I told her about my home in Bangkok. We talked a bit about Texas where she lives full time and where I used to live full time.

She asked me what I do for a living and I gave her the standard vague response: “I work on the internet.”

She said to me: “Can I ask you a personal question? Do you live well?”

To which I responded “Yes”.

I live well because I do not place limits on myself.

The average man's life can be summed up into 3 words: limit without benefit.

The average man limits himself; he isn’t limited by external forces. If a man was born in the West he has no real time limits, geographical limits, relationship limits, job limits, or monetary limits. Free men of the West are free to go anywhere, do anything legal and make as much or as little money as they want. Instead of realizing this potential, they limit themselves.

These limits are all self-imposed. You truly are free to do as you please as long as you follow the rule of law. You can go anywhere, you can make all the money you want, and you can have the relationship you want.

But what does the average man do?

- He limits his earning by taking a 9-5 job. A 9-5 job puts a limit on your earning ability and robs you of your youth. The man with a 9-5 job always says the same thing: “I don't have time.” That's because it has been rationed away. The “free” time of the average man is spent in front of the television or at the local watering hole. The average American watches 5+ hours of television per day. That's a part time job. In these 5+ hours per day a man could be building a business.
- He limits his reality by pretending he will live well after retirement, pretending that when he is old and decrepit he will finally live like a king.
- He limits himself by putting himself into massive debt for a house, cars and “education”.
- He limits himself by getting married. Western marriage is a one sided benefit for the woman. For the man there is no benefit, for the woman there is only benefit yet the average man will still get married to an aging, fattening harpy with attitude and baggage.

The average man puts all these limits without benefits onto himself and then he complains of the outcome. Well when you limit yourself there is no other outcome but shit.
The good news is that it can all be turned around.

The change can happen tomorrow morning. I used to be limited as well. I “didn't have the time”. I had “bills to pay”. I “didn't have the right piece of paper on the wall to get a 'good' job”. I sold my soul too, but I bought it back. I put in the time, I built businesses, I eliminated debt and I created freedom.

Comically I get a bunch of rude comments from broke as a jokesters who accuse me of being born with a silver spoon. I wasn't, but to these “people” being born to smart parents who looked after you is a crime. I can trace my ancestry back two hundred years. Two hundred years of blue collar workers who never rose above or left wealth behind. If you come from average or poor parents it means nothing about your future. My own family has chosen to time waste and rot.

What means everything is your attitude, will and spirit.

The difference between the rich and the poor is twofold...

1. The rich have a “can do” attitude and aren’t afraid of money. The poor have a “can’t do” attitude and are afraid of money.
2. The rich have boundless energy and are always working and building something. The poor give away their time and then rot away doing nothing productive.

Creating money and freedom is little more than a mindset. It takes nothing more than the will to achieve and the action to follow the will. Erase the limited mindset and develop a limitless mindset.

Anyone who can read can become successful monetarily.

Attitude and action is for the doers.
Complaints and time-wasting is for the dreamers who are “waiting for retirement”.
To me it looks as though they are waiting to die.

Frankly, I couldn't care less if someone wants to waste their life. I only associate with other achievers. Over-achievers help bring you up a level, under-achievers help to take you down to their level and they should be cut out. Over-achievers know that it's about attitude, will and spirit. If you truly want it, well, you'll go and you'll get it. It's there for the taking, waiting for you. The achiever will take it and live well. The under-achiever will watch television or surf social networking websites instead.

Hey, whatever.

Until next time.

Your man,

Victor Pride

Click here to learn how easy it is to start a LIMITLESS business with BADNET.

P.S. Enjoy some pictures below. Location: El Nido, Palawan, the Philippines

How To Get Rich and Why Retirement is a Joke

All the ‘get rich’ advice in the world revolves around saving your money. Here's a tough pill to swallow, but you won't get rich by saving your money. You can't get rich by going without Starbuck's coffees. The only way you will ever get rich is by creating a product, being a producer, and making massive sales, skyrocketing your income. You don't get rich by having a limited income and saving a portion of that limited income. That's the silly little fib that has been sold to you. Saving money is reactive.

You don't get rich by reaction, you get rich by proaction.

You have to be a producer to get rich. A money saver is a reducer. They reduce the amount of Starbuck’s coffees they consume to save some money, they reduce this and reduce that but what they don't usually do is reduce the big expenses and what they never do is produce. You cannot get rich by reducing, you cannot get rich by saving and you cannot get rich from a 401(k).

The way you get rich is by increasing your earnings, not by saving from your capped and limited post-tax earnings from a job.

The money saver thinking he will retire rich is a dreamer.

The money maker is the doer.

I see people, expats, who worked their whole lives and now either live on a pension or live on savings. The men who live on pensions don’t have enough money. Almost to any man they complain of high costs, usually of beer. They live in a 3rd world country and can hardly afford beer.

The other ones, the savers, usually have a different sob story to tell. The story of running out of money. They saved up their whole life to retire like a king but, whoops, they ran out of money. The money saving dreamers simply chose to ignore the reality of inflation. A dollar today will not be worth a dollar in 20 or 40 years.

They key to wealth is to make more money by owning income producing businesses and assets, not by saving a portion of a limited income from a limited paycheck. They used to tell me the key to wealth was to work a “good job”, save your money and open up a 401(k). I was told this by non-rich family members, guidance counselors, teachers, personal bankers etc.

If these people actually knew how to get rich they wouldn't be working the un-skilled jobs they work. They wouldn't be working jobs at all. These are people working jobs that anyone with a college degree in any field can work. They make about 50k per year, about 30k after taxes and they have the nerve to tell other people how to achieve success.

I used to have a family member tell me all the time: “Get a good job, especially in I.T., open a 401(k) and you'll be rich when you retire.” Like many young men I was aimless at that age, but I wasn't stupid. I could see very clearly he was living beyond his means. I did not see him for a number of years. I met him again after his house was foreclosed by the bank because he could not make the payments. I went to his new house, which was rented to him by another family member, and what I saw shocked me: two new leased cars in the driveway.
This was a self-proclaimed money expert. This was a man who had the gall to speak about becoming wealthy, and this type of man is the average person giving you money advice. The people who preach this type of “save your money, get a job, open a 401(k)” baloney are people working unskilled and highly unsatisfying jobs and they are living paycheck to paycheck. They don’t provide value and they work worthless jobs and they often withdraw money from their own get rich slow schemes, the 401(k).

They are highly unmotivated people and their advice should be ignored completely. Anyone with a garbage diploma in any garbage field can do what they do. If it worked as they say it does then they wouldn't be living hand to mouth, complaining about bills all the time. They wouldn't be working at jobs, they would be developing businesses and making SALES and increasing earnings, not putting 10% of your paycheck into a savings account or 401(k).

But...

There is one little, itty-bitty conundrum: you will not get rich by saving your money but you will go broke by spending all of your money.

So you do in fact need to save your money. Not for retirement, but for opportunity. You've heard the phrase spend money to make money. If you want to make big money you will eventually have to make a big investment. If you have bills up to your eyeballs you'll never be able to focus on making real money because you'll be working some job to pay off your debts.

- **They key to Wealth** ➔ stay out of debt, don't be a money waster, educate yourself, spend time on developing income producing goods.
- **The key to Poverty** ➔ work a job, go into debt, throw away money on a 401(k). You are basically putting all your faith into an imaginary God by believing: “Just work hard now and you'll be richly rewarded later.”

When you “invest” in a 401(k) you leave your future in the hands of the unqualified. Who cares more about your future, you or an anonymous money manager playing a game with your savings? Leaving your future in the hands of the unqualified is stupid. When you make stupid decisions with your money don't be surprised when it comes back to bite you in the behind. When it all crashes down, and you break your crown you can point your finger but there's no one around. That last sentence is a quote from a famous song by the most successful heavy metal band of all time, Metallica, and it's a quote I often think of when I hear elders complain about money.

They had their whole lives to build real wealth. They wasted it and threw it all away and point their finger when they don't have enough money. You and you alone have to keep a keen eye on your assets, you and you alone can provide for your future. You are responsible for you, give up responsibility and you have no right to complain when it doesn't work out for you.

**A few simple rules to live by...**

| Trust No One. | Unless you are someone's loving and devoted wife or mother no one gives a damn about your future. Least of all 'money managers'. Point the finger inward, never outward. It's your job and your responsibility to make sure you have a future. It pays to be paranoid. Verify everything. |
| Produce Income. | Wealth isn't coming to you via a paycheck and $3 saved daily on a cup of coffee. It is coming from production, from action, from earning more money. |
| Live Below Your Means. | You simply cannot be in debt lest you want to work in a 9-5 job forever. Debt is slavery, money and time is freedom. Think big to live little. Cut down the big expenses like housing, automobile, higher education, credit card debt, cell phone bill etc. When your biggest bills are tiny you can afford all the little coffee's you want. Big expenses do not increase quality of life, they increase stress. No bills, no stress. |
| Take Action When Opportunity Presents Itself. | The real reason to save money, to use it to make more money. |
**The Joke:** to get rich, save your money from your limited income stream and be rich in 40 or 50 years.

**The Reality:** to get rich make a lot more money now.

You can live like a king in the near future, or you can pretend you'll live like a king in 40 years, but don't be too surprised if it all crashes down and you break your crown and you point your finger but there's no one around.

Until next time.

Your man,

Victor Pride

P.S. Check out [30 Days of Discipline](#) to learn to live like a Wolf and not a Lamb.
It’s an excuse to not achieve, an excuse to never actually get anywhere. When you have not succeeded and someone asks you why you can say: “Hey man, it’s all about the journey” and people will fall for it. Most of them will probably nod their heads in agreement. No one is going to pat you on the back if you tell them the truth: “I’m just waiting around.”

I do a lot of traveling. I don’t travel because I like the journey, the journey is the worst part. It’s a bunch of waiting. I don’t go to new countries because I like to wait around in airports, I do it because I like to ARRIVE and be there in the moment. When it’s time to go home it’s not “about the journey”, it’s about getting home as fast as possible. When I come home friends and family do not ask me about the hours I spent waiting on planes, trains and automobiles, they ask me how the destination was.

The same goes for life and business. It’s not about the journey, it’s about the outcome. The achievement. It’s not about how much time you can waste waiting around. It’s about how much ass you can kick in the least amount of time possible.

Here at Bold and Determined, the Website for Winners™ there are two things we don’t do...

1. **We don’t BS with words.** We don’t say “journey” instead of “waiting”. A lot of words mean the same thing, but one word is a powerful word and one isn’t. For example dedicated and obsessed have the same meaning but one word is soft and one word is strong. “Waiting” is a powerful word because it describes waiting without glorifying, “journey” means the same thing as waiting but can be taken positively and is easy to use as an excuse.

2. **We don’t accept this baloney word “journey”** as a valid excuse for non-achievement.

If you’re “all about the journey” then what you really are is a waiter. You wait, wait and wait for the perfect time but the perfect time never seems to come at the perfect time. Does it?

“I hate my job so much, I can’t wait for the right time to quit...”

“I can’t wait to lose 40lbs. Just as soon as I start going to the gym...”

“Just as soon as I move to _______ city I will blah, blah...”

“Just as soon as I get my business off the ground...”

“Everything will be better just as soon as _______. All I have to do now is wait for ______”

“Just as soon as I save up enough money I can afford _________”
I used to wait and wait and wait and complain about my job and then wait some more until I could start my own business. I did that for a decade. One day, I just stopped waiting and I started making and taking. I wasn't born with a silver spoon and I'm not a genius. I don't have a trust fund, I don't have an inheritance coming my way and I wasn't invited to smart camp when I was in school. The only reason I'm now free and clear is because I made the decision to start doing A (kicking ass) and stop doing B (waiting around and taking orders).

Nothing will ever come and get you while you're waiting around.

You've got to go and get it, whatever it is...

- If you're too skinny you don’t wait round to gain some muscle, you take yourself to the gym and then you take yourself to the local all-you-can-eat buffet palace.

- If you want to make some money and leave your soul-less job you start taking action and you stop waiting around. Just because something takes time to achieve doesn't mean you need to wait around or use the journey excuse.

While everyone else is waiting around pretending to enjoy their journey to nowhere you can be kicking ass and getting to your destination faster. All success is is a decision in your head. Success is a yes/no decision. The decision that: ‘YES! I will do this!’ or the decision that: ‘No, this isn’t the right time...’

If your decision is no, well, hey man, I understand.

Life is about the journey.

Like Leonard Cohen once said...

Baby, I've been waiting,
I've been waiting night and day.
I didn't see the time,
I waited half my life away.

Until next time.

Your man,

Victor Pride
We've all got to eat a little shit every now and again, that's life, but we have a choice of how much shit we have to eat. Regular Joe eats a shit sandwich for breakfast, lunch and dinner. Winner Wolf makes a vow to never eat shit again. You go to work for someone else, you enrich someone else, you give your time to someone else, and for what? More shit for dessert.

“Oh, but I don't have a choice! I have bills to pay!”

You have bills to pay because you chose them. You've got debt because you chose it. You eat shit because you went to the all you can eat buffet of life and instead of eating the Ribeye that takes 10 minutes to cook you settled for shit.

You want something more you have to work for it. End of story. You want something you have to go and get it, and all the bullshitting and excuse making in the world won’t give it to you. You want it? Go take it. You'll probably have to suffer a little bit until you get it. So what. Everybody gets to eat shit. Shit is free for anyone who wants to eat it. But then again all you have to do is spit it out. You get crybaby whiners whining about how they don't have step by step instructions to remove the shit from their mouths. It don't work like that, bub. It’s a choice you make and that's all it is.

Write a note to yourself: “Live or die”, and sign it in blood.

In 1982 a reporter went to a hotel to interview a young South Korean boxer named Duk Koo Kim. Kim was in town to fight a championship bout with the American champ Ray “Boom Boom” Mancini. Kim was the #1 contender but he had never faced an opponent as tough as Mancini. The reporter noted that Kim had written on the bathroom mirror, in blood, “Live or Die”.

The fight lasted 14 rounds out of the scheduled 15 rounds. Duk Koo Kim surprised the boxing world by going toe to toe with Ray Mancini for 12 rounds. In the 13th round Mancini hit Kim 39 times without Kim being able to hit back. But Kim did not give up. In his culture stepping back was shameful. In the 14th round Mancini knocked Kim down twice, the second time Kim was knocked down he was able to pull himself back up but the referee stopped the fight and declared Mancini the winner. Duk Koo Kim was taken to the hospital. He lay in a coma for 4 days and then died.

After Kim’s death they found his journal, as read by his fiance, Mae Lee...

Describing the early days of her romance with Kim, Lee says: “It was love at first sight for him, so he used to chase after me. At first he asked me for a cup of tea, and after that he called for dates. That was in the fall of 1981, so the memory is not so clear. In the beginning I didn't like him too much because he was a boxer. He was serious, but I wasn't ready for a relationship. He kept on calling, but I turned him down. Finally he wrote me a letter.” She finds the letter and says: “It begins, 'When a man cries because his heart aches, the whole world cries.'

Eventually I began to like his personality. He was very strong, very brave, manly and well-mannered. I visited where he lived—it was a poor area.” He lived with a friend, the boxer Bong Sang Lee, in a room where Kim hung framed pictures of his fights on the wall and kept a scrapbook, his most valued possession. He also wrote slogans and pinned them up. One of them read, POVERTY IS MY TEACHER. It was written in blood. Lee says, “He showed me his journal.”
The journal, which he was keeping at the time of his death in 1982, began with an apology. “With a mixed feeling of fear and excitement, I am afraid that, hardly knowing how to spell, I may become a laughingstock for writing this story. On my second birthday my father passed away. Soon after, I suffered a disease which almost killed me... My mother, Yang Sun Nyo, was a woman of great misfortune; she married four times.... Leaving me in her sister's care in Seoul when I was only an infant, she took all sorts of jobs, including a housemaid, but without much success. Come to think of it, she was only 25. No one can blame her for trying to seek happiness by remarrying. My childhood dream was having a bowl of hot rice.”

Lee read how Kim's mother left her third husband, a bean curd peddler, because his grown son was cruel to her. Taking her two young sons, she walked a great distance and finally arrived in a fishing village, where she begged for food for her boys. There she met and married her fourth husband. He had three sons, who became Kim's brothers. Kim wrote, “One new brother used to drag me around, forcing me to fight with other village kids. The older kids enjoyed watching our fights, and I despise them even today for it.

At the age of six I was learning to fight...

In those childhood days I could see the red sun rising from the ocean's horizon. I planned my future while watching the sunrise and the bright sunlight. I always repeated to myself that I shall live to make it big... I used to catch and eat scallop and fish and swim out far, far away... When autumn came, we used to catch locust to fry and eat... In winter we'd go wild-rabbit hunting. With a stick in our hands, we'd climb a snow-covered hill where there were so many wild rabbits. Or we'd go sledding on frozen rice paddies. But there were more days of hardship than fun.”

When I was ignored or humiliated,” he wrote, “I felt an unbearable anger. Even these days, I simply cannot stand being looked down on. Back then, I was not thinking about the consequences of my action. I never had a happy home, and I was deeply unsatisfied. And every now and then, I would become uncontrollably angry.”

“I know I cannot afford to be lazy... I must create ‘something’ in order to realize my great dream... I never liked my mother very much as a kid. I had wanted her to raise me on her own. I guess I was too young to know... But now I understand my mother and feel sorry for her. That's why I want to be a good son and bring her happiness. In order to do that, I must reach the top... A country boy named Kim Duk Koo will show the world something... I shall run and fight until I am covered with blood and sweat.

Duk Koo Kim died but he died with honor and dignity. He made up his mind, Live or Die, and he meant it. He never backed down, he only moved forward. No one thought he was a great fighter, even his coach didn't believe in him at first, but Kim won 14 of his 15 pro fights and earned the top spot to fight for the championship and he did it through will and spirit. He lasted 14 rounds with Ray Mancini, he had never fought such a long fight before, through will and spirit and determination and the last time he was knocked down (and basically killed) he STILL GOT UP. Kim wasn't really ready for the fight, but when that chance comes along saying “no” is impossible.

Live or Die 100%.

I used to drive around in my Chevy pickup truck listening to a song called Duk Koo Kim by a band called Sun Kil Moon. It's a 14 minute song so I'd find myself taking the long way home to finish the song. One line in particular I just couldn't get out of my head.
“I’d rather leave this world forever, baby, than let life go the way it’s going.”

So I made the change. I made the decision to stop eating shit. The decision to only go for what I want and never take a job, never do any bullshit I don’t want to do. I’ll sooner die than go back to the shit-eaters world. Simple as that. And I never had it as tough as this Korean fellow Duk Koo Kim.

“You never know what day could pick you, baby, out of the air, out of nowhere.”

It’s just a decision, friend. Sometimes it works out, sometimes it don’t.

But we all die and that’s our only guarantee.

But how you will live and what you will accomplish, that’s what counts.

See you next time.

Victor Pride

Read more about Duk Koo Kim:

- Twenty-Five Years is a Long Time to Carry a Memory.
- A Step Back – Families Continue to Heal 30 Years After Title Fight Between Ray Mancini and Duk-koo Kim.
- ‘It was a Brutal Fight’.
- Duk Koo Kim: The Sacrifice.
- See the entire fight here.
29.8.2013 – Self Improvement for Smart People: The Anti Fight Club Philosophy

**Fight Club is a very famous movie and book. But it is not a movie or book I take inspiration from.**

You could call Bold and Determined the anti-Fight Club.

There's one line in the movie that goes something like this: “Self improvement is masturbation. Now self destruction...”, as if to say improvement is baloney and rotting is much better. I look around, I look around and I see a generation of men rotting. Taking inspiration from this garbage like Fight Club. “Opting out” and accomplishing nothing.

**But...**

And here is the big but. There is a future. You will have a future. And in that future you won’t want to rot, you will want to live well. In that future you will wish you had the 3 best things in the world: health, wealth and relationship happiness. You will also want the time and freedom to enjoy it all. I get a lot of comments along the lines of: “But Victor! Money isn't everything!”

**Bullshit it isn't.**

If money weren't everything there would be no 5PM traffic. There would be no mad 5pm rush of people escaping, if only for a few hours, the nightmare that is their life. There would be no office jobs, people would be too busy smiling with their loved ones to rot away in a cubicle for a few peanuts from the boss's boss man. Money is everything because money allows you to be as you wish to be. Being poor allows you nothing except the thought that you are morally superior to the wealthy.

I have seen a lot of weblogs written by these type of “opt out” characters. Obviously they have taken a lot of inspiration from Fight Club, a nihilistic book written by a homosexual. Comically, their version of opting out is always work a job and go try and pick up bar sluts on the weekend. Slow self destruction I call it. Fine for them, but Bold and Determined demands more from life.

There is a way to opt out and win, but it's not the same as the Fight Club, anti-success, mediocrity posing as superiority style of opting out. Opt out of the baloney life. The go to college, get a 9-5, party on the weekends until you are 30, then marry some ex-slut who won't cook or clean, have a kid or two and be in debt up to your eyeballs and pray for the retirement fairy to come and save your life.

**No thanks.**

**Instead:** don't work a job you hate for a limited income, don't eat a baloney sandwich diet and get fat and sick, don't date women who won't cook or clean or remain trim. Yes, be selfish and, gasp, make a great life for yourself. Make a lot of money, be in great shape and have yourself a great gal or two, and have the freedom to enjoy it all.

**There are no rules, there are only laws. Follow the laws and break the rules.**

**Make yourself better.** Hell, make yourself the best. What's so doggone hard about that? Nothing. The one word I would use to describe my personal life is not “easy”, the word I would use is “better”. Better than 5 years ago, better than 2 years ago, better than last year, and better than yesterday. It isn't “luck” that got me what I have. It was my mission, so I did my duty and got what I wanted and continue to do so.
Nate the Nihilist will try and “take you down a peg or two”, and that’s because he’s a loser. Losers can’t or won’t try to make themselves better but they will try to make other people worse.

Willy the Winner will be too busy working to be infected with the nihilist’s sickness. And yes, you will have to work but you don’t have to rot while doing it. The decision is yours, enrich yourself or enrich others. Seems obvious to me which one to pick.

There is a future just around the corner.

Hope yours gets better by the day, friend.

All you’ve got to do is the opposite of the Fight Club mission statement: embrace self-improvement, disavow self-destruction.

Until next time.

Your man,

Victor Pride
Hello friends, let's talk about 6-pack abs and weight training, shall we?

Recently I showed an old picture of myself to a lady friend and her exact words were: “Wow, you were small AND fat”. Which was true, I was skinny and fat. We chuckled a bit but the reality was that my body was completely normal, it’s only now that I’m fit that my body is abnormal.

Everyday I see a great many men who have the same body type: skinny fat.

Skinny-fat-itis is the nasty result of not doing any strenuous exercise and eating junk. But I'm here today with some great news. The disease of skinny-fat-itis can be cured and Uncle Victor is going to show you how.

But it’s no overnight cure.

Let’s look at some pictures of Uncle Vic that span a 7 year period.

The 3 pictures above are about 2 – 3 years apart from each other, over a time of perhaps 7 years. From age 23 or 24 to age 30 and from 155lbs to 200lbs.

<table>
<thead>
<tr>
<th>Picture – 1</th>
<th>Age – 23 to 25.</th>
<th>Weight – 155lbs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Picture – 3</td>
<td>Age – 30.</td>
<td>Weight – 195 lbs and more.</td>
</tr>
</tbody>
</table>

As evidenced above you can transform, metamorphosize, and evolve from skinny-fatso to superman. In the first picture I was 155lbs of doggy-doo. That “physique” was the result of 10 years of no strenuous exercise and no attention paid to eating protein instead of mac and cheese. The shocking part about picture number 1? I had already been weight training for several months! In that picture I had already gained at least 15 lbs. I was even smaller before that picture was taken. In fact, my lowest weight as a grown man in my early twenties was 130lbs with no muscle definition.

And as you can see my posture was terrible and I looked like a bag of estrogen. The darned thing is that I wasn’t abnormal. That body type is completely normal, and, the worst part, my body was probably better than most other fellas. As I said before, I see guys who look like that every single day.

Here's the thing, boys...

When you look good, you feel good. When you look like doggy-doo you don't feel good.

But when you have never looked good you don't know what you're missing. When you start to hit the weights and pay attention to diet and when you start to get results, that's when you realize what a difference it makes. I used to have a group of friends who all looked like bodybuilders or fitness models. They'd say to me: “You should start working out,” and I'd always say: “Nah, don't want to.” Looking back I can now see the development I missed by wasting 10 years doing no exercise. Boo-hoo for me but now you know how important physical development is.

10 years wasn't too late for me and it’s not too late for anyone.
What you see above is what I looked like 25 years ago after creating and following my flagship training program *Body of a Spartan*. No cardio whatsoever, no supplements whatsoever. Weights and food and nothing else. It’s not that I “don’t believe” in supplements, it’s that supplements don’t work to build muscle and you can quote me on that.

**If you’re skinny-fat, or just regular fat, and you want 6-pack abs there are two things you need to know.**

1. You have to eat less food to burn the fat and reveal the abs. No way around it, you must diet.
2. You MUST have a base of muscle *before* you diet. If you have no muscle and diet you will still look like doggy-doo after your diet. If you’re skinny-fat you need to eat and lift first and put on weight. *Dieting for a skinny-fat guy is utterly and entirely pointless.* When you have put on a base of muscle then you can diet down and reveal the abs.

**How to Diet the Easy Way**

Here are the two easiest methods in the history of the world to cut down your calories.

1. **Do not snack.**

   No snacking leads to 6 pack abs. I learned that almost by accident. I was living in China at the time and Chinese snack food is not appealing. They have things like corn flavored ice cream and things that don’t even look like food. Because the snack food looked so unappealing I never bought any snacks ergo I never ate any snacks. If you don’t buy snacks you can’t eat snacks. Never buy the damn things, #1 rule. Once per week when you feel drained and need snacks and extra calories buy enough for just one day. Don’t buy boxes and boxes of snacks because you’ll eat them. Only buy enough for one day.

2. **Eat 2 – 3 meals per day.**

   Another easy way to cut out calories is by eliminating either breakfast or dinner. I’ve skipped breakfast off and on for years. I’ve also off and on stopped eating meals at 8pm. Both of those methods work to burn off fat.

I stopped counting calories years ago when I realized how pointless it was. When I want to get leaner I do one very simple thing: eat less food. Drink some black coffee in the morning to help curb appetite, works wonders. Dieting is the hard part, getting there is the hard part. Maintenance is the easy part. Nowadays I’m never more than 3 or 4 weeks away from a full 6-pack.

**How I Kept a 6-Pack while Eating Junkfood, Candy and Soda Pop Daily**

The above picture is what I looked like at the tail end of a 30 day trip to Vietnam. My eating “strategy” was completely opposite of what I told you about above. I was eating anything and everything I could get my hands on including candy and soda. But there is a very good reason I was eating like that: I was damn starving!

I was in Vietnam for 30 days and let me tell you two things about Vietnam. Vietnam is hotter than hell and Vietnamese food is made for tiny Vietnamese people. They like to eat noodles and vegetables with a tiny side of meat. They are malnourished to put it nicely and their portions of food are portioned for Vietnamese people, obviously. I couldn’t get enough food to fill my belly so I ate anything and everything. At restaurants I’d order two meals then I’d go to the corner mart and buy 3 snickers bars and eat them. I drank up to 6 or 8 cokes and sugary drinks per day because I was sweating so much and walking so much. As a tourist in Vietnam you do a lot of walking and sweating.
Not to mention I was still training hard 4 days per week. The gyms in Vietnam don’t have air-conditioning so I’d be covered in sweat 30 seconds into my routine. So even though I was eating and drinking tons of junk food I was still in a caloric deficit and burning off all the calories I was trying to get in.

At the time I was in Vietnam a reader E – mailed me to ask what my diet was like while traveling. I told him. He replied: “Wow, I wish I was lucky enough to be able to have your genetics and be able to eat like that.”

**Yeah, it’s too bad you don’t have “genetics” like me.**

**Actually, it’s too bad you didn’t read Body of a Spartan.**

**Could have saved you some wishin’.**

**Until Next time.**

**Your man,**

**Victor Pride**

For more skinny-fat solutions check out these great articles from our Superdrive partners.

**Your Skinny/Fat Survival Guide.**

**How to Train When You’re “Skinny-Fat”.**

**The Best Supplement Stack For a “Skinny-Fat” Guy.**
13.9.2013 – How You Can Turn Laziness Into Accomplishment

How To Use “Laziness” As Fuel

I've just returned from Chiang Rai, Thailand. Chiang Rai is in the very north of Thailand, bordering on Laos and Burma. The area is known as the “Golden Triangle” and is famous for “previously” being a heavy opium producing area. I spent a lovely few days riding a motorbike around the mountains and around town and doing a bit of hiking to get up to the famous Khun Korn waterfall.

On the evening flight home I was reading a book on my iPad kindle “app”. The book I was reading is called How I Found Freedom in an Unfree World by Harry Browne. I found myself skipping page after page. Not because I didn't like the book, but because I found myself agreeing with everything I was reading. It was like reading a book that Uncle Victor might have written. I came to one page and read a quote that had me chuckling in recognition.

The quote goes like this: ‘For years, whenever it was appropriate in conversations, lectures, and writing, I've casually mentioned one or more such things as: I have no interests in governments, groups, crusades or religions; I'm lazy and have learned to live with it and enjoy it; and I see nothing wrong with being selfish.’

“Ha, ha” I had to say to myself in recognition. You see, I have a confession to make. You caught me red handed... Not only do I have zero interest in going on idealistic crusades or in belonging to any groups, not only am I selfish without remorse, I am also lazy.

“Huh?! Say it ain't so Uncle Vic!”

Let me explain...

I'm not lazy in a wake up at noon, sit at home, smoke dope, eat snacks, don't shower or shave and just watch TV kind of way. I'm lazy in a different way. The list of things I don't like to do is endless. The list of things I like to do is considerably shorter.

So I just don't do things that I don't like to do.

Since I don't do or rarely do things I don't like to do I have free time to do as I wish. Google defines “lazy” as not inclined to work or exertion. But for this purposes of this article I don't like that definition, and I don't like “standard” lazy people. I am going to cheat a little and use my own definition of laziness.

The B&D definition of laziness, in this instance, is: not being inclined to work or exertion when there is no clear benefit to do so or; the act of not doing things you don't want to do or; the act of not doing things that don't benefit you.

Using the above B&D definition of laziness I'm going to give you two tips to not only be lazy and be OK with it, but actually turn laziness into a way to accomplish more.
The 2 Ways That Laziness Can Help You Accomplish More

I. Eliminate competition by not having any competition in the first place.

Laziness can help you cut out competition. Rather than starting a business in a competitive market the easy, pesky lazy way to cut out competition is to **start a business that has no competition**. If there are 500 bakeries in town it would be silly to open a bakery. Why compete and fight tooth and nail to get a piece of the pie when you can simply start something new and therefore start at the top.

It’s the difference between being a regular schlub starting at the bottom and working his way up the corporate ladder and being a man who starts his own business, in his own niche, and shoots straight to the top rather quickly.

I remember quite vividly visiting Beijing, China. In the area where all the foreigners hang out to drink and eat BBQ the Chinese have their own little stands and carts to sell knickknacks and things. I remember walking by at least 20 carts, in a very small area, that sold the same cigarettes and cigars. About every 10 feet there would be a man or a woman with a cart selling the same exact things as the man in front and the man behind. They were all selling the exact same items within a tiny radius of each other.

I couldn’t help but think how they could possibly make enough money to make it worthwhile and how they could be so stupid to sell the exact same thing right next to each other. You could never call these people lazy, they’re there from dawn to dusk every day, but you can easily call them stupid. Instead of selling the exact same thing they could have opened their tiny little eyes and started selling something that no one else was selling. You can’t possibly be the #1 salesman selling the same thing as 100 other people next to you, but you can easily be #1 if you are the only one.

**It's dumb to compete in a saturated market when you can dominate in a new one.**

Standing around doing the same thing as everyone else is a waste of time and a waste of life. Do it new, do it better, or don't do it, but don't do the same. You'll simply never get ahead if you stay in the middle and the “lazy” way to get ahead is to do something new that has no competition.

II. Outsource the tasks you don't want to do.

If there is some activity or chore that you don't like to do then just let someone else do it. I haven't cooked a meal, cleaned my laundry or cleaned anything at all in over a year. I can't even remember the last time I did either of those things. I don't even make my own morning coffee.

I'm too lazy to do those time-consuming activities. I have ass to kick and I don't want to waste my time farting around in the kitchen or mopping the floor. But household chores must be done so I, wait for it, OUTSOURCE. Yes, I have those things done for me.

A man doesn't need to do everything for himself. You don't need to be cooking, cleaning, ironing, scrubbing floors and working on your business or working your job and bringing home the bacon. These household tasks can be done for you. In a bygone era this style of living was standard and normal. Women cooked and cleaned, men earned the bread.

In our world it's considered lazy or “unfair” for a man to not help out around the house. Who cares. Life is a thousand times better when you don't have to worry about getting the cooking and cleaning done. Get yourself a little helper bee to take care of the housework so you can focus on business and your quality of life increases. If that's laziness then you can call me lazy all day and night.
BONUS – How To Be Successful as A Lone Wolf

I often get questions like: “Victor, how did you find all this stuff out? Did you have a mentor like Rich Dad/Poor Dad or did your father teach you all this stuff?” and the answer to that question is no, I never had anyone like that. I've been a lone Wolf since I was 12 years old. What I know comes from experience and self-learning. In fact, when I was a young man I was the subject of jokes about my “laziness”. An older family member would always tell me about the wonders of getting a degree, getting a good job in I.T., getting a 401(k) and retiring like a king. Even as a snot nosed punk I knew that advice was terrible and didn’t particularly follow it.

So you can believe me when I tell you that if you don't have a mentor, if you don't have a good teacher, if you don't have a role model, or if you don't belong to this group or that group it's not the end of the world. Everything you ever wanted to learn about anything is available at your fingertips.

At the click of a button you can learn anything you want.

I am an entrepreneur because of the internet, no two ways about it, and I was lazy as can be until I started my own self education. Being a lone Wolf can help you tremendously and I will tell you exactly how: as a lone Wolf you can feel free to disregard advice from Sheep.

Sometimes I get emails and comments along the lines of: “But Victor, not everyone can do what you do!” Guys, you may as well email me to say the sky is blue. If everyone could do what I can then I would be out of business. So let me tell you the #2 benefit of being a lone Wolf: you are out of the ordinary and you are capable of doing extraordinary things.

IF! you want to and IF! you focus on it.

If you're a lone Wolf worried about how best to fit in, my advice is to stop worrying. Don't worry about fitting in. Being a lone Wolf is a gift because it gives you an outside perspective. If you really wanted to fit in then all you need to do is stop reading Bold and Determined – The Website for Winners™ and start reading gossip magazines in the office breakroom during your 45 minute pre-approved lunch break.

To each their own but I never much liked working around an office, pushing papers and attending HR meetings. I like to kick ass, lift weights, make money and climb mountains in northern Thailand on Tuesday afternoons so that's what I do. I'm able to live like that because I avoid all activities that I don't enjoy or that don't get me closer to my goal and I don't worry about “fitting in”.

Maybe that's just me though.

Until next time.

Victor Pride

The laziest business that pays the biggest is blogging. Click here to learn how to do it the easiest way imaginable.
23.9.2013 – The #1 Piece of Advice for Aspiring Entrepreneurs: Do It Pro From the Get Go

I recently received this email from an excited and aspiring young reader.

‘Uncle Vic!

When I signed up for your emails my entire life changed. More specifically, when I read some of the books you recommended (Rich dad/Poor dad and Think and grow rich), I developed a new outlook on life. Every morning all I want to do is better myself, increase my financial literacy, and ultimately increase my passive income. I’m writing this to thank you and encourage you to keep at it. I’m also looking for a few tips to help me avoid beginner mistakes in my journey to financial freedom.

What things would you have done differently when you first started developing your passive income?

What is your “motto” or code that you live your life by?

What is the absolute BEST piece of advice or wisdom you’ve received in all your years of doing this?

Thanks a lot man. I'm looking forward to your next email.’

Ok, you wanted the best you got the best. The hottest piece of advice in the world...

The #1 piece of advice I give to aspiring entrepreneurs is this... do it pro from the get go.

The attitude you have makes all the difference to your “luck” and success. When you say things like: “Well, I’ll just do it and see how it goes,” or: “I’ll give it a try and see what happens,” you are setting yourself up for failure. When you say things like: “This is what I’m going to do. I’ll sleep on the street before I give up,” you are setting yourself up for success. You’ve got to do it pro from the get go. That means you need to set yourself up as a professional and not an amateur.

Pros are successful, amateurs aren’t.

Pros make money, amateurs make excuses.

I’ve been a professional at two things in my whole life. I’ve been a pro real estate investor and a pro blogger. I’ve been an amateur at countless other endeavors. The difference, the one absolutely only difference, between my pro endeavors and my amateur endeavors was my attitude. I said: “I am going to do this,” and that’s all there was to it. In my amateur endeavors, which lead nowhere, I always said: “Well, I’ll just try this out and see how it works. I’ll give it a shot.” You know where that loser mentality lead me? It lead me to borrowing money to make rent. I could go pay a years worth of rent tomorrow and not even notice the money was gone. That’s the difference between having a professional attitude and having an amateur attitude.

Do everything the right way direct from the starting line. No if’s or maybe’s.

Doesn’t matter if you are 17 or 57, start your project like a professional or don't start it at all.

Set up for success and success is what you will get.
The 3 Steps for Setting Yourself Up for Success

1. **Work 16 hours per day.**

   Passive income is not really the right phrase. Deferred income is a better phrase. You do the work first and then you get paid. You aren't going to make any money if you don't work for it. Period. It's “passive income” only in the sense that it comes to you at all times, whether you are sleeping or awake, whether you have been naughty or nice.

   **But no such thing as free income. Work, get paid.**

   The difference between what I do and what Johnny office worker does is time. I don't get paid for my time, I get paid for my work. Johnny office worker gets paid for his time. I do my work once and get paid for a long time afterwards, Johnny office worker clocks in at 9AM every day to beg for scraps. If you want deferred income like I have then you work 16 hours per day and sleep 8 hours per night and you do that for one year. That's how you get passive income. You do a massive amount of work in the beginning and then you can relax and get paid.

2. **Live as cheap as possible.**

   I cannot stress this enough. **Live as cheaply as possible.** Get rid of all unnecessary bills. Cable TV, $100 phone contracts, high rent/mortgage, auto loan payments. Get rid of everything you can. Stop using credit cards unless you are taking advantage of a points/rewards/frequent flier miles program. If you can't afford to pay in cash then do not purchase it UNLESS you need it for business (that's NEED, not want). It's not impossible to go out on your own when you have bills up to your eyeballs but it's really damn hard and I recommend making it easier on yourself.

3. **Do it pro from the get go.**

   Whatever your project is always present a professional image. Always be an authority. Even if you don't have a clue what you're doing. Fake it 'til you make it they say. If you need to, absolutely. You aren't a pro until you are paid for it, but you can and should always have the mentality of a professional.

   When I started out in the real estate investing world I wasn't a pro. You aren't a bona fide pro until you've made money and done deals. Well, I just pretended. I pretended my way through my first few deals. I presented a pro from the get go appearance and was able to do a tremendous amount of deals and make lots and lots of dollar bills. After several deals I was a bona pro doing more deals than a lot of other people who had been in the business for years and years.

   **Fake it, sure, but fake it 'til you make it.**

   The 2nd part of that phrase is the most important. Do what you've got to do until you get to your destination. If you're not an expert in your field you will eventually become one with time. If you plan on becoming a success then don't ever present an amateur appearance. If you don't plan on being a success then don't even bother starting. Put on the big league jersey and leave the little league jersey at home. Even if you're a nobody, act like somebody. **That's the attitude of a go-getter.** So if you want something, go get it.

   **Do some deals and make some dollar bills.**

   Until next time.

   **Your man,**

   Victor Pride
Morning, friends.

And a beautiful morning she is. OK, to be honest it's night time for me. I'm on the other side of the world at the moment. Bangkok, to be precise. But I did have a nice morning and I hope you do the same.

On Bold and Determined I have said over and over again that losers will always try and take you down a peg or two. Self improvement is some sort of allergy to losers. They want to take their misery out on winners and I'll show you a perfect example.

Normally I ignore hate mail but I wanted to share this 100% real hate mail I received just the other day: “You might be big, you might be strong, but it took you a long time to get there and you make a living only because you live where it costs nothing to live, i.e., Vietnam and Cambodia.”

Hatemail Harry has accused me of working hard in the gym, living cheap and being smart with money. Guilty as charged. Yes, it's true. I worked out for many years to get big and strong. Yes, it's true that I live cheap. And with good reason.

**But first... let me show you a picture that illustrates why I am big and strong.**

Notice two things: I'm in a gym and I'm covered in sweat.

That's a picture of me on vacation at a beach resort town. That liquid on me isn't Mountain Dew, it's sweat. **Sweat equity**, to be precise. You can't buy your body with money, it costs sweat. You can buy all the surgery and you can buy all the steroids but you can't buy the sweat, and the sweat is what gets you there.

Your business costs you sweat equity too. You can't buy money, you can only earn it. You earn your money by building it up and working on it day in and day out, no matter how much you don't feel like it. You earn your money and you earn your body by the same exact method – consistency.

**Winners don't start & stop, start & stop, start & stop repeatedly, but losers are always “getting ready to start” or “taking a small break”, or sending snide remarks to their betters.**

Five months ago I wrote a blog post entitled **How to Improve Your Mood by Making More Money**. In that post I said: ‘Right now I make 3.5 grand per month doing nothing... Now I expect to make 8+ grand per month doing a lot more work.’ That was 5 months ago when I made that public statement and stated my intention. My income for the past 5 months has been *exactly* what I said it was going to be. That's what sets the go-getters apart from the no-getters. Sweat equity, determination and dedication to goals. Putting in the work to reap the rewards. Something losers can't comprehend.

**First you do work, then you get paid. If it takes years then it takes years.**

**Losers want to do nothing and have the spoils of war given to them.**

**Warriors do the work and then take the spoils of war as their right.**

**7 years from A-Z, Strength, Confidence, Pride, Accomplishment.**
How Winning is Done

Put in the time and put in the effort. **Like Rocky says**, take the hits and keep moving forward. I've been in the gym for 7 years and Bold and Determined has been online for 3 years. When I started weight training I had no physique, no base, and no real strength to start from. When I started online I had no connections and no knowledge whatsoever about building an online business. But I had heart, consistency and desire. I spent an entire year living on $800 per month so I could learn.

In the time it took the Hatemail Harry to send me a hate mail accusing me of being big and strong and smart with money he could have went to Amazon.com and fired off an order for *How to Get Rich* by Felix Dennis and *Arnold: The Education of a Bodybuilder* by Arnold Schwarzenegger. He could have spent his time learning how winners got their winning done. He could have spent his abundant free time learning a new trade that would make him better as a man.

Design Your Lifestyle

I've personally got all the free time in the world, if I want it. I truly could work 4 hours per week if I felt like it. I don't have to punch a time clock and I don't have to be in the office by 9AM. That was no accident, that was by design and intent. Rather than spend my time working in some office, paying taxes so welfare recipients can get new smart phones, I have found a better solution.

**It's a 4 part solution.**

1. Make money on your own terms.
2. Live abroad.
3. Leverage a 1st world income to get maximum benefit in a developing country.
4. Take advantage of the foreign earned income exclusion so you don't owe income tax.

When you spend 330+ days abroad each year you can take advantage of a little known tax program that lets you keep your foreign earned income up to about 98k. Hatemail Harry might be happy to know that not only am I big and strong, but I also get to keep my dollars earned. Rather than throwing money away on inefficient, childish tax programs I keep it instead. If you aren't familiar with the US tax system the taxes owed on a 98k salary are about **thirty thousand dollars**. Poof. Just gone to some governmental nitwit programs. Using the outline above you could put that money in the bank rather than flush it down the toilet. Or you could send hatemail to winners. Don't bother me none either way. Hatemail just gives me fuel for the fire and I'll take all the hits and keep moving forward.

**Keep on winning and grinning, boys.**

**Until next time.**

**Your man,**

Victor Pride

**P.S. Don't forget to buy** *Body of a Spartan* **to you too can become a big and strong winner.**
The Website for Winners™ receives a lot of questions about how to make money online. What's the best method, how can you do it, where do you start, how much money can you make etc. These are all valid questions for a “just-starter-outer”, but I also get questions from desperate “give-uppers” who impatiently ask me questions along the lines of “How do I make money yesterday?!”

I'll tell you but you may not like the answer. Let me explain a little...

Bold and Determined has been in existence for just under three years. I have made my living solely from Bold and Determined for one and one-half years. Before that was one and one-half years where I made nothing or next to nothing for my work. Bold and Determined is actually the third blog I started. I registered my first blog domain one year before I registered Bold and Determined. That means I have been at this for four years.

Do the math...

It took me over 2.5 years to crack the code and make a dollar and a cent online. And not just make a dollar but make a very nice living. I get asked questions all the time and I see these types of questions all the time “I want to quit my job and work from home NOW! What can I do?”. The answer is you could have started two and a half years ago.

There's nothing wrong with taking the easy way because it's really not terribly hard to go out and make an income on your own. It's far easier to wake up on your own schedule without the sound of the alarm reminding you of the impending doom waiting for you at the office.

But if you want to be your own boss and make your own rules there is one thing that is absolutely required of you, that one thing is sweat equity.

Your time.
Your effort.

There is no such thing as a day off for an entrepreneur.

But then you've got the impatient, “I want it now!” types. Day after day, year after year they'll give their time to their boss and they'll give it away for pennies. When they wake up and realize that ain't no way to live life and they're ready to start their own little business and find freedom they'll say: “But I want it NOW! What can I do NOW to make money?”

Hey, I understand. When I want something I want it now too. When I want a haircut I can't do anything at all until I get my hair cut. A little haircut sounds minor but it makes all the difference in the world because if I really want something I won't stop until I get it. Whether it's a haircut or a check for 10 grand. I want it now, sure, but I'll be damned if I stop before I get it.

It took me 2.5 years to become a pro blogger. It took me 7 years to build the body I wanted. I took me a dozen years to finally quit my job and go into business on my own. You can believe I wanted everything right then and there, but I did the time and stuck around and I finally got what I wanted.

I used to be the world's worst insurance agent. I barely ever worked. I was so bad I made $15,000 one year. No joke. A grown man made $15,000 dollars for the whole year. The next year I made over $100,000 dollars.
What was the difference?

The difference was that I quit the job that I hated, and thus spent zero time trying to build and improve, and I started my own gig and spent 150% of my time working for myself in a very lucrative field. I took massive action. It was do or die, and I did every single day. I went from lolly-gagging my way through life to kicking ass through life.

So you want to know the secret code to making money for yourself?

Start kicking some ass.
Kick some ass every single day that you're alive.
Oh, and start yesterday.
The longer you wait, the longer it takes.

A good plan, violently executed now, is better than a perfect plan next week. – George S. Patton

When Friday rolls around most people will be excited to go out partying for the weekend or to sit at home and catch up on all the missed television shows. Then when Sunday rolls around they're going to bitch and moan, "Oh man, the weekend goes by so fast! I have to work tomorrow!" I spent my fair amount of time partying too. It got me a lucrative job making 15k a year. When I was making real money you know what I was doing on Friday nights? I was out at 12AM – 3AM putting up bandit signs all around the city. If you've ever driven around a major US city you've seen those signs that say “We Buy Houses” or “We Buy Cars”. Those are called bandit signs. They're called bandit signs because they're illegal to place on street corners without city permission so only bandits go out in the dark of night to place their advertisements.

The reason people place those signs on street corners is because the signs work as intended. People who are desperate to sell their house or automobile call the number listed. The guy who answers that phone number is working his tail off to do a deal and make some money. I'd have to go out on Friday nights to place the bandit signs because city workers would collect them on Monday morning and throw them away, so I had a narrow window of opportunity to get the signs seen. My Friday nights were bandit nights and I did that type of thing for a long time. One of those signs on a street corner somewhere was how I made my first ten thousand dollars. I needed that money too, that check got me out of debt in one afternoon.

I worked on that one single deal every single day and night for one month to get that pretty little check and if I'd needed to I would have worked double that. 4 hours, 40 hours, 80 hours, the amount of time spent working is irrelevant. Do what you need to do to get what you need and then you can enjoy the spoils of war. When I need something I'll work day and night and I'll work through the whole weekend as well. I'll work right up to the finish line.

How about you, friend, what are your weekend plans?

Until next time.

Your man,

Victor Pride

P.S. There were two real breakthroughs I had while working my way to pro status and achieving total mental clarity. I started following all the habits laid out in 30 Days of Discipline and it made a huge difference for me in terms of mental clarity and focus. In fact I am re-following and re-doing the program this very month.
How to Minimize debt to maximize income 101

“Bills, bills and more bills! I can't get rich because I have bills to pay!”

Well then get rid of the damn bills and stop buying things. If you want to get rich you have to stop being a consumer of goods and services and start being a provider of goods and services.

You will never, ever get rich being a mindless consumer.
What's that famous saying? “If you will live like no one else, later you can live like no one else.”

If you weren't born rich you must get rich. To get rich you must give up luxuries you cannot afford. That means no auto payments, no credit cards, no loans, and no expensive mortgages or rentals. Minimize to maximize. It's really that simple. Stop spending that dough on things and start spending that dough on assets. Buy things that will make you more money, don't buy things that won't make you money. When you become rich then you can buy all the toys you want, but not before you become rich. But if you buy buy buy things before you have the money (the actual cash money, not credit) then you are digging yourself deeper and deeper into a debt hole. Where I'm from we call these people 30k millionaires. They make 30k per year but they have all the latest cars and phones because they max out their credit cards every month just so they can appear rich.

But how the heck are you ever going to get rich if you are a debt slave?

Trick question. You won't ever get rich if you're deep in debt and you especially will never be free with the debt noose around your neck.

Can I be honest with you?

I never cared about being rich. I never dreamt of owning a Ferrari or a yacht. I never cared about that stuff, not once. But what I do care about is having the ability to do what I want, when I want, and how I want. In other words, freedom.

Do you know how you get freedom?

You buy it with money. If you have money you can come and go as you please.

“But Victor, money doesn't buy happiness!”

Irrelevant. Money buys freedom, whether you’re happy or not is up to you. I'll tell you I'm a whole lot happier with money in the bank and zero debt than I was with no money and debt up to my eyeballs working to make someone else a little bit wealthier. If you don't have money, and if you don't have a money maker's mindset, you are stuck working for someone who does have a money maker's mindset. I was never too happy working to make someone else rich.

Here is one cold, hard fact of life: if you have a job you are working to make someone else rich(er).

That's a fact. You are already working to make someone rich, why not flip the script and make yourself rich instead of enriching the owner of the company you work for? You're already working, everyone is, so it just takes a little flip of the switch to change your mindset from worker bee to owner. Heck, you don't even have to become a multi-billionaire. Anyone can make 80 grand per year working on their own time and if you follow the steps below that 80 grand per year can give you a real nice life.
1. Change your mindset and change your priorities.

**Poor Poor – Middle Class Poor – Rich**

When I was in high school I went to a younger kid's house. A friend of a friend type situation. The kid's house was in the ghetto and the house was disgusting. It was dirty, filthy actually, it was in disrepair and it was basically a shack. It was leftover temporary military housing from WW2 that was supposed to have been torn down after the war. The kid's father, or stepfather, was missing teeth and the mother wasn't fairing much better. They were the epitome of white trash. It was the first time I had ever seen such a disgusting manner in which people actually lived.

**Oh, do you know what was in their living room?**

In their living room was the biggest TV I had ever seen in my life. The TV was absolutely gigantic. Monstrous. They probably didn't have a roll of toilet paper in the house but they had the biggest TV ever made. Probably purchased “rent to own”. These type of people are the Poor Poor. These are the type of people who prioritize things they want, like big TV's, over everything else. Pay bills or pay debts vs buying a new TV? New TV always wins with these type of people. These are the type of people who play the lottery (poor people don’t pay taxes, but guess what lotteries are? Taxes on the poor.) and if they win a million dollars they'd be filing for bankruptcy in a year or two.

The Poor Poor have a: “Woe is me, boo-hoo, give me,” entitled attitude. Forget about them, they're useless and will never learn. The poor prioritize buying things they want (like the newest phone or television) over investing, saving or paying outstanding bills. The poor will buy any way they can, and since they are poor (ergo they have no money) they buy on credit, digging themselves deeper into debt.

But then you've got the “Middle Class Poor”. The middle class poor are the worker bees and office drones who put everything on credit to live a life of debt luxury. The middle class poor have a: “Put it on the credit card, we'll pay for it later,” mindset. But later always comes sooner than it should. The middle class poor’s priorities are to appear wealthier than they really are. Keeping up with the Joneses they call it. Sour news, friends, but the Joneses are up to their eyeballs in debt too. It’s better to keep away from the Joneses and their poisonous mindset than to keep up with them.

**Keeping up with the Joneses is a race to the bottom.**

**The Poor Poor are just plain stupid, but the Middle Class Poor are ignorant about money and debt.**

Big difference. The middle class poor have been incorrectly taught about money. They have been taught that loans and mortgages and credit cards and debts are good. Good for the bankers, sure, but not so good for Average Allen who is still paying for his wedding and Hawaii honeymoon 8 years later.

The Rich have a different mindset. When the rich want something they don't hold their hands out and say: “Give me”, they don’t pull out the credit card to buy now and pay later, they don't rent to own. Instead, they do one of two things: pay in cash and it is a one deal or if the item is out of their price range the rich will increase their income to cover the cost or they will **buy a business to cover the cost of the new item** they want.

**See that?**

**Buy assets instead of toys, then use the assets to buy toys.**
The rich know the secret to purchasing items they want...

1. They buy in cash.
2. They buy or create a business that will pay for the item they want.

If you want something that is out of your price range you need to put on your thinking cap on and figure out a way to get what you want. **Cash only.** Get on the problem like a Duck on a Junebug, **work like hell,** and make the money to buy that toy you want.

**2. Get rid of things that are too expensive.**

It's tough to **get rich** if you have bills out the wazoo. The conventional advice is to give up small, piddly items like $1.95 morning coffee's and save up. Nevermind the 3 grand per month mortgage, just deny yourself a coffee and in 135 years you'll be debt free! That's dumb advice from dumb people, a morning coffee doesn't mean anything.

What matters is the gigantic monthly payments for your housing and your automobile. Those are the two biggest expenses for the average person. Cut those bills down and you can buy all the coffee and donuts you want. To get rich it is essential to **live far below your means.** That means giving up the high mortgage/high rent home and the high auto loan payment. Buy a cash car and downgrade into an **extremely affordable home.**

**Get rid of luxuries and keep necessities.**

Personally, I have only five monthly bills: rent, internet, water, electricity and gym and those bills add up to less than $700 per month. I used to have bills just like everyone else, $1,600 mortgage, auto loan, auto insurance, gasoline, $100 cell phone bill, home security system, lawn care, you name it I had to pay it. I got rid of all of it and it could not have been a better choice. Now I do not have any expensive bills. In fact, my monthly bills to run Bold and Determined are more than my own personal bills.

**I can't repeat this enough, you will never become wealthy if you are in debt or if you have expensive bills every month.**

**Get rid of the bills and get free.**

**If you have high bills and/or heavy debt you are not free to do as you please. You must pay those bills and you must work to pay those bills.**

**Do you know what people who aren't free are called?**

**They are called slaves.**

**Going into debt and taking on heavy bills (it's called living paycheck to paycheck) is self-induced slavery.**

How many times have you heard of Doctors or Lawyers or other high-earners who make 100k per year but don't have a thousand dollars in the bank? I hear about that all the time. Their money goes out as fast as it comes in on bills and debt. A guy who makes 30k per year but is smart with it could be richer than a high-earner making 100k per year but spending it all before it even comes in.
If you insist on using credit cards they must be paid off in full each and every month. To help out with your credit score you can put a tank of gasoline or some grocery shopping on your credit card and pay it all off before the interest kicks in. That's what I do every month, put a little of this or that on a credit card and pay it off before the end of the month. Last time I checked my credit my total debt was $8. Eight dollars. Of course I paid that $8 off before the end of the month and got my debt back down to zero.

3. Stop buying things you want.

To get rich you absolutely must stop buying things. When you buy things you are throwing money away. Just burning it. Consumerism is a killer and everyone around you is dying from this disease. Not only is the giant television unnecessary, it is actively digging you deeper into a hole. It makes you feel nice and rich but its an illusion, especially since most people put big ticket items on their credit card.

This feeling of being rich (by buying items on credit) kills your drive to better yourself. If you already have the item you want, why work hard? Just keep making those minimum monthly payments and make those bankers richer, right? That's what idiots do. If you're smart you stop spending all of your money on pretend riches (new phones, TV's, cars etc.) and start using the money you have to make more of it and buy yourself some freedom.

I could literally go out and buy anything I want, but I don't ever buy things. In the last year I bought a cell phone, an iPad and a guitar. That's an entire year of things I've purchased and the total cost of those items was less than $500. Of course I buy necessities (food, medicine, etc.), and I travel all the time, but I never buy things.

When you don't rush out to buy things you have money accumulating. Some people call this “saving”. You can now easily save money because you aren't throwing it away on things that don't matter. When you have money saved up you start to become freer and freer. If you've got 20 grand in the bank and your boss fires you you can just laugh in his face. If you've got $20 in the bank and your boss fires you what happens? Ouch.

So what do you do with all this extra money you have now that you aren't buying the latest gadgets and doo-dads and you don't have heavy monthly bills? You buy assets. Buy things that will make you more money. You start a business. You invest.

The poor buy things, the rich buy assets.

With the assets the rich have, they can then go off and buy anything they want with cash in hand.

Done deal, baby.

Until next time.

Your man,

Victor Pride

P.S. The quote above: “If you will live like no one else, later you can live like no one else,” is from a guy named Dave Ramsey. Dave Ramsey has a book called The Total Money Makeover. If you are a debt slave you should read the book immediately.
How To Be 18 Again

When you turn 18 you are a free man. You can kick off the shackles and go about your life as you wish. But the plan that is likely laid out for you is a plan destined to fail, so you've got to make the right choices to get a jumpstart on a life of health, wealth and happiness. Regrets are pointless, but if for some reason I was put into a time machine and found myself 18 years old again this is what I'd be glad to know.

Here are 18 things every 18 year old should know…

1. **Don't get married.**

She isn't your soulmate, she isn't “the one”, it isn't true love. That's my 100%, money back guarantee to you. Assuming you are a Westerner, especially an American, getting married young will be the biggest mistake of your life. Just say no. As a young man you can be free to date around and play the field. Tying yourself to one woman with a Government enforced noose will do two things: turn you into a shell of a man and significantly reduce your income after she gets bored, divorces you so she can find herself, and papa Government helps her finance it with your money.

Wait until later in life and pick the right wife before you sign your life away.

2. **Do not make women your priority.**

Priority numero uno should be making money and building a life for yourself. There are 3+ billion women in the world and they are all basically the same. Your soul-mate Kimberly isn't one in a million, at best she is about one in a hundred. She can be replaced and it's not true love that you feel for her, it is infatuation. If she wanted you then you would not want her so much but because she does not want you you want her. Make sense? No? Doesn't matter. We want what we don't have or what we can't have, when we have it we don't want it. You don't need a psychology textbook to learn that, just a little Bold and Determined 101.

3. **College doesn't guarantee money.**

'It is time to get women out of the schooling of boys. It is way past time. Women in our feminized classrooms are consigning generations of our sons to years of misery and diminished futures. The evidence is everywhere. Few dare notice it.’ – Fred Reed

College is a big joke. I said it, you read it. My freshman year of college I had a female English teacher who had the build of a linebacker and, rather than teaching us English, taught us feminism. Every day she would talk about feminism ad nauseam. If you're thinking: “Wow, what a waste of time,” you are right.

I wasted a great deal of time in college, aimlessly drifting through because that's what you're supposed to do. The cold, hard reality is that you aren't guaranteed a job or a career and your college degree is going to be the most expensive piece of paper you ever purchase. A college degree in this day and age usually guarantees one thing: debt.
Making money and living well is completely and 100% up to you, not your piece of paper. I never learned anything in college and with good reason: colleges are filled to the brim with stupid people (see exhibit A and exhibit B). It’s not a coincidence that recent college grads look like glassy eyed morons as they serve your coffee.

Smart people simply don’t belong in college and unless you are going to school to become a physician or to get a degree in a highly technical STEM field college is almost completely unnecessary. Every successful entrepreneur I know says the same thing: “I never use my college degree for anything.”

If I found myself at 18 years old, knowing what I know now, I would absolutely 100% not go to college.

4. You can make money on the internet.

Getting a degree in some phony baloney major like Communications is great for wasting time pretending to be successful but there is an easier, better, freer and more profitable way to make money. Make money through the power of the internet. Look around you, what is one thing you see every person doing? They are all playing around on the internet on their laptops, smart phones and tablets. Everyone is online, you are online right now reading this, I am online writing this. The difference is that I am making money online and most of you are playing online.

Kill two birds with one stone, play and make money.

If I were 18 years old right now this is exactly what I would do: I would skip college, I would read the Fastlane Forum voraciously, I would save up two thousand dollars and I would move to either Chiang Mai, Thailand or Ho Chi Minh City, Vietnam. Those two places are filled to the brim with young, white foreign entrepreneurs who spend their time networking, building businesses and partying and they live on about $500 per month while doing it. I don’t even personally like those cities but it’s undeniable that they are the hub cities for young expat entrepreneurs. Go where the talent is.

5. World travel is not just a fantasy.

13 years ago I watched a movie called The Beach. I was blown away. Not by the story, or the acting, but by the photography. The film takes place on an island in Thailand and when I saw the movie it looked to me like paradise. I never forgot that lagoon. ‘Too bad I could never visit a place like that,’ I thought. You see, when I was a young man I was unaware of the possibilities. I thought it was college, job, two years into the job I could have a one or two week vacation, then I would retire. I never thought I could visit far away countries.

It was not until I read the Four Hour Work Week by Tim Ferris that I even knew it was possible to not just visit other countries but you could actually live in other countries and it would be cheaper than living in America. Right then and there I made my plans and I visited that island in Thailand that I saw in the movie. Nowadays I even live in Thailand and I save a ton of money doing so. It’s not impossible, frankly it’s quite easy.

6. Gym time is critical while you’re young.

You must build your body and your strength, a physically weak man is a failure and the body of the average man is disgraceful. As a young man you should have a few things going for you. Those things are high testosterone, high natural growth hormone and high IGF-1 levels. Take advantage of those now because when you’re older those levels diminish. Now is the time to get in the gym and build your body naturally to it’s peak.
A body built when you are young will stay with you for a lifetime.

Do not take steroids as a young man, your HPTA levels are still developing. Using steroids while under 22 years of age can and will result in an underdeveloped HPTA which will result in permanent lack of HPTA maturity meaning you will have permanently low natural testosterone levels. Yikes!

7. Your family is full of BS.

Unless your dad is a self-made millionaire your family doesn't know what they are talking about when it comes to planning your financial future. They'll tell you college degree, good job, marriage, retire rich. All they're missing is a little thing called evidence. That's a get-rich-slow scheme and it works as well as get-rich-quick schemes. That is to say, it doesn't work.

8. Work ethic is critical to develop early.

The longer you wait the lazier you get. Now is the time to get to work building your future empire. Laziness is a learned trait and ass-kicking is also a learned trait. Get to ass-kicking instead of sittin' around on your ass. 30 Days of Discipline will give you a boot to the ass to fuel that fire and you can log your progress on the official un-official 30 Days of Discipline forum.

See also: Why Every Young Man Needs 30 Days of Discipline: 30 Days of Discipline Review

9. Everything is not just A or B, there is a C solution.

The world is not just black and white, Christian or atheist, republican or democrat, liberal or conservative. Stand on the outside and look in to make the best decisions. As soon as you say: “I'm such and such,” you stop thinking about things. If you say: “I'm a liberal,” you'll follow liberal dogma, if you say: “I'm a republican,” you'll follow republican dogma. There is a 3rd option, a 4th option, a 5th option etc. but it requires you to put on your thinking cap and not just accept your group's POV without thought.

As an outsider you will be able to see things clearly in a way that group-followers never will.

10. You have a future.

Never listen to people that say: “This is the best time of your life. It's all downhill from here.” Your life is as good as you make it. Work to build yourself a future and you will have a nice one. I'll tell you my life is phenomenally better at 30+ than it was at 18 but I never sat around pining for the old days, I was always working to make something of myself. Forget about the retirement scam, work on your own future and build yourself.

Your future is yours to make, but your future will come whether you build a good one or a poor one.

11. Pay attention to money.

Never pay attention to the: “Money is the root of all evil,” talk. The people who say this are morons. Money is the #1 necessity of life. Forget about greed, money is need. Make it so you can do as you wish and have the highest amount of freedom possible. Keep multiple bank accounts with balances in each and always keep some cash on hand. Never, ever keep all your financial eggs in one basket. I learned this lesson the hard way when my American bank closed my account for no reason (read about it here), leaving me low on funds. Now I keep 10+ bank accounts in several countries.
12. Find older, accomplished men and pick their brains.

If you can find one, a mentor is a great asset. In the old days these were known as ‘fathers’ but in the days of Feminazism these guys aren’t around so much. Thankfully we have the internet and can make contact with people from all over the world.

13. Feminism is a sick joke.

Young man, you’ve been sold a bill of goods with the whole feminism thing. Let me explain in perfect English the reality: Western women were never discriminated against, there is no such thing as ‘rape culture’, women aren’t paid less for the same work, feminism is not about equality.

   Feminism is about women trying to be men without any responsibility.
   Feminism has left you with a pool of women who are truly insane.
   Solution?
   Kick dirt in the face of feminism.

14. If you need a job get a sales job or a manual labor job.

If you need a job, if your entrepreneurial gig isn’t paying the bills, then sales or manual labor are great. Working in offices is for women and girly-men. A sales job will teach you how to make money and a manual labor job will build your body while you get paid. In fact, there are quite a few manual labor jobs that will pay you big, big bucks. You’ll have to do some travel and work some long hours but you can make 100k+ per year working on offshore oil rigs. A young man with a strong back could work 6 months out of the year doing manual labor and spend 6 months free, traveling, working on an entrepreneurial gig, or doing whatever you want.

15. Don’t buy anything on credit.

Debt is slavery. Stay out of debt at all costs. If you don’t have the cash don’t buy the item. Pay everything upfront, no payment plan no credit. If you use credit cards to build up your credit always pay them off 100% at the end of the month. Think of credit cards as delayed payment debit cards.

16. Don’t bother choosing a career.

‘I’m not an artist, I’m a hustler. As a hustler I’ve done many things. You should really believe it when I tell you that, ‘cause I’m not being sarcastic. I’m a total hustler. What that means is I’ve hustled to make a buck and I’ve hustled to change the world and I’ve hustled to take revenge – but it’s always hustling. I’ve never had a career or a single goal. I’ve never been formally educated. To get things together, to make a living, I constantly have to hustle.’ – Vincent Gallo

Choosing a career is pointless and choosing your life path at 18 years old is just silly. You don’t even need a career, you can do many, many, many things throughout your life.

17. Nobody believes in you.

It’s true; no one believes you can succeed outside of the college, job, marriage paradigm. Big deal. Frankly, they are right to not believe in you because until you have walked the walk you are just a daydreamer. Until you have accomplished what you have set out to accomplish there is absolutely no reason for anyone to believe in you. All you need to do is realize that no one believes in you and don’t seek approval. Approval is for dogs, men take what they want and don’t ask permission.
18. Be proud of who you are.

If you're a young white man then you have just come from a schooling system where scumbags have tried to make you feel bad about being a white male. I remember vividly in my high school that all problems were the fault of white men. Young man, you can be happy to know that that is all baloney and you have zero reason to feel bad about being white.

White people are the least racist, least sexist people on the face of the earth and I can assure you that is a fact. The nice guy always has to eat shit and when it comes to race, the white guy is the nice guy. Never apologize for who you are or for what color you are. You aren't a dog so don't tuck your tail between your legs.

**BONUS: What to do if you're younger than 18.**

I get a lot of messages from young men under the age of 18 asking what they can do. My answer is this: **Endure.** When you're 18 you're free and you can do as you please. Until then you've got to do what mommy and daddy say. 18 will come before you know it, that's a guarantee. Until then just endure. Try and build yourself a business on the internet, try and build your body by going to the gym or exercising at home and count down the minutes to freedom. That's exactly what I did as a young man. Counted down the minutes, hours and days until I was free. It seemed like forever at the time, now it feels like it was the snap of a finger.

**Good luck, and have a nice day.**

**Your man,**

Victor Pride
Hello, friends. Today I am happy to announce the 3rd birthday of Bold and Determined.

3 years long, and 3 years strong, buddy. And what a ride it has been. We are also nearing the end of 2013 and I can’t lie, this year has been a great success for me. I made a ton of money and did a bunch of traveling. “Lucky”, some people call me. Sure, I’m lucky. But there is a reason “lucky” people are lucky and “unlucky” people are unlucky.

It has to start somewhere...

3 years ago today Bold and Determined was born. It isn't luck that registered boldanddetermined.com and it wasn't luck that developed the Website for Winners™. It was foresight, preparation and action. The reason I had a great year in 2013 was because I planned ahead, I thought it through since 2010, and I did all the work required.

Now I can reap the rewards.

See, boys, most websites are fly-by-night operations looking to make a quick buck and a quicker exit. Bold and Determined has been in it to win it from the get-go. Today we are one of the most popular websites in the world and we average over 10,000+ visitors per day. But we didn't start out that way. You don't start out with a giant following unless you are already famous. If you aren't already famous that means you’re a nobody and you've got to become somebody to get an audience.

If you don't have a following you have to build one, and that takes time, effort and commitment.

A History of Victor Pride

I used to be a real estate investor. I had money. I had a house. I had this and that, but what I didn't have was location freedom and that’s what I wanted. I was basically a landlord and I was tied to one geographical location. In fact, I didn’t even know location freedom existed until I read The Four Hour Work Week. That book put stars in my eyes and I put a plan into action right then and there.

Enter Bold and Determined...

I registered boldanddetermined.com on Nov. 19, 2010. The first article appeared one day later on Nov. 20, 2010. It was called 8 Reasons Why Every Man Should Lift Weights. The 2nd article (which I have just read for the first time in 3 years) appeared on Nov. 26, 2010. It was called The Time is Now (How to Get Ready for the Opportunity). Some choice quotes from the article...

'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.’

Sound familiar? That article could have been published to Bold and Determined last week and it would have fit right in. Our first comment came in January, 2011, two months after launch, from Mr. Matt Marshall. I never told him, or anyone, but Matt's old blog Tried and True fitness was my #1 favorite blog at the time. Until then I had had no feedback whatsoever about the blog. Matt's comment fired me up and I knew right away that I had a winner.

**Bold and Determined 3 years later...**

Today Bold and Determined is one of the most popular websites in the entire world, verified by industry leader alexa.com.

**Nearly 2 million people have visited the site.**

And we average 10,000+ visitors per day.

What you see in the graphic above is a slow and steady rise to the top. We had a couple of massive peaks in traffic in late 2012 when fat feminists and Reddit retards got their panties in a bunch over the classic B&D article How to Meet Shy Girls. They tried to storm (well, waddle) the shores of Bold and Determined. They received a swift kick in the butt from my American size 13 foot and were sent back on their way.

...and the Website for Winners™ has had steady growth since then.

**Goal Setting**

2013 was a huge year for the Website for Winners™, and that was not accidental. I’m actually on track to make less money than I planned on, but you know what they say: “Aim for the stars and you’ll reach the sky.” I don’t set daily or weekly goals anymore, I set monthly and yearly goals and I have my schedule planned out months in advance. The plan is fluid and can handle changes, but the outline is always there.

“I want it now, now, now!”

You can’t have it now, so get that out of your head. Plan on having it a month from now, or a year from now, and it’s more likely to come to fruition. A patch of dirt doesn’t turn into a house “Now!”. The house has to be built first, even if you want it now. The “I want it now!” people never get it because they are goal-less and lazy.
Plan ahead to get ahead...

If you want it now you should have prepared for it yesterday. Do one thing right now. Go to whois.com and type in the address for your favorite websites. You can see when the domain was registered and when it is set to expire. You can see which websites are serious about long term planning and you can see which websites are operating as “fly by night” operations. Most websites are set to expire within one year. Bold and Determined is set to expire 8 years from now.

The Secret to Making Money Online

A lot of people want to make money online, a lot of people have been trying un-successfully to make money online, and can't figure out what the “secret” is. They just can't figure out why they aren't making money.

I'll tell you why...

The reason most people can't make money online is because they are too selfish.

You can be selfish in a smart way or you can be selfish in a dumb way. The smart way to be selfish is to help yourself by helping people. The dumb way to be selfish is to only think about yourself and never your audience. Listen here, no one cares that you want money. People want an answer to their problem, they want help, and they want value.

All the broke internet hustlers are following a get rich quick scam that doesn't help anybody. The broke hustler thinks he's going to make some money running some scam but he never thinks about solutions to problems. He only thinks about what he can get for himself, and all he ever gets is an empty bank account. So you could cook up some stupid, selfish scheme that won't ever work or you can figure out how to solve a problem.

What can you do for other people?

Help other people and you help yourself.

There are 2 types of people.

Somebodies and nobodies.

Unless you are somebody special you are nobody. So become somebody if you want success. I can’t say this enough times: no one cares about you or what you want until you become somebody. Nobody cares about nobodies. Other people are just as selfish as you and they want what they want, they don't want what you want. The only way you are going to stay in business is by providing a solution to a problem. Do that and business will come your way and you will become somebody.

Every single day I get emails from people all around the world telling me how much Bold and Determined has changed their lives...

'I first came to your website by Googling “How to find the perfect wife”. I had lived the last 3 years like a dog. I sponsored a wife from my country and for 3 years I... When she finally came to Canada, she decided to leave after a month.... So I was tossed on the side like a soiled Kleenex, with a broken heart and crippling debt. To add insult to injury, she decided to get welfare from the government. that I have to pay for because I am responsible for a sponsor for the next 3 years. And she went telling all the people in my community that I had mistreated her, that I was cheap and so was rejected by my own people.'
What can a guy do in a feminist society under those circumstances? After I finished moping around for a month, I decided that it was time for big drastic changes in my life. I started reading your blog and devoured every word! What I read deeply resonated in me. Everything made sense and it was clear. That gave me lots of hope. I started working-out to get back in shape like I was some 15 years ago when I was in the Army. I started doing Muay Thai again with mixed BJJ. I had always loved martial arts but never gave it enough time. During all summer I dated hot girls every week. I finally declared bankruptcy but it’s no big deal now because I am about to make a shit load of money. I started a web business and it’s slowly picking up but it’s going to take time and dedication (I’m a computer programmer).

Vic, I don’t know if it’s destiny or what, but you came into my life in the perfect time. You inspired me every step of the way, I’m not joking. Six months after my disaster, and now I have a cute GF that’s 10 years younger than my ex-whore, that worships the ground I walk on. I became more buff and in shape than before. I went from benching a mere 120lbs to 210! My fighting skills got amazing and now I’m thinking of going to Thailand to enjoy a stay in a Muay Thai camp for a while.

I just want to say from the bottom of my warrior soul, God bless the day I came across your blog. Your words were the light along my journey and the food to give me enough strength to rise again.

**BONUS LINKS**

My buddy Chris over at Good Looking Loser (don’t let the name fool you, Chris is a Go-Getter) has a great review of 30 Days of Discipline and he has been given the green light to host the official unofficial 30 Days of Discipline forum. Grab your copy of the Bootcamp for Winners and head over to the forum and keep track of your progress and goals.

Frequent commenter John Doe has started a no-BS bodybuilding blog with inside secrets about training, nutrition, and even steroids. Check out John Doe Bodybuilding to get a taste. If you like his blog you can sign up for his e-letter and get 10 Underground Secrets of Bodybuilding for free.

Do you want to start a blog but don’t know how?

Uncle Victor has invented the easiest solution in the world for the non tech savvy would-be bloggers out there. Bold and Determined is now offering free WordPress installations and much, much more for the aspiring writers. We'll install all the stuff for you, just follow directions here and you'll have your blog up and ready in 24 hours and you don't have to do anything technical. You'll also receive some behind-the-scenes reports not available anywhere else... for free. If you want to start a blog this deal is a no-brainer, so check it out here.

**The 3 Books That Changed My Life**

1. **Think and Grow Rich** – Mindset is key and Napoleon Hill explains it beautifully in this masterpiece.
2. **The Four Hour Work Week** – Does the 4HWW blueprint work? In the right hands any blueprint will work, in the wrong hands nothing will work. Before I read the book I had no idea world travel was possible, this year I’ve traveled so much I had to go and get extra pages added to my passport – and I've saved over 20 grand while doing it.
3. **The Millionaire Fastlane** – I read this book in July of this year and I was blown away. I thought I’d already read it all and knew everything, but I was wrong. Because of this book I have re-worked my entire business system. This book is a must read for killers and real dealers.
Now stop thinking about bad things, just success success success.

Until next time.

Your man,

Victor Pride

P.S. Victor’s Travel Schedule for 2013.

Bangkok, Thailand → Chiang Mai, Thailand (January) → Bangkok → Pattaya, Thailand (February) → Bangkok → Ho Chi Minh City, Vietnam (March-April) → Nha Trang, Vietnam (March) → Bangkok → Phnom Penh, Cambodia (June) → Sihanoukville, Cambodia (June) → Bangkok → Manilla, the Philippines (July) → San Vicente, the Philippines (July) → El Nido, the Philippines (July) → Makati City, the Philippines (July) → Bangkok → Kuala Lumpur, Malaysia (August) → Bangkok → Chiang Rai, Thailand (September) → Bangkok → Ho Chi Minh City, Vietnam (again, September) → Bangkok → Hong Kong (October) → Bangkok.

Enjoy some pictures of V. Pride traveling around in 2013.

Tiger.
Fitness Progression.
Having fun with an AK – 47.
Eating Iron for Breakfast.

P.P.S. A game, a secret, and a chance to win a Bold and Determined Wolf T-shirt.

I’m very excited at a recent development. Let me give some backstory... The stylistic influence behind Bold and Determined is 3 – fold. My own style, a specific song and a specific movie equals the Bold and Determined style. I have quite literally been waiting for 3 years for anyone to guess the song and movie that have been the biggest stylistic influences on Bold and Determined. Today, on the 3rd birthday of Bold and Determined, someone finally guessed the song.

See by clicking.

I am going to extend the offer for VIP status to anyone who can guess the movie that was a huge influence on Bold and Determined. The first person to correctly guess the movie will receive all current Bold and Determined e-books free of charge, any future products free of charge and a Bold and Determined Wolf T-shirt free of charge.

I’ll give you a small hint: when you hear the name of the movie it’s going to make perfect sense.

Leave a comment below with your guess. The first person to guess correctly will win the very first official Bold and Determined Wolf T-shirt.

Good luck! OWWWWWWWWWWWWWWWWWWWWW!

Note: Contest is now closed. We have found a winner.
25.11.2013 – Aspire for Higher, the Battle Cry of the Better Man

Motivation for the Gentleman Wolf

Lifestyle design.

It's a cool, hip marketing term to describe people who make money without a 9 – 5 job. But everybody designs their own lifestyle. The cubicle nerd, the QC manager, the HR assistant, the IT guy. All of them made their choice. They were at A and decided to go to B. The idea being that they can go from A – B, from B – C, from C – D etc. step by step all the way until they are “comfortable”. Well listen fellows, I decided to skip all those un-necessary steps. I went from A-Z and didn't bother asking permission.

In hip marketing terms I’m a lifestyle designer.

Can everybody do what I can do?

Of course not, and it's stupid to suggest: “Well, if everybody did that the world would stop.” Listen, not everybody will do it. Not everybody can do it. You know why? Most people lack the ability, the creativity, the balls, the je ne sais quoi.

Most people are just... normal people.

And they’ll live normal lives.

Good for them.

They can have their Facebooks and their Walmarts and their televisions. But Bold and Determined isn't for normal people. Bold and Determined is for the men who aspire for higher. The Gentlemen Wolves who require better and aren't afraid to get their hands dirty to get what they require.

When I was a little kid I learned a very important lesson. I learned that if you accept humiliation you will get humiliation. And I learned that if you have a money making skill you can walk away from anything without a care in the world.

One day my dad came home and he was laughing about how he had quit his job that day. The boss man had tried to give him some grief and my dad said: “Kiss my butt,” and came home laughing about it. He was a craftsman, he could find a new job within hours, he knew it, and he wouldn't take any grief from anybody.

When a normal person is humiliated by the boss he won’t say: “Kiss my butt,” and walk away laughing. What he will do is accept the humiliation and then when he gets home he will start with “When I have ‘F-you money’ I’m going to tell my boss where to stick it!” This is the normal way of rationalizing and accepting defeat, failure and humiliation. These people, normal people, will never have ‘F-you money' because they accept defeat in the moment and talk big later when they feel safe.

Timid when it counts and big when it doesn't count.

But...

To have ‘F-you money’ you must first develop ‘F-you ability’.
What is a ‘F-you ability’?

It’s two-fold.

1. Having the ability to say “F-you” in the moment, not wait until later to tell your wife, girlfriend or the internet about it. The ability to never accept humiliation.

2. Having the ability to make money independently of any job, employer or corporation. The skill of making money without begging.

So how do you develop ‘F-you ability’?

So sorry to say, friend, but if you’re a normal person you don’t. It won't happen. Normal men don't have the discipline, desire, drive or determination. If you’re an extraordinary man, a Gentleman Wolf, you develop this ability by working for it. So sorry to give you the hard answer, but it doesn’t come easy. It takes time and effort but it stays with you for a lifetime.

If the ability exists within you all you have to do is let it come out.
Let yourself aspire for higher.
Let yourself be the better man.
Let yourself rise above the level of those other animals.
Let yourself embrace success, and not fear it like so many of your peers do.

They'll hate you for it. But it would be a lot worse if you were accepted as one of them.

For the Gentleman Wolf here is an idea...
Find what you love and let it empower you.
Let it become your obsession.

Let yourself say F-you to everything else.

What is your other option?
Your other option is to be a normal man.
...but that's not a real option.
That's surrender.

Until next time.

Your man,

Victor Pride

P.S. Get your Aspire for Higher shirt here.
Boys, I get a lot of questions about how I actually make money from a blog. Today I'm going to tell you. I'm going to show you income and expense figures from last month. Why? Well... lately I've been searching for websites to buy. I've been looking for income producing websites or websites with promise. My goal was to buy a website for a modest investment of $5,000 USD or so and turn the site profitable. Just for a bit of fun, and to show the Gentlemen Wolf readers what is possible.

But!

While endlessly looking through all the ‘for sale' sites it dawned on me: if I were just starting out this would feel hopeless.

None of the websites I saw for sale at a reasonable price were producers, but worse than that none of the websites even had potential. They were all point and click template websites developed to sell to people who don’t know what they’re doing. The websites for sale were never designed to be real websites, they were designed to sell to newbies to the online money game. They were full of pictures of hot cars and hotter women but that's all they were.

"Take the money and run. Show them pictures of Blond Babes in Bikinis and the idiots will buy anything!"

I'm not going to waste money buying a worthless website to show you how to do it. What I'm going to do instead is expose my entire operation and show you how I get things done and show you that it is indeed possible to make money online.

You know what they say, if you want something done right you've got to do it yourself.

The Bold and Determined Enterprise

I want to make one thing very clear: I am not an internet marketer and never have been. Internet marketers are a bunch of “take the money and run” scum artists. I’m a businessman, motivation is my business, Bold and Determined is my empire and what you’ll see below took me a long time to build. The Bold and Determined Empire currently consists of 3 websites. The main blog and our two satellite sites. The 2 satellite sites orbit around Bold and Determined, like Phobos and Deimos orbit Mars (the God of War). These 3 sites are all completely interconnected and part of the same enterprise.

I. **Bold and Determined is the Website for Winners™**, the blog that everybody can read and enjoy for free. Always has been free and always will be free.

II. **30 Days of Discipline** is an e-book, it’s the Bootcamp for Winners and it’s our flagship product. My life changed when I started following what I have outlined in 30 Days of Discipline. I started making money online when I developed and followed 30 Days of Discipline (not from sales, because I gave it away for free for 6 months before I ever put a price tag on it) but because the habits are powerful for focus and motivation. I get readers emails every single day saying how much it has helped to change their lives. For reference I started following **30 Days of Discipline** in early October 2011. You can go to the archives page to look and see at the night and day difference in quality of writing and output before and after September/October 2011. As far as I am concerned anything I ever wrote before I initiated the 30 Days of Discipline protocol could easily be trashed. ([Buy it here](#)).
III. **Body of a Spartan** is a bodybuilding and strength training e-book. It's the ultimate guide to insane strength and physique building for the natural trainer. I followed this plan to a T for an entire year before I ever wrote it down. It works like magic. *(Buy it here).*

The **Bold and Determined enterprise makes money in two ways:** e-book sales and from affiliate marketing. If you're unfamiliar with affiliate marketing in simple terms it means that if I recommend a product and you buy it I make a commission.

I have never allowed outside advertising, sponsored posts or sponsored links on Bold and Determined and the only products that appear on the site are products that I like and approve personally. I have never advertised Bold and Determined and I have never used any SEO voodoo trickery to get better rankings on Google. The only way I have ever gotten readers is by writing winning content that inspires.

*Like Frank Sinatra I did it all My Way* and below I will show you exactly how well doing things my way has paid off.

Below I will outline the income, expenses and profit report for the month of November 2013. Instead of showing you some pictures of hot tubs, or mansions, or (rented) sports cars I'm going to show you the nuts and bolts of a real, successful blog. Go get yourself a coffee, tell your girlfriend not to bother you, put the kids to bed, go to the toilet and take care of business, and then come back and give this your full attention.

*And let's party...*

**Income Breakdown From November 2013**

*Legal disclaimer: The November income sheet may not necessarily reflect the actual payment which may change because of potential refunds or corrections. Some of the income listed may have been earned up to 6 months prior, but paid in November. Some income received in November may be excluded from this list. Some of the links below are affiliate links and some aren't. The affiliate list below is not inclusive of every business Bold and Determined is affiliated with. The income and expense sheet below is to be used for entertainment purposes only and is no guarantee of what any other business may make.*

| E-book sales: $9,288 | 30 Days of Discipline: $5,410
| Body of a Spartan: $3,878 |
| HostGator affiliate sales: $569.48 | I've been using HostGator for my website hosting for over 5 years now and I won't switch. I'd like to get my servers offshore, but I won't because HostGator's customer service blows away everything else. |
| ClickBank affiliate sales: $165.39 | The only product on ClickBank I recommend is Classic Body Now by Matt Marshall. Don't go there, it has been hacked. |
| StudioPress affiliate sales: $104.94 | StudioPress is the organization behind Genesis Theme. I use Genesis themes and they are the best of the best. |
| Amazon affiliate sales: $813.96 | I recommend a few books and supplements that can be found on amazon. |
| IronMagLabs affiliate sales: $702.44 | These are old, old Super-DMZ sales that I was finally paid on. |

*Gross Total Income: $11,644.21*
Expense Breakdown From November 2013

**Legal disclaimer:** the list of expenses below may not be inclusive of every payment made in November. Some expenses may have physically been paid in November but deemed as necessary to another month’s expense report. Some expenses may have been incurred in November but not necessarily paid in November.

<table>
<thead>
<tr>
<th>Expense Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>HostGator web hosting</td>
<td>$244.06</td>
</tr>
<tr>
<td>PayPal fees</td>
<td>$518.57</td>
</tr>
<tr>
<td>MailChimp email management</td>
<td>$75</td>
</tr>
<tr>
<td>Affiliate payments</td>
<td>$483.28</td>
</tr>
<tr>
<td>E-junkie shopping cart software</td>
<td>$5</td>
</tr>
<tr>
<td>Stock photos</td>
<td>$36</td>
</tr>
<tr>
<td><strong>Hello Bar:</strong> $29.95 (I have since cancelled this service).</td>
<td></td>
</tr>
<tr>
<td><strong>Total Expenses:</strong></td>
<td><strong>$1,391.86</strong></td>
</tr>
</tbody>
</table>

**Summing it Up**

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gross Total Income</td>
<td>$11,644.21</td>
</tr>
<tr>
<td>Total Expenses</td>
<td>$1,391.86</td>
</tr>
<tr>
<td>Total Profit</td>
<td>$10,252.35</td>
</tr>
</tbody>
</table>

**Notes from Vic**

There you have it, boys. No blonde babes in bikinis trying to sell you a dream, but you’ve got the nuts and bolts of a successful, boot-strapped operation.

The biggest earner for the enterprise is the ebooks. That’s not an accident. When you create your own product you are in control, when you rely on advertising or affiliate marketing you aren’t in control. Not only are the books the biggest earner but it’s also income by the minute. Each time an order is made the enterprise is paid, and the money can be withdrawn the very same day. Affiliates will pay you up to two months later or longer. As for advertisers, well, I don’t allow outside advertising so who cares how much or when they pay.

The expense report is what the normal monthly expenses to run the empire look like, but may not be a 100% accurate reflection of what was paid in November. Bold and Determined has quietly been doing some background upgrading and some expenses paid in November may not be deemed as necessary to run the enterprise and may not be included in the expense report. Expenses are growing though and will be significantly higher from this point forward.

**Price of success. Pay to play. Spend money to make money.**

**If You’d Like to Start a Blog**

Aspiring bloggers need to read the [So You Want to Be a Professional Blogger](#) series. For the “computer illiterate” who want to get started blogging but don’t know how you can use [BADNET](#) to install your blog for you free of charge (and get some free reports).

**Happy late Thanksgiving.**

Friends, I don’t often say these two words but thank you for coming here to the Website for Winners™ and an extra special thank you if you bought one of our products. Bold and Determined is growing, and as we grow we are only going to get better. That’s an absolute guarantee.

**Until next time.**

Your man,

Victor Pride
Not Giving Up When You Start Getting Somewhere

I get asked the same question constantly: “Victor, please help! I don’t want to do A, I want to do B. But my family wants me to do A. What should I do?” You should stop being a cowardly Lion, that’s what you should do. If you know what you want to do, what you need to do, but you run away from it you are a coward and a quitter.

“But, but, but, but, but, but, but and but…”

But shut up.

If I wanted to hear about if’s and but’s and candies and nuts I would have started Timid & Unsure – The Website for Mediocres.

But I didn’t, I started Bold & Determined – The Website for Winners.

So do one very important thing, pretty please for me, let the winner out.

Stop resisting. If it’s your fate to be great then do it.

Your friends and family will either support you or they won’t. The ones who resist you (the majority) are saboteurs out to stop you from real success. If you can do it and they can’t, well, that’s a real nasty thought for them to think about.

So how do you convince your friends and family that you will succeed and be a big success and that they should believe in you? You don’t convince them of anything. You should never conspire with saboteurs and you should never seek approval from people who are irrelevant to your success. Your friends and family aren’t on the same wavelength as you and they are not the real enemy to success. It is not them that need to be convinced.

It is you who needs to convince yourself.

An unbreakable resolve and an iron will is worth more than 10,000 well-wishers. Support is irrelevant if you don’t even believe in yourself beyond reason. Do you know what it’s called to resist your calling in life? It’s called self-sabotage. When you resist you are sabotaging yourself, You’re a damn traitor to yourself.

Your punishment as a traitor is more severe than Judas' or Brutus'. Your punishment, as a traitor to yourself, is to live your whole life doing a job you hate and asking yourself the same question, teary eyed at night when no one else can see: “What if?” Oh, if only you had done as you were supposed to. If only you hadn't ran from your destiny like Jonah. If only you weren't a self-saboteur who conspired with other saboteurs against yourself.

“If only, if only, if only, boo-hoo”.

Good news, no matter how old you are and no matter how many times you have turned your back on success it is not too late. When you make the change you will only have one regret: “I should have done this sooner. My god, why did I wait so long?”.
After you're done feeling sorry for yourself, you can pick yourself up, dust yourself off and say these words: I can do it, I will do it and no one will stop me.

**Instead of being a self-saboteur, become self-sufficient.**

**Unbreakable in your resolve.**

It's OK to be scared; everyone is scared, even I'm scared every time I hit publish. I'm not afraid 10 people will read, I'm afraid a million people will read. The more successful you are the stronger the fear becomes. People will sabotage themselves so they don't have to feel the fear anymore. Fear stops cowards and fear powers winners. When you're successful everything is on the line, all eyes are on you and they're all praying for you to fail. It's easy to give them what they want, another failure. When you're a failure nothing is on the line and there is no more pressure.

**It's not the absence of fear that makes you great.**
**It's action in the face of that fear that makes you great.**

No one is really afraid of failing. Failing is easy and everybody does it. Nobody will hate you for failing. They will hate you for succeeding where they have failed. Nobody wants to be hated, nobody wants to work hard, nobody wants to think they are better than others, nobody wants to make a big change and nobody wants mounting pressures.

It's easier to just stay small. It's easier to procrastinate and pretend you are going to do something big “later”. It's easier to just be regular and fit in with regular Joe and Joanna. It's easier, when you're on the cusp of success, staring it down, to just turn your back and walk away.

**When you fail you get to stay the same, no change required, and staying the same is easy.**
*“The higher you climb the harder you fall. It's lonely at the top. You don't deserve success when other people are starving.”*

On and on the excuses come. Hey, if that's the way you feel you can just stay the same. It's a guarantee that no one will despise you for not succeeding and not everybody was meant for more.

**But...**

*If you're better than that you have to fight through that feeling of fear. Stop the procrastination and excuses for 30 days. Then extend it 30 more days. And 30 more.*

And on and on and on and on and on...

**And just don't damn stop.**

All the way from A to Z.

**Until next time.**

**Your man,**

Victor Pride

P.S. If you enjoyed this post be sure to check out the Rock ‘n Roll version.
Out of the blue I got an email from a fellow named Ludvig Sunström asking if he can make a guest post on Bold and Determined. I gave my usual answer, a polite no, but then he did something unexpected. He sent me **FOUR** articles and asked me to critique his writing. He got me to do him one small favor – critique his writing (and we made one little tweak and his writing instantly went from good but blah to wow).

**Ludvig wanted to be published on Bold and Determined and now he is.**

The name of this piece is “The Shockingly Easy Way to Get People to do What You Want”. Does his advice work? And can you use his “bright idea” to get people to do what you want? You be the judge.

Enter Ludvig…

**[OPEN INBOX: EMPTY]**

‘Dammit! Why is no one getting back to me?’

‘What am I doing wrong here?’

I used to wonder why people didn’t get back to me after we’d had – from my point of view – an interesting conversation. I used to wonder why the other person wasn’t as interested in the interaction as I was.

**Why was it that I was more interested in the other person than he or she was interested in me?**

I’ll tell you why. The reason why these people didn’t care about me was because I’d brutally failed to get any kind of investment from them. Fortunately I don’t have that problem anymore.

**Right now you’re probably wondering: ‘What do you mean by investment – and what can I do to get it?’**

For me to tell you about that I first need to explain to you about the Benjamin Franklin Effect.

**The Benjamin Franklin Effect**

The Benjamin Franklin Effect states that once a person has done you a favor they will be more likely to do you another favor.

This stands in contrast to the popular belief that if you do someone a favor they will feel inclined to return it. The reason it’s called the Benjamin Franklin Effect is because Franklin used the strategy to turn a hostile legislator into a friend by asking to borrow a book from him.

In other words, Franklin got his enemy to do him a favor.
You can use the Benjamin Franklin effect to do two things:

1. **Investment.** If you can get another person to *invest* in you somehow they will afterwards post-rationalize their decision to do a thing for you, even if they *initially* didn’t want to.

2. **Establish behavior.** If you can get someone to do a thing for you *once* you dramatically boost the chances of them doing it for you *again* by establishing a pattern of behavior.

I’ll go into these two aspects and break it down into actionable advice that you can put to use in your life by getting people to do what you want more easily.

**1. Investment**

When I say *invest* it can be anything from time, emotions, money or even material objects. The important thing is that you must get the other person to put at least one of these things into the interaction or the relationship.

*Why must you do this?*

Because when you get someone to invest in you, they will *start to care about you*. They will like you a lot more if they have formed a personal interest in you – and *this happens when you get them to focus on you for a prolonged period of time.*

*Let me give you an example.*

Do you like Bold and Determined *more or less* compared to when you first started reading the site?

*You like it more.* You like Bold and Determined more *now* because you’ve invested a lot of time and energy in understanding the material, the philosophy, and the peer group of the site.

*We’re always Investing in Something.*

We’re always investing in something whether we know of it or not – and this is continually sending feedback to our brains. The *more we invest in something the more we care about it as a result of getting increasingly committed.* This is because the brain is wired to think in terms of sunk cost related to energy spent on a thing.

*Now tell me - what kind of feedback do you think you’re sending your brain if you waste time or invest emotionally in TV series?*

**This is how You Use the Benjamin Franklin Effect to Gain Investment from People**

It’s crucial that you start thinking in terms of investment when it comes to situations such as social events or business conferences – places where you meet lots of people that you won’t remember. The Benjamin Franklin Effect is a very useful trick for getting *them* to remember you.
Here’s what you need to do to get investment from people – *get them to do you small favors as quickly as possible after meeting them.*

**I.** Ask to borrow a pen, a *book*, or a movie – *any material object.*

**II.** Ask for their advice or expertise on something they’re interested in and they will want to tell you all about it. Remember, the longer you keep them talking and *the more time they invest* in you the more likely it is that they will like and remember you.

**III.** Give them a *reason* to chat with you or get back to you about something, then get their contact information or give them yours. When I say a *reason* I mean literally *anything*. Find something that you both have in common or find a thing that they are interested in and use it as leverage. *This is a good way to gain emotional investment.*

After you’ve done any of these things let them know that they’ve done a nice thing by doing you a favor. *You need to reward their good behavior and make them feel good about themselves.* People love being thought of as helpful.

**Why Does it Work?**

*Why does it even work in the first place? That’s an important question to ask.*

It works because people do less thinking than they *think* they do. Most of their decisions are governed by *heuristics* – mental shortcuts used by their brains to save time and energy. The thinking part of their brain – the *neocortex*, is manipulated by the emotional part of their brain – the *amygdala.*

*In normal language that means that logic occurs after emotional desires and that they post-rationalize their behavior by coming up with logical explanations after they’ve done a thing.*

*Watch this video if you want to know more about post rationalization.*

Even if a person is unknowingly tricked into spending time or energy on something, that person will unconsciously post-rationalize it by thinking: ‘If I did that, then I must have wanted to do it. Otherwise I wouldn’t have done it... Yeah, that’s what happened. I must really like this thing!’

So – just like the curious case of Benjamin Franklin – even if a person doesn’t initially like you, by doing you a favor of some sort, this person will like you more afterwards as a result of post-rationalization.

The person unconsciously thinks: ‘I *only* do favors for people I care about, so there’s no way I would’ve done this guy a favor unless I liked him...’

**2. Established Behavior**

The other way that you can use the Benjamin Franklin Effect is to establish behaviors between you and another person. *Remember, if you can get someone to do a thing once they’ll be a lot more likely to do it again.* Once you establish a certain pattern of behavior it becomes increasingly hard to break the more you do it.

*This is also true for social dynamics.*
Think of it this way: the Benjamin Franklin Effect is a lot more effective when you use it on people that you don’t hang around too much, because with these people you have already established a strong social dynamic.

**Get it Right from the Get-go.**

First impressions matter – a lot. The reason for this is because once we’ve formed an opinion it’s challenging and energy-demanding to change it. Therefore it’s really important that you deliberately manage the first encounter.

You can and should use the Benjamin Franklin Effect to make a stronger first impression.

I want you to try it out and see for yourself the next time you meet a new person by deliberately getting that person to do something for you. It doesn’t really matter what they do for you as long as it’s something. If you repeat this process the first few times you hang out with the other person you’ll quickly establish that as a part of the social dynamic. You could literally get people to keep doing things for you more or less on automation.

By deliberately giving people small orders from the get-go you will quickly establish a very dominant social position.

So get it right from the get-go.

**How to Use the Benjamin Franklin Effect to Establish Behavior**

Here’s when and how you should use it:

- When you meet a new person you should establish a certain pattern of behavior as soon as possible by getting them to do small things in the direction of your goal with the interaction.

- You don’t necessarily have to get the other person to do things for you, it can also be that you want to establish your own behavior in a certain way and be perceived differently than usual, for example when moving to a new town. In either case, you must implement this behavior from the get-go.

- You can establish patterns of behavior linked to specific environments as well, for example in your house, in the bar, in the gym, at work, in school, etc.

**How to Use the Benjamin Franklin Effect Correctly**

The Benjamin Franklin Effect is massively useful – but only when used correctly. This is not a strategy that you can use ten times in a row; you can’t ask people for favors ten times in a row and expect them to comply— that’s just going to make you seem like a greedy value-leech. At some point you will have to return the favor or people will think that you’re a manipulative person who’s just using them!

The correct way to use the Benjamin Franklin effect is by using it sparingly.

This is only supposed to be a small trick in your toolbox of charisma and persuasion that you use to get the initial attention of the other person, but as soon as you’ve done that you still need to provide value and be cool.
Look at it this way...

The Benjamin Franklin effect is an efficient way of turning the spotlight onto you so that the other person can see you more clearly; but once the other person sees you clearly you better be a badass and contribute some value.

Do you have any methods of your own for getting people to do what you want?

About the author: Ludvig Sunström runs the practical self-development blog Start Gaining Momentum and has written the book Breaking out of Homeostasis. Apart from success and self-development, he is passionate about learning, reading, philosophizing, eating healthy and hitting the gym. You can get in contact with him on Twitter and Google+.
Why Business Fail and How Not To Make the Same Mistake

They say 90% of small businesses fail in the first year.

What they don't take into account is that most “businesses” aren't business, they are delusions of business. How many times have you heard someone talk about a “ceramics” business, a “fashion” business, some MLM scheme or some internet get rich quick business? These types of delusions aren't businesses, never could be businesses, and they are typically abandoned when the “business owner” comes to reality.

A perfect example...

There is a very clever television show called Arrested Development. The show is about a dysfunctional family and in that family only one man is responsible and the rest are deadbeats. In one episode, the man who is responsible tries to talk his sister out of starting a “bead business” because all of her other businesses have failed. The man's brother overhears this conversation and wants to prove that he can start a better business than his sister, but he has misheard her and thinks she is starting a “bee business”, nevermind the fact that bees aren't business.

The sister forgets about her “bead business” after a day, realizing it was a dumb idea. But the brother hangs on to his bee business idea and carries around a jar of bees for the rest of the episode. At one point the man's father asks him how he's going to make money and he dumbly replies: “I don't know... honey... or maybe just as gifts”. His mom replies: “Who'd want a bee as a gift?” Nobody, of course. The “bee business” is over the top satire, but a perfect example of the type of dumb nonsense people start and call it a business.

So, to make sure the Gentleman Wolves in the B&Do'sphere don't start dumb “bee businesses” hoping to get rich, here are 3 helpful tips to remember when starting a business...

1. A business ain't no business unless it sells something.

A business is a two part transaction. People have to buy what you are selling. You have to have something people want. They give you something you want (dollars) in return for the item they want. A perfect example of a fake business is the notorious internet business. Most internet businesses aren't businesses, they “want to be” businesses but they aren't there yet. Most of them haven't figured out the missing piece.

A blog isn't a business unless it sells something or makes money via advertising or affiliate marketing. Until it makes money, it's just a blog. If it doesn't make money it isn't a business, it's a hobby. You have to sell something to be a business and what you sell has to be something people want or need.

If all you have is a pocket full of bees then your “business” is a stinker and it's time to throw it in the trash.
II. It takes time to build something valuable.

Somebody recently emailed me asking if working 10 – 15 hours per week online is sufficient to make 3 grand per month within 6 months. Don't make me laugh. It takes ALL OF YOUR TIME to start something that makes money. It can be maintained on 10 – 15 hours per week (maybe!), but giving yourself 10 – 15 hours per week will build you one thing: one of those 90% businesses that fail in the first year.

You've heard these guys talking about: “How I made $XX,000 in 12 minutes and you can do it too!” but did you ever notice they are selling you something? Those guys are in the business of “biz-op”, that means they are selling you business opportunities. Their job is to sell to you, the easier they make it sound the more money goes into their bank account.

You'll make more money by being one of those guys (the market is huge) than you will by following their products but you can bet those guys work a whole lot more than 10 – 15 hours per week.

III. Don't put the cart before the horse (content vs SEO and social media).

SEO (search engine optimization) is the act of manipulating Google's algorithms to get a website to the top of the search results for any given keyword. But, woops, Google isn't stupid and they know what's going on. Every so often Google releases an “update” that wipes out worthless websites that got to the top of the rankings not by being the best, but by using SEO voodoo.

The problem with these websites is not that they use SEO, it's that they don't provide good content. When the Google updates hit these guys scramble to find new ways to get back into the top spot in a never – ending battle. One thing they never seem think about doing is making good websites in the first place. But you'll hear these guys going on and on about SEO and the word spreads...

People E – mail me all the time, before they even have a website or a product, to ask me about their SEO and social media strategy. All the SEO and all the social media in the world means jackshit if you don't already have a product or an audience. Bold and Determined has an audience, so when I say you can check us out on Facebook and Twitter people will go there and want to follow. If you don't have an audience nobody cares about your social networking sites.

You don't build an audience with SEO or social media, you build an audience by having a good product. You keep in contact with your already formed audience with social media and maybe you reach more people with some SEO manipulation but you DO NOT build a business with SEO or social media. You've got to build from the ground up. SEO cannot be the foundation of a successful web business (unless you're selling SEO services to people who don't know better, cha-ching).

Years and years ago I met a guy who I didn’t think much of. He was part of the group I was with so I humored him and got his story. Here was his story: Fat, mid 30’s, unemployed, living in his mom’s attic. But things were really looking up for him because he was able to get his harmonica website into the top 5 search results on Google for some random harmonica keyword.

He left the realm of sanity and reality to tell me he was going to make a killing because his brand new harmonica website, which sold nothing and provided no value and was just some point and click template website, was in the top 5 on Google. I laughed in his face. I didn't know anything about internet business at the time but I knew his “business” was a stinker. And it was, it's long gone now.
All the SEO baloney websites go bye, bye when their time is up. Friendster, Myspace, LinkedIn, Facebook and Twitter will all go the way of the dodo-bird. If you've based your “business” around them you might want to re-assess 'cause that colony is going to collapse.

You really want to make money online?

Here's the really simple, real truth...

You CAN make money online.

You do it by providing something of value or solving a problem. You put in the time and the effort and fill a need or solve a problem and you directly control your own product.

You CAN’T do it by half-assing it and it won’t happen overnight. You don't do it by doing some SEO voodoo, by doing some “internet hustle” and you don't do it by setting up a facebook page. Some people do manage to make money doing this type of internet hustle trickery, but they'll try 30 different things before one of them makes money and the money runs out after a week or a month and they have to start all over. For these guys it’s a never-ending journey to find the next hustle where they can make a fast buck. By the time they finally make a buck the bee business collapses. Round n’ round they go.

Big mystery why these businesses fail.

But now you know the truth. When these guys try to sell you on SEO and social media strategy just laugh in their faces and then build something real. Soon they'll be asking you dumb questions like: “How do you do it? I don't understand? You don't use any SEO and you don't use social media? I just don't get it?”

Real big mystery.

Until next time.

Your man,

Victor Pride
25.12.2013 – Merry Christmas from Ol’ St. Vic

**Ho, ho, ho!**

**Merry Christmas, boys!**

I talk a lot about the importance of having a mission in life. Without a mission you’re just a soul-less wanderer. Your mission is what gives you pep in your step. Without a mission you’re one of those feet shufflers, dragging their feet to the next destination.

The end of the year is the best time to develop your mission and let it crystallize in your mind. My mission, crystal clear, is to lead the way out of politically correct castration loserdom and into Winner Wolf territory.

*I’m just damn tired of men acting like broke losers, cowards, wimps and wussies.*

**And I know I’m not the only one.**

Men with souls, honor, courage, drive and spirit are always welcome at Bold and Determined. The others, those feet dragging zombies are welcome to a bare-knuckle beating from the sheriff of Christmas, but that’s all they’re welcome to.

Friends, after you’ve spent a nice Christmas day with your loved ones, come here and leave a comment and tell me two things...

1. Share your mission, how you will accomplish it and/or what you need to accomplish it (be careful not to share too much).
2. Tell me what you want to see from Bold and Determined in 2014. If you don’t feel like leaving a comment you can send me an email. I’m listening to everything.

**Your man,**

Ol’ St. Vic, the bare – knuckle sheriff of Christmas
One of the great things about being the boss is that you aren't on anyone else's time.

I was out swimming laps in the cool, morning air and something occurred to me – it's January 6th, I guess I can post my new years article now. In the last post I asked you what you wanted to see from Bold and Determined in 2014.

So what's in store for B&D in 2014?

Same thing as in 2013...

Killin' with a smile.

Below I will respond to some questions, concerns etc.

Comments from readers are in italics, replies from Vic are in black.

I. 'I want to see content that gets me fired up but also leaves actionable steps to implement right away or in the nearest future. I want to see some more kicking dirt into feminist’s faces and I want to see the truth about emasculated society laid out even more.'

Feminists gross me out, if they would stop E – mailing me I could be done with them permanently. Actionable steps? Friend, everybody is different. The plan that works for Johnny might fail for Jimmy.

Mindset is key, the plan means jackshit without the right mindset.

That’s why I always write about MINDSET!

II. ‘Inspirational is okay, but concrete is more valuable. I need information about e.g. how to protect my privacy more than I need exhortation. Also I think Feminism is the greatest ideological evil of modern history, not excluding racism, Nazism, and rap.’

Agree about feminism, the solution is to starve the beast. The only way I know to truly protect your privacy is to never get online and never fly anywhere. I gave up my privacy paranoia.

III. ‘I’d like to see meditation and other mind building techniques explored.’

I've never meditated a day in my life and I won't be starting any time soon. For mind building I enjoy reading books. Something that works for me, along the lines of meditation, is waking up early, taking a cold shower (or swimming laps in the cool morning air), shaving and getting ready for the day before anyone else has even woken up.

IV. ‘I’d like to see more posts on how to deal with those negative issues that can arise: loss of vision, laziness, plateaus, self-doubt... all that bad shit. Would be cool to hear how you overcome that crap, I’m sure everyone must suffer from time to time.’

Like Rocky, take the hits and keep moving forward. JUST DON'T QUIT!
V. ‘I understand that you are a private man, but I would love to read more of your private life stories. Especially stories of your greatest life struggles and the things that pushed you to become the man that you are today. I myself am motivated by shameful past mistakes and rejections. I now use those feelings of pain and shame to fuel myself to become better and stronger.

I would love to know what fuels you from the core. I would love to see more exercise regimens, more direct responses to people’s bullshit, deff more recipes for cooking meat, and various other diets and fasting routines you have to share.’

Nowadays when I’m hungry I say “cook me some eggs” or “cook me a steak” and 15 minutes later the food appears on my desk, as if by magic. I’ve cooked steak the same way for years, pan fried in butter with salt and black pepper. I picked up some Himalayan sea salt in Malaysia last year, holy moly that stuff is good. I recommend picking some up for your steak and eggs.

VI. ‘I’d like to hear your views on the concept of “honor” and what it means to you. We all need codes to live by, and a sense of honor has to fit into it somewhere. It would also be great to see more articles on people that inspire you. People that have done great things and made their mark on the world.’

That’s simple: I don’t like alcoholics or drug addicts or sex fiends.

I like clean people and don’t like dirty people.

“But Vic! You live in Bangkok!”

Good point.

VII. ‘I love the fact that you provide quality over quantity. It makes me want to come back and check this blog. Whenever a new article is about to arrive, I get psyched. Why is that? Because I just know that the article is going to be fking awesome. You shouldn’t change a thing. Keep it the way it is, because it’s brilliant.’

The most important thing you can do as an artist is put out QUALITY.

I use the Metallica Method. Metallica has been around for 30 years and they have only released 9 albums – they’re one of the greatest bands of all time. If it takes me 3 weeks to write a great article then I’ll spend 3 weeks on that article. I will never post just to post.

VIII. ‘Going to go with part of what Alex DC said. It’d be nice to see what your take on a more personal code could be like. Rules and regulations that your companions must abide by before being kicked out of your group? Things you won’t tolerate from other people in their habits or behavior?’

I don’t have a group. I have friends here, I have friends there, but I don’t have a group. When I do choose friends I want them to be dual purpose friends.

IX. ‘I’d like to see some more ideas regarding making money online, I could really use practical information of that sort right now in my life to help me accomplish my own goals.

I’ve actually got 4 reports that I give away for free to people who want to start a blog and open a hosting account with hostgator (see details here).
‘Oh, 1 more thing – I’d like to see some guest-posts as well, I’m sure there’s a bunch of people eager to contribute and you could easily screen the posts, so you’d get some quality content w/o expending much effort.’

If your writing is on fire, if your writing kills, if your writing makes ‘em cry or makes ‘em buy I will allow the guest post. Otherwise I won’t. Quality content without expending effort? Don’t make me laugh. I’ve allowed only one guest post on the site and I put almost as much work into that post as I do into other posts. Tell Ludvig it’s easy to write for B&D and he’ll laugh at you.

‘A forum to talk to other wolves, more pics of your journey.’

Here’s a picture of my legs on a journey.

‘An article about how to juggle/balance health, wealth and relations would be welcome. I have observed many times its difficult to do this as when I focus on one thing others take a back seat.’

It is difficult to juggle these things. Immensely difficult. When I do something, I immerse myself in it. The solution I have found is to Blast and Cruise. Blast means working on one thing at a time, when you’re at a point where you’re finished (or burnt out) you cruise on that issue and move on to the next one. For example, you work like hell for 6 weeks, then work just a little bit and do something else for a while. Or if you need to get in shape, you work like hell in the gym until you get where you need to be, then you shift your focus to another endeavor while going to the gym just to maintain, or “cruise”.

‘I was about to ask for the essentials of eating and training when I realized the hallmark of your writing style is very head – on. So that calls for new topics rather then refining already refined ones. Meditation resulting in poise and mental strength and what can we learn from Bruce Lee stuff? Basic self defense in case someone jumps me. How to top physical, mental and economical strength with being a good (non-pussy) person?’

What can we learn from Bruce Lee? I met him a few years ago in Hong Kong when I was skinnier, I should have asked him that question... but he seemed a little quiet.

‘I would love to hear more about your stories, and if you can make videos then that would be more awesome. Thanks to you bro; I was a wimp before and became a better man.’

And...

‘Vic we need a Bold and Determined Podcast. Would love to hear you simply talk about your ideas on life, business and lifting for 2 hours or so every other week.’

Working on both of these.

‘From Bold and Determined I would second the common request for personal stories, but also I feel that interviews with verified winners would be good, with winner wolves, men that live the B&D lifestyle and reap the success from it, whether that be in business, sports, positions of leadership or any other aspect of their life, let’s hear what they do and how it has brought them success.’

I won’t be doing too many interviews. I’m not a journalist, I’m not a DJ, I’m not an MC and I never wanted to be.
XVII. ‘I would like to see a Bold and Determined forum. I think it would be a much welcomed community of ass-kickers. Bold and Determined, in my opinion, has become more than a website, it’s become a community, it’s become a haven of information that us men NEED. Victor, as I have told you time and time again, without even knowing you, you helped change this guy for the better, and as corny as this may sound to some of you, I am VERY grateful.’

The #1 reason I started Bold and Determined is because I used to post my ideas on a forum (long since dead) and 50% would always just want to argue with me. I thought “this is ridiculous”, I will just start a website and the guys who want and need this will find it and the people who just want to cry will stay away. If B&D opens a forum it will be a paid-only forum, I don’t want knuckle-heads signing up. I only want serious men who have something valuable to bring to the table.

XVIII. ‘I’d like to see more of your ideas against feminism and being masculine. I feel my test running through my veins when I read that stuff, makes me primed for lifting weights.’

Act like a man and feminists just won’t be a part of your life (but they will still stalk you online).

For more about lifting weights from a no-nonsense bodybuilder check out my man John Doe.

XIX. ‘I’d be interested to see how you approach writing a post. Is it a structured approach or more free writing?’

And...

XX. ‘I concur. I’d like to see your approach as well. I sometimes think my posts are way too long. ‘Saying the most, in as few word possible’ is powerful.’

I start with an idea. Something that has been burning up in my head for a while, sometimes years, and eventually I have to get the idea out onto paper. I don’t write an outline, I just start writing. I go over and over and over the articles 500 times editing and re-editing. Then, at the end, I cut out entire chunks of text and make the article as concise as I possibly can.

Language is very important to me and I write two types of articles: educational and poetry. And each type has a different style of writing. An example of an educational post is How I Make 10k Per Month Online and an example of a piece that I consider poetry is How to Conquer the Fear of Success.

XXI. ‘I’d like to see The Gentleman’s Guide to Modern American Dating’ part II.’

I haven’t dated an American girl in over 3 years. There will never be a part 2 to The Gentleman’s Guide to Modern American Dating.

XXII. ‘...stuff on copywriting, more on dating maybe? More on productivity? More books, most definitely, more on nootropics, probably have you ever considered running a “30 days of discipline” bootcamp for corporate or public audiences? Just a thought...’

To read about nootropics you guys should check out Pill Scout, he writes about all that stuff.

As for copywriting, I’ll give you a little secret: be an authority and be genuine and people will come running to you with money in their hands. My buddy Chris is making a ton of money and he doesn’t do any traditional copywriting, he's just genuine.

Check out his video review of 30 Days of Discipline below.
XXIII. ‘With that in mind I would like to see more about life as a lone wolf. I want to learn how to enjoy it.’

I’m a lone wolf but I’m not lonely and there is a big difference. Living alone and being alone all the time will rob you of intimacy, intimacy is vital for man. If you don’t enjoy being a lone wolf then maybe you aren’t one, or maybe you just need a woman.

XXIV. ‘Personal training/coaching business etc. – your experience, advice, your failures/mistakes. More about developing real friendships Big Government and how it is fucking up peoples lives. School. Government surveillance (I know you have mentioned this a little bit, but it would be interesting going deeper and wider into this topic).’

I’ve never been a personal trainer but if I were I’d follow these two guidelines: you should be in great shape and you should be a good listener. It really doesn’t matter if your clients get in shape or not, a personal trainer is more like a therapist. Developing real friendships? These things just happen School? Waste of time for most. Government surveillance? What can you do, live in the forest like John Rambo?

XXV. ‘For B&D I like the idea of adding a forum and maybe more on social skills, like knowing who to trust, how to gain the upper hand in a negotiation, etc.’

Knowing who to trust is all in the eyes and first impressions are usually accurate.

XXVI. ‘Podcast/video would be awesome. More articles about making money through internet entrepreneurship.’

Below is an example of a guy who is doing it pro from the get-go.

This guy has done the best review for Body of a Spartan I have ever seen. For all you guys trying to get started making money online THIS! is how you do it. Pro from the get-go. The website looks fantastic and the writing is fantastic. After reading the review I even want go back and buy my own book!

XXVII. ‘I would like to see 3 things: first, a forum where fellow wolves could share stories/ideas and have discussions. Second, a post from your perspective about joining the military/being in the military. And third, a post that puts together a list of some of the baddest wolves (past or present) you think we should be emulating. Thanks and Merry Christmas. Forget about that politically correct ‘happy holidays’ bullshit.’

The military offers two opinions...

1. It can be great for a young man to develop discipline and pride in himself.
2. Why would you ever want to go fight for people who hate you? Why do you want to fight to make them rich while they continually shit on you?
XXVIII. ‘A post about specifically what goes through your mind when you work. Do you have a very specific game plan for the next day, with a time, duration, etc? Or just sit down and blast through until you’re done with a post or whatever you’re working on? What kinds of things help you with your mindset to be productive during that work session?’

I sit down to write every single morning, without fail. I never eat food first thing in the morning, I like coffee, sometimes I take modafinil – but I always have the same goal in mind. I want jaws to drop to the floor when I publish an article. You may see one blog post per week, or one post per two weeks but the amount of work that goes into those posts is not small, I can promise that. I spend 8 hours minimum on each post, and sometimes up to two or three weeks. For every post I publish, 15 more are in the unfinished draft state because they weren't good enough.

XXIX. ‘I wish you would have some AdSense banner so I could click on it every time I read something. That would make some solid income alone. Wish you all the best!’

I will never have AdSense banners here; I don’t care if they would make me 20 grand a month. They are ugly, phony baloney and they hurt my message. But I appreciate the thought.

XXX. ‘Visit Eastern Europe and write about your experiences! In most places, you can find girls who look like professional models and will admire you like no other. Don’t believe it? Go to Poland, Hungary, Lithuania, Russia etc. So many girls have great bodies, cute faces (w/o make-up even!) and are great company. If 2014 is planned for you already... well, it’s my goal as soon as I will deal with other things which planned for now.’

I haven’t been to Eastern Europe but you guys should check out a guy called Maverick Traveler, great writer and he's killin’ it over there.

XXXI. ‘I would like to see some insight into the history of Bold&Determined. Specifically, I am referring to events and/or posts throughout its three years that caused profit and audience to grow significantly.’

The magic T word is what grew my audience – TIME.

XXXII. ‘Hey Victor, could you elaborate on how you manage relationships? You talk about how your girlfriend treats you really well and gives you proper respect. But what about American girls? They have been indoctrinated by feminists and can be quite sassy and demanding. Is there any way to handle them?’

Pick the right girl and not much management is needed. I don't like American girls; they simply can’t compete with foreign girls. They can't cook, they can't clean and they are good for only 3 things: sex, arguing and drinking.

They act like "just one of the guys", but I'm not a homosexual and I don't want one of the guys, I want a girly girl.

How to handle them? Ignore them; try to find yourself a recent import. Now I know a bunch of fatsos will come out and say: “You just can't get American girls!” Don't make me laugh; I was a player before playin' was cool.
XXXIII. ‘I would also like to note that the percentage of users who are intelligent, motivated, and articulate (or trying to improve in this regard) on B&D far exceeds that of most websites (as you most likely know) so incisive content is most welcome.’

I agree, but for every 20 – 30 great comments I get one comment from a retard that I delete. Comments here add up, so I get quite a bit of retards leaving retarded comments. It’s enough to make a man want to turn off comments (don’t worry, boys, I won’t).

XXXIV. ‘At B&D, you’ve done a great job with the mind and body. In 2014, I wish to see you shift more towards the soul. I once watched a Thai kickboxing match, it was bloody and violent. Ironically, it began with a long prayer session, with priests and incense! I believe there is a great relation between success and spiritual growth. Being in Thailand may actually help you into reaching the logic of oriental religions: Confucianism, Buddhism, Islam etc.’

I won’t be doing that, I’m white. White Buddhists are so phony baloney they make me sick – like the dirty, dreadlocked white hippie I saw on the skytrain the other day. But I do want to tell you about the funniest thing I have seen in several years...

I was at a Thai kickboxing match, and in the middle of the match a man went into the ring with a snake. He was a “snake charmer” trying to kiss the snake. He was doing his little trick when all of a sudden the snake bit him on the face, hard! The sound he made when he was bitten on the face by a snake was so funny I’m laughing about it one year later. It was a real wimpy, defeated sound, like a whining dog – imagine a sound effect from the Simpsons of someone getting bit in the face by a snake. The sound he made was straight from a cartoon.

XXXV. ‘How to maintain youth, staying healthy and looking young, vitamins skincare etc.

How to counter feminists and those who think like them or pretend to.

How to deal with coworkers... or bosses or people that take advantage of you and how you can defend yourself from them or fuck them over (ideally be your own boss but if you don’t quite have the funds yet, not all of us have made it quite yet).’

You don’t need to counter feminists just like you don’t need to counter people with schizophrenia or Down’s syndrome.

How to deal with coworkers? I wouldn’t wish that on my worst enemy, my suggestion is to quit and start a new job – it’s called Create-a-job. What you do is the same thing you do now, only you leave your company, you call yourself a consultant and you make a lot more money and have a lot more freedom.

As for looking young, I have always looked young for my age and I don’t do anything special – soap and water.

XXXVI. ‘I just finished University, am now looking for a job until my business is snowballing. How do I do this, without lying to the HR – ladies and HR – wussies? Victor You opened my eyes, but I can never say it during interview. Do I need to lie? Is that honorable?’

I haven’t been to a job interview in 5 or 6 years but should you lie? Yes, of course. That’s the only way you get past Bitchy Beck, the new HR recruit. Is it honorable? Selling your soul to work a job and lowering yourself to be interviewed by an unqualified interviewer isn’t honorable, so who cares if you lie.
‘Vic, it would be fantastic to see your views on time management and how to do as much of the things you love doing, along with the necessities.’

**If you can’t manage your time there are a few reasons why.**

- **A.** You have a job taking up your time.
- **B.** You have the time; you just don’t have the energy.
- **C.** You truly don’t have the time because you work so much.

In case of C the best thing to do is to hire someone to do the work for you. I hired a guy a few months and it allows me to get a lot of things done that I can’t or won’t do on my own. Of course I didn’t take a paycut to hire somebody as that would be dumb. Instead, I planned a way to increase income to cover the cost of my right hand man. How? By setting up websites for people who don’t know how to do it. If you want to start a blog but don’t know how [click here](#).

‘From this website I’d love to see posts like the one you have on projection of power. Anything that provides real advice concerning everyday life that won’t turn me into a bitch is something I’m willing to read. Also, posts like “The #1 way to get what you want” are a great addition to the site and I’d love to see more work like that in the future. Perhaps even, if you feel like it’s worth it. A post or two that gives everyone more insight into who you are and the experiences you’ve had.’

**The #1 way to project power is to be be big and strong.**

[Like me...](#)

**XXXIX.** Bold and Determined has already given a lot. You should sell some stuff: T – shirts, hats, supplements... whatever, I guess. Spread your message and make a bit of money. With the name Bold and Determined there really is nothing stopping you from creating a real brand there. I could see it on T – shirts, weight lifting clothing, supplements, MMA gear etc..

A Bold and Determined store is in the works. I'm waiting on the T – shirts to arrive to me in Thailand to check their quality. We'll eventually add baseball caps, gym shorts and some other things.

‘So, you are starting a website, you are doing well but you hit a creative block or a shit like that, instead of the ideas and the confidence you use to have all you have now is reasons in your head why you will fail and not a single good idea comes along... What do you do? No confidence for the project when 2 weeks ago I was on fire, no motivation for going to the gym and no job. My girlfriend broke up with me in the process, shit, even modafinil isn’t working and just giving me headaches.’

Imagine running into your ex – girlfriend one year from now. How do you want to appear then? Rich and successful, or broke and lazy? I’d want to be rich and clean so I could have a good laugh at her and not vice versa.

**I know you guys keep wanting video, video, video – try not to get hypnotized.**

What you see above is the product of two things: tons of bench pressing and letting a Thai cut your hair. They think every white guy wants to look like Forrest Gump. Oh, and if you’re curious that shirt I’m wearing is Thai size XXL. If I get any bigger I won’t have clothes to wear. I even stopped training legs so I can fit into my pants. If you come to Thailand to bodybuild make sure you bring big clothes with you!

**We’ll be back to our regularly scheduled killin’ in T-minus whenever it feels right.**

**Until next time.**

Your man,

**Victor Pride**
You've had the dream of owning your own business, being free, seeing the world, and making lots of money. But you eventually wake up from what you think is a pipe dream. You think it isn't really real reality. That's when the doubt sets in.

"How could you ever survive without a job," you ask yourself.

You start to think you aren't clever enough, resourceful enough, or determined enough to start your own business. You start to think your skills aren't worth much money. Or maybe you just think you aren't good enough to be the boss and start your own business.

I have some truly good news.

Anyone who has a job, a real job – not a ‘make-work' government job – has the ability to make money, a lot of it, on their own. If somebody pays you money to do what you do then you have the ability to start your own business and make money without an employer holding your leash, uh, I mean hand for you.

How?

Listen, this is how business works... your employer pays you less money than the amount of money you are generating for the company.

That means you are already making money for your company – more money than they are paying you. You have a verifiable money making strategy. But what you're doing is giving money away! You're selling your services at less than the going rate. If you are employed in a real job you have a money-making skill and you're selling that skill at a reduced price. But not only are you selling your services at a discount, you are selling your most precious asset you will ever have (your time). Oh, and you're selling your most precious asset at a discount.

"Today we're having a sale on Johnny Worker Bee's soul – 50% off!"

Get it?

But aren't you safe if you have a job?

That's a funny joke. You aren't safe at all working a job and you never will be.

Your boss can fire you tomorrow. Your company can go under. Your company can move your department to India. You're giving away your skills and time at a discount and you're doing it in a very risky, unsafe way that is also a highly ineffective way to get rich. Why would you ever work just to make ends meet when you can work to get rich?

If you believe that your job is somehow different and safe please ask yourself these two questions:

1. Can your boss fire you?
2. Can you fire yourself?

I've had a lot of jobs and I've been fired a lot of times. I got fired from banking, I got fired from selling insurance, I got fired from selling furniture, I got fired from being the assistant manager at a video store, I got fired from working the graveyard shift at a hotel, I even got fired from a job mopping floors at a liquor store.
But...

I never got fired from real estate investing and I never got fired from blogging. Why not? Because I created those jobs. And guess what, today I'm going to tell you the easiest way to start your own business and increase your income.

How do you leave the “safety” of your job and go into business for yourself?

If you're already gainfully employed you can turn the tables, you can create a job and you can end up exactly where your employer is right now. You can become the employer with an army of worker bees working to make you rich.

You do the exact same thing you do right now, with a few minor changes.

I. You quit your job.

II. You start calling yourself a consultant rather than an employee (or some feel – good title like VP).

III. You bust your butt to get clients and you do the best damn job that anyone in your field does. You build up a large client list.

IV. You hire qualified people to work for you. You pay them less money than the amount of money they generate for you. You give them “feel – good” titles like vice president of marketing so they feel good about earning less money and sacrificing for the company.

V. You have an army or worker bees working to make you rich. You make a whole lot more money than you ever did working your safe and secure job.

“Is it going to be easy?”

That's a question that losers ask, and if you ask that question then entrepreneurship is not for you. A better question to ask is: “Is it going to be worth it?” Of course it's going to be worth it and the reality is that it's not really hard but it does take a lot of time and effort.

Do you know what doesn't take time and effort? Being a loser.

The Magic B Word

Building something is what makes a man stand tall, proud and triumphant. Building requires time and effort but it's what gives your life meaning and purpose. Without something to build, without something to work towards, without a goal what are you? Nothing. A ghost, neither here nor there. Invisible. The invisible man quietly making money for his betters.

At a job you aren't building anything, you're wasting the days away while your soul erodes because you have no purpose in life. When you go into business, when you build a business, your life starts to have purpose and meaning. You start to have a reason to wake up in the morning and not hit the snooze button over and over.
You start to live.

Look at those zombies in the office next to you and see if they look like they have purpose in life. I saw it before with my own eyes and I'll tell you without fib that they have no purpose in life. They're dead in the eyes and dead in the soul because they aren't builders. But think about this... those lifeless zombies still generate money for the company. If they can generate money imagine what a determined man, a man with a soul, can do if he puts his mind to it.

Imagine what you could do if you had your soul back.

Until next time.

Your man,

Victor Pride
21.1.2014 – 12 Tips to Help You Work From Home Like a Champion

How to Kick Butt From Home

“Wow, you're so lucky.”

That’s what I always hear when I tell people I work from home. As if it was random luck that did all the work for me. I wear the same 7 cotton blended XL T-shirts every week. It's not luck that puts the T-shirts on my back. I went out to the store and bought the damn things and I put them on in the morning. It was a decision I made. The shirts are nice and comfortable and stylish so I wear them. If I didn't like them I would stop wearing them.

I never liked working in an office, so what did I do?

I stopped working in one.
I made the decision to work from home.
Luck never came into the picture.
I took the necessary steps and got it done.

I've been working from home for 6 years and I've faced all the ups and downs, the highs and lows, the slumps and boons and I'm going to give you a bunch of tips and tricks to maximize your work time. Today we will talk about how to get into that working groove and get all your business accomplished. Getting in the mood to work is all a mindset. All you have to do is change your mindset a little and you can go from working sporadically, here and there, and getting little accomplished, to working like a pro and getting everything accomplished.

1. Be a pro.

Just because you work from home, with nobody looking over your shoulder doesn't mean you need to goof off. Entrepreneurship is no place for amateurs. A pro gets in and gets the damn job done, no ifs or buts. Since you now work from home (or aspire to) you need to think of yourself as a professional. Getting the work done is the most important thing in your day. It's more important than eating lunch with your friends, it's more important than catching an afternoon matinee, it's more important than shopping on Ebay, it's more important that catching up on your sleep.

Do the work first, get it done, then you have all night to do whatever you want.
Do the work, get things done, then play!
But never play before work is finished!

Book recommendation: if you want to turn your art into a professional career you should read the book *The War of Art* by Steven Pressfield. He does a great job of explaining what it takes to go pro. However, I really only recommend the first half of the book, you can skip the second half when it gets a little too “spiritual”.

2. Early morning work.

Remember, now you're a pro. Pros don't wake up at noon! Early morning is the absolute best time of day to get work done. Before your competition is even awake you're already up and kickin' butt. If you want to be a champion you've got to wake up like a champion. Waking up in the morning and getting things done should be your routine.

Good routine equals good results.
No routine equals no results.
3. **You need a dedicated working space.**

You definitely need a dedicated working space. I've been on the road traveling and trying to work. You know what happens when you don't have a dedicated work space and dedicated routine? You don't get any work done!

A dedicated office is the best option, but not everyone has a spare bedroom that can be turned into an office. No problem, just make the best with whatever space you have available. I started off on the corner of the bedroom making cold calls and getting deals done.

I've had a bunch of different home offices. I've had a dedicated office in a 3 bedroom house, I've turned a one bedroom apartment into an office by turning the bedroom into an office and turning the living room into a bedroom, and now I've turned my living room into an office. Anything can work, you just need to improvise with what you have available.

**You need a desk!**

**What not to do – cluttered desk, facing a wall, back to an open door. This is not the power position, this is the powerless position and will cause anxiety. Your back should be to the wall so you can see everything going on in the room.**

Desks were invented for a reason, to GTD (get things done). There's a big anti – desk movement going around which is just silly. You don't need a beanbag chair, you don't need a standing desk; you need a regular damn desk and a chair. A table will work fine as well. When you've got yourself a table or a desk you've got an office and you're in business.

The design of your home office plays a big role in how well you work from home. Great setup, great results. Poor setup, poor results.

**Some tips for desk placement.**

- Don't sit facing a wall, like a mental patient.
- Don't have your back to a door or window – This causes anxiety, always looking over your shoulder. Not to mention you'll get a glare from the sun if you've got your back towards a window.

Your desk should be in the power position or command position, which is typically the middle of the room with your back to a wall and your front towards a door or window. You want to see everything that's happening in the room, as any police officer knows you never want your back to an open door.

**Keep a clean desk! Clutter is the enemy.**

**Remember:** it's one thing to have a desk at home to play around on and it's another to work from home. If you work from home you will be spending a lot of time there so you need to turn your work space into the best space possible.

4. **Plan your workday in advance.**

The biggest mistake an entrepreneur can make is to not plan his workday in advance. If you don't have a plan, you don't have a blueprint to follow. Without a plan you're just winging it.
Failing to plan is planning to fail!

To make sure you get your business done each and every day you need to have a plan for each and every day. You need to visualize, in advance, everything you are going to do and what you are going to get taken care of.

Visualization is key for success.

How do you plan your day?

5. Keep and follow a to-do list.

The best way to plan your workday is to keep a to-do list of everything you need to accomplish, right down to the smallest thing. Going into your workday without a to-do list is like going to a gunfight with no gun! What are you going to work on if you have no plan or list of things to work on? You’re going to “work on” watching YouTube videos or playing around on social networking sites. I’ve been there a million times.

Have a plan and stick to it!

6. Outlaw any time consuming and negative habits.

If you’re supposed to be working then keep things like TV, YouTube, and social media OFF LIMITS until you have accomplished what you need accomplished.

Keep business time for business and pleasure time for pleasure.

Get yourself in a great mood.

When you’re an entrepreneur working from home one of your greatest enemies is not being in the mood to work, or “not feeling like working”. Not being in the mood to work can cause a real problem because if you don’t work, you don’t eat. There are a few ways to get into a good mood and start your day off right.

Cardiovascular exercise.

When you do cardiovascular exercise your body releases ‘feel good’ hormones called endorphins.

- Go for a 30 – 45 minute power walk.
- Go swim some laps.
- Hit the treadmill, stairmaster, or bike and do some low intensity cardiovascular exercise (pop some motivational podcasts on your phone and listen to them while you prepare for the day ahead).

You don’t need to sprint nor run 10 miles, just get your heart pumping.

Years ago I’d wake up just before sunrise and take the dog out for a long walk and watch the sun come up.

7. Always take a shower before it’s time to work!

Never go to work dirty.
Cold showers.

It’s impossible to not be pumped up and energized after a cold shower. To start taking cold showers, take your hot shower as normal but at the end of the shower gradually turn the water from cool, to cold, to ice cold! By the time you are out you will be pumped up and energized and definitely in the mood to get some work done. Even if you don’t take a cold shower you still need to bathe and groom yourself in the morning. Sure, you work from home, but you don’t need to live like a dirty bum. Act as if. In this case, act as if you’re going to work. Even if you’re just walking 15 feet to your living room.


Even if you work from home, always wear clothes that make you want to work and achieve. If you dress like a bum (sweats, pajamas etc.) you won’t have the same motivation as you would if you were wearing your business attire.

Clothes affect your mindset.

A man dressed like a policeman feels like a policeman, a man dressed like a businessman feels like a businessman, and a man dressed like a lazy bum feels like a lazy bum. That’s not psychology, it’s common sense.

Always dress the way you wish to be seen.

That doesn’t necessarily mean a suit and tie but it probably doesn’t mean pajamas and a dirty shirt. Always wear clean clothes and always be clean. I personally never wear business attire, it’s too hot where I live, but I always put on fresh, clean clothes in the morning.

9. Give yourself a deadline.

Deadline is a dirty word but deadlines light a fire and make you finish your work.

Allow only a certain amount of time to get ALL of your work done. This way, you will be racing against the clock and will not have time to stop and think about how much you don’t want to work. All you know is that it’s a race to the finish and you want to win!

Racing against the clock produces results, that’s a guarantee.

10. Drink lots of Coffee or tea

Whatever gets your adrenaline going is what you should drink. Get on a pot of coffee and get to work, keep yourself hopped up on caffeine until you are finished with the days work schedule. I don’t like to eat much food in the morning because it slows you down while your gut digests it. When I do eat breakfast I eat a simple meal of 4-5 scrambled eggs. Stay away from bread, oatmeal, or pancakes in the morning. Those things will slow you down and you don’t want to be slow! You want to be alert and ready to go.

When you’re ready to take your focus to the next level you can try modafinil.
11. Focus on the end result.

It's not about the journey!
It's about getting the work done.
Period.

Get your work done and keep your eye on the prize. Keep reminders of what your end goal is all around you, that way they remind you of what you’re working for. Print out and paste your goal all over your work-station. Print out pictures of what you want. This will help you visualize your end-goal and keep you in the mood to work.

12. Go to the gym at night.

I've been to the gym at nearly every conceivable time and I've learned one very important thing: if you work your ass off in the gym you are going to be tired and drained when you leave the gym.

What does that mean for the entrepreneur?
It means you should work out at night, after your work day is finished.

If you go to the gym in mid afternoon, and you lift hard, you are going to be drained for the rest of the day. I've been there and done that a million times and it's no fun to get home at noon and be drained of energy and then be useless for the rest of the day. Gym time is a must but it should be done after you finish your work day.

You've got a couple of bonuses hitting the gym at night...

Even if you work from home you will still get stressed at certain things and you'll need an outlet for that stress. When you enter the gym in the evening you'll have more strength and aggression than if you go to the gym in the morning or afternoon. Since you're going to the gym at night, after your work is finished, you'll be able to relax a little bit when you get home and not worry about getting more work done.

Quick and Easy Summary of How To Work From Home

Do the work. Then play. Then have a nice day.

Until next time.

Your man,

Victor Pride

P.S. We’re doing a little deal right now for people who want to start websites. Use this link to set up your website and you're going to get 4 free reports about kickin’ butt online.

1. How to Create the Perfect Blog Post.
2. Blogging for Profit 101.
3. The Tools of the Trade for a Pro Blogging Career.

Take advantage here.
Hello friends,

I've gone and recorded the first official Bold and Determined podcast from my hotel room in Ho Chi Minh City. Please listen and enjoy, and excuse the gruff voice and slight coughing. I talk about the history of Bold and Determined and how I started it, how I discovered that you can make money from a blog, the blogs that influenced me, and how I moved away from “Someday Isle”.

Mentioned in the podcast:

<table>
<thead>
<tr>
<th>JohnChow.com</th>
<th>Tynan.com (My Friends and I Bought an Island and The Game by Neil Strauss)</th>
<th>Pantera – Mouth for War (audio – may be loud)</th>
<th>Body of a Spartan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maddox.xmission.com</td>
<td>StevePavlina.com</td>
<td>30 Days of Discipline</td>
<td></td>
</tr>
</tbody>
</table>

The podcast was recorded with:

<table>
<thead>
<tr>
<th>13” MacBook Air</th>
<th>Blue Yeti microphone</th>
<th>KRK KNS-8400 studio headphones</th>
<th>Garageband</th>
</tr>
</thead>
</table>

Until next time.

Your man,

Victor Pride
The Taxi Driver, The Schlub, The Winner and the Ghost

In the taxi, the Vietnamese driver was complaining to me about how corrupt the Vietnamese government is. “We work so hard and we make so little! How can we live like this? Everything is expensive and we make so little, our money is worth nothing. A new Toyota Camry costs $80,000, how can we buy that? We work so hard and every month we make $250.” I didn’t have the heart to tell him I make more than $250 every single day. And I don’t even have a job. “In my heart I love Vietnam, but our Government is very corrupt, very bad”.

Well, in my heart I love America, or what America was once. America is the land of opportunity and anybody born there has been blessed. Americans can do anything. There are no real rules or limits.

Could I be Vietnamese and travel the world and kick ass just from writing words? No. When I try to explain to Vietnamese people what I do for a living their eyes light up like they’ve just met a space alien. “Wow,” is usually what I hear. If you’re American, or live in any non-communist country, you can do anything you put your mind to.

You just have to sacrifice for your goals!

Ok, that was just a little joke. See the whole “sacrifice” bit is a lie that the big dogs tell the little dogs. They’ll tell you this lie so you think highly of them. They don’t want to tell you it was actually easy. I make a lot of money and I don’t work hard. I work a lot. I do the work. I barely sleep. But there’s nothing else I would rather do. I would rather die today than be condemned to be a working schlub until I “retire”. I have made the decision, I will never go back. Now I know what it’s like to fly like an Eagle, to go back would be a fate worse than death.

And since I’ve made the decision to never go back my life has been easy. Now I will tell you why it’s not hard. This is the one secret to living a life of ease and I’m going to use big boy words so pretty please don’t get offended...

DON'T FUCKING SACRIFICE!

You’ve heard all the big dogs tell you about all the hard work and sacrifice they endured. Don’t make me laugh. It’s not a sacrifice to rise above or become something great. There's no sacrifice in making great music, there's no sacrifice in writing a book, there's no sacrifice in starting a million dollar company. These people are doing exactly what they want! They’re following their mission in life.

Do you know what real sacrifice is?
Driving a taxi cab for $250 per month.
Following the path laid out for you is the real sacrifice, not vice versa.

The American version of the taxi driver is the guy who works a job he hates to make post-tax money so he can live a life as a debt-slave, like a schlub. Like a nudnik.

The American schlub is worse than the Vietnamese taxi driver because the American schlub has options that don’t exist for a lot of people around the world. The schlub sacrifices to get less, not more.
“Here’s your money. By the way, we took a bunch of it and gave it to the government. They’re going to keep a lot of it and they’re going to give some of it to parasites who don’t want to work. Enjoy your scraps, schlub. See you tomorrow at 8:59 AM and don’t be late”.

The calm before the storm (pretend sacrifice)

There’s a period of time where you struggle a little financially, but you don’t really notice it because you’re focused on the achievement. You’ll look back later, fondly, and laugh about how poor you truly were but it wasn’t a sacrifice any more than paying for your dinner was a sacrifice. See the real sacrifice, the only sacrifice, is not trying in the first place. That’s what leads to the “what if’s” on the deathbed.

Sacrifice is what happens when you don’t succeed.
Sacrifice is something that losers do.

I always have to chuckle a little when I hear office drones say they couldn’t “sacrifice what they have” and “take a chance”. As if being in debt up to your ears and being a good dog to a corporation isn’t a sacrifice. Working for someone else is the only sacrifice you will ever make. If you never do that you will never sacrifice anything.

I don’t sacrifice, anything, nothing, never. My life is easy. I can do anything I want.

Can you tell me how much I sacrificed to be able to do that?
Nothing. I didn’t sacrifice anything.

Will you struggle?

If you’re working towards a goal, building something, you may find money tight at times. Or you may not. Even when I was making very little financially I never struggled while making Bold and Determined a winner. Why? I lived like no one would and I had no debts or bills to pay. It’s easy to pay in cash or go without; it’s hard to make interest payments for luxuries each and every month. Even if you do struggle it’s not a big deal. Struggle is not sacrifice! Struggling is just part of the process; it’s what happens before your avalanche of success comes in. So you have to drive an older car and your friends have fancy cars, so what.

At the end of the day they won’t have what you have...

Live like no one will, so you can live like no one can

I have not sacrificed anything in the past 3 years. What I have done, instead, is live like no one will. Since I lived like no one would, now I can live like no one can. Three years ago anyone could have lived like me; today almost no one can live like me. Sacrifice? Yeah right. Blessing is a better word. Blessed am I, for I have seen the light. For 3 years, THREE YEARS!, I didn’t buy one luxury. Sacrifice? Ha! Not according to the numbers on my bank account screen.

But I did sacrifice, a long time ago. I leased an expensive apartment, I “purchased” a truck on a loan, I got student loans, I got a job as a bank teller and I completely gave up on my art. It took me 5 years to undo that sacrifice. FIVE YEARS! I spent 5 years in debt consumer limbo. What did I have after 5 years? Nothing. It took me 5 years to go in a circle and end up with less than what I started with.

That is the exact path that is laid out for everyone and it’s a path to failure and extreme unhappiness.
Think in terms of “I”, not “we”

If you want success, real success, you have to make your own way. No two ways about it. The path laid out for you is a path of sacrifice and struggle.

What's the meaning of life? What gives your life purpose?

SUCCESS GODDAMMIT!
Not mediocrity and struggle. The purpose of life is SUCCESS, ACHIEVEMENT, CONQUERING.
You build success by conquering your demons and acting in the face of fear.

The coward and the hero both have the same feelings, the only difference is that the hero acts in spite of the fear and the coward runs away. Remember these words: self-confidence, self-reliance, initiative, enterprise, optimism. Forget “we”, forget group-think. Group-think is for the inferior. The superior take the initiative, take responsibility and take action!

“But Victor, there's no “I” in team!” Do you know what that saying is? It’s propaganda for the dumb. There is no “I” in entrepreneur either. But there's an “I” in win and there's an “I” in elite. There's a “we” in weak. The “we”-thinker, the group-thinker, doesn't have confidence in himself and he needs approval from the group. “We” is for the weak and meek. You can't build a meaningful life by being weak and meek. You build a meaningful life by being self-reliant, self-determined and self-made.

Don't play by the rules

The people who make the rules don't follow the rules. Why not? Winners don't follow the rules because we don't have to. The rules are for the meek and the weak. Rules aren't laws and the rules don't apply to everybody. The rules are designed for you to put your life and purpose on a deferred payment plan.

Just do as we say now (and make us money) and you will be richly rewarded later.
If you're simple minded enough to fall for such a scheme too bad for you.

Get fired up!

I get some form of this email all the time: “After reading Bold and Determined I'm super fired up. The problem is I don't know what I want to do.” You don’t know what you enjoy; you don’t know what fires you up? What are you, an appariation? A drugged up zombie? Or are you just trying to fool yourself? Not everyone can be an entrepreneur. Entrepreneurship is an elitist club and not everybody can join the club. If that fire isn't there it isn't there.

But that doesn't mean your life is pointless and meaningless and it doesn't mean you should be a meanderer, a wanderer. Everyone has a skill, everyone has a passion and everyone has a fire they mistakenly put out too early. When I was 18 years old I knew exactly what I wanted to do. I just didn’t do it. I did what everyone said I should do, I sacrificed for the “good life” and spent 5 years paying off that bill. Don't make the same mistake I did, and don’t lie to yourself. If the fire is there, keep feeding it. Everyone has something they excel at. So concentrate on being excellent. And don't ever quit being excellent.

Until next time.

Your man,

Victor Pride
I've been reading Mike Tyson's biography Undisputed Truth. It's an extremely interesting book, one of the most interesting I've ever read. Most people know that Mike Tyson was a typical ghetto kid. He was in and out of juvenile detention, had no father, no money, his mother was on drugs. His life was stealing and robbing.

What maybe you don't know is that Mike was a very shy, effeminate, scared kid. He would rob people's houses then neighborhood bullies would beat him up and steal his plunder. Mike was always too scared to fight back. He used to watch one of the neighborhood kids shadowbox. The kid would try and get Mike to shadowbox with him but Mike was too shy to join, so he'd just watch.

Eventually Mike found himself in his first fight ever. He had to fight because a neighborhood kid hurt one of Mike's pigeons. Not knowing how to fight, Mike just mimicked the guy he had watched shadowbox and he knocked his opponent out cold. Not knowing what else to do, and knowing the shadow boxer would skip during his workouts, Mike started skipping after he knocked the kid out. I read this on a quiet airplane and started laughing out loud.

Mike found himself in juvenile detention at 10 or 12 years old. It was there that he met a former pro-boxer who taught Mike a few things about boxing. The former pro took Mike to see legendary boxing trainer Cus D'amato.

Cus saw something in the young kid and knew he was going to be champion of the world one day. Cus started training Mike, both mentally and physically, in the ways of the warrior. Mike eventually moved in with Cus and his family in Catskill, New York. In a television interview Cus confessed that the only reason he was alive was because he found Mike Tyson. If he hadn't found Tyson, Cus said, he would have died a long time ago. The only reason he was staying alive was to see Tyson become heavyweight champion of the world.

It was this part of the book, the time Tyson spent with Cus, which I found the most enjoyable. The time just before his avalanche of success. The time he spent preparing for his opportunity. The time before he became the youngest heavyweight boxing champion of the world. The time right before the avalanche of success is much more interesting to me than what someone does with 100 million dollars. It's more important to find out what champions did to become champions, not what they do once they get the top.

Below are the top 5 Mike Tyson quotes from Undisputed Truth...and all 5 quotes are from the time Mike spent training as a gladiator with Cus D'amato.

Mike's quotes are in bold and the Bold and Determined commentary is below the quotes.

I. “My life depended on succeeding. If I didn't, I would just be a useless piece of shit.”

Success is the purpose of life. Success in your chosen field. The opposite of success is what? Failure. What's the opposite of a winner? A loser. What's another name for an average guy? Nobody. You have one life to live, so if you don't make that one life a success what is it? A waste. A useless piece of shit.
II. “The way I looked at it, I was born in hell and every time I won a fight, that was one step out of it.”

Emasculated males tell you it's wrong to be angry, to feel angry. Don't take advice from the eunuchs. Anger is the most powerful tool in the toolbelt. Take that anger you have and channel it. Put it to use and fight like your life depends on it.

III. “When all the other fighters would leave the gym and go out with their girlfriends, Cus and I went back to the house and devised our scheme… Cus would say, ‘No’ will be like a foreign language to you. You won’t understand the concept of ‘no’.”

Preparation is key. Morons talk about “luck” like luck means anything. The successful become successful because they did something to become successful.

The successful:

- Work towards success.
- Become obsessed with achievement.
- Ignore outside distractions.
- “Sacrifice” all the bullshit that isn’t important.
- Focus totally on one goal.

IV. “Cus was all about manipulation, psychological warfare. He believed that 90 percent of boxing was psychological and not physical. Will, not skill.”

The mindset is the key. All the skill in the world means nothing without the mindset of a winner. Skilled men fail everyday because they don’t have the eye of the tiger or the mindset of a winner.

V. “Cus was a strong believer that in your mind you had to be the entity you wanted to be. If you wanted to be heavyweight champion of the world, you had to start living the life of a heavyweight champion… Always training, thinking like a Roman gladiator, being in a perpetual state of war in your mind, yet on the outside seeming calm and relaxed. He was practicing and teaching me the Law of Attraction without even knowing it.”

There’s a saying called “fake it ‘til you make it”. But here’s the reality, a winner knows, a winner is certain of victory. A winner's mind is unbreakable. So it isn't faking, it's simply taking the initiative and knowing beyond doubt what your future will hold. Mike Tyson knew it, Cus D’amato knew it, and every other winner on earth knew they were winners before they had proof. Fake it 'til you make it? More like do everything in your power to make it, don’t accept “no”, don’t accept failure and don't let fear drive you away from success.

Forget the “fake it” part and just make it.

Until next time.

Your man,

Victor Pride

P.S. We all start somewhere. Here’s Mike Tyson with Cus Da’amato, before Tyson was even Tyson.
21.2.2014 – How to Live a Life of Choice

After 18 months away I find myself back in the States for a brief visit. Family and friends, 'Hi and bye,' that type of deal. Visiting is fine and dandy but I won't have any regrets when I get on a transpacific plane and head back out into the wild. I don't have any “hard feelings” about America but I find my choice to live abroad to be one of the better choices I have ever made.

I get asked all the time why I don't live in America. I'll tell you why, in the simplest manner I can... I don't live in America because I don't want to. I live a life of choice and I have chosen to live abroad. When you have the choice, the ability to do anything, you start to ask yourself questions like: “Why?”

“Why do I live here or why do I live there? Why am I working this job I hate?”

When you answer the “why” question you may realize you have no reason to do what you are doing. You may realize you have the power to choose. You may realize one simple fact of life: you can change the things you don't like. You may realize that you aren't stuck. You can take an aspect of your life you don't like or enjoy and make it an aspect that you do enjoy. Just by making a choice. Instead of letting things happen to you you can choose what you do.

You can live a life of choice, like I do.

Choice always existed but it took me nearly 30 years to realize: “Wait a second, I can choose my fate. I can live the life I want to live.” I don't have to live in America, I can live anywhere. So I do. Simple as that. Do you know how many times I've heard: “I want to do such and such but I'm stuck in this city,”?

I've heard it many times and I have the answer right here... Move.

Get in a car or a bus or an airplane and go somewhere else. Complaining about something you can easily change is pathetic. “I just don't have any options like you,” is what they always seem to say. Like I was born on a yacht in international waters or something silly. I was born in Tucumcari, New Mexico. Population 5,000. I'm from nowhere just like everybody else. If I have the power to choose so do you. Maybe you don't take advantage of the gift of choice, but it's there. Unless you do something silly like get locked up in jail you'll always have it.

If you aren't living the life you want it's not the fault of the city you live in, your mom and dad, your girlfriend, your employer, or your dog. It's your fault. All you ever had to do was choose the life you wanted. All you ever had to do was make the choice. But hey, beggars can't be choosers I guess. We can't all live the dream. World needs office drones. Anarchy. Ditch diggers. A million other rationalizations and excuses for living the life of a lapdog. Whatever helps you sleep at night.

Until next time.

Your man,

Victor Pride
How To Be a Lucky Man

I don’t mean to brag but I recently realized how great my life is and how “lucky” I am. Before you call me arrogant pretty please hear me out… I have recently returned from 4 weeks in the United States of America. For the last two weeks of my trip I was in Boise, Idaho at a premier chiropractic and rehabilitation facility doing some intense rehabilitative work on my spine (not weightlifting related).

I did two weeks at the facility, doing rehabilitative work for 7 – 9 hours per day, 5 days per week. I had to do something I didn't exactly want to do (it wasn’t pleasant), but I needed to do it. I’d go in at 9:30AM and leave somewhere between 5:30 – 7PM. I’d be dog-tired when I got back to my hotel at night. So tired I’d just grab a bag of fast food, eat like a pig and basically lie in bed and watch videos until I fell asleep.

It hit me real hard – it was exactly like having a 9-5 job.
I remembered that feeling from 6 or 7 years ago, last time I had a 9-5 job.

The difference, this time, is that it only lasted two weeks and then I got to go back to my real life. For most people it’s the opposite, they get 1 or 2 weeks of freedom per year and then they work like dogs for 50 weeks per year. My real life is like most people’s fantasy vacation: I don't go to a job, I get waited on hand and foot, I have money to burn, I don't have “days off”, I don't save up “vacation time”, I don't call the boss and pretend to be sick so I can stay home, I don't have any debt and I am free to come and go as I please.

Within the confines of the law I can do almost anything I want. Brash, cocky, arrogant? Guilty. Stuck in a rut at a dead end job, forcing myself to wake up to a “beep, beep, beep” alarm clock every day for 40+ years? Not guilty, your honor. That two weeks in Idaho was a great reminder of why I'll never sell my soul again for a paycheck.

Everywhere I went I heard the same few sentences:

- It’s not enough to live on!
- I wish I could live like you.
- Wow, you’re so lucky. I hate my job...
- Not enough money... not enough time... not enough...

I know a paycheck isn't enough to live on, that's why I left a life of servitude behind. I made a few small changes that turned into gigantic results. I made myself “lucky”. How did I make myself lucky? Easy. I quit my dead-end 9 – 5 job and then I started working for real. Wouldn’t you know it, 6 or 7 years after working for myself, not others, I’m as lucky as can be.
So how can you be purposely lucky?

Easy.

I. You switch your mindset a little and you take control of your life.

II. Your life isn’t a roller coaster that you have no control of, it’s a one seater race car and you’re the driver.

III. You learn to be self-reliant.

IV. You stop seeking approval, instead you start seeking results.

V. You stop using loser phrases like: “It's not fair!”

VI. You don’t “share your feelings”, you tell what you want or need.

VII. When something goes awry you don’t complain, you fix the problem.

VIII. You put the goal in your mind and you envision it everyday, always. You obsess over it.

IX. You never take the blame, you take responsibility.

X. You start your own business and you build and you grow and you build some more. If you aren't building something you are withering.

XI. You be the man instead of giving your money to the man.

XII. You be the man the buck stops with.

Go to the mirror right now: right here and right now the buck stops.

And when you say it you'd better mean it. When I said it I meant it and I ended up lucky as can be.

Until next time.

Your man,

Victor Pride

P.S. When I was in Boise I still was able to get some work done over the weekend. Check out the podcast interview I did with Chris from Good Looking Loser here.
How To Be a Lone Wolf and Not Be Lonely

I talk a lot about being a “lone wolf”. But I also make up my own definitions of the words and my definition of a lone wolf may be different than the popular definition of a lone wolf.

The Google definition of a lone wolf is: a person who prefers to act or be alone. My definition of a lone wolf is: a person who is self reliant, self determined, self motivated and a little selfish.

It has come to my attention that a lot of the readers of B&D have assumed being a lone wolf and being lonely are the same. Assuming that if you are to build a business you must also be lonely. As if being lonely is the price for freedom. It isn't.

If you are lonely there is a very simple solution: don't be alone.

Human beings are social creatures and we all need the company of humans. Even in prison, amongst murderers, rapists and thieves, solitary confinement is a punishment. I never want to imply that it's good to spend all of your time alone or that it's a good character trait. It isn't. Being lonely isn't good for the soul. Maybe it builds character but there's a point where character building stops and living life starts.

What I do want to imply is that it is better to not require constant attention, approval or validation from family, friends, peers and colleagues. It is better to be driven from within. The approval and validation will come with time and success but it won't come from playing by the rules.

The Victor Pride definition of a Lone Wolf doesn't mean that...

- You can't or shouldn't have friends.
- You can't or shouldn't have a girlfriend.
- You have to build a business in solitary confinement in your house.
- You should be alone all the time.
- You need to be lonely.

The Victor Pride definition of a Lone Wolf means that...

- You should be self reliant.
- You should be self determined.
- You should be self disciplined.
- You should be in charge of your own destiny.

Your fate is in the hands of no one but yourself. If you have chosen a life of loneliness then that is your cross to bear, but it doesn't have to be that way.

The question is asked of me a lot: “How do you deal with loneliness while building an online business? You spend your days at home, alone, on the computer. What do you do for companionship, what do you do for conversation, how do you deal with the loneliness?”

My answer is always the same. If you're lonely then don't be alone. That's what I do. Yes, my work is done on a computer in the comfort of my own home, yes I don't go to a fluorescent office and spend 8 hours a day with people I hate, yes I'm a lone wolf.
But I am rarely alone and I am never lonely.

The ability to make money online gives me the freedom to go out and enjoy life in a way that 9 – 5 feet – draggers never could. I can spend as much or as little time with my loved ones as I want. My young lady stays here with me and she doesn't have to work at a job and I don't have to work at a job. That's how I deal with loneliness. 9 – 5 regular Joes and Janes are stuck all day at work with people they hate, roasting under fluorescent lights, spending time away from the ones they care about and then they have the nerve to ask me how I "deal with loneliness".

My answer? I don't deal with loneliness because I'm not lonely.

Here's the reality: being a lone wolf and doing things your own way gives you more freedom and more time to spend with the ones you care about. Being a 9 – 5 schlub takes time away from you that could have been spent with your family and friends.

But what do you do if you're lonesome?

What if you don't have anyone to spend your time with?

How do you correct this?

If you're lonely then don't be alone. Go meet people. Be around people. If people don't want to be around you then that is a problem you need to correct.

This Is How You Beat Social Anxiety

1. The #1 Legal Supplement That Relieves Stress and KILLS Social Anxiety
2. The Magic Pill To Beat Social Anxiety

Lonely people have a lot of negative energy surrounding them and it's a real turn – off to other people. That wasted energy should instead be used for self – improvement. Don't let your loneliness become a self – fulfilling prophecy. A lot of lonely people talk themselves into staying lonely and they talk others into staying away. Instead... be the man you wish to be and be the man other people want to spend time with. It's all up to you. We all need companionship and intimacy. That's nothing to feel guilty or embarrassed about. If loneliness is an issue for you, put in the work and fix it.

See These Classic Bold and Determined Articles for More Tips

- Why You Should Have Ass-Kicking Friends
- How to Meet Shy Girls
- How to Pick the Right Wife (Vic's personal advice: Don't get married)
- How to Be Attractive to Women

Until next time.
Your man.

Victor Pride

P.S. I know the lonesome doves on the internet are real happy saying: “You have to be happy by yourself before you can be happy with someone else,” but that's a simple rationalization for being lonely, being single, or being promiscuous. It isn't a solution; it's a cop – out.
So you want to be an entrepreneur and leave the 9 – 5 jive forever?
I don't blame you.

I've been an employee and I've been an entrepreneur, and being an entrepreneur is way better. When I was an employee I was making 30k a year in salary. That 30k per year salary translated to about $17,000 per year money in my pocket. That's a pathetic amount of money, but I actually lived on that money. I had my own apartment, I had insurance to pay, I had an auto loan to pay and I had bills on top of that. I didn't know that as an entrepreneur, even as a not very good one, you can make way more money than you would as an employee. As an entrepreneur I've made more money in single days than I made in full years as an employee.

Can you do the same?
Of course you can.

You will face challenges as an entrepreneur, but those challenges pale in comparison to the challenge of selling your soul for a paycheck. And there are easy ways to conquer those challenges. Below are the Top 10 Challenges you will face as a new entrepreneur – and easy ways to conquer those challenges.

1. **Picking the RIGHT business.**

Most small businesses fail because they aren't real businesses in the first place. Pick the right business and your work as an entrepreneur will get a whole lot easier. If your business doesn't help people, doesn't provide a solution, or doesn't give people something they want then your business is shit and it will fail. To do great business you should have a great product or service that you believe in. If you believe in it, you can get others to believe in it. When you don't believe in something but you tell other people they should buy it you are lying and deceiving.

**What you see is what you get should be the motto for your company.**

Remember one very important thing, your customers aren't buying a product, they are buying you. So there is one very important thing you should always do – **deliver what you have promised.** If you can't deliver you should always offer a money-back guarantee. You never want people to feel cheated. You never want people to feel buyer's remorse; you never want people to tell the world that your company is a scumbag company. Give them what they paid for. If you can't give them what they paid for give them their money back. The only way small businesses can have success is by delivering quality. If you can't deliver quality you can't make a living. I know it, you know it and your prospective customers know it too.

2. **Financing your business.**

How do you start a business when you don't have any money? Good question, and there are two solutions.

1. **Borrow money** ➔ I HATE this idea for new entrepreneurs. Unless you're experienced, know what you're doing and you're certain your business can succeed (and grow) you should not borrow a single dime.

2. **Bootstrap** ➔ use only a small amount of money and find a creative way to get your business going.
I’ve started only two successful businesses and I started both for less than $100 and I turned them both into top earners. I’ve never borrowed a dime to start a business. Personally, I don’t like the idea of starting a brick and mortar business, I like internet business. The growth potential is massive and the costs can be as low as $15-$20 to get started.

3. Finding customers.

Finding customers is only a challenge if you don’t have a good product or service. If you have a good product or service then people will come to you, no need to spend hundreds or thousands on advertising. At least not right away.

There is a certain type of person who will be your customer. Not everybody in the world is buying what you’re selling, so your job is to simply find the people who are in need of your service. Only try and sell to people who have expressed interest or desire in your product. Never waste your time trying to convince somebody to buy something they don’t already have an interest in. Never, ever waste time on people who have no want or need for your product. That’s called being “pushy”. Nearly everybody hates pushy salesmen. These type of boiler room salesman do a “hard sell” approach.

**Pushy salesman equals buyers remorse equals refund requests equals fewer profits equals bad reputation equals failed business.**

Take a “soft sell” approach. Simply find people who are interested, explain the product and benefits enthusiastically and let your customers decide what they want. I will personally go out of my way to NOT deal with a pushy salesman, even if I’m interested in what they’re selling. I’ll buy from a nice, calm guy all day everyday before I give a dime to a pushy salesman. There’s no need to be pushy, if you have a good product you can simply calmly explain your product’s benefits and let your customer decide and it’s win-win for everybody involved.

4. When to quit your day job?

The right time to quit your day job is when you have a foolproof business opportunity or you have enough money in the bank that you can work on your business and not be evicted from your home. You’ve got to have money to survive, so quit your job when you have a little money to work with and have a real business plan or are making an income from your entrepreneurial gig.

When I quit my job as the world’s worst insurance agent I had enough money to live for one month. But I had two signed real estate contracts that I knew were worth some dough. So even though I quit with barely any money in the bank, I was certain I was going to make some money soon. Those two contracts turned into $4,000 dollars in my pocket one month later. 4k sounds like nothing, but I was making peanuts as a pretend insurance salesman, that 4k saved my life and showed me what was possible. That 4k was the most important payday of my life. I was elated and I’ll never forget that feeling. That 4k proved to me that I was right in leaving the 9 – 5 jive.

That 4k was just the start of a 100k year.
5. Dealing with the stress of not having a steady paycheck.

There is no other way to put it; it’s extremely stressful when you don’t know when or if you’ll be paid again. My first business, real estate investing, I didn’t make a steady income; I'd score a big payday then have to wait and wait for another one. I made a few bucks extra per month (about $1000 to $1500) but not enough to live on so I needed to constantly do new deals.

I was good at my work so I always had new deals in the pipeline, but it seemed like it was always down to the wire when a new deal finally came through and I had a check with my name on it. One day it seemed like I was almost penniless, the next day I’d have a check for 10 grand. Living like that can be extremely stressful, so you’ve got to have the mental fortitude to power on, keep working, never give up and never go back to a “safe and secure” 9 – 5 job.

In real estate investing sometimes deals would fall through and I’d make nothing for my hard work, other times deals would fall in my lap and I’d score a huge payday. Personally, I recommend a gig where you get paid more frequently. My Bold and Determined empire pays me every single day, day in and day out. Waiting a month or two between paychecks doesn't happen to me anymore and it's way less stressful. For this reason I really recommend opening a web-based business.


Managing your money can be a real burden if you don’t know what you’re doing and if you don’t know when your next paycheck is coming through. I manage my money in a very simple way – I rarely buy anything. I pay my bills, I buy my food, I pay my gym dues and the rest is for business or for the bank account.

I don’t live on a budget, never have, I just don’t spend very much money unless I have to. When you’re building your business I recommend you live like a Spartan and don’t haphazardly spend your money. You may very well have some lean times ahead of you and you’ll want some money in the bank to help get you through.

On the other hand, nothing lights a fire like having no money and needing money. When I started Bold and Determined I had enough money in the bank to live for a year, so maybe it’s no coincidence that it took me one year to turn Bold and Determined into a profitable business.

7. Taxes.

Taxes are a real pain. When you have a 9 – 5 job they steal, I mean take, taxes from your paycheck before you even see your paycheck. When you’re an entrepreneur your money comes to you first. So there are two very important things that you need to do.

a. Write off everything you can for your business. This will save you a ton of money in taxes.

b. Pay your taxes. It's one thing to receive a de – taxed paycheck, it's another thing to get out your checkbook and write a check to Uncle Sam. But you've got to do it, just make sure you've written off everything you can and taken every deduction you can.

You’ll keep a lot more of your money by preparing your own taxes rather than letting the tax – man loot you. That’s the easiest, number one step to making more money. The guy that makes 30k as an entrepreneur takes home a lot more money than the guy who makes 30k as an employee. The tax – man rips you off, he takes every cent he can. When you’re self-employed you’re in control of your taxes and you use write – offs to keep more of your hard-earned money.
8. Legal protection.

**You'll need to set up your business as a business, not a hobby and not as a sole proprietorship.**

*When is the right time to open a business structure?*

I wouldn't open a business until you are making money or are absolutely certain of your business.

For American small business owners the best structure is an LLC taxed as an S-Corporation. An LLC is a “pass through” tax entity. That means that the LLC itself does not pay tax, you pay tax on the profits you receive. The trick to reducing your tax liability is two-fold: start an LLC but tax it as an S-Corp. Pay yourself a small but reasonable monthly salary and once per quarter you can take out a chunk of the profits as a distribution. You will pay standard tax on your monthly salary but the quarterly S-Corp distribution is not looked at as employee wages so you will not have to pay social security or medicare tax on this distribution amount (more tax info).


The Germans call it *Schadenfreude*. It means the pleasure people take in seeing others fail. If you have people like this in your life, as most of us do, there is only one solution: cut these energy vampires out of your life. They're a mental burden on you because they drain you of energy, energy that you need to build and conquer.

**Give these people the boot and do it ASAP.**

_If they aren't on-board with you, then toss them overboard._

You often hear of successful people how much they've changed and how they don't spend time with their old friends anymore. Successful people don't have the time or the will to hang out with losers, so they cut them off. With money and success comes choice, which means you get to pick and choose who you spend your time with. And you don't have to spend time with go–nowhere nudniks.

*You also have the choice to not be lonely.* The misconception is that if you don't go to a 9 – 5 job everyday and hang out with office drones then you will be lonely. Not true. You'll only be as lonely as you choose to be.

**What about self doubt?**

*Self doubt is simply a fear of success.* It's hard as hell to be superior and it's easy to be average and it's easy to give up and go work a 9 – 5 job. All of us feel self doubt at one point or another. An easy way to conquer self doubt is to take a look around you and see all the people who have given up and ask yourself if that's how you want live.

*If that's not how you want to see yourself then... DON'T GIVE UP. EVER.*

10. Finding trustworthy business partners, building a reputation.

It should go without saying, but I'll say it anyway. Never go into business with scumbags. Going into business with a scumbag will give you a bad reputation. Your reputation will be linked to the scumbag, even if you’re a man of your word. It can be hard to tell at first sight who is a scumbag and who isn't, but you will always find out eventually and when you do find out you must instantly dissolve the relationship with the scumbag.
I had a business relationship with a scumbag, years ago. He scammed people for hundreds of thousands of dollars. People lost their homes. It wasn't a nickel and dime hustle, the scumbag stole homes from people. I had already severed ties with the scumbag long before this issue so I came out of the situation clean, legally and morally. But my name was still linked to the scumbag from prior deals.

**Even though this did not hurt my own business, it left a bad taste in my mouth and taught me a very valuable lesson: cut scumbags out of your life forever.**

No 3 strike policy. One strike, then kick them to the curb.

It's not a moral issue, it's not an ethical issue, it's an issue of having a clean soul versus having a dirty soul. Scammers and scumbags never get away with anything because, even if they are legally in the clear, they still have dirty black souls that will haunt them. If you help people you help yourself. If you hurt people you hurt yourself. You don't have to be a tooty-fruity save-the-world liberal. Just be a man and do good business.

**11. Dealing with competition.**

John D. Rockefeller famously said: “*Competition is a sin,*” and I'd have to agree. Why bother competing when you can be an innovator and start something new? Three years ago there was nothing like Bold and Determined and that's still true today. **Even though I have dozens of copycats (maybe hundreds) nobody can compare.**

Hundreds of heavy metal bands have copied Metallica's unique style and none of the copycats have had the same success as Metallica. Copying is the path to mediocrity. Pioneering is the path to success. Ask yourself: “*What is missing from the market?*” Answer that question and you're in business as an industry leader.

**12. Hiring employees.**

As a small business, typically the last thing you'll do is hire employees. You'll want to hire employees when your workload is too much to handle yourself and you have the revenue to pay your employee(s). You'll hear me mock employees time and time again. That's because most companies treat their employees like dumb cattle and the employees always complain: “*I hate my job.*”

**Then the employees go back to the same job day in and day out, like cattle at a feed lot.**

But there is a big difference between working for a faceless corporation and working for a small business. As a business owner you will have the opportunity to create a great company that people want to work for.

**Your job as an employer is threefold: teacher, motivator, check writer.**

You aren't a babysitter or a personal therapist and you should never act like one but there is one easy way you get your employees to be happy, feel like part of the team, and come up with new ideas. You give them a voice. **You listen to them.** They are helping to build your company, they want to be a part of something, and they will often have ideas that you would never think of.
Who should you hire?

As a small business you would be wise to hire freelancers, contractors and virtual assistants rather than hiring traditional employees. Let them take care of their own taxes (they'll make more money) and it's less paperwork hassle for you. Your employees will never be happy with their paychecks, no employee in the history of the world makes enough money, but that isn't your concern.

Your concern is to pay your employees when you say you will.

You've heard of employees not being paid before, companies paying late, companies not paying at all and this behavior is pathetic. No man should ever owe another man money, and that includes you as an employer owing your employee money. Even if it means you starve, your employees should always be paid on time.

Then your business grows and you get rich. And everybody's happy.

Until next time.

Your man,

Victor Pride

P.S. Be sure to check out BADNET, the first step to the next level.
Recently I was in the gym, lifting some weights and having a joke with some of the guys in the gym. One of the fellows, a nice enough guy, called me a name that had me laughing out loud. He called me a “genetic freak”. A “genetic freak” in bodybuilding terms is a mythical person who can put on superhuman amounts of muscle just by opening the refrigerator door and not by working hard. These people, “genetic freaks”, were born with the ability to put on endless slabs of beef.

My first thought when the fellow accused me of freakage was: “Sure buddy, I'm a genetic freak. In the last 14 days I've only been in the gym 14 times. I only spent 8 years sweating in the gym. I only tried every diet, every weightlifting scheme and every supplement on the planet to get this way. Sure I'm a genetic freak.”

But I got to thinking to myself. I thought wait a second, maybe I am a genetic freak. It sounds arrogant but hear me out first… Every man in my family looks exactly the same, and not a single one of them has a body like me. I'm a clear and obvious “genetic” outlier. Half of the men in my family, the ones who work outdoors, are slim framed with big bellies and spaghetti arms. They are tan and look healthy enough to do physical work but they sure don't look like they've ever seen the inside of a gym.

The other half, the ones who have “real” jobs working indoors under fluorescent lights, are all doughy, pale and sickly and don't look capable of doing much physical activity. None of them have a body like me, and since your genes come from mommy, daddy, grandma and grandpa you should all look pretty much the same. And in my family they do all look pretty much the same. Except for me.

But here's a little confession: I used to look exactly like them. I had the exact same body type as the rest of the men in my family. The simple reality is that I like to lift weights and they don't. I hate to ruin my reputation as a “genetic freak” but I had to actually put in the time and effort to go from geek to freak. My muscle man “genetics” weren't born in me; they were forged in the gym. I'm not actually a genetic freak, but in real terms I am a freak for going to the gym for 8 years straight without quitting even a single time.

At 21 years old I looked like every other skinny white guy. I recently had a genetic test done to see what my exact genetic make up is. The test came back at 99.8% Western European genetics and .2% unknown. I don't think the .2% unknown came from Mt. Olympus because it wasn't until I spent roughly 8 years in the gym that I was accused of being a “genetic freak”.

If I was born a genetic freak it took almost 30 years for those freak genes to kick in. I'm not a professional geneticist but something tells me genetics had nothing to do with it and putting in the work had everything to do with it. See, the simple truth is that in bodybuilding terms, no one is a genetic freak. No one is born with mega muscle. The only thing genetics determine is your muscle shape and symmetry.
Building muscle only comes from lifting weights, eating food and using hormones. No one is born looking like Zeus or Adonis. And you will never look that way without doing the required physical work.
Do something to be somebody. Do nothing to be nobody.

The “genetic freak” line is either a lie or an excuse. It all depends on who is saying it.

**The Genetic Freak Lie**

“Yeah, I'm just a genetic freak. I can eat whatever I want and put on muscle. Thanks mom and dad.” Meanwhile he has a 3cc syringe loaded with testosterone, trenbolone and masteron ready to shoot into his glute, he lifts weights minimum 4 days per week and he eats bodybuilding foods and probably counts his calories.

**The Genetic Freak Excuse**

“Oh, I'll never look like that because he's just a genetic freak.” So sorry to take away excuses, but when you call someone a genetic freak you're giving yourself an easy reason to be less than him. He isn’t a genetic freak; he's just doing what it takes while you aren’t. Listen boys, everybody on planet earth is a human being and we all have human genetics. Nobody was born on Mt. Olympus. Your genetics come from mommy and daddy and whatever race they are. Irish people have Irish genetics, Nigerians have Nigerian genetics, Koreans have Korean genetics. And unless they do hard physical activity they all look like slop.

**Source:** *What the average man looks like.*

There are people who exercise and people who don't. There are people who eat right and people who don't. There are people who take muscle building hormones and people who don't. There are people who do what it takes, and there are people who complain about doing what it takes. The simple recipe for building a body is this: **you do the work you get the results.** You don't do the work you look like slop, like everybody else who doesn't exercise. You can't be born a bodybuilding “genetic freak”.

**But... you can turn yourself into one following this 3 step outline.**

I. **Join a gym, make the gym part of your daily routine, lift weights in the gym.**

   Going to the gym has to be part of your daily routine just like going to the supermarket and going to work. It's just something you have to do; somewhere you have to go every day. Personally I hate going to the gym. I love lifting weights but I hate being in transit to the gym. I hate walking across the polluted street near my home, I hate waiting for the sky train, I hate walking behind slow people. But the gym is a must, so I simply get up and go. Day in and day out. If you want to be a “genetic freak” then that's what you do as well – you go to the gym. The gym is part of your daily routine. Take Saturday and Sunday off if you feel like, no problem, but go to the gym just like you go to the grocery store or whatever else you do daily.

   a. **Train hard.**

   When you're in the gym do some work. The gym isn't for social hour, it's not a place to play on your smart phone, it’s a place to train. Get in, get it done, and get out. You don't have to spend all day in the gym, you just need to finish your business and get out. I’m rarely in the gym longer than 30 minutes. Hit it and quit it some say.
b. **Train correctly.**

Training one bodypart per day is the worst way to train. Your muscles can be trained 2 – 3 times per week each for max results. One bodypart per day once per week is for bodybuilders who use tons of gear. They “get away” with training so little because the hormones build the muscle regardless of what they do. If you've been lifting weights for less than two years, stick with free weights and basic exercises. The basics build the raw ingredients for the body. After you've got a body to work with you can mold it into shape later, like a sculptor who molds a lump of clay into a masterpiece.

II. **Eat the right way.**

Food is fuel, but I’m not going to bullshit you about eating chicken, rice and broccoli. You'll never get to your goal eating like that and bodybuilders only eat like that during the last few weeks of a contest preparation. You can eat real food, get full, enjoy your food and still get into great shape. And you don't have to do all that crazy stuff like weighing your food and counting your macronutrients. All that baloney gets in the way of real life and I don't bother with that nonsense. The simple fact is that if you want to lose weight you need to eat less, if you want to gain weight you need to eat more.

*I like easy diets and here are my top 3 easy diets for getting into top shape.*

- **The steak and eggs diet.**

  The steak and eggs diet is the only diet I am never hungry on. It's almost unbelievable, but when you eat these super – foods everyday you feel super calm and never hungry.

- **Eat two meals per day.**

  Frankly you can eat anything you want if you eat only two meals per day. Two meals per day from McDonalds will get you into better shape than 6 meals per day of chicken, rice and broccoli.

- **Eat whatever you want, just eat less calories than you burn.**

  Junkfood is fine if you’re burning those calories off. I'm not a real big eater so sometimes I even need junkfood to get calories in. I've had 6 pack abs eating snickers bars, pop-tarts, Coca Colas etc.

  a. **Snacking.**

  The one thing that fatsos all have in common is that they eat constantly. It's much better to eat meals, not snacks. But if you must snack, here are the best snacks on earth.

  - **Hardboiled eggs** ➔ if you have a hard time controlling hunger you should always keep some hardboiled eggs in the refrigerator. Each time you’re hungry and it isn't meal time grab an egg or two and eat just the egg whites. The egg whites barely have any calories and they'll fill you up. Besides, the egg yolks taste like chalk when you hard-boil them.
  
  - **Cottage cheese** ➔ this is a good snack to eat before bed because it has no carbohydrates and it provides long acting protein called casein.
  
  - **Natural peanut butter (mix with yogurt if trying to gain weight)** ➔ 2 or 3 spoonfuls of natural peanut butter should be enough to take away the hunger until meal time. I actually used to eat peanut butter mixed with yogurt to try and gain weight, and it worked.
b. Gaining weight.

If you’re a skinny guy you need to eat to gain weight. Skinny guys don't need to worry about eating clean. What you need are calories and lots of them. Here’s an example of a skinny to freak diet strategy from John Doe Bodybuilding...

This is a shotgun approach, or a beginner’s one so to say. A shotgummer doesn’t worry about calorie count, he just eats. Pizza, subs, rice, steaks, whatever. Don’t buy into that magazine bullshit for second if you want real muscle! All of those guys in the magazines ate this way at one point or another, especially in the beginning.

Nobody ever got 200+ lean lbs of JUST chicken and rice, no Sir! This is going to be roundabout the first 5 years of your training. Think of this as building the foundation. You don’t go to a construction site and see the landscaping and driveway done before the foundation do you?

So why, in the hell, would you focus on toning muscle you don't have yet? Why would you focus on eating so strictly when you’re already a hardgainer and thin as a rail? You need the shotgun blast approach buddy, anyone who is under 25 years old, a hardgainer or thin stature, needs to take this approach his first 5 years in the gym. The first 5 years will pave the way the rest of your bodybuilding endeavor, you will get 90% of everything your going to get out of the weightroom, your first 5 years.

III. Performance enhancing drugs, PEDs, Hormones.

Yes, I know everybody is scared to death of performance enhancing drugs I’m going to talk about them anyway. Would you rather talk about performance decreasing drugs instead? They are a necessary part of bodybuilding and, in a world of estro – fied water and genetically modified foods, they are necessary to have a happy and healthy life as a man. There is a difference between using hormones for bodybuilding and using hormones for a healthy life, and I'll talk a little about both.

a. Hormones for a healthy life.

The reality is that male hormones aren’t the devil they're made out to be and they're actually downright healthy. If you're scared of testosterone you may as well be scared of being a man. The two healthiest hormones for gentlemen over the age of 30 are testosterone and human growth hormone, prescribed as male hormone replacement therapy by your kindly endocrinologist. They will make you as healthy and as vital as a horse.

It's never too late, like the young man pictured proves...

Dr. Jeffrey life at 70+ years of age.

At a certain age, which may be different for every man, exogenous testosterone is needed. I was 27 – 28 years of age when I became aware that my testosterone levels were dropping. To give a little backstory, I've always had an extremely high sex drive. Three to five times per night was not abnormal for me. At the age of 27 that drive started to subside. Around 28 years of age I had a girlfriend for an entire year. Before me she was a virgin. She was clean, unspoiled, untouched, not yet jaded, she had a terrific body and she belonged only to me. She was available to me anytime I wanted, but I could only manage to sleep with her 3 times per week and never more than once per night. I simply didn't have the desire or the drive for more. In retrospect it is abundantly clear my testosterone levels were in the gutter (likely from excessive dieting as a natural as well as simple aging). Knowing that low testosterone can be fixed in an instant I simply will not accept or allow low testosterone levels and at 29 years of age I started testosterone replacement therapy and changed my life for the better. As a medicine, testosterone is a life saver and I expect to never stop using it.

Even if I never touched a barbell again for the rest of my life I would still use testosterone for quality of life.
b. **Hormones for bodybuilding.**

**Hormones are a necessary part of bodybuilding.** We could whine about cheating and immorality all day and night but facts are facts and I'm here to give the facts to you. As a natural you can be **ripped** and kinda skinny or you can be **big and kinda fat** but you won't be big and ripped as a natural. You can look good naturally, really good, but you won't look like the guys in the magazines.

**So what do you do?**

First, you train naturally for at least two years. Two years **bare minimum** natural training, Hard and heavy training. I'd like to see you with 5+ years of natural training and at the age of 30 or above before you go to the next level but I'm not your daddy and you'll do what you want to do, just pretty please listen to some helpful tips from a “been there, done that” guy.

I was 29 and had been training since 23 when I started using testosterone and **superdrol** (superdrol is illegal now). Kids shouldn't touch the stuff, unless medically necessary, because as a kid (less than 25) you aren't fully and completely developed. Emotionally or physically. As a natural trainer you will reach a point where gains stop. You don't continue to gain as a natural, you simply maintain or get a little leaner. That's when you add in **Osta-Red**. But you've gotta put in your time in the gym before you get to that point, and you've got to lift hard and heavy to get there.

If you've already put in your gym time, maxed out your lifts and your body naturally, if you train hard and know how to eat and you're thirsty for more then it's time to take it to the next level. And if you do take it to the next level, you should be prepared to use hormones for the long haul. In the real world “cycling” steroids, like for example: using steroids for 8 weeks, then taking a 16 week break, then using again for 8 weeks, rinse and repeat, will get you exactly nothing in terms of lasting results. If you're “on” you have muscle, if you're “off” you don't.

*You shouldn't “yo-yo” your hormones up and down if you want to stay healthy and fit. Simple as that.*

Oh, and welcome to the “genetic freak” club. We’re an exclusive club; we don’t have many members, so we’re very happy to have you with us.

**Until next time.**

**Your man,**

**Victor Pride**

PS – If you're unsure about your bodybuilding routine, if you're new to bodybuilding, or if you need a kick in the ass then check out my book **Body of a Spartan.** I stand by it as the best training program for natural trainers. **Buy it.** If you hate it, if you think it won't have you carved out of marble, if you don't feel like a new man after the first week then just send me an email and tell me so. You'll have your money back instantly.
I've stopped calling myself a professional blogger. I don't write that often, I don't write about the news, I don't do reviews and I don't even consider myself a writer. Here is everything I do to make money: I live life like a man and then I put what I do into words. You boys read it, become inspired and hopefully go out into the world and kick it's fucking ass just like I do. I don't write for the guy who is going nowhere and happy with that, I write for the guy who is halfway there, or 25% there and wants 100%. If you don't want it (success) then I don't want you here and I don't want your money.

Bold and Determined is for winners and future winners only. Bold and Determined is an elitist website and I'm very proud of that. You'll never find advertisements for garbage here, you'll never find links to products that are garbage and you will never see some nonsense, filler articles. If I don't have anything good to say then I won't say anything. Fortunately for me I've built my business in such a way that I don't need to constantly write new articles. If I want to take time off and, say, go visit Bali I'll just go and do it and not have to worry about how to fund it.

What I do works because I'm the real deal and my life is awesome.

Can you do the same?

Of course. If you put in the effort.

Here's a recent email I got from an aspiring badass...

'Hey Victor.

Me again. After reading almost all your blog posts and E – books I find I want to be just like you as far as an alpha male and successful entrepreneur. And I'm taking steps to do so but as far as business goes I'm having trouble. I started a blog and the premise is similar to yours. I want to inspire the masses. I'm no expert like you nor am I where I want to be in life but I want to make a blog like yours. That's the problem. I can't out do your blog, nor would I want to – it's amazing. But you can't tell me starting a niche bullshit blog like food trucking could be the least bit fulfilling. I want a blog similar in goal to yours but I don't want to be a rip off or copycat.

Any tips?'

Yeah, pal. I got some tips for you. Grab a coffee and get to reading.

Live Like a Man.

You can't be a badass if you aren't a man. So that's your first step, live life like a man. A lot of people will take offense to that, but that's because a lot of people are pussies. Men don't “take offense”. Men take action and there's a big difference. I was just talking to an American here in Bangkok who accidentally bumped into a Russian at a market. One thing lead to another, the American yelled: “Fuck Russia!”, so the Russian spit in his face, punched him in the mouth and kicked his ass. Whoops. When you mouth off to a man you get whooped. When men “take offense” you get whooped.
When women and dickless men take offense they run and tattle – tale to their employer, the police, the internet, the government, anyone with power. See, the easily offended always lack a few things: strength, character, pride and most of all they completely lack self – sufficiency. Men personally take care of their problems. Females and cowards cannot do that, but men can.

Anonymous internet wimps often accuse me of being a sexist or a misogynist. As if words hurt me. As if I would apologize for offending a coward. As if I would try and prove I’m every bit as feminine as they are. Ain’t gonna happen, boys. Words only hurt cowards, remember that. If you’re offended at words your testosterone to estrogen balance is messed up and you’re either a girl or acting like a girl. As for being labeled a sexist, well, when it’s acceptable to hit a woman or when prisons become coed that’s when I’ll start to believe in the mental illness known as “equality”.

Until then I am going to believe what my eyes tell me: men and women are fundamentally different. Men are physically stronger and women are natural care takers. Men provide the resources and women nurture. Subvert this and you have nations of lost and crazy souls. No matter what the confused little boys and girls pretend, women aren’t men and never will be. All the grown-up little boys who continually emasculate themselves and all the grown-up little girls who behave like sailors can’t change biology.

Today's modern American woman acts like a cunt because men allow her to, and those men allow her to because they are complete and utter wimps.

**Let me give you an example...**

I know an American couple, middle aged and married for a few years. The husband works like a dog to pay the bills and the wife doesn't work. One day the man came home from a hard day's work ready for dinner. The wife had been not-so-busy watching television all day. The wife said to him: “I didn't feel like cooking today so we're just going to have leftovers.” The husband replied, head hanging low: “OK, honey. Sounds great.” At the end of dinner the man took his plate to the sink, rinsed it and put it in the dishwasher while the woman sat at the table doing nothing.

**It was absolutely pathetic and my reaction was utter disbelief.**

This is what “equality” has done to men, turned them into giant sissies. When males act like broken dogs it disgusts me, just like it secretly disgusts their nagging wives. Look fellows, living like a woman just isn't an option so forget about it. Millions of “men” have chosen this option at their peril, learn from their pathetic mistake and live like a man without remorse. The internet queens can call me sexist all they like; frankly it's a compliment coming from them. I don’t take offense to being called a sexist any more than I take offense to being called a tall, handsome badass with green eyes and a 100-watt smile.

**Guilty as charged on all counts!**

**But you know what the funny thing is?**

**No one ever has a bad word to say to me in real life. Only online.**

**I wonder why?**

**The last time Victor Pride was spotted in the wild.**

**It sure was me. I'm still waiting for someone, anyone, to call me out in real life and tell me how much of a meanie I am.**
Money and Balls

Westerners always say to me: “Money isn’t everything, man.”
To which I reply: “I know, dork. You need money and balls to be a man.”

When you have both you are 100% complete, if you have one or the other you are 50%, if you have neither you are nothing. If you have money but you don't have balls you're an ATM, a eunuch, a schlub, like the married man I told you about above. You need both money and balls to be a complete man. I’m able to live the life I live, without a leash, simply because of money and balls. I have money, I have balls, I use them to get what I want.

What's more important, money or balls?

Balls are more important. If you've got balls you can make money, but money can't buy you balls if you're a wimp. Only balls will buy you love, for everything else there is money. But as far as I'm concerned if you are broke and you aren't actively doing anything to fix your situation you aren't a man. Men have money or men work, build and achieve until they have money. There isn't an in-between. You're an achiever, a man, or you aren't.

Victor, do you have an example?

I'm so glad you asked. Yes, I do have an example. I was recently in Bali, Indonesia. I was at a restaurant with my little girl, my little helper bee, my little chef, my little maid, my little angel. We were at a BBQ restaurant. I was waiting on my whole roasted chicken; she was waiting on her grilled prawns. At another table was a white, western man, an Asian woman and a toddler. Eventually, the woman got up to pay the bill, the man carried the baby to the car, the man put the baby in the car seat, the man got in the passenger seat, the woman got in the drivers seat and they drove away.

My little girl looked at me in a weird way and said: “I've never seen that before. Maybe he's the woman and she's the man,” and we both had a big laugh. We ate our food. I paid. I got on the motorcycle, turned it on, revved it up, she got on behind me and we went back to the poolside villa. While she was massaging my feet that night I was wondering how a male could emasculate himself so much without even realizing it.

I wondered: ‘How could you be an adult in years but a child in mindset. How could you be a man but allow yourself to be kept by a woman. How could you be a Mr. Mom and not feel pathetically embarrassed at your situation?’ In my household I pay the bills. All of them. Fresh food is prepared for me daily. I haven't cooked or cleaned a dish in years and I never will out of principle.

That's because I have two things... Money and balls.

If you've got balls you're half-way there, but read this 2 part statement carefully...
If you are broke and not doing anything to fix your financial situation you aren't a man.

So sorry to bear the bad news, friend, but if you don't have money and if you aren't working to fix that then you are a loser, an adult-child. Being broke is OK, but never trying to fix the situation is not OK. Men fix their problems. I know the language is harsh, but language only hurts you if you don't have any balls.
So how do you fix that money situation?
Start a business, one business, and focus 100% on that business.

If I've said it once I've said it a million times... Focus on one thing only. Use your energy on one thing only. Multi-tasking will get you a whole lot of nothing. No one ever got wealthy from multi-tasking; you get wealthy from building a business, not by starting 10 of them. Being scatter-brained will not bring the money into the bank, focus will bring the money into the bank.

Internet businesses are the easiest and best businesses to start.

The overhead is tiny, the profit margins can be huge and the sky is the limit. Not everyone can make money from a blog, just the baddest of the bad, but anyone with a triple digit IQ can open an online store and sell things. Look around you right now. Everything you own was sold to you. Everything you can see right now is for sale so there are no lack of opportunities, only lack of will. Just a few weeks ago I bought a bunch of new supplements from Ebay to try out.

The owner of the Ebay store sent me this message out of the blue...

See boys, there's a fellow getting after it and making money. That guy made over $200 from me personally and now he's probably going to have a jump in sales. For your information: zinc increases testosterone and semen volume. I take 150 milligrams daily.

He's making money, why can't you do what he is doing?

What's so hard about taking the initiative and ordering some supplements from China, ordering some packaging, designing some labels, opening a store and making some money? Or selling one of millions of other products... The only acceptable answer here is: “Yeah, you’re right Vic. It's time to cut out the bullshit and get after it.”

Until next time.

Your man,

Victor Pride
Drillin' and Killin' Your Way To the Top

Do you know how professional fighters learn how to fight? It's a 2 part process.

1. They show up to the gym every single day to practice.
2. They drill the moves every day until the moves become instinct.

In other words, they show up, they do the work and eventually they get really good at fighting. The training is hard, time consuming, grueling and painful. But eventually fighting becomes easy, it becomes second nature, it becomes a skill that they will always have. If they train hard enough, put in enough time, stay disciplined and have enough natural talent you know what usually happens? They get an opportunity to fight for big bucks and they get rich overnight. Then they make more and more money. They have an avalanche of success. The smart ones take the money they make from fighting and invest in their post-fight careers.

If you want to get good at something – good enough to get paid big bucks – then you do the same thing that pro fighters do – you show up and you do the work. It's really as simple as that. You don't take “sick days”, you don't show up sporadically, you don't half ass it and you don't give up. You do the work, you get great, then you get paid. But I have some good news and I have some bad news.

Bad News

It's going to take years to get what you want. Your overnight success could take 10 years or more.

Good News

Most people are quitters and will never stick with anything.

If you simply stick with it you will end up in the top 1% of all people on earth. The spoils of war only go to those who stick it out. Quitters are left with scraps and that's all they deserve. Too bad for the quitters right? I won't pretend to care. Not everyone can live a life of choice and I don't want everyone to be able to live like me. If everyone lived like me no one would serve me coffee or do my laundry.

The quitters can live poor with their limited choices.
The winners can live well with their limitless choices.

You'll never hear winners complaining about “unfairness” because winners make their own luck. Losers complain all the time about unfairness, inequality, privilege and other nonsense but they aren't winners, they aren't go-getters, they didn't put in the work so fuck them. A lot of these losers believe they deserve massive success just because they have a “passion” for it or just because someone else has success. You don't deserve anything just because you have a passion for it. Passion without action is for daydreaming retards. Passion means nothing. Passion is a buzzword that broke, struggling entrepreneurs use to justify their laziness.

Here's the deal... you want it? You go work for it and then you get it.
If you don't work for it, fuck you, you don't get it.
End of story. Passion or not.
The reality is that you can have almost anything you want if you put in the time and effort. You want something? Show up and drill it ‘til you get it right. Then keep doing it. Drill it until you kill it. Routine and discipline, boys. That's how you get good at something, good enough to get paid for it. Just like the fighters I told you about.

**You know what you become when you have discipline, routine and commitment?**
**You become the 1%. The 1% of people who are achievers and not daydreamers.**

**You know how I built a body good enough to make money from?**

I went to the gym and got after it, day in and day out. Nearly 7 years after stepping foot into the gym I started making money from my physique.

**You know how I built a website good enough to make money from?**

I did the work, I spent my time, I didn’t quit. I spent years as an entrepreneur learning and making money. Then I started Bold and Determined, I kept at it, I didn’t make a dime the first year, at the two year mark I made a nice livable income, now after the three year mark I make more than 99% of people on earth.

I get e-mails from these guys working these nasty jobs under fluorescent lights for shit pay wondering how they can get out of hell. I've already explained dozens of times but let's recap. Here's how you get out of Hell (9-5 jobs).

1. Realize that you're a useful idiot getting butt-fucked by the system.
2. Say to yourself: “I sure am tired of getting butt-fucked by the system. I’d like to try my luck on my own and see what I’m really made of: grit or gutlessness.”
3. Quit your job like I did (when you have a suitable replacement) and work like a damn dog to get what you want (drill it until you can kill it). A normal job is 8 hours, which gives you another 8 hours per day to drill and prepare to quit your job.
4. After you've put in the work, after you've drilled for a few years you should be making a nice income and you can finally relax. You'll reach a point where money keeps coming in whether you are working hard or sipping lemon tea by the pool.

Personally, I don't struggle at all, not a bit. I can’t stress this enough – my life as an entrepreneur is easy and I make so much more money than I EVER made as an employee. In two months I make more money as an entrepreneur than I ever made in an entire year as an employee. In my previous career I made two years worth of income in one single day.

**What makes me so special?**

I put in the work, I wanted it and I did my time. I drilled over and over. That's it. Now I can do whatever I want. The other day I was going to write a “day in the life” piece but my day was so comically lazy I never wrote it, but I’ll share the timeline here.

<table>
<thead>
<tr>
<th>5AM</th>
<th>Wake up.</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:20 – 6AM</td>
<td>Conference call with my new web hosting affiliate.</td>
</tr>
<tr>
<td>6:10 – 6:50AM</td>
<td>Cardio on the recumbent bicycle.</td>
</tr>
<tr>
<td>7 – 7:10AM</td>
<td>Shit, shower and shave.</td>
</tr>
<tr>
<td>7:30 – 11AM</td>
<td>Dealt with Thai immigration.</td>
</tr>
</tbody>
</table>
I'm able to have lazy days any day of the week because I am reaping the rewards of work I did years ago. Please don’t mistake my lazy day for me doing nothing, I did the work required to get me from point A to point B and I don't have some stupid job getting in the way of doing what I want or need to do.

**What about you?**

“I can't quit my job! I have to struggle to provide for my family!”

I know a lot of you men have families and mouths to feed and are reluctant to quit a steady paycheck (and some of you even pretend that struggling to pay the bills is righteous and noble). I got three things to say to that.

1. When you struggle it's more fun for them to butt-fuck you. They love to keep you struggling enough so that you don't have any options.
2. It's easier to feed your family when you have an avalanche of money coming in. Much easier than “scraping by” and “barely managing” like the average Joe. A normal job will keep your options scarce, a winners “job” will keep your options abundant.
3. There is no honor in struggling to feed your family. Your family will appreciate you as a man who took the bull by the horns, not as the gutless man who “struggled” and got butt-fucked by a corporation in cahoots with the tax looting government.

When you have money it's easy to feed your family. Struggling sucks. I've been on both sides. I much prefer being able to provide for myself and little miss Pride without having to struggle, or even having to think about the price of foods and services. If I were only “scraping by” and making “ends meet” you can bet I'd be working around the clock until the situation was fixed.

Below is a video of champion fighter Georges St. Pierre talking about how he is able to provide for his family because his avalanche of wealth came in after years and years of showing up and drilling and not giving up. Now his family never has to worry about money for the rest of their lives.

“I said I want you to clear all the debt. And I don't want my parent(s) to pay any more debt for the rest of their life. Never again.” – Georges St. Pierre

Imagine the feeling of clearing all the debt in one afternoon. I did it before and believe me it was fantastic. An avalanche came in and I wrote a few checks and cleared my debt forever. Poof. Debt is gone and I'm free. You can do the same if you're made of grit and not gutlessness.
All it takes is a switch being flipped...

I. My life is mine, I'll live it properly.
II. I'll put in my time, I won't quit.
III. I'll wake up everyday at 5AM for years to get my avalanche.
IV. I won't give in, I won't “settle”.
V. I won't get butt-fucked for a paycheck.
VI. I'll do exactly what my dad did when I was a little kid – I'll laugh in the face of anyone who thinks they can give me grief.
VII. I'll keep drillin' and killin' for as long as it takes.
VIII. I'll do what it takes.

It took me 6 years to go from being broke as a joke to literally not having to worry or think about money. My money went up and down like an elevator during most of that time but now it’s just an escalator, steadily going up. 6 years is nothing, I’d do it again even if it took me 12 years. Better than the alternative.

But what if you’re too young or too old?
Nonsense!

I know some young guns making loot and I know some old dogs making loot. It's never too late to start and it's never too early to start, as long as you start now. It's just a choice you make, bud. That's all it is. Grit or gutlessness. Discipline or aimlessness. Do or die. Sink or swim.

What's your choice?

Until next time.

Your man,

Victor Pride

P.S. I enjoy meeting and networking with like minded people. I'm always looking for opportunities and I'm preparing to expand the operation enormously. You got the ideas, you got the time, you got the grit, you drop me a line and we'll talk.
Building Your Brand and Making Your Mark

I get asked a lot of questions about marketing. The assumption is that since I've built a hugely popular blog and two highly successful E-books I must have studied and applied the marketing strategies of the top marketing pros to accomplish such a feat.

The reality?

I've never studied marketing and I've never advertised or done any outside marketing of Bold and Determined until recently. In fact, for 44 months I never once did any advertising of Bold and Determined.

So how did I build such a popular blog?

Here's how...

The only way I built Bold and Determined was to write articles that men wanted and needed, what they were ready, waiting and salivating to hear. I walked the walk before I talked the talk and I've used myself as the billboard. Bold and Determined isn't a blog, it isn't a product, it's my life. When you buy one of my books you're buying me. My “marketing strategy” has always been just to write the best articles.

I always want the reader to...

- Be wowed.
- Get fired up.
- Open his eyes and mouth wide in an: “Aha,” moment.
- Cry.

I don't care which one happens but I always want one of those things to happen.

My “marketing strategy” never involved advertisements, social media, or any complicated sales funnels and pitches. That's all been unnecessary. I don't beg anyone to buy my books, you don't see B&D ads all over other websites, you don't get constant sales emails, and you don't get upsold.

I let the product speak for itself.  
And you know what happened?  
It all just grew and grew and grew.

The Most Effective marketing Strategy on Earth

Having the best product on earth is the most effective marketing strategy on earth.

Why?

Because people will like it and tell other people about it.  
You're more apt to listen to your friend than you are to listen to a commercial.  
Word of mouth and a great product equals profit.
My Bold and Determined Marketing strategy?

Write great content and just let the fire spread. Johnny tells Timmy who tells Joey and they all rush out to read Bold and Determined. Eventually word reaches you and you come here to Bold and Determined. If you like it, you stay and maybe you buy the books. If you don't like it you go away. I don't “reach out” or send those: “We want you back,” emails.

Always and forever I only want people here who are ready, able, motivated and willing to better themselves.

It's here if you want it.

I didn’t do any marketing other than to put out a product I know for a fact helps men take charge of their lives because great products sell themselves. If you’re thinking about the marketing strategy more than you’re thinking about creating the best product on earth you are thinking backwards.

Being the best in the world is the best marketing strategy in the world.

Does that only work for a blog or does it work for products that you sell?

I have two ebooks, 30 Days of Discipline and Body of a Spartan. They have both done very well.

How did I market them?

Easy...

How I Marketed 30 Days of Discipline

I had an established blog that gave out free information for one year. I then built a product that changed my life, 30 Days of Discipline, and I knew it would be hugely beneficial to other men. I then released that product for free for the first 500 people and relied on the reviews and feedback from them to sell copies. If the book was poop, readers would say so and no one would buy it. But that’s not what happened. What happened is that it really does change lives and it became a huge success. I have two years of archived comments from readers of the book detailing how much they like the book. You can't buy that kind of advertising. I still get emails daily about how it changes lives of men all around the world. It’s the best product on Earth for developing discipline in men.

Here’s an example e-mail from just the other day.

<table>
<thead>
<tr>
<th>Subject: Thanks where thanks due.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Message Body:</strong></td>
</tr>
</tbody>
</table>

Victor,

I am going to be as brief as I can.

I applied your principles for 30 days; not only has my ‘bricks and mortar’ business broke even, and posted a strong profit... but from starting an online career from literally NOTHING... am now at the Oceans 4 mastermind in Miami, with some of the worlds best online business people – AND I have worked for two of them already.
The discipline the 30 days infilled allowed me to chase my dream, and all being well within a year, my copywriting and marketing skills will be able to take care of every one of my and my families needs.

Sincere thanks,
Dan

P.S. If I can ever do anything for you, online marketing wise – just ask – FOC – am keen to pay it back to those who helped me.

I sent a quick response to Dan.

Subject: Thanks where thanks due.
Message Body:

Excellent work Dan. Glad you followed through.

Victor

Dan wrote back.

Subject: Thanks where thanks due.
Message Body:

Was a pleasure.

Honestly, made a big impact in my life.

I know you make a living from your online efforts – ever anything I can do for you (improve conversions, traffic, copy – anything).

Just ask – no charge – it really was that big of a deal!

Remember when I said 30 Days of Discipline is the best product on earth for developing discipline?

That's how I “marketed” it. The best has no competition.

How I Marketed Body of a Spartan

I am my own billboard for Body of a Spartan. The routine itself is something I did in secret for over a year. When I would take my shirt off I would always hear: “Wow!” When I had the routine exactly how I wanted it I put pen to paper and got it written, pictures of exercises included. Then I released it to my existing Bold and Determined audience and let them decide for themselves if it was good or not. According to the numbers, it's good. And you know what? It was easy. I just built a product that works.
Can you do the same?

Sure you can. All you do is by turn yourself into a Greek statue. Be somebody with a body. Be how others wish to be. Be the authority and provide absolute proof. Be genuine. Be the real deal. Show real results. It’s the easiest thing in the world. The other day some kid asked me how to build a profitable bodybuilding website when there are already millions of bodybuilding websites. I said: “Well kid, all those other websites are poop so who cares how many there are.”

Then I gave him the Holy Grail answer that 99% of broke internet marketers can’t figure out...

DO THE WORK, MAKE THE BEST PRODUCT IN THE WORLD, WALK THE WALK BEFORE YOU TALK THE TALK.

Marketing strategy for a bodybuilding book or website? Here it is… do the work, build the body, show the proof. Be your own billboard. It couldn’t possibly be any easier. When people see you they should say: “I want to be like that guy. How can I be like him?” Be cool, baby. It’s free marketing and it’s worth more than all the paid advertising in the world.

They keep asking me how to get out, how to get money, how to get freedom and I keep telling them...

Do the work, become the best, deposit the checks.

It really is that easy. Just be the best in the world and don’t compromise. If you don’t have the guts and the balls to do it then you deserve to take orders for the rest of your life. But if you have the guts and the balls, well, welcome home.

Until next time.

Your man,

Victor Pride
When I woke up on July 13th I had a big smile on my face. I went to the mirror and I was in the best shape of my entire life. I went to the computer to check my accounts, I had more money than I’d ever had in my life. The early numbers gave an easy indication that July was going to be the best financial month the Bold and Determined universe has ever had. I was about to check my E-mail when my little angel opened the bedroom door, smiled bigger than big, came to me, wrapped her arms around my neck and said: “Happy birthday, daddy.”

It was my 32nd birthday and things were “coming together” quite well.

So it was a funny surprise when I opened my E-mail and someone posed a question to me: ‘When did things start “coming together”? “Ha-ha,” I thought. Good timing. But the reality is that there was no “one day it all came together”. There wasn’t a day where I woke up and I had made it. There were many days. And they were a culmination of habits I picked up.

You want the secret to success?

It’s so simple...
Pick winning habits, drop losing habits.
I keep saying it over and over and over again but it’s so simple...

DO WHAT YOU NEED TO DO EVERY SINGLE DAY AND DON’T STOP.

If you’re like me you’ll wake up on your 32nd birthday or your 22nd birthday or your 52nd birthday in the best possible shape and place in your life... and you’ll still be hungry for more.

How do you do it?

Will yourself to do the things you used to hate, waking up early, working out, eating right, dressing for success and yourself to like and need them so they become habits.

Try it for 30 days and come tell me I’m wrong.

I’ve been there, I’ve done it, I’ve lived it and I’ll bet you $10 you can do it too.

Until next time.

Your man,

Victor Pride
Lessons from Mr. Lion

Howard Stern once asked Jerry Seinfeld if he was ever “off”. Stern asked if he was ever “just in the moment, not looking for the joke, but having a good time or arguing with your wife or something”. The extremely successful Jerry Seinfeld replied: “No. I’m never just ‘in the moment’, I’m always on. I’m always looking for the joke. Always”.

Me too.

Bold and Determined is my life and I'm never “off”. Everything in my life is for Bold and Determined and B&D hasn't been out of my thoughts for a single instance in 3,5 years.

Never.

I know what you’re thinking...

But Vic, you only write once a week, once every two weeks, once a month etc.?

Four reasons for that...

1. Writing articles is only one piece of the puzzle.

The equation isn't that writing more articles equals make more money. The equation is that by publishing the best articles and giving them sufficient time equals more money. Publishing articles constantly would be a waste of my time and I value my time more than anything.

2. The amount of art I create and don’t publish could make another man rich.

I am always working on something but I put out the best or I put out nothing. I don't give a damn if it’s two months in between posts.

3. The way I run my business is a little different.

I have one main website, Bold and Determined, and I have satellite sites that revolve around my main site. 30 Days of Discipline, Body of a Spartan, BADNET are the main satellite sites and then you've got the social media hubs like YouTube, the iTunes podcast and Facebook.

I call the whole thing BADWORLD.

I do business this way because I don't like combining different things into one mish-mash. My satellite sites run themselves and don't require any daily attention from me. They take a tremendous amount of work to get live and profitable, but after that burst of work I'm finished. There's nothing I need to do except collect money. I'm always working on satellite sites, but that doesn't mean they always get published. They rarely get published. See point #1.
4. I don't talk about my behind the scenes plans.

I don't spill the beans to anyone unless they're in the inner circle. The inner circle is exclusive and elitist. There are only 4 people in the BADWORLD inner circle (including me), the rest of you will just have to wait.

I followed those 4 guidelines for years, guess what happened...

I've become completely financially free. I had money before B&D but I actually had to go out in the real world and do some work. Now I don't even have to leave my war room if I don't want to.

The Official BADWORLD War Room

Not only am I financially free, but my inner circle doesn't have to worry about money either. There's a big difference between working and having a job. Having a job is for suckers; working on something that benefits you long term is what winners do. Anyone who works for me doesn't have to work a real job. There is no time clock, there is no micro-management, there is no incompetent boss, there is no being stuck in bumper-to-bumper traffic yelling at the idiots who can't drive, there is no affirmative action and there is no equal opportunity.

You pull your weight, you get taken care of. Period.

Example: Miss Lion, part of the inner circle, doesn't have a job because...

1. She doesn't need to have a job; she's financially free thanks to me.
2. I want her here working for me (cooking, cleaning, ___ing) etc.
3. Jobs are no way to live life – I wouldn't make her do something I hate so very much.

Like I said in the title, I made a commitment to excellence. That commitment turned into financial freedom for me and my chosen ones. But another thing happened that I never expected or planned... Having a commitment of excellence, dedication and discipline has turned me into an authority figure and a father figure. I never wanted to be anyone's daddy (well, not for men) but here I am in that position – in real life and on the internet.

My girlfriends have always called me daddy but to be 28 years old (when I started B&D, not now) and have guys emailing me telling me I was like the father they never had was a little new to me. And it still happens every week. So instead of running from it I embrace it. I want to see young men of character fulfill their destinies and I'll be here to facilitate that. That's a guarantee. I still won't tolerate morons, but young men of vision, courage and spirit will get great benefit from future BADWORLD output. As it happens I've taken on my first “intern”. He's got a great pool-view condo just two floors down from me and he gets to eat nutritious and delicious food all for the price of working for me 24/7.

How To Intern/Apprentice the Right Way

Normal interns are stupid people. They aren't working for knowledge or to learn a skill, they are working to add some words to their resume so they can get a job in the future. To add those little words to their resume they work for free for their masters and they get zero in return. They have to beg for money from their parents, they have to live on credit cards, they live like dogs while they “survive” their internship.

My guy isn't surviving, he's thriving.
The best way to “intern” is to not intern for a company but to apprentice for a successful individual. To get any benefit from an internship you'll want to be more like a personal assistant to a big dog than to be a coffee boy at a big corporation. To a big corporation you're just free labor. They couldn't care less if you succeed or fail in life; they have no skin in the game. They aren't responsible for you. When people are fully responsible for you they care about you and they care if you succeed because you can directly affect their bottom line.

My “intern” isn't really an intern. He is my apprentice. He gets room, board and food but that's inconsequential compared to the real value. The real value of “interning” with a successful man is knowledge. You get to learn mastery from a master. When my guy leaves here he's going to be a master entrepreneur long before he reaches the age of 30.

**And he gets to do all of that without worrying about making rent, buying food or going into debt.**

**How To Find an Apprentice/Intern**

What if you're already a big dog and you'd like to find an apprentice/protege to come and work for you? If you're making big boy money and need a sidekick how do you pick someone who will work for you for free in return for your specialized knowledge, skill-set and dedicated attention to them?

**Easy answer.**

You look for a young man with **DRIVE**. You look for a go-getter in training. You don't pick someone who is completely talentless and lost. You pick a young man who already has the right mindset and can be grown from an Alaskan Husky into a full-grown Wolf.

**Pick a guy with the right mindset and you're work is already done.**

The young man who wrote that has almost no material possessions and no money. That means exactly shit because he has one very important thing... The right mindset. I met this young gun two months ago. We had a conversation and I told him: “I've gotten everything I've ever wanted.” And then I told him how I did it... I left out the pretend modesty that I give to idiots and I said to him: “I'm the best in the world and I get whatever I want because I put my mind to it and I don't give up.” He nodded his head, he kept his mouth shut and I knew right away he “got it”.

**Two months later he got what he wanted because he made a commitment to excellence.**

**What did he want?**

He wanted to come and work with the best and now he does. In one year he's going to be a changed man. His pockets are going to be filled with money, his belly is going to be filled with steak and his t-shirts are going to be filled with biceps. All he had to do was make a choice.

**“Change your mindset – change your life.”**

**I'll tell you a thousand times until it sinks in.**

**MINDSET IS KEY!**

If you want to change your life you first have to change your mindset. It's not about who you know, it's not about how good looking you are, it's not about how much money you have in the bank – it's **mindset**. All those things will come to you **(in time)** if you have a killers mindset.
Developing the Right Mindset

**Answer these questions...**

1. What do you want? The answer is yours alone.
2. How will you get it? I've spelled out the answer – MINDSET.
3. Will you quit for any reason? If the answer is anything other than ‘no' you will not fulfill your destiny and you do not have the right mindset.

**Some say it’s kill or be killed.**
I say winners are too busy killin' to think about the “or” part.

Until next time.

Your man,

Victor Pride

P.S. I know I said I never give away information unless you're in the inner circle so keep this a secret... There just might be a new opportunity in the new year for young guns who have spirit and drive. There just may be an opportunity. There just may be the chance of a lifetime to come and...
So you want to be an entrepreneur? You feel it in your bones but you don’t know how to get from A to B. You always seem to end up going from A to A in a circle. I know, I’ve been there.

First things first...

Treat Yourself Like a Company

You must always present the best version of yourself if you want the best in life. You’re a salesman whether you like it or not and you have to treat yourself as such if you want your piece of the pie. You are a salesman for your own company.

YOU, INC.

You, Inc. is the umbrella company for everything you do in your life. It's your personal brand, your personal life mission, your reputation and your skills all rolled into one package...

You.

And you can do one of three things with your company.

1. Quit your business and let You, Inc. go bankrupt.
2. Bounce around from one idea to the other, living hand to mouth like all the other broke internet marketers.
3. Build a brand and make your mark.

You already know the way to succeed. I don’t need to tell you. But I will...

Build a brand.

That’s how you succeed. Turn yourself into your advertisement. Don’t fake it ‘til you make it – be it. You’re a walking billboard so drill that into your head. Be the real deal. If it’s real it ain’t faking, is it. “Am I someone people can believe in?” If you aren’t, then fix it. Be the man you need to be and people will be begging you to take their money, not the other way around.

You Have to Believe You are Special

To be a billboard, to be the CEO of a profitable You, Inc you have to know you have something special to offer. I know you were taught that you aren't special. That's true for most people, the give-up artists and the bankrupt owners of worthless You, Inc’s – they aren't special. But some of you possess traits, talents or characteristics that are special. I do, I always did, and I always knew it but I was afraid of – what, being immodest? – who knows.

Afraid of success like most people.

When you believe with all your heart you are special other people will see it and believe it as well. Because it’s real. Talent is palpable, everyone can see it. Being modest or immodest about it is irrelevant as long as you believe it. Paul Stanley from KISS was a one-eared freak with no friends, no confidence, no support from anybody. But he knew one thing: “I am going to be a rock star.” You think anybody believed him? Who cares what they believed. KISS became one of the biggest bands in the world and one of the biggest brands in the world.
‘You can gauge how important something is to you by how hard you are willing to work to get it.

— Paul Stanley

Stop Asking Permission

I get a lot of emails from guys who act like they're in a life or death situation and need advice in a hurry: “Victor! Please help!! I need advice for situation (blank) and I need it now!” I ignore these emails for a minimum of one week and then I give the same answer each time: “You already know what you want to do.” What these guys are looking for from me is not advice; they're looking for permission to do what they know they want to do. But permission is for children and dogs.

If you need permission you aren't going to succeed and your mission is destined for failure.

You'll succeed when you're a professional decision maker, not a professional beg artist. If you aren't driven enough to go ahead without permission guess what you are... a passenger. Passengers aren’t in control, are they? When you realize you are the decider, you make the choice, it's your life and you'll live it how you please, that's when you'll find success – that's when you'll get your treasure. Victor Pride giving you permission will not get you what you desire. I'm not the boss of your company because I'm not in the business of buying bankrupt You, Inc. I only buy stock in up and coming You, Inc. And when I do I demand excellence.

I Didn't Always Know How To Make Money

I never had a mentor, a teacher, an older brother, a coach or a parent that taught me anything of value. I didn't know anything for a long time. That's the reality. Everything valuable I ever learned was by using my own eyes, experiencing life's little lessons and putting the math together; one plus one equals two eventhough some people like to pretend that one plus one equals three.

Those people are the “play by the rules” types, even when it doesn't benefit them and actively hurts them. It became clear to me, while I was pursuing that 9-5 life, that playing by the rules and going by the book was fruitless. I didn't know anything valuable but I knew I wanted out. I didn't know how I would get out or what I would do... but I wanted out. I knew I wanted to be an entrepreneur, but I didn't know how. It seemed like an insurmountable problem.

“How do you make something from nothing,” I'd quiz myself.

“Where does money come from if you don't have a job,” I didn't know.

I never even met an entrepreneur until my mid-twenties. He was driving a black Cadillac Escalade. I was driving a beat up Dodge Dakota. I said: “What do you do?” He said “I flip houses.” I had known people who had flipped houses for a nice payday, but as a career? I didn't even know that was possible. Before that, I used to dream about disappearing and living in Antarctica or Alaska for a year and coming back a changed man. That was the silly way I thought I could change my life.

I was working a job for mediocre pay and wondering what I could do to get out of that rat race. I hated it and I told everyone I hated it. I complained but I didn't do anything to change my situation. I never actually worked on something to get out, I just sulked. I was waiting for a miracle to come and save me from my destiny as a 9-5 worker bee. The miracle came when I started working hard. Funny that.

Looking back, the solution was so simple.

Instead of working fruitlessly at a job, I started working for myself.
I worked hard but smart on a complicated to explain but easy to execute method of flipping houses with no money and no credit. The thing about hard work is that it's temporary, like pain. You do the hard work first and then you can live off of it later. I know this for a fact. I've done it with two businesses. It took me a long time to even realize what was possible, though, and if I could get in a time machine and tell the young n' dumb Vic something I'd tell him...

I. **Stop complaining and start doing.**

Complaining gets you nowhere but it adds to your unhappiness, exposes you as a whiner and drains the energy of the people you complain to.

II. **Do what you're scared to do.**

You can't make a big change in your life if you don't do something big. Something big, something drastic, requires change and it's always scary to change. It's easy to stay the same. I don't care if you're a grizzled war veteran, changing your life is frightening because you don't know what will happen until you try.

III. **Make a commitment.**

I don't mean to sexy little Suzy, I mean make a commitment to better your life – to become the man you were born to be. When I say I'm going to do something, especially something big, I do it. No matter how many doubts and second thoughts I have – I just do it. Jump in the icy cold water, no matter how much you don't want to. You'll never, ever, get anywhere quitting and re-starting.

IV. **Reject your paycheck.**

If I've said it once I've said it a thousand times... you don't need a job to make money.

V. **You can make money on the internet.**

You don't need a job and that's not a big problem because...

1. If you're American your jobs have been outsourced to foreign countries or to equal opportunity and job growth is a lie.
2. Jobs steal your time, your health and your soul – look at the dead eyes and fat bellies of employees for proof.
3. Life is better without a job.

I didn't make my first money on the internet; I made my first money working within an offline business. That gave me the tools, time and knowledge to understand entrepreneurship well enough to write about it.

VI. **Don't stop learning.**

College was a waste of time for me but the endless books, endless experiences and endless amount of self-study has proven invaluable. For Bold and Determined I put in the time to learn how to treat a blog like a business, not just a hobby. The thing that started as a little idea in my head has now turned into an empire. What's the difference between a guy with a guitar in his bedroom and a guy with a guitar on stage? His attitude about his business. The guy onstage treats it like a business and the guy in his bedroom treats it like a hobby.
You think rockstars are born to rock? No. They might sing about it, but they worked like hell to get what they've got. Just like me. Some fellow sent me an email the other day that said “I don't consider blogging a business.” I laughed so hard I spit coffee onto my keyboard. Tell my inner winner circle blogging is not a business. They might question you: ‘Then where does his money come from and why does he make us work so hard?’

Pictured: Chateau Pride and the Inner Winner Circle.

Here’s the cold, hard reality: I make 6 figures a year as a professional badass (100% online income) while most men of any age make jack shit working a job. You don't have to blog to make money online. The options are limitless. Working a job is limiting. I've been there, I've done it, I wouldn't wish that life on you. Life is much better with financial freedom.

You know how I got it? I put in the time and I worked for it. It’s so simple to read but so hard to do. I was there before. Always reading and never doing. You’ll often hear me say how easy it is. And it is easy because I already did all the heavy lifting. I can cruise forever now. But it wasn’t easy 6 years ago when I started with nothing.

VII. Don't bankrupt You, Inc.

You’re the CEO of your own company, so make your own decisions and make a commitment to those decisions. Give up too much or beg too much and You, Inc. will go bankrupt. When You, Inc. goes bankrupt what do you do? You get a day job. Well, you call it your day job but what you’ve done is sold your soul, your brand, yourself. Your day job is now the owner of You, Inc. You went bankrupt and sold out to the lowest bidder.

Now they own you and you're left with no bargaining power.

Employees are easily replaceable in any company except for one (You, Inc. – the one you sold to the lowest bidder). When you sell your bankrupt company (You, Inc.) you become like the Dalits of India. Gone, forgotten, invisible and worthless. Is there a way out?

Yes, there are three…

1. No.
3. Compromise.

Until next time.

Your man,

Victor Pride

P.S. To start a blog you need to use Badnet. It’s free, easy and you get a ton of benefits. You will meet like-minded friends and fans. It’s a no-brainer. Here’s how to take advantage: How to Start a Blog Overnight – Use Badnet and Follow These Easy Directions.
September – 2014

4.9.2014 – So You Want to Be a Professional Artist

Spill Your Guts and Make Some Bucks

Recently I found some quiet time to sit, relax and reflect. I went to the local shopping mall to use the banking facilities and pick up some money that was owed to me. When I was finished I figured I'd go to a nice little coffee shop, drink some coffee, listen to some tunes, relax and let some ideas flow. I found myself in this quiet coffee shop full of Japanese people. I didn't have a computer with me, so I grabbed a pen and a sheet of paper and got to work (artists are always “on”).

As I was jotting notes I was listening to a Dwight Yoakam song called Back of Your Hand and a line hit me like a ton of bricks... “You think you’re lost without any place left to go.” Beautiful lyrics. I don't identify with them anymore, but I can understand where they're coming from. Once upon a time I thought I was lost with no place left to go. It was either sink to the bottom or rise to the top. I made my choice to rise to the top and things got better every day in every way. Which leads me to now. The day at the coffee shop was a momentous occasion for me. I'd made a special trip out to Western Union because I knew that the few bucks owed to me would put me over my goal.

What goal?

I made a bunch of money from my art, I made it faster than I ever have before and I did it with a smile on my face because I did it my way.

How To Be A Successful Artist

Drawing, painting, singing, playing guitar, writing – all that stuff is art. The stuff mom and dad called a pipe dream. Language is my art so you can call me a writer. But writing isn't my job, it's one aspect of my business. So I treat it like a business. To be successful as an artist there is one thing you have to do: work at it. A lot of people get in front of a blank screen or a blank canvas and walk away with the screen still blank. They say: “The inspiration wasn't there anymore...”

I write every single day. Whether I'm inspired or not. The difference is that I just don't publish every single day. People who treat art as a business show up and do the work. That's their secret to success. Even if “inspiration” isn't there they show up and they go to work. Another secret that artists don't like to talk about: you'll create a lot of shit before you create gold. But you work anyway. The first drafts of my articles are always vastly different than the finished piece. It's not hyperbole to say it takes me weeks to write an article.

The idea simmers in my head for weeks or months. Then I start the writing process which is usually 4 or 5 drafts that are worthless. And then one day it all comes out as a skeleton of an article. But the skeleton needs meat on it so I edit for 8 hours or more. After weeks of work on one article I can hit the “publish” button.

Art As A Business

A lot of writers trying to make a living go about it the wrong way because they think small. They don't think about the back-end, just what they can get right now. There are a lot of good writers who will never find success writing because their mindset is stuck in the little leagues and they’re wondering how to sell their words to websites or magazines.
My words aren’t for sale and they don’t work to make someone else rich.

My words work for me, they serve a purpose. If they don’t serve a purpose they don’t get published. When I write an article I plan for growth. I plan for the article to get bigger over time. I never plan on a one time avalanche of traffic. I do the opposite of what newspapers and “gossip” blogs do.

What’s the opposite?

Timeless content.
Timeless content lives on long after it has been released.

Make your art work for you.

You have to treat your art as a business if you want it to work for you, and not the other way around. “Making money is crude and art is magical and untainted.” Know who said that? Every broke starving artist. Starving artists don’t plan ahead. They make art for art’s sake.

They’re thinking process is this: “Make art today, make art tomorrow.”
My thinking process is this: “Make art today, make money tomorrow.”

I’ve hired a professional artist to draw this diagram to illustrate my point.

“Making money is selling out!”

There’s nothing wrong with making money from your work. To make money from art you’ve got to put that art to work. If you don’t make your art work for you, instead of working to make art, then mom and dad were right. Being an artist is a pipe dream for you. But art only becomes a pipe dream when you allow it to be a pipe dream.

Stop dreaming, start planning.

Plan for a career in the arts and that’s what you’ll get. Everything you do should be for a purpose. A to B in a straight line. Make art, make money, be a professional artist.

Don’t forget the back-end.

As an artist you spill your guts for everyone to see. And since you’re spilling your guts you should get paid for doing it.

Spill your guts and make some bucks. – Victor Pride

Th 4 C’s of artistry.

As an artist you will deal with the 4 C’s...

I. Copycats

Bold and Determined has more copycats than the Beatles. The copycats will never “make it”. They’ll never get anywhere because they don’t have a voice. They’re pretending to be me and using my pretend voice. You can’t out-Victor Victor Pride. There is only one person you can be – you. To be successful you have to relate to others. The only way you’ll relate to others is to express yourself. You won’t do it by copying someone else.
II. Critics

Having critics is great because it means you are somebody. Critics don't critique nobodies. If you get a negative critic (often called a “hater”) it’s good news because it means you are provoking an emotional reaction. ‘Make ‘em cry or make ‘em buy,’ has always been my motto. Be happy you have critics, then ignore them.

III. Contemporaries

Contemporaries are people who are in the same line of work as you. They are often friends and business partners as well. My contemporaries are Danger and Play and Good Looking Loser.

IV. Competition

The great thing about being an artist is that there is no competition and there never will be. I'm Victor Pride and you're not, so how can you compete with me? You can't. No one can. You can pick up a guitar and play power chords all day and night but you will never be Metallica. You can paint your face and stick out your tongue but you will never be KISS. As an artist you bare your soul, no one can recreate that. It can be copied and imitated but never recreated.

Gut instinct.

How many times should I say this, a thousand times?

Everyone will drag you down if you let them.

...so just don't let them. Your gut instinct is right, their gut instinct about you is wrong. They don't know what you know and they don't believe you can do it. But they're limited by their own minds, experiences and failures. Their world-view isn't your world-view. They don't know what you know. They don't know what's inside your head. They don't know what you're capable of. Only you know that. So why would you ask them for approval? I'll say it a thousand more times: You're a nobody until you've accomplished something and nobody will ever believe in you until after you have achieved. So don't worry about approval. Be like me. I don't mean copy me. I mean don't give up. Follow your gut instinct and take it all the way from A to B in a straight line. Don't be one of those give-up artists. Always going from A to A in a circle, always giving up before you really get started and always moving on to multiple fruitless projects.

Be the man you want to be.

A long time ago I wasn’t the man I wanted to be. I worked jobs that I hated so I could get a tiny, little paycheck. Then I found real estate investing. I worked hard and I was basically retired by my mid-late twenties. All I did was hang out at home, go to the gym, work sometimes, party on the weekends and have a revolving flow of girls coming in and out of my life. Great, right? More like: “Yeah, right...” You need a purpose in life. I didn’t have one. I was living for nothing.

But that was a long time ago. I saw the change needed and I took a leap of faith.

Fast forward several years and I’ve been living the life I used to dream about living. My life is fantastic. Living my old life would be a nightmare and I'd sooner die than go back to working for someone else, “surviving” on a paycheck or living alone just so I could put more notches on my belt. That's such a pathetic way to live life it doesn't even cross my mind now as an alternative. If everything I have today vanished and I had to start over with nothing this is what I'd do: I'd start all over and I'd do the exact same thing I started doing nearly four years ago. I'd live with purpose. I'd rebuild. The secret to success is really so simple I feel embarrassed for all the guys who email me daily asking what the secret is.
Here it is, here’s the big secret...

**Do the work, be who you are meant to be, don’t give up.**

Time + Work + Commitment = Your Freedom

All I ever did was be the man I was destined to be. All I ever did was live life on my terms. All I ever did was create the best blog in the world and then put it into words for you to read and enjoy. That’s all I did.

**Easy enough, right?**

Until next time.

Your man,

Victor Pride
Everyone wants to make money and everyone wants to be free. Great news, you can accomplish both if you’re a successful blog artist. I recently wrote a post called Take Off the Mask and Expose Your Inner Entrepreneur. In that post I critiqued readers’ business ideas. Quite a few of the business ideas were for blogs.

The desire to be a blog artist is there.

You're in luck, boys, because there's one thing I know how to do very well – write a badass blog that pays. In this article I'm going to share with you some of my secrets about blogging and I'm going to give you a step by step guide to making money from nothing. I'm going to show you how to be a professional blog artist.

Let me explain how I started...

I lived life, I succeeded, I wrote about success. That was my beginner’s formula. As Bold and Determined has evolved the formula is still completely un-complicated – live life, succeed and write about it. I'm not a “numbers” guy and I'm not a copycat. I'm a gut instinct guy; I have never followed any marketing guru advice (scoundrels and liars, all of them). I always just did what felt right. It worked out and everything I'm going to share with you is what I've learned from blogging successfully for four years. Before you ask why you should listen to me, I'll answer: I'm an expert and I comfortably make 6 figures as a blog artist. My word is as good as gold, and you can take that to the bank. Follow my tips (tips, not rules, because there are no rules) and you can do the same thing.

Let's get started...

Who is a good candidate to be a successful blog artist?

You need to be a real person who lives a real life and has real answers. Only authorities make real money. To be a real authority you have to be a real person. You have to live what you write about. Your word means shit if you aren't living it. Be the man you wish to be. Don't fake it 'til you make it, be it before you write about it. Show proof on your blog. If you don't live a life your blog is going to be boring, useless and eventually bankrupt.

B&D has 10,000 copycats but they won't make it. Your blog is your heart, soul, blood and guts. That can't be faked if you want success. You need to expose yourself to the world. Your blog sucks if you don't show your face. Period. Proof is required to be an authority. Being an authority is how you make money. Help your readers trust you and show who you really are. No one will believe in you if you don't believe in yourself enough to put your face, thoughts and ideas out there for public scrutiny or praise.

Do you start one blog or several niche blogs?

A niche blog is a small blog that focuses on a very specific topic and attracts a smaller, highly targeted audience. Generally a niche blog will not have more than 5-10 articles, each of those articles are thinly veiled attempts to get you to buy some product or to click on some ad. Niche blogs are all the rage and the “experts” will tell you to start 10 niche blogs so you can diversify your income. Just one problem, the experts are liars and niche blogs are shit.
Let me explain...

A niche blog is not an authority, it’s just a bunch of articles about the same subject. A niche blog is a piece of bullshit that someone stumbles on when they want an answer to something. After they get their answer they leave and don’t come back. On the other hand when they stumble onto an article on your blog and get their answer they can then check out all your other material and, if they like it, they’ll stay. They’ll stay because you’re clearly an authority.

Niche blogs throw away readers, blogs keep readers.
Ten niche blogs are worth less than one authority blog.

Is there a way to diversify your income if you only have one authority blog?
Yes.

Here’s the secret that no one knows: each great article you write is it’s own niche site.

But instead of having those articles floating around in cyber-space on a separate niche site they are connected to your main site and they’re building your authority, reputation and bank account. If you want to make money from a blog, not just once but forever, you have to make great content that stands the test of time. Each day, articles that I’ve written as long as three years ago still make me money. Care should be given to each and every article. Each article should be the absolute best it can be. You want your reader to stumble on killer article after killer article.

If they find the answer to their question on a niche site where do they go from there?
Away from your site.

If they find the answer to their question on your blog where do they go from there? If you’ve done a good job of internally linking all your articles and products in every article your new readers will stay on your site reading all your great material. Don’t start niche blogs, start one blog. You can diversify your income through one blog and you don’t have to waste your time and energy running ten blogs. Your focus should always be on one thing only.

So how do you make multiple streams of income through one blog?
Two ways.

I. Affiliate marketing.

Affiliate marketing is when you indirectly sell another company’s products and they give a commission per each sale you generate. In layman’s terms, you get paid for referrals who buy. Affiliate marketing will give you multiple sources of income (for each product that you endorse) and it can truly be passive income after you have put in the work. Some of my older articles (3 plus years) still make me 1000 dollars plus each month. Put even just a few great articles together and you’re talking real money.

II. Satellite sites.

Satellite sites are the problem solvers answer to niche sites. Satellite sites are your own projects (e-books, podcasts, courses, video etc.) but they are on new domains. Example: My main site is BoldandDetermined.com, some of my satellite sites are BoldandDetermined.net (BADNET) and 30DaysOfDiscipline.com. Satellite sites revolve around your main site, so they carry the authority of your main site but they give you the freedom to design them in other ways.
You don't want all your projects to be stuck with one design. On the other hand you don't want all your work disconnected and discombobulated. You want everything connected, even if they have different domain names they should still be branded under your reputation and authority. I call my business world BADWORLD. Everything I do revolves around Bold and Determined like Phobos and Deimos revolve around Mars (the God of War) – connected but still separate.

_Pictured: BADWORLD. Not drawn by Victor Pride._

You want multiple sources of income but _not_ multiple sources of focus. Diversify the income stream, keep the focus on one thing. Don't throw away your energy on building multiple projects because you'll spread yourself thin. Build one, finish it completely and then move on to the next one. But make sure to keep your focus on one thing – your authority blog.

_How to write articles that pay every day._

They say the money is in the list but that's absolute bullshit. The money is in the reputation. The list just facilitates your business needs. E-mail marketing is not the best strategy for making money from a blog. The best strategy to make money from a blog is: writing timeless content that can live on for eternity on your blog. Each article you write is its own little niche site. But those articles are connected to something much larger – your blog.

_Blogging vs e-mail marketing._

When I write a blog article it's online forever. When I write an e-mail it has a timeline of realistically one hour. After one hour the clicks drop rapidly. Good blog articles will make you money daily without any further involvement from you. E-mails, on the other hand, will make you money in the hour after you send them and then nothing else. So if you rely on e-mail marketing to make money what do you have to do to keep sales up? You have to keep sending emails. Articles, on the other hand, receive traffic day in and day out and you only publish articles one time.

_Here are two examples of niche articles on Bold and Determined:_

- **10 Reasons to Stop Using Internet Porn**
- **The #1 Legal Muscle Building Supplement That Actually Works (and will probably be banned soon)**

I could send those two articles out as e-mails and they'd be forgotten in 24 hours. As blog articles they've been read by millions of people and they're still read by thousands every day.

_Internet marketing versus content creation._

I have zero respect for internet marketers because they're lazy and stupid. Their goal is to have a successful product launch and make a lot of money once and then move on to the next product launch. That's literally what they do. They're the money and run hucksters. When the money runs out they come crawling back with another launch. Their products don't last because they don't make timeless content; they only put effort into the launch. The launch makes them money for a limited period of time, then the money runs out and they have to do the same thing over and over. The launch model is a dumb business model. Instead of making money every day of the week they make money over the course of the launch and then they basically make nothing until they launch another product. They may as well rely on a paycheck. On the other hand _I make money every day_ from books I wrote 3 – 4 years ago because the content is timeless. I never pushed a big launch, I never cared about a launch.
What's the secret to making money from seemingly nothing?

a. Non-invasive marketing.

The non-invasive marketing strategy is simple: place links to your products in your articles. Don't sell them in the articles, just say: “These are available.” It's the simplest strategy in the world but it works wonders. Don't harass your readers with constant emails or nasty pop-ups offering them a free guide to: ‘Learn how to breathe better,’ just so you can add another e-mail address to your list of prospects.

Offer value and they'll buy, it's really that simple.


Nearly all of my articles promote one of my books or one of my associates. But they are subtle. They aren't “hard sales”. They aren't thrown in your face but they are a call to action.

c. Soft sales.

The non-invasive marketing strategy can also be called the “soft sale”. Save the hard sale for the sales page. When you mention your products in an article the soft sell will convert better than the hard sale. People don't want to be sold; they want a solution to their problem. Try to push sales on people and they're just going to run from you. Offer them a solution and they'll come running to you with handfuls of money.

d. Make it rain.

Your business is like a tree, keep feeding it water and it will grow big and strong. When your tree grows big and strong it will bear fruit for you (money and freedom). Stop feeding your tree and it will wither and die. Plan for growth. Your blog starts out as a little root, you need to water it to make it grow into a big tree. That means, yes, you have to work. You work now so that in the future you can work less. Anyone can understand the make it rain plan...

Pictured: The tree of wealth and freedom.

How to start a blog that pays.

1. Start your blog with BADNET.

BADNET is my satellite site that sets up WordPress blogs for those who don't know how or don't want to. Doesn’t matter if you're a tech guy or not, it'll be taken care of for you for free and it isn't outsourced to India or the Philippines. My right hand admin does it all and does it with perfection. We take care to do it right. We also go above and beyond and set up the must use plugins and give you four extra reports about how to make money blogging. If you want to start a blog it's a no-brainer.

2. Start writing.

BADNET will plant your tree but you actually have to write the articles. Just write about what you know. You need an audience and you need quality articles. Put those two things together and you can make money. Quality articles are the rain that grows your tree of wealth and freedom.
3. **Sell something.**

You don't make money without selling something. You can sell ad space, you can affiliate market products or you can make your own products. It's *easier* to put in affiliate links to products you currently use and enjoy but it's *best* to make your own products and stay in complete control of your money.

4. **Don't quit.**

Don't stop building. Don't stop feeding your tree of wealth or it will die. Like Tom Waits once said: “*You got to make it rain.*” If you want your own tree of wealth *you got to make it rain.*

**Until next time.**

**Your man,**

*Victor Pride*
October – 2014

2.10.2014 – How to Conquer the Fear of Success (Rock & Roll Version)

Rock’n’roll Rebel.

A lot of young men ask: “Is there hope for me? I feel like a loser. I want success. I want what you have. How do I get it?” My inbox is flooded with these questions. Here’s the deal… when I was a young man I wanted to be a professional musician. I spent every waking moment playing guitar, writing songs and recording songs. Then “life” got in the way. I got a job(s), I went to university, I moved into an expensive apartment, I went into debt and what was once an obsession went away.

The dream never went away, the action went away. I stopped recording songs, I stopped pursuing music. But it never left my heart and I always knew I’d made a huge mistake. I’m in a position now where I could make music 24/7 and below is my musical message to the young go-getters. But listen boys, I’m 32. I wasted my prime creative years as a wage slave dummy.

Why didn’t I pursue music?

I didn’t listen to my gut. I didn’t believe in myself and I gave up. Simple as that. Lesson learned. But I found my way and I found my calling. Bold and Determined will never be given up. I don’t care about music as a career, B&D is my life calling and motivation is my art. Everything worked out for me.

What about you, is there “hope” for you?

No.

Hope is for dreamers. If you want it you take it. Forget about hoping and wishing and dreaming.

Take action every damn day that you’re alive and you’ll get what you want.

What if you’re old and already made big mistakes?

It’s never too late to turn it all around. Never. Let me tell you what I did years ago… I sold my house. I sold my car. I sold all my furniture and what didn’t sell I tossed into a garbage bin. I said goodbye to my dogs, my best pals, I moved to Asia and I lived in a $100 per month apartment. I had a suitcase, a laptop and I had enough money to live for a year. In that year I didn’t make a dime from Bold and Determined. Instead, I concentrated on building a rock-solid foundation for Bold and Determined. Now the foundation is there, but it took me a year to build.

Then…

For four years I lived like no one else would. I didn’t have a car for four years (still don't, don't need one), I lived in Asia for four years (still do), I didn't spend money on anything other than travel and work expenses for four years, I never spent more than $500 on rent for four years. I didn't allow myself a single luxury for four years.

Now?

I lived like no one else would for four years, now I can live like no one else can. Now I can buy anything I want. I can make up for lost time. There are no limits on my lifestyle anymore. But I did my time doing the work.

So, friend, you may be old but it ain’t over for you unless you call it quits.
You have got to work, you have got to sweat or you won’t get far, and you gotta start immediately. Not so long ago I published an article called How to Conquer the Fear of Success. I put the words to music and made a rock tune out of it. The tune should answer your questions for you.

**Until next time.**

**Your man,**

Victor Pride

**P.S.** Just in case you’re interested in the “behind the scenes” here is the song without words. Just music. All instruments performed by Victor Pride. Note: This version is louder than the other version; turn down your speakers a little bit before you hit play.

**P.P.S.** Bold and Determined tees available at BADWEAR.com.
How To Maximize Your Dollar Spent

Pictured: Where I live.

Simpletons have been telling me for years: “There’s no money in blogging.” Recently I published an article called How to Start a Blog That Makes Money Forever. In the comments section of that article a simpleton wrote in and said: “Guys, don’t listen to this stuff. There’s no money in blogging! Love the blog, Vic.” Joke’s on him. In the month I published that article I made $35,804.47 from a blog.

What is a blog, anyway?

It’s just content.

Like a newspaper or a magazine. But it has 3 big advantages over printed media.

1. **Low overhead** → it costs nothing to start a blog.
2. **Worldwide readership** → people from USA, Germany, Singapore, India, UK and South Korea love Bold and Determined.
3. **No one reads printed media** → everyone has a computer, a laptop, a tablet or a smartphone.

Common sense and a pair of eyes would lead one to believe that digital media is the future of media. Digital media? You know, that thing that “doesn’t make money” even though people from all over the world read it daily. If you aren’t smart enough to realize the value of internet content then I’ll show you a little game to play. Go outside and tell me how many people are reading newspapers or magazines v.s. how many people are browsing the web via smartphones or laptops.

If you can't make money from your digital content here's why...

- **a.** Your content isn't good or your presentation isn't good.
- **b.** You’re concentrating on things that don’t matter and you aren’t concentrating on things that matter.
- **c.** You aren't going from A to B in a straight line, you are going from A back to A in a circle.
- **d.** You're a defeatist that thinks that even though billions of people read online content daily there is no money to be made.

What matters and what doesn’t matter?

**What matters... great content, great presentation.**

**What doesn't matter... everything else.**

Here’s the secret recipe, nothing else required...

Look great, write great and be great equals having a staggering income.
How I did it.

I get asked the same circular questions all the time. Questions like: ‘How did you network? How did you advertise? How did you mathematically grow such a large readership? What's the easiest way for me to make money now?’ Average Joey wants to do all this extra nonsense work and none of the work that matters. Average Jack wants the easy way to riches but he's doing unnecessary, time-wasting work that gets him all the way from A to A in a circle.

How many times do I have to say it?
The smallest habits make the biggest difference.
It just takes a little extra. All I did, and read carefully, was look great, write great and be great.

How I started.

When I started Bold and Determined my expenses were nothing. I paid $10 a month for hosting and that was it. I lived on less than $800 per month. Years ago I sold everything I had. What didn’t sell I tossed into a dumpster. I let go of any emotional attachment to my “stuff”. That detachment allowed me to live on a tiny amount of money while I built Bold and Determined. Doing that, getting rid of everything, freed my mind to concentrate on what was important... Building Bold and Determined.

Doing the work required to turn a hobby into a money printer. During the first year and a half of Bold and Determined I had no bills, no debt, no house full of junk to worry about, no nagging wife or screaming kids, no nothing. All I had was a single, intense focus on Bold and Determined – The Website for Winners.

Was it easy?
That’s a question for losers.

Was it worth it?
That’s a better question to ask.

Answer?
Now I have everything I want – so how could it possibly not be worth it?

What could possibly be better?
I lived like no one would, now you can bet I live like no one can.

So Minimalism is the answer?

I’m not a minimalist. What I am is a Maximalist. I want maximum value for every dollar spent. That doesn't mean I don't spend money. I spend thousands upon thousands every month but it's all for a purpose. I take that philosophy to business as well.

What businesses extracts maximum value from minimum dollar?
Blogs, websites and e-commerce stores.

How I live now and Maximalism in practice.

I am a maximalist. I want MAXIMUM value from the money I spend.

I only own a few things, but what I do own is the best – best phone, best computer, best clothing, best underwear, best desk, best everything. No junk allowed. All the important things I own can fit into a suitcase and a backpack. The rest I could just get rid of and buy again later.

I have all the money in the world that I need, but I also have one very important thing – discipline.
The discipline to not waste my money on things that don’t matter but also the discipline to spend as much money as necessary to accomplish my goal(s). The amount of money spent is not the issue, the result of that money spent is the issue. Last month I spent $12,705.88. You know what that 12 grand bought me? It bought me a lot more money, a lot more freedom and a lot more happiness. It didn’t buy me much stuff. I invested that money in people, in business and in travel.

The income gap is the Maximalist’s best friend.

I want to see an enormous gap between expenses and income. That’s what makes me smile – a big green column and small red column. I don’t like expenses but what I hate is a wasted expense. As long as my income is growing faster than my expenses then everything is going well. My expenses are high, especially for a blog, so to make up for big expenses I MAXIMIZE my income.

That’s why I write a blog… a blog has the biggest income to expense gap in the history of business.

Your base yearly expense could be as low as $40 when you run through BADNET.

What other business in the world can you run for such little expenses? Lemonade stands cost more to start than blogs. A good blog is the best kept money making open-secret in the world. It costs nothing to start, the upside is limitless and there’s no barrier to entry.

From scarcity to abundance.

I’ll be the first to admit that I used to have a scarcity mindset. I wouldn’t buy anything at all because I didn’t want to waste money. That’s not the way to succeed. You have to spend money to succeed; you just have to spend it wisely. You don’t need to spend so much money up front, but as you grow; your expenses must grow to keep your income growing. You have got to invest money into your business to keep it growing. You have got to make it rain money or that tree is going to wither.

You have got to make that shift from scarcity mindset to abundance mindset.

I made the switch. I attest under oath that I make a lot more money since making the switch. I don’t worry about the expense of an item or investment; I worry about what the investment will bring me. Amount of money spent is irrelevant. The return on that investment is what is relevant. If the value doesn’t exceed the money spent, I don’t buy it. If the value exceeds the money spend, I buy it. Whether it’s two dollars or twenty grand, if it brings me value I invest in it. If it doesn’t increase that pretty green line then I don’t buy it. Simple as that.

Until next time.

Your man,

Victor Pride
How To Be a Professional Rebel

You think of rebels and you think of outlaws, tattoos and guns. But the reality is that all the massively successful people in the world were either rebels or they were born rich.

Were you born rich?

Maybe you were, but most people weren't. And the path laid out for normal people is not the path to riches, it's the path to mediocrity. Personally, I'm glad that accountants and dentists exist. I'm glad they didn't follow their dreams. But on his deathbed the dentist isn't going to say to himself: “I'm so thankful I never did what I really wanted to do. I'm so glad I never rebelled and fulfilled my destiny."

Speaking of destiny, I get the same question asked of me repeatedly: “Victor. I want out but I don't know what I want to do. What should I do?”

Two answers.

1. You're a liar. You know exactly what you want to do. Everyone on Earth knows exactly what they want. You know it in your gut. You're lying to me and you're lying to yourself when you say you don't know what you want.

2. Asking questions (permission) is simply a way of avoiding action. When you ask a question you get to wait for an answer. Waiting is the opposite of doing.

There's a surefire way to living the life of your dreams and a surefire way of living the life of your nightmares.

How do you live the life of your dreams?

Easy. Follow your gut. Following your gut instinct is the path of the rebel.

How do you live the life of your nightmares?

Easier. Follow the directions laid out by society. To be a rebel is to face being ostracized. They say it's a lonely road to the top so it's easier and safer to follow the path laid out for you. Gut instinct be damned.

Let's go back...

Earlier I said you're a liar if you say you don't know what you want out of life. The reality is that you know exactly what you want out of life, you're simply scared of admitting it. When you pretend that you don't know what you want and you ask questions like: “What should I do," what you're actually looking for is confirmation that your gut instinct is “OK”. Too bad. You can't have confirmation. Confirmation is for the 9-5'ers. It's not for the rebels. It's not for the highly successful. You can have confirmation if you want to be a dentist or a banker. You can't have confirmation if you want to be an artist or an entrepreneur. No one is going to give you confirmation that it's OK to rebel.

But there's a conundrum...
You will only attain massive success if you rebel and go against the grain. Not only will success come when you rebel but you may be hailed as a genius and a leader. They'll sit around you and say: “Wow, I wish I could do what you do.” You'll think to yourself: “You can do what I do. Just stop waiting for confirmation. The longer you wait for confirmation the further you will get from your goal.” But you won't say it out-loud anymore. Because by that point you'll realize that everyone who asks you for advice is a time waster. Everyone that asks you: “What should I do,” is simply looking for a way to stall.

How to fulfill your destiny.

Stop asking: “What should I do,” because you already know the answer. It's been decided by your gut already. If you don't believe what I'm saying to you, fine, no problem. But do two things for me: stop e-mailing me your time-wasting questions and play this game called “How to Decide What You Want”. Here's what you do... pick two options. Pick what you know you want in your gut. And then, pick the thing that you’re pretending to want. Now flip a coin. Heads you follow your gut, tails you follow your brain. It doesn't matter if the coin lands on heads or tails. When the coin was in the air you were wishing for heads and you knew what you wanted. Now you have confirmation. You don't need to ask permission anymore. You know exactly what you want. So go do it. No more analysis paralysis. No more questions allowing you to stall.

Always follow your gut instinct.

See, I know something that maybe you don’t know... The gut is the second biggest nerve center in the human body and your gut can be called your “second brain”. The decision making part of your mind is tightly interconnected with your gut and the decision making part of the human body has very little connection with the area in the brain that processes words. So where does the decision making process happen? In your gut. Your gut makes a decision in an instant. What happens is your brain rationalizes why you shouldn't want what you want. But you can't fool your gut.

Here’s a game for the game players and time wasters.

If you don't believe what I'm saying to you, fine, no problem. But do two things for me: stop e-mailing me your time-wasting questions and play this game called “How to Decide What You Want”. Here’s what you do... pick two options. Pick what you know you want in your gut. And then, pick the thing that you’re pretending to want. Now flip a coin. Heads you follow your gut, tails you follow your brain. It doesn't matter if the coin lands on heads or tails. When the coin was in the air you were wishing for heads and you knew what you wanted. Now you have confirmation. You don't need to ask permission anymore. You know exactly what you want. So go do it. No more analysis paralysis. No more questions allowing you to stall.

Just go do it!

Until next time.

Your man.

Victor Pride

P.S. If you’d like to download the audio version of Success Rebel you may do so at soundcloud or iTunes.
Dec 16, 2014 — About: Bum Mentality, Money, Mansions, Girls, Heart and Soul

Happy 4 years to Bold and Determined

I tell you what, boy; I used to have a bum mentality to the max.

I didn't want to spend a dime on anything. I'd waste time agonizing over a decision to buy something and I'd find myself just stressing about buying something little. I used to eat tuna mixed with oatmeal. I paid for my gym membership fees over a 6 week period instead of paying it all at once. I drove into a tree stump a week after buying a new truck and I had a huge dent in the bumper, I never fixed it because I didn't want to pay the insurance deductible. I'd never eat at a nice restaurant unless it was a big group get-together. 100% of the time I'd split the bill with anyone (girls included). If the food cost two dollars I'd get one dollar from the girl. I'd pirate songs and movies instead of buying from iTunes or Amazon. I'd spend hours searching for and downloading a movie or song instead of paying a few bucks to get it instantly.

That was my life before money. I was a bum and I didn't even know it.

The bums always like to say money doesn't buy happiness, but I sure wouldn't go back to wasting my time stealing a song when I could buy it for $1 and have it instantly. Money doesn't buy happiness, ok, it just buys anything you want. So if you want happiness just buy some.

There are two real great benefits to having money...

1. Money takes care of any problem. You might think it doesn't, but you'd be wrong.
2. Money puts a big emotional divide between you and average people (including your friends and family).

“But wait Vic, how could an emotional divide between you and average people be a benefit?”

Average people are average for a reason and only average people would want to hang out with other average people. Extraordinary people want to spend time with other extraordinary people. Having that emotional divide keeps you away from the mundane of the average. Some of you guys ask me silly questions like: “Should I join a fraternity?” I can’t answer a question like that. I don’t even think you should attend university, so how could I go further and talk about frats? I live in a different reality where a question like that doesn't enter my consciousness. It's an average question, but it’s a million miles from me because I put that wall up to protect myself from average people.

See... average people lack ambition, they lack courage, they're petty, they're jealous, they're envious, they're vindictive, they're broke, they're gossipy, they don't want anyone else to succeed if they can't... And if you spend time with them you will end up the same way. Money buys your freedom from these bums and it buys you a better class of people to spend your time with.

Elitist? Yeah, sure. I'd rather be alone than spend time with an average bum.

In fact, for the last four years that's almost exactly what I did. I spent time only with people who were fully on board and supportive of the Website for Winners. I've “lost” or left behind nearly everyone I knew in my previous life so their ‘mundane-it is’ couldn't infect me. The one old friend I touch base with recently told me about some great success he had in real estate. I gave him a big congrats. It takes big balls to go out and make a lot of money, he did it and I'm proud of him for doing it.
He replied: “Nice... you're one of the few people I can tell that to and they'll be happy and not envious...” Hey, I know all about it. You reach a certain level and people want to bring you all the way back down to their level. But fuck 'em. Stay away, build a wall, and they won't be able to get you. It's not about social status, it's not about prestige, it's not about pedigree.

**It's about... ATTITUDE.**

Attitude is the one quality that separates a winner from a loser. A guy who's broke but has the right attitude is better company than a guy who has money but the wrong attitude. A guy who's broke but has the right attitude will rectify the situation. Someone with a winning attitude will spend the required time it takes to win. Losers will say: “That's too long, I want it now;” and then they'll quit. Those are the types of people you want to quarantine yourself from. The other day in the gym a fellow asked me how long I've been working out. I said: “A decade.” He said “I've been working out for years, but off and on. Consistency is my problem.” I told him “I haven't taken more than a week off in 10 years”.

“Victor, how long will it take to build a business, build a body, get rich?"

I get asked this same dumb question all the time, and I'm going to answer it once and for all here. Here's the answer... it will take as long as it takes you, bum. You're wasting your time and you're wasting my time asking me that poverty question. It's not even a real question; it's a way for you to say: “Oh, that's too long. I'll just do something else.” “How long will it take?”, is a moronic, unanswerable question so if you ask it you must be a moron, right? It will take as long as it takes and when you ask that question what you want is an excuse to quit. You can't have excuses from me. I was at the bottom and I clawed my way to the top and I never asked: “B-b-b-but how long will it take? I'm busy right now being a bum.” I just put my boots on and went to work. Eventually I never had to worry about bills or think about money again.

**Am I really so special that I can take something as simple as digital media and turn it into a million dollar empire?**

Maybe I am, or maybe I just didn’t quit. Bold and Determined recently had its four year birthday. That's four years I've been obsessed with one singular goal (winning). If a genie in a bottle had told me: “In four years you will make more money than athletes, politicians and most famous people BUT! it will take four years of obsession,” what do you think I would have said?

**I might have said...**

‘Geeze, 4 years? That's a long time. Nah, I don't want to do it. I'll do something else. I'm sure something will get me rich faster with less work required. Sincerely, a bum.’ The stone cold reality is that four years flew by. They went by faster than lightning because I was doing what I was meant to do. I wasn't rotting away in an office like a dickless jerk, scared to face destiny. I was working like a dog to build myself a great life. Those years went by so fast that when I sat down to write the “4 Years of Pride” recap article I couldn't write anything good. I was struck with nostalgia for the past.

**The House on Victory Hill**

I didn't live like a normal person for four years and for the last year and a half I lived almost monk-like. I had tunnel vision to the extreme and I was able to increase the profit of B&D by a real nice margin. I “made” it. Four years ago when I started on this “journey” I lived in a one room studio apartment in China that cost $100 per month. Today I live in a 4 story mansion with 5 bedrooms, 6 bathrooms and a home office bigger than my last apartment, a pool and a house staff.
“How long does it take to build a successful business?”

It took me four years of living like an obsessed freak. Everything in my life, my whole life, I give everything for Bold and Determined. I think about Bold and Determined more than I think about sex. I think about Bold and Determined more than I think about money. When I publish an article it takes a part of my soul and I need an entire day to recover.

Why do I do it?

Because I have to. I have a duty. I know you guys out there feel the same way I do and you want the good life. For some of you it's entertainment, and I'm happy to provide entertainment, but I damn well know a percentage of you are serious men who are willing to put in the time to remold into gold.

“So a blog is the answer?”

It's not about blogging, friends. The blog is my medium. It's my art. I excel at it because I put my heart and soul into it. I excel where others fail because I write poetry instead of words and I pay extreme attention to design detail. I want an absolute perfect and complete piece of art and if I don't have it then I don't publish. And when I do publish I feel like vomiting every time. I'm scared, literally scared, when I publish.

And I wouldn't have it any other way.

I publish at night and each time I publish an article I wake up in the middle of the night to make sure that I didn’t make some little, tiny mistake in my writing. I wake up to make sure I said a sentence in the right way. I wake up to verify that I conveyed the words in my heart. I want it to be perfect. I want perfection to be the goal of every man who reads the Website for Winners. If it isn't perfect it's dogshit. If it isn't art, if it isn't beautiful, it's shit.

“Good enough” isn’t good enough. If you want to reach the top you do what it takes.

The top, for me, is a perfect piece of digital poetry and I can't accept less. Even if it means I don't publish for 2 months. Even if it means I delete articles I'm not happy with. My art has to be perfect. That's how I got from A to B in a straight line while the “good enough” guys keep going from A to A in a circle.

What has this obsession with perfection gotten me?

B&D is one of the most successful blogs in the world. It's one of the most copied blogs in the world. I get thousands of e-mails thanking me for inspiring others to take the leap. I get hundreds of e-mails from young men telling me I'm the father figure they never had. It's nice to hear, but I don't need a thank you. I just want you to believe me when I say you aren't a victim of circumstance. I want you to believe me when I tell you that you can change your life and accomplish your goals if you just do the work required. I'm impatient, I'm capricious, I'm blunt, I'm not delicate with feelings (O.K., enough bragging) but one thing I am is sincere.

Read this one sentence and take it to heart: if you put in the required work with full 100% focus you will reap the rewards.
What was required of me was total obsession. I gave away everything else in my life except for Bold and Determined. If Bold and Determined disappeared I'd have nothing but a suitcase and a bunch of money. But money without a mission isn't worth so much. You hear about all these guys who retired early then got hooked on drugs, prostitutes and partying and got depressed.

Stupid people will think that's because money makes you unhappy. The reality is that you will be unhappy if you don't have a mission in life. Those guys who retired early sold their mission and now have a hole in their soul. Without Bold and Determined I'd have a giant hole in my soul, so I give my life to B&D. Even if I get eaten by a shark off the coast of Bora Bora my lawyer Mike Cernovich Esq. is going to be the trustee of my estate and ensure that Bold and Determined lives on.

One Extra Tip for Mega Success...

This one “hack” has worked for me over and over: pick the right girl to be your own personal cheerleader. Note: I am 100% against marriage if you are a Westerner. Women can ruin your success, but the right woman can heighten your success. Having the right cheerleader in your corner can be worth its weight in gold. Think about this: if you're a single guy, what do you really, truly have to work for? You can get by on almost no money if you're a single guy, so why bother making a bunch of money? If you're out chasing girls all the time you're wasting valuable time that could be used to build your business and assets. If you don't have some love in your life you just see black and white, you can't see in color. Your soul feels empty when you're alone.

We all need something to work for. Your woman, your kids, your family, your friends, even your dear ol’ dog but we all need something and someone. I keep perfect records of my profit and expenses, and I can see a rise in income when I got Miss Pride. Before her my income was flatlined, steady. Every month since then, 1.5 years ago, my income has gone up and up. That's because she's on the same page as me, she's there to help me make it happen and she has no other purpose in life other than to support me. And I wouldn't have it any other way.

Stay clean, stay lean, stay mean.

Until next time.

Your man,

Victor Pride
Ho, ho, ho! Merry Christmas, gentlemen.

Last Christmas I gave you my heart, this year you can have it again.

Christmas is a time to spend with loved ones. Yes, we all know that.

But I get a lot of e-mails from young men who believe they have “social problems” and don’t have anyone in their lives.

It’s true that yes, maybe they have no one, but it’s not true that they have social problems.

What they have is a lack of balls.

This year, to save you from tears, I’m going to give you the secret to being social.

The secret is making an effort. The secret is trying. The secret is making yourself talk to people even when you feel uncomfortable. The reality is that you think you have “social problems” but most people feel the same way. If everyone feels the same way, it’s not really unique to you. So make someone’s day and tell them “Merry Christmas” and smile and do it again. Tomorrow, instead of saying “Merry Christmas”, start saying: “Hi!”

It’s amazing what happens when you make an effort instead of making excuses.

Merry Christmas to you and yours.

Thank you for visiting Bold and Determined. I’m happy to have you.

See you next year.

Your man,

Victor Pride, The Shirtless Shogun of Christmas
2015

January – 2015

26.1.2015 – How to Build You, Inc. A Podcast with Mike Cernovich from Danger and Play

To download the podcast to your device go to the Bold and Determined iTunes or Soundcloud page.

You Incorporated (Audio).

Recently a friend of mine came out to the mean streets of Saigon to visit with me. Fortunately I live in the Beverly Hills of Vietnam and we’re able to live like Kings. We were shooting the breeze in my enormous home office and we got to talking about authenticity. I had a revelation and thought... “Hey, let’s record this to audio so all the guy’s around the world stuck in jobs they hate and living lives theyloathe can hear about two men who live life the way they want to live.” I figure you can either get jealous and resentful, you can get motivated to make your situation better, or you can enjoy the entertainment. Any option is O.K. by me.

In this podcast edition you will hear...

• Why we’re so special that we can pack up and move any time we want.
• How we can eat $500 steak dinners any time we want.
• How we can do anything any time we want.

What’s the answer, why are we so special? If you just can’t wait through the audio to hear the answer I will tell you right now what makes us special: we aren’t so special, we just made the right choices.

Can you do the same?

Yes.

Will you?

I don’t know. You tell me, friend, ‘cause that’s all you’ve got to do... say the words, then make those words a reality.

I’ve made the audio broadcast sound cocky, but this podcast isn’t actually about myself and Mr. Cernovich. It’s truly about you, its about being yourself, it’s about being the CEO of You, Inc. It’s about transcending normality and fulfilling your destiny by being who you are meant to be.

Listen in, enjoy, then make your life happen.

Mentioned in the Podcast

• Danger and Play – the blog by Mike Cernovich.
• BADNET – Build You, Inc. the right way with help from Papa Vic’s team.
• Gorilla Mindset – the book by Mike Cernovich (read Victor’s Gorilla Mindset review here).

Until next time.

Your man,

Victor Pride

P.S. If you like this podcast and want to hear more of the Victor Pride Broadcast for Winners please leave a review at iTunes. Some vandals have tried to knock my ratings down by sending me a wave of one-star reviews. But they won’t win, losers never win, the winners from B&D are always going to win – so do Papa Vic a favor and leave a nice review.

Pictured: Victor Pride and Mike Cernovich.
Spartan Entrepreneur: Blog Artist is no longer available for free. You can purchase your copy here.

To start your blog go to BADNET to get your free blog reports, free domain name and free WordPress setup.

63 pages of all killer and no filler.

What I did was write down nearly everything I know about blogging. Then I took those notes, meticulously went over them and re-worded them in the best way I could. The goal was to help anyone who read it understand how, why and what it takes to create a world class blog that makes the magic word – money. When I finished writing it I sent it to my book editor who made it look extra fancy with his fancy computer programs.

The result is Spartan Entrepreneur Vol. 1: The Blog Artist’s Handbook.
And now it’s here. You can download the e-book right to your internet device.

By the way, I sent out The Blog Artist’s Handbook early to a select few, here is what they said...

Brandon said: “I just read S.E. V1. First, thank you. You streamlined a very tedious research process. I love the no bullshit approach. Very easy to read. I see why you’re successful. You provide tremendous value. You give people hope, hope they can have what you have. Then you make the tools available to them. I’m in a learning phase and am currently reading everything I can. Book recommendations are welcome. This has helped me. I am appreciative. See you at the top. Until then… Wish me ‘hard work’”

William said: “I feel like a thief taking this for free, reading this through will involve many hours and careful notes. I will analyze my own and use this guide to construct an actionable to do list.”

Nathan said: “I’ve been waiting on this for a long time and have been checking Spartan Entrepreneur weekly, even though I signed up for the email notification (good job building anticipation). And as expected, The Blog Artist’s Handbook does not disappoint. Most blogging “experts” leave me feeling uneasy and anxious after reading their work. They always make it seem like the only path to success is to be an internet social butterfly and to spend your days aggressively pushing digital snake oil, concepts that are incredibly off-putting to me. Aside from the obvious benefit of the technical info you’ve provided, your work never fails to clear up any doubts that manage to creep into my head. I can really relate to your anti-scumbag business sense. And best of all, it’s the most effective method in the long run. I especially like the part that compares selling ad space to having someone pay you pennies for the privilege of taking a dump on your painting, ha-ha. Reading that only strengthens my resolve to never mar my blog with ads, unless they’re for my own products.”

A quick peek inside The Blog Artist’s Handbook.

Jonathan said: “This is a great resource. I’m on my second read-through now. I’m very early on in trying to set up my empire, and this is really going to help me get through the next steps as I try to build an audience. URL’s have been a particular difficulty for me so far, so the tip about Impossibility is absolutely priceless. I’ve read half a dozen books about branding, writing, etc. and these 59 pages are the most valuable words I’ve read so far. Thanks for all your work on Bold&Determined and on these resources.
Scott said: “Thanks for sending Spartan Entrepreneur out for free. I read it yesterday and must say this has to be some of your best work yet. It is pure gold. I thought I knew a lot about becoming a Blog Artist but I was wrong. I appreciate you including the dry technical stuff as well. I didn’t know much about security and many other resources that are in the book. I’ll have to go back into it and re-read and apply much of the info. It’s an easy read full of great information that no other blogger’s advice can compete with. Not to mention, the graphics and layout look awesome! I’ll be making a living off of my art very soon!”

Kris said: “Great content. It was organized really well, had lots of actionable info, and didn’t have any extraneous bullshit. Nice work.”

Dylan said (via twitter): “I was on a waiting list and all I can say is what Victor Pride gave me will be a game changer. Great e-book. It opened my eyes to SO MUCH. You could easily charge over $100 for it.”

Your man.

Victor Pride

P.S. If you like the book, be sure to leave a nice review in the comments section below. Personally, I think it’s the best book that has ever been written about blogging, but hey, I might be a little biased. A nice review from a fellow like you will help me out bunches and it will help prospective blog artist’s take the next step to destiny.
The balance between bodybuilding, health, wealth and business.

Pictured: Victor Pride and podcast guest Mike Cernovich.

Let me paint the picture... We were at the shopping mall. Two girlies were eye-balling us and giggling as they sat with their little male friend (who I assumed was gay but wasn't). Then Mike asked a rhetorical question... He asked: "Why wouldn't you want to be big." With no real answer, I said: "I don't know." But here's a better answer for you, in detail...

To download the podcast to your device go to the Bold and Determined iTunes or Soundcloud page. If you like this podcast and want to hear more of the Broadcast for Winners please leave a review at iTunes.

Click here to get a free PDF transcription of this podcast.

Mentioned in this podcast.

<table>
<thead>
<tr>
<th>Danger and Play</th>
<th>Fit Juice</th>
<th>Body of a Spartan</th>
<th>Bad Guy Bodybuilding (coming soon)</th>
<th>John Doe Bodybuilding</th>
</tr>
</thead>
</table>

Supplements discussed in the podcast.

<table>
<thead>
<tr>
<th>L-Glutamine</th>
<th>Magnesium</th>
<th>SHTP</th>
<th>Fish Oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dandelion Root</td>
<td>Dandelion Root Tea</td>
<td>Zinc</td>
<td>Multi Vitamin</td>
</tr>
</tbody>
</table>

Next level supplements discussed in the podcast.

<table>
<thead>
<tr>
<th>Super-Dmz 3.0</th>
<th>Osta Shred</th>
<th>Anafuse</th>
</tr>
</thead>
</table>

Read also.

The #1 Legal Muscle Building Supplement That Actually Works (and will probably be banned soon).

How to Go From Fat to Fit in 8 Weeks

Body of a Spartan book review by Mike Cernovich

Summary Of This Podcast

Here are some benefits of building a body that impresses: you'll earn more money, people respect you more, women love big strong men, and people don't notice you when you're small.

"Your body is like your resume."

It's the first thing people see and it is what people look at when they form an impression about you. It takes time and dedication to be big, which makes lazy people wonder: "Is it worth it?" I used to be skinny-fat and Mike used to be regular-fat. We have the perspective to understand how changing your body will change your life.
How long does it take to build a body that impresses?

It takes as long as it takes. Everyone has a genetic limit and once you reach those limits the only way to get bigger is to…? Listen and find out.

3 Keys to Building a Body

<table>
<thead>
<tr>
<th>Food</th>
<th>Training</th>
<th>Hormones</th>
</tr>
</thead>
</table>

There are three types of bodybuilders/fitness types.

1. **Regular guy** → goes to gym, sort of puts in some time.
2. **Superman** → takes it to the next level and goes above and beyond with diet and exercise.
3. **Mentally ill** → extreme bodybuilders who suffer from body dysmorphia/bigorexia.

What do competitive bodybuilders go through to maintain that physique? A lot. Bodybuilding should enhance your life, not rule your life.

**What look are you going for with your body?**

Greek statue vs burly lumberjack.

**Is there money involved in building a physique?**

Yes and no. A famous YouTube bodybuilder only earned only $4,000 a month from his body. Join your mind and body and become whole.

How to boost your immune system with juicing.

I recently had blood-work done and my lymphocyte count was low, which means my immune system was suppressed. You can boost your immune system with vegetable juicing. See also: Anti-Aging Blood Work for Men (Video and Transcript).

**How do you train differently as you age?**

Beginners need a program. Advanced trainers train instinctively. When you’re older you develop muscular density, which helps you look big even when you don’t have a gym pump. Once you’ve built your body, you can do less work and look better at the same time.

**What happens when you train too hard for too long?**

Sometimes you must take a break when “life” steps in.

The 10 Best Bodybuilding Foods.

<table>
<thead>
<tr>
<th>Eggs</th>
<th>White fish like tilapia (learn how to use spices)</th>
<th>Beef (eye of the round steak has almost no fat)</th>
<th>Chicken (white and dark meat)</th>
<th>Potatoes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet potatoes</td>
<td>Broccoli and cauliflower</td>
<td>Rice</td>
<td>Pineapple</td>
<td>Bananas</td>
</tr>
</tbody>
</table>

There is a pro-hormone ban in the United States. But... There are some next level supplements that haven’t been outlawed by the FDA yet. To find out more about how to take your body to the next level, stay tuned for Bad Guy Bodybuilding...

**Until next time. Your man,**

Victor Pride
Money plus Feelings equals Crybabies

I recently met with a local realtor who was interested in selling his realty business. He wanted 80,000 dollars for the business. Fine. While I'm not willing to go out and show houses to people, I'm perfectly interested in looking at the business opportunity. If the numbers work I am perfectly willing to buy any business.

The problem with the realty business?

The problem is that the realtor is the business. Without him doing the work there is no revenue. Without revenue there is no business. You couldn't buy his business today and have money coming in tomorrow. You'd have to go out and find new business to make money. If someone were to purchase his business they would essentially be starting out as a brand new realtor and they'd be in the hole for 80k. Then they'd have to go out and cold call and knock on doors to start digging themselves out of that $80,000 hole.

Freelancer versus Business Owner

Without revenue there is no business and the realty business wasn't a real business. The owner was essentially a freelancer, getting paid when he got clients to sign and not getting paid when no one signed. He should have taken steps to outsource the work to employees. He should have had systems in place to make money when he was not around.

Instead, he worked as a sole proprietor for ten years. He made enough money to buy a house in Australia, but he didn't take steps to make his realty freelancing a real business. Now he's in the position of having worked on this gig for ten years and no one will buy it because there's nothing to buy.

Businesses Should Be Scalable And Saleable

His realty business was nothing more than some phone numbers and connections, but phone numbers and introductions aren't worth $80,000. Only a system that can make money for anyone is worth 80k. So the realtor is stuck with his non-business.

Contrast That Realty Non-Business With the Business of Bold and Determined

If one were to purchase B&D today (not for sale) he would have immediate income tomorrow and next week and next month. Money always come in, no matter what else happens, because I put systems in place to make sure money comes in. Even if I died tomorrow, B&D would still make money. The systems are already in place. The work is already done.

Example: I recently broke my hand in two places.

It was broken so bad that I had to have surgery to put pins in my hand. After the surgery I had to wear a cast for four weeks. In total, my hand was useless for eight weeks. I couldn't go to the gym, I couldn't type, I couldn't ride my motorbike, I couldn't do much of anything that I enjoy doing.
Since I didn't write I must have lost income right?

Wrong. The two months I was out of commission were the fiscally best months B&D has ever had. Why is that? How did the business make money when I didn't appear to do any work?

**The Magic of Residual Income**

I don't like the term passive income – I never made money *passively* – the term residual income fits much better. You do the work once and then you get paid for it residually – *as long as the work is good*. Like a songwriter who writes a hit song or an author who writes a hit book. They do the actual work one time and then they get paid for it for however long people want to buy it.

**There's Nothing Passive About Creating**

The songwriter and book author didn't make that money *passively*, they *actively* wrote the song or book, then they got paid residually. And that's how I got paid while I didn't appear to work.

**Speaking of not appearing to work...**

**The Myth of Struggle**

A lot of people have asked me about my struggles to make a nothing into a something. I don’t particularly enjoy reading or writing about struggle, so I don’t. The reality is that I haven't struggled at all. For me, in fact, it was easy to make Bold and Determined a success.

That's what I keep saying over and over and over again... It's not hard to do what I do!

It's much harder to work some job you hate for a paycheck that leaves you scraping by. My life is phenomenally easy compared to any Average Joe working his average job. I often romanticize the fact that I didn't make money for over a year.

It's true; *I didn't make a dime for over a year*. But let me tell you two things...

1. That year wasn't hard at all. It was one of the best years of my life.
2. I didn't *try* to make money for a year. I knew it would come eventually so I just concentrated on building an audience. A year later, when I *tried* to make money, I *did* make money.

I know it will hurt some feelings to hear that it was super-easy for me, but I've never been bothered by hurting feelings.

**It's Much Worse to Hear Successful People Lie About “The Struggle”**

When you hear the lies about struggle your mind is tricked into thinking that since you’re struggling you're on the right path. Wrong. When you're on the right path it will be easy. It’s only when you’re on the wrong path that it's hard. Whatever you were meant do, IF you were meant to do anything, will be easy. That's the cold, hard reality. If you live a pathetic life you don't have the right to complain about struggle because you and you alone have the ability to change your life.

**If you don't change it, that's your fault. If you're struggling it's your own fault.**

*You, you, you, you, you, you, you, you, you, you.*

Not me, not him, not her, not that corporation, not the government... YOU!

If your life is a struggle, you are the problem.
It might just be that you aren't smart enough or talented enough to make it...

...or it might be that you aren’t trying. Whichever it is, you get what you deserve. It's very easy for me to make money; it’s not hard at all. People HATE to hear that but I don't care. Haters can hate all they want but if life is a struggle, it's your duty to fix it. Most people won't fix it and I don't care in the slightest. If you don't want to fix it I won't offer a helping hand. It's an inevitability of success that the lower classes first worship you then turn on you.

Which brings me to...

Making Money Hurts People's Feelings

YouTube has become extremely successful by giving a voice to the voiceless. The comments section on YouTube gives anyone who has internet access a chance to voice their opinion. That sounds great in theory but the reality is that most people are small, petty and silly and we don't need to hear their silly opinions. YouTube commenters are probably a perfect representation of normal people and I see two trends among YouTube commenters/normal people.

The first trend is this...

- Anyone who makes money is greedy and a piece of shit.
- Anyone who is poor should be given money.

Huh?

That's right. Making money is evil and you should give poor people money (even though it's evil).

The second trend I see is this...

They have poor English skills. They have poor writing abilities. They have poor comprehension. The average comment length is one to three sentences but they're often impossible to read. People who can't even take the time to use capitalization and punctuation certainly don't have the attention span (or the will) to master a money-making skill. Commenters with readable English often have different ideas about money...

But listen boys; here are the facts of life... If poor people wanted to make money they would. Poor and stupid can be used interchangeably. But even stupid people can make money. To find those YouTube comments I typed “Floyd Mayweather Money” in the search bar and clicked on two videos. Floyd Mayweather Jr. is a rich and famous boxer who inspires jealously, hatred and envy in ordinary people. It only took a few moments to find some jealous comments on his YouTube videos. And the funny thing? Floyd Mayweather can barely read but he's rich and famous. If someone who can't even read can make money, what does that mean for smart people who are broke...

Anyone Who Wants To Make Money, Makes Money

If making money is a priority to you, you will make it. If you don't make money it's because you don't want to. In reality, losers don’t want to make money, they want to be given money. I know that hurts to hear, but that’s what tough love is. You can hear lies to feel better, or you can hear the truth to get better. Only a loser is mad at the truth of the world. A winner can hear the truth, accept the truth, internalize the truth, and then they can become something.
It Is What It Is... So Make It Work For You

I keep telling you, I'm not so special that only I can make a living being me. You can do it too, if you want to. I know people will tell you it's impossible, but what are you looking for from them? Permission? You have my express permission to not require permission. O.K.? But if you actually need permission you don't belong in the big leagues and you don't deserve success and freedom. So stop pretending.

Until next time.

Your man,

Victor Pride

BONUS – A Chance to Make $500 (THE CONTEST IS OVER)

Now here is your chance to make some money and hurt some people's feelings. You can make up to $500 for thirty seconds of work. Here's how... All you have to do is give the best business tip/idea to Bold and Determined. The idea should be specific to Bold and Determined. You give me a great idea; you get $500 in return. It's as simple as that.

A few rules...

<table>
<thead>
<tr>
<th>You must write in proper English.</th>
</tr>
</thead>
<tbody>
<tr>
<td>You must promise to keep the money and not give it to charity if you win.</td>
</tr>
<tr>
<td>You must leave your idea as a comment below – do not send your idea via email.</td>
</tr>
</tbody>
</table>

Ideas that will not win...

<table>
<thead>
<tr>
<th>You should write a new book.</th>
<th>You should make a video trailer for Body of a Spartan.</th>
<th>You should write more.</th>
</tr>
</thead>
<tbody>
<tr>
<td>You should start a forum.</td>
<td>You should offer consulting.</td>
<td>You should do a regular podcast/video series.</td>
</tr>
</tbody>
</table>

Those ideas will not win because, duh, I already know them. But more than that, they won't win because they rely on me doing the work (like the realtor). B&D is already a well-oiled machine, but it can be better and go faster. Only a small change needs to be made. Right now, this very moment, 50 things could be changed on B&D to make a profit and to make the work more enjoyable to read. Your job, should you wish to make some money, is to find those things and point them out to me.

Oh, by the way, three people will win.

<table>
<thead>
<tr>
<th>1st Prize</th>
<th>2nd Prize</th>
<th>3rd Prize</th>
</tr>
</thead>
<tbody>
<tr>
<td>$500</td>
<td>$250</td>
<td>Spartan T – Shirt</td>
</tr>
</tbody>
</table>

The winners will be chosen and announced on Monday, April 27.

The money isn't fake money, it's not a coupon, it's real money paid directly to your Paypal account. There are no limits to where you live, your age, your race, your nothing. Best idea(s) will win money. I'm taking a gamble and betting that the majority readers of B&D are smart fellows.
So who’s it going to be?
Leave your idea in the comments below.

Here are the winners of the BAD BUSINESS contest...

1st Prize goes to James Croft for providing a good, no-nonsense, easy to implement idea.

2nd prize goes to Rob, the comic book guy, for coming up with an idea I would have never thought of in a million years.

3rd prize goes to BADstarter.

Big congratulations to those guys.

Some of the other finalists are below...

- LexRidley
- GuitarNem
- Andy
May – 2015

4.5.2015 – 10 Ways to Get Big and Strong

Note from Victor: This is a guest article from my good friend John Doe Bodybuilding. John Doe is one of the most knowledgable guys I know. I even went to him for some diet planning a while back. His knowledge is real, his physique speaks for itself, and he talks openly about the realities of bodybuilding.

But I'll let him do the talking...

Enter John Doe...

Hello, I'm John Doe, and I represent bodybuilding for the every man. I'm the guy that uses bodybuilding to enhance life, not hamper it. Life is never just perfect, but I fight through everyday trials and struggles to adapt and overcome. I'm the everyday guy out there trying to do what he can and make some headway in the gym and in life. I'm the everyday guy who doesn't forget where he came from... and I will share with you some of my tips that took me where I came from to where I got today.

10 WAYS TO GET BIG AND STRONG!

1. Keep your training, diet and supplementation basic.

There is no secret involved when it comes to building muscle, and sometimes the simplest plans are the most effective. I could sit here and give you a workout with 5 different isolation exercises for biceps, but would it be more effective than a few sets of barbell curls and hammer curls? Probably not.

Basic is best when it comes to diet and supplementation.

I can remember trying this one diet I saw online one time, and I swear every time I needed to eat, I had to pull the diet back up to see what the hell I was supposed to eat again. There was so much variety in the diet that you couldn't possibly stick to it unless you had $400 a week for groceries and all the time in the world to live in the kitchen. It was certainly not a realistic approach and after only 1 week into the diet I knew it wasn't for me. There is so much information available it can become overwhelming and confusing. The way I do things is usually basic. I have found this to be best for me and I have a hunch it's best for most people too.

Supplementation – keep it basic.

When it comes to supplements, pick a couple supplements to use for a cycle of 8 weeks or so and then switch to something else. Hell, if they're working you may not need to switch at all. Try something like just creatine and protein for 8 weeks, then switch to L-carnitine and arginine, then maybe stack Osta-shred and anafuse for 8 weeks. But for God's sake, there is no reason to use 10 different products at any given time; you are wasting money.

Remember, it's hard work and consistency that prevails over anything you could take, even steroids!
2. **Develop a schedule and routine.**

Everything I do on a normal day to day basis is on a set schedule. I eat breakfast around the same time, I get to the gym around the same time, I call my friend at the same time, I eat around the same time (most of the time) and I even shit around the same time.

Call it too mundane, call it what you want, but how many people who are successful only work when they get around to it? Hardly any. A barber doesn't get good at cutting hair when he only does one haircut per day, a real estate agent doesn't make money when they're always at home, and a bodybuilder certainly doesn't build a great physique by doing things spontaneously and only when he feels like it.

**If you need to start off simple then by God start off simple.**

A typical post workout meal for me back in the day was a large glass of whole milk, a hamburger, and a bowl of macaroni. It may not have been a perfect post workout meal, but I did this consistently EVERY NIGHT after I worked out in my bedroom.

**Consistency prevails when it comes to building a body.**

The guy who eats 3 whole eggs every morning with a bowl of corn flakes will be better than the guy who spontaneously decides to eat egg whites, protein powder, and plain oatmeal for one week, and then slacks back off.

**Remember, CONSISTENCY PREVAILS.**

Develop a schedule for yourself, and make it realistic. Take into consideration work, school, time with family, and other obligations first and then work the gym and diet into your schedule!

**Make bodybuilding work into your life, not the other way around.**

3. **Let it go every now and then and have fun.**

When I say: “Let it go,” I’m talking about the obsession with nutrients and macros. Sometimes you just have to say fuck it and eat something. This is even more critical in the beginning of your bodybuilding career. I built a lot of my mass on high caloric meals like pizza, pasta, burgers, and sandwiches.

If you have any sort of life at all, you are not going to get all of the calories you need through skinless chicken and rice. I'm not telling you to not eat healthy the majority of the time, but certainly do not be afraid to go off the diet a few times each week to get some high calorie food into your body. Trust me; I didn't get to a lean 225lbs at 5'9” by counting calories and watching my carbohydrate count 24/7.

**You cannot have a food phobia when it comes to packing on size.**

So every now and then you need to just let it all go. Start eating a little more lenient from time to time, ESPECIALLY if you aren't at your maximum size potential. If you've been walking around at 200 lbs now for the past 4 years, then I'd say to transition to a cleaner diet, but if you're only 6 months into this then, damn it, you need to eat, eat, and eat some more!
4. **Slow down your rep speed.**

I understand that every guy wants to see how much he can bench press, hell I’d be a damn hypocrite if I wasn’t the same way as a teenager. But just listen to me for a few minutes here; weight is only a tool to work the muscles. Look, you are trying your best right? You are eating more often, eating more protein and caloric dense foods, and training on a regular basis.

**If you cannot bench 225 lbs yet then who fucking cares?**

What you need to know is that it’s going to come, but if you want it to come faster then you need to drop that ego right now. You may need to scale it back to benching with 175lbs or 135lbs if you’re focusing on a slower rep speed and better form. But I’m going to tell you what will happen here; you will consistently increase work weight every week rather than just throwing on your 225 lbs and crashing on each attempt. You will walk out of the gym feeling like you actually did something and you’ll have an incredible pump going when you start training smarter, and part of training smarter is slowing down your reps.

**There are 3 phases of a muscular contraction.**

<table>
<thead>
<tr>
<th>Positive</th>
<th>Negative</th>
<th>Static</th>
</tr>
</thead>
</table>

The negative phase is actually the phase that is going to yield more growth than the positive, yet so many guys are dropping the weights on them rather than working this part of the movement. There is a faster repetition speed that is “pump training” but this is more of an advanced principle you won’t need until you develop your foundation and raw size.

5. **Use the 80/20 rule for your first 5 years in the gym.**

What I mean is live 80% dedicated to eating and training and 20% dedicated to life experiences and fun. Living by the 80/20 rule will not hurt gains in the gym and it will allow you to still have a life. Part of growing isn’t always physical, it’s about life experiences. I would not have gotten laid, not had fun, and not met new and interesting people if I had been solely about bodybuilding and nutrition 100% of the time. I see no personal and social gain from living like a hermit when you're in your teens and 20's, all because you want bigger muscles.

**There are ways to gain size and strength while still having a life at the same time.**

If you don't have enough fun and life experiences when you're younger it's going to be easier to stray from your path when you're older. Remember, this is a marathon and not a sprint. You have decades to develop your body. Abide by the 80/20 rule and you will have no regrets when you look back.

**Your first 5 years in the gym should be more about raw size and foundation development rather than physique refinement and definition.**

Yes, you can be defined and large, but if you do not put size first during this time period then you're only short changing yourself. Putting on this size does not mean you need to be exclusive to eating lean foods 24/7 in your first 5 years, but you will need surplus calories. You’ll have plenty of time to shape the diamond after you get the raw size.
6. **Train frequently in the beginning, train intensely when you’re seasoned.**

You should always train hard, but you simply aren’t going to develop the same level of intensity in the beginning that you will once your body is more developed. The more you become accustomed to muscular contractions, the more intensity you can bring to the table. With more intense workouts comes more needed down time. Yes, I believe overtraining is a real issue, but not as much in the beginning.

**What you need at first is frequency!**

The reason is because it's still new to you and practically any sort of stimulation to your muscles will yield growth. I see nothing wrong with doing pushups on a daily basis, training arms almost every day, or being in a gym 6 days a week when you’re new to it all. I trained like a mad cat the first year I was into the weights, and what a lot of people would call “overtraining” put 36lbs of quality muscle on my frame in my first year! I couldn’t do that now, but I’m using much bigger weights now and my muscular contractions are harder than they used to be. My training now would be considered much more intense, but I truly believe in the beginning it’s all about frequency and consistency.

7. **Use high repetition training.**

Everywhere you look it’s the same routines with the same exercises and the same repetition counts. Typical repetitions are anywhere between 4 – 12 repetitions in the majority of workout routines. But how many times have you grabbed a lighter weight and taken your repetitions to 40 or 50 a set? How many times have you done push-ups for 80 – 100 repetitions a shot? For many guys probably never.

When you push outside the realm of norm, abnormal things can happen; things like increased growth and pump, a higher threshold for pain, and increased muscle hardness and muscle control. I’m not telling you to make high repetitions an ordinary thing here, but every once in awhile it’s a good idea to push for a much higher repetition count with a lighter weight.

I’ve been bodybuilding almost 20 years now, and do you know what kind of weight I used on leg extensions? I start with 50lbs, then 70lbs, then 90lbs. Light weight right? Yes, I do 40 repetitions per set. Occasionally I perform curls with 15lbs dumbbells for higher repetitions, and I’m certainly not a small guy by any means.

**The weight is simply a tool for working the muscle.**

At the end of the day who really gives a shit how much you’re lifting? It’s not like you’re walking into public with a barbell and telling everyone: “Hey, watch this!” **But you are walking into public with your physique, and dropping the ego at the gym door can help build a good body faster than almost anything!**

8. **Use as little supplementation as possible to make gains.**

Yes, there comes a point when you need to take things to get beyond what nature intended. However, there is no reason to use anything until you’ve exhausted the bare minimum! My 36lbs muscle mass gain my first year came solely from food and hard work, no supplements and no steroids.
My additional 20 lbs of mass on my first steroid cycle came from only 1 vial of testosterone. From that point on to my next set of gains, steroids were limited to 2 compound stacks at moderate dosages. Cycles of more than 2 compounds at any given time from then on were limited solely to training for bodybuilding competitions.

Looking back on things I probably could have done it with half the amounts I was using. When you start by using everything, there is simply no room to go any further. If your ultimate goal is being as large as you can be and still be healthy, then you should think long-term and use as little as needed.

9. Rotate through your food sources.

When it comes to building size you need calories. While abiding by the 80/20 rule we want the majority of calories to be quality and provide some sort of nutritional value. A pizza or a cheeseburger here and there is fine, but what you’re going to find is that you will be eating a lot of the same healthier foods on a routine basis.

But there is going to come a point where you grow tired of eating lean beef, eggs, and oatmeal.

My advice is to rotate through different food sources. Example... One week I will eat baked chicken with seasoning, the next week I will switch to a different seasoning, then the following week I’m on to eating Tilapia instead of chicken. The week after that it may be lean steak and then the next week it might be lean ground beef. Then I may be back on chicken, but this week I’ll cut it into small pieces and pan fry it in olive oil rather than bake it. If I’m sick of eggs with salt and pepper then I’ll use hot sauce, and when I’m sick of hot sauce I’ll use salsa, and when I’m sick of regular salsa I’ll use pineapple salsa. One week it might be rice, and the following week it’s on to potatoes.

You guys get the idea.

Don’t think that you need to eat everything plain, I use seasonings and condiments right up to competition time. Do not be afraid of sodium, the body holds water from sodium fluctuations, not solely sodium count. For example: if I’m eating 1,000mg of salt a day, and then I randomly jump to 3,000mg one day, then I may hold a little more fluid. But if I were to stay at 3,000mg per day on a routine basis, then my body would level back out.

Do not develop a food phobia.

If using seasonings and condiments becomes the difference in hitting enough calories and nutrients vs. not enough, USE THEM. Remember, you do not need to be nit picky, ESPECIALLY WHEN YOU’RE NEW TO IT ALL!

10. Shoot for realistic goals.

Forget about what you ultimately want to look like and focus on making progress in small increments. You aren’t going to do everything at once and you’re going to find that, as you get further into developing your physique, you will constantly be taking 2 steps backwards to take another leap forward.

My goals in the beginning were basic things like getting my chest to stick out more, building broader shoulders, bigger legs, and bigger arms. Never once did I think of having 20” arms, a 30” waist, and 5% bodyfat.

You have to take smaller bites in the beginning or the process can seem overwhelming.
If you're moving forward then you're moving forward, and that is all you need to focus on. Nobody gets to the pinnacle of anything without taking proper steps and smaller steps in the process. Your body is no different and what you need to do is focus on yourself and not what everyone else is doing.

Be proud of your gains and remember to have fun with this.

There is no reward in building your body for anyone else besides yourself, and this is not a team sport. This is all about you, so don't worry what everyone else is doing. I've seen guys with the worst genetics for bodybuilding get over 200lbs naturally. With hard work and persistence your time will come, I promise.

**Over and out.**

**John Doe Bodybuilding**

**P.S.** I hope this helps some of you guys out. Be sure to check out my book *Becoming the Bull* to get real life, no bullshit knowledge on training, nutrition, and performance enhancement. I don’t pull any punches and I don’t sugar coat anything!
I wrote this article in 2015 when I lived in Saigon and didn't have a big selection of clothes to choose from. As of this update I'm in California and after doin' some California shoppin' I changed my style up. I suggest you read Iron & Tweed and Casual Style 101 to develop your own style.

Style, boys. Style is what makes or breaks you.

Style is what makes the girls smile and giggle when you walk in the room (or sometimes they just open their eyes and drop their mouths). Either is fine with me. From my website, to my wardrobe, to my house, to my electronic gadgets – everything must have style.

Classic style. I'm not trying to be a New York cosmopolitan spending all of my money on clothes. I want to look good. When you look good, you feel good. When you feel good, opportunities seem to present themselves.

So what's Uncle Vic's rule?
Always. Look. Good.

I don't leave my house in sweatpants and dirty t-shirts. I don't leave my house with dirty shoes on. I don't leave my house unkempt. I'm always on when other people see me. When you're alone, do whatever you want, but around people you need to be on.

First impressions, second impressions, and 37th impressions matter.
Always look good.

Some jokers are going to tell me you don't need to wear a suit and tie every day to look good. I would respond: no shit. You don't need to wear a suit unless the situation calls for it. You dress for the situation, you dress for the event and you dress for your climate.

I've previously said you should dress your best all the times. Well, two things...

1) You should dress your best at all times.
2) I only wear t-shirts and jeans.

“But wait, Vic? I thought you wore a suit and tie everyday? Did you lie...?”

I never wear a suit unless it's for business.

Even though I wear a t-shirt and jeans every day you should still dress your best at all times. It might make me a hypocrite but it doesn't make me wrong. See, you dress up in the finest threads until you don't need to dress in the finest threads anymore. I don't need to dress to impress anymore because I'm already there. I don't try to impress anyone, people try to impress me (but I still always look good). Not to mention it's really damn hot where I live. Too hot for a suit. Remember, you need to dress for the situation, the event and the climate. The climate where I currently live (Saigon) is hotter than hell.
So how do you dress well without going overboard?

That's an easy answer but it might be a tough pill to swallow. You can dress modestly but still be the most stylish guy in the room if you have a bold physique. I stand out because I have a physique. Clothes look good on me when they would look like slop on other men strictly because I have a physique.

Your physique is the basic element of your style.

Everything you wear should be based off on and built onto your physique. I dress modestly and I'm still the guy. The guy who walks in a room and everyone stares at. I've got the style with a smile, but even better I've got the physique to pull it off. If you're built like Adonis you don't need anything more than a form fitting t-shirt, nice fitting jeans, colorful sneakers and an expensive but understated watch and all of a sudden you're the guy who everyone looks at.

When I walk into a room people stare and girls start giggling and whispering to each other. Why? Classic style and good physique. I have a very modest and simple wardrobe but it's right for my physique and for my climate. I also like to keep it simple. I wear the same clothes every single day.

Currently, this is my entire wardrobe...

1. T-Shirts

I have about 35 t-shirts that I go through. Typically I wear two t-shirts every day. I wear one shirt in the morning, typically I will wear the same shirt to the gym, then I will shower and change shirts. I wear...

- BADWEAR t-shirts and 2016 UPDATE → BADWEAR offers blank t-shirts. These are the ONLY t-shirts I wear now. Very comfortable!
- Uniqlo t-shirts and tanks and a 2016 UPDATE → BADWEAR has much better blank t-shirts than my old uniqlo shirts. I buy single color t-shirts made by Uniqlo for about $7 apiece. I buy them in Bangkok, but if you did some digging you could probably find them online. I also like Calvin Klein tanks.
- Calvin Klein micro modal t-shirt. This is my favorite shirt because it's extremely comfortable. I like the fabric to be 10% lycra for extra comfort in hot climates. I buy from freshpair.com (they ship worldwide), you can also get this Calvin Klein shirt from Amazon.

Pictured: BADWEAR t-shirts size xl. I'm 6 ft even and roughly 200lbs.
Pictured: This is a Calvin Klein micro modal t-shirt size XL.

2. Jeans

I have 4 pairs of jeans that I go through but I only really like one pair.

- 2016 UPDATE → I only wear Diesel Jogger Jeans now. I used to wear Buffalo David Bitton jeans and they looked fantastic and they were the most comfortable jeans I've ever owned. Unfortunately they are made in China and both pairs I have owned developed a hole in the crotch within a few months of purchase.

Pictured: Mr. Lion tee.
Pictured: Buffalo David Bitton jeans, Uniqlo t-shirt, Superdry sneakers.
3. **Socks, Underwear & Shoes**

   a. **Underwear**

   I have about 20 pairs of the exact same brand, color and style of boxer briefs.

   b. **Socks**

   I have about 25 pairs of the same socks.

   - **Hanes classic black low cut socks** and a 2016 UPDATE → I still wear these socks. Very durable! I wear low cut or no show socks. Personally I hate seeing socks unless you're wearing slacks and dress shoes. With tennis shoes I don't want to see socks. I also don't wear white because white always appears dirty after a few uses. Black socks always look the same. You can get them from Amazon or even Wal-Mart.

4. **Shoes**

   I have 4 pairs of the same brand of shoes, each in a different color.

   - Onitsuka Tiger sneakers and a 2016 UPDATE → these shoes hurt my feet. I do not wear them anymore and don't recommend them.

5. **Gym style**

   At the gym I wear my regular t-shirts or I wear tank tops and I wear sweatpants from H&M.

   Pictured: These are Uniqlo shirts size XL (veins sold separately).
   Pictured: Square cut tank top.
   Pictured: SPARTAN STARS Raglan.

   a. **Gym Bag**

   I use a *sackpack* rather than a traditional gym bag. In my gym bag I keep: one extra t-shirt, one pair socks, one pair boxer briefs, one bar of nubian black soap, one stick of deodorant, baby wipes (only animals use toilet paper), one razor and one tube of aftershave.

   Pictured: Gym sackpack.

6. **Accessories**

   - I wear one mildly expensive black Vabene watch. The watch looks fantastic, it's understated and classic in style and the street thieves where I live don't understand it's value because it isn't gold. The right watch for you depends on your personal. Pick one that you like.

   - Clark Kent eye-glasses at night (I'm blind from writing all this time for you), Ray-Ban prescription sunglasses when outside.

   - A baseball cap that was given to me.

   Pictured on left: Raglan Henley 3/4 tee and a 2016 UPDATE → I only wear the B&D hat.
I keep a very modest wardrobe, but it's very effective in getting eyeballs on you... IF! You have the physique to go with it. And if you don't have the physique it doesn't really matter how you dress, you'll still look like shit. So fix the physique, then fix the wardrobe, then be the guy who gets all the eyes from all the girls from the whole world. Beyond the wardrobe you need to think about hair, skin, facial hair and teeth and all the other things that slobs don't worry about.

7. Hair

I keep two hairstyles. I’ll call them shaved and classic.

a. Classic hairstyle

I like a nice, clean style of hair. I’m often asked what the name of the haircut is, but I typically cut it myself so there is no name. I suppose you could call it the Victory haircut, but I just like it clean, simple, classic and stylish. To keep this hairstyle I use a light amount of American Crew pomade.

b. Shaved head

Typically I shave my head with a zero guard about 6 months out of the year. I do this for comfort and simplicity. To keep this clean look I need to shave my head one time per week on a zero guard (no guard). You can pick up some hair clippers from Amazon.

8. Skin-care

Personally I only use one soap, Nubian african black soap, for all my washing needs. You can buy Nubian African black soap from Amazon or iHerb.

I like nubian black soap this much.

9. Shaving

Baxter of California After Shave Balm is the best after shave I have ever used and I never get those nasty red bumps on my neck any more. I live in Thailand and I pay double to have this product shipped to me.

Taylor of Old Bond Street Jermyn Street Luxury Shaving Cream for Sensitive Skin is the best shaving cream I have ever used.

For extra skin care tips see: What I’ve Been Using to Look Younger That Actually Works

10. Teeth

I said style with a smile. Bad teeth, ugly teeth, is ugly style. I never liked my teeth so I got them fixed professionally. Now I have Hollywood teeth.

11. Electronics

I try and carry the least amount of stuff I possibly can.

iPhone, MacBook air, Synapse 25 bag, small MacBook air bag for the moto.

That’s it. That’s nearly everything I own.
Put it all together and what do you get? STUD.

P.S. For more tips about casual style be sure to check out Iron and Tweed. Start here: How Reinventing My Style Changed My Life and don’t forget to grab the great style book Casual Style 101.
I've been spending a lot of time in a mountain town in Vietnam called Dalat. Dalat was created in the late 19th century as a cool-air health resort city and is now famous for farming. I'm here enjoying the cool weather and looking at agricultural investment opportunities. In the surrounding mountains of Dalat are tribes of ethnic Vietnamese farmers. The farmers are very poor. So poor I can barely explain to Westerners how poor. So poor that they have never been inside of a restaurant. If they're able to purchase food, they purchase food that has been cooked on the side of the street and sold from a bicycle.

It was at a local gym I met one of these farmers. The gym smells like cat urine and is filled with weights you wouldn't find at the worst USA gym. I pay 75 cents per day to visit, and that's foreigner price, so I assume Vietnamese pay 25 cents per day. The ethnic Vietnamese boy was the fellow in the gym with the second best physique. I introduced myself to him with the international sign for “good physique” which is a thumbs-up. We exchanged names and pleasantries in broken English, and I asked him what supplements he takes (knowing full well that the supplements available for sale at the gym have an inch of dust on them).

He said: “No, nothing, I only eat a little rice. Nothing else.”

I said: “What about protein?”

He said: “No, nothing.”

I said: “How about chicken?”

He said: “No, only when I have a little money can I eat chicken. Every day I just eat a little rice and every day I must do some very hard work,” and with a big smile he said to me: “I am farmer.”

A lot of people would look at his physique, which is very, very good, and the first thing they would say is... “Wow, he has good genetics.” When it comes to muscle shape and muscle insertion, genetics can be a big help – but genetics don't drive you to the gym. Each time I've been to this gym at night I have seen the farmer boy working hard (I have never seen him in the daytime at the gym). It takes quite a bit of cognitive dissonance to say the farmer boy has a good physique because of good genetics knowing that he goes to the gym every day and lifts weights, he diets constantly and he does physical labor at elevation all day, every day. Mountain air has less oxygen, making it difficult to breathe until you acclimate. Endurance athletes will train at altitude to gain a cardiovascular advantage over their opponents. After you work hard at altitude, sea-level cardiovascular work seems easy.

**It takes wilful ignorance to discount his hard work and label it “good genetics”***.

His genetics give him an advantage of having a physique that “flows well”. But genetics never lifted weights for him, genetics never kept candy out of his mouth, and genetics didn't build his muscle – work did. The stone cold reality is that people with good physiques play sports or they go to the gym or they do some hard work. There isn’t anyone alive who has a good physique and does no physical activity – it takes work to achieve. Genetics mean shit if you don’t go to the gym. No one is gifted a good physique and no one is gifted an iron will.

**To get what you want you work for it and that’s it.**
Achieving the Gorilla Mindset

If you want a good physique, if you want money, if you want fame, if you want peace, if you want anything..... You work for it. Even if you were born with shit. Even if you were born in hell. Even if you thought it wasn’t possible. I have a friend named Mike Cernovich. Mike and I have a lot in common. We both lived in hell, for example, and escaped to the light.

Mike stayed at Pride Castle for half a year. It was there he finished his book Gorilla Mindset (which could have been titled This is how you change your life, step by step). Below is an excerpt from Gorilla Mindset by Mike Cernovich.

'I grew up as a child on welfare. I had holes in my clothes. My parents were well-meaning and good people, but they had no concept of how to make or save money. They made mistakes and did the best they could, which is all you can expect from anyone.

Not only was I usually the poorest kid in school, I was also the fattest. I was “naturally” chubby and was picked on, ridiculed, and beaten up. I was afraid to walk home from school, as more often than not people would follow me. I’d be called names and beaten up.

My dad told me to start taking martial arts, and he even started taking classes with me. I was not naturally athletic. I was clumsy and out of shape, and couldn’t even do a single push-up. I hated martial arts classes and would have quit had my dad not been there taking classes with me. I went through the motions, but I had no natural talent or belief in myself.

One day a bully beat me up badly. It was humiliating. My sister had to pull my attacker off of me. I felt demoralized and powerless. We had a mattress in our garage. I went to the garage, laid down, and cried myself to sleep. When my dad came home from work, he opened the garage door, looked down at me with part pity and part contempt, and asked me one question that changed my life.

"When are you going to get serious?"

Those words, coupled with the expression on his face, were a wake-up call for me. I made the decision right then and there: I would get serious. Very serious. I would train until my body was exhausted and would hit the heavy bag until my knuckles bled. When I read in a martial arts magazine that Thai fighters do 10 rounds on the heavy bag, I decided to do the same. When I learned that Thai boxers would roll up magazines and hit their shins and legs to toughen themselves up, I did that as well.

I learned that when you consciously put in work, you will make progress. You might have terrible genetics, you might not have potential to be in the Olympics or win a UFC title, but you will improve. I earned my black belt in Tae Kwon Do, boxed, and began beating up the bullies who had bullied me. I had a hair-trigger, and would even look for reasons to fight.

But I was never happy, and my social skills were poor. I was awkward and weird. My mindset was based on vengeance rather than on exploration, connecting with people, or being happy. At one point I was invited to attend a school “lock-in” at the YMCA with a bunch of other classmates. I was so wrapped up in “fight mode” that I put on Tiger Balm to keep my joints warm, lest someone decided to start a fight with me.

I also didn’t perform well in school, with every teacher having the same line for my parents at PTA meetings: “Michael is so smart. He does not live up to his potential.” It wasn’t that I enjoyed getting into trouble, but I grew up in a poor neighborhood. Where I came from, getting good grades and doing homework wasn’t the norm. I’d get into fights, steal sandwiches from the local grocery store, and shoot out car windows with a BB gun (which was also stolen). When one of my acts of vandalism made the local newspaper, I clipped out the picture with pride.

To change my life, I had to change my own mindset.'
That poor white trash boy grew up and became a rich lawyer with powerful associates and attractive friends. Was he born rich and successful? Obviously he wasn't, you just read about his childhood. So if poor, white trash from Jerkwater, Illinois can do it, why can't anyone else?

**Changing your life is as easy as changing your mind and deciding to live the life you need to live.**

Step by step instructions now exist – so there are no excuses for living poor, or living fat, or living dead behind the eyes. There's no excuse for living in hell, when all it takes is the decision to see the light. If you want to change it, then you decide to change it, and you work every single day in every single way to get what you require.

*If you don't live the way you dream, it's because you didn't work for it.*

*And that's the world's easiest fix.... Just start right now.*

Until next time.

**Your man,**

Victor Pride

**P.S. Gorilla Mindset is available for sale on Amazon.** Do yourself a favor and buy it, read it, follow the worksheets, and for heaven's sake – take it seriously.
July – 2015

13.7.2015 – 33 Ways to Be the Greatest

**Today is my 33rd birthday.**

In my 33 years on earth I have created the greatest blog in existence, I'm the best blog artist who ever lived, and I'm in the top 1% of net worth. I know what it takes to be great and I'm going to tell you. But first... Some of you won't be able to make it to the end of the article before you want to leave a comment and tell me what a bad guy I am.

But you'll be telling me from your shitty jobs and I'll be at home in my pajamas, counting my money and getting my feet massaged. So all you little office slobs in your little office jobs can tell me what a virtue humility is, but your words will fall on deaf ears. Preaching humility when you're broke is what Jealous Johnnies do. Preaching humility to your betters is the same thing as crying crybaby tears. We know you're jealous, we can smell it a mile away, we can taste those tears and they're sweeter than honey.

**But those honey tears aren't as good as money, nerd, so listen up, shut up, close your mouth, open your eyes, open your ears and learn from the man...**

### WHAT IT TAKES TO BE GREAT

1. **Obsession is key to success.**

Someone asked me if modafinil gave me an edge over my competition. I said: ‘I don’t have any competition. Artists don’t compete with anyone and nobody on earth can write like me and yes.’ Modafinil helps you focus on obsession; obsession gives you an edge over the competition. You don’t become the best without being obsessed! Obsession is what separates the best from the rest. The best are obsessed with their craft. If you ain't obsessed you ain't the best.

2. **Strive to be the best.**

To be the best you have to have a crazy, obsessive need to be the best. You don't accidentally become the best. You don't become the best because of bullshit like “genetics”. You become the best because you stay awake all night in bed fucking dreaming and plotting about being the best.

Sleep is for normal people, the best don't sleep, they're wide awake in bed making plans for the future. When normals stay awake, they stay in bed lamenting about the past: “I should have done this, I should have done that, I miss Becky so much boo-hoo.”

**The best stay awake planning the future.**

If you can dream it you can achieve it and if you don’t believe that then you ain't the best at anything.

3. **The best do more than the rest.**

You have to be a work-horse to be the best. You have to work.

**Work, work, work, work, work, work, and work some more.**

Get used to working!
The funny thing is that working isn't even hard, but morons would rather waste time at some job, then play video games or drink beer. You know how many off-days I've had in the past five years? Zero. I've never taken an off day since starting the greatest website on the face of the earth and I have made more money that most people make in their entire lives... multiple times over.

If you want more success than everyone else then all you ever have to do is more than anyone else.

4. Be ahead of your time.

You have to be ahead of the game to be the best. The best are always cutting edge. I'm a success because I'm ahead of the game. A lot of my articles didn't start making money until years after they were published.

The public finally caught up with me years later and that's exactly where you want to be – the future.

You get kids trying to do what I've done but they're copying articles I wrote four years ago. You dipshits need a time machine so you can copy what I write in the future. There is no competition if you're ahead of the game. If you're ahead of the game competition simply cannot exist.

The money comes to the first or to the best, so be one of them.

5. There is no competition.

Competition only exists if you aren't the best.

You're either ahead of the game and leading the pack or you're playing catch up and competing for scraps with all the other retards who didn't envision the future. Like the kids who copy my old, old articles and think they're going to make a living. Wrong.

Recipe to be cutting edge: ‘Be you, be new, be true.’ That recipe works like a magnet for success.

6. There are no days off.

Days off are for people who aren't the best. Business and life balance is for second placers. There is no business and life balance if you're the best. There is business and business is life and that's it. Business doesn't sleep. It's a 24/7 365 days per year operation.

When you're relaxing you're losing money.

Relaxing is a stupid thing to do because relaxing isn't even relaxing. I've been to the beach a million times, it's never relaxing the way you picture it because you're always thinking about business. You can only relax if you have no obligations and no responsibility. When you have money on the line you don't have time to sit on the beach like an asshole.

7. Friends and family come second to business.

Question: ‘How do you find the time as an entrepreneur to build your business and also spend time with friends/family/hobbies?’

Answer: ‘You get a 9-5 job and give up like all of the other give-up artists.’
It takes every single damn ounce of your energy to build a successful business. If you’re asking how to balance work and life you’re just wasting everyone’s time. A successful business was built with 100% of someone’s focus, idiot.

**Dance recital for your daughter? Wedding for your cousin? Birthday party for niece and nephew?**  
Have fun kids, I’m busy making stacks of cash.

8. **Hobbies are for children.**

People who “focus on hobbies” are losers. Hobbies are for children, when you grow up up your only hobby should be business. If it doesn't make money it shouldn't be pursued. You can have hobbies when you’re too old and senile for business. All hobbies should be turned into businesses. If you have some dumb hobby like watching MMA fights you should turn it into a business, like I did.

9. **Give up everything.**

You give up everything to be number 1. But giving up everything ain't no fucking sacrifice, it's a bonus. You give up a life of the mundane for a life of excellence, boo-hoo. You get these celebrity liars talking about “sacrifice”. There is no sacrifice to be the best.

You give up all to get it all – it's a pretty damn good deal.

The real sacrifice is having some fat wife who watches Retard T.V. all day with fat kids who hate you for wasting your life at an auto-insurance office all day. You could have given your family more, you could have given them everything, but instead you’re a give-up artist and you gave up success for a 9-5 slob job.

Sacrifice? Don't make me laugh. Slobs with jobs are the people who make sacrifices.

Pictured: Victor Pride training in Spartan t-shirt

10. **A 9 to 5 job is the quitter’s way out.**

There's a reason they call 5PM “quittin’ time” because every day at 5PM the 9-5 jobbers quit. “Oh, it's 5PM. Now I won't do anything else again until tomorrow.” Business never sleeps, money never sleeps, serious men never quit – but 9-5’ers quit every day of their lives.

Quitting to them is as normal as punching a time clock.

Not to mention... with a 9-5 job you will only ever scrape by. You will never get rich, you will never have enough money to make a difference in the world, you will never not worry about bills, you will never have enough money in a catastrophic emergency, and your stupid family will start to despise you. You can only make a difference in the world if you have money, connections, balls and bulletproof resolve.

9-5 jobs are for slobs, give-up artists who don't want to do anything but beg, beg, beg.
11. Winners focus on winning, losers focus on winners

I get so many pitiful losers come to the website for winners and leave comments about how they can't succeed, about how white people oppress them, about boo-hoo and blahblah. No one oppresses you, you fucking losers; you’re just too stupid and lazy to put in the work. Anyone who has a minimum IQ of 100 (which is very low) can succeed with undivided obsession. When you cry about oppression you put all of your energy into that (loser) and none of your energy into success.

**So if you don’t find success, fuck you crybaby, you don’t deserve it and that’s that.**

12. Business is ruthless

You have to learn to be the leader, the general. People must do what you say and they need to fear you a little bit. Business is war. If you don't have the heart to kill then get the fuck out and go work an office job. Good businessmen must be martial artists.

* Martial equals war.
* Business IS war.

**Successful businessmen are martial artists.**

Learn how to give orders and expect them to be followed.

To learn how to lead read *No BS Ruthless Management of People and Profits* by Dan Kennedy.

13. Be selfish.

Everyone is selfish. You’re either overtly selfish or covertly selfish. Overtly selfish people come right out and say what they want. Covertly selfish people beat around the bush, waste other people's time and try to get other people to do without saying what they want. Covertly selfish people are cowardly people. People who pretend to not be selfish are losers. What they do is pretend to be nice or whatever in the hopes that other people will give them what they want.

Say exactly what you want and stop wasting people’s time.

Read *Me, Inc.* by Gene Simmons for more about how to be selfish in business and life.

14. Time is money.

When you waste time you steal money from people. You need to be able to say exactly what you want/need within 30 seconds. Time is money, when you waste my time you are stealing money from me.

15. Experience trumps data.

Customers don't know what they want until they get it. Your moron customers can’t tell you what they want because they don’t know. Your customers aren't “ahead of their time”, you are. You can’t rely on surveys and data from them; you can only rely on your sense of the future. You think 10 years ago people would have said “I want an iPhone” out of the blue? Don’t make me laugh.

Leaders don't need approval from customers.
Leaders create the demand from customers who don’t know what they want until they see it.
16. The need for respect is for pussies.

“P-P-P-PLEASE RESPECT ME!”

Respect is approval. Approval is for dogs. Respect is like money and girls, when you chase it it runs from you. When you don't chase it, it chases you. Don't chase respect and people will respect you, chase respect and people will despise you. It's fine and dandy to be respected. The need for respect shows that you are a pussy and you don't respect yourself. I don't give a good goddamn if anyone on earth respects me.

“Respect is what the little ghetto kids talk about before they steal your coat and your shoes.” – Chael Sonnen

Respect is earned, it isn't begged for, so stop begging for it.

17. Only a sissy is afraid to show anger.

You get these people talking about anger and hate like they're bad things. Anger and hate are fuel. Only a little sissy bitch is afraid to show anger. Could be they're afraid they'll get their little sissy mouths slapped if they show anger. If you're angry, you can show it. When a bear is angry, you think it cowers like a little sissy? No. It shows anger, and then all the other little animals tuck their tails between their legs.

That's the power of anger.

18. Exercise is the best way to relax and the best medication.

You need to hit the gym everyday for a bunch of reasons:

a. You feel better after a workout.
b. So you stay in shape.c. So you stay physically strong.d. So you sweat out toxins.e. Because you have self-respect.

19. Physical shape is the easiest indicator of mental shape.

Your outsides are an indication of your insides. If you're a fat slob on the outside it's clear that you're also a mental slob. If you're a fat-slob you may as well never leave your house. Fat people are ultimate losers and they're painfully stupid. It isn't possible to carry around so much fat AND be successful. It is also impossible to be obese and smart. Obese people are morons 100% of the time.

What you need to do is simply cut out the processed carbs and you'll stop being a fatass. It's that damn simple. Also, go to the goddamn gym. Anyone who is anyone makes gym time a priority. Four times per week minimum for the real dealers.

Pictured: Victor Pride hard at work in the old war room.

20. Performance enhancing is a good thing.

All high-performers use performance enhancing substances. Go cry to your mommy about ethics and respect and morals. Only a fool hears the words “performance enhancing” and thinks it's a bad thing. The same fool who likes to drink fatass beer or smoke a doobie and “just chill out, man”.

625
Winners do what it takes.

Athletes take steroids and businessmen take cognitive enhancers. Business performance enhancers, or cognitive enhancers, include kratom, modafinil, ritalin and adderall and, if we’re being honest, cocaine and methamphetamine.

I am not recommending narcotics, you fucking retards, I’m telling you about reality!

21. Mindset is the difference between winning and losing.

Get your mind right and everything else will follow. It’s all a damn mindset. You can literally decide to succeed and you will. You can decide to complain about not getting success and you will not get success. Anyone who complains about not getting success is a fucking moron.

How do you change your mindset?

Self talk is where it starts. All you have to do is change the words you use.

That’s literally all you have to do: change your words, change your life.

Read Gorilla Mindset by Mike Cernovich to learn how to self-talk for success.

22. Life isn’t hard.

I hear this shit all the time: “Life is so hard.” Life isn’t hard unless you're a fool. Life is as easy as you want it to be or as hard as you let it be. When you say: “Life is hard,” it becomes true. When you say: “Life is easy,” it becomes true. Let me tell you, life is so easy it's almost a joke. When I hear people say “life is so hard” I think to myself that person must have an IQ of about 12 and they're crybabies.

Read How to Stop Worrying and Start Living by Dale Carnegie to learn how to stop worrying and start living.

23. Live in the right city.

There’s a reason people live in Wichita Falls and a reason people live in New York City. Your city makes a big difference in quality of life. I, being what goofs call a “location independent entrepreneur”, move around the world a lot. I always stay in big cities but I recently spent time in a small city (200k population). My god, what an eye-opener.

If you want success, never live in a small-town.

The people in this small town I can only describe as “retards” and you become like those you spend time with. Thankfully I never leave my house unless it’s to go to the gym, the supermarket, or the sushi restaurant. Unfortunately, I do get some of their retardation on me during my commute and I could only imagine how awful it would be to live in a small retard town permanently.

If you're in a small town get out now – unless your business is tied to the town.

24. Don’t waste your time dating.

Dating is an ultimate waste of time. Only a moron would waste time taking some girl out to dinner and a movie when you could be achieving maximum success. What? You want a girlfriend? Great. Dating isn't the best way to do it.

Like Mick said: “Women weaken legs!”
25. Live spartan now so you can live in comfort later.

Spurn comfort so you know how great comfort is. You get these morons who say: “Money doesn’t buy happiness.” I say to them: “Shut up, you fucking moron!” Money buys happiness, if you don’t think so give all of yours away. Only when you’re comfortable can you spurn comfort. Do without everything for five years like I did, and you realize pretty damn quick how important money is.

26. No one owes you a fucking thing.

Read it again. No one owes you a fucking thing you entitled crybabies. If you want it you have to go and take it. If you can’t go and take it you’re a fucking crybaby coward and you don’t deserve it. Now you can whine some more about no one “giving you opportunities”. If you let people tell you “you can’t do it” then you don’t deserve it. No one is going to “give” you opportunity and you’re a goddamn idiot if you think that’s how success is achieved.

You see an opportunity and you take it. Losers wait to be given, winners take.

27. It doesn’t matter what other people say or think.

All you ever have to be is sure in your approach. It doesn’t matter at all if no one else believes in you at first as long as you believe. They'll jump on board AFTER you achieve. No one will be on board before you achieve and they shouldn’t be and you shouldn't need that. There is no such thing as an accomplished critic and if those morons had a good opinion they would be highly successful, wouldn't they.

28. Revenue is an absolute necessity (but isn't used to buy toys).

No revenue equals no business. Without revenue all you have is a hobby, and we know hobbies are for children. You need systems in place to collect money. But the damn thing about money is that when you chase it, it runs away. Instead, you need to attract money. Money is a game to businessmen. Money is just the way we gauge how business is going. When you get money you need to use it for the right things.

When we make tons of money we don’t think: “Wow, now I can buy this and that and this and that!” If you asked a normal person what they’d do with 100,000$ they would say something like: “Buy a sports car, down payment on a house, vacation etc.” Ask a businessman and they'd say: “I'd do the same thing I do with all of my other money, find a way for it to make me more money.”

29. Never apologize, turn controversy into cash.

When the large (in all ways) feminist site Jezebel wrote an article about the King, a lot of people were worried I would take my website down. Don't make me laugh. That avalanche of traffic sent me to the next level. I welcome all styles of trash people to write about me, as long as they have a large audience.

Because waves of traffic turns into oceans of money.

If ten thousand people come to your site in anger, one thousand of them can be turned into customers. No such thing as bad publicity and traffic is traffic.

Stand your ground, never apologize, cash those checks, laugh in their faces.
30. Deadlines produce results.

Pressure creates diamonds and deadlines produce results.

When you don’t have a deadline you can spend a million years working on your project. When you have a set deadline you must finish your project. You have no excuse to wait and not work. When you have a deadline you’re under the gun and you have to get it done. When you have a deadline you have to get that product out, if it takes a week of working 20 hours a day that’s what you do.

Create deadlines for your projects if you ever want them to be finished.

31. Read these books.

These are my personal favorite books.

a. Think and Grow Rich by Napoleon Hill – this book completely changed my life and taught me one very important trait you need to be successful – thinking positively.

b. Arnold: The Education of a Bodybuilder by Arnold Schwarzenegger – this is the most motivational book I have ever read in my entire life.

c. The Millionaire Fastlane: Crack the Code to Wealth and Live Rich for a Lifetime by MJ DeMarco – this is the best business book ever written and is a must read for any entrepreneur or aspiring entrepreneur.

d. The 4-Hour Work Week: Escape the 9-5, Live Anywhere and Join the New Rich by Tim Ferris – this book literally changed my life. I thought I was tied to the USA forever; I finished reading this book and immediately bought a plane ticket to Thailand. I haven’t looked back since reading this book.

e. How to Get Rich: One of the World’s Greatest Entrepreneurs Shares His Secrets, by Felix Dennis.

f. The Laws of the Ring by Urijah Faber – this book is completely overlooked but if you want to build a business around YOU, INC. then this book is a must read.

g. Gorilla Mindset – by Mike Cernovich. The ultimate book about changing your mindset to change your life.

h. How to Stop Worrying and Start Living – by Dale Carnegie. This is the best book ever written for learning how to “let go” of negativity and live life.

32. Follow these websites.

Most websites are trash. These aren’t.

| John Doe Bodybuilding | Iron and Tweed | Danger and Play | Good Looking Loser |

33. Have some goddamn self-discipline.

I have talked over and over and over and over and over and over about self-discipline. You know what self-discipline really is? It’s being focused on something you want to do and ignoring everything else. It’s a really damn simple formula. Work hard on what you want to work hard on and to hell with everything else.

Until next time. Your man,

Victor Pride

P.S. If you’re new, if you’re you, if you’re true then you need to start your own website. The world needs more killer content.
New World Ronin by Victor Pride is now available for sale. Check out New World Ronin here.

SPECIAL ANNOUNCEMENT FROM VICTOR PRIDE, INC.
NEW WORLD RONIN.

Business is war, ain't it?
HA, HA, HA, HA!
Abstract Wealth Creation Through Impractical Creativity

This piece is intended as an audio piece rather than an article. It has been narrated by Victor Pride.

Press the link to listen while you read.

So you want to do something out of the ordinary, make a big mark and an even bigger bank? Great. You'll need to be creative, obviously, but even more than that... You need to be impractical. Let me explain a little bit about what I mean.

I'm a professional writer (in a way). I make a living from writing words... but I failed high school english class. How practical is that? How the heck did I do such a thing with all the “chips stacked against me”? Well, the chips never were stacked against me. That's just an excuse that losers use. I always knew I was going to be a writer. Not thought, not figured, not dreamt, I knew I would be a writer. I was 11 years old when I read Interview with the Vampire and I thought: “Yeah, of course I'm going to be a writer. Any idiot could do this.”

What about you? You don’t just want to be creative do you? You also want to be a writer?

My advice would be to forget about being a writer. Writers are a bunch of broke snobs. I'm not a real writer. I don't tell my people my job is writer. I don't feel like a writer. I don't wake up and bang out 10,000 words before lunch. I don't write every single day, hell, I don't even write every single week. That's because I'm not confined to being a writer because I don't label myself that way. If you want a life as a creative you may want to give thought to not labeling yourself as well.

And if you must label yourself...
How about you label yourself life-changer?

Writing isn't my life purpose. I don't get any kicks out of writing. My purpose has always been to motivate. Words are how I accomplish my task. I want you to get the best from your life. I don't give a fuck if I win a writing award and I don't read any of the “important” writers of the day.

My job is a motivator.

My job isn’t to give do-nothing dipshits a 10-step plan to wealth. You know why? Because those plans don't exist. A few criticize me for not giving practical advice. If those same were people given all the best practical advice in the world they would still be losers because success comes from CREATIVITY. Success does not from a 1, 2, 3 formula. It’s so obvious I feel like a moron having to explain it.

Formulas don’t work because they rely on rules.
Rules limit you.
In real life business there are no rules.

To do something original, to be something original, you have to take an impractical leap of faith. If success were a series of practical steps then every jerk in the world would be rich, have a blonde on each arm, a Ferrari in the garage and a pet Tiger. That’s why the dorks who need step-by-step plans never get anywhere. They can only be consumers of self-help material but they could never be creators.
Why can’t they do it?

Because success is ABSTRACT, it isn’t practical. If you can only think practically and not abstractly, then you cannot envision massive success. So fuck your stupid practicality. Your practicality is what got you your job at the auto-insurance office making 55k a year with a one week vacation.

“The 10 step guide to being original!”

Ha. Don’t make me laugh. IMPRACTICALITY is what brings you your dog-gone success.

<table>
<thead>
<tr>
<th>What you need is an impractical guide with no steps other than…</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Think it.</td>
</tr>
<tr>
<td>2. Dream it.</td>
</tr>
<tr>
<td>3. Wish it.</td>
</tr>
<tr>
<td>4. And then... Goddamn act on it.</td>
</tr>
</tbody>
</table>

It’s so simple that even smart people cannot figure it out. Massive success is impractical. You want practical tips? Read a manual about how to change the oil in a Toyota then become a car mechanic.

You want more from life? BE IMPRACTICAL.

Think bigger than big, larger than large, and crazier than crazy. I failed English class in high school. Now I make a good living as a writer. How practical is that? I couldn’t have planned this step-by-step because success is abstract. If you’re a practical person you’re not going to get it. So sorry, but it’s practically impossible.

Look around you...

Your friendly friends and neighbors are all practical people with practical mortgages and practical auto loans and practical jobs and they’re practically drowning as they try to scrape by. There are some things that need to be said but I don't like to say them – because they're so damn obvious.

The smart readers will be able to take the abstract and turn it into gold.

The others, well... “Thanks for preparing my insurance premium. Have a nice day!”

Until next time.

Your man,

Victor Pride
There was a baseball team called the Bad News Bears. They were a ragtag group of misfits who couldn't play ball to save their lives. The whole world was against them and it showed in the way they played. But through diligence, hard-work, and effective coaching, the tide turned for them. They rallied together, listened to their coach and became the best damn ball team ever.

I think, I've never actually seen the movie.

But I get these non-stop emails from a ragtag group of misfits who always say the same things to me... “I can't succeed because of XYZ. The world is against me because of XYZ...”

I call these emails bad news blues.

They love hearing themselves complain like an old, broken down blues singer likes to hear himself sing. The bad news blues, always with: “Why, why, why can’t I...” instead of: “Here's how will I.” These bad news blues singers tend to come from America or Australia. I would understand a little better if they were from, say, Greece, because it's very hard to succeed in Greece.

On the other hand, it's very easy to succeed in America because America is the land of opportunity.

I was able to make 6 figures a year in America with no business experience, no schooling, and no contacts – just will, desire, and grit. Immigrants come from living 10 deep in one bedroom apartments and make their wealth in America. Kids born here don't know what they got ('til it's gone) so they send me bad news blues by email.

If I could sit these bad news blues kids down and speak to their hearts and minds I would say, very gently...

Listen you fucking dipshits, you’re never going to get anywhere complaining like a little sissy bitch. When you act like a little bitch of course the world is against you. The whole damn world hates sissy complainers. When you act like a man the world couldn’t be more with you. You have all the opportunities that ever existed in the entire world and you don’t even know it. You’ve been too busy complaining, playing video games, and masturbating to cuckold p*rn to open your little sissy bitch eyes.

So here's what you're going to do...

You're going to make some money. Work at Starbucks, work at McDonalds, borrow some money from mommy and get the money wherever you can get the money.

You're going to get a passport, you're going to buy an airplane ticket, and you're going to sit your faggot ass on an airplane bound for Vietnam, The Philippines, Colombia, or Brazil.

You will go anywhere 3rd world, and when you get there you're going to hang out in the poor areas.

You're going to see how people with nothing live.

You're going to witness how fortunate you are to have been born anywhere that isn't there.

You're going to witness how much opportunity you bad news blues'd away.
After you make this trip you will realize that you have never been oppressed. You have simply been a spoiled crybaby. Then, when or if you come back, you’re going to follow Coach Victor’s 8 step formula to stop being a baby...

**Coach Victor’s 8 Step Formula to Stop Being a Baby**

1. **Stop complaining.**

Crying is for babies so don’t cry about anything ever again. If something is wrong you simply make a change and move forward. Each and every complaint deserves a slap in the face. Every time one of these little sissy, spoiled brats complains to me I would just as soon slap them in the face as look at them. Since these little sissy brats are on the internet I'm going to slap them in the face with words.

2. **Language matters.**

What you say is what becomes your reality, so choose your words wisely. The mind is more powerful than anything and what you see in yourself is what you become. “Why I can’t,” is replaced with: “Here’s what I will do.”

3. **Work backwards.**

Everyone knows exactly what they want. Come to me in person and say:“I just don’t know what I want, I can’t succeed because of XYZ.” and I will slap your stupid face for you, free of charge. Everyone on earth knows exactly what they want: money, power, women, freedom. So now that you know what you want you simply work backwards.

4. **Be consistent, don’t stop.**

Success don't happen overnight. It's the result of days, months, and years of consistency. My good pal Mike Cernovich and I were at my dinner table one night and he asked me: “When did B&D start paying you real money?” Real money, fuck-you money, Pat Flynn money came at 4 years in. Cernovich has been writing online for over a decade. This year he had a smash, overnight success with his book *Gorilla Mindset.* So you dumb-dumbs who ask: “How can I make money now,” can get a job at Starbucks. Real money don't happen real fast.

   **It takes years so just accept the fact that it takes years and go forward.**

5. **Follow 30 Days of Discipline.**

There is no better program on earth for turning sissy bitches into men of action. Do I have to keep screaming about the power of discipline? Just follow the damn thing and thank me later.

6. **Pay it forward.**

After you've made your mark you're going to hear bad news blues all the time. Complainers are going to seek you out so they can tell you how hard it is for them to succeed. Refrain from slapping them in the face and point them to this article instead.
7. **Never argue or debate with idiots.**

   *It makes you look dumb trying to change the mind of someone who is crazy.*

<table>
<thead>
<tr>
<th>People will tell you all the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>You can't succeed because of racism.</td>
</tr>
<tr>
<td>You can't succeed because of sexism.</td>
</tr>
<tr>
<td>You're too racist to succeed.</td>
</tr>
<tr>
<td>You're too sexist too succeed.</td>
</tr>
<tr>
<td>You're too black.</td>
</tr>
<tr>
<td>You're too white.</td>
</tr>
<tr>
<td>Excuse after excuse after excuse...</td>
</tr>
</tbody>
</table>

Tune these people out of your life. Turn off the television, turn off the network news, turn off social media, and focus on *You, Inc.* Don't tune back in until you've made your mark.

8. **Have a nice day.**

Because the world is great and everything is great. If it isn't for you, it's because you don't deserve it and that's that, just don't bring your bad news blues here.

**Until next time.**

**Your man,**

*Victor Pride*
**November – 2015**

**10.11.2015 – Why You Should Have a 3C Morning Routine (Coffee, Cardio and Cold Shower)**

Morning makes or breaks the rest of the day.

A good morning makes it a good day.
A bad morning makes it a bad day.

So always start your day in the right way.

How do you have a great morning?

A great morning starts the night before.

You have to wake up at a reasonable time to have a great morning. You cannot wake up at 1 P.M. and have a great morning, because morning is already over by then. One should get to bed at a reasonable time if one expects to wake up and kick butt. I’d like to be able to say I go to bed at 9 P.M. every night and that I’m not dicking around on the internet like everyone else, but that would be a lie.

**However, I do two things to make sure I get the best sleep I can...**

1. I don't take my laptop into the bedroom.
2. I sleep in the darkest room possible.

Sleeping in the dark can be a dual edged sword. The lighter it is in the morning, the earlier you will wake up. The darker it is in the morning, the later you will wake up. I find it impossible to sleep past 7 A.M. in a light room. In a dark room I can sleep much later. I can remember staying in a pitch black villa in Bali and not waking up until 12 P.M., the latest I have slept in in at least 8 years.

I try to get the best of both worlds. I try to sleep in as dark a room as possible and wake up at a reasonable time. I could just wake up early every day and take a nap in the afternoon, but I do not like taking a nap during the day. A nap feels like defeat, so I try to get adequate sleep. I simply try to go to bed at an adequate time to get enough sleep to not require a nap.

I typically get to bed anywhere between 10 P.M. – 12 A.M. and I find this time satisfactory for waking up before 8 A.M.

<table>
<thead>
<tr>
<th>When to go to sleep and when to wake up</th>
</tr>
</thead>
<tbody>
<tr>
<td>To wake up at 7 A.M. I'd get to bed no later than 11 P.M.</td>
</tr>
<tr>
<td>To wake up at 6 A.M. I'd get to bed no later than 10 P.M.</td>
</tr>
<tr>
<td>To wake up at 5 A.M. I'd get to bed no later than 9 P.M.</td>
</tr>
</tbody>
</table>

Figure out your needs and adjust accordingly. Left to my own devices with no time schedule, nowhere I need to be in the morning, and no partying at night – I end up going to bed between 10 P.M. – 12 A.M.

I always wake up the same – tired!
Now this is just my experience, you may wake up as refreshed as a daisy and I'd be happy for you. I personally have sleep apnea and wake up repeatedly throughout the night. I haven't had a full night's, refreshing sleep in 15 years. Boo-hoo for me, but I wake up and kick ass in spite of not sleeping, not because I sleep well.

And my 3C morning routine plays a big part in it.

1. **The First C – Coffee.**

   The first thing I do when I wake up, after I visit the restroom, is brew my coffee. I always, always, always do this. The only time I don't have coffee is if I'm catching an early morning airplane or I'm in some crazy hotel that doesn't have coffee. Making and drinking coffee is a great morning ritual. I enjoy the routine, the taste and the smell of morning coffee.

   Coffee for me is more than a “waker-upper”, because it does much more. Coffee has been my most abused tool for productivity. Each and every great article I have written has been with the help of a lot of coffee. I have tried and would try every productivity tool or drug in the world to make me better, and the best has always been coffee. Each morning when I wake up, I brew my RED Coffee.

   **Start with an idea and add coffee.**

   A lot has been made of the supposed ill effects of coffee, but I tend not to believe the coffee hate and there are many reasons why coffee is healthy.

<table>
<thead>
<tr>
<th>Benefits of drinking coffee include...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caffeine blocks an inhibitory neurotransmitter called adenosine in the brain, which leads to a stimulant effect. This improves energy levels, mood and various aspects of brain function.</td>
</tr>
<tr>
<td>Drinking coffee enhances mental performance.</td>
</tr>
<tr>
<td>Drinking coffee enhances physical performance.</td>
</tr>
<tr>
<td>Coffee has shown to have a positive effect on depression.</td>
</tr>
<tr>
<td>There is clear evidence that caffeine is very beneficial on attention span.</td>
</tr>
<tr>
<td>Coffee has shown positive effects on long term memory.</td>
</tr>
<tr>
<td>Coffee has shown positive effect for assisting with weight loss – increased metabolic rate, energy expenditure, lipid oxidation, and lipolytic and thermogenic activities.</td>
</tr>
<tr>
<td>Several studies show that coffee drinkers live longer and have a lower risk of premature death – coffee drinkers get less diseases.</td>
</tr>
<tr>
<td>Many of the compounds contained in coffee help fight cancer – these compounds are known as polyphenols, lignan phytoestrogens, and flavonoids.</td>
</tr>
</tbody>
</table>

Long story short? Drink your morning coffee.

2. **The Second C – Cardio.**

   The next thing I do, after I drink one mug of coffee, is think of reasons why I should skip my morning cardio. I've never been a big believer in cardio for weight loss, so I never did regular cardio. Big mistake. Cardio doesn't do much for weight loss, but it has many other benefits that I was ignoring.

   **Cardio makes you feel, in a word: “Ahhh...”**

   You've probably heard of “Runner's High”, well, you don’t quite get that from morning cardio but you do get a similar, peaceful feeling we'll call “Runner's High Lite”.

636
<table>
<thead>
<tr>
<th>Reasons You Should Do Cardio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardio reduces stress and gives a great sense of well being and “zen”.</td>
</tr>
<tr>
<td>Cardio relieves depression and anxiety.</td>
</tr>
<tr>
<td>Cardio can increase mental clarity (especially when used with coffee).</td>
</tr>
<tr>
<td>Cardio can help to relieve soreness in muscles.</td>
</tr>
<tr>
<td>Cardio increases your endurance (she'll thank you).</td>
</tr>
<tr>
<td>Cardio improves heart health.</td>
</tr>
<tr>
<td>Cardio increases metabolism (I have never been a big eater but doing regular cardio makes me very hungry).</td>
</tr>
<tr>
<td>Cardio gives you more energy for the day.</td>
</tr>
<tr>
<td>Cardio can help you sleep better .</td>
</tr>
</tbody>
</table>

So when I wake up, I know I'm going to do some morning cardio so I can start the day in a feel good way. And each morning is the same... On the one hand I know that I always feel great after hitting 30 minutes of morning cardio, but on the other other hand: “I'm tired right now and don't feel like doing it.”

After going back and forth in my head I simply get dressed and make myself go to the gym. And I'm always glad I did because I always feel alive after I do. I love to get that morning sweat out of the body, I love to get the blood pumping, I love to get the lungs burning – I love to wake up.

What type of cardio should you do?

I personally use the exercise bicycle or the elliptical treadmill. I don't run because I'm not built for running. I have the flattest feet in the entire world, my feet are enormous like a clown's feet, I have tiny calves, one leg is shorter than the other, and I have a big upper body. Running actually makes me hurt, so I just don't do it. Bicycling is great and I endorse cycling 100%. I don't often cycle because I live in a filthy city and I don't want to breathe the nasty street air. If you live in a clean city I would wholeheartedly suggest picking up a road cycle and hitting the road each morning.

If you're interested in cycling here is a good video about bikes for beginners.

Running works fine if you like running. Swimming works just fine if you like swimming. But then again, a gym works just fine. Pick what you like and do it. Each morning I go do my 30 minute session and I come back home covered in sweat.

Should you eat before or after cardio?

I can go either way. Sometimes I have fruit before I hit cardio, sometimes I hit cardio on an empty stomach. Just be sure not to eat a big, heavy meal before your cardio session. You will definitely be hungry after cardio and you'll likely need to eat a meal then.

Should you listen to music during your cardio session?

I don't tend to listen to music when I'm doing cardio, I prefer a light, “talk radio” style to have a little fun. Cardio can be monotonous so I like to have something to take my mind off of it. I put on a podcast before I leave the house to get myself into a good mood.
Podcasts I like include

<table>
<thead>
<tr>
<th>The Fighter and the Kid</th>
</tr>
</thead>
<tbody>
<tr>
<td>You’re Welcome with Chael Sonnen</td>
</tr>
<tr>
<td>The Mike Cernovich Podcast</td>
</tr>
<tr>
<td>Mohr Stories with Jay Mohr</td>
</tr>
<tr>
<td>The Joe Rogan Experience</td>
</tr>
</tbody>
</table>

I listen to podcasts only when I’m doing cardio, so I’ll only listen to 30 minute chunks at a time. If the podcast is good I leave it on a cliffhanger and it gives me added motivation to hit cardio the next morning, because I’ll be able to continue the enjoyable podcast.

**Do you need a rest day from morning cardio?**

No, a rest day is not necessary. Cardio is easy, you don't need a rest day from easy. The human body should do something physical each and every day.

3. **The Third C – Cold Showers.**

After I hit my morning cardio, I come home covered in sweat. Just in time for a cold shower. The cold shower is the simplest thing in the world to wake your ass up. Cold showers don’t even hurt when you’re covered in sweat, they feel great. They wash away all the sweat and grime off of you and prepare you anew for a full day of kicking ass and taking names. If you have a hard time jumping into a cold shower you can turn on a warm shower and gradually change the water to cool, then to cold.

**Cold showers are a big part of the reason 30 Days of Discipline works so well.**

<table>
<thead>
<tr>
<th>Cold Shower Benefits Include</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increasing your will power and resilience.</td>
</tr>
<tr>
<td>Increases immune system strength.</td>
</tr>
<tr>
<td>Increases testosterone levels.</td>
</tr>
<tr>
<td>Improves mood and alertness.</td>
</tr>
<tr>
<td>Helps to burn fat and increase metabolism.</td>
</tr>
<tr>
<td>Improves blood circulation.</td>
</tr>
</tbody>
</table>

**To put it bluntly, cold showers just make you feel f*cking good when you get out of them.**

<table>
<thead>
<tr>
<th>The 3C Morning Routine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee</td>
</tr>
<tr>
<td>Cardio</td>
</tr>
<tr>
<td>Cold Shower</td>
</tr>
</tbody>
</table>

The 3 Cs boost mood, boost metabolism, increase well being, increase mental clarity... And they wake your sleepy ass up and make you feel good. It’s impossible to not feel great after you follow the 3C morning routine.

**Wake up, grab some coffee, get your cardio in, hop in a cold shower and kick the day’s ass. Rinse and repeat.**

**Until next time.**

**Your man,**

Victor Pride
5 years ago, in November 2010, Bold and Determined published its very first article.

The first article ever published was about lifting weights. The second article ever published was about making money and taking advantage of opportunity.

So much for having changed.

When I look back on 5 years of Bold and Determined only one word comes to mind: wow!

When I started this I knew I would make a living at it, but that's all I knew. I didn't know how much money I would make, and I never even cared. Enough to support myself was all I ever envisioned.

Let's backtrack 5 years though...

It was 2010 and I was 28 years old. I had made money as an entrepreneur for a couple of years but I was burnt out, really I was bored. I was suffering from what medical doctors describe as “being a mopey little bitch”. It seems like all I did every day was lift weights, train Brazilian Jiu-Jitsu, walk my dogs, deposit checks and cook chicken wings. I had downsized from a nice three bedroom house to a one bedroom apartment in the seedy part of town. I was trimming down to live Spartan. I didn't necessarily know why, but I was getting rid of everything I owned. I wasn't working in any traditional sense. The business only required a few phone calls and trips to the bank. I was so bored that I was out walking my dogs one day and I thought: “I'd take a part time job walking dogs just to have something to do.”

Something was missing.

I wanted to go out and do something worthwhile but I didn't know what to do and I didn't know how to do it. I had read the Four Hour Workweek and I knew that living abroad and making money online was possible. I knew I wanted to travel and live abroad for a while, but I had no idea how to make money while doing it. I just knew that it was possible, but I didn't know how. I was still making a monthly income but it had started to dwindle and I knew it wouldn't last forever.

At lunch one day, a friend of mine told me that a mutual friend went to China to teach English. I said: “What? Americans can go teach English in China?” I'd never heard of that in my entire life, but I thought it sounded interesting. One night I was watching a movie called Red Rock West. The movie is about a drifter who drifts into a murder plot. At the end of the movie he hops a freight train to somewhere new.

The song playing over the credits hit me like a ton of bricks...

I'm a thousand miles from nowhere, 
    time don't matter to me, 
'cause I'm a thousand miles from nowhere, 
    and there's no place I want to be.

Dwight Yoakam, A Thousand Miles From Nowhere
Sounded just like me, I thought. Two weeks later I was at the Chinese embassy in Houston getting my visa ready. I had found a job on Craigslist, teaching English in China for 5,500 CNY (about $800) per month. They provided a free apartment and took care of my visa and only wanted me to work on Saturday and Sunday. China could not be further from the US and I thought that sounds like something new and interesting to try. I didn't know anything about China, I didn't know anything about teaching English and I didn't care. I just wanted to do something different. I took a chance, I hopped on a plane (3 actually), spent 30 hours in transit, and flew 6,890 miles to the other side of the world. I got to China and there was no place I would have rather been (even though the first night there was the loneliest of my entire life). I had never even left the United States before then.

Victor Pride at the Great Wall of China, early 2011.

1. Bold and Determined – 2011

I started B&D in November 2010 and in February 2011 I was in China. In China I had 5 free days per week, which I typically spent in the gym, writing, and still running business back home in America. In China I ate two meals per day, every day. There were no western snacks so for a year I didn't eat any snacks at all. I had abs of steel from that diet. I would go to the gym a minimum of 6 times per week, but more often I would be there 10 times per week. I'd be in the gym as many as 12 days in a row. That entire year I developed Body of a Spartan at the gym in China. For a whole year I did no other routine, I spent the entire year perfecting Body of a Spartan.

Victor Pride in China, late 2011 after a year of Body of a Spartan.

My time in China was like spending a year in boot camp. I had no great food to eat, but I had the gym, I had a computer and I had the drive and the will. Did China cure my malaise? Yes, it did. I didn't care for teaching English, but the experience in China had me burning for more out of life. I came back reinvigorated. I was on fire for bigger success. 2011 was the first full year of Bold and Determined. At the end of that year in China is when Bold and Determined really started to take shape, and it started with 10 Reasons to Stop Using Internet Porn in October 2011 (it is still the most popular article on B&D).

I had spent that year writing, but towards the end of the year I started learning digital business. My English teaching contract was expiring soon and I didn't want to live on savings, I needed to put the time in to learn digital business. That's when I started putting the pieces together about how to actually make money online, not just write. I put everything I learned into The No Bullshit Guide to Making Money Online in December 2011.

2. Bold and Determined – 2012

I spent exactly one year in China... After a year in China I went back to America for 6 months. When I got back to America I worked my ass off, on the computer and in the gym. After a year of starving myself, I ate like a king and my body soaked up all the calories it had been deprived of in China. I went from a low of 170 lbs in China to a high of 207 lbs in America (with some help). I was finally able to get good haircuts, so instead of cutting my own hair I'd get a nice high and tight every week. Those 6 months in America was an epiphany, it was as if destiny revealed herself to me, and it was truly the real start of Bold and Determined. China was just a warmup. I had written 30 Days of Discipline in China and gave it away on Christmas day, but in America I learned how to sell it. During that time I also put Body of a Spartan on paper and sold it.

And that's all she wrote, boy.
From that day forward I was a full time “blogger”. I liquidated my remaining real estate holdings, I put everything into B&D and after 6 months in the States I moved to Thailand for some fun in the sun. America was and is great, but I had the itch for something more. In August 2012 I moved to Bangkok, Thailand. The first article I wrote in Thailand was: Why Your Testosterone Levels are Lower Than You Think (and what to do about it). That article took me weeks to write.

For the first year and a half of B&D I tried to focus on quantity of content. I would start writing in the morning and I would publish in the afternoon. But after the first year and a half, after I moved to Thailand, I tried to focus on quality of content. The Testosterone article was the first of the articles that took me days, weeks and months to write. Each article now takes weeks to write (I'm writing this very sentence 16 days before this article will be published).

The quantity brought the readers and the quality kept them.

3. Bold and Determined – 2013

After 2012, I lived on easy street. The time that I put in in China and the US paid off. 2013 was quite a busy year for me, but it wasn’t a hard year. I spent basically the entire year traveling. 2013 was fully recapped in 3 Years of Pride (Happy Birthday to Bold and Determined). In August 2013 I partnered with John Doe Bodybuilding to start the best bodybuilding blog in the world. John Doe Bodybuilding now has a book available, and it happens to be the best bodybuilding book about steroids on the market – Straight From the Underground.

4. Bold and Determined – 2014

2014 was a year of hammering out all of my: “How to make money from a blog,” articles, and there is no better: “Make money,” content online than the 2014 B&D archives. It was in 2014 that we opened BADNET. If you want to start a blog, but don’t know where to start – BADNET will start it for you.

In November 2014 I sat down to write the 4 year recap, but I couldn’t.

I steamrolled through 4 years without ever looking back, so when I tried to look back in 2014 I was shocked by how far I had come. I was up, then I was down, then I was up again – way up. In December 2014 I was finally able to recap 4 years of growth in About: Bum Mentality, Money, Mansions, Girls, Heart and Soul, which I feel is the pinnacle of Bold and Determined.

5. Bold and Determined – 2015

2015 may have seemed like a slow year to the B&D good news bears, but it went by like lightning for me. It really went by in the blink of an eye. In November 2014 I sat down to write the 4 year recap and had such trouble. That was a year ago like it was yesterday. It’s unbelievable that it was an entire year ago. 2015 gave B&D the best financial year we've ever had, and we opened a lot of new doors to new businesses. Much of the year was spent at Pride Castle in Vietnam, hosting guests like Mike Cernovich. The most successful independent, personal development book of the year, Gorilla Mindset, was finished at Pride Castle.

Left to right: Victor Pride, Tucker Siegert, Samuli Tapio, Mike Cernovich. 2015 in Saigon.

I did spend a chunk of time in the United States as well, visiting with my good friend and associate Chris Deoude in Los Angeles where we brought Red Supplements to life. In 2015 I partnered with Iron and Tweed. To make sure you’re stylin’ and profilin’ like the man himself grab his book Casual Style 101.

Pictured: Nate from Iron and Tweed.
Why I Do What I Do and Why It Is Easy

I recall having a real job. I recall waking up at 5 A.M. to get to the drive-through at the bank by 5:45 A.M. I recall hating to wake up, hating to drive to work, hating to be at work, hating to come back to work after lunch and hating to do it day after day after day after day. Because I've been there, everything I do now is beyond easy.

I say it all the time, because I mean it – the whole process was really easy for me.

That's because I'm doing what I was destined to do. I never really fell on hard times. There were times when I saw my bank account running low and thought: “I need to fix that,” but that's as hard as it ever got.

It wasn't hard for two reasons...

1. I had money when I started – I wasn't waiting on a payday from B&D to eat food.
2. I was never going to give up, I didn't care how long it took or how much or how little money I made. The message was always first, the money has been a gigantic bonus.

It's a hard life, but someone's gotta do it. Victor Pride, late 2012.

How To Be Productive

I've tried everything to increase productivity, from fasting to modafinil to kratom. They all work, but there is always one thread that holds my productivity together. Each and every time I'm laser-focused, I'm drinking coffee. Each time I have a big article I'm working on, I have mug after mug of coffee. For me, coffee is and always has been the best productivity enhancer.

Start with an idea and add coffee.

Loving coffee like I do, I'd love to bring RED Coffee to you. 2015 may have seemed like a “slow” year, but I'm always busy behind the scenes working on something. My newest something is RED Coffee. I feel it's the best tasting organic coffee ever, and that's why I'm releasing it.

You can get RED Coffee here.

How To Learn

People always ask me how I learned and who I went to for guidance. The answer is Google. I spent hours and hours and hours in China learning from google. I spent hours researching and learning from anyone and everyone. I never had a mentor or a teacher. I taught myself through the wonderful power of the internet.

How To Write

I might be the only professional writer in the world who doesn't enjoy writing. Well, let me clarify – I don't enjoy the physical act of typing. I love words. I like painting a blank canvas with words and nothing into something. The way I write is simple... It starts with an idea. When the idea has been brewing in my heads for days, weeks, or months... I write it down. Then I read it over and over and over again and cut out any unnecessary words. After I've done that a few hundred times I publish.
Let Go To Get Everything

People who say money doesn't buy happiness never had nothing. Every day I see people who've got nothing. Then I go online and see people who have everything – and all they do is complain. I see people who have a house, dogs, family, cars – everything, and they are miserable. I don't have any of that. I got rid of everything 5 years ago. I killed the old me 5 years ago. I'm as bare-bones, as Spartan as it gets. I have nothing, all I have is a bunch of money and a mission and I wouldn't have it any other way.

You don't know what you got 'til it's gone.
And you don't learn to enjoy what you've got 'til it's gone.

So learn to let go to learn to appreciate.

My message 5 years ago was to be Spartan.
My message today is be even more Spartan.

Goal Setting

I made a big mistake in 2013 when I set a goal to make 'X' amount of money. At year end I made exactly the amount of money I had envisioned... and it was an awful feeling. If I had in mind to make 'X' and I made 'X', why did I not have in mind to make ‘XXXX’ instead. I accomplished my 2013 goal and realized the only goals worth pursuing are goals that likely won't be achieved, because then you can keep working, winning and grinning.

No goals, no end, always on, always working. It doesn't ever stop.

And if you are going to set goals, set them big. There is no better feeling in the world than working hard all day, then going to the gym to work hard some more, then coming home to work some more. Going to bed tired and hungry is the only way to live.

Join the Bold & Determined Brotherhood

a. Start your own badass blog using BADNET; you get a free domain, free WordPress setup and 4 free E-books that show you how to make that money online.

b. If you’re a coffee lover, get your RED Coffee.

c. If you’re down with the SPARTAN life, grab your SPARTAN shirt.

d. Read a book: Superdrive Publishing now has 6 titles available.

Until next time, with all the heart, soul, blood, guts, perspiration, pain and pride I have to give.

Your man,

Victor Pride
A lot of people make money just by being themselves.

The way that they make money is very simple...

1. They create content and upload it online.
2. Their audience consumes that content.
3. The content producers make money from advertisements, selling their books or products.

It's as easy as that and the startup costs are lower than any other businesses startup costs in the entire world. I know because I'm one of those people and I know that anyone can do a version of what I do (make money by being you).

Why doesn't everyone do that, now that the technology is freely available?

Most people think they cannot do it. They think you have to be someone special or do something special. Which is incorrect, you do not have to be special. You simply have to be someone people like or hate or you have to be informative. It isn't 1965. Old rules don’t apply.

The world is making money online and if you aren’t, you’re way behind.

Because the world is online, so is the money. Where people go, money follows. Average Joe spends his time consuming content (YouTube videos, blog articles, podcasts, social media etc). Above Average Joe sees this and takes advantage of the opportunity by producing the very content that Average Joe consumes.

That's the get rich open secret that no one knows: you are the content producer, you are the new media, there are no barriers to entry now.

By making the online content that Average Joe consumes, Above Average Joe can get wealthy. All Average Joe needs to do is flip a switch in his brain and say: “From now on I will be a content producer, not just a content consumer.”

If you don't believe me, here's a video of a kid in Sweden called PewDiePie. PewDiePie makes **7+ million USD per year** by posting videos on YouTube, being himself and talking about video games. I know what you’re thinking: “Boo, hoo. That guy is dumb and I’m better than him! Why am I making 40k per year and he's making 7+ million? It’s not fair! I worked so hard to go to college and get this job and he's just slacking off!” Let's all stop crying about fair and learn how to take action. Anyone with a personality and a message can do what PewDiePie does. Here's how...

The 7 Steps to Making Money by Being Yourself

1. **Know who you are, know what you want to say, have a message or have a personality.**

It should go without saying, but it won’t – you need something to say. I cannot tell you what your message is, that’s up to you. If you don’t have a message, you will not make money by being yourself.
2. **Know that jobs are the worst way to make money.**

You must *know* that jobs are a waste of time to make big money LONG TERM. We have all been conditioned to believe that jobs are the way to make money. That was true even 15 years ago, but it isn’t true today.

**Internet is life. You are on the internet right now reading this article.**

Walk outside and look at what each person is doing. They are all glued to their smart phones. They are all addicted to someone’s content. Why can’t it be your content that people are reading, watching or listening to? You could be working instead of reading, but because you are reading instead of working I am making money and you aren’t.

**Work a job to survive – do not work a job to thrive.**

You take a job if you need money now, you don’t take a job to live your life. Life should be free, and thanks to the internet you can be free. Getting a job today is a stupid idea when there is so much money and freedom to be had just by being yourself. A job limits you to ‘X’ amount per year. Working for yourself doesn’t limit you at all.

**You can make as much money online as you want.**

3. **Online is the answer. There’s so much money online.**

It must be said repeatedly – internet is where the money is. Even if you need to work a job to support yourself until you make internet money. If you ain’t online then you ain’t making money.

<table>
<thead>
<tr>
<th>How to make money online by being yourself? There are 4 Avenues.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Write a Blog.</td>
</tr>
<tr>
<td>2. Write books.</td>
</tr>
<tr>
<td>3. Make YouTube videos.</td>
</tr>
<tr>
<td>4. Do a podcast.</td>
</tr>
</tbody>
</table>

Those are your 4 ways to make money by being yourself. I make money from my blog. PedDiePie makes 7 million per year from his YouTube videos. Joe Rogan makes a fortune from his podcast.

**There is one thing we all have in common...**

4. **Create content consistently.**

You *must* release consistent content. Consistency is key. Cliche? Don’t make me laugh. There are no secrets to success. “Consistency is key,” is cliche for a reason – because it works. People have to know you; they have to know what you’re about.

**Have something to say, of course.**
**Have a message, of course.**
**And then get that message out to your people.**

The only way they will ever get to know you is by you consistently creating content and telling them what you’re about. Bold and Determined has been online for 5 years. That means my message has been spreading for 5 years. What have you been doing consistently for the last 5 years to make money for yourself?
5. **Own your name. Own your name. Own your name.**

You should be the provider of information about yourself. Your reputation is in your hands and you need to own your websites and social media accounts. You have to spread your information and content and you have to spread it through your name/brand.

**Use BADNET and register yourself online immediately.**

<table>
<thead>
<tr>
<th>With BADNET you get…</th>
</tr>
</thead>
<tbody>
<tr>
<td>A free domain name because you must own your own name! Own your own brand!</td>
</tr>
<tr>
<td>Four free reports issued by Bold and Determined holdings showing you how to make money from a blog.</td>
</tr>
<tr>
<td>A ready-to-go website that you can publish content to immediately.</td>
</tr>
<tr>
<td>Use BADNET and your website will be ready to go ASAP. You don't have to do any work.</td>
</tr>
</tbody>
</table>

6. **Now that you own your own name, become your own media.**

Do not rely on the mainstream media to get your message out. Your message will be delivered via book, blog, podcast or video. You are your own publisher now. Thanks to the internet, you have no need for attention from mainstream media. In fact, mainstream media is dying and digital media is thriving. Your message can be delivered faster than ever before, and even more importantly... your message can be delivered in your exact words.

Now, you are your own celebrity – even if you're just a nobody.
But I have news for you – everybody is really just a nobody.

The difference is in action and belief – not in blood and genetics. Some people simply work more, believe more and do more to achieve more. Which brings us to number 7...

7. **Always be on. There are no “off” days from yourself.**

If you want to make money by being yourself then forget about off days. Your life is now your work. There is no work/life balance. There is work and there is work and nothing else. Your life is now work. Consistency is key – **so always be on.** You cannot take a break from being you. Always on, always you, all of the time. Always be looking for and working on the next piece of content.

**Idea + Consistent Content = Profit**

**Just add coffee and get to work.**

Until next time.

*Your man,*

**Victor Pride**

P.S. Don’t forget to own your own name. **Get started at BADNET right away!**
Ho, ho, ho! Merry Christmas friends.

Another year is over, but that’s fine because a new one is about to begin. Whatever you didn't do last year can be forgotten about because you have every chance in the world to do it now.

2016 is the year of the Red Monkey.

What does that mean?

It means clean air, clean food, lots of fruit, play, freedom and travel. Like a Monkey in a forest. That's my plan for the New Year. I'm going to breathe clean air, I'm going to eat a lot of fruit, I'm going to spend a lot of time outdoors. I'm going to feel alive like a Monkey.

How about you?

Leave a comment and let me know.

Merry Christmas.

Your friend,

Ol' St. Vic

P.S. The release of New World Ronin has been delayed because of the 2016 United States presidential election. It will all make sense, I promise.

P.P.S. It's late to buy stocking stuffers, but Red Coffee makes a great start to the year of the Red Monkey.
2016

January – 2016

7.1.2016 – How to Live Clean and Green in 2016

A lot of people work their entire lives so they can retire to the beach or to the mountains. The life goal of many men is to be free enough to live clean, healthy, happy and free. It's a shame that by the time most men have retired, their bodies are damaged beyond repair, their minds are damaged beyond repair, and their retirement income isn't as much as they thought it would be.

They worked so hard for that dream, only to never be able to realize it.

I have that same dream. My goal was always to “retire” somewhere in the mountains. However, I am different in one very important way…

I don't have to wait until I'm 65 years old and physically and mentally shot. I'm young, free and financially secure. But that doesn't mean I'm in prime, tip-top shape. One of the nasty drawbacks to working online is you have to sit in front of the computer for hours at a time.

This is no good for the human body!

We're supposed to walk, run, stand, jump, play, hunt, wrestle, fight, fuck etc. We aren't meant to sit hunched over all the time. If you do sit hunched over all the time you will damage your body. I have done some damage to my body chasing my purpose. Ironically my body aches from sitting and typing, not from deadlifting or squatting. My wrists, hamstrings, shoulders and lower back hurt not from any strenuous exercise, but from stationary office work. Lifting weights for 30-60 minutes per day simply isn't enough to reverse the damage. It helps but it doesn't cure.

Thankfully, though, I am in a position where I can fix any issues that come from sitting and typing. Unlike most people who work in an office and let their body degenerate to the point of no return, I am free to do as I please. And I’m pleased to live a Green Life in 2016.

Before you think I’m a hippie kook let me explain, man…

Living abroad has taught me things I would have never learned if I had stayed in America.

In fact, it taught me the extreme importance of 4 things...

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Clean, good, fresh food</strong> → it wasn’t until I lived in a place where the food was awful that I realized just how important food is to overall well-being.</td>
<td></td>
</tr>
<tr>
<td>2. <strong>Clean water</strong> → not just clean water, but you need to drink enough water. I was chronically dehydrated for years and didn’t realize it. You need 3 liters of water per day, minimum! My acid reflux was cured simply by drinking enough water.</td>
<td></td>
</tr>
<tr>
<td>3. <strong>Clean air</strong> → the air in SE Asia is polluted beyond belief, a few minutes walking can have you wheezing and coughing.</td>
<td></td>
</tr>
<tr>
<td>4. <strong>Clean sunshine</strong> → Bangkok is a tropical, sunny climate, but the pollution is so bad it blocks out the sun. I personally tested for low Vitamin D and now supplement it.</td>
<td></td>
</tr>
</tbody>
</table>

Yes, we all know those things are important but until you don't have them you cannot know just how important they are. Those 4 things can make or break happiness.

So it is my mission in 2016 to live clean and green.
Clean food, clean air, clean water, clean sunshine. As much as money can buy.

Towards the end of 2015 I spent some time in America and loved the cleanliness, the fresh air, the cool breeze. But, to save 30K in taxes, I came back to Asia to spend 3 months until the start of the New Year. To be perfectly honest, that 3 months felt like a prison sentence. It was like doing time until I could go back to the green life. Thailand is a lovely place, but the pollution is unbearable. There is no green life in big city Bangkok, it's more like brown life. So I have decided to get rid of all of my possessions (yet again) and, for lack of a better term, walk the earth and live the green life. I'm going to spend a good deal of my time on the beach or in the mountains, exercising in the open air and letting my body and mind heal after years of damage.

**What I’m most looking forward to in 2016 is...**

a. Waking up at dawn and catching the sunrise on the beach while doing some stretching and cardiovascular exercise.

b. Catching a cool mountain breeze on a cool, misty morning while drinking a cup of strong Red Coffee.

c. Building RED Supplements (The purpose of RED is to create supplements that actually work. Many supplements are junk trash and exist to take money from gullible people. Our supplements *work*.)

d. Creating many videos for the B&D YouTube channel (I will be filming my travels and you can all see the journey in real time).

There it is in black and white, my no-nonsense goals for 2016. Those are the very simple things that motivate me. Green and clean. But still mean.

**Until next time.**

Your man,

Victor Pride

**P.S.** I don't pay attention to the news or current events. The only “news” I will pay attention to in 2016 is the presidential election. And I’ll make a promise right now... If Donald Trump wins the Presidency, I will have a Bold & Determined BBQ in Los Angeles, California. Each and every B&D reader will be invited. See you then.
25.1.2016 – 18 Ways to Win Big in Business

I recently took a road trip from Los Angeles to Las Vegas. On the way out of town my friends and I stopped for a bit of shopping. After having lived in a hot climate for many years I had no long sleeved shirts to wear (there is no winter in the jungle). But I didn’t end up buying much of anything... I was struck by this one Chinese woman working in a shoe store. I watched the Chinese woman hustle for business and I watched the American store clerks lose my business.

The Chinese woman was hard at work trying to make a sale. She kept saying “firty person off (30% off)” and working to close the deal. In the other shops, the women and girls working the register don’t even bother to look up at you, let alone try to hustle and make a sale, but the Chinese woman was working like a dog to close the deal.

I would bet ten thousand dollars on two things...

1. The Chinese woman works (or would work) 16 hours per day, 7 days per week and doesn’t complain.
2. The American women and girls take any day off they possibly can and they complain about low pay.

Don’t be a fool and take the bet, I will win.

After having lived in China for one year I have no great respect for them, but it is undeniable that they work long and hard. And I respect all people on God’s green earth who work long and hard without complaint. So for you killers and real-dealers, here are 18 Ways to Win Big in Business... (like the Chinese workhorse and not like the American lazy girls.)

18 Way to Win Big in Business

1. Days off are for losers.

I said it and you read it – days off are for LOSERS. You will never win big on your day off. You don’t stand a chance of winning a race you don’t show up to. You will never hear a winner in business say: “Sorry, can’t. It’s Saturday, my day off. Call my office on Monday.” You don’t get days off until you earn days off and you don’t earn days off within the first 5 years in business. Big business takes big hours, if you don’t work them someone else will.

I will. The Chinese woman offering firty person off will. The Chinese woman probably built a house for her parents in China with the money she made selling shoes in America. The American girls no doubt get money from dad to supplement their lack of work ethic. Here's the rule: If you're awake, you're working.

Always be “on".
I told you I was “shopping” but I was actually writing this article on my cellular phone.

2. Work 16 hours per day, 7 days per week.

If you’re awake, you’re working. No exceptions! It's easy, easy, easy – all you have to do is show up. If you’re there every day you’re ahead of the “competition”. I put “competition” in quotes because if they aren’t working 16 hours per day, 7 days per week they aren’t real competition. They’ll blow themselves out of the water; you won't need to do anything. Work, work, work and work some more. Work all the time.
3. **Work one business/deal at a time.**

You cannot start two businesses at the same time and see both of them succeed. It doesn't happen.

**FOCUS ON ONE THING.**

When your one business is producing an income then you can move on to the next one. Never start two at the same time because neither of them will work. Work one deal at a time, and **don't quit until the job is finished.**

4. **All of your energy should be on work.**

I keep saying it isn't hard, all it takes is everything. **Every ounce of energy you have needs to go to your developing business.** Find time for the gym, find time for your wife and kids, **but business is and should be priority #1.**

5. **Obsession and work ethic beat talent.**

You can outwork a talented/lazy person if you are obsessed and dedicated to your work. But talent combined with obsession and work ethic beats anything on earth. Find something you are talented in for best results.

**For the rest, it's will, not skill.**

6. **The customer is not always right.**

Sometimes your customers are wrong. Sometimes they're having a bad day and want someone to emotionally abuse. That's their problem, not yours. You don't need to cater to emotionally fragile customers. You need to cater to good customers and that's it. Bad customers can go away.

**See also: Why Small Businesses Fail (and How Yours Can Succeed)**

7. **Your employees are not always right.**

You cannot always take your employee's side over the customer's side. Sometimes employees are wrong or bad people. You have to take situations case by case.

8. **Don't take the side of a bad customer over a good employee.**

A bad customer is not worth as much a good employee. As far as I'm concerned, bad customers can get lost. Life is too short to cater to people who want to give you problems. If you provide a good service then you have no need to deal with bad people who give you problems. There are plenty of good people who want and appreciate your service or product.

9. **A bad employee is not worth losing good customers.**

Some companies (stupidly) take the side of their employees over their customers. If you blindly take your employee's side they will have no problem causing problems (just for fun) knowing that they aren't going to be held accountable.
10. **Bad customer service is bad for business.**

Always remember that customer service is a job, but it isn't *your* job. Let your employees do the work. If you have a bad employee treating customers poorly you need to fire their fucking ass immediately. **BADNET has stellar customer service.** **RED has stellar customer service.** I will personally not buy anything at a store that has poor customer service – even if I want to buy the item.

**I will do my part to bankrupt all companies that provide shit customer service.**

11. **People are emotional, so you be sturdy.**

The emotionally fragile aren’t basing anything on logic so it isn’t necessary to be their therapist. If you give these people everything they want they’ll be trained to be an asshole and get what they want. Big mistake giving bad customers everything they want.

12. **Take the easy way.**

The easiest way is almost always the best way. People continually try and make things hard. But making things harder is the same as making them impossible. Every day someone says to me: “That's all their is to it? That's all you do? Wow, shouldn’t you be doing so much more?” The answer is: 'No!' **Take the easy way,** it usually is the best way and provides the most pay.

13. **Be smart enough to keep things simple.**

The best in business take the easiest route from A to B – a straight line. Go-nowhere businesses make things complicated and they end up going from A to A in a circle. Only a moron tries to make easy work hard. You want results – so it doesn’t matter if you take the easy way to get results. In fact, taking the hard road to get the same results is DUMB.

14. **Don't listen to dumb people.**

You will get unsolicited, continual, non-stop advice from dumb people. Ignore them. If those morons had any idea what to do they’d be in business for themselves, not working for someone else. **The only people worth listening to are people more successful than you.** People who aren't successful are jealous, resentful, bitter and envious. Their “advice” is aimed to bring you down to their level.

**ONLY A SUCCESSFUL PERSON CAN BE HAPPY FOR ANOTHER'S SUCCESS.**

The lower classes will always begrudge. So only listen to the successful (and even then take their advice with a grain of salt). For example: a bunch of morons believe you can’t make money from a blog. How did newspapers and magazines survive for so long I wonder... If I’d listened to those dumb people I’d be as broke as those dumb people. But I didn’t listen to them and I use the money I don’t make from a blog and use it to buy things like houses, cars, food, clothing, gym memberships, supplements, bicycles, computers – just all the things money can buy.

15. **Trust your instincts.**

Your business is your business for a reason – you thought it up, you identified the market need, you put the plan in motion. **You don't need to listen to anyone else but yourself.** No one knows what’s going on in your brain except for you!
16. **Don't listen to what your customers want.**

If your customers knew what they wanted then they would be producers (like You, Inc.) and not consumers. They don't have a clue what they want until they're told or sold.

17. **Trust your business plan, don't trust clueless customers.**

You are the visionary, they aren't. You're ahead of the curve; they're behind the curve trying to play catch-up. But as consumers they will *never* catch up to the leaders.

18. **Trust people to do their jobs, don't trust people.**

Trust is what lower conscious people look for. You don't need to trust people, you only need to trust people to be themselves. You need to trust people to do the job they were hired for. You don't need to trust them with your ATM code if that isn't in their job description. Don't worry about trust! Trust is for children. Worry about people doing their jobs. If you trust them with your life it's a bonus, it isn't a necessity. I don't trust a lot of the people I do business with. You pay me my money and we're straight, you don't pay and we have a problem.

**Trust? Don't make me laugh.**

That's it folks. If you're intelligent you may have noticed a simple theme... work all the time and trust yourself.

In fact, skip all of these complicated steps and do just two things: work all the time and trust yourself.

After you work all the time and trust in yourself you can start to cash your checks.

Until then, have a nice day and get to work.

Your man,

Victor Pride

P.S. Everyone on Earth should have a blog. If you don't have one, you need to get one because you're behind the times. [Start your blog at BADNET because we'll do all the hard work for you](#). I did tell you to take the easy route, only a moron would start a blog and not use [BADNET](#) (because it costs you absolutely nothing extra).
February – 2016

1.2.2016 – How Women Can Make Money Online

Let me guess about you...

You thought there would be more to life.
You thought your career would be more fulfilling.
You thought school would be the answer.

You thought everything they told you was true, so you followed it... and it got you nowhere.
Maybe you’re in debt; maybe you’re working all the time, maybe some days you want to jump off a building.

I’m not a prophet, that was just very easy to guess.

Everyone is the same and everyone wants the same thing.
Everybody on earth wants... time, freedom and money.

But can you have it all?

Yes. I have it all and I’ll show you how to get it. But I’m a big strong man and you’re an oppressed little petite girl. Surely I just used my patriarchy connections to get what I have, right? No, I had to work just like anyone who came from nothing had to work. When I was a little kid, Mama Pride had to work all the time to provide for her little cubs. Papa Pride worked hard as well, so we had 2 paychecks but not so much money.

That’s the reality of working women... you have to work all the time and there’s never enough money.

That's what no one tells you: more working women → lower salaries → less money for families → less time spent with family → more time spent working to support the family that you don’t see often.

So you should just quit and live off a man?
Hold your horses, I have a better solution.

Be an entrepreneur, make your own money, have total freedom to spend with your loved ones (or just spend a lot of time shopping). The Bold & Determined Bible for Broads will allow you the free time and money to do whatever you want.

The first thing I want you to do is change lives, starting with your own.

Stop thinking like a consumer and start thinking like a producer.

When I was 12 years old I found a young-adult book called Rumble Fish. I read the book and I was blown away. I thought: “This is the first book I’ve ever read that really understands my situation.” After I read the book, I read the: “About the author” section to find out about the author. The author was named S.E. Hinton but I couldn’t find much more information about him. S.E. Hinton was a total mystery to me but I loved his writing. I started reading all the S.E. Hinton books I could get my hands on (The Outsiders, That Was Then This is Now, Tex). They were good, but none of them had the impact that Rumble Fish had on me. I tried to find out about S.E. Hinton but I couldn't find much. This was 1994, way before the internet was common. It was perhaps a year after I read Rumble Fish that I found out more about S.E. Hinton and I was a little surprised at what I found.
S.E. Hinton stood for...
Susan Eloise Hinton.
HUH?!

She went by the name S.E. Hinton instead of Susan Hinton because the publisher thought that boys would not read a book written by an author named Susan. They were right, I never would have read it if it was written by Susan Hinton and not S.E. Hinton. Going by S.E. Hinton instead of Susan Hinton was a genius move. The name became larger than life and mysterious at the same time.

Who was this S.E. Hinton?

S.E. Hinton was an enigma. S.E. Hinton was larger than life and a ghost at the same time. S.E. Hinton was mythical... and it gets better... Not only was S.E. Hinton a girl, she was 15 years old when she wrote her first book – *The Outsiders*. That’s amazing, I thought. Not that she was a woman, but that she was so young. When I solved the riddle of S.E. Hinton I was so inspired to write because she had written such a great book and she was a teenager, just like me. She was a teenager living in Tulsa, Oklahoma. I was a teenager living in Wichita, Kansas.

I wanted to write, and she did write.
So I knew it could be done, and I thought to myself...
“If she can do it, I can do it.”

I didn’t do it, but I filed the thought away... S.E. Hinton was the first person who ever gave me hope that I could be a writer. It was not the fact that she was a woman that inspired me, it was the fact that she was a teenager (like me) that gave me hope.

“If she can do it, I can do it.”

S.E Hinton’s first book, *The Outsiders*, was released in 1967. That was almost 50 years ago. 50 years ago a teenage girl was changing lives. That was way before the power of the internet and social media.

Changing lives is how you make money online.

Young miss Hinton was able to change my life with nothing but some words on a page. You can accomplish so much more today with words combined with videos, photographs and an audience that can contact you. There is more opportunity now than ever before in human history, if you aren’t taking advantage of that opportunity then you are being taken advantage of. If S.E. Hinton could changes lives 50 years ago with pen and paper, you damn sure can change lives with pen, paper, social media, blogs, videos and audio.

If S.E. Hinton could do it then, you can do it now.

But isn’t it hard for women to make money online because of sexism?

Ain’t nobody got time for the morons who say women have it harder, because women have it easier (especially pretty women). Everyone on Earth, except for me, will be nicer to you because you are female. It’s easy for a girl to make money online, legitimately, and I will tell you how.
Why you should be a female internet entrepreneur (because it is easier than you think)

It is much harder to go work a 9-5 job than it is to be your own boss and make your own money.

My life was a lot “harder” when I had a normal job and was struggling to pay bills (and struggling to wake up in time to get to work). The people working their office jobs and living like office slobs cannot take solace in the fact that at least what they do is easy and what internet entrepreneurs do is hard. The stone cold reality is that working an office job like a normal slob is way harder than working for yourself online. You have to wake up when you don’t want to, you have to get through traffic to get to the office you don’t want to get to, you have to wait for 3 day weekends to catch up on sleep and laundry, and you aren’t free to come and go as you please.

Normal jobs have a lot in common with jail.

But then again, a lot of people who go to jail learn to love it. Some people cannot handle total freedom. Some people love being told what to do. If you cannot handle freedom and the responsibility of being accountable to only one person then working a job is fine.

But for total freedom you have to go totally online.

Digital business is the only way to succeed without any other investment, time, money or schooling. Anyone can do it but I honestly don’t want everyone to be successful. If everyone had what I have no one would ever serve me coffee, my internet servers would always be broken, nothing would work.

This information is for the select few who demand more from life.

So don’t even bother reading unless you really want to make money online. Is that you? Do I have your attention? Then I’ll show you how. But first, please let me allow myself a modest introduction...

About Bold & Determined

Bold and Determined is a life changer. Not only because I am the greatest blog artist who ever lived, but because I make it a point to change lives (from sour to power). My work is probably the most plagiarized and copied blog in existence. I get fan mail each and every day saying: “Thank you for changing my life.”

Female B&D readers message me in secrecy all the time: ‘Hey Victor, I love your blog. Yes, I have a pussy, and yes, I still love your blog. It’s the Bible of the internet. I hope one day to be the female version of you.’

They want to thank me for the kind service I provide in teaching my readers how to be stone cold killers who make the big bucks on their own terms. I write for men, but anyone with a heart and a brain can use my method and get free from the 9-5 jive. That’s why smart women read me and not the girl power poo-poo that is pandered to them. Pandered content will never help you, it will only make you feel good about your bad habits.

My content might hurt your feelings, but if you follow it you’ll be financially free in less than 5 years.
The Bold and Determined Blueprint for Women

B&D is always written for smart men. BUT! The smart women will be reading, lurking, taking notes and taking action. In the B&D archives lies everything you need to know about making money online. I have laid it all out for anyone with eyes.

**Start by making yourself the brand (You, Inc.), create content that changes lives, build an audience, sell a product to your audience, repeat.**

It’s the simplest thing in the world, that’s why my method is copied so much: it simply works. Good work will *always* be stolen, plagiarized, copied and borrowed. That's precisely what you should do with good work – take what you can and use it to your advantage.

*That’s why B&D is here – to give you the ideas necessary to be a stone cold killer starting with nothing but a stone cold will. Steal the ideas, not the content. Steal my content and I’ll find you and humiliate you like Michael David Salway.*

If you didn't steal parts of B&D then B&D would be a failure. Since B&D is the most copied blog in existence, it's obvious that B&D is a giant success. Thankfully I didn’t get into this game for the credit; I got into this game for the money and the freedom.

**Which is why you're here, right?**

**How Women Can Make Money Online**

*Women can make money online the exact same way men do. Build a brand together with an audience and sell a product.*

It is truly as simple as that. No degree required, no multi-million dollar investment, no business license to obtain. It takes absolutely nothing except all of your time and energy.

*Before you start your online business you should understand this one fundamental… Online business isn't hard.*

So sorry to break this news, but it is *not* hard. People want it to be hard (so they have reason to not try) but it simply is not hard. It's easy and you can make a ton of money. So if you do not succeed it is because you did not try, and if you tried you gave up too soon.

**If you do not succeed it is entirely your fault!**

I keep saying it over and over, but no one wants to believe me – it is easy. All it takes is 100% of your energy. If you’re willing to put 100% of your energy into your digital venture then you are going to succeed. If not now, then later. As long as you don't give up and quit, there is no other option but success.
The Next 8 Steps for Bold & Determined Girls

1. **Start your blog with BADNET**

You must have a blog, no if’s, ands, or but’s. Your blog is your home base. Your blog is where all of your content is collected and published (even if you have a YouTube channel and Tumblr’s etc). Everything should be found on your home blog.

   **DO NOT CREATE A FREE BLOG!**

Do not create a myblog.wordpress.com or myblog.tumblr.com as your home blog. You need a real blog with a real domain name that you own. It needs to be myblog.com. Start your blog right now with BADNET because we will do all of the work for you, it is free for you, and you will get 4 extra reports about how to make money online. BADNET is free for you, no extra charge, you only pay for hosting which you would have to pay for anyway. The best and easiest domain name to get is your own name (which you should always own even if you don't use it).

   **Use BADNET to get a free domain and to set up your blog and do it right now.**

2. **Build a brand revolving around yourself/live your brand/You, Inc.**

You make money by being and living your brand image. So you need to start living your life congruent with your brand image. When you see me at the gym you'll see me wearing my own branded hats and t-shirts. I have to look the part and so do you. When I say I'm going to live clean and green in 2016 I provide photos of my beach pad, my bicycle, my diet, my lifestyle. That's what Instagram is for – proof!

Victor Pride living clean and green in 2016

3. **Create content, publish content, repeat.**

I said it was easy, but you still have to work. Work, for you, is creating content. Content can be blog articles, YouTube videos, Instagram photos etc. It can be literally anything that you post online that helps to build your brand image. Do not be niche! Do not publish content about only one subject. You need to be a whole, complete person and your work should reflect that. Release content on the subjects that interest you but don't limit your content. You can do fashion, makeup, jewelry, success, dating, diet, exercise – do everything! Your readers/viewers/audience want to know you and they want to be like you, so give yourself to them.

4. **Build an audience.**

   **Building an audience takes time.**

   **How much time does it take?**

   All of it. It takes all of your time. 24/7.

If you aren't prepared to give it the time it deserves then you do not deserve success. You need to collect your audience as subscribers. Subscribers to your blog, subscribers to your YouTube channel, followers of your social media accounts. Subscribers to your social media accounts but you also need to collect e-mail addresses of your subscriber so you have direct access to them.
DO NOT IGNORE THIS STEP!

You need to collect email addresses. After you blog, your email address is your second best way to make money online. Use MailChimp to collect email subscribers – it’s free for the first 2,000 subscribers.

5. **Sell content (but give away most content).**

After you have built your brand and after you have built an audience you can sell a product to them. This is how you make money. Easy enough.

What do you sell?

You can sell anything. It can be an information product like an eBook or a video course or you can create a clothing line and sell your clothing. It doesn’t matter what you sell as long as there is a demand for it and as long as it fits your brand image.

*If you have a hungry audience, they will eat what you feed them.*

**Start a store, sell something. Repeat.**

6. **Read the entire Bold & Determined archives.**

Read B&D from start to finish and back again, you need to read everything ever published on B&D. It will do nothing but help you to succeed.

You can start with these articles...

<table>
<thead>
<tr>
<th>The 6 Articles Every Woman Who Wants to Make Money Online Needs to Read</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <a href="#">So You Want to Be a Professional Blogger</a></td>
</tr>
<tr>
<td>2. <a href="#">How to Make Money By Being Yourself</a></td>
</tr>
<tr>
<td>3. <a href="#">Spartan Entrepreneur Vol. 1: The Blog Artist’s Handbook</a></td>
</tr>
<tr>
<td>4. <a href="#">How to Start a Blog That Makes Money Forever</a></td>
</tr>
<tr>
<td>5. <a href="#">So You Want to Be a Professional Artist</a></td>
</tr>
<tr>
<td>6. <a href="#">How to Build Your Brand and Make Your Mark (the most effective marketing strategy on earth)</a></td>
</tr>
</tbody>
</table>

Follow B&D.

*Subscribe to new article email updates.*

*Follow B&D on Facebook.*

Have a nice day and get paid.

It is all here. Open your eyes, listen, learn and take action.

659
** Bonus Plan for Pretty Girls  

For attractive women it's so easy to make money online it's almost a joke. I could make any pretty girl an internet star making 50 grand a month within one year. Attractive women have it easier than attractive men. The internet is visual. If you're attractive, then money is waiting for you to pick it up. In fact, it's so easy that it only takes 4 steps.

<table>
<thead>
<tr>
<th>The Easy Four Step Plan for Attractive Women Who Don't Want to Work Hard</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Start a blog</strong>, use BADNET – publish everything. ABP, always be publishing. You need a blog. You need to own your name, you need to own your brand. No ifs, ands or buts – this is the first step. Get a domain (free at BADNET) and start your blog now.</td>
</tr>
<tr>
<td>2. Start an Instagram</td>
</tr>
<tr>
<td>3. <strong>Start a YouTube channel</strong>. Talk about everything on your channel, life advice, makeup, fashion, trends, dating – talk about everything. Do not be niche and do not limit your topics. Be a complete person.</td>
</tr>
<tr>
<td>4. Sell something and profit</td>
</tr>
</tbody>
</table>

**It's really as simple as that.**

**So get after it.**

Until next time.

Your man,

Victor Pride

**P.S.** You should really purchase my masterpiece, Spartan Entrepreneur: Blog Artist's Handbook. It's the best eBook on the market for turning your nothing website that makes nothing into a something website that makes money.
Bodybuilding is a fun game.

You get to go to the gym and lift weights, you get to build muscles, you get to look good and you get to feel good. Every man should have a gym membership. Spending a lot of time in gyms all across the world has taught me many things. A lot of those things took me ten years to fully realize and utilize. Use this article to learn from my mistakes and not make the same mistakes yourself.

It has been my experience that physique is a result of 33/33/33 split.

33% diet, 33% training, 33% supplementation.

This article will focus on three aspects: diet, training, supplementation.

Diet Tips From the Bad Guy

1. A lean physique is the result of diet.

Leanness is not the result of hard training or cardio – is the result of DIET. Diet is Number One for fat loss! You can't “work out hard” and lose fat if you eat sloppy. Again, Diet is Number One when it comes to losing weight!

Be hungry to stay hungry.

If you ain't hungry, you ain't losing fat. Dieting is the easiest, least scientific thing in the world: eat less food than you need. Remember: you cannot out-train a bad diet. A bad diet will always leave you with too much fat on your body. On the other hand, if you count calories or intermittent fast you can eat anything you want.

Bad Guy Bodybuilding Tip: You can use the MyFitnessPal app to easily track calories.

2. Eat like a bird to lose weight.

To lose weight you have to eat less food. There are no 2 ways about it. You have to eat less food.

How You Eat Less Food Is Up To You

| Count calories. | Eat 5 – 6 small meals a day. | Eat steak and eggs. | Eat two meals per day. | Intermittent fasting. |

Doesn't matter how you do it, the only way you are going to lose weight and get lean is by eating less food.

Bad Guy Bodybuilding Tip ➔ see also: 14 Down and Dirty Fat Burning Tips

3. Small meals work to lose weight, but they really have to be small.

The leanest I have ever been was a result of eating 5 SMALL meals per day and I do mean small meals. You cannot eat 5-6 normal sized meals and lose fat; you have to eat small meals that aren't particularly fulfilling. Think of a normal sized meal and take away 50% (or more) and you're on the right track. This level of leanness was achieved with a diet of roughly 1500 calories per day, spread out over 5 small meals per day.

You can view the complete diet here.
4. **Big meals work to lose weight, but they have to be spaced far apart.**

Big meals also work to lose weight. BUT (I) the trick is to eat your meals in an 8 hour window and then fast for 16 hours per day. This is known as intermittent fasting and it’s the only way you can eat big meals and lose weight naturally.

*Use Red Burner – dieting is very tiring so you need extra energy.*

When you diet you live on fewer calories. Calories are energy. On a diet you consume less energy so you have less energy to spend. So you need to supplement your energy with supplements or caffeine. You can use pre-workout supplements, you can use fat-burners, you can use caffeine pills, you can use **modafinil**, whatever you can get your hands on that works for you. Coffee works great (**Red Coffee** is the best) but fat burners work even better.

5. **Red Burner is the best fat burner on the market (and natural).**

**Red Burner** gives me clean energy and steady fat loss. It’s my “go-to” when I’m too fat. When you're dieting you will need extra energy. If you don’t have the energy you will simply quit the diet and eat more food. I have even found that **kratom** worked very well for keeping me not focused on hunger.

6. **Eat fruit pre-workout for a natural pump.**

You can use pre-workout supplements that pump the muscles or you can use natural foods to fill the muscles with glycogen. I often like a little fruit pre-workout (oranges, plums, something sweet). Fruit has natural sugars that fill your muscles with glycogen. So when you eat fruit before a workout your muscles have stored glycogen and they’re ready, waiting and anticipating a pump. I find that sugary fruit also gives me a good “wake-up” when I’m feeling drained from dieting.

7. **Milk is trash for a physique.**

Milk is one of the worst foods you can consume. It is high calorie, high sugar, high fat and worse than all of that – **it is full of hormones like estrogen**. Milk is made for little baby cows to turn into big fat cows very fast. The only way you gain weight mega-fast is by manipulating or ingesting hormones. Milk is full of hormones (and not the good kind). Milk is also very, very fattening. Milk will smooth out a lean physique, so stay away from milk (to stay lean and to stay healthy). A lot of people are fearful of giving up milk but there is no need to be fearful. Milk and dairy is an industry out for your money, it is not a health product. There is nothing in milk that you cannot get elsewhere, but you can stay away from ingesting the estrogen and rBGH in milk. Yuck!

**Alternatives to milk?** Personally, I like protein fortified almond milk. Coconut milk will also work.

*Reporter:* Do you drink milk?

*Arnold:* No, no milk. Milk is for babies.

8. **After you diet for a long time, you start to appreciate the smaller things in life (like ketchup).**

When I diet hard I crave simple things like ketchup or brown sugar oatmeal much more than I crave pizza or hamburgers. When you diet all the weight off to get shredded, get used to dreaming about ketchup and oatmeal instead of pizza and burgers.

**Bad Guy Bodybuilding Tip ➔ see also: 10 Most Common Fat Loss Mistakes and How to Avoid Them**
9. **Scale weight does not matter.**

The only thing that matters is the mirror. The scale is only a guide to see where you are going or where you have come from. The number on the scale should never be the desired result! If you're chasing bigger numbers on the scale instead of bigger numbers in the gym eventually you are going to get fat. Ironically, most people with muscles look much bigger at a lighter weight.

*On the left: 210lbs of Slop Versus On the right, 180lbs of Granite*

**Training Tips From the Bad Guy**

10. **Body of a Spartan is the best training method for naturals.**

*Body of a Spartan is the best natural method for gaining muscle, gaining strength and losing fat.* That's because I spent an entire year developing it in the shadows in China.

11. **Busy people work out in the morning.**

You can always find time to work out. The busiest people in the world work out first thing in the morning such as 5 A.M. The laziest people in the world say: “I can't find the time to work out!” Don't make me laugh.

*If busy people can find the time, lazy people can find the time!*

There's always time in the early morning when everyone else is sleeping. Early morning workouts favor a lighter workout. Working out too hard in the early morning can ruin your day by making you too tired, so when I lift in the wee hours of the morning I don't lift to failure.

12. **The best workouts happen at night.**

Busy people work out in the morning, but the best workouts happen at night. That is because you are wide awake, you have had some meals and some calories in your belly and you have been stressed throughout the day. Now you have a recipe for a great workout.

*At night, you can work out as hard as you want and not worry about tiring yourself out.*

You do not need to be concerned with making yourself too tired, because after you work out at night you can eat dinner and relax at home. I find that I am also much stronger at night than I am in the morning or in the afternoon.

13. **Afternoon workouts are a nice in-between.**

I typically work out in the afternoons. I like to spend my mornings working and I don't like the large crowds in the gym at night. I also find that afternoon is my mental “dead time” so I use that to my advantage and hit the gym in the afternoon, rather than hit the couch.

14. **You have to train with intensity.**

*You get this “hard work” mentality from bodybuilders all the time, but what exactly is “hard work”?

**Hard work is nothing but a mindset.**
When you're in the gym what you need to do is not train hard, you need to **train intensely**. Intensity can be quantified, “hard work” cannot. So train intensely. You cannot build a physique with lackadaisical training. You can only build muscle with intense training (even on steroids you must train intensely).

<table>
<thead>
<tr>
<th>The Equation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consistency</td>
</tr>
<tr>
<td>Physique</td>
</tr>
</tbody>
</table>

**15. Train legs like a woman (unless you're a true bodybuilder).**

Men do not need to have enormous legs, unless they are bodybuilders. Big legs get in the way of many things and are very uncomfortable. Normal clothing will not fit big legs and your thighs will rub together like a fat person’s (even if you are not fat).

**Instead, your legs should be medium sized, strong and cut.**

**To accomplish that you train legs the same way the fitness girls train legs...**

Legs respond very well to lighter weight and higher repetitions. Watch the fitness girls in the gym with the great legs – they all train the same: perfect form, slow cadence, light weight, high repetitions.

**What about calves?**

Unfortunately calves are mostly genetic – you either have them or you don’t. For example black guys tend to not have calves (maybe why they never wear shorts) but Chinese always have big calves. Personally, I have very high calf insertions and my calves don't grow. My entire body gets bigger but my calves stay the same size (leaving me to resemble an Ostrich). If you don't have big calves (or if you have very high calf insertions like me) there is not a lot you can do about it and there is no need to spend time worrying about it.

**16. Cardio is necessary for heart and lung health (but not necessary for weight loss).**

Cardio is very good for heart health, lung health and it's very good to get your body moving and your blood pumping. Cardio is good for mental well-being. Cardio is meditative. On the other hand I have never found it necessary to utilize cardio to lose fat (diet is key). To really get fat-loss benefits from cardio it has been my experience that you need to **hit cardio first thing in the morning** on an empty stomach and do moderate intensity for 45 minutes to 1 hour.

Ain't nobody got time for that much cardio (unless it's your job) so you can rely on diet to lose fat.

**Or...**

You can spend time walking or riding a bike to get natural cardio in. What I've been doing is simply running my daily errands on my beautiful, black bicycle instead of driving my big, black jeep.
17. **Show up to the gym every day to reap the benefits.**

The hardest part about going to the gym is actually going to the gym. That is where most people fail — they simply stop going to the gym or they go to the gym sporadically. Consistency is key and showing up is the biggest hurdle.

**Show up every day and it will pay!**

The workouts are easy compared to actually taking yourself to the gym. The hardest part of success is showing up. If you show up every day you are in the top 99%.

18. **Workout partners are good for accountability, working out harder/longer, and pushing yourself further.**

You can push yourself harder and further and train more intensely if you have a good training partner. You’ll be able to hit reps you would never be able to hit on your own. You will also be held accountable for showing up to the gym.

**Bad Guy Bodybuilding Tip ➔ see also: The Benefits of Having An Accountability Partner**

19. **Serious people train at least 5 days per week.**

You often hear people say that 3 days per week is all it takes to get a great physique. Don't make me laugh. 3 days per week is nothing, you may as well be sitting at home on the couch. Serious people train 5 or more days per week (that can include both weight training and cardio sessions).

**3 days per week isn’t even the bare minimum, it’s too low of a frequency.**

**5 days per week of training (you can include cardio) is the bare minimum.**

20. **Light weight workouts are fine.**

<table>
<thead>
<tr>
<th>Light weight workouts are fine. BUT! To get any advantage from light weight workouts…</th>
</tr>
</thead>
<tbody>
<tr>
<td>You have to already have a great physique.</td>
</tr>
<tr>
<td>You have to have a lot of gym experience.</td>
</tr>
<tr>
<td>You already have to be in good shape.</td>
</tr>
</tbody>
</table>

**You have to already be big and strong to be able to train like a wimp and make gains. You have to be able to lift heavy to get any benefit from lifting light.**

21. **Short workouts are fine.**

Short, 20 minute workouts are fine. **BUT!** You have to have been working out for a long time to get benefits of short training sessions. I had to work out for an hour per day for many years so I could learn how to work out for 20 minutes per day and make gains. I have found that 20 minute workouts are only good for short periods of time (perhaps a month or so), after that your physique will devolve.
22. **Getting a good sweat is essential.**

You need to sweat, that's how you know you are training intensely.  
*If you ain't sweatin', you ain't gettin' results.*

If you find it harder to sweat (because of air conditioning or cool weather) then you can wear a long sleeved shirt or jacket to train in. I wear a **3/4 sleeve t-shirt to help sweat and look good at the same time.**

Getting a good sweat also relieves stress and makes you feel accomplished after training.

23. **You have got to stretch!**

Stretch, stretch, stretch!

If you wish to avoid rehab’ than prehab’ is very necessary to stay injury free long term. Always stretch after your training sessions, especially after you train legs. My soreness levels drop tremendously if I stretch after leg training versus if I don't stretch after leg training.

Stretch, do yoga, get massages – do not neglect!  
You'll have your body as long as you're alive, so treat it with love and care.

24. **DRINK ENOUGH WATER.**

I was chronically dehydrated because I didn't pay attention to drinking water. Big mistake! You need lots of water every day. Personally I need 3 liters of water per day. How do you know if you're getting enough water? Your urine should be clear and you should not feel dizzy when standing up suddenly. You can use this [water intake calculator](#) to determine exactly how much water you need for your height, weight and activity level.

<table>
<thead>
<tr>
<th>Symptoms of Dehydration</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dry, sticky mouth.</strong></td>
</tr>
<tr>
<td><strong>Sleepiness or tiredness — children are likely to be less active than usual.</strong></td>
</tr>
<tr>
<td><strong>Thirst.</strong></td>
</tr>
<tr>
<td><strong>Decreased urine output.</strong></td>
</tr>
<tr>
<td><strong>No wet diapers for three hours for infants.</strong></td>
</tr>
<tr>
<td><strong>Few or no tears when crying.</strong></td>
</tr>
<tr>
<td><strong>Dry skin.</strong></td>
</tr>
<tr>
<td><strong>Headache.</strong></td>
</tr>
<tr>
<td><strong>Constipation.</strong></td>
</tr>
<tr>
<td><strong>Dizziness or lightheadedness.</strong></td>
</tr>
</tbody>
</table>

25. **Chase the pump.**

A great gym pump is the best sign you have worked the intended muscle well. Bodybuilders always need to get a pump when training. **No pump equals a bad session.** Bodybuilding is all about the pump (not about the weight used). So chase the pump in the gym.

26. **Machine are good if they fit your body.**

Machines are not evil; some of them work very, very well. I do most of my back and leg training with machines. What you need to do is simply find the machines that work well for your body (and that work your muscles well). Find the exercises and machines that work for you, because not every machine is designed for every human being.

*You don't have to only do machine or only do free weights, a mix works well.*
27. **Free weights first, then machines.**

When you first start training you need to train with free weights only. Machines are a waste of time for new trainers. It is only after you have developed some strength and muscle that you will get benefits from training with machines. Machines work only the muscle, but when you first start you do not have any muscle to work, therefore machines are worthless for new trainers.

**Build the base with free weights, refine with machines.**

28. **Invent exercises for your body type.**

Your body is not the same as everyone else's. You need to train correctly for your body, not for the diagram showing you how to train. You have to spend time in the gym figuring out what exercises work and how to make them work for you. I bench press using only half repetitions, which is something I picked up from watching guys in the gym with big chests train them. I train biceps in a funky way by doing what I call “Abundance curls”.

29. **Genetics are an excuse not a setback.**

You are the same as your parents, grand-parents, great-grandparents. The only “genetic freaks” are retards and deformed people. And only a loser cries about their lack of fitness because of “genetics”.

If you eat like fat people you will be fat.
If you eat like lean people you will be lean.
If you train and eat like strong and lean people then you will be strong and lean just like them.

**There’s your “genetics”.**

The real role of genetics is about muscle insertions (basically, appearance of the muscle). No one got enormously big because of genetics, to get enormously big you take enormous amounts of hormones.

30. **Sometimes you aren’t fat, it’s just puffy water-weight (or hair).**

It is very easy to mistake fat with water weight. Water weight comes off very easy, fat does not. You can get rid of water weight very quickly with supplements like dandelion root. How do you get fat, puffy face? Puffy face can come from eating high sodium foods. Cut back on the mega-high sodium foods, add some dandelion root and your face will lean down in no time.

31. **Shave hair to get rid of nasty look.**

Another way to look fat without being fat is... having too much hair?

Yes, having too much hair makes a lean physique look fatter than it really is. You never see bodybuilders with body hair for a reason. When I get a haircut, my face immediately looks slimmer. When my abdominals look puffy, they immediately look better when I shave my stomach.

**Yes, you must shave your body hair to show the muscles.**
32. **OSTA-RED is the best legal supplement available right now.**

Every natural bodybuilder should buy 2 bottles of **OSTA-RED** and 1 bottle of RED-PCT. It’s the best natural supplement on the market and it is not harsh like the old-school pro-hormones were. It is very mild with a nice “euphoric” feeling. [You can grab a bottle of OSTA-RED here.](#)

**Bad Guy Bodybuilding Tip ➔** see also: [The Best Legal Compound For Getting Ripped That Isn't a Steroid - OSTA-RED Review with Before and After Pictures](#).

**Bad Guy Bodybuilding Tip ➔** see also: [OSTA-RED: The New #1 Legal Supplement That Actually Works](#).

33. **Read John Doe Bodybuilding for advanced lessons in bodybuilding.**

[John Doe Bodybuilding](#) is the best blog for beginning and advanced bodybuilding. Doe is old school, his methods are tried and true, and he walked the walk before he ever talked the talk. Every bodybuilder should read John Doe Bodybuilding.

**Bad Guy Bodybuilding Tip ➔** see also: [10 Ways to Get Big and Strong](#).

34. **Your size gains will come very fast.**

You will attain all the size you will ever attain in your first year or two. After that, you refine. There is no reason to be chasing size after lifting weights for more than 3 years. After 2 – 3 years you will be as big as you are going to get without using steroids. What you need to do at this point is refine your physique by taking your body-fat levels down.

**Let the muscles be seen!**

Then, if you choose to use steroids or testosterone replacement therapy (TRT) you will gain more size. Again the size gains will come very fast – you will then need to refine rather than trying to forever add size.

**Size comes fast – refinement takes time.**

**Bonus Bodybuilding Tips From the Bad Guy**

35. **Don’t wear grey sweatpants.**

**Sweat dripping from your forehead to your crotch will look like a pee-pee stain.**

36. **Do what it takes to get where you want to be.**

If you want to be a really big boy with big muscles and low body-fat then you gotta do what the big boys do. Is that cheating? Don’t make me laugh. Your heroes don’t believe in heroes. Instead, they believe in doing the work and becoming the hero.

**For next level knowledge you must read Straight from the Underground.**
37. **The leaner your face is, the more handsome you become.**

Having a lean face makes a huge difference in handsome levels. Even a handsome man like myself looks terrible with a fat face. When I have the Fat Face Syndrome I look like a pig and when I have a lean face I look much different. And the reality is that most guys who go from fat face to lean face start to look like models (unless they have acne or are otherwise very ugly).

- The Fat Face Syndrome versus The Lean Face – 1.
- The Fat Face Syndrome versus The Lean Face – 2.

So lean that face down and get that jawline showing. Normal girls appreciate a lean face more than they appreciate 20 inch arms and a 405 lb bench press. I promise.

**Bad Guy Bodybuilding Tip ➔ see also: How to Get a Lean Face and Be More Attractive**

**Until next time.**

**Your man,**

Victor Pride

P.S. Pay close attention to **RED SUPPLEMENTS** because we have some very cool, very effective and very kick-ass supplements on the way.
One common theme you may have noticed at Bold and Determined...

Make money on your own terms, your own way – don't rely on anyone else, don't rely on any external factors. There's no better way I know of for anyone to start making money on their own than by creating a brand around yourself...

YOU, INC.

You, Inc.: running a business based on your personality.

There are obviously a lot of ways to make money, but the one that is the most prevalent (and hidden) today is by making money online operating a You, Inc. Why hidden? Because people are making money right in front of your face and you have no idea.

Every time you watch someone on YouTube they are making money.

Some of them are making tons of money. And they're doing it on their own terms. That's because, for smart and driven people, YouTube is a business not a hobby.

<table>
<thead>
<tr>
<th>YouTube content viewers think it's all fun and games.</th>
</tr>
</thead>
<tbody>
<tr>
<td>YouTube content creators think of their videos as a business.</td>
</tr>
</tbody>
</table>

That's why the stupid viewers aren't making money, and that's why the intelligent video creators are. And that's why many of you don't even know you're watching a business. Some of you think you're watching some sucker making videos... Without realizing you're the sucker, paying for the people you watch to make videos (and not even knowing it).

Every time you watch a video on YouTube the creator of the video gets paid.

I've seen many people make fun of YouTube video creators for being poor... Without realizing that every time you watch their videos you're giving the YouTube content creators money (and so are several thousand other people). Talk about ironic; proclaiming someone isn't making money – while giving them money. What's that internet saying? I believe it's... Laughing Out Loud. Right in front of your face and you still don't know. If money was a snake it would bite you in your face before you ever saw it. Then after it bit you you'd have no idea what happened: ‘What was that? LOL!’ So here's what we're going to do... Professor Victor is going to educate you.

I'm going to give you 16 tips on how to stop being a stupid content consumer. And start being a smart content creator.

Content is anything that entertains people: blogs, words, books, art, podcasts, videos, television, movies, music, social media accounts etc.

<table>
<thead>
<tr>
<th>Rules in Professor Victor's Classroom</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Turn off your phone.</td>
</tr>
<tr>
<td>2. Close all the screens on your laptop.</td>
</tr>
<tr>
<td>3. Glue your eyeballs to these words.</td>
</tr>
<tr>
<td>4. Pay attention as though your livelihood depended on it.</td>
</tr>
<tr>
<td>5. Do not ask me any questions before you read every word a dozen times.</td>
</tr>
<tr>
<td>6. Read How to Make Money By Being Yourself.</td>
</tr>
</tbody>
</table>

Class is in session...
16 Ways to Make Money By Being Yourself

1. **Prepare to invest in yourself (time and money).**

This is #1 for a reason. You *must* be fully prepared to give your all and I do mean all. This business model is all or nothing and there is no in-between. Prepare to invest money in You, Inc. and even more than money you need to be prepared to invest the most important asset you have – your time.

**Monetary cost to invest:** about $4 per month to start.

*You need web hosting for your website and that's all you need to start.*

*Use BADNET right now to start your site.*

**Cost of time to invest:** all of it.

It takes all of your time. Even if you're physically doing another job your mind should always be on You, Inc. Thinking is working. You, Inc should always be on your mind. That's your #1 priority, all You, Inc., all the time, always and forever.

2. **Get rid of everything that isn't helping you succeed (give all to get all).**

**Have nothing so all you have is business.**

"*The less I have, the more I gain*" – James Hetfield

Yes, I fully recommend having nothing else. When you have nothing you can do one of two things: you can sit and cry at night wishing you'd die or you can work for something. My business is me and I am my business and there is no separation and that's the way you run You, Inc. I'm set for eternity because I lived the “nothing but B&D” mentality.

"*All I want to do, ever, is play chess... Chess and me, it's hard to take them apart. It's like my alter ego.*" – Bobby Fischer

If I don't have B&D then I don't have anything at all. And that was by design. You, Inc. is YOU, Goddamnit, you have to live it 24/7. **Get rid of everything else because it's going to help you gain everything.** Get rid of anything that is holding get you down. You need to throw it all out (stuff and people).

I lived like a monk for five years and now I'm set for eternity because I did. For years I didn't have anything. I didn't have a smart-phone for many years. I didn't buy expensive clothes for many years. Today I ride an expensive bicycle in $400 jeans because back then I would have my old jeans sewn up so I didn't have to buy new ones.

**I let myself live well now, but it took years of living spartan to get from A to B.**

Now? Living well is fantastic. Put in the time so you can do it. The longer you put it off, the more times you quit; it's just that much longer until you can live well. Live well from your job? Don't make me laugh. People with jobs never have free time ever and when they do they “catch up on Netflix” or do laundry. Those people are the walking dead (they just happen to be fatter than zombies).

**Give all to get all.**
When you've got nothing, all you've got is that hunger.

“To reach the pinnacle, everything else must not exist.” – Conor McGregor

From this point on, everything in your life is all business. You are a content creator. Always be on because everything is content. Start paying attention to everything and everyone. Watch people, learn from them and turn their examples into content.

“But Victor, I don’t want to sacrifice my night life!”

None of this is sacrifice. It's just the price you pay to bleed success. Sacrifice means you get nothing in return. It’s not a Goddamn sacrifice if you get rewarded! You guys that work a job are sacrificing. You waste your life, you spend most of your waking hours under fluorescent lights, and you make a little ass pimple of a paycheck.

Ask a normal Joe working a normal job if he wants to go to the beach on a normal Tuesday morning... “No, I can't. I have to work, then I have to catch up on netflix. Maybe in 30 years when I retire.” Ask me if I want to go to the beach on a normal Tuesday morning and I’ll probably say: “I was already there this morning working out.”

3. Choose a name for your You, Inc. business.

A good name is very important. Your personal name is a good name for your business but not necessarily the best name for a brand. If you have a cool, unique name then you can use your name as the name and face of the business. If you don't have a cool name then you'll need to create one. Victor Pride is a cool name. Bob Johnson isn’t a cool name.

You should always own your own name, even if you don’t use it (because someone else will).

Bold&Determined is a cool name, it is relatable, easy to remember and can be shortened into BAD which is rad. DeterminedlyBold is a terrible name and it is a real copycat name I have seen. A good option would be to have a name that other people can identify with (and remember). You have to own your business name as a domain (yourname.com).

Forget .net and .org and .me – you need the .com!

Domains are bought and sold like real estate and web hosting is your “rent”. The greatest domain names are already taken. Great names will cost you, but your unique name might be available. 30DaysOfDiscipline.com cost me $500. BADNET.com cost me $10,000. BoldAndDetermined.com only cost me $10. You need a website and you need a domain name, it isn't optional. When picking your domain name, remember: no dashes and no numbers (impossible to remember: this-is-a-terrible-domain.com).

Make your name easy to read, easy to say and easy to remember.

Get a free domain name with BADNET when you buy hosting

You need a website with a dot.com domain name and it is not optional. If you can’t afford $4 a month for web hosting (rent) then You, Inc. isn’t for you. Instead you could try holding a sign on the side of the highway that says: “Homeless and hungry. Please help.”
Winners have $4 to invest in You, Inc.

After you pick your business name you need to secure all of social media account names (even though you will not use social media until you have followers – more on that later).

4. Choose a media platform to deliver your art (blog, podcast or video).

Choose a media platform – blog, podcast, or video. All of those platforms require a website!

All of those platforms make money so choose where you excel. I'm the best writer who ever lived so I write, because that's the best way to get my message out. If you excel at speaking you should start a podcast. If you excel at speaking and you look good (handsome, or otherwise unique looking) you should do videos.

Do the work!

I make it sound easy, and it is, but you still have to do the work. I don't even like writing (or talking) but I have something to say so I do the work required to: get my ideas into the world and succeed. All I do is put the ideas in my head into your head, whatever way I can.

Read Spartan Entrepreneur: Blog Artist for a total blueprint to run a blog like a business.

5. Be broad, not niche.

Since YOU are a complete person your You, Inc. will be complete. Niche websites are shit for making money. Pat Flynn has you fooled. You guys run around making niche websites because Pat says so, but he makes money from his broad website, not from his niche websites.

You will have a main theme, but you will not be limited by only your one theme.

B&D's theme is freedom and we work around that central theme. Your topics will simply revolve around your theme but will not be limited to one niche. People want whole – they don't want partial! To be whole you need to have a theme not a niche.

Three topics that make money forever: health, wealth and relationships.

These are your evergreen topics but you can and should branch out into anything that interests you.

Why not niche?

I have hundreds of niche websites. They're called articles and Google doesn't give a shit if it's a niche website or if it's a niche article! Good content will rank well with Google! Don't make the mistake of starting a niche website when you can start a broad website and release hundreds or even thousands of niche pieces of content – and have it all revolving around one common theme: you.

6. Pick a central theme that you will revolve your content around.

Your theme is already in your head. It's YOU. It should be very, very easy to create content right from the start. Your content should pour out of you. If it's hard for you to create content then this plan is not for you. If you have nothing to say then don’t start a business trying to say something. But if you have something to say, start your You, Inc. and revolve any "side businesses” around it.

Your You, Inc. website/domain is your planet.

Everything else is a moon revolving around your planet. Connect everything to your home base!
7. **Create content for yourself first, people second, robots third.**

What kind of content would you like to see online? That's the content you create. You create for yourself first, you create content for your audience second, and in a distant third you create content for robots (SEO – Search Engine Optimization).

*Your content strategy is HEO, not SEO. H.E.O. – Human Eye Optimization.*

Write for people! Talk to people! Don't be a nerd and write for machines because you will never develop a connection with an audience (and therefore you will never have an audience).

*Start your You, Inc. website at BADNET right now.*

8. **Create valuable content.**

You have to create valuable content. Seems obvious that you have to create content to reap the rewards of being a content creator, right? I've had a bunch of morons ask me how to get an audience – when they haven't created any content! They say: “I haven't created anything at all, nothing, and I want to know how did you build an audience? That's my stumbling block.” No, you're stumbling block is backwards: create valuable content and the audience will find you. Create nothing and obviously no one will find you.

*No one has an audience before they create content you dummy!*

Create great content and your audience will find you, it’s destiny. The people who need you will type something good into Google that will lead to you. They’ll be sitting and crying at night, wishing they’d die, thinking they have no answer... Until they find you and their lives change. If you aren't creating content that changes lives then you don't deserve to be paid and you won't be paid.

*B&D gets emails every single day thanking me for changing their lives.*

*These messages are posted to Instagram using the #BadGuyFanMail hashtag.*

If you don't have an audience after 6 months it's because your content isn't good enough. It's very likely that you spend too much time on social media and not enough time creating content that changes lives. Should you seek an audience? Yeah, right. Create gold and the audience will find you. Bold and Determined is gold and that’s why people come here, not because I begged them to come here and read. If they need it, they'll find it because it's destiny.

*Create better content, create the best content and the audience will come directly to you.*

You have to be the best at what you do. If you aren't the best at You, Inc. (which has no competition) then you need to try something else. If you aren't the best at what you then how do you think you're going to make money? By osmosis through me? Don't make me laugh! Be the best to be treated like the best!

*How do you be the best?*
9. **Be extraordinary! Make yourself great!**

   I wasn’t born a magnet for success; I just turned myself into one.

   Like Donald Trump once said, (I think)... “Make Yourself Great Again!”

You need to be prepared to make yourself better. In fact you have to make yourself great (in some way) to make money from You, Inc. Some of you think the content creators on YouTube are losers, which is terribly funny. The best YouTube content creators make enough money to drive around in Lamborghinis and most of their “haters” are stuck in traffic at 5P.M. headed home from another day at the office, ready to order a pizza and “catch up on Netflix”.

   **What’s that saying again? LOL.**

   **You have to be great before you can show other people how to be great.**

You can't be a normal Jerkoff Joe and make money from You, Inc. A normal guy doesn’t want to pay a normal guy when a normal guy can just look in the mirror. People want to watch experts and authorities. Be extraordinary, leave ordinary to your fans.

   **You can’t be a total loser and then expect to be a winner just by posting videos or articles online.**

It takes work to make a loser into a winner. You have to spend time doing that work before you can show anyone else how to do it. Now that you have made yourself great, you need to create **better** content.

   **How do you create better content?**

Bleed. Bleed on the page or the screen. Bleed for everyone. Like Ric Flair once said: “Red is green, WOOOOOOOOOOOOO!” Kill yourself to create great content. Get that blood money and don’t ask me any more questions.

   **Read Spartan Entrepreneur: Blog Artist to learn how to bleed content.**

10. **Publish a lot your first year or your first year publishing plan.**

   **When you start creating content you want to create it and release it fast.**

   **This is your first year publishing strategy: write – publish – repeat.**

   **After you have a real audience your publishing plan is: write – edit – refine – publish – promote – repeat.**

   **Promote?**

Yes, promote but after you have an audience to promote to. After you bleed you want your fans to find it and enjoy it, so you promote it to them via e-mail and social media. And remember: e-mail marketing is much more powerful than social media marketing. Much more!

   **“But Victor! You said social media is a waste of time? I’m confused!”**
Figure it out. You can't promote anything until you have an audience. The only way you get an audience is by creating great content. I get these morons saying they'll promote me on their website if I do an interview with them. When I look at their site it's brand new and they have no followers and barely any content! Get this into your head: you're nothing at all for the first year and nobody, especially not me, is going to give you an audience. You will earn an audience from your blood, sweat and tears. Unless you happen to be very special you are nothing for the first year!

11. **Forget about social media until you have 500+ followers.**

I see total beginners on Twitter all the time, “promoting” themselves. More like wasting time instead of working. People who have no content, less than a month of content, or are otherwise lacking are playing around on social media all day, pretending to “promote” themselves.

**Social media is a hustlers business not a Goddamn hobby!**

Only total losers are on social media promoting themselves instead of creating content... But I see it all the time! I see only two types of people on social media: total winners (content creators) and total losers (content consumers). Winners are the ones who are on social media for business (with the profits to prove it). Total losers are on social media not making any money and wasting their time.

**“But Victor, I thought social media was a powerful tool!”**

*Social media is a powerful tool... FOR PEOPLE WHO ALREADY HAVE AN AUDIENCE!*

Social media is only powerful if people care about you. If no one gives a shit about you then social media is a total waste of time. Do not waste your time on social media until you have 500 organic followers. Don't ask for followers, don't do anything for followers. Just open your social media accounts, and when 500 people have followed you organically then you have a real audience. And only then can you use Twitter as a producer instead of a consumer.

<table>
<thead>
<tr>
<th>How to Run Twitter Like a Business</th>
</tr>
</thead>
<tbody>
<tr>
<td>And It Isn't a Business Until You Have (Organic) Followers</td>
</tr>
<tr>
<td>Never tweet fire! Save the fire for your main media!</td>
</tr>
<tr>
<td>Only tweet leftovers and scraps, save the gold for your content.</td>
</tr>
<tr>
<td>Concentrate on the work. Twitter is not work until you have a lot of followers!</td>
</tr>
<tr>
<td>Every time you get your phone to tweet put the tweet in your notes instead (then use the notes to create better content).</td>
</tr>
<tr>
<td>Don't tweet until you have an audience. Tweeters with 100 followers are total losers!</td>
</tr>
</tbody>
</table>

Only consumers and producers are on social media. If you aren’t a producer (with at least 500 followers) then you're one of the consumers (which is fine unless your goal is to be a producer).

12. **Don't expect to make money for a year.**

**Yes, prepare to spend one year not making any money.**

**But... This plan is faster than any other legal plan.**

**Don't you have eyeballs to see that?**

**“But Victor, a whole year?! That's so long, I'd rather spend 4 years in college not making any money!”**

**Put in the time now so you can make withdrawals later.**
If you put money into a savings account do you expect to make money overnight? No. Same with digital business, it takes times for your investment to start producing. You are investing in You, Inc so treat it like an investment. **You, Inc. is not a money tree until you put in the work to make it a money tree.** If you want money tomorrow then get a job like the rest of the normal people. You won't make money for a while so deal with it.

**Don't ask me when you'll get paid because that's a losers question.**

You'll get paid when you're worth it! If you don't provide value then you won't get paid. When people find you valuable is when they'll prove it by giving you money. Until then, shut the fuck up and work!

**BADNET will set up your website for you**

13. **Time is key. Time and content equals money.**

**Time and content is how you make money.**

<table>
<thead>
<tr>
<th>Time</th>
<th>Time</th>
<th>Time</th>
<th>Time</th>
<th>Time</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Get it now? IT TAKES TIME! It don't happen overnight, it takes time.**

You'll all spend 4 years in college because you believe you'll make money after 4 years at a job... Like the fat slobs I see at Starbucks ordering all the fat and sugar on the menu and wearing Ross Dress for Less Business casual attire. You'd rather live like a fat slave to a corporation instead of spending a year to make money and be free? Fine! Just don't ask me how you can make money later this afternoon when you don't even create content.

**Question from a total loser:** *'When do you think I'll make money?'

Honest answer: ‘Never.’*

14. **Don't ask questions, shut the fuck up and learn instead.**

Broad, general questions are for idiots. Questions like: “What’s the best way to make money online,” is an idiot's question. These questions give you a reason to not work, which is why you ask them!

**Total Loser:** *'No one answered my asinine question so I just won't do any work until it's answered.'*

Technical questions are O.K.: “How do I make this shot in slow motion,” is a real question. “What's the best way to make money online,” is a total loser's question. “How to get an audience,” is a total loser's questions. Do the damn work and everything else will follow. Don't do the work, ask moron questions and you'll get exactly what you have now: nothing.

Questions are for people who don't have any belief within, they don't have rock solid belief. If you believe in your content then the audience will as well. If you don't believe in your content then you will waste my time with your stupid questions. If you don't have that belief then you won't make money from You, Inc. Period!
You think a motherfucker with a bulletproof mindset would ever ask a stranger: “When will I make money?” Don’t make me laugh! I never asked anyone that asinine question, instead I was in China in a $100 per month apartment making nothing but knowing I would eventually make something.

The money will come in time and the bulletproof content creator knows it.

I don’t give a fuck about building an audience. I never gave a fuck about making money. All I cared about was creating my content and getting my philosophy to the people who wanted and needed it. I changed lives and provided value, and you know what happened? The audience and the money came to me like I was a magnet for success.

15. Stop saying “let’s“, you’re in this game alone.

I hear people say all the time: “Let’s this, let’s that...” No pal, I'm in this game alone. If I need something done I'll make it happen. Saying “let’s” is another way of procrastinating.

You say “let’s do this” and no one does it – so you just do nothing.

If you need something done you’ll try and get a bunch of people to do it by saying: “Let’s do it,” which is the total opposite of leading by example. More like leading by permission. That’s why I've succeeded and it’s why you’re struggling. I don’t need permission to act. I have friendly friends in this game (Cernovich and Chris Loser) but we do it and did it all alone! We each created something from nothing and never begged for help. Even today I never ask anyone for help and my pals never ask me for help. I give help out of the kindness of my heart, it’s never asked for, it's always appreciated and vice versa.

It’s YOU, INC. it isn’t WE, INC.

“Let’s” not do anything, you’re in this game alone and you need to make it happen alone. Your audience isn't going to do anything with you that involves creation or production. They are there to consume your content, not to help you create it. Saying “let’s” is a total turnoff to your audience because it's like begging your audience for approval.

You don’t need permission to act.
You must take it.


“To the game you stay a slave.” – James Hetfield

Whatever good happens, something better can happen. It’s never enough, there's no end. I ride a bicycle in $400 jeans and you know what? I could and should be way richer. The guy at the jeans store was flabbergasted that I ride a bike in expensive jeans. He said: “You ride a bike in $400 jeans?!” I replied, as if it were obvious: “Uh, yeah.” I didn’t understand his bum mentality at all (but I used to understand it very well). As good as it is right now, it's going to get better if you keep working. Good times comin'... If you’re willing to do the work. Business, business, business, and more business. Personal time? What's that saying again? LOL! You, Inc. You'll never get out alive?

Start your blog and get your free domain name at BADNET right now.
Read Spartan Entrepreneur: Blog Artist for in-depth tips, tricks, tools and hacks.

Until next time.

Your man,

Victor Pride
25.4.2016 – The Metamorphosis

She asked: “Why do you hang out with a 21 year old and you’re 33?!”

I replied: “Because who else is free? You ain’t free. You’re wearing the same scrubs you put on 16 hours ago. Who else is free?”

Age is real, but it’s not a deal killer. It’s not everything. Maturity knows no number. I was a late bloomer. Some people are early bloomers. I know 35 year old 18 year olds and I know 18 year old 35 year olds. Maturity is not bound by age.

But then again, what’s so great about maturity?

Who’s free is free, who’s not is not. Who’s free is who can hang with me. Who’s willing is willing, who’s not willing is not willing. Age? No, friend, it’s mindset. It’s that simple. Old people like me are usually set in their ways. They say you can’t teach an old dog new tricks. But you could spend hours teaching a puppy. So don’t get me wrong, youth and immaturity is fantastic. Young people can’t help but smile.

I hate to keep harping on Thailand, but over there a 31 year old man with an 18 year old girl is no big deal. A 33 year old man with a 21 year old protégé is no big deal. So why is it a big deal here in the land of the free? I don’t know, man, I never bothered to ask what the correct ages are I can spend time with. I should really find a nice girl my own age who I could complain about things with. Right? Yeah, right. I don’t like all young people, of course. I don’t like all old people either. I don’t really like most people, so if I like you I’m not really concerned about the date of birth.

Because there’s so few of us.

It’s us versus them.

I only really have 3 friends in the world. Here are the ages of my 3 friends: younger than me, same as me, older than me. And they all do what I do. That’s the glue that holds us together. Everybody else is an acquaintance. Everybody comes for the advice, everyone comes for the know-how. But nobody stays for the follow-through. Only those 3 ever did. Those who stay for the follow-through get the benefits and the rewards.

You see, it’s time.

You don’t just get the knowledge and then receive the reward. In between the knowledge and the reward comes time. It’s time that you are required to give. Time, time, time. Time and content.

That’s how I do it.

Time and Content.

How do you put out the content? What do you do to create the content?

You spill your guts and then you edit. That’s it, man. If you write, write the way you speak. If you video, video the way you speak. Speak the way you speak and talk to one person.
How do you change lives?

You talk to one person. All my content is for one person. If one person reads it and follows it and follows through and has a success story then that piece of content has been a success. If one person watches how to make money by being yourself and follows through then hey, they might end up on the beach with me.

People want to meet me all the time: “Victor, I’d love to buy you a drink and hear you talk.”

But the reality is that when I meet people it has nothing to do with how accomplished or not accomplished or how young or how old they are...

It’s destiny. It’s always destiny.

If people are meant to find you they will find you. This is why I don’t advertise B&D. If you’re meant to find it you’ll find it. Don’t ask me how to change your life; seek to find the answer yourself. Don’t e-mail me bleeding your life story. E-mail is free. When you bleed, don’t bleed for free. And don’t bleed for me ‘cause I don’t care. I don’t read your blog, I don’t watch your videos, I don’t even hear you, but other people do. Bleed for them.

Why don’t you show other people what you know? Bleed for them.

If you need to know it, someone else needs to know it. If you found out, tell them the answer. I needed to know: “How the fuck do I get free? What do I do?” I didn’t e-mail strangers on the internet asking how, I just went out and found out. I said: “I don’t know how to do it, but I’m going to go on this journey and I’m going to find it and I’m going to show you how to do it.”

Be a Lone Wolf But Don’t Be Alone

Cut the bad relationships out and keep the good ones.

Honestly truly it’s really hard to be alone. It’s a lot easier when somebody’s in your corner. What to do if you don’t have somebody in your corner? You always have somebody in your corner, you. Your business is first. Business comes first. If you are your business and your business is you and business comes first what does that mean? It means you are first.

If someone wants to come in and be the navigator and let you be the driver, that’s great. They are the passenger and the navigator and they can helpfully read the directions for you – so you can focus on driving. You don’t want a backseat driver telling you how to drive your car even though they've never driven your car. It’s like saying... “I’m going to tell you what you should do even though I don’t know what your thought process is or what your plans truly are. But I don’t believe in you and I’m going to tell you what to do.”

Friends, family, mom and dad, girlfriend, wife...

You shouldn’t expect other people to change as you change, that’s not their job. Your job is to guide them and lead them and their job is to follow. They don’t need to change, they simply need to follow. Their mindset won't change, at least not right away. The only thing that should change is their admiration for you.
They're them and you're you. You go on your adventure and take them with you. They won't change, but their respect will grow. “I’m so proud of him. I wish I could do what he does”. And if that doesn’t happen, if their respect and admiration doesn’t grow, it means you haven’t completed the metamorphosis yet. Give it time.

Eventually it will happen. You’ll molt and they’ll know. When they sheepishly ask to borrow a few dollars to cover a family emergency, give them a whole lot extra and they’ll know. And if they are there, if they followed you into the dark, if they didn’t nag, if you made it and they helped you – take care of them. Let them taste the good life. They deserve it because they invested their most important asset into you – their time.

Support, love, care are so important so if you got it from them you had an advantage. Be grateful (after you've made it through) because it’s only after you've made it through that you'll realize how great they were.

The Metamorphosis

You should be changing, you’re not the old you anymore, you’re not Joe Schmoe anymore. You’re bigger than that. And if you’re not bigger than that then you’re not doing what I’m telling you to do. You will change when you change. That’s when. It won’t come sooner. The change will come right on time.

From a caterpillar to a butterfly.

Everyone starts as a caterpillar so don't feel bad. If you want to become a butterfly, you will become one so just relax and be patient. But not too patient – money never sleeps and you barely will either. You gotta have a little patience in this game. Your time will come. Believe it and reality will bend to your will. When it does come, everybody from your past will tell you you've changed and, with a big smile, you’ll say thank you for noticing.

You'll say: “Thank you for noticing my metamorphosis. Thank you so much for noticing. Glad you’re able to see what I can do and thanks for the support.” They don’t need to support you at first. They don’t know your vision. Nobody knows your vision except for you. They don’t even need to believe you. All they need to do is get out of the way and let you do your thing and not nag and be a drag, that’s all.

They don’t know your vision and they won’t know it until they see it with their own eyes.

You know why they don’t know your vision? Because they don’t have your eyes. The world looks different from my eyes than it does from your eyes. So what do her eyes see now? Who cares. She can think whatever she wants to think but what she can’t do is nag or be a drag. Thinking unsure thoughts is forgivable; being a nag and a drag is unforgivable and is punishable by abandonment.

What will her eyes see in the future? That’s what counts. Past is nothing, now is nothing too. What will she see in the future? You already know, she doesn’t yet, but she will. Her eyes will see a man who started from nothing and achieved everything. And her eyes were there to witness. Nobody knew what I was doing. Even I didn’t see the grand scope. I didn’t see the big picture. It’s hard to see the masterpiece on a blank canvas, it’s much easier to see the first pencil stroke, then the second, then the third. Eventually the masterpiece reveals itself.

All I knew at first: this is what I’m gonna do. This is it. This is what I do now. This is it.
No Back Up Plan

I’ll be poor forever doing this before I go back to State Farm insurance, I thought. I'll be poor forever. I will live in china on $800 a month for as long as it takes. Thankfully it only took a year and a few months, but I could have spent years trying.

I have the will to endure forever.

“Just endure,” like I told Mikey C. five years ago. And he did. Like Drake said, he started from the bottom now he's here. But don’t forget to do the work. Endurance becomes stagnation if you don’t do the damn work.

Live Well

I like to live well. I'm not living on a budget and I'm not trying to save nickels and dimes. I like to live well. I don't own much still and never will but I live well. Years ago the lady at the private airport in the Philippines asked me with sincerity: “Do you live well?” I answered: ‘Yes,’ but I was wrong. Now I see. I can see now. I still lived in a tunnel then and only a little light was visible, but I can see it all now. Now I live well.

“You’ve changed; your old articles are not like your new articles! It’s like you’re not still living in a $400 apartment in Dallas in the ghetto, or a $100 apartment in China. What gives bro’, did you change?”

Yes, I did change and thank you so much for noticing.

What do I do everyday? What always comes first? Work and make money. What comes first? Business. It's almost like its easy, isn’t it? It's almost like it’s easier than working a real job. It's almost like all you have got to do do is be you and live your life and then give people the information and the knowledge.

Am I arrogant to point out that people ask me in person every single day how they can do what I do? Is that arrogant? I don’t know if it’s arrogant but I know that it's funny – none of them even know what I do. I don't tell anyone about B&D. But they ask me, every single day, to teach them what I do. What do they know? They know the aura. They can smell it.

I don’t tell them about B&D. If they really wanted to know they would’ve found it.

It's my job to create; it’s not my job to advertise to 9-5’ers who want out. It’s their destiny to find B&D. My job is the work; your job is to find it. If you don't find it, you either didn't try or it wasn't meant to be. Maybe you belong in your 9-5. I’m not the work. B&D is the work. Leave ME alone and find B&D, if you were serious. If they were serious they would've found B&D. But they're never serious.

They would've been on their computer searching for the answer. They would've been searching for the answer and the answer was right in front of their faces, but they looked away. Where do you look? You look forward. You don’t look behind you. The past is the past. That’s gone my friend. You look forward. You look for it. You know what I do when I want to find some information? I find it. You figure it out. If it’s your fate, you find it.
What do girls always say to me about their job? “Ugh, I hate it! I wish I could do what you do!” And I say, “I know you do.” Everyone wants to do what I do because I still have my soul. I sold pieces of it for a long time because I didn’t know any better. I didn’t know what the other option was. But Goddamnit I knew it was there, some damn where. It just took me a long time to get there.

**Years in the making.**

Eight years ago I quit my job at State Farm. I called my girlfriend at the time 8 years ago and I said: “We’re probably going to have some hard times ahead, but this is what I’m going to do. I’m letting you know in advance. Hard times or not, this is what I’m going to do.” She said: “Ok. I trust you.” And she meant it. She was terrific. She supported me fully.

And you know what happened 30 days later? Within 30 days I made $4,000. I’d never had more than about $1,800 before that in my bank account, even though I always had a job. When I quit my job I focused 100% of my time on the business. I’d never been so focused on anything in my life and I made $4,000 in 30 days. Since that day I’ve been way up and I’ve been way down.

But I’ve never had to go to anybody and say: “I have to be at work tomorrow. I can’t fly away tomorrow, sorry. I can’t fly with you, I can’t go play with you. I can’t just pick up and go. I have to be at work tomorrow and all week, but if you want to get drunk on Friday night and Saturday night with all the other soulless and miserable people, then I’m your man!”

**I’ve never had to say that.**

What do they always say? They say: “Hey, a day off! A holiday! A 3-day weekend! Let’s spend it drinking, dude! Hey girl, let’s spend it drinking! Work on something on my off-time? No way! I hate my job, you don’t understand. I hate work! Why would I work on my day off? I hate my job, I would do anything to quit and have my own business and now I have 3 days off so let’s drink! I don’t want to think about work! Let’s spend it drinking! Monday’s going to suck! Monday’s going to be awful. Can’t wait ‘til I have another 3-day weekend! Can’t wait ‘til my own business picks up! Can’t wait…”

**But you know what?**

It’s hard to build a business when you have to spend so much time doing something else. It’s hard because it takes time. You have to give it your time and you don’t have the time if you’ve given your time to something else. If you don’t give it your time, you don’t get anything in return. When I worked at State Farm, I spent all my time researching my other business. I didn’t want to work at State Farm, cold-calling and selling insurance, but I wanted that steady paycheck.

You know what I realize now? I realize now that I stole the owner’s money. He owned that State Farm. It wasn’t a corporation, it was a franchise. He owned it and he had to pay all the bills. I stole that man’s money because I didn’t really work for him. I lied to his face, I told him I would but I didn’t really. I spent my time there researching my other business.

He didn’t know it, but that man gave me the opportunity to research and spend my time doing my other business while I pretended to work for him. I was just a kid then, I had no idea about business. But now I know, I stole his time and his money. He gave me a great gift. I should mail that man a check for every penny I stole from him, with a sincere thank you…
And it would say...

“Thank you for showing me the way.”
“It wasn’t your intention to show me the way, but you showed me.”
“You were the last step because I hated it there. And I found my destiny there.”

That job was like school for me, because I found it. I found the answer. It was there that I found the answer. I had a job before State Farm where I spent all day surfing the Internet. That’s all I had to do, literally. They paid me just to do that. So everyday I surfed the internet. It was there that I should’ve built my business, but I didn’t because it was too easy. They paid me enough money that I was fine. So I just surfed the internet.

Did I try to build a business?
Yeah, right.

I just waited till 7P.M., till I could go home and hit the gym, fuck my girlfriend and watch movies and drink. That’s the life, huh? Getting paid to do nothing? Yeah, it’s alright. Not bad, as far as jobs go. Better way, though, is to get paid for being YOU. More money in it. More freedom in it. Certainly more isolation in it. Nobody talks about that, the isolation of growing.

Who do you relate to? You don’t relate to the people at your job, but here’s a secret: if you related to the people at your job in the first place, then that’s where you belong. Do you feel that’s where you belong? If you feel it, it’s probably real. I never related to my “co-workers”. They were like aliens to me. And you know what’s funny? You know what they always said to me? You know what they knew? They knew that I didn’t belong there. They would say: “Why are you working here?” I would say: “I need the money,” and shrug. But they knew. Their inflection told me. They said: “Why are YOU working HERE with US? You belong in, like, Hollywood or something.”

They knew better than I did. They knew much better than I did. They even believed in me more than I did. I always thought I needed a job as a safety net until I “got my big break”. I simply didn’t have any understanding then, I didn’t realize what it took (everything), I didn’t realize big breaks don’t happen randomly. You make your own luck and then you get lucky. I knew all too well that I didn’t belong there. But what the hell else do you do? That’s what I didn’t know.

I’m a late bloomer. It takes me a long time to realize things. I just endure until a solution presents itself. Sometimes the solution presents itself a bunch of times before I see it. Late bloomer and all. I would have done it when I was 18 but I didn’t know. I didn’t know anything about nothing. No one told me, just like no one told you. I just knew I didn’t want to be like them. Well, that’s a lie. It’s not that I didn’t want to be like them, I knew I wasn’t like them and that I could never be like them. I never “fit in” anywhere in my whole life.

“But what the fuck do people like me do?” Who knows.

When I was young, we didn’t really have the Internet. We didn’t have YouTube. There was no Bold&Determined. There was nothing like that. We had to read books and figure it all out. But books didn’t know either. I’ve said it a thousand trillion times: I just didn’t know. But now I know. It’s so simple and always was. And now I put what I know into B&D so you can know too.

You, sitting alone at night on your computer, now you can know.
Do I lay it out step-by-step every inch of the way? No I don’t. There’s no such thing as a step-by-step plan to freedom and wealth. Success flows like water. What did Bruce Lee say? He said be like water. The principles are the same. The principles never change.

Everybody who ever did anything did it the same way: time, dedication, obsession and focus.

What did they do when they lost focus? They drifted off. Their art wasn’t as good anymore. But maybe you only have a period of a certain number of years with that intense focus, so when you’re in that period, what do you do?

Content. Art. Deals. Keep the momentum going.

Don’t break the momentum. Don’t stop. For the love of God, whatever you do, don’t stop. What happens when you stop? You stop, that’s what happens. Everything stops. And that’s the worst thing that can happen. So if you never stop, it never stops. You know what is more important than money in life? Having a mission. You cannot be aimless and be fulfilled. But here’s something maybe you don’t know: you cannot be on a mission and be fulfilled either. There’s no end to this mission, it never stops.

If I could just make $100 a day I’d be happy, until I made $100 a day.
If I could just make $1,000 a day I’d be happy, until I made $1,000 a day.
If I could just make $1,000,000 I’d be happy, until I made $1,000,000.

That’s the beauty of the mission: it never has to stop. That’s the beauty of it. The fun ride never stops. And even if it did stop, you can’t be driven for so long and then be happy when the ride stops. I always wanted my jobs to stop; I always wanted school to stop. I never want this to stop. When you love something you don’t want it to stop. When you need something you don’t want it to stop. It’s only when you don’t want something, when you don’t like something, that you wish and wish and wish that it would stop.

Well, you can make it stop, if you so wish. Anyone can make it stop.

If you’re under 18, here’s what you do: JUST ENDURE.

You know what happens when you’re 18? You’re an adult and you’re legally free. You want to make it stop? O.K., make it stop. There’s no excuse for an adult to not make something stop. Children must endure until they are adults. Children have a valid excuse for not living the life they want. Adults have no excuse. So if you want it to stop just make it stop. If you want it to stop, that is. But the beauty of living life on your own terms is that you don’t want it to stop. You’ll even beg God to never make it stop.

The biggest fear of people who live on their own terms is that it’s going to stop.

Regular people wish for it to stop. Exceptional people lay awake at night hoping and praying and asking God to never make it stop. You don’t think it’s going to stop, see, you’re afraid it’s going to stop. It’s your biggest fear: that it stops and you have to go back. You know in your head that if you don’t stop, that if you flow like water, it won’t stop because you have the momentum going. But I never said you logically think it’s going to stop, I said you’re deeply afraid that it’s going to stop. And it’s fine to be afraid. You can let that fear drive you. It doesn’t matter what drives you. It doesn’t matter what the motivation is. Fear? Courage? Who cares.

It doesn’t matter what drives you as long as you’re driven.
**The eyes don’t tell lies.**

When you talk about your work your eyes should be wide, like a crazy man. Crazy eyes and deaf ears. You can talk to me but I won’t hear you. See the whites of my eyes? That means I can’t hear you. It means I’m busy with my own thoughts. When you talk like that with crazy eyes and deaf ears that’s when you know you’re on fire.

**Crazy eyes and deaf ears – that’s when you know you’re on your mission.**

I’ll tell you about my business with crazy eyes and you’ll respond but I won’t hear you. Your response doesn’t matter. It doesn’t matter what you think. You don’t have crazy eyes. You don’t have my eyes. You don’t know the vision. I could tell my plan to you or to a brick wall and it’s the same outcome – I won’t hear a response.

**Talk, talk, talk, talk all you want, it won’t matter.**

My eyes are open and my ears are closed. I don’t need your input because I already know. In my eyes it’s as clear as the ocean blue water in the Philippines in July 2013 when I had my epiphany. What was it? That’s for me, that’s not for you. I could tell it to you but it would sound like Mumbo Jumbo. It’s clear to me but to you it would be Mumbo Jumbo.

**What’s your epiphany? What’s your plan?**

Figure it out but for the love of God don’t tell me about it because I don’t care. It's your plan. It’s for you. Tell it to a brick wall. My plan is for me. Your plan is for you. Got it? Good. If you tell me about your plan with crazy eyes I’ll believe you. I’ll believe you if I can see the whites of your eyes because the eyes don’t tell lies. I won't hear you but I’ll believe you. If you ask me 5 minutes later what your plan was I won’t remember. But if you tell me with crazy eyes I’ll believe that you believe it. I'll see it in your eyes when you talk about it.

**If you don’t have the eyes you don’t have it. Not yet.**

So what if you don’t have it yet. What did I already say? It takes time. If you talked to me at 21, I didn’t have it, I didn’t know. I was a late bloomer. If you talked to me at 25, 26 the eyes started getting crazy then. You talk to me at 31... just kidding you wouldn’t talk to me at 31. I wasn’t there. I was too deep in it. I wasn’t there, I wasn’t a person. I was not a person when I was 31. You couldn’t talk to me. Now I’m here. Five years of crazy eyes and now I can truly live well.

“Wow that’s so great the way you live, that’s so awesome what you do, I want to do what you do! How do you do it, can you teach me?” Yes, I can teach you but you won't follow it. You won’t like it. 5 years of crazy eyes and deaf ears. Can you do that? “Oh no, I don’t want to do that. I wanted to make money tomorrow!” And I’ll say: “Yeah, I understand. Five years is a long time to live free and live well. After all, you already put in 4 years for a promise of a job and weekends free.”

So who in their right mind could expect to work for 5 years to achieve something? Who would do that? That’s too long. Instead, here’s an idea: go into debt, spend 4 years learning nothing from nobody’s in a university and then go find a job, go pay back that debt, and meet me when you’re 27 and say: “I wish I could do what you do.” And I’ll say: “If you truly wished you could then you would.”
‘Cause when I was 27 I spent five years in a tunnel, I saw the light at the end of the tunnel but I didn’t see anything outside of the tunnel. You ask me about a movie, a musician, a book that came out in the past 5 years, I don’t know about it. I don’t know about it because I had crazy eyes and deaf ears. I lived in a tunnel and all I saw was the big bright shining light at the end. That was my destination and I didn’t stop to catch the latest movie.

If it wasn’t in that tunnel I didn’t see it and I didn’t hear it. You had to be in my tunnel or you weren’t alive. You had to have an invitation to my tunnel. Almost nobody had that invitation. Give all to get all. I gave all to get all and now I live well. So you want to do what I do? That’s great, I love it. Start today and spend everyday for the next 5 years thinking about it.

**“Thinking isn't work.”**

Not true. It takes brain power. Thinking is 90% of the work. You have got to use your brain. How do you make money by being you if you don’t have a brain? You don’t and you won't. Yes, thinking is work. And you’ll never be able to take a break.

**You want to know the negative part, the side effects of living life as a free person?**

You’re never free from the thoughts. Go sit on a beach with pretty girls and pina coladas and blue waves and servants serving you whatever you like. Great life, isn’t it? You’ll be thinking about getting back to work. You’ll be thinking about content. How can I turn this into content? Stupid question. You already know how to turn it into content; you don’t need to think about the how. When you can afford a real vacation you’re already an expert. Everything is content in your life. So you never think: “How can I turn this into content,” because it’s as automatic as taking a pee-pee in the morning.

**Everything is content.**

If it’s good content, release it. Bad content, don’t release it. But file it away in the back of your mind with all the other memories that you have turned into big business. When you’re on the beach and you see these young street performers having a great time on the beach, performing an amazing show for a large crowd, you think... these young performers are lean, young, athletic, fun, sexual, free, well maybe, actually not really free. Not like you.

It’s clear at the end of the show, before the big finale, when they beg the audience for money. They’re free in other’s eyes, but not in your eyes. You know that these young, free, tan, lean beach bums need money like everybody needs money. It costs money to be a free and lean beach bum. Everybody needs money.

Does money buy happiness? Don’t give me your dumb answer because it’s a dumb question asked by dumb people. Any answer to the question is a dumb answer. You need money like you need air and water and food. **Money is the 4th element.** You don’t live without it. You need it as much as you need air and water and food and that’s a fact.

Another fact: the more you have of it the better you live, the better you live the happier you are. The happier you are, the... **Wait... so does money actually buy happiness?** I already told you; don’t ask me that question because it’s dumb. The young and happy street performers got to beg for it. It puts a little smile on your face knowing that during the show you got e-mail after e-mail after e-mail saying...

**New message: you have received money.**
You watched the street performers show and you watched them beg for money. You probably made more money in that hour than they did. All you had to do was sit there and all it took to get there was five years of obsession. To outsiders, it looks like all you did was play with your phone a little bit and check your emails.

But where were they when you were in your tunnel? Where were they when you didn’t watch a movie for 5 years? They were probably at their jobs. They probably thought they had it all figured out. “I went to school, I got a great degree in blah, blah and blah! Now I have a great job making 150k a year! All I had to do was spend 4 years, go into debt and sell my soul to have other people tell me what to do and all I do is complain about it and get drunk on the weekends!”

**But there is a way.**

You’re going to spend five years working on something that’s ridiculous. Yeah, it is ridiculous. You got to be a little crazy to play the game with no net. What was my backup plan? That’s a joke. Make the choice. Backup plans are for people who don’t make choices. You can always make money doing something. You can always get a job doing something. You don’t need a real backup plan. Jobs are always there. You need that focus. Focus and time.

**Focus and time works for any business that you want to do. The principles are always the same.**

But the method that you use to get there is not going to be drawn on a map for you. Just kidding, there is a map. It’s called Bold and Determined. The map is in front of your eyes, it just takes crazy eyes to crack the code.

**Can you hear what I’m saying to you?**

**If you can hear me, you weren’t listening.**

**Until next time,**

**Your man,**

**Victor Pride**

**P.S.** Start your fucking blog right now because I said so. Don’t ask me why. Don’t ask me any questions. Just do it. Start your blog right now and spill your guts. Spill your guts, and in five years you’ll have all the bucks in the world.

Spill your guts and make some bucks. It’s the easiest fucking thing in the whole world. And I just gave you the easy, step-by-step blueprint to cracking the code, living like a King and being free for a lifetime. In case you didn’t figure it out by now, here it is in the simplest terms I could ever say: live the way you really want to live.

**Actually, that’s a big fat fucking lie. This is what you do instead…**

Have a vision in your head of the way you really want to live. Imprint that vision in your mind. Think of that vision every day and every night. That vision is your life goal. Now you have a goal. A mission. You will never truly be able to live exactly the way you want to live. And that’s the beauty of the Victor Pride Patented Plan For Success™. You’ll always have something to work for and you’ll never want to stop. I don’t want to stop, ever.
It’s never enough and it never should be enough.

More, more, more, more, more, more, more!

I swear to God I lived Spartan so I could get everything. I didn’t know it then but I know it now. Start your blog, make your videos, if that’s your goal, and start now.

If you ask me in the first year how it’s doing, I’ll ignore you.

If you ask me in the second year how it’s doing, I’ll ignore you.

If you ask me in the third year to fly out to your private villa in Greece which you have paid for using the age old wisdom of “do the work”, and you ask me to be your guest, well, I just might respond. Adios, amigos. See you in Greece. Maybe I’ll see you in Spain. Maybe I’ll see you in Cartagena.

Maybe you’ll come see me in Venice Beach for the Patented Victor Pride Shut The Fuck Up Don’t Ask Me Any Stupid Questions Seminar™. Here’s what you do at the weekend retreat for killers and real-dealers: __________ Just kidding. I wouldn’t trade a weekend in exchange for money. I don’t have the time. I can’t trade my time for money. It’s not possible because I already traded all of my time that I will ever have.

Sign up at BADNET and stop asking me questions.

Close your ears. Open your eyes. Do the work. Next time you ask somebody that you don’t know a question about your life crisis, this is what you do: write it and then delete it cause you already know the answer. You just want confirmation. You just want the confirmation that it’s the right thing to do. If I tell you that it’s the wrong thing to do, you’ll ignore my response. You’re going to do what you’re going to do anyway. So just do it in the first place.

You’re like the people that want to do what I do but they don’t really want to do it. They just want to do it if they don’t actually have to do it. So don’t waste my time. ‘Cause my time is already gone. It’s been spoken for and I’ve already told you everything you needed to know about everything about life. When you reach that point of no return, maybe you can be like my friend Mike C. and come out and see me. If you haven’t reached that point, start now because it takes time. It takes a lot of time, friend.

Time, time, time, time, time, time.

All you have is all the time in the world and all it takes is all the time in the world.

It takes all the time in the world so you’d better start right now.

Click here to start right now.
May - 2016

2.5.2016 – How to Succeed if You’re Shy or Introverted

“I was pretty much afraid of everything. Afraid of the world. Afraid of speaking. Really, really shy kid. Music was a way to speak.”

Can you guess who said that?

b. Lead singer of Metallica, the most popular heavy metal group of all time.

The correct answer was B. James Hetfield, the lead singer of the multi-platinum selling band Metallica, was a crippling shy kid who grew into a shy adult who made millions singing to enormous crowds of people.

'Shy?! But he sings in the most popular metal band of all time! How?'

Easy answer. He’s a performer not a conversationalist. Performance is not the same thing as polite conversation with strangers. Performance isn’t real (therefore easier) and at the same time performance bares the artist’s soul and is completely real (which fulfils the need for expression). Performance is more, it’s bigger, it’s grander and it’s... easier to do than talking to strangers (if you’re shy). Introverts like to live in their own world. Performance allows artists to have their voice heard, in the way they want it to be heard, and they can be “in their own world” at the same time.

“I could journal, just write poetry, or write whatever was in my head and sit down, strum a few chords and put that together and – that’s me! That’s me telling the world about me when I can’t do it on my own.” – James Hetfield

And that’s how shy introverts succeed – they perform.

Everything “social” is a performance for shy people. That’s why shy people are so drained after spending the day with family, spending the day at work, spending the night schmoozing at a party. Being around groups of people drains a shy person's energy – because the shy person was putting on a performance the whole time.

<table>
<thead>
<tr>
<th>Every man who is shy must read these two articles!</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. The #1 Legal Supplement That Relieves Stress and KILLS Social Anxiety</td>
</tr>
<tr>
<td>2. The Magic Pill To Beat Social Anxiety</td>
</tr>
</tbody>
</table>

Being social with strangers doesn't come naturally to introverts. It's not normal for them. To get through it, they simply act. It’s always a performance, whether big or small. Sometimes shy people perform as artists, sometimes they perform as an outgoing person, but it's always a performance for a shy person. Talking to new people is a performance, not a natural act.

The best shy people perform so well that other people don’t even know that they are shy.

You can perform so well that people don’t know that you are performing. When I tell girls: “I’m shy,” they laugh in my face and say: “Ha, ha, ha! You’re so funny! You're definitely not shy!” The joke is on them I suppose; I’m the shyest person I know. When I was a kid I couldn’t talk to anyone. You really have to get to know me for me to be comfortable enough with you to do simple things like laugh.
Do you know how I got over my shyness?

I simply pretend not to be shy. I put on a performance around people I don’t know. I pretend to have a conversation with them, I pretend to care. And that’s how I got over my shyness; I forced myself to perform as an outgoing, sociable person. Performance takes the “edge” out of being social. A performance isn’t “you”, it’s an act. You simply act like you aren’t shy. If you act enough, it becomes real, second nature.

The things we think and do always end up becoming true.

I performed enough as an outgoing person that now no one believes I am shy. My performance became true. I faked it ’til I made it. A lot of highly successful people are shy (more than one would expect) they just don’t show their shyness to the world. Quite simply, they act. They act as though they are not shy. They perform.

How Shyness Can Help You

I get this question all the time: “I’m introverted, how can I possibly succeed with this disability?”

And I always respond the same way: ‘Being introverted isn't a curse, it's a blessing.’

Being shy or introverted isn’t a hindrance or a disability. It’s quite the opposite. It gives you time to think, plan and develop. Introverts have the time and desire to be alone and develop a skill – a skill that may allow you to speak to the world, even if you have a hard time speaking to Becky next door.

Introverted people become energized when they are around people. Introverts become drained around people. Introverts need alone time to re-energize. And it's what introverts do in their alone time that can lead them to mega-success. When you’re alone you need something to do, you can't just sit there doing nothing, you need something to work on. And that’s where shy people can develop talents and skills...

They have free time, they have alone time, and the “geniuses” are the shy people who used their alone time to develop a skill. Like James Hetfield, who used his alone time to learn the guitar. Like Dr. Dre who used his alone time to create music beats.

Shy people can be quite sensitive too. All great artists are sensitive people, when you peel back the mask that they put on. Many, many of the most successful artists are actually very shy people. It takes a certain introversion to develop a talent combined with a skill. That’s because it takes time to develop a skill, time you don't have if you’re out being social all the time.

Introverts have more free time than extroverts (time for practice, not time for play). Shy people have the need for alone time, and that alone time gives them the time to learn and perfect a craft or skill. Talented introverts often spend years “in the shadows” developing a talent or skill-set. Then they seem to come out of nowhere (overnight successes).

Many of the biggest celebrities who ever lived were shy introverts.

It's often the people who have an inability to form a connection with a small group of people that have the ability to form a mega-connection with strangers (fans). They would often rather be in front of a large crowd performing than be schmoozing at a party.
Why would that be? Why would many of the most famous and talented artists and celebrities be shy?

It's because...

- They had the alone time to develop a skill or craft.
- They are skilled performers.

They excel at performance but they don't know how to have a conversation with strangers. It’s a nice trade-off. I was recently watching an interview with rapper and music producer Dr. Dre. Dr. Dre is very famous as being the #1 rap producer of all time, making more hits than anybody. While watching the interview with Dr. Dre I was struck by just how much this loud, boisterous “gangster rapper”...

Was actually very shy!

He didn't make eye contact much, he was often looking away, he was humble, and he wasn't braggadocious. He obviously lived in his own world (which is where all artistic geniuses live) and he seemed quite sensitive. The interviewer mentioned that Dre rarely (if ever) gives interviews. Obviously not a big fan of talking to strangers, but a big fan of working and bringing the vision in his head to reality. He obviously isn’t out schmoozing all the time, yet he is one of the most successful rappers/producers of all time, currently worth an estimated 700 million dollars.

$700 million – not bad for a shy guy.

How did a shy guy get so famous as a loud mouth rapper? He performed as a loud mouth gangster rapper, that's how. He performed so well that we all believed it. There's a myth that you need to be loud and boisterous to be successful. But that could not be further from the truth. Intelligent people are often (but not always) introverted and shy. It's better to be intelligent than to be boisterous.

If you did need to be loud and boisterous to be successful you can just pretend. Just perform as a loud and boisterous person, and then go home where you can be quiet. It's called acting, and introverts can be very good at it. An intelligent person can pretend to be boisterous and people will believe it. A boisterous but un-intelligent person can never believably pretend to be intelligent (I'm not saying all boisterous people are un-intelligent, but many are).

What to do if you're shy?

<table>
<thead>
<tr>
<th>Five Steps to Forget Shyness</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.  Don't feel sorry for yourself ➔ being shy isn't a curse or a burden, it's a benefit.</td>
</tr>
<tr>
<td>2.  Put on a performance ➔ simply act as if you aren't shy in situations that require you to be social.</td>
</tr>
<tr>
<td>3.  Follow 30 Days of Discipline ➔ 30DOD will make you get out of your head and force you to “act”. That act will eventually become the real you.</td>
</tr>
<tr>
<td>4.  Learn a skill ➔ use your alone time to develop a skill (a central theme of the 30DOD program).</td>
</tr>
<tr>
<td>5.  Have a mission ➔ you cannot succeed without a mission, doesn't matter if you're introverted or extroverted. Have a goal, a purpose, a mission and everything else is easy.</td>
</tr>
</tbody>
</table>

More important than introversion or extroversion, to succeed wildly you need to be smart.

How smart do you have to be? You have to be a genius.
But you don't need to be a genius in all areas of study, you don't have to be a book-smart nerd, you only need to be a genius in one area to find big success. Floyd Mayweather Jr. is a genius. He isn't book smart, he can't even read, but he is a boxing genius. That boxing genius led him to great wealth. Floyd spent the time learning his skill (boxing), now he spends his time performing his skill (in boxing matches). He used the patented V. Pride Shy Guy Training Method™ and he's not even shy.

Frankly, if you do the work you will succeed.

Makes no difference if you are introverted, extroverted, this or that, or blah, blah, blah... You still got to do the work. The recipe works for anyone. Whether you're shy or outgoing the success recipe is still the same...

Learn the skill, use the skill.

Until next time.

Your man,

Victor Pride

P.S. Don't forget to start your blog and put your thoughts into it. You can use your blog as a journal and let it be your voice, the same way James Hetfield used his journal to write down his thoughts and get his voice out. BADNET will do all the behind-the-scenes work for you, for free. It doesn't get any better than free and easy and clean. Let the genius out and don't worry about the tech stuff, that's BADNET's job. You write, we tech.

See: How to Start a Blog Overnight – Use Badnet and Follow These Easy Directions.

P.P.S. Here are two articles every man who is shy must read.

1. The #1 Legal Supplement That Relieves Stress and KILLS Social Anxiety
2. The Magic Pill To Beat Social Anxiety
So you want to be a writer, huh? Cool, here's what you do...

Study how the Website for Winners crafts each masterpiece. Take note of the way we write. Study how we craft paragraphs, short and full of intrigue. Long paragraphs are for dodo birds but short paragraphs are intriguing. See how we build to a thesis in an article. Rather than coming to you upfront, we build to it. We never start an article with something dry and dull. We always start with something intriguing.

It's not an article, it's an experience.

First we make you feel. We arouse your curiosity before we get to the meat of the article. Only then, when we know you're interested, do we give you the meat. We build to it. We play with you before we give you your reward and we always leave you wanting more. Start with intrigue and build from there.

Write the experience, not the information.

The information will reveal itself, that part is easy. Say this 100 times out loud — WRITE THE EXPERIENCE. After you say it 100 times write it down and tape it to your laptop so you always see it. Write the experience. You're not writing an article or a book, you're seducing the reader and giving them an experience. Great writers don't write, they seduce. So that's what you do – you seduce them and give them an experience. Seduce them so good that they don't want the experience to end. If you do it right they'll be begging for the next step – so always give them the next step. Never let them go away wanting more but not having more. They always need a next step.

What exactly do I mean by give them the next step? I'll tell you later. First, let's do some learnin'...

Professional Writing 101 with Professor Victor

19 Tools and Rules for the Aspiring Professional Writer

This piece is about how to write non-fiction. If you want to write fiction I would suggest you read On Writing by the greatest and most prolific fiction storyteller who ever lived, Stephen King. If you want to transcend as a writer of non-fiction, well, please continue reading...

1. Forget about being a great writer (for now) and focus on having something worth saying as your message is the most important.

The message is more important than the medium. You can't be a great writer of you don't have anything to say. Great writing doesn't exist without a message. Did you ever hear the phrase: “You can't polish a turd?” Words without meaning do not equal great writing. Without a message you don't have anything. So that's what you need – a message.

A great message transcends writing ability. But how do you develop your message?

2. Experience life and then share that experience.

When you think of “struggling writers” you think of lazy jerks with ponytails who refuse to do any real work and live in a fairy-tale world. They’re “struggling” because they cannot relate to people.
That's an easy fix.

There's a lot more to writing great than just writing. Writing in and of itself is nothing. Just words. If those words don't have meaning then they aren't anything at all. Until the words come alive in the reader's mind, they're nothing. So you need to make the words come alive. You make the words come alive through experience and understanding. You write words that your reader intimately relates to and understands.

You need to understand certain things about life so you can write about them and illuminate your readers. The way you get that understanding is by experiencing it firsthand. The only way you'll ever have something to say is if you experience life.

Note: you can be a watcher and an outsider and be a great writer. You just have to view life situations and turn those situations into stories.

What if you don't have life experience but you love to write?

That's great. I'm not saying don't write (you should always write) – I'm saying focus on life. Living life is the one thing that will help your writing. A guy who has a lifetime of experience has an endless creative well to draw upon. Great writing is like Becky. If you chase her, she'll run away. If you do your own thing and don't focus on her, she'll come running back to you. After you've attracted her, that's when you can give her attention.

When you have something to say, that's when you can focus on the craft of writing.

3. Start writing more and keep a journal.

Writing is a craft. You have to practice it. You can't be a writer if you never write. You can have all the writing talent in the world but it means nothing if you don't maximize it. The only way to maximize your writing talent is by writing more frequently. Practice makes perfect. Writing is free. The only barrier to entry is your willingness to actually do the work. You have the time to write if you make the time to write.

Keep a journal.

A journal is an easy way to write every day. Just write your thoughts and feelings for the day. Easy peasy. I always say everyone should have a blog. And everyone SHOULD have a blog...

It's easy and cheap to start a blog, see how here.

But not every blog should be a copycat of B&D. If you don't yet have a message you should instead keep a journal. Your blog should be your journal UNTIL you have something original to say. Until then, write about your day and get writing practice.

4. Write the way you speak (sort of).

The best writing reads like a conversation, not like a 1st century epic. A lot of would-be writers try to sound smart by using uncommon words (doesn't work). To be authentic you need to write the way you speak... with a little twist. When you speak you cannot go back and edit your words and re-say what you just said. When you speak out loud it's one and done. You don't get a second chance to say it right. You only get one chance to say it right.
BUT!

You can always say it the right way when you write it down. That’s because you can edit your writing a thousand times until you’ve got it perfect. You can make your writing better than your speaking. You can trim the “uhs” and “ums” and get rid of all the filler language.

So don't write the way you speak – instead, write the way you wish you spoke.

What Pop Songs Know About Writing That You Don’t (The Craft of Writing)

5. Find the rhythm and the flow.

Your words should have rhyme, rhythm and reason. Your writing should flow. It should be rhythmic. The structure of your writing is the most overlooked aspect of writing. Each sentence should flow to the next. Each word should be easy to read and each pair of words should fit.

No rhythm + no flow = no melody = no one remembers!

Here’s an example of a sentence that has no flow: ‘Self-righteous and blind, these profligates propagate barbarism in the heart of Rome.’ Try to read these words: *profligates propagate barbarism*. Those words are impossible to say. They don’t fit. There are too many Ps and Gs. There is no rhythm, rhyme or reason to that sentence. It's awful.

Now read this dialogue from a Glengarry Glen Ross movie scene and tell me if it has rhythm: ‘Put that coffee down! Coffee's for closers only. Do you think I'm fucking with you? I am not fucking with you. I'm here from downtown. I'm here from Mitch and Murray. And I'm here on a mission of mercy.’ Those words flow like water. There are no extra words. The words are all on beat. They fit, they flow, they have rhyme and reason.

Read these words: *mission of mercy*. Those are the easiest words to say. They fit and they flow. They’re a perfect match for each other. That’s why it’s one of the most famous scenes in movie history. The man, who wrote those words, the great David Mamet, writes to a metronome. Mamet is a genius who knows the importance of rhythm and flow and that’s why he writes to a beat.

I write to a one-song playlist, more on that later.

6. Copy the right way. Study quotes and songs.

I’m probably the most copied blog artist who ever lived. Every blog I go to I see direct or indirect influence from the great B&D. They say imitation is flattery and I’m flattered. But I can’t begin to tell you how dumb it is to copy a blog and write… another blog!

<table>
<thead>
<tr>
<th>Why am I copied so much? Three reasons...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I have a message.</td>
</tr>
<tr>
<td>2. I'm original.</td>
</tr>
<tr>
<td>3. I'm the greatest.</td>
</tr>
</tbody>
</table>

But here’s a secret: I'm not that original, I just copied from better sources. I didn't copy a blog and write another blog. What I did, instead, was copy the memorable structure of songs, quotes and movie dialogue. I used the rhythm, flow and word choice of great songs, quotes and movies...
Then I brought that feeling to B&D. I transpose the feeling of great music and I turn my words into that experience. Nothing gives you a better feeling or experience than music. In the history of the spoken word, the best writing can always be found in music. Not everybody reads books or blogs but everybody has had a song stuck in their head. Singers know how to connect with their audience (and it isn’t by using big words and long sentences).

7. **Make your words quotable so people get turned on by your writing.**

If you can write a great sentence with 10 or fewer words you can be a great writer. Your readers’ may not feel your writing... until they stumble upon a great quote. A great quote will turn everything around for an unsure reader. If they feel your words they’re yours. Great quotes are the spark that starts the fire in the reader’s mind. Quotes are like music in written word. Quotes are what make us feel good, or bad, or feel anything. The lines you remember and repeat are the quotes. Great quotes tell the whole story.

“If you aren’t quotable then you aren’t notable.” – Victor Pride

Put as much meaning into as few words as possible. Make sure those words have rhyme, rhythm and reason. Be memorable like a song. When people are walking down the street what gets stuck in their heads? Songs. Quotes are an author’s catchy pop chorus. Write in quotes and be memorable. No great quotes equals a no great author.

**This is the recipe for a great quote: the most amount of meaning in the least amount of words.**

Great quotes are rarely specific. We love quotes because we can give them our own meaning (just like great songs). Study great quotes to learn how to write persuasively and effectively. Quotes should be short, sweet, musical and to-the-point.

8. **Have courage in your blood and fire in your stare.**

The message should be inside you burning to get out. You need to have the courage to let it out. If you needed the message, other people need the message. When you have something to say, say it. Say it with confidence and your readers will believe you.

You need that fire that drives you to put your message into words. You should feel as if the fire will burn you up if you don't get your message out. You should be burning to say what you have to say.

“I am BURNING to tell you this. I am BURNING to help you.”

Fire, true fire, true passion always comes across in your writing. It’s not something that can be faked. Passionate people are influential people. Passion is contagious. When I write from deep personal experience, when I have something I want or need to say, my writing is excellent. When I’m not writing from experience, or when I don’t REALLY have something to say, my writing isn't great.

You could be the most talented writer who ever lived, but unless you have something to say your writing talent is meaningless. Unless you say it passionately and convincingly no one will listen and no one will care. You cannot second guess your own message. Have the fire inside you and have the courage to burn for it.

**How to have the fire?** Life experience. Plain and simple.

**How to get the courage to burn?** Eliminate shame.
9. **Always be honest, even when you lie (know your subject well).**

It should go without saying but it doesn’t – you should know what you’re talking about. You have to find your place in life before you can write about it. You should know so much that the words just pour out of your heart and soul from your fingertips.

Everyone is qualified to write about what they know; no one is qualified to write about what they don’t know. Any idiot can teach you how to put words on paper... *Writing teachers in college? Those dodo birds don’t even know that the best writing is in pop songs.*

**But no one can teach you experience.**

I already told you everyone should have a blog. When I say: “Everyone should have a blog,” what a lot of my readers hear is: “Everyone should have a B&D copycat blog.”

**NO, NO and NO!**

Everyone needs a blog to practice writing. Not everyone is qualified or mature enough to give life advice. You need life experience to draw upon (see points #1 and #2). It’s phoney baloney for an 18 year old to talk about the key to happiness. 18 year olds don’t know shit about shit. No one wants to hear an 18 year old’s life advice.

I can take an encounter at the grocery store and make the readers laugh or cry or angry or happy. I can turn daily encounters into magnum opuses. But only because I have many years of wild experience to draw upon. I done lived it all and I done done it all.

I couldn’t have written anything of meaning when I was 18 years old. I just wasn’t able. I was not mature enough. You need that life experience to draw upon. You don’t have to be of a certain age to be a great writer. Some men mature faster than other men. You can be any age and be a great writer if you have the passion. Fire knows no age.

You can’t fake the fire. If you’re writing is phoney baloney all of your readers will be able to sense it. Passion Fire is the most important thing to possess if you want to write persuasively also known as make a living from your writing.

*“If you can persuade – you can get paid.” – Victor Pride*

If you have the fire you can influence others even if your writing skills are subpar. Fire beats writing skills. You can always learn writing skills – you cannot learn fire. Fire will come with experience. If you don’t have it right now, don’t sweat it because one day you will have it.

10. **WRITER’S HIGH (and how to get it with a one-song playlist).**

You might write in your office, or the coffee shop or the park – but you shouldn’t really be there. Not mentally. Great writing will take you someplace else. Your surroundings won’t matter at all. They should be invisible to you. Turn off your phone, close your email, close your web browser. Be in the zone, in the moment, and nothing else will matter. You won’t see or hear anything. It will just be you and your words. If you’re not transported to another world during your writing, the writing isn’t good.

**The One Song Playlist**
Find a song that moves you. The song should have a continual beat. The beat needs to be constant and hypnotizing. Put one song on repeat – listen to it over and over. Listen to the song on repeat and hypnotize yourself. Let the emotion of the song into your bones. Have an eye-opening, mouth wide revelation while you write. Go into the world of the music.

Let the song penetrate your psyche... and then tune it out. Eventually the song will become background noise. You won’t even hear it, but you'll still have that beat (remember the importance of a beat?). Every song has a feeling – put that feeling into your work. Transcribe the feeling of the song to words. Give your readers the same feeling that that song gave you.

Music is the #1 communication tool for a reason, so copy it.

11. Start with an idea and add coffee (get high, man).

The great Stephen King was addicted to cocaine and alcohol. I don't recommend that! But it's all about getting out of your head and getting into the words on the page. You have to find what works for you.

I recommend coffee. Coffee is great for writers and is a cornerstone in every great writer's arsenal. I tend to drink a lot of it when I'm deep in a writing session (sometimes with Modafinil). The most prolific author I know drinks more coffee than anyone I have ever seen. Coffee may be the real secret to a prolific author's output.

The best copywriter you don't know about, Chris Deoudes, uses Kratom to write masterpiece after masterpiece (I edit great on Kratom).

Find what works for you. I recommend Red Coffee. Yes, it's my brand and it's fantastic.

How to Actually Write Well – Editing Tips from the Mad Professor

12. Editing is the secret ingredient for writing well. You have to edit.

Editing is a big part of writing professionally. Writing is only half of the project. You have to edit to be great. Editing is a must. The structure always needs work. Writing IS NOT PERFECT the first time you write. Nobody writes a masterpiece on the first draft. Pros know this. Pothead amateurs are too lazy to care, man. The first draft is always called the rough draft – because it's always a little rough until you fix it. You fix the rough draft with editing. That's called your polished draft.

<table>
<thead>
<tr>
<th>Professional Writing Is a 2 Step Process</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. You have to get the words down on paper.</td>
</tr>
<tr>
<td>2. You have to arrange those words in the right way.</td>
</tr>
</tbody>
</table>

When you first write you are just writing to get the information out. You aren't paying attention to structure, timing, flow etc. You write the gist of your piece first. Then you have to mold it into a masterpiece.

"If you don't edit, you don't get it."

– Victor Pride

I spend as much time (or more) editing as I spend writing. My beginning articles and my finished articles look nothing alike. My articles start out as a series of notes and thoughts and journal entries. They're then edited for HOURS to craft a masterpiece. The structure of your finished
piece only reveals itself to you after you have written the information down. The arrangement of words has to flow. Flow will only happen when you take the time to arrange your words properly.

**Writing is a 2-step process not a one step process!**

**This is your 2-step writing process:** write the words and then arrange the words so that they flow.

13. **Cut, cut, cut and cut excess! Cut and paste for maximum effect!**

During your editing process you need to ruthlessly trim any words that don’t belong. Not every single word you write needs to be published in the final draft. A lot of words can (and should) go bye-bye. Whatever you do don’t interrupt the flow with a word or phrase that doesn't fit.

**Too many words + Long, specific sentences = CLOSED/BYE, BYE /GOODNIGHT AND GOODBYE/ZZZZZZ**

You also need to edit the structure of your piece (using cut and paste). The way you write information down is not the always the same way that information needs to be read. You are writing as a business now so make it easy and clean for the reader. You cannot be lazy with editing unless you’re an amateur.

14. **Use the fewest words to get the biggest benefit.**

We’re giving the readers a feeling. We’re not boring them to death with dry and dull writing. We’re not dragging our readers down with specificity. Say what you need to say in as few words as possible. We’re leaving our writing open to our reader’s experiences.

You'll never find an *impossible to say* sentence in a hit pop song. You'll only find catchy writing that everyone can relate to. That's the beauty of a great song – the words only have the meaning that the listener gives to them.

What's the meaning behind Stairway to Heaven by Led Zeppelin? I have no idea (no one does). But I know the meaning and the *feeling* it gives me (and millions of other people). That's because the words in a great song are OPEN, they are not closed. They are *open to interpretation*. The words in a pop song allow the listener to input his own meaning. Great writing should be musical like Mamet.

**Note:** If you’re writing about a specific product you obviously want to be specific about the product. Never call the product “it”. Call the product by its name so people don't have to read your mind and *guess* what you’re talking about.

15. **Make it easy to read. No big paragraphs and no rambling!**

You have to make it as easy for your readers as possible. It is **YOUR JOB** to make your work easy to read. A hard-to-read sentence or paragraph is a BIG PROBLEM. Pros fix problems – amateurs say whatever, man. The less they read – the less money you make – the less influence you have.

**Get it? Good!**

a. Get rid of big paragraphs.

We have no attention span. You’re dumb if you think we do. **Big paragraphs are like a dirty kitchen – we’ll never start!**
b. Don’t ramble.

Rambling sentences are too confusing for your readers. And if you do ramble, no problem, you can fix it with editing. Here’s an example of a rambling sentence: ‘As I want to give you guys an example of a full blown solid cutting diet in this article detailing everything from the scale measurements to the exact calorie totals of each food item, I will take the most universally applicable diet that will help EVERY SINGLE PERSON who uses it get ripped if they follow it correctly.’

That sentence hurts my brain, eyes and heart.

Here’s how I would fix it: ‘Below is a full blown solid cutting diet. Everything is detailed, from scale measurements to exact calorie totals of each food. This is the most universally applicable diet that will help EVERY SINGLE PERSON who uses it get ripped (if they follow it correctly).’

It went from impossible to read to completely easy to read with a few quick edits. Long sentences and paragraphs are a grind. Get rid of them. This is your #1 reason for editing: MAKE IT EASY TO READ.

16. Use words that people understand. Don’t use big words.

Ever read a paragraph full of big words and at the very end you have no idea what the author was trying to say? Don’t worry, the author wouldn’t know either. I used to study the dictionary as a kid. No joke. I learned all kinds of words. But I learned even more about the people who use uncommonly large or complicated words...

I learned that people who have nothing to say hide their incompetence under a mess of big words. It’s an ego thing but we’re not in the ego business, we’re in the making money business. Remember this sentence? ‘Self-righteous and blind, these profligates propagate barbarism in the heart of Rome.’ This person was trying to sound smart. It didn’t work, they sound stupid. It’s not hard to understand big words but it is hard to understand a complete mess of words.

You do not sound smart if people cannot understand what you’re trying to say.

If you cannot take a big idea and use small words to describe it then you do not understand the idea. People who have something to say speak clearly. If you can’t explain it to a child – you can’t explain it to anyone. Understand your message and simplify it so that everyone can understand it. It’s more important to be understood than it is to sound smart.

Think Donald Trump’s plain speak vs any other politician’s weasel speak.

Donald Trump said Make America Great Again!  
Victor Pride said Make it EASY to Read!

The Business of Writing

17. Writing as a business not a hobby.

It takes a lot more than just being a “good writer” to turn writing into a career. You could be talented with words but it means nothing if: no one reads you, your subject is boring and you don’t have a professional plan to make money. Remember the title of this article? You should remember it; every word I use has a meaning! The title is: So You Want To Be a PROFESSIONAL Writer.
Professional: (of a person) engaged in a specified activity as one's main paid occupation rather than as a pastime. To be a professional you need to get paid. When it comes to the business of writing you need to remember 3 things.

1. Your writing has to be easy to read.
2. Your writing has to be influential and persuasive.
3. Your writing has to have a next step which is called the money step.

You don't write just to write. People who do nothing but write are lazy bums. Your writing has to have a purpose. You need to lead your readers to the next step. Words don't pay you without a next step.

18. Think bigger than writing. Small details versus the big picture.

So you're a great writer but “can't catch a break”? No, you're just a lazy pothead who isn't willing to do the necessary work. Writing in and of itself will get you nothing so don't have dreams of being a “writer”. Writing is a means to an end – it isn't everything. Writing as a business requires more than just writing.

In addition to being a writer you also have to be a mad professor businessman. Writing is only a portion of what you do. Your writing business STARTS with writing but it doesn't end there. You didn't think you were gonna make money just by writing words did you? Don't be an idiot. Writing is just the beginning.

You have to be a salesman as well as a writer. You have to sell your writing. It's easy. If you followed my writer's blueprint to success you will already be influential and persuasive. The hard part is thinking bigger than writing. You need [impractically big dreams] to be a big success as a writer.

You got to think big to win big. I don't know who first said that but he was a genius with words.

19. Always be in control of your destiny! Own your work instead of selling it!

You need to own your words. ‘Where can I find work as a writer? Who will hire me?’ That's the small picture. You got to think big, remember? As long as you're thinking you might as well think big. Getting hired as a writer is small. Freelance writers give away ownership of their work for a few bucks. You only get paid ONE TIME if you sell your writing. If you do it right, like me, you get paid every damn day for your writing.

Selling your work to a publishing company is small. A publisher is a middle-man, getting in between you and your customers. That's a dying business model filled with dinosaurs. Here're 5 words that flow: Dying business model for dinosaurs. Creating your own media outlet that pays you directly is the big picture. Self-Publishing is the future because we have the internet. You can go directly to your customers without giving a big percentage to a large publishing company.

More money is available to you on your own than by selling your soul to a publisher. You literally do not need anybody (other than customers) to make a great living as a writer. You can [publish your own book] and make more money than “best selling” authors make.

My man Cernovich makes an easy 6 figures yearly from his great book Gorilla Mindset. That book was written while we were in Vietnam livin' free. How much money did he make? A lot. His book publisher? Don't make me laugh. He self-published and all he got was a lot of money and influence.
It's a new world and destiny is in your hands. In this new world you are the master and commander. You already know more about professional writing than any writing professor. You could turn that knowledge into a You, Inc. business or you could do nothing. Up to you. But remember...

If you aren't the owner, you're the owned.

If you want to be the owner go here and start your new media empire at BADNET.

Until next time.

Your man,

Victor Pride

P.S. You thought I forgot about your next step didn't you? Silly goose, I never forget. Your next step: write 500 words seducing and teasing me (the reader). This is just an intro not a full article. Write this in the comments section below (feel free to critique others' writing). You have already learned the technique; all you need now is the intrigue. Write 500 words that make me want to click. Your goal — seduce me into wanting more.

Remember... If you bore me, I’m gone.

But if you’re intriguing, well, how could I ever refuse?
June – 2016

6.6.2016 – Donald Trump’s Top 10 Way to Think Like a Billionaire

I was recently thumbing through Donald Trump’s book *Think Like a Billionaire* and I was delighted to find a list of the top 10 ways to think like a billionaire. The similarities between the rich and successful and B&D are always astounding. Highly successful people like Donald Trump always seem to think the same way.

**Note from Vic:** *Think Like a Billionaire* is a good book but not a great book. For a truly GREAT book that can change your life, by changing your mindset, you should read Trump’s masterpiece *The Art of the Deal*.

Whether it is success in sport, business, or art-successful people always live by the same rules. People always find success the same way, and Donald Trump gives you the tools and rules to live by.

*Before we get into Donald’s rules, you need to know this one certainty…*

**Getting rich requires a mindset shift.**

To think big and get rich you must follow the rules of the successful – even if you don't like them! Normal people want a step-by-step guide to getting wealthy and they scoff when their wealth guides don’t include concrete steps from A to Z. No one's going to sell you a get-rich-quick scheme that actually works. Plans that work are always kept in secret. You think Colonel Sanders is just going to give you his famous chicken recipe? Get real. You have to make your own recipe for success.

The key to understanding the path to success is to understand that it is a MINDSET, it isn’t an instruction manual like you get from Ikea. The real step-by-step guides to wealth focus on mindset not on actions. None of the rules of success work unless you do the work! That’s why the truly successful try to teach you about mindset rather than by giving you concrete rules to follow. If you give a man a fish he eats for a day, if you teach a man to fish he eats for a lifetime.

*When you can understand the mindset without becoming emotional, that’s when you can unlock the key to wealth.*

When you fish for success your mindset is the bait that attracts success. After you develop the mindset, everything else falls into place. With the wrong mindset, nothing works. With the right mindset, everything works. The actual steps you take to success are irrelevant. It’s the mindset, the stone-cold belief, that brings you to new heights. Adopt the mindset, take the daily steps and there you are.

Successful people *think* differently than normal people. “Successful people” thoughts are much colder and bolder than “normal people” thoughts. *The rules of the rich* always seem counter-intuitive to normal people but that's because normal people were taught the normal rules by normal people. Rich people play by different rules and don’t give a damn if you like it or not. That’s what you have to learn how to do – *think* rich without remorse.

*If you want to get rich you must start thinking (and acting) like a successful person.*
When normal people hear the thoughts of the successful they start to act like children. They hear the truth and get uncomfortable, then they shrink and say “that's bad” like little infant babies. Boo-hoo, too bad, cry more and then get over it. You must stop complaining that thoughts are bad. Success is as it is – not as you wish it to be.

You must realize that rich and successful people think this way for a reason. It is infinitely better to be bold than it is to be meek. If something works, it works. You need not be emotional about it. Instead, be curious, reverse-engineer the plan, emulate it and apply it to your own life and business. If you waste your brainpower being sad that these traits are “bad” then you won't get anywhere. But if you're ready to learn to earn from the master of the MAGA mindset, here you go...

Donald Trump's Top 10 Ways To Think Like The Rich

1. Don't take vacations.

“What's the point? If you're not enjoying your work, you're in the wrong job. Even when I'm playing golf, I'm doing business. I never stop, and I'm usually having fun.” – Donald Trump

What business is Donald Trump in? He's in the Donald Trump business. He isn't in the real estate business or the publishing business – he's in the Donald Trump business and his business stays open 24/7.

To get big success, always be “on” like Jerry Seinfeld. Your mind has to constantly be on work. Your mindset and actions are literally what make the business. Your work becomes you as business and life become intertwined. There is no “business/life balance” for highly successful people. The truly successful people ARE the business.

It isn't possible to truly take a break when you're business is your life 24/7. You can take a break from the office but you can't take a break from being you. A king never stops being a king! Even if he's on an island with a bunch of beautiful babes in bikinis – he's still the king. He still has responsibilities and business on his mind and it won't ever go away unless he quits, fails or retires.

When your mind is always on work it is impossible to relax on some beach somewhere. Even if you take a physical vacation, you'll never have a mental vacation. That's if you actually even wanted a vacation. When you have passion for your work, vacations are the worst thing in the world.

When you have a burning passion for what you do, you are the most relaxed while working. When big business is on your mind, working is relaxing and vacations are stressful. Take a vacation while your building a million dollar business? Don't make me laugh. Business first, forever and ever and never to stop until you die or quit.

2. Have a short attention span.

“Most successful people have very short attention spans. It has a lot to do with imagination. Quite often, I'll be talking to someone and I'll know what they're going to say before they say it. After the first three words are out of their mouth, I can tell what the next forty are going to be, so I try to pick up the pace and move it along. You can get more done faster that way.” – Donald Trump

Be ahead of the game. When you're ahead of the game, your attention span will be cut short because it won't have another option. You'll be living in the future because you're the visionary and the people around you are all stuck in the past. When they speak we've heard it all before and we already know what they're going to say.
People often want to explain to you in detail and it becomes tedious because you already know the details. “Come on and get to the point,” becomes your every day reaction to people who are too slow to get to the point. It would be like explaining remedial math to an engineer – the engineer already knows basic math and he’s moved past it.

You don’t have to be a mega-genius to get rich, but you do have to be pro-active and ahead of the game. When people are talking to you you’re in a state of reaction and they’re behind the game. No need to suffer through their words, just cut them off and move on. Ain’t nobody got time for slow people.

3. Don’t sleep any more than you have to.

“I usually sleep about four hours per night. I’m in bed by 1 A.M. and up to read the newspapers at 5 A.M. That’s all I need and it gives me a competitive edge. I have friends who are successful and sleep ten hours a night, and I ask them: “How can you compete against a people like me if I only sleep four hours?” It rarely can be done. No matter how brilliant you are, there’s not enough time in the day.” – Donald Trump

You have to work all the damn time to get ahead in a big way. Driven people hate sleep because it really gets in the way of work. If I could personally reduce or eliminate sleep I would. I’m not a jealous man but you can bet I’m envious of this next secret.

Here’s a real secret of big success (that you can’t do anything about): Many highly successful people do not require much sleep to function. They’re called short-sleepers and they only need 2-4 hours of sleep per night to function at a high level. Natural “short sleepers,” as they’re officially known, are night owls and early birds simultaneously. They typically turn in well after midnight, then get up just a few hours later and barrel through the day without needing to take naps or load up on caffeine.

They are also energetic, outgoing, optimistic and ambitious, according to the few researchers who have studied them. The pattern sometimes starts in childhood and often runs in families. While it’s unclear if all short sleepers are high achievers, they do have more time in the day to do things, and keep finding more interesting things to do than sleep, often doing several things at once.

Not everyone can be a short-sleeper, but everyone can reduce your time spent sleeping. The experts say you need 8 hours of sleep, Arnold Schwarzenegger says you only need 6. Who you gonna believe? If you think you need 8 hours of sleep instead of 6, Arnold has some advice for you: sleep faster.

4. Don’t depend on technology.

“A lot of it is unnecessary and expensive. I don’t have a computer on my desk. I don’t use an intercom. When I want someone in my office, I yell. It works a lot better than an intercom, and it’s much faster. I don’t even have an ATM card… When I go to restaurants, I rarely have to pay. It’s usually on the house. The sad part is that if I needed the money, they would make me pay!” – Donald Trump

Technology doesn’t create the mindset. It’s the opposite, innovative mindset creates technology. All you need is the mindset, you don’t need gadgets and doo-dads to succeed. I always talk about how I didn’t even have a smart-phone for a numbers of years while building my publishing business. A smart-phone would have been an enormous distraction to me at that time. Focus is key. Electronic distractions can be just that – distractions! When you’re working, turn off the phone, turn off the email, turn off the Twitter and focus on work.

Read also: How Donald J. Trump Gets You To Open His Emails
5. **Think of yourself as a one-man army.**

"*You're not only the commander in chief, you're the soldier as well. You must plan and execute your plan alone.*" – Donald Trump

Your journey to success starts and ends with you. Other people will help you along the way but no one will do the work for you. Your mindset is the model of the business and without your mindset there is no business. There's no Trump Tower without Donald Trump. Thousands of people helped to build the tower but only one man made Trump Tower possible.

YOU must be the innovator, YOU must be the risk-taker, YOU must be the visionary, YOU must be the leader. Everyone else is a follower, trying to play catch-up to your imagination. It's you. It isn't us and it isn't we – it's you! You're a lone wolf in this game so get used to it. Read *You, Inc.* to learn how to start your one-man army.

6. **It's often to your advantage to be underestimated.**

"*You never want people to think you're a loser or a schlepper, but it's not a good idea if they think you're the smartest guy in the room, either. Because I wrote The Art of the Deal, everyone is always on guard whenever I negotiate with them. One of the reasons President Reagan was such a successful candidate was because rival politicians consistently misjudged him. They assumed an actor wouldn't be able to compete.*" – Donald Trump

In *How to Get Rich*, I discussed how important it is to let people know about your accomplishments. *I'll always believe that but there are times when it's even more impressive if people discover your accomplishments without you telling them directly.* – Donald Trump

It is often better to *fly under the radar.* When people expect huge (‘yuge’) things from you and all you give them is big things, they will be disappointed. If people expect little from you and you deliver big they will be delighted. Often, if people don’t expect much from you they will leave you alone to work in peace. If they expect too much from you, they’ll never leave you alone (and eventually you will blow up as an "overnight success" that no one expected or predicted). They’ll always be harassing you for results, stressing you out.

Everyone should know you are rich and smart, but not everyone need to know exactly how rich and smart you are. Everyone *thinks* they know and that’s the real fun, no one really knows but you.

7. **Success breeds success.**

"The best way to impress people is through results. It's easier for me to do deals now because I've had so many triumphs. You have to create success to impress people in the world of business. If you're young and you haven't had any successes yet, then you have to create the impression of success. It doesn't matter whether the success is a small one or a big one-you have to start with something and build on it." – Donald Trump

Wait a second here, “create the impression of success”? That sounds a lot like pretending! Too bad there is no way you could pretend yourself into success, right? Wrong. People can and do fake it ‘til they make it.

<table>
<thead>
<tr>
<th>But there are two types of people who fake it 'til they make it...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. People who fake it.</td>
</tr>
<tr>
<td>2. People who fake it UNTIL they make it.</td>
</tr>
</tbody>
</table>
See the difference? Some people who “fake it 'til they make it” forget the second part, make it, and all they do is fake it. Those people are liars, fakers and con-artists. But then there is the second type of people who fake it until they actually make it. These people were never fake at all, they simply saw what other people didn't see. They were visionaries and they turned the vision in their heads into a reality. They saw their success clearly in their minds, they believed it, and that self-belief eventually became reality.

Before you “make it” they'll call you fake and delusional. After you've made it they'll call you a visionary with immense self-belief. Remember, it doesn't matter what they call you at first, it only matters what you believe and achieve. No one was successful before they were successful. It has to start somewhere.

To become successful you have to believe you will become successful. Belief with nothing to show for it (yet) is cocky and brash but it's better to be cocky and brash than it is to be meek and weak. No one ever got ahead with a meek mindset. Success takes a damn #MAGA Mindset! After you “make it” you'll have the most beautiful thing in the world: **MOMENTUM**.

8. **Friends are good, but family is better.**

“It’s better to trust your family than your friends.” – Donald Trump

“B-b-b-but I trusted you!” – Schmuck

The silly need to trust people is for children. When you grow up you always have someone you know you can trust – **yourself**. Trust in yourself and your vision and trust other people to be people. It is beyond silly place your trust in another man’s value and integrity when all you need to trust is your own.

Friends are fun, but trust is a silly thing to give out. You never need to trust friends. You only need to trust them to be themselves and act in a way they normally act. They're there for fun, conversation, deals and companionship. You can trust your friends to show up to dinner on time at 9 P.M. but you don't need to trust them with every detail of your life and business. People change and you can’t predict it or stop it. Even if you felt they were trustworthy yesterday, tomorrow they may not be.

You’re in this game alone and you don't give out trust because it’s just not necessary to give out trust. You don’t have to be paranoid and think that everyone is out to get you, but you have to understand that it is a possibility. You cannot be naive and blind to the reality of people. People aren't infallible beings of nobility and virtue, even if you’re friendly with them.

People are just people and when push comes to shove they will act like people – emotional, reactive, jealous, envious, sensitive, vindictive. That doesn't make them bad people, it just makes them people. Your friends shouldn't trust you either and if you think they should you are emotional and naive, which are two very normal traits of people.

If you need to trust someone, the only people you can ever count on is family. Family is always there, through thick and thin, whether you're rich or poor. But what if your family is untrustworthy? Don't trust them either!
9. Treat each decision like a lover.

“Vast fortunes are accumulated through dozens of decisions a day, thousands a month, and hundreds of thousands in a career. Yet each decision is different in its own way. Sometimes you decide immediately – love at first sight. Sometimes you go slowly – the long engagement.

If you treat each decision like a lover-faithfully, respectfully, appropriately— you won’t be locked into a rigid system. You’ll adapt to the needs of the particular system. Sometimes you’ll think with your head. Other times you’ll think with other parts of your body, and that’s good. Some of the best business decisions are made out of passion.” – Donald Trump

Bruce Lee said it better when he said: “Be like water.” Immovable stones get left behind, water adapts to any situation. Each situation is different and you cannot treat each decision with the same decision-making formula. You have to be creative sometimes, you have to be analytical sometimes, you have to be stone-cold sometimes, you have to be warm-hearted sometimes.

You will always have to adapt to each situation to make the best decision. Everything should be on a case-by-case basis. You cannot be robotic all of the time and make smart business decisions just like you cannot rely on feeling or gut-instinct 100% of the time (but usually you can).

10. Be curious.

“A successful person is always going to be curious. I don’t know why this is true, but it’s definitely the case. You have to be alive to your surroundings and hungry to understand your immediate world. Otherwise, you’ll lack the perspective to see beyond yourself.” – Donald Trump

Non-curious people never get anywhere. They have no vision of the future. They don’t know how things work and they don’t care to find out. Bad way to live life. Curious people, however, possess the building blocks of vision, invention and innovation. They want to learn how things work and how to make things work better.

Curiosity is a trait; it isn’t an item on your “Get Rich Checklist”. If you don’t have this trait then you will need to cultivate it. The good news – curiosity is a word to describe people who want to learn. Since you are reading this magical article you already possess curiosity and you’re a step ahead of the regular Joes and Joanas who don’t care to learn.

Your curiosity will serve you on your quest to get rich in exactly this way: you will be curious as to how rich people got rich so you will study how to get rich. You will ask questions about exactly what rich people did to get rich. Your curiosity will lead you to books by Donald Trump and blogs like B&D.

You will reverse-engineer all great fortunes to see how it was done and to see what tips and strategies you can use on your quest to wealth. Eventually you will realize why you cannot follow a step-by-step formula for success because you have to be flexible like water, and step-by-step formulas are inflexible and un-creative. You’ll come to realize that when Napoleon Hill said: “If you can believe it you can achieve it,” he was right.

You’ll start to realize that you had a blueprint to wealth the whole damn time and all you had to do was internalize the MAGA mindset and follow the light to success. Eventually you will figure out the key to success that has been eluding you this whole time...


709
So make your mindset great because when you get your mind right everything else is easy, peasy, Japaneasy.

Until next time.

Your man,

Victor Pride

**Bonus: The Donald Trump Book Business for Beginners**

Donald Trump seems to release book after book after book. Do you think there’s any money in that? Must be. Too bad Trump has all the money in the world to throw at marketing. No way a regular Joe could ever be a professional writer making a ton of money running his self-publishing business. It requires way too much money upfront, right? Wrong! Anyone can write well, anyone can self-publish and anyone can make money, laughing all the way to the bank – if you do it right.

<table>
<thead>
<tr>
<th>How to Make Money in Self-Publishing in 4 Exact Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Use <strong>BADNET</strong> to set up your website where you sell your books from (costs about $4 per month plus you get a FREE domain). See <a href="#">How to Start a Blog Overnight – Use Badnet and Follow These Easy Directions</a>.</td>
</tr>
<tr>
<td>2. Read <strong>So You Want To Be a Professional Writer</strong> to learn how to write in a way that makes money.</td>
</tr>
<tr>
<td>3. Read <strong>How to Publish Your Own Book</strong> to learn how to publish your own book.</td>
</tr>
<tr>
<td>4. Read <strong>YOU, INC. by Professor Victor</strong> to learn how to turn your writing hobby into a business that makes money.</td>
</tr>
</tbody>
</table>
13.6.2016 – How to Start a Blog with Badnet

Being a professional blog artist is a tremendous job to have and I'm very lucky to have it. But I'm not here to brag, I don't believe I'm any more “special” than you, I just happen to have more knowledge in that area than you do. I always try and teach what I have learned. That's my job. My motto is: ‘If I needed to know it – someone else needs to know it.’ But even if you know what you need to do, starting is still the hardest part.

That's why I developed BADNET as a way to teach you some of the insider knowledge I have learned and as a way to get you started on your blog ASAP. When you learn how much Badnet does for you and how little you have to give in return (it's free) you'll see that it’s a total no-brainer.

Years ago, I wanted to start a blog but I didn't know how. I'm not a tech guy and don't pretend to be. I had to have a friend come to my house and install my blog for me and show me what to do and I'm very thankful. Otherwise, I wouldn't even be here. Seriously, I had no idea what to do. All that technical stuff looks like Martian or Chinese to me. I don't understand it and my brain doesn't like to learn it. That's fine because you don't have to be a genius in every area of life.

There are certain types of people: technical types and creative types.

You could say Badnet is for the creative type of person who loves to create and teach and make art but doesn't like the dry and boring technical stuff. That's what Badnet takes care of. We do the technical stuff so you can concentrate on making art and business. I didn't know what to do to start a real blog, I had a friend do it and it was a great favor, so myself and my behind the scenes team created Badnet to be that friend for you.

Badnet will install your blog and teach you in plain-speak how to use it. I wrote 4 guides for you and you can be sure I wrote them in a simple, easy to read way so that everyone can learn. Blogging isn't just for the Einsteins of the world. Blogging is a big benefit for the normal Joes and Janes, the free spirits, the meathead bodybuilders, the young bucks and the old wolves, the crazy-eyed entrepreneurs who want their voices heard and their pockets full.

You don't have to be the greatest writer, the most skilled copywriter or be the best speller. I couldn't spell anything without the help of Google and I couldn't write an entire paragraph without typos. You don't have to be a genius; you just have to have a voice and a desire to spread some fire. If you have a voice now you can be heard.

You know something that other people don't know, so why not tell them?

Share your knowledge, put your thoughts into words and publish them in a blog post. The internet is where the people who need to hear you are listening. A blog is simply a way to let the world hear your voice in a format that you own and control.

Badnet gives you ownership. Anyone can have a free blog at Tumblr or Blogspot, what Badnet offers is your very own website. Instead of yourname.tumblr.com you'll own yourname.com and your domain name will be free for the first year. Even if you don't make millions of dollars with your blog, you'll make connections you simply could not make otherwise. When you publish a blog post it's instantly available for everyone in the world to read. The people who think like you will be attracted to you like a magnet.
I frequently run into readers. I see them in the shopping malls, in the elevators, in the casinos in Vegas, or walking down the street in Venice Beach. They yell: “Hey, Victor Pride! I love your blog!” Strangers from India, Scotland and Amsterdam have all met me in the street and told me how much the blog changed their lives.

If reading a blog can change your life, how much do you think owning and controlling that blog can change your life? I already know that answer... It can change your life so much that, really, it doesn’t even seem fair. Why is everyone else toiling in jobs they hate when all I have to do is type a few words? It’s because they don’t know what I know.

Here’s an even better question... Now that you know what a blog can do for you, and now that you know how easy it is to set up your blog via Badnet... What are you waiting for? If you’re ready to start your blog, let me show you how much Badnet will do for you and how little you will give Badnet in return...

**Introducing Badnet...**

When you want to start a blog you need to use Badnet. It’s a free service, it’s easy for you, you get a ton of benefits, and it will take you less than 2 minutes. It’s a total no-brainer.

<table>
<thead>
<tr>
<th>Here is What Badnet Does For You</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badnet will install your self-hosted WordPress blog for you within 24 hours.</td>
</tr>
<tr>
<td>Badnet will install the 7 critical plugins that every blog needs.</td>
</tr>
<tr>
<td>Badnet will give you 4 free e-books showing you how to make money from a blog.</td>
</tr>
<tr>
<td>Badnet will give you a free domain name for the first year.</td>
</tr>
</tbody>
</table>

**These Are the 4 Free E-books Available Only to Badnet Clients**

- Quick-Start Guide: Creating Your First Blog Post
- How to Create the Perfect Blog Post
- Blogging for Profit 101
- The Tools of the Trade for a Pro Blogging Career

**What about cost?**

The only thing you have to pay for is website hosting, which is what every website needs to be “live”. The total cost is as low as $3.95 per month for the basic hosting plan which is billed annually. If you follow my exact recommendations you can expect to pay $6.94 per month, billed once at $83.28. That figure includes your website hosting and one add-on product that I highly recommend (I’ll tell you more below). There are no other fees and you will not pay anything to Badnet directly.

**How do you get started?**

To start your blog you only have to do 3 things and they couldn’t be any easier.

Badnet will take care of the rest...
This Is How You Start a Blog in Less Than 2 Minutes
Your 3 Steps in Quick Detail

These are literally the only 3 things you need to do to start your blog. It should take you less than 2 minutes of actual work to do them. You do not even need to visit the Badnet.com home page, you can take advantage of the Badnet bundle right here on this page. Just follow the 3 steps listed below.

<table>
<thead>
<tr>
<th>Step 1 – Pick a domain name for your blog</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost: free. Your domain name will be free for the first year. Time: up to you.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Step 2 – Click on this link and purchase your basic web hosting package at BlueHost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost: as low as $3.95 per month (paid annually). Time: 1-2 minutes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Step 3 – Click on this link and fill out this quick, easy &amp; secure blog set-up request form – then hit “enter”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost: zero. Time: 20-30 seconds. You only have to enter 5 pieces of information.</td>
</tr>
</tbody>
</table>

That’s it!

Your 3 steps are done. It took you about 2 minutes of actual work and Badnet will do the rest. After you complete the request form you will receive a complete, ready-to-go blog in less than 24 hours (even on weekends)!

Too easy?

OK, let’s look at the 3 steps in a bit more detail...
The 3 Steps to Start Your Badass Blog In More Detail

1. Pick a good domain name for your blog.

You will get a free domain name when you sign up for the Badnet/BlueHost web host package. To renew your domain name after the first year it will cost only $15.99 per year.

What is a domain name?

The domain name is the name of the website. It’s what people type in the address bar to get to your website. For example: the domain name of this website is boldanddetermined.com.

How do you pick a good domain name?

The domain name should be catchy, easy to read, easy to spell and easy to remember. You need to pick an easy domain name so people will remember it and come back to your blog.

How To Pick The Right Domain Name – Quick Tips

- Do get a dot com (.com) domain – everybody on earth defaults to .com as the default domain option, everyone will remember it.

- Don’t get a dot net (.net), dot org (.org) etc. because no one will remember the address. If this website was called boldanddetermined.net 95% of the readers would continually type boldanddetermined.com and then be lost when the website doesn’t show up.

- Your first and last name is a good domain name to use. For example: victorpride.com.

- Avoid using hard to read or hard to spell words in your domain name.

- Avoid using numbers in your domain name. Numbers are very confusing because it’s hard to remember if you use the actual number or if you spell the number (for example: 9 or nine, 2 or two).

- Don’t use dashes in your domain name. No one will ever remember where the dashes go. For example: bold-and-determined.com would have been terribly hard to remember!
Remember, if they cannot remember how to type your domain name they will never be able to find you. Make it easy for them to find you! Many of the best domain names have already been purchased so it may take you a little while to come up with a great domain name that is available.

Here Is How You Can Check To See If Your Domain Name Is Available

1. Click here to here to the Badnet/BlueHost page.
2. Click get started now.
3. Select the basic plan.
4. Enter your domain name choice in the new domain box (pictured by clicking upon the hyperlink).

If your domain name is unavailable you will see a screen that says: ‘The domain name [you entered] is unavailable’. You will need to try again with a new domain name. If your domain name is available you will be directed to the next and last page which is called: ‘Create your account’. That’s how you know your domain name choice is available and you will be able to continue your web hosting purchase. Which leads us to step 2.

2. Purchase your Badnet-BlueHost web hosting package.

Every website has to have a web host. A web host is how your website “lives” on the internet. Without a host your blog will never be live on the internet. To take advantage of Badnet you must purchase your web hosting at BlueHost and you must use the official Badnet-BlueHost link. Badnet is paid directly by BlueHost, not by our clients. This is how we can keep the service free for you.

Which is the best hosting option for new blogs?

You have 3 hosting plans to choose from: basic, plus and pro. The **BASIC** plan is the option I recommend for Badnet clients.

Why choose the basic plan?

Web hosting prices depend on the amount of traffic your website gets (traffic equals visitors to your website). For a new blog you will only need the most basic/cheapest hosting package because your traffic will be small at first. Until you have a large amount of traffic a larger hosting plan is unnecessary. When your website traffic increases is when you can upgrade to a larger hosting package.

Note: You can only host one website with the basic plan. If you plan to add additional websites to your website portfolio then you would want to use the plus package.

What is the cost of website hosting on the Badnet/BlueHost plan?

Your web hosting plan is billed annually and you have three options: 1 year, 2 years or 3 years of web hosting.

1. Basic hosting for 12 months ($5.95 per month, $71.40 billed annually). This is the option **I personally recommend** because it’s the cheapest upfront option and it’s only one year so it is not so overwhelming.

2. Basic hosting for 24 months ($4.95 per month, $118.80 billed annually). I would **not** personally recommend this option because I see no great benefit.

3. Basic hosting for 36 months ($3.95 per month, $142.40 billed annually). This is a great option because it’s the cheapest long term option and you can “set it and forget it” for 3 years.
The image within the hyperlink highlights the exact hosting plan and add-ons I would personally use.

What about hosting extras and add-ons?

I would personally not include any hosting extras except for this one: Domain Privacy Protection. It costs $11.88 per year and it is an expense I would absolutely pay for. The other extras are unnecessary in my opinion.

Why include domain privacy protection?

Domain privacy protection protects your privacy by hiding the domain owner’s personal information. When you use domain privacy protection your personal information will not be available. If domain privacy protection is not added then anyone with an internet connection can see the domain owner’s name, address, email address and phone number just by utilizing a quick WhoIs lookup.

The image within the hyperlink shows you exactly how Domain Privacy Protection will protect your privacy by hiding your personal information.

On the left – without domain privacy protection your personal information will be available online.

On the right – with domain privacy protection your personal information will be hidden.

BlueHost Password Notes

The secure form linked in the next step allows you to send Badnet your BlueHost login details. This is how we install your blog and plugins for you. After you have purchased you web hosting package you will receive an email from BlueHost asking you to create, change or update your password. We ask that you use a random password and not your common/everyday password (we don't want to know it).

Here’s a random password generator you can use to create a secure password.

3. Fill out this quick blog set-up request form and hit “enter”.

<table>
<thead>
<tr>
<th>After you submit this form Badnet will start right away on your blog. It's a very easy form; you only have to fill out 5 pieces of information.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Your name.</td>
</tr>
<tr>
<td>2. Your email address.</td>
</tr>
<tr>
<td>3. Your domain name.</td>
</tr>
<tr>
<td>4. Your BlueHost username.</td>
</tr>
<tr>
<td>5. Your BlueHost password.</td>
</tr>
</tbody>
</table>

Within the hyperlink is a photo of the secure blog set-up request form so you can see how easy and painless it is.

Fill out this form and click submit. And then?

That’s it!
You will receive a complete, ready-to-go blog within 24 hours (even on weekends)! You fill out the form and Badnet does all the rest. After that, your blog is ready to go and you're free to write and create. Easy peasy, Japaneasy. Please note, Badnet does the technical work of setting up your blog, but you still have to do the creative work. That fire can only come from you and your experience and your knowledge and your heart. Creative work cannot be done by machines and clicks and HTML codes.

_It has to come from you, friend._
_And that’s the point._

**Start your blog now and share your story.**

Don’t worry about the technical details – your friends at Badnet will take care of that.

<table>
<thead>
<tr>
<th>Your Quick Steps Recapped</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Pick your domain name</td>
</tr>
<tr>
<td>2. Grab your hosting package and FREE DOMAIN here</td>
</tr>
<tr>
<td>3. Fill out this form</td>
</tr>
</tbody>
</table>

Done! Within 24 hours Badnet will return to you with your blog ready to go and your e-books ready to be studied. If you have any more questions about Badnet please read the [BADNET FAQ](#). If your question is not answered in the FAQ please leave a comment below and I will answer you personally... but _only_... if you promise to have a nice day.

_Your man,_

_Victor_
Imagine this... you're at a party with a lot of cool and attractive people, but you're “in your head” and you don't know what to say. You keep thinking about what to say, but nothing is perfect, so you don't say anything. After a seemingly long time, you finally do find something to say but when you open your mouth to say it, the wrong words come out.

Now imagine you have a very good friend who is terrific in social situations and you go to him for advice. What would his advice to you be? He wouldn't say: “You should really overthink what to say!” Any socially savvy guy knows that overthinking situations is what causes you stress, which is what causes you to be stiff in social settings.

Instead, your friend would simply say... “Just relax, man. Take a chill pill. Just be yourself.”

And that’s the age old secret to being social...

The secret to being socially free is to be relaxed enough in the moment to let the real you come out.

But how do you actually relax in the moment and let the real you come out? Telling someone to relax is easy; actually getting relaxed enough to let the real you come out is hard. If only there were a real chill pill that relaxes you... right? Actually, friends, there is a real chill pill that relaxes you... and makes you feel really damn good too! Introducing...

The #1 Legal Supplement That Actually Relaxes You, Uplifts Your Mood And Kills Your Social Inhibitions (without getting you drunk).

RED MONKEY

RED MONKEY is the best social anxiety killer I have ever seen. It's great even if you don't have any anxiety and you just want to feel happier. Even just thinking about Red Monkey puts me in a good mood.

Red Monkey is a mood enhancement supplement that really shines in social situations.

When you're on Red Monkey you just want to go talk, talk, talk with strangers and have great conversations with them. The stuff is so subtle (you think) until you're out and about and you're just having the best time ever talking to strangers. I take it sometimes in the morning and don't notice anything, then I call a taxi to take me to the gym — and before I know it, I've learned the taxi driver’s life story! On Red Monkey I put my work away and I have a great time talking to everyone from taxi drivers to cute girls in the gym.

It's really remarkable how much Red Monkey opens you up in social or conversational situations.

I'm very closed by nature and I'm constantly working, even in cars, but on Red Monkey it's a whole different story. You know those days when you're just “on” and you're giggling and smiling and grinning and just acting on instinct and nothing can stop you?

That's the feeling that Red Monkey gives you.

On Red Monkey you're just in a way better mood, you're not “in your head” in social situations, instead you're socially uninhibited and living free like a monkey. If you're thinking to yourself that Red Monkey sounds a lot like having a few beers you'd be right... sort of. On Red Monkey you get the “socially free” benefits of alcohol but you don't get intoxicated.
On Red Monkey you're always in your right mind and you're clear, sharp and in focus. No mumbling or stumbling and making a fool of yourself like you would on too many beers. It's really remarkable and I really highly recommend it. Yes, it's my company that produces Red Monkey but I really love it and when you try it you're going to love it too.

Even looking at the smiling monkey on the label puts a smile on my face.

So What Exactly Is In Red Monkey?

Red Monkey is a potent blend of nootropics and cognitive enhancing ingredients that work together to increase your mood and KILL your social anxiety. The several potent Nootropics in Red Monkey specifically work by targeting and improving the efficiency of neurotransmitters in the brain. The end result is improved cognitive function, memory, creativity and motivation and decreased anxiety and stress.

<table>
<thead>
<tr>
<th>Red Monkey Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>N-Acetyl L-Cysteine (nootropic)</strong> – improves irritability and anxiety levels.</td>
</tr>
<tr>
<td><strong>Bacopa Monnieri (nootropic)</strong> – boosts memory, cognitive ability and brain health.</td>
</tr>
<tr>
<td><strong>5-HTP (nootropic)</strong> – promotes relaxation, boosts mood and alleviates stress as well as enhances focus and reduces anxiety and depression.</td>
</tr>
<tr>
<td><strong>L-Theanine (nootropic)</strong> – increases dopamine levels and improves mood, boosts focus, memory and brain health, and reduces stress and anxiety.</td>
</tr>
<tr>
<td><strong>Rhodiola Rosea (nootropic)</strong> – reduces fatigue, boosts concentration, and alleviates stress.</td>
</tr>
<tr>
<td><strong>Phenibut</strong> – the only ingredient in Red Monkey that isn’t a Nootropic and this ingredient in particular is what is largely responsible for the amazing relaxation and stress/anxiety relieving benefits of Red Monkey.</td>
</tr>
</tbody>
</table>

What Does Phenibut Do?

The phenibut in Red Monkey is the real big hitter when it comes to killing social anxiety. Nootropics are a class of cognitive enhancing supplements (or smart drugs) while Phenibut is a GABA analogue. Phenibut is more responsible for the social freedom Red Monkey gives you.

The Phenibut in Red Monkey is so effective at reducing anxiety that many people report that they actually like it more than prescription drugs designed for anxiety. The Phenibut in Red Monkey works by binding to the “GABA-B” receptors in the brain, in turn producing a variety of its own specific benefits.

<table>
<thead>
<tr>
<th>Moderate levels of euphoria.</th>
<th>May make you more friendly and talkative (even with strangers).</th>
<th>Decreases social anxiety.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provides stress relief.</td>
<td>Improves cognitive function.</td>
<td>Uplifts your overall mood and will also give you much deeper and more restful sleeps.</td>
</tr>
</tbody>
</table>

When Should You Use Red Monkey?

Any day is a good day to feel good. I would recommend it for any kind of social event. Red Monkey has a huge amount of benefits and you can use it to enhance basically any situation. Red Monkey really “kicks in” when you go out to be social, that’s when you really notice it. Maybe you have a big job interview, a big event that makes you nervous to think about, or just want to start the day off with a kick in the butt and feel great. Red Monkey works great when you just want to de-stress, curb any anxiety or just improve you sense of well being in general; it is a definite must-have.
Does Red Monkey Work For Girls?

When a girl takes Red Monkey, it can greatly increase her libido, as well as make her orgasms much more intense. The Phenibut in Red Monkey will produce similar aphrodisiac effects in women that having sex on MDMA would produce, without being illegal and potentially dangerous.

A “secret” effect of Phenibut is its’ aphrodisiac effects, specifically with women.

Red Monkey also works very well for girls during their “girl time.” If your girl is in a real bad mood during her girl time give her 3-4 Red Monkey capsules and watch her bad mood float away. When your hormones are flying around going crazy, you can be a nasty person just because you don’t feel great and you’re stressed out of your mind. So don’t blame your girl for being hormonal and stressed out — give her Red Monkey instead.

How To Dose Red Monkey

Do take 2-4 capsules of Red Monkey on an empty stomach once in the morning and once in the afternoon/evening.

Don’t take Red Monkey more than 2 days per week, as your body will start growing a tolerance towards the “Phenibut” ingredient in the supplement and you won’t feel the feel-good effects of phenibut.

Red Monkey can be used as a sleep aid by dosing 8 capsules at once, 2 hours before bed.

Side Effects Of Red Monkey

Red Monkey can cause slight impairment of your motor skills at higher doses so it is advised that you don’t operate or drive any machinery after taking Red Monkey. The effects of alcohol are also multiplied while Red Monkey is in your system, so be aware of this if you decide to combine the two. One drink can feel like several drinks for many individuals.

One Tip – Caffeine Works Great With Red Monkey

Stimulants like caffeine tend to greatly potentiate the effects of the Phenibut ingredient in Red Monkey. Phenibut can also cause sleepiness at moderate doses. It is recommended that you take some caffeine alongside your Red Monkey dose. Unless you are using it as a sleep aid obviously.

The amount of caffeine you ingest with it should be equivalent to 1 – 1,5 cups of coffee (100 – 150mg). Make sure the caffeine source you have doesn’t contain any calories though or else then you are no longer taking Red Monkey on an empty stomach. The best way to do this in my opinion is to simply take your Red Monkey dose on an empty stomach, and then have 1 – 1,5 cups of your favorite Red Coffee flavor.

Red Monkey Recap – The #1 Social Anxiety Killer!

Red Monkey works best when you’re social but not only at a party or a nightclub (Red Monkey works great in those instances), but even when you’re talking to somebody one on one. On Red Monkey your mind and mouth just “open up” and your conversation flows easily and naturally.

Taxi drivers become my new best friends on Red Monkey. Normally, when I get in a taxi I’m checking e-mails non-stop, paying no attention to the driver. On Red Monkey though, I just have the best time ever in the moment talking to the drivers and feeling great. And if it’s great talking to a normally faceless, nameless driver (and it is)...
Imagine how great it feels to talk to a pretty girl and the anxiety about what to say just isn’t there.

Imagine this... You’re picking up some groceries when you stumble upon a pretty girl who smiles at you, your heart starts racing and you open your mouth and say... nothing. You realize the mistake just a few moments too late. By then too much time has passed, the moment is gone forever.

Now re-imagine how great it would feel to run into little miss pretty near the orange juice aisle; Only this time you’re on Red Monkey and you feel so good it’s easy to say: ‘Hi.’ Heck, you can’t not say: ‘Hi,’ you’re just feeling too good. Not only did you say: “Hi,” but your conversation is flowing naturally.

Instead of overthinking what to say, you're totally on instinct and socially free like a monkey.

Does Red Monkey really work that well?

When you're like a bright light of happiness and you're shining your light on the girl in the supermarket and you're thinking to yourself... “I feel so damn good! I can't stop smiling!” That’s when you'll know how well Red Monkey actually works.

Click Here To Try Red Monkey

And See For Yourself How Good It Feels
Dear reader,

as honest men of good faith, we take it at face value that other men also act on good faith. We give out a simple courtesy of trust and belief that other men will stand by their word. After all, we would stand by our word so everyone else must too. Right? Not quite.

Fairness, honesty, and integrity are all fine traits for men to possess, if only all men possessed these traits.

The honest and fair man makes a critical error in thinking and lives under a childlike spell, as if by voodoo magic, that every man is good, honest and fair. The honest man believes that any man who does not operate under the same code as the honest man is a cheater. This childlike spell causes the honest man to be more concerned with fairness over results, but fairness isn't worth a hill of beans if results do not follow.

As the failures continue to grow, the honest man will come to believe that all success is the result of cheating and results are only allowed to cheaters. Eventually he will believe that failure is what it takes to be an honest man and he will unconsciously self-sabotage his efforts in an attempt to remain fair.

To the honest man, only a cheater gets ahead and in an effort to not appear to be cheating, he well and truly avoids success. The honest man is stuck in a never-ending cycle of failure. His belief causes his failure which again reinforces his belief.

How To Conquer The Fear Of Cheating And Start Winning At The Game Of Life

Ladies and gentlemen we told you the honest man was under a voodoo spell, we did not tell you the honest man cast his own spell. The honest man thinks to himself: “Success comes only to the cheaters, never to the honest and fair such as myself. Therefore, I cannot try so very hard to produce success because that wouldn’t be fair.”

The honest man's thoughts become his reality and he is paralyzed into inaction over the fear of being labeled a cheater. The honest man has essentially blackmailed himself into a cycle of failure, paralyzed himself into inaction, and built in himself a terrible hatred of success and of the successful.

Dear reader, this is not an indictment of the honest man, rather it is an attempt to cure him of self-sabotage. We look deeply into the soul of the honest man not to mock him, as many in business will do, but to understand how to break the spell that keeps the honest man poor.

This article aims to give the honest man the one quick mindset switch that will allow him to break out of the “fairness cycle” and into the winner's circle. As you continue reading you will find that the honest man makes critical 3 errors in judgement keep him from success. These 3 errors in judgement build his foundation of failure.

You will be very glad to know that one simple mindset switch can negate a lifetime of errors in thinking.
1. The “Honesty Excuse”.

The biggest error in thinking that honest men make is thinking that all men are honest. These men feel disappointed when other men are proved dishonest. This could have been totally avoided if honest men simply understood this one fundamental rule of human nature...

**Not everyone thinks the exact same way.**

**Not everyone shares the same morals, belief and codes of conduct.**

**The world is as it is, not as we wish it to be.**

The error the honest man makes is in thinking that all men share the same virtues equally and with vigor. Not everyone thinks honesty is a virtue. Many groups of men laugh at the gullibility of men who believe in honesty.

People will be honest when it benefits them. But never forget — men will also be dishonest when it benefits them. Relying on honesty is a fool's errand and expecting honesty from every person is childish.

Not everyone is honest and not everyone even cares to be called honest. Honesty is a virtue in a select few but not in everyone. Believing honesty is a virtue in everyone leads honest men to be taken advantage of by people who do not share the same honesty beliefs.

Earnest belief in honesty and virtue of all peoples requires a total blindness to the reality of the world. In fact, belief in the virtue of other men is self-sabotage and you’ll soon see how otherwise honest men use the “Honesty Excuse” to accept failure.

The “Honesty Excuse” allows a man to fail while not taking responsibility for his failure because it allows him to say: “It isn't my fault I didn't succeed; it is their fault for being dishonest with me.” The honest man uses the honesty excuse as a reason to fail. If a man wished to succeed, he would simply do away with the notion of honesty in business and get rid of the honesty excuse for good. He would accept people as people rather than as angels and he would do business accordingly.

Another terrific error in thinking is the belief that being earnest, honest and forthright is how a man becomes a success in the first place and that “cheating” only gets you success faster. You’ll soon see why both of those assertions are wrong.

2. Doing the “right thing” when it's the wrong way to achieve success.

The second fundamental error the honest man makes is his steadfast belief that his way is the right way, in spite of overwhelming evidence that it is not, and that all men must follow the same set of rules to achieve the riches and results that every man truly desires.

Many an honest man has the conflicting belief that if he just does everything “the right way” he will become successful... even though he only seen the opposite bear true. Many honest men have found themselves saying: “I'm doing everything the right way, but I'm not getting any results.”

The man of good faith believes the key to riches is by being honest, earnest and playing by the rules, in spite of the evidence to the contrary. The honest man’s error is not in doing things “the right way”, his error is in *continuing* to do things in the so-called right way even when it's not working.
The honest man has so thoroughly convinced himself that honesty and fairness is the best policy that it may take him years to realize that success does not come from playing by the rules. When he realizes the truth he will make a tactical error by continuing to work in the same manner he has always worked: by playing by the rules and getting nowhere, in spite of knowing that it does not work.

Even after faced with the truth, the honest man is still blinded by his own perceived honesty and morality, which leaves him paralyzed to action. He is so grounded in the thought of doing things the “right away” that he continues to do them against his own best interest.

The honest man, again, is making a critical error in thinking and with one simple mindset shift he would be able to let go of his misfortune, increase his knowledge and learn to enjoy real success. With help from Victor Pride, the “honest man” can turn himself from a can't-do man to a can-do man.

a. **A can't-do man will play by the rules seemingly forever**, he will assume every other man is also playing by the rules, and he will call all men who do not play by the rules “cheaters”. Eventually he will come to believe that the game is rigged, success is only for “cheaters” and that “the honest man” has no chance of success and no way to opportunity.

b. **A can-do man will play by the rules only long enough to realise that the game is rigged and playing by the rules brings only failures.** A can-do man will open his eyes to certain realities of the world and he will play to those realities and no longer play to childish dreams of fairness.

Both the can-do man and the can't-do man will reach the same conclusion: ‘The game is rigged, success is only for cheaters and that “the honest man” has no chance of success and no way to opportunity.’

The difference is that the can-do man will do away with the rules and he will find success. The can't-do man will continue abiding by the rules and continually repel success. He will focus his energy less on business and more on the “cheaters” whom he feels stole success from him, the man who is doing everything “the right way”.

### 3. **Equating all success with “cheating”**.

The third big blunder the honest man makes is in equating all success with cheating. When all success is the result of cheating, the honest man develops a bad taste for success. If the honest man were to accidentally stumble into success, he would find a way to sabotage it and get out — because he doesn't like the feeling of being a cheater.

In spite of the evidence suggesting that the game is rigged and that the only way to succeed is by breaking the rules, the honest man is stuck in a “fairness cycle”. To an honest man, and to a child, success is not fair. To live a fair life, the honest man develops an unconscious fear of success; because he has linked success to cheating.

When the honest man equates success with cheating he builds artificial walls around his ability to accomplish. These walls act as self-sabotage to keep the honest man from success. This gives the honest man yet another excuse to not find success. If an honest man is bound by his moral duty then surely failure isn't his fault, after all he was simply doing the right thing and those other people only found success by breaking the rules and cheating.
The honest man's sees other people who succeed and calls them cheaters, at the same time celebrating the morality that “does not allow him to cheat”. The honest man does not get very far in life, but at least he kept his moral integrity, right? Not quite.

The honest man uses “moral integrity” as a way to not strive for success and he uses the honesty excuse to make excuses as to why he has not succeeded. As you will soon see, the honest man made a terrible mistake and wasted a good deal of life as a self-saboteur. It was never truly morality that kept the honest man from succeeding; it was his self-sabotage that kept him from succeeding.

The biggest error that the honest man makes is in believing that everyone has agreed to the same set of rules he has agreed to. But they haven't. The honest man has paralyzed himself with the honesty excuse and he can't break free simply because he doesn't try to; instead he pours his frustration and anger onto the cheaters who cheated their way to success.

Dear reader,
please let it be known that outward anger at “cheaters” is really inner anger at self-sabotage. When good and honest men realize that the fear of cheating is actually a fear of success, they will then be ready to move on to the #1 mindset switch that makes the fear of cheating a distant memory and success a reality.

This One Simple Mindset Switch Will Change Your Ideas About Cheating

Results and success come from one thing and one thing only. You'll soon see what that one thing is. But first, let's look at what cheating really is. What is cheating? Cheating is agreeing to a set of rules and then breaking those rules.

The honest man has the rules firmly implanted in his head, but there is one problem that keeps the honest man poor and impotent... Not everyone plans by the same rules. Not everyone even knows what the same rules are, nor does every man care. Even if a man knows what the rules are, he may not have agreed to them quite so vigorously; if he even agreed at all. After all, there are no rules for life, only laws. A man must make his own way and to find success there is no time to shackle oneself to a set of rules that limit his success ability.

The honest man has shackled himself to the rules which prevent his success. The honest man must make this one mindset shift if he ever wishes to break free of those chains and live life the way God intended; rich, free and happy. The honest man must let this following sentence burn into his psyche if he ever wishes to find success, contentment and fulfilment.

In The Game Of Life There Is No Such Thing As Cheating

What is the one mindset shift that will allow a man to stop worrying about cheating and start winning? The honest but unsuccessful man must realise that there is no such thing as cheating in the game of life. There are simply ways that get results and there are ways that don't get results. There are methods that work and methods that do not work.

The honest but unsuccessful man has spent so long believing in methods that don't work it may be hard to achieve the paradigm shift, but he must if he wishes fortune. When a man says: “I've been doing everything the right way and I've not seen any results,” he must come to the honest conclusion that he was not doing things the right way. If it were the right way, his endeavours would have been successful. Instead, he was doing everything the wrong way and blaming cheating.
If a man wants a result and he gets the result, how could that possibly be cheating? It cannot be. If a man wants a result and he does not get the result, how could that method possibly be the right method? It cannot be. As you will see, dear reader, cheating is simply the word used to describe methods that actually work.

Cheating Is The Word Use To Describe Methods That Actually Work

Cheating is the word used to describe methods that get results. An honest but unsuccessful man must make the paradigm shift from believing success equals cheating to realizing that cheating is actually the only way that works to achieve results. Now that you know the mindset shift required to think like a winner, you are ready to know the #1 thing that every single person can do to stop worrying about cheating and start winning right now.

The Real #1 Rule Of Success That Anyone Can Follow

Successful men do not follow the rules laid out by unsuccessful men. But successful men do follow guidelines. You can look at the most successful men in any field and it's a guarantee that they will all follow this #1 rule for success:

If results are what you're after, you must do what it takes to achieve those results and that is in fact the #1 rule of success that all high-achievers follow: **DO WHAT IT TAKES TO GET THE RESULTS YOU'RE AFTER.**

Yes, unsuccessful men will label it cheating and you a cheater. But remember, there's a reason they are unsuccessful. When a success self-saboteur calls your methods cheating, you know you are on the right path.

Instead of worrying if others will react negatively, you must imagine how you will feel in 1 years, 2 years and 5 years time. Was the immediate reaction of negativity enough to stop you building your future? Of course not.

Successful Men Do What It Takes To Succeed Not What They Think It Takes To Remain Fair

Winners do what it takes to win. It isn't a matter of cheating and it isn't a matter of morals — it's a matter of being #1 and getting real results. Instead of thinking: “Is this good or bad,” one must think: “Will this get me my desired results?”

A man who does not achieve results is a failure. But thanks to this helpful guide, the man who was once a failure can raise himself from failure to success by following these 3 simple principles, 1 mindset shift and 1 iron-clad rule.

<table>
<thead>
<tr>
<th>The 3 Principles Each Can-Do Man Must Follow</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treat the world as it is, not as you wish it to be. Our reality is just that — reality only for us. In our reality we may despise “cheaters” but cheaters don't live in our reality, they live in theirs. In their reality they do what it takes to win.</td>
</tr>
<tr>
<td>Do away with the “honesty excuse” – you either succeeded or you didn't. Eliminate the excuses to focus on success rather than focusing on failure.</td>
</tr>
<tr>
<td>Instead of doing the “right thing” do the thing that works. There are methods that work and methods that do not work. Often the methods that actually work are thought of as “cheating” and methods that don't work are thought of as “the right way”.</td>
</tr>
</tbody>
</table>
The 1 Mindset Shift Each Would-Be Successful Man Must Make
There is no such thing as cheating in the game of life. The right way gets results; the wrong way doesn’t get results. There is no such thing as cheating – there are results and there are failures.

The Real #1 Rule Of Success That Each And Every Can-Do Man Follows
The #1 rule of success is “Do what it takes.” If you wish to be a winner and not a loser you must do what it takes to win.

Dear reader,

you may freely take these principles of success and use them to achieve results in your own business endeavours. When an honest man calls you a cheater you may rejoice in the fact that you are getting results.

If you wish no harm to the honest man, if you wish to enlighten him instead, you may point him directly to this article so that he too may learn how to stop worrying about cheating and start winning, just like you.

Until next time.

Your man,

Victor Pride
You'd like to have a handsome face but you just don't know where to start, right?

Friend, I have good news. You may very well be a handsome stud right now and you didn't even know it. Let me explain... Handsome men all have one thing in common. No, it isn't a big wallet or big height or anything else. Handsome men ALL have this one thing in common and it's something every man has control of.

What is it?
A LEAN FACE!

Handsome men always have lean, defined faces that show off their masculinity. I'm going to show you exactly how to get a lean face, but before we get started let's talk about what having a lean face can do for you... The facial features that women find attractive and that men find intimidating — a chiseled jawline and defined cheek bones for example — can only be seen when a man's face is lean.

Before and After: Fat Face Vs. Skinny Face With Chiseled Jawline and Defined Cheek Bones

If you aren't lean, you're actually hiding the most attractive features of your face because fat rounds out the facial features and smoothes out any definition. The average male face is covered in fat. Fat is estrogenic, unattractive and it hides the masculine characteristics that make a man handsome.

So why did I say you might potentially be a handsome stud and not even know it?

If your face isn't lean you may not even know what your face truly looks like. Fat completely hides your masculine characteristics, but there is actually one great thing about fat. Do you know what the great thing about fat is? Fat can go away and when it goes away, guess what happens...

When the fat comes off of your face, the masculine features come in and make you look...
HANDSOME!

Before and After: Fat, Puffy Face Vs Skinny Face And Chiseled Jawline

The guy on the left has a fat, puffy and bloated face which is unattractive. The guy on the right has a lean, skinny face with a chiseled jawline and is handsome enough to be in an underwear advertisement. Both photographs are of the same man, me, and I went from chunk to hunk with no surgery, no make-up, no nothing.

I'm still the same person, the only thing that changed was my fat levels -- specifically my face fat levels. The fat levels went down and the handsome levels went up. When the fat that was covering my face went away, it brought out the facial characteristics that make panties wet.
3 Steps To A Chiseled Jawline

Below, you're going to learn exactly what to eat, exactly what to drink and exactly which supplement to take to get LEAN and reveal the true you. Let's get started...

1. **This is the only way you will ever get a lean face.**

There's only one way to get your face lean and it's not by going on a face diet, chewing a lot of gum or by doing facial flexes (some people actually do that). The only way to lose fat on your face and get a chiseled jawline is to lose fat everywhere. You cannot only lose face fat because body fat is distributed evenly around your body and spot reduction is impossible.

So what do you have to do to lose weight in your face? You have to diet. Diet is the number one key to a lean face and lean body. Diet is way more important than training when it comes to getting lean. The reason why so many people go to the gym and never get chiseled is because they don't eat right.

People get addicted to the gym all the time, they spend 2 hours per day in the gym... and they're still chunky! You can do as many crunches as you want, but you'll never have abs unless your diet is in check. Nothing wrong if you want to carry extra fat, I don't care, but if you want REAL RESULTS it comes from strict dieting. Most people are not lean because strict dieting is very hard to do, unless you know the secret of the pros which I will show you in a moment. But first, let's figure out if you are too fat or just bloated...

**What if you aren't actually fat, do you still need to diet?**

You may even have a low body fat percentage, but if you are severely bloated it will cause your facial features to be hidden. Known in the medical world as 'Puffy Face Syndrome', a bloated face obscures an otherwise handsome face.

**Before and After: Normal Slim Face vs Bloated Puffy Face**

Even if you aren't fat by societal standards your face may be too bloated to be handsome. In the left photograph I'm not incredibly lean but I'm not bloated. In the right photograph I'm terribly bloated and you can tell a big difference. Even if you don't get down to zero percent bodyfat, you can still make a huge difference in handsome levels if you get rid of excess bloat. If you can't see your facial features, you're either too fat or you're too bloated. This diet will take care of both fat levels and bloat levels and will maximize how chiseled your jaw and face can get...

2. **The Best Fat Loss Diet For A Lean Face: The low carb, low sodium, high protein diet.**

Carbohydrates and sodium soak up water like a sponge. Any diet high in sodium and carbs will cause you to be more bloated than a low/zero carb diet with minimal sodium would. Dropping your carbohydrate intake to zero will cause your body to shed off several pounds of water in just a few days and you will already notice a visible difference in leanness after that.

Carbohydrates also cause blood sugar to spike, which spikes your insulin levels. Spiked insulin levels cause your body to essentially put a complete halt on fat burning while your insulin levels are elevated. To prevent insulin spikes during your day you need to eat a low amount of carbohydrates (or none at all).

**The less time your insulin is elevated, the better your fat burning results will be.**
To stave off muscle catabolism that will occur in a calorie deficit you need to keep your protein intake high. 1.5 – 2 grams of protein per pound of body weight, per day, is ideal for this diet.

**What exactly should you eat?**

Friend, the low/no carbohydrate diet could take an entire article to cover properly. In fact, it *did* take another article and here it is: [The Zero Carbohydrate Diet (for Insane Fat Loss)](The Zero Carbohydrate Diet (for Insane Fat Loss)) The entire dieting plan is laid out in [that article](The Zero Carbohydrate Diet (for Insane Fat Loss)). Read through that article like a Bible and follow the exact diet laid out in that article. When you get comfortable with the diet you can start to switch out foods and ingredients to your liking.

**Now let's talk about the next most important step in getting lean...**

3. **For a lean face, drink more water.**

If you want to look like a granite statue then drinking enough water is crucial. Water is free unless you drink Evian (like I do), so there's no excuse to not drink enough of it.

**Why should you drink more water?**

When you don't drink enough water, your body will naturally start retaining water and bloating itself to prevent dehydration. To offset this, you need to increase the amount of water you drink. When your water intake is increased to a gallon or more per day, you will notice your body is peeing a lot more than usual (obviously).

Your body isn't just expelling the water you’re drinking; it is also expelling the subcutaneous water it is retaining. When your body recognizes that you are giving it a lot of water, it no longer has to retain water to maintain hydration. When you drink enough water, your body will freely pee-pee out all of that water retention and bloat you were holding, making you look even leaner. Yes, you can pee-pee the bloat away... to a point.

**At that point you will want to put your fat loss into overdrive by using the 2 supplements...**

### The #1 Supplement You Need For A Chiseled Jawline

For a lean face there is one supplement you need to use while dieting and there is one supplement you may want to use at the end of your diet. While dieting you definitely want to use a fat burner. You never want to waste precious time during a diet by not burning as much fat as you can. The only people who need to diet “naturally” are obese people because they will be able to lose an enormous amount of fat naturally.

Athletic people who spend time in the gym have a harder time losing fat and need to really hit the fat-burning hard. There is no reason to suffer through a diet UNLESS you get the results you are after and, as you will learn, no one gets the results they want without using a fat burner.

A fat burner burns extra fat by improves your body’s nutrient partitioning abilities which is a fancy way of saying it burns extra fat. A fat burner definitely burns extra fat, but there is one more important reason to use a fat burner which you can read about in an article coming to B&D very, very soon.
What fat burner should you use?

There are many illegal fat burners that work very well and many legal fat burners that don't work at all.

Here's the one that is both legal and effective...

The Holy Grail Of Legal Fat Burners And The #1 Supplement For Facial Aesthetics Is...

Red Burner: The Best Legal And Effective Fat Burner On The Market

RED BURNER is a natural fat burner that actually works by enhancing fat oxidation during exercise.

Below you can read the fancy reasons why Red Burner burns more fat and gives you extra energy...

Red Burner works by improves your body's nutrient partitioning abilities, increases how many calories your body burns, and greatly enhances your energy levels (which will give you better workouts in the gym).

<table>
<thead>
<tr>
<th>The caffeine in Red-Burner specifically stimulates the nervous system and increases epinephrine levels in the body which signals the body to break down fat.</th>
</tr>
</thead>
<tbody>
<tr>
<td>The green tea and T2 increase resting energy expenditure (or the amount of calories you burn at rest) for several hours post ingestion.</td>
</tr>
<tr>
<td>With Red Burner you can shed a huge amount of unwanted fat and greatly improve your body composition.</td>
</tr>
</tbody>
</table>

How to take Red Burner

I like to take 2 in the morning with my coffee and 1 – 2 in the afternoon. Don't take more than 4 in one day.

Optional Supplemenst To Make Your Face Look Lean, Skinny And Defined

Friends, at the end of your dieting phase I would also recommend you use Dandelion Root. Dandelion Root is a natural diuretic that will pull all the extra water from your face, making you look much leaner and more defined. Dandelion root gives you temporary results only, but the results can be very good.

<table>
<thead>
<tr>
<th>Follow the directions on the bottle of Dandelion Root and remember these 2 rules</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do not take too much dandelion root.</td>
</tr>
<tr>
<td>Be sure to drink PLENTY of water when you use Dandelion Root.</td>
</tr>
</tbody>
</table>

If you do not drink enough water and if you take too much dandelion root you can become severely dehydrated. So be safe and drink enough water and use only the recommended amount of Dandelion Root. What's the best dandelion root brand? Nature's Way makes a good Dandelion Root supplement. I've used it before and it works very, very well. I would recommend you take 3 caps per day only. If 3 isn't enough, then you could increase to 4 – 5 caps per day.

Be sure to drink enough water!
# How To Get A Chiseled Jawline Recap

1. To get a lean face (and lean body) you have to diet.
2. Follow the Low/No Carbohydrate Diet outlined here: [The Zero Carbohydrate Diet (for Insane Fat Loss)]
3. Drink at least one gallon of water per day.
4. Take Red Burner while dieting to burn extra fat and maintain energy levels while you're in a calorie deficit.
5. Optional: use Dandelion Root at the end of your diet to make your face as dry, defined and handsome as possible.

## Chiseled Jawline vs Fat, Puffy, Bloated Face

And that's it friends, your 5 steps for a lean, attractive face and chiseled jawline.

You may have been a handsome stud this whole time and didn't even know it.

Now you know.

Until next time.

Your man,

Victor Pride
When 18 year old boys email me asking for advice the number one thing they feel is REGRET.

They feel regret for what they think is a wasted opportunity. They feel like they didn't act soon enough, now it's too late for them and that it's all over. I got bad news for you, boys... It probably is over for you... unless you do something about it right now.

You're 18 and you have your whole life in front of you but that does not change this one iron-clad rule of life: IT'S NOW OR NEVER.

When you're a young gun you feel like every move is life or death. You feel like: “I have to do it now because tomorrow is too late.” And that's the right attitude to have. You've got to go now and if you don't, you're stuck forever. I could lie and say you have all the time in the world but you don't have all the time in the world.

If you don't take action today you will regret it tomorrow, like everybody else does.

From young Alexander to ol' Grandpa Joe... Most people feel regret and do nothing about it. Do you know what emotion dying people experience the most? REGRET. Dying people made bad decisions and wasted their entire lives. On their death bed it hits them like a ton of bricks... “Oh my God, what did I do with my life?”

Imagine living your whole life and never doing what you're meant to do, never fulfilling your destiny and being a slave your whole life. Ouch. Feeling regret right now is totally normal. It's also totally normal to feel regret when you die. In fact...

It's totally normal to live your entire life feeling regret.

What's not normal is living life without regrets, being free and being happy. See, people naturally don't live up to their potential. They feel like they can always “do it later.” But laziness and inaction catches up to everyone... and all of a sudden later comes and they haven't done anything.

Tomorrow you must answer for what you did today.

If what you did today wasn't enough, then you can expect a visit from the regret fairy tomorrow. You feel regret now? GOOD. You should feel regret. Use it as fuel. Feeling regretful for missing an opportunity is the right thing to feel. Your body is saying to you: “We missed this one, don't miss the next one.” If you don't take action today you will regret it tomorrow. The decisions you make and the actions you take right now decide what will happen to you tomorrow.

ALL YOU HAVE IS RIGHT NOW.

You have right now and that's all you have. If you waste too many of your todays you'll be on your deathbed tomorrow crying about your wasted life just like Grandpa Joe. But it doesn't have to be that way... I said a million billion times already you have a million billion opportunities today that didn't exist even ten years ago.

You can be a passenger or you can be a driver and it's entirely up to you.
You don't have to follow the same path that Grandpa Joe followed; he came from a different era. His opportunities were far less than yours. Grandpa Joe did what he HAD to do. You can do what you WANT to do. Can you spot the difference? Grandpa Joe didn't have much of a choice and he regretted it when he died. When you die, with all the choice you have, will you regret it too?

If you don't want to feel regret you have to live life by this one principle: ALL YOU HAVE IS RIGHT NOW.

Right now, you youngsters and many other people feel intense regret. You feel like you waited too long, missed an opportunity and it's over for you. You're partially right. You may have missed an opportunity but new ones will emerge. The trick is to let your regret fuel you into not missing another opportunity. Your brain is saying: “We missed the last one, don’t miss this next one,” and you’ve got to listen. Each second you wait is a second you waste and you may not get another one.

A wasted opportunity is a wasted opportunity no matter how old you are.

Just because “you have your whole life ahead of you” doesn't mean you can be lazy and slow because you cannot be lazy and slow. If you're lazy and slow, the next thing you know you'll be on the deathbed and you'll be saying: “Oh my God, I wish I had done this or that...” But by then it's too late.

It's now or never and you have to start right now.

Yesterday don’t mean shit and tomorrow don’t mean much more.
It's all about right now and right now I will show you the #1 rule you must follow to live life well....
The #1 rule to live well: ALL YOU HAVE IS RIGHT NOW.

Make it count.

Until next time.

Your man,

Victor Pride

P.S. There are 2 articles coming soon that you will love.

<table>
<thead>
<tr>
<th>18 Years Old? How to Earn a College Degree Without Earning a College Degree.</th>
</tr>
</thead>
<tbody>
<tr>
<td>It’s for 18 year olds specifically. You'll love it.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Top 5 Regrets Of The Dying (and how to live with no regrets).</th>
</tr>
</thead>
<tbody>
<tr>
<td>This article shows you the powerful top 5 regrets of dying men and I show you how you can turn those 5 regrets into fuel for a great life.</td>
</tr>
</tbody>
</table>

While you wait for those 2 great articles to drop, you can to read these great articles for 18 year olds.

<table>
<thead>
<tr>
<th>18 Things Every 18 Year Old Should Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unconventional Advice for Young Men</td>
</tr>
</tbody>
</table>

| 5 Ways to Set Yourself Up for Success in Your 30s |

Talk soon, boys.

Whatever you do, bookmark Bold & Determined because more is coming soon specifically for you.
Buddha once said: ‘The mind is everything. What you think you become.’
And then Victor Pride said: ‘This is how you become.’

Today is my 34th birthday. In honor of this great day I am going to bequeath you my 34 secrets of life, liberty and the true pursuit of happiness... The people's pursuit of happiness. Luckily for you I'm a kind and generous man, much like Buddha, and I have provided you this secret guide book generously free of charge.

You'll see why I am so generous when you see my 34th rule. But first... People ask me how I changed from slave mindset to master mindset and I tell them honestly... I never changed one bit. I became, just like a moth becomes a butterfly. I thought about it and then as if by magic I became it.

You eventually become who you need to be, but it doesn't happen instantly. It's not a snap of the fingers, it's a transformation that takes years and has to start sometime. This is that sometime. These 4,000 words are worth more than 4,000 troy ounces of gold. You cannot buy this knowledge at any of the best universities.

Guard this master's course with your life and welcome to the War Book.

34 RULES FOR KILLERS AND REAL DEALERS

“My life depended on succeeding. If I didn’t, I would just be a useless piece of shit.” – Mike Tyson
“Your life depends on succeeding. If you don’t you will just be a useless piece of shit.” – Victor Pride

This is exactly how to succeed in no uncertain terms.

1. It's All In The Mind.

The battle is won or lost in the mind. The battle is a formality to simply act out what has already been predicted and decided by the minds of the opponents. The opponent conceded defeat in his own mind before the battle ever happened. The general stuck his tongue out like a reptile and tasted defeat in the air and went out to find it.

2. Think Like A Master, Not Like A Slave.

Everything starts in the same place: in your mind. In your thoughts. Your thoughts are what eventually becomes reality so if you think like a slave you will be a slave, if you think like a master than your life will manifest that way. Everyone will tell you: “That's wrong, that's bad,” and that's because they think like slaves. That's what people with slave mindsets always say: “Don’t succeed, don’t rise above, stay here with us.” Their advice is meant for slaves.

To become the master you have to think like the master.

3. If you really wanted it, you'd find a way to get it.

If you wanted it, whatever it is, you would go out and find it. Like the general who tasted defeat in the air and went out to find it, you would walk the earth until you found it. If you really wanted it, you’d have it by now or you’d be too busy working to get it to complain about why you don’t have it. If you didn’t want it, like most don’t, you'd find a way to complain about why you don’t have it.

Because...
4. **To get what you want all you have to do is take it.**

Getting what you want is easy. When you want a donut, you go get a donut. When you want a Coca-Cola, you go get a Coca-Cola, when you want success you go out and get it. If you want it then get your feet on the pavement and go out there and get it. Everything is there for the taking and anyone who disagrees is wrong. Other people have success. How did they get it? They went out and took it. Why don't you have success? You didn't go out and take it.

You make your place in life. You make it and take it. You visualize it, attract it, make it and take it.

5. **There’s only the mission.**

The mission is the purpose of life and you must live for the mission. If you can follow the mission to the end, you will seal your victory. Endurance wins every time. You have to chip away the coal to refine your diamond. It can take time. Power through and endure.

6. **Hard times don’t last, but hard men do.**

Remember what Batman said? ‘It’s always darkest just before the dawn.’ The dark is when you'll be tempted to quit. Weak men will give in and quit. If you never give in and quit, if you possess endurance, you will be victorious. Endurance beats strength over every single timeline and a big part of success is just showing up every single day.

7. **Deserve’s got everything to do with it.**

Fairness is a religion of wimps. *It doesn't matter if it’s “fair”* ... The only thing that matters is balls. Do you have the balls to do what it takes? No? Then sit down and cry about fairness. If you don't have the guts and the balls to do it then you deserve to take orders for the rest of your life.

If you don't have courage, if you're a quitter or even worse... a never-get-started type... then you deserve to take orders for the rest of your life. If you have guts and balls then you deserve victory and success.

8. **There is no better time than right now.**

Some people say: “I'll do it later.” Those people are losers. Winners know that there is no better time than right now. Get used to saying this: “I will do it right now.” There is no such thing as tomorrow when it comes to accomplishment. You cannot put off accomplishment. The only way you will get anything tomorrow is by doing the work right now. Prepare for tomorrow right now.

9. **Don't waste time, time is very important.**

*What is the biggest part of success? Showing up every single day.*

Time is the most important thing we have so you must not waste it. A wasted day turns into two wasted day’s turns into a wasted year. Never waste time playing video games when you could play the funnest game there ever was... High Stakes Living ... The funnest game God ever made.
10. **You have to be ahead of the game.**

If you want to win the game you have to be ahead of the game. How? It's easy to be ahead of the game. Here's how you do it: ‘**Do the work today and reap the rewards tomorrow.**’ You're automatically ahead of the game if you do the work. That's how you become a futuristic visionary, by doing the work right now.

Today they'll say: “Relax, man, have a good time,” and in 10 years they'll say: “Wow, how did you become so successful? What are your secrets?” You'll say: “The secret was starting THEN not starting now. I did the work THEN, you are only seeing the work now. That's the secret… actually do the work. While you are busy ooh'ing and aww'ing at the new stuff coming out, other people are locked in a room creating the next wave of doo-dads that will make you ‘ooh’ and ‘ahh’.”

11. **Create your own future.**

It's easy to be a visionary because the future is not set in stone. Like Machiavelli once said: ‘The future is half fate and half will.’ A handful of people mold the future. The people who work hard today are the people who's future vision we all live in.

Visionairies shape the future because they're planning, building and dreaming while reactionaries are filing complaints about yesterday. It's up to you to mold your future and you mold the future by starting today. The ideas in your head today can become tomorrow's reality... If you do the work to make it tomorrow's reality.

12. **To make tomorrow great, start today with discipline.**

Many people think success is a big, huge, impossible set of tasks so they never even try. People make success sound so hard it becomes impossible. If they actually tried they'd find that success is easy and not hard.

People do too much of the things that don't matter and they don't do enough of the things that matter. What matters most? The fundamentals matter the most. Anything that takes you away from the fundamentals is steering you off course.

**To find success you strip away all that shit and keep the basics.**

Start with the smallest habits because they make the biggest difference as detailed in the groundbreaking discipline strategy e-book 30 Days of Discipline. To make tomorrow great, you have to follow 30 Days of Discipline today.

**It starts today, it never starts tomorrow. Why? THERE IS NO BETTER TIME THAN RIGHT NOW.**

13. **Intelligence is required for success, but...**

Yes you have to be smart to succeed but intelligence doesn't mean anything if you aren't willing to do the work. Your “I CAN” is more important than your IQ. You can be smart all day and all night but if you don't use your intelligence you may as well be retarded.

Intelligence is only worth something when you put it to good use, and complaining is not a good use of intelligence. Many otherwise smart people make the stupid mistake of not working hard and relying on “good luck” to get ahead, and complaining about their “bad luck” when fortune doesn't fall into their lap.
14. **Obsession and work ethic can beat lazy talent and intelligence.**

If talent isn't obsessed with being the best then talent will lose to those who are obsessed with being the best. Winners will always find a way to win, even if they lack natural talent. Winners give all of their time to their craft and you should too.

**THERE’S ONLY THE MISSION.**

Conquer your mission with complete tunnel vision. For real big wins, be both talented and obsessed. Obsessed people tend to be the lucky people who catch a big break. From Arnold to Zuckerberg, every great man was obsessed with his craft and was focused on himself, never on opponents.

15. **Focus on YOU, never focus on them.**

*To become lucky, let go of the loser/victim mentality.*

When you quit the victim mentality and you start the champion mentality good things start happening for you automatically. To be a big success, you **have to** think like a winner and not a loser or a victim mentality.

That's how you become lucky, you decide to **be lucky** by deciding to be a winner. It's as simple as that. Winners win while losers complain about winners and luck comes to those who aren't complaining.

**Lady Luck is a lady and just like all ladies on earth... She responds to winners and not whiners.**

16. **Be a PRO not an average Joe.**

The difference between the professional and the amateur is small. Tiny, actually. What is the difference between a professional (someone who gets paid) and an amateur (who doesn't get paid)?

The professional THINKS of himself as a professional and the amateur thinks of himself as an amateur. They're both right. **How to get started the right way:** Learn what you need to do and then **do it pro from the get go.**

**Set yourself up as a professional and not an amateur from the beginning.**

Save yourself time, money and hassle and do it the right way from the start. Start thinking as a business rather than as “some dude” and start right now. But what if you don’t have experience?

17. **Nobody has experience until they go get experience.**

**You have to get experience to get experience, so what do you do? YOU GO GET EXPERIENCE.**

“I can't do that job because I don't have experience,” is what retards say. Nobody had experience until they went out and got experience. You do need experience, don't think that you don't, but “not having experience” is not a barrier to success; its an entry to success.

If you don't have experience, go get it. **Get started right now.** How do you think other people got experience? They got started, that's how. If “not having experience” was actually a hindrance then no one would ever have a job because no one would ever get experience.

**No one was successful before they were successful. It has to start somewhere. So start here and now.**
18. **Self-Study diligently.**

Experience starts with learning. You have to learn about what you're going to do before you go and do it. **You must self-study.** If you don't learn you'll stay stupid and useless your whole life. Mike Tyson was stupid and useless until he learned how to box like a champion.

Successful people acquire knowledge that helps them succeed. Read everything that can help you succeed. Find a mentor if you can and take in information with your ears and eyes, not with your mouth.

19. **Learn before you earn.**

<table>
<thead>
<tr>
<th>The Natural Order of Business</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Learn the craft.</td>
</tr>
<tr>
<td>2. Practice the craft.</td>
</tr>
<tr>
<td>3. Become efficient in the craft.</td>
</tr>
<tr>
<td>4. Become the expert in the craft.</td>
</tr>
<tr>
<td>5. Make the big bucks.</td>
</tr>
</tbody>
</table>

Lazy people want to circumvent the natural order of business. They want to make money tomorrow without doing any of the groundwork today. It's a bad business plan that never works out. Big money comes from big skill. No money comes from no skill. If you have no skill, and you don't learn, this is exactly what you will make: **nothing.**

The man who tries to box Mike Tyson without first learning how to box is a man who will be knocked out nearly instantly. If you try to make a bunch of money without putting in any time or study you will be wiped out instantly.

**You cannot earn before you learn because it is impossible and the man who tries is a fool.**

How will you make money in an industry when you don't know how to make money in that industry? You won't, obviously. No one finds success before apprenticing and learning. You can't skip college and go be a dentist and you can't skip learning before earning in any industry.

20. **Two rules for what you read.**

You have to be learning everyday. College is a total waste of time when you can self-study at a faster and more efficient rate. Not to mention self-study is free. Read everything that pertains to your business.

<table>
<thead>
<tr>
<th>Two Rules For What You Read</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. It must be inspiring.</td>
</tr>
<tr>
<td>2. It must teach you something.</td>
</tr>
</tbody>
</table>

**Anything else is for entertainment. Entertainment is fine AFTER the real work is done.**

**Being entertained while work is unfinished is what losers do.**

**Read these books to start.**
21. How to pick the right idea to pursue.

The biggest question is: “How do I pick the right idea,” and it’s a pointless question to ask yourself. You pick ideas the same way you pick a dog... The right idea will pick you, it will just jump out at you. You don’t sit around with a notepad jotting down ideas and a pros/cons list. The right idea is the one that immediately just makes sense.

The right idea will be the idea that was the easiest. It will be the one you don’t even have to think about. It’s the one that feels natural. You just already assume the idea will work: “Yeah, this will work for sure.” That’s the idea you pick because that’s the idea that is doable, that’s the idea that you will stick with and that’s the idea that you are 100% sure will work.

How not to pick the right idea: if you come up with a new idea and everyone agrees that it’s great... Then it’s a bad idea! The right idea will only make sense to you and possibly a few others at first. It will never make sense to the masses. Good ideas are always futuristic and visionary.

22. Never lose interest in your project by picking the right project.

The biggest hurdle in “finding success” is losing interest in the project. If you pick the project you’re obsessed with, you can’t lose interest and if you do lose interest it’s only temporary. The right idea is the idea that a) you were already “open” to and b) makes complete sense to you and that’s the type of project that you can be completely obsessed with.

**Obsession is what wins so to ensure victory you will do the work you’re obsessed with.** You cannot lose momentum and motivation when you are obsessed because you will not listen to any naysaying. Period. Do the work you’re obsessed with so that you can win.

23. Become the company.

The right project is one that you can totally immerse yourself in. Total immersion is how you actually get big success. You don’t become a mega-success by working PART-TIME! It’s a full time job and that doesn’t mean a measly 40 hours a week, it means every day in every way you are plotting, planning and scheming.

**Get rid of all distractions ad barriers and treat yourself like a company – YOU, INC.**

Forget about business/life balance, that’s for slaves who hate their jobs but spend 5 out of every 7 days there anyway. Winners become the business and live it 24/7. There is no mastery with weekends off.

24. Work 7 days a week.

Days off are for slaves. Master’s work 24/7 because working 24/7 is completely natural when it’s your business on the line. How do you take a break from being the master? Get real. You have to always be on from now on.

**Here’s the rule: if you’re awake, you’re working.** Weekends, holidays are totally meaningless.

**Now you are YOU and you follow your rules, you don’t follow the weekends off rule for slaves.**
The only thing that matters is your goal and if you picked the right business, not only will you never take days off... if you happen to have a day off you will feel nervous and anxious to get back to work. Days off KILL MOMENTUM! You cannot constantly take a break if you expect to improve.

Only take breaks when the operation is running smoothly without you. Even then, you'll never really be able to take a break. It's easy to turn your mind off of work when you hate your job, but when you're obsessed your mind never turns off. Like the gamblers who are addicted to gambling, you'll be addicted to the game of business.

25. **Play the game to win.**

It's all a big game. If you don't learn how to play it, you're going to get played. If you aren't the one taking advantage, you're the one being taken advantage of. It's like a high stakes poker game. One wrong bluff and you lose everything, but believing one wrong bluff can wipe you out too. It's a very narrow line and that's the fun of it. Like drugs but better.

*Life is all a game so have fun, enjoy it and play to win.*

26. **Business plans are useless.**

You need an overall strategy but you do not need a business plan. Business plans are too specific and too rigid to use in reality. Strategy is adaptable. You never know which direction your business will take and a business plan cannot predict every little problem that will arise in the future.

*Strategy is malleable and business plans are unbending.*

27. **Think about the big picture and be like water.**

New information comes in every single day. New information could come in that would make your business plan useless. You could either follow your original business plan (into oblivion) or you could be flexible, go with the flow and adapt to the new changes.

Your mission can be unbending; your method cannot be unbending. Think about the big picture; don't think about the little steps along the way. Be like water and flow with the current rather than trying to fight the current (and drowning in the process).

*Think about where you want to get to, how to get there is unimportant as long as you get there.*

28. **Develop your big picture mission strategy.**

It seems hard to figure out what your life mission is but it isn't. It's easy. Get out a pen and paper and write 5,000 words about what's important to you. The words should pour out. After you have written everything you wanted to say about what is important to you, cut it down to the most important 250 words.

*Yes, cut 5,000 words down to 250 words.*

This will refine your mission to what is absolutely the most important. Cut any anything that does not help you achieve your goal. Those 250 words should be your clearly articulated goal(s).
Be bold with your words.

Words matter so choose your words wisely. Your words should be spoken clearly, truthfully and without remorse like a man.

Say more with less.

Less words, more meaning. Use words that mean something. Eliminate words that don't work. Specifics are appropriate sometimes, but the theme is always important.

29. Think bigger by thinking smaller (FOCUS).

You don't need to learn every little thing about every little thing. You need to focus on the big picture and you focus on the big picture by thinking smaller. Many times the easiest thing to do is also the best thing to do.

If you need some project done and you don't know how to do it, you could spend the time learning or you could get someone else who is already an expert to do it (saving you time and money). Time spent away from your core focus costs you money, you learning a new skill when you could just pay someone to do it for you costs you money.

Concentrate on what you are good at and hire people to do the things that you don't excel at. Always do what you do best and let other people do what they do best. You cannot do everything yourself and it's a big burden to try. Find experts to do what you can't and pay them to do it.

30. Create an ARMY to continue your work.

Your team is your ARMY. Armies all fight for the same cause and you want your team fighting for the cause instead of fighting for a paycheck. Pay them well, of course, but pick people who are driven by more than a paycheck.

Don't spread yourself thin by multi-tasking.

You should only be focused on the key elements of your business. Let your employees focus on the other things, your attention is needed elsewhere. If you focus on doing all the small things, your attention is divided and it's hard to get back.

Don't divide your attention, keep your attention where it should be: on the light at the end of the tunnel.

31. Impose your will.

Your reality is not the reality of anyone else... but it should be.

Everyone on the team should be focused on the end goal ... bringing your vision into reality. To lead the ARMY your vision has to be clear and to make the future in your head a reality you must IMPose YOUR WILL. Rather than following all the rules you should be making and enforcing the rules. Make your reality the dominant reality.

How do you impose you will?
32. **Patience is key.**

You must learn to be a patient man and never act before it's time to act. Acting impatiently can get you killed. Patience can take you all the way from A to B in a straight line. Know the mission, follow the mission, don't quit, endure with steady patience and one day you will...

33. **Be the greatest there ever was.**

And people will follow you and believe in you. [Now you’re the greatest](#). You got where you wanted to go now you help out those below you and teach the young and hungry soldiers.

34. **Give back to the new generation.**

*The new generation learns from the old shoguns.*

This old Shogun will be giving back in: **NEW WORLD RONIN.**

*Soon enough this battle plan will be in your hands.*

**For The Future Visionaries Only... NEW WORLD RONIN.**

Learn The Art Of War In The Digital Age
Now available in Kindle and PDF formats.
[Click here to purchase at Amazon ($8.99)](#)
[Click here to purchase the PDF ($8.95)](#)

**Until next time.**

**Your man,**

Victor Pride
I recently came across an article called the top 5 regrets of the dying. It was a very powerful article because it confronts you with this harsh reality ... You may be living a life of regret. The article speaks to you and says... If you don't shape up you will waste your life and you will regret it just like these dying men.

But there is some good news...

These dying men came from a different era. They didn't have the opportunities we have. Today, right now, opportunity is abundant and I will show you how that opportunity available will allow you to live a life with no regrets. The possibilities we have today are limitless so there’s no good reason why any man reading this has to go to his deathbed and feel regret. This list of regrets should light a fire under your ass and show you that if you don't get to work RIGHT NOW you will regret it when you're dying.

And that would be a damn shame to die full of regret when you didn’t have to.

In fact, the solution is quite simple...

The Cure For Living Without Regret Is Being An Entrepreneur And Working 7 Days Per Week.

I know that probably sounds kooky but give me 3 – 5 minutes to explain to you and it will all make sense. Deal? The worst thing that could happen is you waste a few minutes today that could save you countless minutes in the future. The best thing that could happen to you is you go to your deathbed knowing you gave life your all and had no regrets about living well.

Let’s get started...

“Taking the advice of ordinary people is the best way to become an ordinary person. And ordinary people die full of regret.” – Victor Pride

The Top 5 Regrets Of The Dying

The top 5 regrets of the dying are in bold text.

“This was the most common regret of all. When people realise that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honoured even a half of their dreams and had to die knowing that it was due to choices they had made, or not made. Health brings a freedom very few realise, until they no longer have it.”

The only way you can ever live true to yourself is by being an entrepreneur because that's the only way you will be in charge of your own time schedule. How can you live true to yourself when you're punching a timeclock every Monday through Friday, doing something that you don't want to do?

The key to happiness is doing something you like every single day.
Employees are more like double agents. They spend 8 – 10 hours per day pretending they care about their work and then they spend all evening drinking alcohol and dreading the next day. You cannot be true to yourself when you live like a double agent. The only way to be true to yourself is to spend time doing the work you like to do and doing it every day.

**Doing what we like makes us happy and doing what we dislike makes us miserable.**

It's a very easy choice to start a business, do what you like and be true to yourself. Online businesses are the best types of business to start for 3 reasons: startup cost is insignificant, profit potential is staggering and the fulfillment factor cannot be overstated — you can do exactly what you want to do every single day. Online business gives you the freedom, flexibility and time that so many men died without knowing. Here is a [great resource](#) for starting an online business.

2. **I wish I hadn't worked so hard.**

“This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret, but as most were from an older generation, many of the female patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence.”

You can bet these men were not entrepreneurs. When you live the entrepreneur life you have the freedom to do as you please and spend time with anyone you like. When you work 7 days per week it's because you're happy doing what you do. People who work 5 days per week are not happy doing what they do.

Why would a man need 2 days of rest for every 5 days worked? How lazy must a man be to require 2 days rest for every 5 days worked? He doesn't physically need a rest, he needs a mental rest. Why though? He needs a mental rest because he hates the work he does. If you hate what you do so much that you must take 2 full days off every week, you're in the wrong position. Any man who hates his job takes 2 days off out of every 7.

**Spending 5 days out of every 7 days doing something you hate to do is madness.**

 Doesn't that seem a little silly to you? I don't mean taking 2 days off from something you hate, I mean spending 5 entire days out of every 7 doing something you hate. If you hate your job so much you have to take 2 days off in every 5 worked then maybe working those 5 days is a big mistake.

What's the solution? The solution is to do something you like to do and spend every day doing it. That's life happiness. When you're an entrepreneur, you get to do what you like to do every day. Fulfilling work is what brings joy to life.

**The only men and women who age well are the ones who spend every day doing what they love to do.**

Be like [Donald Trump](#) and do something you like every single day that you're alive. Trump is 70 years old but has the energy, stamina and vibrancy of a 20 year old; because he does the work he loves 7 days per week.
3. **I wish I'd had the courage to express my feelings.**

“Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result.”

If you don’t say what you’re feeling, no one else will never know. We can’t guess what’s going on in your head, you have to say it.

**No one knows what’s in your mind except for you.**

The only way anyone else will learn what is on your mind is by you telling them. You must learn how to communicate but think about it like this: ‘I don't know unless you tell me. They don't know unless you tell them. No one knows unless you tell them.’

**Learn this rule: IF YOU DON'T SAY IT, NO ONE KNOWS IT.**

Got it? Good. Learn the tools of effective communication [here](#).

4. **I wish I had stayed in touch with my friends.**

“Often they would not truly realise the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying.”

**This is what no one tells you about “working on the internet”…**

**You have more free time as a busy entrepreneur who works 7 days a week than you ever had as an employee.**

Wait a second, how can you have MORE free time when you work more days? When you work for yourself you make your own schedule and you work from wherever you want to work. When you have a job, you have to physically go to that job for 8 hours a day and be away from your family. As an entrepreneur you make your own schedule (or no schedule at all) and you have the time and ability to do whatever you like.

**Entrepreneurs can spend MORE time with their families than men with jobs can.**

Entrepreneurs can spend MORE time with their families than men with jobs can because the type of work you do as an entrepreneur is different. Men with jobs say: “I do it for my family,” which is baloney, if you really did it for your family you’d work in a way that let you spend time with them. If you actually “did it for your family” you’d be an entrepreneur so you could spend every extra second with them.

Like I explain in the video below… Your family doesn't want you gone all the time, they want your TIME. If you don't give it to them, you will regret it. Your family and friends want your time. They don't want you to give your time to a job instead of to them.
5. I wish that I had let myself be happier.

“This is a surprisingly common one. Many did not realise until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called ‘comfort’ of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content, when deep within, they longed to laugh properly and have silliness in their life again.”

Do you know what the #1 barrier to happiness is? Go look in the mirror.

What you see in the mirror is the #1 barrier to happiness... YOURSELF.

Humans are self-sabotaging creatures that try to “play by the rules” and stand in the way of their own success and happiness. Playing by the rules leaves you on your death-bed full of regret. Really, it all comes down to you to make the choice and to make it right now. If you don't let yourself be happy now, then when? When you’re older? When you're on your death bed?

That’s when you'll magically become happy? Or maybe... Maybe... Maybe if you delay you will pay. Maybe it’s better to let yourself be happy right now. Maybe it’s best to break the rules, unshackle yourself and be the man or woman you actually want to be. If you don't, you might have some regrets on your death-bed. And those regrets cannot be corrected so you’d really better start right now.

How To Live And Die With No Regrets

The cure for living without regret is being an entrepreneur and working 7 days per week.

Here’s why: the only way you will work 7 days per week, 365 day per year...

IS IF YOU LOVE WHAT YOU ARE DOING.

If you love what you are doing then you cannot possibly have regrets when you are dying... because you spent every single day doing exactly what you were born to do. Fulfilling work is what brings joy to life. No one is going to give you fulfilling work; it’s up to you to create it. These 5 resources will help you create that life.

<table>
<thead>
<tr>
<th>Top 5 resources for becoming an entrepreneur, being true to yourself, not working so hard, staying in touch with friends and family and letting yourself be happier.</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to become an entrepreneur: Take Off the Mask and Expose Your Inner Entrepreneur</td>
</tr>
<tr>
<td>How to be true to yourself: How to Make Money By Being Yourself</td>
</tr>
<tr>
<td>How to not work so hard: The Lazy Man's Guide to Wealth</td>
</tr>
<tr>
<td>How to stay in touch with friends and family: Why You Should Have Ass-Kicking Friends</td>
</tr>
<tr>
<td>How to let yourself be happy right now: The #1 Legal Mood Enhancing Supplement That Actually Works, Relieves Stress and Kills Social Anxiety</td>
</tr>
</tbody>
</table>

If you liked this article you are going to love New World Ronin.

New World Ronin is the entrepreneur’s cure to self-sabotage.

Until next time.

Your man,

Victor Pride

P.S. To start a blog you need to use Badnet. It’s free and easy, plus you get a ton of benefits. You will meet like-minded friends and fans. It’s a no-brainer. Here’s how to take advantage: How to Start a Blog Overnight – Use Badnet and Follow These Easy Directions.
21.7.2016 – Fat Burners: The Secret To Losing Weight and Staying Lean

**The definition of Lean: Peeled and shredded like a statue. That’s what it means to be LEAN.**

There are many people who make money from their physiques. Many models, actors and fitness stars get paid to be lean, shredded and muscular at a moment’s notice. It’s safe to say these people know a lot about dieting because they have to diet frequently (some even have to diet constantly).

It’s also safe to say they have a lot of “tricks” that help them get ripped and stay lean. I know their dieting tricks (see my lean and shredded photos above for proof) and I’m going to share the most important dieting tip with you. I’m going to show you the #1 trick that keeps professionals lean and shredded... and keeps normal Joes NOT lean and shredded.

I’ll give you a hint — it isn’t genetics.

If you read the title of the article you already know what the secret is... but WHAT the secret is is not near as important as the WHY. The WHY is the real revelation and is so much more interesting. When you understand the WHY of this secret, you will understand how to get shredded. If you want to be lean like a statue you will not want to miss this — I expose the diet industry and give you the absolute facts and more importantly... I give you the WHY.

**The #1 Trick That Professional Dieters Use To Lose Fat And Stay Lean**

When you hear the words “professional dieter” you probably think of Jenny in the next cubicle who’s always on some kooky diet, and who’s always falling off the diet after a couple of weeks. But I’m not talking about the dieting secrets of fat Jenny in the next cubicle; I’m talking about the dieting secrets of the PROS.

Pros are people who depend on being and staying lean to earn a paycheck and who cannot afford to quit a diet when it gets tough (which it will). Pros are people who get ripped to shreds and look like walking statues and get paid for their physique. Models, bodybuilders, actors, and fitness pros are examples of professional dieters who have fat loss down to a science.

Pros know exactly what works and exactly what doesn’t work when it comes to getting shredded and staying lean.

Pros know that to get lean you have to diet. No two ways about it... You cannot get lean on a caloric surplus. You have to diet to get lean and shredded. Pros also know that dieting sucks. That’s why pros all do this one thing to make dieting easier...

**What The Pros Know About Getting Lean That You Don’t Know**

The pros know that dieting is easy... for about the first week. After the first week, it gets hard. The hardest part about dieting is sticking to the diet when it gets tough. Dieting for leanness takes a long time and to get lean you have to not quit when the going gets tough. If you go on a strict diet but you don’t do what the professional dieters do, you will quit before you achieve your desired leanness... just like Jenny in the next cubicle quits all of her diets at about the two week mark.

The pros stay lean all the time while Jenny in the next cubicle is always battling with her weight. Why is that? Willpower? Genetics? Discipline? Of course all of those traits are necessary but there is one more reason the pros stay lean and Jenny in the next cubicle doesn’t...
The Pros Diet Smart... Jenny In The Next Cubicle Diets Hard

Jenny tries to suffer and endure her way through a diet while pros try to not suffer their way through a diet. Not suffering makes a big difference in the long run! If you suffer too much, you will quit... usually inside of two weeks. But if you don’t suffer too much, you can endure until the end and then you can be proud of your ripped physique.

So how do the pros not suffer through a diet?
The pros know a secret that Jenny in the next cubicle doesn't know.

Pros Know That No One Gets Truly Lean On Diet Alone... Pros All Use An Extra “Kick”

Pros never diet naturally — and stick with it — because it’s too hard. Not only is natural fat loss hard, it doesn’t really work that well so you end up dieting for no reason. Dieting naturally crashes your hormones, you get cranky, you get achy, you get depressed, you get foggy headed and your fat loss stalls pretty quickly.

Low Calories = Low Energy, Lethargy, Moodiness And Even Depression

That’s why you see fat people who are always on a new diet but are always quitting (and remaining fat) like Jenny in the next cubicle. Pros know how hard it truly is to stick to a diet. They know a trick that helps to speed up your fat loss results and make the diet easier so you don’t quit.

What’s the fat loss secret of the pros?
The #1 Way Pros Lose Fat And Stay Lean Is... FAT BURNERS

Fat burners — also known as diet pills or weight loss pills — are how the pros are able to withstand a harsh diet and power through until the end. But not for the reasons you might think... When you hear the words “fat burner” you would automatically assume that they use fat burners to generate heat in the body and burn extra fat. You would be 50% correct. A good fat burner will ramp up your metabolism and increase your fat loss — beyond what you would be able to accomplish naturally.

But there is another very important reason the pros use fat burners....

In a caloric deficit you will not have energy and that’s the reality. When you’re on a diet, you feel drained. On a hard diet you’ll be walking around like a zombie in a zombie movie: “Uh, what’s 2 plus 2? 11?” Pros know that spaced-out feeling well and that’s why they use fat burners when dieting.

The Real Reason Pros Use Fat Burners In A Caloric Deficit Is Not Just To Lose Extra Fat

Fat burners give you energy and mental clarity when you’re drained from not eating enough calories, and that’s why pros use them while dieting... The pros use fat burners so they can FUNCTION PROPERLY and withstand a harsh diet. If you cannot function properly on a low calorie diet (which no one can for long) then you will quit. Quitting is unacceptable to pros, as it means they will not make money, so they use fat burners to function properly on low calories. Pros use fat burners 100% of the time when dieting because dieting is mentally and physically draining.
To Get Energy And Mental Stamina, Pros Rely On Fat Burners During Dieting Phases

If you diet naturally there will come a point where you will quit before you reach your fat loss goals and that’s the fact of the situation. Dieting sucks and no one would want to complete a strict diet naturally (and no one does complete a REAL diet naturally). People who diet naturally will just quit when it gets too hard (and never achieve the desired leanness). Pros don’t have the option to quit, they have to do what it takes to actually get lean... and it takes fat burners.

Fat Burner Frequently Asked Questions

1. **What does a fat burner do?**

What a fat burner will do is greatly increase your rate of fat oxidization, improve your ability to retain muscle and suppress your appetite (which will help prevent junk food binging). Fat burners will give you both mental energy and physical energy.

In addition, the best fat burners can relieve the “brain fog” that plagues dieters. On a diet, simple tasks like going to the bank seem like an impossible task due to having low energy. Fat burners help you function normally during a draining diet phase.

2. **Who should use a fat burner?**

Depends on who the person is. An obese person has NO NEED whatsoever for a fat burner. An obese person does not need to go so low on calories that they cannot function well mentally. Only a moderately active and moderately overweight person should use a fat burner and only for the purposes of getting very lean (abs). You don’t use a fat burner to lose 100lbs of extra lard. You use a fat burner to go from being “normal” or even kinda lean to being very lean.

3. **What fat burners do the pros use?**

To get lean, pros use anything they can get their hands on and a lot of pros with lean faces and abs actually use narcotics or other illegal/banned diet aids to stay lean. Pros use anything from caffeine, ephedrine, clenbuterol, T3, HGH, Amphetamine, Methamphetamine, DNP and many more.

Pros aren’t bound by legality. When your paycheck rests on your ability to get lean, you get lean no matter the cost. I don’t recommend using anything illegal! You don’t want to go to jail over a damn fat burner. You: “But officer it was for my diet to make me look slim again.” Officer: “... they’re going to love you in the penitentary son.” Definitely do not use anything illegal... Choose a legal fat burner instead.

4. **What’s the best fat burner for a regular person to use?**

Your fat burner should be both legal and effective. Most over-the-counter fat burners don’t work and the fat-burners that do work are illegal without a prescription from a doctor. The doctor prescribed fat burners work but can have nasty side effects like a crazy increased heart rate.

5. **So where do you get a legit legal fat burner that actually works?**

I’ll show you the best safe and legal supplement that actually helps you melt fat at a much faster rate (while not making your heart feel like its hopped up on cocaine)... and helps you FUNCTION PROPERLY.
So what is the best fat burner? “The #1 Fat Burner That Actually Works…”

**RED BURNER!**

RED BURNER is total fire. It's a no-BS fat burner that actually works. To put it bluntly, Red Burner helps you burn fat and function properly while you are dieting to get shredded. Red Burner is the only fat burner I recommend because it's the only one that I know of that is both legal and effective at burning fat and increasing energy.

**Red Burner Provides A Smooth And Substantial Energy Boost With ZERO Crash After**

**What Red Burner Does For You**

Red Burner provides a substantial boost in energy, reduces fatigue and reduces post-workout muscle soreness. Red Burner also increases your basal metabolic rate and body temperature, allowing you to burn a far greater amount of fat.

**Is Red Burner effective? Yes!**

<table>
<thead>
<tr>
<th>On Red Burner You Can Expect</th>
</tr>
</thead>
</table>

**Is Red Burner legal?**

Yes... for now.

**How long will Red Burner be legal?**

I have no idea. Every supplement that actually works usually becomes illegal at some point or another. Red Burner probably will be banned at some point, specifically because of the very effective T2 ingredient... So get Red Burner while it’s hot.

**How to use Red Burner to burn more fat and function properly**

You can use Red Burner on non-training days by taking 1 capsule in the morning — with virtually no side effects. You can use Red Burner on training days as a pre-workout stimulant by taking 2-3 capsules in the 30-60 minutes before your scheduled gym time.

**Pro Tip** — Take Red Burner on an empty stomach to make its energy boosting effects substantially more pronounced.

**What ingredients are in Red Burner?**

Red Burner is a proprietary blend of powerful fat-burning and energy-increasing supplements, herbs and hormones. The ingredients in Red Burner work — period! — and they work synergistically. The ingredients and their effects are listed below for your inspection and approval. You can also look up the ingredients on google to verify their potency.
Each capsule of Red Burner is a proprietary blend made up of:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>N-Acetyl-L-Tyrosine</strong></td>
<td>Helps you stay awake and alert.</td>
</tr>
<tr>
<td>N-Acetyl-L-Tyrosine is one of the amino acids used to build protein. The body makes tyrosine from another amino acid called phenylalanine. Tyrosine can also be found in dairy products, meat, fish, eggs, nuts, beans, oats, and wheat. People take tyrosine for depression, attention deficit disorder (ADD), attention deficit-hyperactivity disorder (ADHD), the inability to stay awake (narcolepsy), and improving alertness following sleep deprivation.</td>
<td></td>
</tr>
<tr>
<td><strong>Caffeine Anhydrous</strong></td>
<td>Fat loss aid that boosts your metabolism and suppresses your appetite.</td>
</tr>
<tr>
<td>Caffeine anhydrous is a popular weight-loss supplement, promoted as both a metabolism-booster and appetite suppressant. As a powerful thermogenic formula that increases the amount of heat in your body, you will metabolize fat cells at an accelerated rate, thus making caffeine anhydrous a highly effective product for your fat loss goals. It also exerts a diuretic effect on the body, expelling subcutaneous water retention, leading to deeper and more prominent muscular definition, and a more aesthetic and lean physique.</td>
<td></td>
</tr>
<tr>
<td><strong>β-phenylethylamine</strong></td>
<td>Energy booster that improves focus &amp; aids in weight loss.</td>
</tr>
<tr>
<td>β-phenylethylamine is a compound that is found in the brain and has been shown to have a direct influence on mood, energy, and focus. It is an alkaloid and monoamine compound that is usually found in chocolate that provides an energy boost, improves focus, aids in weight loss, increases brain activity (which in turn improves the mood). It affects the mood by influencing the brain’s chemical makeup and inducing feelings that resemble passion and love. It also changes dopamine levels, which in turn releases hormones that improve mood and increase heart rate. This is also an ingredient used in pharmacology, particularly as an anti-depressant or stimulant. The β-phenylethylamine helps keep typical fat burner/pre-workout stimulation anxiety/jitters away pretty well (at recommended doses). There is some mild euphoria that is not workout induced.</td>
<td></td>
</tr>
<tr>
<td><strong>Green Tea Extract</strong></td>
<td>Improves mental alertness and oxidizes fats.</td>
</tr>
<tr>
<td>Green tea comes from the Camellia sinensis plant. Green tea is used to improve mental alertness and thinking. It is also used for weight loss as it greatly potentiates your fat loss potential with potent antioxidants called catechins. This bioactive substance has a powerful positive effect on your metabolism, and will greatly increase how much fat can be oxidized by your body during your cardio and training sessions.</td>
<td></td>
</tr>
<tr>
<td><strong>Dendrobium</strong></td>
<td>Boosts physical and athletic performance (pre-workout).</td>
</tr>
<tr>
<td>Dendrobium is used in pre-workout supplements to boost physical and athletic performance. Some experts are claiming that dendrobium will be the next hot stimulant supplement. Many are touting it as a replacement for the stimulant dimethylamylamine (DMAA).</td>
<td></td>
</tr>
<tr>
<td><strong>3,5 Diiodo L-Thyronin2 (T2)</strong></td>
<td>Very powerful thyroid hormone that burns fat at an accelerated rate.</td>
</tr>
<tr>
<td>3,5-diiodo-L-thyronine (T2) powerfully reduces adiposity by increasing the burning of fats. The administration of T2 might serve to counteract the problems associated with being overweight, such as the accumulation of lipids in the liver and serum, without inducing thyrotoxicity. Thyroid hormones ultimately serve as a regulator that decides the speed of which each cell in your body operates. By increasing your metabolism with T2 supplementation, you can expect an enhanced level of metabolic function with greater fat loss potential and greater nutrient partitioning of all ingested macronutrients, all while leaving your natural thyroid production completely intact.</td>
<td></td>
</tr>
</tbody>
</table>

The Real Secret To Losing Fat And Staying Lean

Dieting sucks because you can't function well when your body and mind are starved of calories (calories are energy). To combat this, pros use fat burners which allow them to both burn more fat and to function like a normal human being. Fat burners allow pros to stay on their strict diets when the going gets tough.

People who diet “naturally” always quit before they reach their desired level of leanness and that’s perfectly normal... your body doesn’t want you to be in starvation mode and is telling you to eat! Fat burners blunt your appetite so you do not feel this way. If you don't use fat burners, energy stimulants or appetite suppressants you will quit your diet before you achieve peak leanness. No one diets to get lean and shredded naturally because it's impossible. Nobody.
I will get a stupid message like this: “Oh, but what about me Victor? I dieted naturally for 3,000 weeks and I’m shredded.” I get messages from amateurs like this all the time and their bodies always look like slop. No offense guys, but don’t be calling yourself a lean mean muscle machine when you aren’t one. Don’t use yourself as an example… if you aren’t an example!

Fat Burners are the true way to get and stay lean and that’s why literally every single professional dieter uses them.

And if it isn’t true...

Did you ever wonder why pros are always lean and shredded and people who diet naturally are always fat?

Until next time.

Your man,

Victor Pride

P.S. You can buy Red Burner right here.
You know the high energy entrepreneur when you see him.

He's always sharp: sharp eyes, sharp dress, sharp tongue and sharp jawline.

He seems to always be on like Jerry Seinfeld.

He is the high energy entrepreneur that makes average Joes feel like total failures.

'Some people are lucky' is what you think to yourself: 'How can someone be so energetic,' you wonder. 'It's not like normal people have the energy to work 16 hours per day. It's too much!' Soon you will learn you do have the energy, you just haven't used it correctly. Here's how you use your energy correctly...

16 Rules Of The High Energy Entrepreneur

1. This one thing generates energy better than any stimulant in the world.

The #1 thing that generates energy better than anything in the world is... ENTHUSIASM. Enthusiasm is the precursor for energy.

No enthusiasm = no energy.
Big enthusiasm = big energy.

No matter how much sleep you got, how many calories you ate, none of it matters if you don't have enthusiasm. Let me explain... Let's say there are two men. One man is a successful entrepreneur and the other “man” is a dork who plays video games.

The entrepreneur works 12 – 16 hours per day building his business and does basically nothing else. The dork plays video games for 12 – 16 hours per day and does basically nothing else. They both spend 12 – 16 hours per day doing what they are enthusiastic about. Both the dork and the high energy entrepreneur have the enthusiasm to spend 12 – 16 hours per day doing what they enjoy doing. See, they both have high energy. The dork focuses his energy on a game that gives him no benefit or return.

2. The high energy entrepreneur focuses his energy on another game...

The high energy entrepreneur focuses his vital energy on the game of damn good business. In the game of damn good business you keep score the same way you keep score in video games... by making it to a new level.

These males both spend 12 – 16 hours per day doing what they love to do but only the entrepreneur is rewarded externally, the game player is only rewarded in virtual reality. The entrepreneur spends his energy on business and the dork spends his energy on games, never “having the energy” to start a business... because he spent his energy playing video games.

They both have enthusiasm, the precursor to energy, it just has to be redirected.
3. ‘I wish I could start a business but I just don’t have the energy.’

Ever say that?

If so you were right, you don’t have the energy. But you could have the energy. You just have to realize that energy is like money. A business costs money to open, doesn't it? If you want to open a business you have to pay the money to open the business.

If you don’t have the money, because you spent it somewhere else, then you cannot open a business... because you spent the money elsewhere and now you don’t have any money. But if you decide to not spend the money elsewhere, and only spend the money on the new business, then you will have the money to start the business.

Energy works the same way that money works.

If you spend too much energy doing activity A, you will not have enough energy for activity B.

We all have energy, to varying degrees, but what separates the high energy entrepreneurs from the low-energy do-nothings is where we spend our energy. If you spend your energy in one place (like video games, sex, television) then you will not have the energy to build a damn good business. If you spend your energy playing video games of course you will not have the energy to focus on business.

Energy is not infinite, energy is finite so spend your energy where it counts.
And the only thing that counts is damn good business.

4. Realize that you DO have the energy.

You must recognize that if you have some sort of passion then you do in fact have enthusiasm. Enthusiasm is where energy comes from. There is NO energy without first having enthusiasm. The dork who plays video games is just as high energy as the high energy businessman.

You must realize that you have both enthusiasm and energy... but you aren't careful with your energy spending and you’re spending it in the wrong place. Energy is like money, if you spend it doing activity A then you will not have enough energy to spend it on Activity B (in this instance B is for Business and A is for Asshole).

If you spent all your energy on being an asshole you will not have any energy left for business.

So what the heck do you do?

5. The difference between average people and high energy entrepreneurs is...

The difference between average assholes and brilliant businessmen is... FOCUSED ENERGY.

People who sit around all day playing video games focus their energy in the wrong place. YES! In the wrong place. Playing video games all day is a waste of time... but so is doing a lot of other things like working jobs you hate. Everyone has the energy; we just spend the energy in different places.

Everyone can spend all day doing something they love to do.

We can’t spend all day doing something we hate to do. So what's the key?
6.  **Focus the energy in the right spot.**

Napoleon Hill wrote about *Sexual Transmutation* in his groundbreaking masterpiece *Think And Grow Rich*. We all have sexual energy. How we use that sexual energy is the key. Many “people” just fuck all the time and waste the benefits of sexual transmutation.

*The smart and the driven use their sexual energy and re-route it to business.*

This does not mean you can never have sex, it means you use that primal energy that everyone has and you re-route it to damn good business. Focused energy is the difference between the money making entrepreneur and the broke video gamer. The entrepreneur focuses his energy were it will give him life benefits while the video games gets only virtual reality benefits.

Think of energy as money. To start a business costs money: if you want to start a business you have to pay for it. If you have the money then you can spend it on the new business. If you don't have the money because spent your money elsewhere then you obviously cannot pay for your new business. So the solution is to save your “money” so you can buy what counts. If you didn't spend that money elsewhere then you would have that money for your new business.

**Don't spend your energy anywhere else but on damn good business.**

*It's easy to spend your energy on business when you realize business is the funnest game God ever made and the benefits are real (and great).*

7. **BUILDING A BUSINESS TAKES FOCUSED ENERGY!**

You cannot give away your energy to lesser tasks if you wish to do something big and great — like build a damn good business. You have to save your energy for where it counts.

Do you know what cyclists who compete in grueling bike races like Tour de France do when they aren’t training or racing? They do nothing. They save every ounce of energy for where it counts — riding up and down mountains. Cyclists notoriously hate stairs because stairs rob them of energy they may need on a grueling climb. Some cyclists even make their teams CARRY them up stairs.

**Focused energy is no joke.**

*You need big energy to do something big and you cannot waste your energy elsewhere.*

I suggest you read the great book *Deep Work* to understand more about focused energy. I only read the first chapter and I recommend every single would-be high energy entrepreneur read at least that first chapter. Deep Work is a real revelation; it’s almost as big of a revelation as New World Ronin. The difference is that every single chapter in New World Ronin is full of revelations. One could even rename *New World Ronin* as ... *The Book Of Revelations.*

8. **Damn good business is a never-ending video game.**

*Video gamers have one thing right — life is a big game and that's all it is.*

In a video game, you make it to a new level, then you conquer that level and you repeat the process. Then you turn off the gaming console and you’re still a dork with no money. **Damn good business is a never-ending video game.** It goes on forever. The high energy entrepreneur makes damn good business his game of choice and his mission is to transcend and consistently make it to a new level.
When the high energy entrepreneur makes it to a new level he makes more money, closes more deals, and build more wealth. In damn good business... the more money you make, the more levels you rise to.

In the game of damn good business you always want to get to the next level... always!

Businessmen all want to get to the next level. Damn great businessmen don't give much of a damn about spending the money they make... the money is how we keep score. The real fulfilment comes from making it to the next level, that's what actually drives high energy entrepreneurs (just like it drives video gamers).

Think of damn good business like a game that you have to beat... because that's all it is. It's a fun game that has big rewards.

9. Get addicted to the game of business and always chase a new level of success.

Video games work very well to get you addicted. They make you feel like: “I HAVE TO BEAT THIS GAME!” That's exactly how you should feel about damn good business. The best in business are completely addicted and feel they MUST succeed and conquer. It's not an option, it's a must.

“But addictions are bad Victor!”

Shut the f*ck up! Addiction and obsession is required for mega success.

Hear that?

REQUIRED.
Not optional.

You cannot be afraid of going all in.
If you ain't addicted you ain't accomplishing anything.

Non-addicted people get bored and quit. You won't play a video game for 12 hours if you aren’t addicted and you won't work 12 hour days if you aren't addicted. Get used to it. Boredom is the enemy of achievement but there is one way to kill boredom forever... be completely addicted to your game and don’t let outside interferences lead you astray.

If you play the game the way I tell you to play the game you will become addicted. How? Just like video games, you will always need to get to the next level. Making 100k a year is great... when you're making 50k a year. After you make 100k a year it's total shit so you have to work towards making 200k a year “and then you'll be happy.” Then you make 200k a year and you realize its shit so you need to make 500k a year. When you make 500k a year you realize its shit money for poor people and you have to keep going.

It's never enough and that's the point — you will always be moving to the next level.

10. The #1 thing EVERY entrepreneur does before 9A.M.

There is one thing EVERY entrepreneur does before 9A.M. ...what is it?

‘Hit the gym? Make phone calls to China? Go for a run? For Chrissakes what is it, Victor!’

756
**Before 9A.M., every successful entrepreneur... WAKES UP!**

You can’t be high energy if you're sleeping like a damn baby! Life happens to people who are awake. That's why every high energy entrepreneur wakes up early. There is no time to waste, got to go, go and go, cannot be slow, slow and slow!

**Big business is waiting and big business never sleeps.**

You have to get up and get to work right away. There is no sleeping in when damn good business is on the line. Morning is the best time of day for productivity and focus and that's a fact, Jack. If you don’t believe me, you should, then believe science... Humans have what is called a circadian rhythm. This circadian rhythm determines when we are at our most alert.

11. **Take advantage of the natural circadian rhythm and be ALERT.**

You have to wake up earlier to take advantage of your natural alertness.

Humans are the most alert at 10A.M. See this photograph for a look at a human's circadian rhythm. When you are the most alert is when you are going to be the most prepared to get some damn good work done. Since humans are most alert at 10A.M. that means should you wake up at 10A.M.? Heavens no.

You have to ALREADY BE AWAKE AND READY TO GO BEFORE 10A.M. to take advantage of your natural alertness.

It takes time to “wake up” and be alert. You have to be awake well before 10A.M. You will not be alert when you just wake up no matter who you are. By 10A.M. you should already have been awake for hours (and have been to the gym and back).

Your body wants you to wake up between 6:45A.M. and 7:30A.M.

That's when your body is raises your blood pressure and stops your melatonin secretion (melatonin is the sleep hormone). High energy entrepreneurs wake up earlier than that... typically any time between 5A.M. and 6:30A.M. is the wake up time of high energy pros. That gives you a good few hours to wake up, hit the gym prepare for the day, and take advantage of the time of the day when you are the most alert — 10A.M.

**What if it’s hard to wake up?**

It isn't hard to wake up so that's a silly question. When you want to wake up, nothing can keep you asleep. Have you ever seen a kid sleep in on Christmas morning when he has new presents from Santa Claus ready to open? Kids wake up on Christmas morning before the sun even comes out. Why? Because they have extreme enthusiasm for waking up.

If you have a problem waking up early it's not a problem of “waking up”... it's a problem of motivation and enthusiasm. You need to be enthused to wake up, otherwise you will just sleep. If that's you, go ahead and sleep in. The rest of us will be wide awake and in the gym before you even hit your snooze button for the third time.

To learn how to wake up like a man with discipline, follow 30 Days of Discipline.
12. **Take breaks to re-charge... but take breaks at the right time.**

Human beings have a natural lull in energy in the afternoon, starting at about 3P.M. That’s a great time to take a break and re-charge. I didn’t say it was a time to be lazy and eat potato chips; it’s a time to take a break from a heavy mental workload. Many high energy artists and pros use this time to hit the gym and recharge.

<table>
<thead>
<tr>
<th>There Are 2 Times Within The Day That The High Energy Entrepreneur Works Out</th>
</tr>
</thead>
<tbody>
<tr>
<td>First thing in the morning.</td>
</tr>
</tbody>
</table>

There is always an afternoon lull due to human’s circadian rhythms. During this time your brain becomes dull and thinking becomes much harder to do. Rather that power-through this “lazy time” of the afternoon, you can go to the gym and get a hard workout in. The workout will clear your brain so when you get back to work you're as fresh as a daisy and as sharp as a nail.

13. **Work out the body to keep the mind sharp.**

Who do you think has more energy? A guy who sits all day on the couch or a guy who trains hard in the gym 5 days per week? The guy who trains his body has more energy and that's a fact, Jack. A weak body makes your mind weak. There is no partial strength. You are strong fully or you are weak fully.

**You cannot have a strong mind and a weak body.**

A weak body with a “strong mind” makes you very feminine. Good luck closing deals as a frumpy girly-man. Solution: work out every day. Move the body every day. When to work out? Work out it in your off hours — don't steal focus from your damn good business just to work out. Work out in your off time. Never waste the best business time of day — like 10A.M. — on working out.

**You cannot afford to not work out!**

I don’t care if you like it or not, working out a must. You work out so you can build... ENDURANCE. Cardio builds your body enough to handle long hours and heavy travel schedules. Lifting weights like a man gives you strength and confidence — which allows you to communicate with HIGH ENERGY. If you aren’t a fitness buff right now, you damn sure better become one, because you absolutely need... STRENGTH!

**To get strong, quit wasting your time searching for routines that never work and just follow the routine that has been proven to work... BODY OF A SPARTAN.**

14. **High achievers always have to project this one thing... STRENGTH.**

Like a character in a video game, weakness is crushed and killed right away. The high energy businessmen always have to project STRENGTH. Always BE strong but more importantly always PROJECT strength.

Do you know what the great thing about projecting strength is? You never have to use strength because if you project strength, people will already know you mean business. If you project weakness people will come at you hard and they will test you. If you project strength this will not happen.
Some dogs will attack people who project weakness and fear. Those same dogs will pee themselves and whimper if you project total strength to them. If you can simply look at a dog and make a dog pee then you can project strength. But if that doesn't work out... how long could you run until you get tired and the dog catches you?

15. The #1 thing you need to have high energy all day long... ENDURANCE.

Energy that lasts ALL DAY is not really energy... it’s ENDURANCE.

Endurance is the ability to just keep going no matter what gets in your way. Endurance is not a natural, “genetic” gift. Endurance has to be built up from training. You have to train for endurance. In the gym and in your business life. Endurance is built up over time. You didn’t think you were going to just wake up tomorrow with extreme endurance did you?

YOU HAVE TO BUILD ENDURANCE!

Amateur boxing matches last only 3 rounds at 3 minutes per round. A professional boxing match lasts 10 rounds at 3 minutes per round. A championship bout lasts 12 rounds at 3 minutes per round. Why not just start every single fighter at 12 rounds? Because it takes time to build incredible endurance!

“In boxing, they start off as 4 rounders. Then a year later they might be 6 rounders and then 8 rounders and then 10 rounders. And then finally they BECOME and flourish into a championship fighter. The reason you start off at 4 rounds and end up at 12 rounds 5 years later is because the body needs to get used to working at that rate for that period of time. You can’t do it in a 6 month period. You can’t become a championship fighter in a 6 month period.” – Eddie Alvarez, UFC lightweight champion

You need endurance to be a high energy entrepreneur, and you’d better start building it right now.

16. Do not allow boredom to steal your enthusiasm.

When you play a video game you always know what the strategy is: play this level, beat this level, move on to the next level. It's the same in the game of damn good business... always get to the next level.

But you have to make sure you have a plan or outline. You can’t stroll into the office with no agenda because you won’t get anything done. You have to know what needs to be done, so you can do it. Energy means jack shit if you don’t have tasks and projects to do. You cannot wake up hungry if you aren’t waking up for anything. You have to have a plan ready for you when you wake up.

If you don’t have a plan you are just going to be bored.

DON’T ALLOW BOREDOM! BOREDOM IS THE KILLER OF ENERGY!

Boredom is the mind-killer and energy-sapper so you always need a plan. You always need a project to work on. You. Always. Need. A. Next. Level. To. Work. Towards. Always. When you stop ... that’s when it’s over. Don’t stop. Endure. Keep going. Reap the rewards. Always have a battle plan.

That’s how you become... A HIGH ENERGY ENTREPRENEUR.

BAM!

Until next time.

Your man,

Victor Pride

P.S. If you liked this article, you are going to LOVE NEW WORLD RONIN. It is quite honestly the best book ever written.

BONUS TIP: Take calculated risks. Nothing increases energy like... ADRENALINE! WOOOOO!
4.8.2016 – A Message for the Young and Hungry Castaways

How To Get To Heaven

To get to heaven sometimes you have got to spend some time in hell.

Hardship is what builds you and hardship is what breaks you, if you let it. Broken down or built up, the choice is yours. You can build yourself from the ground up or you can be pounded down into the ground. Either is fine with me. Like the girls in Thailand say: ‘Up to you.’

A Message for the Young and Hungry Castaways

This is both a video and a text piece.

The complete text is below the video, read it if you like — though the video is more powerful. To absorb the message fully, I’d suggest watching the video at night when you're alone. Again, friend, up to you…

Did you ever see that movie ‘Cast Away’, starring Tom Hanks?

Tom Hanks plays a normal man who’s in a plane crash and he’s the only survivor of his plane crash. He drifted onto an island, and he stayed on that island for four years. And after 4 years he decided to make a move and leave the island.

And he made it. He found his way back to civilization. And that’s that. He was back.

But … he was still an outsider there. He was still alone, with all those people, because he’d been gone for 4 years. So who’s going to wait for you for 4 years? Nobody. So he was left with himself, like he was on the island. The movie ends with Tom Hanks sitting in a car at an intersection. And he looks this way and he looks this way and he looks in front of him, and that’s that. He has the option to go wherever he wants to go. He did his time, his 4 years. Now he’s free to do whatever he wants.

I spent five years in the jungle, in Asia.

Five years ago, I gave up everything that I had. I sold it, I gave it away or I put it in the dumpster. I sold my car, got rid of all my furniture, gave my dogs away, and I went to my own island, where I lived for five years. But for me, on my island, I was building something: I was building my future. And I spent five years doing it and there were people around me but I didn’t see them, I didn’t hear them. They weren’t really there. It was just me doing my thing.

People would try to talk to me but I would be deaf to them. If you walked in front of me, I was blind to you. You couldn’t treat me like a person that was there because I wasn’t there. I might’ve been there physically, but I wasn’t there with you, mentally. I couldn’t have a conversation with you. You wouldn’t get a response from me. We wouldn’t converse. I was busy. I was on my own island, building what I have now.

And now I’m back. I’m back at my intersection. I can go that way. I can go that way. I can go that way. Because I did my time, you see, I did my 5 years. I put in that time to be able to do what I want now. It was a long term thing, it didn’t happen overnight, it took 5 years. But now I’m here at that intersection.
And just like Tom Hanks in Cast Away, there’s nobody here for me. There’s no friends, there’s no family, there’s no nothing. It’s me like it always was. Like it always will be. Because that’s truly what we have, if we want to do something extraordinary.

**If we want to do something extraordinary; it’s just us, it’s just people like us.**

There are no groups of people who do extraordinary things. It’s *single* people. It’s people that give up everything else in pursuit of their goal. Now Tom Hanks didn’t pursue his goal. Everything was just taken from him. I willingly gave up all in exchange to gain all. And it worked out for me.

**But was it worth it? Giving up everything to gain everything?**

*Yeah, it was worth it.*

Who else could be young, free and rich all at the same time? Many people are rich but they’re not young. Many people are free but they’re not rich. Many people are free and rich but they are not young.

**So, was it worth it?**

*Yeah, it was worth it. I’d do it all again in a heartbeat.*

*I give all to get all, all the time. All day every day.*

All I have to give is all and then I’ll get all in return. *That’s a fair trade for me.* Some people think they can go to that intersection without putting in the time first, but you can’t do that. You don’t have freedom of choice until you’ve *earned* it, until you’ve put in that time. The time is required for you to be free. You cannot be at the intersection if you didn’t do that time. It is not the same. That is only going to make sense to people who can hear it. Most of you will be deaf to it and that’s fine.

**Some of you will hear it.**

*And those are the people that need to hear it.*

**Until next time.**

**Your man,**

*Victor Pride*
After 6 Years and 22,400 Comments, This Is The Most Inspirational Comment I Have Ever Received

“I made a list of all the universities that offered full-ride scholarships and detailed the plan to get into each. And I spent the next two years fulfilling that plan.”

In almost six years of being in business, Bold & Determined has approved over 22,400 reader comments. Of those 22,400 comments, the following comment is the most inspirational comment I have ever received.

I do promise this comment defines determination and perseverance. It is heart, soul, blood, guts, perspiration, pain and pride from a young man who really took Bold&Determined to heart. Below, the comment is reprinted in full. No edits or changes to the words have been made, but I have spaced the words out to make it easier for you to read.

I've been a B&D reader for three years, I'm 18 years old now and I thank God everyday for leading me to B&D at such an early age.

I live in the Middle East, and as you all know, things are fucked up here. No economy, no security, no opportunities. And unless you have the right last name, your life is shit no matter what you do. My family isn’t that wealthy, we get by and we’re a little better than others. When I was 16 I was fat, awkward, stupid, shy, cowardly, apologetic, weak and meek. I was everything negative you could think of.

I looked at my future and I was depressed.

I couldn’t stand the idea of me spending the rest of my life in the Middle East where I won’t be able to live any life of dignity, luxury, or even basic satisfaction. I needed to leave. But how? I couldn’t leave the country easily and I had no interest in living the life of a refugee in Europe. I needed to get out but on my own terms. If I’m going to build my life I’m going to do it with pride and dignity. And believe me friends; it wasn’t going to come easy. The very first thing I did was lose weight.

Trust me, if your fat, your going to hate yourself every day and you’ll feel weak every day.

Get rid of that fat and watch yourself become a lion. In fact, that was the very first e-mail I sent to Victor, I don’t know if he remembers (probably not, he gets tons of emails), and he told me that the first thing I had to do was to lose weight. I downloaded 30DOD (illegally, because laws in the country didn’t allow internet transactions). Sorry Vic, but I had to do it; I’ll buy a legal copy as soon as I can.

The first day of 30DOD was brutal.

I was never able to do a single pushup in my life! And now I’m supposed to do a HUNDRED!

But I didn’t quit. I put on some Lamb of God and got on the floor and almost tore my muscles trying to get that one pushup. Couldn’t do it. It went like that for a week. Finally, I was able to do it. And once I was able to do one pushup, I was able to do two pushups, then three, then five, then ten, then twenty, then fifty, etc.

In six months I had lost 30 kilograms and was able to do 100 pushups in a row.
Once I lost that weight, I felt... divine? Powerful? Amazing? Regal? Whatever it was, I felt ON FIRE! But that didn’t really solve my problem did it? I felt great, now I had to build greatness. I see a lot of teenagers comment on B&D articles asking Vic on advice on what to do, and Vic always answers: “Endure.” Ha-ha, that advice works for Western children, but for me “to endure” meant “do nothing”.

My parents couldn’t prove the resources to get me out? Well, that means that I’ll just have to get myself out.

I deduced that the easiest way for me to get out was to get accepted into an American university. I know Vic opposes going to college, but in this context, it was a great choice. No, as an international student (universities like “diversity”) with good grades, I was sure I would get into at least one university. But that wasn’t enough. My family didn’t have the money to pay $50k a year, I needed a scholarship. So I made a list of all the universities that offered full-ride scholarships and detailed the plan to get into each.

And I spent the next two years fulfilling that plan.

I worked harder in school. I took the SATs (2230). I did some bullshit charity work to beef up my resume. I did all the bullshit that was going to get me accepted. I’d read so many damn books about the whole application process that I can’t even count them. When the time to apply arrived last summer, my stomach was so stressed I was constipated through the entire ordeal. I spent months writing the best essay I could. And when last March arrived, and with it came the results... I didn’t manage to get into any Ivy (sucks, I know), but I did manage to get into one of the best private universities in Florida (Rollins College).

I did get my full-ride scholarship too. And now tomorrow morning my flight leaves to Orlando airport.

See those three years I always read B&D, but I never really commented. I never had anything to say because I was still young and inexperienced. I didn’t need to ask for advice because Victor tells everything so clearly. But most importantly, I was in the learning phase. I was building. I didn’t have time for bullshit.

These past three years were brutal, tense, and void of any fun. My friends would go out to get drunk and I would stay at home studying. My friends would go out to parties and hook up with girls and I would stay at home because I didn’t have the time for high-school relationship drama. I depraved myself of the “fun” years. Do I regret it? Hell no. Now that I look back, those three years passed by in an instant. I’ve busted my ass off trying to do the impossible.

And now I’ve got my ticket to paradise while those same friends are stuck here in Satan’s Armpit envying me.

So what now? What’s the plan? I’m majoring in business, but I have no interest in becoming a company drone. These four years ahead of me are crucial to my future. Not because of the things professors are going to teach me, but because of all the free time and resources at my disposal.

Am I going to party? Sure, every now and then, fuck, I earned it. But more importantly, I’m going to use these four years to build a blog, a vlog and an online business. And by the time I graduate, I would already have a steady means of income. And once again, I will laugh when my friends are struggling to get into bullshit paying jobs while I have my own money coming everyday.

I can’t thank Victor enough. I hope to meet him someday and buy him a drink.
Three years ago, if you talked to that fat weak kid, you would’ve never thought that he would ever amount to anything. He was weak. Because of B&D, that kid is dead. Reborn as a lion, a dragon, a beast.

Now, I’m proud, I’m smart, I’m strong... I’m free.

For all those teenagers out there, just know that no matter how old you are or how powerless you feel, there’s always a way for you to take matters into your own hands. An idle time is time wasted. And as Vic always says, time is the most precious resource. And now as soon as I arrive to the US, I’m registering my own blog through BADnet.

I won’t comment again until I make it.

See you all in four years.

Daniel.

What a comment.
Wooo, boy, what a comment.

Don't forget to pick up 30 Days Of Discipline.
It ain't no game fella, it's a life changer.

Until next time.

Your man,

Victor Pride
Recently I moved back to America and I had two goals in mind...

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Enjoy the <strong>clean and green life</strong>.</td>
</tr>
<tr>
<td>2.</td>
<td>Kick some major butt.</td>
</tr>
</tbody>
</table>

But even after moving back to America I still had a real bad case of wanderlust. I would travel all the time and I would stay in new houses every month. But this constant travel was not all in vain, I learned many things during my travels.

**Specifically, I Learned Three Things During My Travels**

1. I learned the importance of money.
2. I learned that you have to have experience so you have something to write about.
3. I learned that when you have enough of the experience, it's time to do the work and you have to settle down in one place and do the work.

1. **The importance of money.**

Like I said a billion, trillion times, you don't know the true importance of money until you see people without it and you earn a lot of it. That's when the importance of money becomes clear.

2. **You have to have experience so you have something to write about.**

3. **When you have enough of the experience, it's time to do the work and you have to settle down in one place and do the work.**

So that's where I am right now, settled down in my **dojo**, focused and doing the work. Much magic is **coming soon to B&D** and that's a guarantee. In the meantime, I want to share some of the lessons I learned during my **time as a Ronin** with wanderlust.

This video and article was written during the time of my wanderlust and it takes place in one of my favorite places I have ever stayed... I now recall this beautiful home fondly as **Heaven House**. I had many artistic breakthroughs during my 3 weeks at Heaven House. Instead of giving you all 3 pieces of gold right away, now we concentrate on the most important.

**The #1 Lesson That Every Determined Man, Woman and Child Needs To Know...**

*As told by Victor Pride from the roof of Heaven House...*

‘Hey, guys. Money doesn't buy happiness. And I'm feeling quite miserable in the mansion that I'm staying at. So I'm going to go ahead and give all my money away to more deserving people, because it's just making me miserable.’

*Said nobody ever.*

**Anybody Who Says Money Doesn't Buy Happiness Never Had Nothing.**

Anybody who ever says money doesn't buy happiness never had nothing. I didn't understand how important money was when I had only lived in America and never left. It didn't hit me how important money was until I saw people in Asia who lived in shacks that they built out of trash. And I'm not joking when I say they live in shacks built out of trash. They do.
I took this picture of a shack in Vietnam. People actually live here.

On the side of the highway ... in the middle of nowhere. I mean poor! Poor, poor, poor, poor. So poor that they just don't eat food so their kids can go to school. Or even poorer than that, their kids just don't go to school. So you ask those people if money buys happiness and they'll laugh at you for even asking the question.

Money Doesn't Buy Happiness... If You Already Have It And Have Always Had It.

But anybody who says money doesn't buy happiness never had nothing. Go ahead and have nothing and then see how happy money makes you. I posted a survey on my Twitter. A little trolling.... I said: "Would you feel happy if you could live anywhere in the world that you wanted to?" Guess what everybody said? They said: "Yeah."

Well, how can you live anywhere in the world that you want to? Just have the money. That's it. I can go anywhere in the world to make myself feel happy because I put in the time and the effort, and I made the money to be able to do it. Now I can stay in a beautiful place in southern California like this. I can hit the road. Go live anywhere I want. And I'll tell you...


Vietnam versus California.

It makes a huge difference.

I just spent a month in Vegas and I hated it. Wasn't happy at all. One day back in Southern California and I'm glowing. Already feel fantastic. That's because it's a better spot. It's a more money spot. It's a nicer spot, and I feel so nice being here. And I can pretty much guarantee that anybody who lived in the house that I'm living in would feel great. It feels like heaven.

I'm referring to the house as Cloud 9 because it feels like heaven. When I leave the house I just want to be back. The house is like a pretty girl. You just want to be in its presence. You just want to be there. You just want to feel its warmth and its glow. And when you leave you want to come back. And shacks don't do that. When you leave shacks you feel good. You don't want to go back to the shack. But you do want to go back to heaven. So...

If You Can Afford Heaven You Can Live In Heaven.

Heaven House.

And If You Want Heaven Just Buy It

Because Money, Of Course, Buys Happiness.

Have a nice day.

Until next time.

Your man,

Victor Pride

*No-Getter:* “How long does success take? I'm kinda tired of waiting.”

*Go-Getter:* “Well, success is a process that can...”

*No-Getter interrupting the Go-Getter:* “I WANT IT NOW!”

**How long does success really take?**

Listen up because I'm going to tell you exactly how long it takes to become successful... You want success right now but you won't get it right now because you aren't willing to also do the work right now. If you want success right now you should have done the work yesterday, you see. That's the real way from A to B.

**Do the work, then get paid.**

*The formula is not:* don't do any work, then get paid.

*The formula is:* do the work, then get paid.

That's the formula and it couldn't be any clearer than night and day.

**Do the work and then get paid.**

...but really actually do the work. Don't just say you'll do the work, actually do the work!

I got a comment on B&D today. Some kid said that I don't ever mention the fact that it takes a long time to become successful. And that's simply not true because I say it all the time: ‘It takes a long time to become successful.’ If you don't read it, it's because you don't want to read it. If you don't hear me say it, it's because you choose not to hear me say it because you don't want to hear it.

**It takes a long time to become successful.**

I say it all the time and some of these little kids say I never mention it. Well, yes I do. You simply choose not to hear it because you are one of the people that want success tomorrow. You want success so fast that you skip the parts of the article where I say it takes a long time. It takes a long time. I spent a long time with no money. I spent a long time with nothing. I lived in places that it's so cold I had to wear seven blankets at night just to not freeze to death.

**It took me a long time to get from A to B.**

If you want to keep going from A to A in a circle, don't hear me when I say it takes a long fucking time. So just prepare to put in the time. Prepare to be a minimalist now to become a maximalist later.

**I'm willing now to give up everything to get everything later.**

I was willing then to give up everything to get everything later. It makes no difference to me if I have nothing now, because I know I will have everything I want or need in the future. And the simple reality is I don't require, want, or need that much. So the same kid that said I don't mention how long it takes also spells ‘your’ ‘ur’. He doesn't spell it ‘your’, he spells it ‘ur’. You know what that tells me? That tells me that he's skipping two letters to save some time.
How hard is it to type ‘your’ instead of ‘ur’? It's two characters.

If you cannot type two characters it's because you want success tomorrow. You want to leapfrog all the hard work and get to the end without doing any work. To do the work you have to type the motherfucking word: ‘your’. The word is not ‘ur’, it's ‘your’. Do not take these shortcuts. Even with your fucking written words, do not take these shortcuts. Put in the work. **Do the work.** Type the real motherfucking word – Y O U R.

**If you do the work consistently you’ll get it.**

If you bitch about how long it takes you'll get nothing, you'll never get anything. Did you ever say: ‘Yeah I'd do that but it takes too long.’ Did you ever say that five years ago and then do nothing? Imagine if you'd thought that five years ago: ‘Geez, it takes too long. I'm going to do it anyway. Where would you be today?’ And if you thought that five years ago and did nothing...

**How well did that work out for you?**

**Until next time.**

**Your man.**

**Victor Pride**

**P.S.** If you want digital success tomorrow you should have started with [Badnet](#) yesterday. Do the work, then get paid. Remember that rule? Do the work, then get paid. Start at [Badnet](#) right now because there is no time to waste.
You have got to exercise. It's not a debate, it's not a maybe, it's not a “bonus”... exercise is a must!

Sitting and lounging all day will slowly kill you dead. Many people choose not to exercise because there is one major thing that turns people off of exercise... exercise is work! It's hard to do if you're not used to it. Exercise isn't fun if you're new to exercise. Exercise becomes fun, but only when you take the time to make it fun.

Exercise isn't fun... unless you make it fun.

Personally, I have a great time lifting weights. Lifting weights and eating steaks is my only hobby outside of practicing damn good business. Most people do not enjoy lifting weights — it takes a very hard-headed, disciplined, meathead type of guy to enjoy pushing iron — but lifting weights becomes fun when you get in the gym and really see what you’re made of. I've been in the gym for years and years pushing myself, testing my limits and seeing what I'm made of.

But, I have a confession to make...

Lifting weights is (well, was) the only part about exercise I enjoyed.

I LOVED lifting weights like starving people love food. I lifted weights like a damn animal. I could not get enough of it. I would lift when I was as sick as a dog. I would lift when I was too tired to lift. I would lift when I was in some crazy third world countries and the gyms were filled with rusty and sharp equipment. I didn't care! I would lift no matter what. But lifting is all I would do. I skipped cardio mostly, I skipped stretching mostly, I skipped agility work mostly, and guess what? I paid the price for my neglect of my own body!

Now I'm as stiff as a board.

My body is as strong as an ox, I'm muscled from head to toe... but I'm not flexible in even the slightest bit. A physiotherapist told me I was the most un-flexible person he'd ever met (and he was not only talking about my personality). I paid the price for my single-minded focus on weight lifting and I became “muscle bound.” But you, soldiers of the B&D ARMY, do not have to make the same mistakes your Shogun made.

You should be strong, yes. You should lift weights, yes. But you should not be as stiff as a board ... you should be as flexible and free as a monkey. You need strength... but you also need flexibility, agility and endurance. But that kind of training isn't fun unless you make it fun. I'll show you how to make it fun in a moment, but first let's quickly talk about the #1 rule of exercise.

The #1 Rule Of Training, Health And Fitness

What is the absolute, #1 rule of training?

You have got to move the body.

Exercise doesn't actually have to be exercise.

All you have to do is move the body, get the blood pumping and get a sweat on.
How you move your body is unimportant... as long as you move your body!

Lifting weights is great and necessary... building muscle and strength is crucial. But you have to find balance because you actually CAN become muscle bound. Many of us lift weights hard and heavy and we neglect flexibility and agility. Training for flexibility and agility is not fun unless you make it fun.

So what you have got to do is to make moving fun again.

How you move your body is your choice, as long as you move it. Whatever you do, just remember this: moving the body is of the utmost importance. But what do we know about exercise? If it isn't fun, no one will do it. No one will go move the body if it isn't fun...

...so let's make it fun. Deal?

How To Make Movement Training Fun Again

Kids who go outside and play all day never seem to get fat, no matter what snacks they eat.

Why is that?

Because they're moving the body and burning calories... but what they aren't doing is exercising.

They're just playing and having fun and that's what keeps their bodies lean. When I was a kid I would never even dream of going to a gym, running a race or exercising... but every day I would play basketball, baseball, football, jump on the trampoline and ride my bike for hours and hours.

It wasn't work, it was fun! All of my friends were the same way and all of us were lean.

Back then, absolutely no one was addicted to video games, no one sat inside watching television all day. We all played and we played all damn day. Fat children were very rare where I come from. Very rare! We didn't even play with the fat kids, because there barely were any fat kids and the kids that were fat were too busy watching television inside to come outside and play. We didn't sit inside all day. The only reason to be inside was to watch a movie with the whole family... or if there were a tornado around and we had to stay in the basement to stay safe.

As kids, we were always outside playing and running free like little monkeys.

That was our secret to staying strong fit, agile, lean and energetic... we had fun while playing and moving the body. It was never exercise, because we would have NEVER EXERCISED. We'd play, we'd go to football practice and train for hours, but we damn sure wouldn't go exercise “just for the fun of it.”

We would play and stay in great physical shape. We had endurance, energy and flexibility for days.

But something got lost along the way. Somehow, moving become a chore. Instead of being fun, moving became a drag. But moving doesn't have to be a drag, it can be fun. How? We'll use the same principles that keep children lean and we'll make a game out of it.

We're going to do something very different... I KNOW my B&D soldiers love to lift... but if you've been following me strictly you haven't been moving as much as you should. I take full responsibility for that and I will rectify it starting right now. Remember my plan to live clean and green? Living clean and green starts with your body... your body has to be able to move free.
This is how you train your body to move free...

**Movement Training Routine For Agility & Flexibility**

Movement training may just be the next big thing. This functional exercise combines the fun of playing with the benefits of exercise. Instead of thinking of it as exercise or training, think of it just as fun because that's what it is... a game.

Movement training burns a whole hell of a lot of calories, improves flexibility, improves agility... and it guarantees you have fun while doing it.

One of our Sponsored Athletes at Red Supplements, **Eero West** from Vahva Fitness, is a movement training pro who created this animal movement training program. Eero and the team from Vahva have a very unique training style that no one else is doing right now... and I think you'll love it (I do). What they're doing is really wild (at first glance) and I wanted to share it with the B&D ARMY.

**Pictured: Eero West from Vahva Fitness.**

**What do they do that is so different?**

They train like animals.

**So what? Every hardcore meathead trains like an animal?!**

No, I mean they *literally* train like animals. They mimic animal movements and have turned it into an effective training style! Instead of taking a dry, boring routine they have made movement based training fun.

*To get an idea of what exactly they are doing, press this hyperlink to play the video. It's a quick, 15 second compilation of Eero's crazy training drills and it gives you a quick look at what kind of training they are doing.*

Don't forget to press stop when the video starts to repeat. The training is wild and got me hooked so I invited them to do a video for the B&D soldiers and they accepted. They were kind enough to do a video for us showing one of their more popular animal movement routines.

**This routine will help you move free, become more agile, increase flexibility and just plain have fun again.**

**It's called...**

**How To Move Free Like A Monkey**

50 years ago people thought lifting weights was absolutely silly. Now we know better. Moving like a monkey may sound silly but I don’t give a damn if it sounds silly! I only care if it works. And it definitely works to help you learn how to move your body freely.

**In this video they will cover the basics of the Monkey Movement Training Routine.**

In this video you will get 4 exercises (with repetition schemes) and they will demonstrate exactly how to do each monkey movement. At the end of the video you will see an improvised “play” routine. After you watch the video, it's a breezy 4 minutes long, you can scroll down as I have laid out the entire monkey movement training routine for you.
Enjoy this movement training YouTube video...

Be free like a monkey; don't be stiff like a board.

The monkey movement routine is a very fun and intense routine. It's fun, it burns calories and it gets you moving and stretching in ways you wouldn't normally. You'll get some wild looks if you do this in public but so what. Below you can find the exact routine in case you want to write it down and take it to the gym/park with you.

<table>
<thead>
<tr>
<th>Monkey Movement Training Routine For Flexibility, Mobility And Agility Recap</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Gorilla Walk – 3×16 steps.</td>
</tr>
<tr>
<td>2. Baboon Walk – 2×10 steps (per each side).</td>
</tr>
<tr>
<td>4. Chimp Walk – 2×10 steps (per each side).</td>
</tr>
</tbody>
</table>

After you master the basic exercises don't forget to improvise and create your own free-flow routine. The goal is not to mimic Eero's training style; the goal is to learn how to move your body freely. You won't be running around like a perfect monkey right away... It takes time to build agility and flexibility. Keep at it. I'm hard at work on this routine and if you're stiff like me, you should be hard at work on it too.

Can movement training build a great physique?

Let's not get it twisted; functional movement training is never going to build a bodybuilders physique. To build a bodybuilders physique you have to lift weights. End of story. But movement training is not designed to build a superhero physique... it's designed to keep you lean, flexible, agile, energetic and fix imbalances.

And it works. Not only does it work, but it’s a whole lot of fun...

And it will teach you how to be free like a monkey and not stiff like a board.

Until next time.

Your man,

Victor Pride

P.S. If you like this training routine and want more training routines specifically for B&D soldiers, let me know and it shall be done! If you want even more routines and coaching, Vahva offers a movement training course called Movement 20XX which is fantastic.
There Are Two Types Of People In This World

1. People who accept responsibility for their lives.
2. People who do not accept responsibility for their lives and instead blame others.

As if someone else is stopping an adult from achieving success.

News flash drug addicted and depressed people – it's up to YOU to change. It isn't our problem, see, it's your problem. We have nothing to do with your problem. When you can finally accept that it has nothing do with us and it has everything to do with you, that's when you can become strong and recover.

If you never take responsibility, you'll always be a depressed loser junkie.
If you actually do take responsibility, you will notice something right away...

It's all in your mind. You always had the power to flourish or the power to flounder.

It was always up to you because, as you'll see, “drug addiction” isn't a disease, it's a choice you make. You choose to use drugs and pretend to be an addict or you choose to be depressed and deflect responsibility.

Make the choice to be great and that's what you will be. Make the choice to be a loser and you can expect someone like me to point out how much of a loser you are. Speaking of losers, this is how to tell if you're a depressed loser junkie: losers will get angry at this video.

Depressed loser junkies will have a real, true emotional reaction/breakdown to this video. This video will be like looking in a mirror that they never wanted to look into... Too damn bad. It's called tough love, and it's the only kind of love that works because it doesn't enable you and take away self-responsibility...

Tough love opens your damn eyes and empowers you.

The Simple Truth About Depressed People & Drug Addicts

Complete audio transcription from the video below.

New YouTube question: “Victor, have you ever been depressed? Be honest.”
Answer is: “No. Because depression is a simple choice that you make.”

You choose to be depressed. You choose to be a victim in the matter.

Anybody can have bad days. Anybody can have bad experiences. You choose to be strong about it or you choose to be weak about it.

You say: ‘I am depressed.’ You are saying... “I am weak. I am a weak person and I take no responsibility; therefore, I am depressed. It’s not my fault. It’s mental. It’s a mental imbalance. It’s a chemical imbalance. I don't have a choice in the matter. I'm depressed.” Instead of being strong and saying: 'You know what, it didn't go my way. Let me do it better next time.' You say: “I'm depressed.”
**Being depressed is a lot like being a drug addict. It's fake. It's a fake thing to be. It's a liar's way out.**

Nobody's a drug addict. They are losers and they choose to use drugs instead of fixing their shitty lives. Nobody has a drug disease. No disease makes you smoke rocks. No disease makes you shoot up in your veins. That's a choice that you make. You can choose to do it or choose to not do it.

**Saying you're a drug addict and you have no choice in the matter makes you the victim.**

That means you are a loser who refuses to take responsibility for his actions. What do they always say about drug addicts? They always say: “He won’t stop lying to us.” Of course, because drug addicts are liars. They don't have an addiction. They don't have a disease. They are liars. They are lying about it.

**Why would you believe that they have an addiction when all they do is lie to you?**

And then they say: “It's not me; it's my addiction. Oh, okay. Well, he lies about everything but he's telling the truth about that.” No, they're lying about everything. So depression, addiction... no. Refusal to take responsibility.

Refusal to say... “This is my responsibility and I will fix it.”
Instead they say... “It's not my responsibility, I'll do nothing. I'm a victim. I'm a loser.”

So have I ever been depressed? No.
Have I ever had bad days? Had things not gone my way? Of course.

But I never say: “It's not my fault. I'm depressed.”
I said: “All right. Didn’t go my way. Next time it will.”

Next time, I will show you 3 easy ways to stop feeling depressed and start kicking ass.

Until then.

Your man,

Victor Pride

**P.S.** Many depressed loser junkies will try and deflect responsibility by making the claim that I, Victor Pride, am a drug addict because I wrote about kratom and testosterone. Listen here losers, you can take drugs and not be a drug addict. Using medicine doesn't make you a drug addict. Even using narcotics doesn't make you a drug addict... Revolving your life around drugs and using drugs as a scapegoat for being a loser is what makes you a drug addict and that's obvious.

If that's you, you can start right here: How to Quit Drugs
How to Find Freedom in a Totally Free World

Attention: People who want to travel but can’t get started... Travel offers one big benefit.

What benefit?

This benefit – the knowledge that you don’t have to stay in the same spot you are in right now.

You can simply go where you actually want to go and be where you want to be. You don’t have to stay and decay; you can go and grow as you wish. And because of the internet, it’s easy, easy, easy.

I’ll show you how easy...

I used to travel all the time. I would change spots every 3 – 4 weeks quite often. Even when I had a one year lease, I would still travel once every month or two. I had a real bad case of wanderlust. I’d get bored in the same spot. So what did I do? I spent a long time traveling, always looking for a new rush or trying to find “my place” in the world.

I’ve found my place now, I’m very happy with it and I’m here to stay. Now that I’ve found the perfect spot for me, I don’t even want to leave! The bored travel bum with wanderlust now doesn’t even want to leave the city.

What made that possible?

Travel made it possible. It took years of travel to find the spot where I truly want to be. I never would have found my favorite place to live had I not scoured the Earth first looking for it. For me, travel was essential. I feel for many of the B&D soldiers, travel offers the same benefits and these are my tips to help you find your #1 spot in the world.

How to Find Freedom in a Totally Free World

Hey, guys. V. Pride here. Yesterday I released a video talking about three ways to stop feeling depressed. And a guy that worked for me e-mailed me and said: “Loved the video, but I want to know what is your mission because I don’t know what your mission is.”

And I said: “My mission is to show other people how to be free.”

That’s my mission in life. To show other people how to – if they want – how to be a professional bum like me. How to live that “Airbnb” life like me. How to travel and go where you want to go and do what you want to do when you want to do it like me.

Note: Airbnb has since stolen money from me and I will never stay with them again and I do not recommend anyone use Airbnb.

Now you don’t have to be a traveling bum like me. It’s just what I choose to be. Your freedom – you choose to do what you want to do.

If you have the freedom you can choose to do it.
Me, I don't like staying in the same place for too long. I really don't. I like three weeks in place. I find four weeks to be too long. But you often get a discount when you rent for four weeks instead of just three weeks. So I often just power through and rent for four weeks at a time. But you know, not really relevant to what I'm talking about.

What I'm talking about is living life on your own terms. Being free in the way that you should be free.

It's the current year. It's not 1965 anymore. Nobody is limited by jobs. You're not limited by geography, location. You should not be limited by anything. Because of the power of the internet, you can make money from a laptop from anywhere in the world. You can make money from Antarctica. You don't have to rely on a job.

You don't have to stay in the same city you were born in.

You don't have to stay in any city if you don't want to. I just pick up and go. I was in Wichita, Kansas visiting an old friend of mine from way, way back in the day from when we were about 10 years old. He's been in the same city forever and I haven't. I was talking to him and he asked me what I was going to do next. I said: "I don't know. Whenever I feel like I'll just hop on a plane and go back to Bangkok." And he goes: "Oh, oh, you'll just hop on a plane, huh?" And I thought: 'Yeah. That's exactly what I'm going to do.

It's hard to believe for a lot of people who don't live the pro-bum life like I do... But you don't have to be stuck.

You don't have to stay in the same place, man. You don't have to. If you do it it's because you choose to, or because you don't know that there's another option. And that's a valid excuse. I didn't know for a long time. I didn't know. I didn't grow up knowing you could go travel to places. My family didn't take vacations. We didn't leave the country. Our vacation was to go and see grandma in Colorado or go to see grandma and grandpa in New Mexico.

We didn't have real vacations. We certainly were never going to leave the United States. That was crazy. I didn't know that was possible. I didn't even know you could move to a place like Los Angeles. If you grew up in a place like Kansas where I grew up, it's not really – nobody leaves. Nobody leaves to go to Los Angeles or even Thailand. They leave for the military. And then they come back and they stay there and they drink alcohol and they eat a lot of food and they get fat.

But that doesn't have to be your life. It's your life, your choice. The internet can make it all possible. Check out badnet.com to take the next step.

Until next time. Your man,

Victor Pride

P.S. If you want to make money online, be sure to read this article: How to Start a Blog Overnight – Use Badnet and Follow These Easy Directions

**HOW TO START A BLOG OVERNIGHT!**

<table>
<thead>
<tr>
<th><strong>Use Badnet and Follow These Easy Directions</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Pick a domain name for your blog.</strong></td>
</tr>
<tr>
<td><strong>Cost:</strong> free. Your domain name will be free for the first year. <strong>Time:</strong> up to you.</td>
</tr>
<tr>
<td><strong>2. Purchase your basic web hosting package at BlueHost.</strong></td>
</tr>
<tr>
<td><strong>Cost:</strong> as low as $3.95 per month (paid annually). <strong>Time:</strong> 1 – 2 minutes.</td>
</tr>
<tr>
<td><strong>3. Fill out this quick, easy and secure blog set-up request form. Then hit ‘Enter’.</strong></td>
</tr>
</tbody>
</table>
| **Cost:** zero. **Time:** 20 – 30 seconds. You only have to enter 5 pieces of information.
You wish to work harder?

There's a real problem with the following piece of advice: 'Work hard.' What's the problem with working hard? Working hard is subjective. What's hard to you may be easy to me. Time is tangible, hard is subjective. Time is real and “hard work” is only in the mind.

So if you want more accomplished in a day, you put in more time in a day.

When you want to get more accomplished, you work more. You don't work harder, because that's not real, you work more. You don't put in some “extra hard” in a day, you put in extra time. Time is what is required of you if you ever want to create something of value, as this video clearly explains...

Complete text of the video.

I just posted the Five Years of Pride happy birthday article. And in the comments for that article, I got a lot of comments saying... 'Congratulations on all your success. You deserve it because you worked so hard.' And that statement is half true. I do deserve it. But not because I worked hard. Because I didn't work hard.

I simply worked more and did not quit.

Hard work had nothing to do with it. What is hard about typing on the computer? Nothing is hard about what I do. And I keep saying it. And you guys don't want to believe me. You think I'm lying to you about working hard when I don't work hard.

I just work more and I don't quit.

Chopping trees is a hard job. That would be hard. But I don't chop trees. I type words on a computer. And if my job was to chop trees, chopping trees harder would not be beneficial because I would burn out faster. I would find a way that I could chop trees efficiently, not harder. Because I would want to get through the day and every single day and not be burnt out. So working harder even if you have a hard job is stupid advice.

They say that success is a marathon and not a sprint. And it's correct.

If you want success tomorrow, well, you’re shit out of luck. Because even working hard is not going to give you success that working consistently will give you. Consistent work is what pays off. And again I get these guys e-mailing me saying... 'I've been at it for two months, six months, a year and I haven't seen success yet.'

And I say, of course you haven't, you fucking retard.
It takes consistency. It does not happen overnight. It does not happen fast like that.

You know how much I made the first year? I made zero. The first year.
You know how much I made the second year? $15,000 U.S., second year.

It does not happen overnight.
And hard work again -- hard work has nothing to do with it.

Consistent work beats out hard work.
What is hard work anyway? Somebody types harder than you? Somebody makes YouTube videos harder than you? See, hard work is just a way to not do any actual work. It's just a thing you say... 'Oh, I'm a hard worker, bro. I work so hard. He just works harder than you. You're just jealous because he works harder than you.' How does anybody work harder than you? You're either working or not working.

**Somebody works more than you. Nobody works harder than you.**

You hear this bullshit about people in shape, and people accused them of steroids, and some dorks will say... 'No, he just works hard in the gym. He just does dumbbell curls really hard and that's how he got that physique.' The dorks will never say: 'Because he is in the gym every day for 10 years.' They will never say: 'Because he took steroids.' They will always say: 'Because he did fucking dumbbell curls harder than anyone else.'

But I've illustrated my point that hard work is – it's a fairytale. It's not real. It's not how you get success.

**You put in the hours.**

**You put in the work every day and in every way you are consistent. There's nothing hard about it.**

Even if your job is chopping trees, you don't want to chop harder because then you want have energy to chop the next tree. You want to find a steady pace and chop consistently.

**If you're online and trying to make money you need to be consistent.**

So many of these guys give up. They work hard, they work hard for a month or two. They don't see anything and then they give up. I worked consistent for five years. I told you I made $15,000 the second year. That's a joke. That's a joke of money, I could spend that tonight. That could just disappear from my account and I wouldn't even – I wouldn't even know. I wouldn't even notice it.

**Hard work is for suckers. Consistent work is for winners.**

**Be the winner. Be consistent.**

**Forget about when the dorks say work hard.**

**Just work more.**

**Until next time.**

**Your man,**

**Victor Pride**

**P.S.** Consistent content is the key to making money online. Step one is **Badnet**, step two is consistent content, and step three...? As the girls in Thailand like to say: 'Up to you.'
A 17 year old kid on Twitter told me he had LOW testosterone levels.

He came back from the doctor to tell me he was shocked at how low his levels were... at just 17 years old! He said: “Uncle Vic, you were exactly right when you said everyone will need TRT. Even kids today have low testosterone.” I'm not a prophet, I didn't predict this was going to happen – I just looked around and saw that men obviously have low testosterone levels.

Just to be on the safe side I did some research and sure enough I found proof: ‘Men have lower testosterone levels today than ever before.’

Why do modern men have low testosterone? It's not because they're sissies — it's because they don't have a choice. Our food and environment are contaminated with hormones. We ingest or absorb those hormones and they contaminate us, crippling our natural testosterone and estrogen production. Leaving us with low T, high E, and looking real sloppy.

It's not your fault if you have low testosterone! But you do have to take action to fix it.

People ask me if I'm worried about using “unnatural” methods to increase my testosterone. No, I'm not worried at all. And the question is a total contradiction... We ingest and absorb unnatural chemicals and hormones without our knowledge or consent every single day. I'm a lot more worried about that, and you should be too.

You have to offset the testosterone killing effects of the unnatural modern world and you have to do it by any means necessary. I know what you're thinking... “But I lift my weights and eat my steaks, there's no way I have low testosterone!” The world is filled with unnatural chemicals and hormones that sap our testosterone. Lifting weights and eating steaks isn't enough to correct the imbalance. The beef we eat, for example, is absolutely loaded with hormones and antibiotics, which we then eat. Look at the ingredients list in a box of cereal for crying out loud.

It's a wonder we have any testosterone at all!

So what's the solution? Used to be you had to inject testosterone into you, but today we have a better way... We have found a natural testosterone replacement method that actually works. It's not a needle, its just a little bitty pill that has been absolutely proven effective by both science and experience! If you want to increase your testosterone levels and decrease your estrogen levels then you need this supplement and you need it now...

The #1 Natural TRT Supplement That Actually Works

RED-PCT

RED-PCT was designed as a way to recover after a cycle of SARMS but we soon realized it had another big benefit... natural testosterone enhancement and estrogen control. RED-PCT’s main benefit is its’ ability to create a more favourable ratio of testosterone to estrogen in the body. All it takes is 3 capsules of Red-PCT taken daily, and you will notice a huge positive difference.
**RED-PCT** is 100% *legal* without a prescription (unlike most other aromatase inhibitors). It can absolutely help get your testosterone levels much higher, while simultaneously lowering your estrogen right where you want it.

<table>
<thead>
<tr>
<th>What You Can Expect From Red-PCT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Increased testosterone.</strong></td>
</tr>
<tr>
<td><strong>Decreased estrogen.</strong></td>
</tr>
<tr>
<td><strong>Decreased cortisol.</strong></td>
</tr>
<tr>
<td><strong>Mild lean mass gains.</strong></td>
</tr>
<tr>
<td><strong>Increased metabolism.</strong></td>
</tr>
<tr>
<td><strong>Increased libido.</strong></td>
</tr>
<tr>
<td><strong>Improved sleep quality.</strong></td>
</tr>
<tr>
<td><strong>Improved sense of well-being.</strong></td>
</tr>
</tbody>
</table>

By greatly increasing natural testosterone levels in the body, Red-PCT will boost your sex drive, increase your bone mass, improve your fat distribution, and help you develop more muscle mass and strength — Red-PCT also gives you great gym pumps!

While most “testosterone boosters” are made from low quality tonics and fillers, Red-PCT absolutely is made from the best testosterone increasing ingredients available legally. It has proven itself in countless user reviews and in blood work to drastically increase free testosterone levels, and bring estrogen levels down to a healthier level.

The importance of maintaining optimal hormone levels and overall hormonal balance cannot be stressed enough. Once you get your testosterone and estrogen levels to optimized levels the difference in your quality of life can be night and day.

**Red-PCT Is A Proprietary Blend And Includes These Ingredients**

- **N-Acetyl L-Cysteine (NAC)** detoxifies the liver and protects it from damage by binding potential toxins that are formed in the liver. NAC is a building block to glutathione, a powerful antioxidant that helps the body defend against toxicity. It may also prevent certain cancers.

- **Chlorophytum borivilianum (75% extract)** is a herb grown in India that is most commonly used as an aphrodisiac. Chlorophytum borivilianum increases growth hormone (GH) release in the brain which helps with muscle growth and is a testosterone up-regulator. Other benefits include better recovery, increased metabolism, more restful sleep, and increased energy levels.

- **Arimistane / Androst 3, 5-diene-7, 17-dione (ADD)** acts as an aromatase inhibitor. Aromatase is the enzyme that creates estrogen. ADD acts to increase testosterone and limit estrogen. ADD has also shown to inhibit cortisol (the stress hormone). High levels of estrogen lead to various unwanted side effects like Gynecomastia, acne and erectile dysfunction just to name a few. Arimistane acts to increase testosterone and limit estrogen specifically. By doing this, you will prevent all of these side effects, limit unwanted water weight your body may be prone to holding from estrogen, as well as limit the formation of estrogen in general, consequently resulting in a dryer, more vascular physique.

As you will see, Red-PCT is very effective at raising free testosterone levels, decreasing estrogen levels and is basically side effect free...

**Red-PCT increases your testosterone levels naturally and safely...**

The premier ingredient in Red-PCT is called arimistane. Arimistane is a potent aromatase inhibitor which will help block the conversion of androgens in the body to estrogen — effectively lowering the estrogen levels in your blood to healthier levels. Arimistane is very similar to arimadex. Arimadex is what doctors will prescribe to improve testosterone levels and control estrogen. Red-PCT can be used *exactly* the same way. Here’s proof...
Here is absolute proof that Red-PCT increases testosterone and decreases estrogen...

We had one of our trusty employees take a blood test. We chose him because he's just a normal guy, not a bodybuilder or a steroid user, just a product of his environment and we wanted to check his before and after testosterone levels. For his first blood test he didn't use any supplements, hormones or steroids. No Red-PCT, no testosterone, no nothing in his system. We sent him to the doctor completely 100% natural.

How was his natural testosterone?

Not surprisingly, his blood test revealed low testosterone and elevated estrogen. Please note I cannot break down all the blood work numbers, as they can be very confusing, but you can see them in detail here. You can see a quick picture of the blood work before and after photo here. After his initial blood test we had him use 3 pills of Red-PCT per day for 15 days and had him take another blood test.

What happened?

After 15 days on Red-PCT he increased his free testosterone from 10.5 pg/mL to 53.991 pg/mL. Those numbers can be very confusing, so here is what happened in plain English...

After just 15 days on Red-PCT, he increased his free testosterone an astounding 500%

His free testosterone was increased, and his estrogen levels decreased. Now he is at the “sweet spot” where his body will be functioning at more optimal level and he's feeling good like a man should.

How do you know if you have low testosterone and need Red-PCT?

There are two ways to know if you have low testosterone: you can get a blood test or you can look at this list of symptoms...

<table>
<thead>
<tr>
<th>Do you experience any of these low testosterone symptoms?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lack of libido.</td>
</tr>
<tr>
<td>Depression.</td>
</tr>
</tbody>
</table>

If you experience these symptoms I recommend you go to a doctor and get blood work done, just to be sure. But don't rely only on your doctor’s prognosis... You really need to learn how your hormones work before you let your doctor give you the final say-so on your condition. You may have testosterone levels which fall into the “healthy range” on your blood work. What your doctor may neglect to tell you is that despite your levels falling in the “healthy” range, it's the range of an elderly man's who needs to take Cialis every time he wants to get it up.

Don’t forget about estrogen.

Estrogen isn’t a hormone exclusive to women; it plays an integral role in the male body as well. Even with optimized testosterone levels, you will still experience a host of unwanted side effects if your estrogen levels are too high or too low.

<table>
<thead>
<tr>
<th>Typical High Estrogen Symptoms Include</th>
</tr>
</thead>
<tbody>
<tr>
<td>Typical Low Estrogen Symptoms Include</td>
</tr>
<tr>
<td>--------------------------------------</td>
</tr>
<tr>
<td>Dull weak orgasms.</td>
</tr>
<tr>
<td>Dry skin and lips.</td>
</tr>
<tr>
<td>Dehydration.</td>
</tr>
<tr>
<td>Low libido.</td>
</tr>
<tr>
<td>Irritability.</td>
</tr>
<tr>
<td>Mood swings.</td>
</tr>
<tr>
<td>Loss of appetite.</td>
</tr>
<tr>
<td>Fatigue.</td>
</tr>
<tr>
<td>Lethargy.</td>
</tr>
</tbody>
</table>

Remember, it's not enough to increase testosterone, you also have to control estrogen. This is exactly where you want your testosterone and estrogen levels to be...

**Your free testosterone levels should be at the high-normal range of the healthy scale for your age**

**Your estrogen should be between 20-30 pg/mL.**

This is what we call the “estrogen sweet spot” and it’s the key to feeling amazing 24/7. Red-PCT is what will get you to the sweet spot. When your hormone levels are optimized you will feel like a champion, have a healthy appetite, train and recover like a machine, have an awesome raging libido, and you’ll be in a much better state of overall well-being and health.

**How To Dose Red-PCT To Find Your Estrogen Sweet Spot**

To find your sweet spot, you could utilize blood work if you want to be precise (recommended). But with Red-PCT you have such a wide margin for error that even if you overdose it a bit you likely won’t crash your Estrogen levels past the sweet spot that you are aiming for. Stick to the recommended dosing protocol I have outlined below and you should find your sweet spot with relative ease.

If you notice symptoms indicative of high Estrogen levels, start dosing 1 capsule of Red-PCT each day. Assess how you feel over the next several days, and if you don’t notice a significant improvement, then bump your dose up to 2 caps per day. The next step would be increasing the dose to 3 caps if 2 weren’t sufficient either (it should be). The max recommended dose is 3 caps per day, and 99.9% of the time this should be more than enough Red-PCT to bring your Estrogen levels right where you want them, while simultaneously cranking your natural testosterone levels into hyper drive.

If in the rare case you drop your Estrogen levels below your sweet spot, simply taper your dose back a capsule and your Estrogen levels should level back out to where you want them in a day or two.

**Red-PCT is the best alternative to testosterone replacement therapy (TRT) from a doctor.**

For years, worried men all over the world wrote in to ask me what they can do about low testosterone. All I could say was: “Go see your doctor.” To which they always replied: “I did, he said no and insurance won't give me another option.”

Depending on where you live, many doctors are very hesitant to prescribe hormones or testosterone boosters. TRT is a “grey area” of medicine and a lot of doctors are frightened of it. Many of the “local” doctors just don't understand TRT, they don't take the time to learn, and some of them will flat-out refuse to treat you. If they “just don't like” TRT they'll write off your situation completely.

They'll deem you otherwise healthy enough, they'll say you are imagining it, or they'll say you are simply “too young” to possibly experience symptoms of low testosterone. If you don't have a cutting-edge doctor you probably won't receive a prescription for TRT. You'll be left to cope with low testosterone on your own.
With Red-PCT, you absolutely can combat low testosterone on your own.

Instead of going through the frustrating and complicated prescription drug route, and now that you know how to optimize your hormones, you can maximize your natural testosterone levels without needing a doctor's approval. The difference in your quality of life can literally be night and day once you get your testosterone and estrogen levels to optimized levels. Red-PCT has proven itself, in countless user reviews and in blood work, to drastically increase free testosterone levels, and bring estrogen levels down to a healthier level.

In short...

1. Red-PCT is great. It works just as well as the doctor approved arimidex and can leave you with optimal hormone levels and balance.

2. Red-PCT actually works to increase your testosterone, decrease your estrogen and lets you enjoy life like a man should.

What You Need To Know Before Buying Red-PCT

Red-PCT is a suicidal aromatase inhibitor which means that you can start to become more sensitive to its estrogen inhibiting effects. Example: when starting out, to get your estrogen in range you might need 3 pills, then as time goes on you will need less of it to keep your estrogen in range (because once it's in range, taking 3 caps continuously will eventually drop you below the sweet spot).

So to mitigate this and stay in the sweet spot, you will have to drop your dose slightly, but that is where the issue arises that using less than 3 caps per day will not provide the same testosterone boosting effects we use RED-PCT for in the first place.

Basically, it is great as a cyclical TRT product, but you WILL have to cycle off it every couple months in my opinion to avoid crashing your estrogen levels below the sweet spot (which is just as bad as having estrogen levels too high). While you are “off” and “recovering” you may want to use something like D-Aspartic Acid, Zinc, or Tribulus (and other natural testosterone boosting ingredients) to keep your testosterone levels as steady as you can before you jump back on Red-PCT. Red-PCT does need to be cycled.

Not necessarily even time on equals even time off, but you need some sort of off time between Red-PCT blasts. Maybe for every 2 bottles dosing it 3 caps ED (60 day cycle), you will probably need a few weeks to a month off (educated guess, this all depends on you). It isn't something you can stay on for 30 years straight without having low Estrogen levels.

To Maximize Your Testosterone Levels Naturally... Click Here and Order Red-PCT

When you're enjoying life like a man should, you'll be so very glad you bought Red-PCT. If you have any questions please leave a comment below and Red Supplements' resident testosterone and estrogen expert will answer you personally.

Until next time, supermen.

Your man,

Victor Pride
Red Supplements Addendum and Full Disclosure

Yes, I own an interest in Red Supplements. We create supplements that offer solutions specifically for you. We don't sell products to you just because we own the company, we own the company to develop products specifically for you. Red Supplements researches, creates and develops supplements directly from user feedback here at B&D. We only create products when we know there is a problem in your life that needs to be fixed.

Every day for four years people would come to me for a solution to low testosterone and all I could say was: “Go see your doctor.” I got the same answer over and over and over and over and over: “I already saw my doctor. He won't help me and insurance won't pay for another doctor.”

So we developed Red-PCT to provide a real solution for you. For four years I couldn't give you a better answer or solution but now I can...

**That better solution is Red-PCT and it actually works to increase your testosterone, decrease your estrogen and lets you enjoy life like a man should.**
The Japanese like to say: “Fall down 7 times, stand up 8.”

Victor Pride likes to say: “If you fail 55 years, try 56 years.”

What you’ll see below is a letter from a man who failed for 55 years and now has extreme regret. Boo hoo, right? Actually, it's a great letter and should be read by all. It gives you the most important lesson there ever was...

ENTER THE OLD LION...

“I know all too well what it’s like to be 18 years old and feel like you’ve got the world by the tail, and all of the time it contains. Full of beans and only living for today. When I hit 21 the party was just getting started. I’d get asked by family members and their friends what I planned to do with my life. I was only living for the moment and I had no idea... didn’t really care, actually. They would all say: “Don’t worry. You’ve got PLENTY of time!” That was a LIE. But it was all I needed to satisfy the discontent, anxiousness, and REGRET I’d already started feeling for the time I’d wasted. Little did I know at the time that I was just getting started. I went for years drinking and partying my life away.

At age 27 I knocked up a girl I’d been screwing around with and was on the verge of dumping. I stuck around for the kid, but his mom and I were nowhere near a match. I numbed myself to the situation I was in with alcohol, drugs, affairs, pornography, and masturbation. I hated my life, but it was the only one that I knew.

My wife and I had no shared interests and any projects I started in an effort to better myself and my situation got met with hostility by her. I watched as our children seemed to grow up over night and have children of their own, all the while bouncing from one go-nowhere job to the next trying to make something stick.

I’m now 55 years old. No money in the bank. Go-nowhere inside sales/customer service job. And enduring the mid-life crisis from hell. Regrets of the life I’ve wasted and the things I’ve done is all that I have. The mere weight of my regrets threaten to crush my very soul.

Right NOW is all that you have!

Do NOT let anyone tell you that you “have plenty of time” to figure things out. It is a LIE born in the depths of hell itself. There is NO TOMORROW. Tomorrow is an illusion. Five minutes from now is a fucking illusion! Hell, your next breath is an illusion!

RIGHT NOW is all that exists, and it requires IMMEDIATE ACTION!

Do not end up like me. I’m a fucking loser. I watched my whole life go by waiting on tomorrow and it hasn’t shown up yet. And you know what, unless I am able to muster the mindset and tenacity at this late stage in my life that it’s going to take, there NEVER WILL be a “tomorrow” for me. I will die in some clinical environment, REGRETS heaped on top of me and lucky if I have any family or friends there to bid me farewell.

Seem like a dark picture? It is!
Think my life is the exception and not the rule? Perhaps mine is extreme, but the VAST majority of men out there are leading the proverbial lives of quiet desperation. The VAST majority will die with their regrets haunting them until they draw their final breath. That is a FACT.

**Determine RIGHT NOW not to be one of them!**
**Then DO SOMETHING.**
**Get off of you ass and get moving ... NOW!**

Do not throw your life away in your prime years and blame it on being “young and dumb.” My life is all the proof you need that being young and dumb can much too easily lead to old and stupid. You do NOT want to end up with the weight of regret that I currently experience. It is a fate I would not wish on my worst enemy.”

**THE LETTER FROM AN OLD LION HAS ENDED.**

**ENTER VICTOR PRIDE...**

Maybe I’m the only man ever lived that don't care about your past, but I don't. All I care about is right now and tomorrow. I don't dwell on someone's past, I don't even ask. I don't care. Whatever you did back then I don't give a good Goddamn. I only care what you do RIGHT NOW. Many would boo-hoo, many would pity, many would mock this man, many would use his past as a cautionary tule.

I won't.

I already told you I don't give a good goddamn about your past. The past? What's that? I just checked the clock and it's **RIGHT NOW**, so I'd say wake-up unless you're dead. *(And if you are dead, then fuck off and die.)*

If you're alive and you're 55 and you’re telling the tale then you ain't dead yet. If you're telling the tale, warts and all, then that means you got heart and balls and that's two out of three, all that's missing is money. Take your own damn advice and get started right now. If you got the courage and if you got a pulse then what are you waiting for?

The past is the past, it's not here anymore. It's right now, it always has been and it always will be. I don't give a good goddamn if you're an old Lion or a young and hungry Lion, the clock stays put at **RIGHT NOW**. And right now you can live a life worthy of a tale or you can live a life worthy of nothing.

**What's it going to be?**

**THIS OLD LION GOIN' DOWN TO DIE,**
**ONLY TWO WAYS A LION CAN DIE,**
**LIKE A COWARD OR WITH PRIDE,**
**HOW THIS OLD LION GOING TO DIE?**

All the old Lions are invited to tell their tale in the comments section, good or bad I don't care. As long as you still got heart and balls you can tell the young guns whatever you want to tell them. Even if you think you don't have something to say, every old Lion on earth has one thing the young guns don’t have – wisdom gained from experience.

**And to the young guns...**

**When you're an old Lion, what's your tale going to be?**

Until next time.

Your man,

Victor Pride
How To Stop Being a Dipshit And Start Being a Do Shit

Don’t you know what Freddie Mercury said?

“We’re the princes of the universe, fighting for survival. Fighting to survive in a war with the darkest powers.”

Recently, I have shown great kindness by leading the way out of the darkness and into the light via the Full Color Godcast. My kindness has not been fully appreciated and there are many dipshits who mistake my immense kindness for weakness. Many of these dipshits blame California for me being “delusional” (a.k.a successful).

Dipshits say things like: “California is the land of the delusional,” and I agree. When I walk out to my parking garage I see nothing but Beamers, Benzes and Bentleys. It's beyond delusional for dipshit bums with bus passes to ever dream of achieving money, success and greatness so they call it delusional. Maybe it's shocking, but I agree with them. The dipshit bums will never achieve what I’ve achieved, even when I lay out the blueprint for them – which I thoughtfully lay out below.

HOW TO BECOME A GREAT BOSS.

This blueprint of success is for winners who were born to win and take action to make things happen. If you often use the word delusional to describe famous and successful people, and if you pride yourself on being “rational” (a.k.a stuck to the ground), then I am afraid these 22 steps to greatness may not be for you.

These people can skip this list, just in time to catch the last bus back to loser-town so they can drown their sorrows with a beer and a frown. For the rest of you, the winners, killers, and real-dealers, go check a mirror after reading this article because you’re going to be grinning from ear to ear.

1. You can be born to win or born to lose, the choice is yours.

There are people who were born to be kings like me, and there were people who were born to be dipshits. But then again, there is a little thing called knowledge, and a little knowledge can turn a loser into a winner. A little bit of knowledge can give you this one little tiny detail: everything in life is a choice – including happiness, sadness, success and failure.

Even if you were born into a family of shit, you can crawl out like Andy Dufresne and you can achieve greatness. Why? Greatness is inherent, but it is also a choice. You have to make the choice to apply this knowledge and you have to take the steps to learn how to earn.

If someone else can, why can’t you?

Even a retard can succeed. See the Notorious B.I.G. for proof. Simply follow the steps of greatness that every great man followed. Winners love to win and grin, and losers love to be let down with a frown. Like the girls in Thailand always said to me: “Up to you.”
2. **Escape mental jail like El Chapo escapes real jail.**

The only person holding anybody back is the person looking in the mirror. Solution? Choose to break out of the hell of mental jail. Greatness is a choice just like everything else. To be great, you have to saw your way out of mental jail and break free, like Freddie Mercury. You can choose to stay in the black and white mental prison or you can simply choose to break out of the mental prison that holds you back and you can choose to chase and achieve greatness.

3. **Stop waiting for miracles and start creating miracles.**

Many people sit around contemplating ideas. In fact, they spend so much time contemplating ideas they never get around to executing any of those big ideas. It's like they're waiting for some miracle to come from above and complete the work for them.

But it's a lot like Musashi said: “Always respect Buddha and the other gods but do not rely on them for help.”

4. **Be your own biggest fan.**

   ![A picture of my biggest fan – myself.](image)

The easiest path to greatness is to simply create art that you love. If you're your own biggest fan, you will always have motivation to create because you are creating content for yourself... and you'll always be hungry for more great content.

   **Here's a piece of information that many people simply ignore: if you like it, other people will like it.**
   **If you're passionate about something, other people will be passionate about it too.**

No one is a unique snowflake, we are all human and we all experience the same feelings. People always think: "I thought I was the only one," but everyone is thinking that. So, to create great art that stands the test of time and moves people, simply create the art that you want. Create the art that you would consume. When you do that you do two things: you fill a void in the market and you make passionate art instead of corporate art.

5. **Always wake up early so you can start the day the right way.**

Waking up early is the only way you get work done. The only way. Wake up early and get work done, or wake up late and don't be great. It's that simple. People who wake up late don't get things done. People who wake up early get things done.

   **Are you good at math? Check my math and see if it adds up...**

   **The more hours you have in the day equals the more hours you have to get work done.**
   **The less amount of hours you have in a day equals the less work you get done.**

6. **Be the bad guy.**

You can't be great if you're shackled by politeness. Niceness and politeness are nice and polite, but to transcend you have to let go of limitations. To be a good boss you've got to learn how to be the bad guy. Ever meet a really nice guy who was also a genius millionaire? Didn't think so.

A good guy is nice, humble and down to earth (a.k.a. a dipshit). Good guys don't get nothing but shit. Bad guys get everything they want because bad guys don’t ask permission. Bad guys go out and take what they want.

   **Be like Dusty Rhodes... “Brother, I'm bad and they know I'm bad!”**
7. **Develop a case of Kanye West Syndrome a.k.a Success Syndrome.**

**Kanye West Syndrome a.k.a Success Syndrome.**

For many years dipshits have been comparing me to Kanye West, as if it were an insult. Don’t make me laugh with that bus pass in your pocket. Kanye is a great man, much like myself, and is one of the most famous men in the world. Always go big like Kanye or always get the fuck out of the way like every other dipshit.

8. **Listen to your guts (and your nuts).**

**Gut instinct a.k.a nut instinct, is usually the correct course of action.**

Of course you have to plan and strategize, but deep down in the guts and the nuts, we all know exactly what we want from life. Take your own advice before other people's advice. Unless advice comes from someone who has done it, always follow your own advice. Nobody else can see what you see. Your friends and family only see the ordinary while you may see the extraordinary. It’s your mission to paint the picture for them; it isn't your mission to convince them of what you might do in the future.

9. **Have tunnel vision for the mission and be blind to distraction.**

Successful men see life through a tunnel. We see only the light at the end of the tunnel and we walk that way. When you lose focus, you lose momentum. Alternately, success in life is like driving down the highway towards a distant and far-off destination. If you pay too much attention to what's on the left or the right, you will crash and burn.

You have to be fully focused on the drive ahead and only see distractions peripherally. You'll find that success comes while you're doing other things, and at a certain point you will have driven past your original destination because you were too focused on moving forward.

If you pay too much attention to the distractions, you will pull the car over before you get to your destination. This is called settling for less than what you aimed for and it's what dipshits do.

10. **Demand excellence, especially from yourself.**

Great men and women hold other people to high standards. But, and there is always a but, they hold themselves to the highest standard. Always depend on yourself first.

In the world of the great, only bold competence will do. Make sure you are boldly competent, and then make damn sure the people around you are boldly competent and make damn sure they understand that only bold competence will do.

**Make incompetence hit the road, Jack.**

11. **Transform your sexual energy into fuel for greatness.**

I’m very sorry boy, but you can’t be out banging broads every night and build big business at the same time. Focus must be on one or the other; it simply is not possible to focus on two things at the same time.

**We all love pussy, but did you ever wonder what pussy loves? Pussy loves money and power.**
So what you do?

You use your inherent sexual energy to build bigger business. When you build the bank account, you always seem to have a steady stream of pussy chasing you. Instead of going out every night, chasing pussy like a dipshit, be a DO SHIT and chase greatness. A funny thing will happen when you do – pussy will start to chase you.

12. Take inspiration from everywhere, everyone and everything.

The way you stay average is by taking inspiration from only one form of art. To transcend average you have to take inspiration from everything and everyone. Every person can give you something to learn from, every animal can teach you something, and every form of art can give you inspiration. The “trick” is to take all of the inspiration from all of the different styles and mold them into your own distinct style. Only dipshits would try to make music using music as inspiration. I see articles as songs, Kanye sees music as colors.

What do you see?

13. Speak your thoughts into a reality.

Creative people speak their way to the answer. That is what creativity is, it is simply speaking your way to the answer. If you keep it all in your head, the answer will never reveal itself to you. If you don't speak your way to the answer your head will stay murky. By speaking out loud your thoughts and dreams become instantly clear.

“But Victor, didn't you just say stay quiet? Isn't that, like, a contradiction?”

Success is a contradiction which is why dipshits who are grounded in “reality” can never soar high in the sky like an eagle. You have to write and/or speak your plans to make them clear! If you don't speak your plans clearly they will never become clear AND no one wants to hear about your plans if you haven’t done anything yet. The solution is simple.

<table>
<thead>
<tr>
<th>Do One Of These Two Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Write your plans in a journal or blog. This way, your plans become clear to you, but you do not have to speak them to others.</td>
</tr>
<tr>
<td>2. Speak your plans to others and understand that no one will believe you and everyone will think you are a dipshit... until you prove them wrong.</td>
</tr>
</tbody>
</table>

Speak the words and live the life. Speak your dream life and then live your words, which in turn brings your “dreams” to reality. To write your plans, you can start your blog with Badnet for free (you just pay hosting). You will own the blog 100%, you will own the domain name and you will have a central place to write down your plans and make them clear.

See the Badnet FAQ here.
14. **Speak loud and proud, use bold words like Ali, always walk the walk.**

When you speak, make sure you are heard by speaking loud, clear and proud. You cannot speak like a mouse and be heard. Great men speak from a place of power. Muhammad Ali was the greatest boxer of his day and he made damn sure everybody knew it, precisely because he could back up his bold claims.

If you’re going to talk the talk you have got to do do one more thing, you have got to walk the walk. Ali was great and he let everyone know it. But Ali had one thing that dipshits who run their mouth don’t have – proof of his greatness.

**Talkers who talk greatness but don’t back it up with proof are dipshits.**

I always say no one will believe you until you show them proof, and it’s true. Neither mommy, daddy, or uncle Freddy will believe your wild claims of greatness, and I won’t either – not until you have **proof** to back up your words.

**Talk the talk like Floyd, but make damn sure you walk the walk like Tyson.**

**Passion without action is for daydreaming retards.**

Ideas are nothing. Ideas are shit. Without execution or a body of work to back it up, you are nothing. If you don’t have a body of work you are not an ideas man, you are a nobody. Always back up the talk with proof.

15. **Don’t take days off, always be on like Donkey Kong.**

True greats don’t have an off switch because true greats know of the **incredible power of momentum**. Days off break the rhythm and the momentum and it is always harder to restart than it is to just keep going.

**That’s why shogun always keep going.**

Work always comes first and true shogun do not have down time or free time. Greatness takes all of your time and the “price you pay” for greatness is exactly that – all of your time. Greatness does not have an off switch, off switches are for the mediocre.

16. **Dress great to be great.**

If you want to earn a million bucks, start by looking like a million bucks. When you look great, you feel great and when you feel great you become great. To build your own personal style, check out **Iron & Tweed**. Clothes make the man and muscles make the clothes. **So spend time in the gym to sculpt the physique and spend money on the clothes that build the confidence**. Make damn sure you spend time building your body. If you don’t, no clothes will look good. Check out two resources to build your body: **John Doe Bodybuilding** and **Red Supplements**.

**B&D girls** of the world who want success too, pay attention to the power of attraction. Below is a great quote from a book I picked up called **The Shakti Coloring Book: Goddesses, Mandalas, and the Power of Sacred Geometry**: “On a personal level, an ability to attract was understood as power on par with brute strength. Beauty was considered the physical manifestation of fecundity, authority and power ... Adoring oneself and one's environment was fundamental to one's dignity, self-possession and propriety ... One's posture and confident gait give spiritual protection. To venture outdoors unornamented was to invite misfortune.”
17. **Network with other killers.**

A great boss is a delegator and a deal maker. Therefore it is a vital key of boss mentality to connect with, network with, meet with and form friendships with other go-getters. For any great bosses in training, it is vital to your mission to connect with other up and coming bosses.

<table>
<thead>
<tr>
<th>Why?</th>
</tr>
</thead>
<tbody>
<tr>
<td>To form friendships with others on the same journey as you.</td>
</tr>
<tr>
<td>To help you find potential future business partners.</td>
</tr>
<tr>
<td>To have a network of fellow go-getters to plot and plan with and help you break through obstacles and barriers.</td>
</tr>
<tr>
<td>Groups are more powerful than lone wolves. One man has his own energy but a group of men working towards the same goal form a more powerful energy. Working as a group rather than as a lone wolf can help speed the momentum of the lone wolf’s business interests.</td>
</tr>
<tr>
<td>Mutual support helps you through times you feel distracted, less than motivated, or discouraged. When you do feel discouraged, the network is there to help you find courage again.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How can you find other bosses, ronin-in-training, NWR, and Shogun?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Join the hidden network of the NWR.</td>
</tr>
</tbody>
</table>

18. **Always practice the Victory pose like Victor Pride.**

The Victory pose prepares you for success and abundance, which is why I practice it every single day. The Victory pose is exactly what it sounds like: stand tall, with your arms outstretched to the sky in the shape of a V (for Victory) and allow abundance and victory to come to you.

19. **Keep it simple, Spartan, and always focus on the fundamentals.**

Masters are masters of simplicity. While dipshits are busy trying to learn advanced technique and skipping the fundamentals, masters master the fundamentals and nothing more. True creativity comes from having a defined set of rules in which you must get creative. When you have complete, total creative freedom to do anything you end up creating nothing of lasting value.

**The fundamentals are fundamentals for a reason and they must never be skipped.**

20. **Always pay attention.**

If you pay attention you will notice one thing, no one ever pays attention. Dipshits go about their daily lives without ever noticing that they could make themselves better in the snap of a finger.

If you pay attention, you will also notice, that you can create success out of thin air because no one is around to notice or care. They’re too busy being distracted to pay attention.

If you pay attention you may even notice, that all of the most successful people in the world are called delusional. To a broke bum on a bus, the thought of making a mill is delusional.

**Thankfully there is a way to solve this seeming riddle...**
21. **Study books written by great men and take extensive notes.**

Why is it important to take notes? Because when you take notes you develop a true understanding of the material because you are physically writing the words, but you are putting them into your own words – words you understand. Start by studying my masterpiece *New World Ronin*. In that book I give you the true path to success – which is be so delusional like Kanye that failure does not even register as a possibility.

“*Failure? I do not understand that word.*”

If you *do* understand ‘failure’, don’t look at me in my eyes when I pass your bus in my BMW with a big-titty blonde named Becky in the passenger seat. Mutual eye contact is a sign of respect, which is why broke bums feel so awkward when in the presence of greatness.

22. **P.S.**

**I recently announced the death of Victor Pride…**

**But I left out the second part of that announcement.**

*Victor Pride* is the most important author of this generation and he isn’t going anywhere except straight to the top. Victor Pride is the greatest blog artist who ever lived. Much like Jesus, he was always destined to return, we just had to wait for some paperwork to come in. The paperwork is in and the king is back. Acknowledge the King and kiss the ring, or pay the price of disloyalty. Like everything in life, the choice is yours. What do the girls in Thailand always say? ‘Up to you.’

Speaking of the King, *New World Ronin* is the book that forces you to change, like a near-death experience. It is available in the following 3 formats (paperback is the best because you can feel it in your hands and take notes directly on the pages):

- *New World Ronin Amazon Kindle Format*
- *New World Ronin PDF Format*
- *New World Ronin Paperback*

*Until next time.*

*Your man,*

*Victor Pride*
All I ever wanted was adventure, like Rambo. I had no idea my venture to accommodate adventure would also make me a million dollars. Let me start at the beginning though... I started a blog so that I could have a way to travel the world, live free and have adventures like my hero Rambo.

I didn't know how it would work and I didn't know how I'd make money online from a blog.

All I knew was that if I put in as much time as it took, my wish to live free would be granted. That was my complete business plan. You'll be happy to know that my business plan was foolproof and came true. In that time, I made tons of money, I traveled the world for years, and now I live on the beach in Southern California and drive a nice BMW like a rich jerk.

I was able to do it all simply from this little thing called blogging, which is a very misunderstood weapon of business. I think it was Drake who said: “We started from the bottom, now we’re here.” How did Drake do it? He did it via the power of words, just like I did it. Don’t you know what they say?

They say the pen is mightier than the sword. The pen is mightier than the sword because people know to watch out for swords. Words, however, catch people off-guard and hook them before they even know what happened. Because words catch people off-guard, many people simply do not understand how powerful, and how profitable, a blog can be.

Keep this quiet, but I want to tell you a third thing... Blogs keep you under the radar.

Blogs are extremely powerful and their power is hidden in plain sight because words are $silent killer$. No one understands how a blog makes money; therefore many people don’t even believe a blog can make money, which is comical. There is a gold rush happening right in front of your eyes and many people refuse to believe that there is any gold. Instead of buying a shovel and getting to digging, they do nothing. Joke's on them, but that's good news for you.

Less people digging = MORE GOLD FOR YOU

I once said: “Common sense and a pair of eyes would lead one to believe that digital media is the future of media,” but I was wrong. Blogs are not the future of media. Blogs are the right now of media. Today, right now, internet is life. If you don't recognize it, you are living in the past.

Time to play catch-up...
13 REASONS YOU SHOULD START A BLOG AS A BUSINESS

Walk outside right now, take your eyes away from your smartphone and look around. What do you see? Everyone is on their smartphone, looking at something on the internet. Everybody's eyes are glued to a screen.

*Here's what you don't see... Someone created what those people are looking at.*

Those eyes glued to the screen equals money for whoever created what they are looking at. Whoever created what they are looking at is getting paid. Why don't *you* become the creator? Here are 13 reasons you should consider starting a blog as a business...

1. **You can actually make money from a blog.**

   Remember William Randolph Hearst, the newspaper tycoon famous for yellow journalism? *He got rich and famous from publishing newspapers that people read daily.*

   Remember Mark Zuckerberg? *He got rich and famous from building a website that people visit daily.*

   **What happens when you put them together?**
   
   *Words + Website (and a little business savvy) = Profit*

   It's laughable that people don't think there is money in blogging. Blogging as a business is simply content and sales, just like William Randolph Hearst's newspapers or Zuckerberg's Facebook. Draw people in with words and then convert sales, it's as simple as that (I didn't say it was easy to do, I said the method is simple and time-tested).

**What about just getting a job and working towards a rich retirement?**

In your gut, you already know that jobs are a waste of time to make big money LONG TERM. We have all been led to believe that jobs are the way to make money, but look at the people who led us down that path. Where are they today? Are they rich and free or are they in debt and unhappy? 15 years ago people had to get jobs; there wasn't much of a choice.

**Today, internet is life and you have all the choice in the world.**

You are on the internet right now reading this article. The richest people in the world today got rich because of the internet, for a good reason... Job security doesn't exist. Smart employers will always try to automate your job. Smart entrepreneurs like business to be automated because it is easier to automate than it is to pay a live person.

**Speaking of automation...**

2. **Your blog income is automated income.**

I hear people use this phrase all of the time: *passive* income. Sorry Charlie, but *passive* income is a dream of the stupid and the lazy. Eliminate these P.O.S. words from your vocabulary (passive income) and replace them with these words: active and automated income.
There is nothing passive about business. Business is active and if you are not active, it will pass you by. However, when you do good work on a blog you will make money forever. You only have to do the work once, maintain the work, and you can have a lifetime income.

There isn't anything passive about it. It takes active work, but actively working on something you enjoy is the fun part. Building the business is the fun part and seeing the money come in from your hard work is the rewarding part.

When you have a job you make only a set amount of money, no matter how hard you work or how well you do your job. The opposite is true when you run a good blog or internet based business. Your blog income is directly tied to how hard and how well you do the work. If you do great work, you'll make great money.

There isn't a limit when it comes to making internet money. You decide how much you want, or need, to earn and then you do the work to make it happen. Make the decision to earn more and you can, as long as you do the work. Produce great work to get paid great money.

Make something great = get paid.
Do not forget this rule!

3. Your blog is literally the cheapest business you could start.

To start blogging as a career only takes about $15. I started B&D with a $10 domain name and a couple bucks per month in web hosting fees. That tiny amount of money turned into a million dollars in revenue.

From $15 dollars to a million dollars.
What other business can offer that kind of return?!

We are talking business of course, not hobby, but business! A blog can be a real business if you treat it like a real business. All it costs to start your blog is a few dollars per month in hosting and a $10 domain name (actually, your domain name is free when you use Badnet so all it costs to start is a few bucks per month in hosting fees).

4. Your little blog has access to more customers than big stores do.

You could get 10,000 people to show up to your blog every single day. Imagine trying to open a real store and getting 10,000 people to show up every day. Good luck. Blogs put more eyes on you than any other possible business you could start. An online business is literally 10X more efficient than a physical store could ever be. Maybe 100X more efficient. Online, there is no end to the amount of customers you can reach. Sky is the limit with traffic. Not to mention, physical stores have a huge overhead. A blog has extremely low overhead, especially when the blog is new.

5. Your blog has access to worldwide customers.

You can help a LOT of people with your blog, and they are not limited to living near you. Anybody from Texas to Tanzania can find you. There is just no limit to the amount of people, or the location in which they are in, who can find you. 48% of my audience comes from the United States. The rest come from places like Canada, UK, Australia, India, Germany, Netherlands, Philippines, South Africa and even Nigeria.

What kind of physical store could access that many customers from so many worldwide locations?
The world is online and so is the money. Where people go, money follows.
6. **With a blog business, YOU control how your time is spent.**

Running a blog will give you the time to do the things that matter and let you not do the things that don’t matter. Being stuck in traffic everyday, taking orders from the boss, waiting on your paycheck (with taxes conveniently removed for you) and asking permission to take your holiday is no way to go through life.

When you blog as a business, you can spend more time with family, spend less time with family, or spend more time traveling. You can spend more time doing anything you please. I’ve spent time, and made money, from many different countries around the world. All I ever need is a laptop and an internet connection and I’m good to go (often I actually don’t even need anything, as I make money whether I’m online or not).

Without a 9-5 noose around your neck you’re free to come and go and do as you please. I can spend a week at a beach in Cambodia, riding Jet Ski’s and getting tan, or I can spend a week in Santa Barbara. Whatever I feel like doing, I do it. Wherever I feel like going, I go. Simple as that. My lifestyle would be completely and utterly impossible if I had a boss and an office to report to. But I don’t, because I’m in the blog business a.k.a. the business of freedom.

7. **When you blog, you can work from anywhere.**

From Texas to Tanzania and everywhere in between, all you need to work is a wireless connection. But you still need to treat it like a business and not like a hobby. Again, no more getting up at the crack of dawn just to go sit in traffic and wait and wait. When you run an internet based business you can work from home, the local coffee shop, the library, or abroad. Anywhere you have an internet connection is where you can work from. Say hello to sunny skies and goodbye to drab and lifeless grey offices.

8. **Two words: SELF-OWNERSHIP.**

Most people aren’t happy with their job/work life because most people have to censor themselves or risk getting fired. As a blog artist, you are free to live as yourself, as you wish to be. When you blog as a business, you can live as yourself, not as a politically correct shell of yourself.

With a blog you can control your own reputation and you can become the authority/expert. You can present your reputation on your blog too through high standards and how you conduct yourself rather than having your reputation decided by workmates.

9. **Help others while you help yourself.**

**Every day I get mail from around the world that says the same exact thing: your blog changed my life.**

*Guess what, blogs changed my life as well. Books are great, but blogs are the best.*

Blogs offer up-to-date information, books are dated. The blog is my favorite thing to read, ever. The blog is the best you can ever get at both classic, timeless and reliable content mixed with up-to-the-minute insights, “unconventional” advice, which is the only kind that works and honest (yet sensational) content.

The blog is the best way to read and create words ever invented. I owe my life to blogging. Blogging is the best art platform ever invented in my opinion. I don’t give a damn about books; I hustle up the books just to make sure I have a lifetime income. My one true and only love is the blog.

*How gratifying is it to know that that which helps me also helps others? Try to answer that for yourself.*
10. Anyone can start a blog, from teenager to senior citizen.

The beauty of running an internet based business is that anyone with a computer and internet connection can do it. From teenager to senior citizen, white or black, disabled or able-bodied, the internet has no bias. All are welcome and all can make money if they are willing to put in the effort and take action and, most importantly, do it consistently.

Not only anyone can, but everyone should. Most people have something that someone else will listen to (as most people’s interests/desires etc. aren’t that unique). You just need to build the skills experience first.

I get this question all the time: ‘How can I make money tomorrow?’
Here’s the answer: ‘You can’t make money tomorrow.’

Blogging is like any other business. You have to put in the time and learn before you can earn. What you can do is put in the time, the effort and the work to get paid big a year from now.

11. A blog can be used as a journal to hold yourself accountable and to refine your message.

It should go without saying, but it won’t – you need something to say. As a blog artist you should know who you are, know what you want to say, have a message or have a personality.

Blogging will help you develop and refine your message.

I cannot tell you what your message is, that’s up to you. If you don’t have a message, you will not make money by being yourself. Thankfully, the simple act of writing a blog post every day can help you develop your message and make it clear to you.

You are on the internet right now reading this article. Walk outside and look at what each person is doing. They are all glued to their smart phones. They are all addicted to someone’s content. Why can’t it be your content that people are reading/watching/listening to?

You could be working instead of reading, but because you are reading instead of working I am making money and you aren’t. That can change though.

12. Blogging is an art, art is fulfillment of the soul.

Running a blog is infinitely more fulfilling than being a corporate cog and taking orders from others.
Why?
Because a blog is an expression your soul and expression is freedom.

13. You can own your own blog in 24 hours when you use Badnet.

Starting a blog is beyond easy, just use Badnet.

The team at Badnet will start your blog for you, damn near for free. And you will OWN your blog, Badnet doesn’t own anything. To start website you must have a web-host, it’s inescapable. We make our money directly from the web host we partner with.

We don't ask for or take a single dime from you. We don't take a bite out of you. We simply give, give and give to you. What Badnet does, is give you a crazy amount of extras – and you only pay for web-hosting, which you would pay for anyway.
The #1 rule of B&D is: Make it EASY for the readers. That's what Badnet does for you...

a. **Badnet makes it easy for you to start a blog.**

Badnet is easy for you, and Badnet is free. Badnet is the easiest way for you to set up a professional looking blog. All you have to do is sign up, sit back, and let us do all the hard work for you. And guess what? You can spend the extra time you’ll save not worrying about setting up your site to think of some great ideas to write about for your new blog.

b. **You literally don’t need to know anything technical to start your blog right now.**

The most common reason someone doesn't start a blog is because they lack the technical “know how”! All you have to do is register for hosting at Bluehost and we'll handle the rest. I've created a no nonsense, no fluff, easy to digest bloggers set-up guide that anyone can follow. You write, we tech.

c. **Badnet installs the blog for you within 24 hours.**

Here in Badland, we work all the time. There is no such thing as a day off in cyberspace. We’re experts at it so we can get it done faster and better than you can (and we don’t charge) so let us do it for you. While we’re at it, we’ll take care of a bunch of behind-the-scenes stuff that you need to do but probably don’t know how to do (or just don't want to do). If you don't know how to install a WordPress blog (or just don't want to) – we’ll just take care of the whole process for you.

d. **You get a FREE domain name when you use Badnet.**

You will OWN your domain name. Badnet doesn't own anything.

For the first year of your website’s life, your domain is free. You sign up for a year, and it only costs you $3.49 per month for the first year (average hosting costs are normally $7 to $15 per month). Do the math, that’s not a high price to pay for hosting. It’s only 13 cents a day!

As soon as you sign up for BADNET, our team gets right to work on setting up your website and making sure it is optimized for the best performance. Within 24 hours of signing up, you’ll have WordPress installed on your page and everything you need to share your first blog post with the world.

e. **What is WordPress?**

WordPress is a backend platform that makes blogging super, duper easy. WordPress is how basically every pro blogger in the world blogs. It may sound daunting to learn something new, but with the Badnet package – it’s easy. Guaranteed.

f. **Badnet gives you 4 FREE blogging reports that show you how to make money from your blog.**

You get the Quick Start Guide to help you start your first blog. Plus you get three additional reports that cover the basics on how to build, manage, and monetize your blog.

2. How to Create the Perfect Blog Post.
4. The Tools of the Trade for a Pro Blogging Career.
The reports even cover how to make your very first post. We want to make starting a successful blog or website streamlined and easy for you. That’s why the Badnet team also installs 7 of the most useful plugins available for you.

**g. Badnet installs the 7 most useful plugins for you (to keep your site safe)**

We want to make starting a successful blog or website streamlined and easy for you. That’s why the BADNET team installs 7 of the most useful plugins available for you. The plugins are current and tested tools to optimize your website as well as help with SEO, spam prevention, and more!

**h. You get a 90 day money back guarantee from the web host, just in case**

Not sure if a blog or website is for you? No problem.

Your hosting plan with BlueHost is fully refundable for the first 90 days. That should be plenty of time for you to figure out if you made the right choice, though we’re certain once you start building your vision of a great blog, you will not need a refund!

**Can you use Badnet to start a blog if you don’t want to blog as a business?**

Yes, you can. 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. And 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!

**i. How do you start your Badnet blog in minutes?**

These are literally the only 3 things you need to do to start your blog. It should take you less than 2 minutes of actual work to do them. Just follow the 3 steps listed below...

<table>
<thead>
<tr>
<th>Step 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pick a domain name for your blog. Your domain name will be free for the first year. Time: up to you.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Step 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Click on this link and purchase your basic web hosting package at BlueHost. Cost: as low as $3.95 per month (paid annually). Time: 1-2 minutes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Step 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Click on this link and fill out this quick, easy &amp; secure blog set-up request form – then hit “enter”. Cost: zero. Time: 20-30 seconds. You only have to enter 5 pieces of information and then you are done.</td>
</tr>
</tbody>
</table>

That’s it. Your 3 steps are done and your blog is in the works. It took you about 2 minutes of actual work and Badnet will do the rest. After you complete the request form you will receive a complete, ready-to-go blog in less than 24 hours, even on weekends.

**j. As you can see, starting a blog just makes sense.**

We have all wanted to leave the rat race and get a bigger piece of the pie while not wasting our lives away behind a cubicle. The one way that everyone in the world can make their own money and make their own schedule is by starting a blog.

**Remember, there is no better time than RIGHT NOW. The first step is simply to take action.**
Blogs are powerful, blogs are profitable, blogs are hidden in plain sight and blogs are still in the gold-rush stage. Get in on the gold rush NOW because people *still* don't understand how powerful blogs can be. But you understand how powerful blogs can be, you understand how easy it is to start a blog with Badnet...

The question is, will you start digging for gold? *Or will sit idly while others get rich?*

I always wanted to live free like Rambo, so starting a blog was an easy choice for me. *For you? Well, like the Beach Boys always said... 'God only knows.'*

Until next time.

The man,

Victor Pride

P.S. Here are more details of the Badnet special: [How to Start a Blog with Badnet](#)
The #1 Absolute Rule Of Success

The principles of success are always the same, and they all boil down to one thing. Some call it the 80/20 principle (but I don’t agree with that, you’ll see why later). Gary Keller, the mad genius behind Keller Williams Real Estate, literally calls it The One Thing. A fallen soldier named Chin-Ning Chu, the best female author to have written of success, called it Do Less, Achieve More.

Victor Pride calls it going from A to B in a straight line instead of going from A back to A in a circle. What is it? It's the one true way you find success.

The way it works is very simple...

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>You have a limited amount of energy in a day.</td>
<td></td>
</tr>
<tr>
<td>You can use that energy for any thing or for many things.</td>
<td></td>
</tr>
<tr>
<td>The amount of energy you have is still the same no matter what you use it for.</td>
<td></td>
</tr>
<tr>
<td>If you use your energy mostly for one thing, you will be able to give most of your energy to one thing.</td>
<td></td>
</tr>
<tr>
<td>If you use your energy for many things your energy will be spread thin.</td>
<td></td>
</tr>
<tr>
<td>The decision to make it this: do one thing at your best or do many things at less than your best.</td>
<td></td>
</tr>
<tr>
<td>The amount of energy you have in a day is still exactly the same.</td>
<td></td>
</tr>
<tr>
<td>What you can control is how you focus and channel your energy.</td>
<td></td>
</tr>
</tbody>
</table>

So let’s say you want to create something or you want to make a million dollars online, what's the best way to do it? Is it best to spread out your energy and work on multiple projects or is it best to give the bulk of your energy to one thing until that one thing is finished? Unfortunately, and not for lack of trying, no one ever made a million dollars by spreading themselves thin and working on too many things at once.

Big money requires big energy and big money is always made the exact same way... By focusing the bulk of your energy into one viable project.

Try as they might, the folks who jump from project to project never seem to get the fat payday they’re after. Spreading yourself thin keeps the wallet thin. Focus and determination keep the wallet fat. In this instance, fat wins and thin loses. Fat pockets are rockets to the next level. To get fat pockets, total focus is required.

Do you know the 80/20 principle? The 80/20 principle states that roughly 80% of the effects come from 20% of the causes.

I have found the opposite to be true when it comes to creating the work that pays. Think about it like this: put 80% of your daily energy into the most important project that will rocket you to the next level of success. Spend the remaining 20% of your energy on the extras.

Fat wins, remember? That's why we use the fattest part of our energy (80%) to make our wallets fatter, and we do it in the only way that works... By focusing on one thing at a time, to the detriment and the exclusion of all else. I've found this rule of success to be true over and over. Each time I expand focus, business slows. Each time I narrow focus, business grows, irrespective of time and frequency.
In my career, focus has always beat time and frequency. So what do I do?

I ignore time, I ignore frequency and I focus on doing the one most important thing I can do. I do that until the one thing is accomplished. With focused energy and a step-by-step plan, it's simply not possible to fail in the long run.

The only way to fail is to quit. What happens when you quit?

When you quit, you start at A and you end up right back at A. Like a chicken with its head cut off; running around in circles.

What happens when you focus 80% of your energy, every single day, on one project with a single-minded determination?

You go from A to B in a straight line instead of always going from A back to A in a circle. And your pockets get fatter and fatter, just the way you like them.

Success is easy if you just focus on getting from A to B before you think about getting to C, D, E, F and G. Doesn't matter what you call it. 80/20 principle, the One Thing, Do Less, Achieve More. All is same. It only matters that you get from A to B, and the way you get from A to B is by focusing the bulk of your energy on one project. When you do, there is no limit for you. A becomes B becomes C becomes Z before you know it... But then again, that's only if you don't lose patience and try to do too much when all that is required is less.

On the other hand...

If you can eliminate the many and focus on the one, you can go from A to B in a straight line and make your pockets fatter than fat. You see, it's very easy to be a rich man... If you just stick to the plan.

Until next time.

Your man,

Victor Pride
A long time ago there was a great samurai who was cast out, doomed to wander the earth in search of the truth. This man was a *ronin*, a former slave without a master. In his travels he built a reputation as the greatest swordsman of the time.

**Great swordsmen tend to also be great wordsmen and this swordsman was no exception.**

His name was *Musashi* and he wrote *the Book of Five Rings*, which we still study to this day. His masterpiece, however, was a list of 21 rules he wrote on a scroll before he died in the mountains. He called this last work *Dokkodo*. It means... *The Way of Walking Alone*.

The Dokkodo is Musashi's 21 rules of life. He wrote these rules for his greatest student.

Victor Pride, a great student of the game, took these rules to heart. Musashi's 21 rules formed the basis of *New World Ronin*, whose inside title is... *The Way of Working Alone*. In Musashi's time, a ronin was cursed to wander the earth without purpose.

Today, a ronin is blessed to wander the earth in search of truth, justice and getting paid. He can walk his own path and work his own way and make it pay. Thanks to the magic of the internet, you can do anything you want today.

Anyone can not only make good money today, anyone can make a million dollars seemingly out of nowhere. You can commit corporate seppuku, create your own business and live your own reality. To do it, all you need is your code, your way, your core values, your rules.

**These are them...**

### 21 RULES OF THE RONIN

These rules are for the greatest students of Victor Pride's New World Ronin.

*Note: Musashi's Dokkodo in bold, Pride in standard text.*

1. **Accept everything just the way it is.**

   The world is as it is, not as we wish it to be. Understand the world works in this way, not in the way it should, but in the way it is actually. You must work in this paradigm or you will find nothing but disappointment.

2. **Do not seek pleasure for its own sake.**

   Gluttony is gross. Keep your body and mind sharp. Too much pleasure dulls the senses. Your senses must be sharp because you have only yourself to rely on. Drill sergeant and soldier all in one.

3. **Do not, under any circumstances, depend on a partial feeling.**

   Unsure actions produce unsure results. Always be sure of victory in your mind before you set to achieve it in reality.
4. Think lightly of yourself and deeply of the world.

You cannot fool people today. The world is too smart thanks to the Internet. Never try to be too clever for your audience, instead, be genuine. Genuine men and women develop true followings, in-genuine men and women develop followings based only on favors. Make them feel good, they’re yours. Do them a phony favor, they’ll forget as soon as the next snake offers new phony favors.

5. Be detached from desire your whole life long.

The journey is the reward. Being too attached to desire is a mental prison.

Detachment from desire keeps you cool, calm and collected.

6. Do not regret what you have done.

What’s done is done. Regret is a wasted emotion. The past cannot be undone. The only thing you can get from lamenting the past is self-doubt. It is outlawed for New World Ronin to reflect and ponder.

7. Never be jealous.

Jealousy clouds the brain and stops you from learning.

You could only be jealous for one reason: you want whatever it is you’re jealous of. Jealousy is anger and anger turns off the part of the brain that thinks. Don’t be jealous, be curious. Curiosity will make you reverse engineer whatever it is you want and then you will understand how to accomplish it. But only if you let go of the choice of Jealousy and adopt Curiosity.

8. Never have a mind of adherence and attachment to all things

Like Victor Pride once said: “Stuff doesn’t matter.”

9. Resentment and complaint are appropriate neither for oneself or others.

Complaints and resentment are nothing but negative energy. Negative energy is worse than useless, it is harmful for you. Negative energy produces the fight or flight response which is responsible for stress. Living well is hard enough before you make it more complicated with complaints. Save yourself some hassle and never complain.

Remember rule #1? Accept everything just the way it is.

“Accept the things you cannot change, change the things you cannot accept.” – New World Ronin

10. Do not let yourself be guided by the feeling of lust or love.

“A good girlfriend is a good little soldier.” -New World Ronin

11. In all things have no preferences.

It is what it is. Work with what you’ve got. If you’ve got nothing, work with your brain. The mind is where choices and preferences are made. The choice to have no preference is exactly that – a choice.

“Be like water.” – Bruce Lee
12. **Be indifferent to where you live.**

Too much preference in where you live is limiting. When it comes time to die and you’re allowed to reflect, you will find that the worst accommodations you had were the best accommodations you ever had. That’s where you felt the fire and the drive to do great work.

13. **Do not pursue the taste of good food.**

Overeating is bad for the brain. You need your brain to work. Do not slow the brain down with grease, extra fat, sugar and too many calories. Eat enough to live with energy. Do not eat so much that it robs your energy. Food is energy, if it doesn’t energize you; you ate too much or too little. Eat just enough.

14. **Do not hold on to possessions you no longer need.**

*Live like a Spartan. Possessions hold you back.*

You may want to travel the world but if you have too much stuff, you never will. I routinely get rid of all of my stuff and it is always a cathartic process. In fact, B&D started when I got rid of everything that didn’t fit into a suitcase.

15. **Do not act following customary beliefs.**

Everything they do is wrong and everything they tell you to do is wrong. Do the opposite of what everyone else is doing. If they’re jealous, never be jealous.

16. **Do not collect weapons or practice with weapons beyond what is useful.**

Too much stuff is like too much food, it bogs down the mind. It's a burden on your back. When you follow the way of the Ronin, you need not extra weapons. Frankly you can run your entire business from a smartphone. Have what you need for business and do not worry about more.

*Too many options = no options chosen.*

When you have only a few options you must get creative. In fact, creativity only exists in constraints. When you have no constraints, you have no limits. Great in theory, but in reality when you have no limits you never make any choices. Analysis paralysis, dirty kitchen etc.

*Keep your arsenal simple.*

17. **Do not fear death.**

The biggest fear people have is dying, which is silly. Everyone on earth will experience death. It is not a smart use of time worrying about the inevitable.

*“The whole secret of existence is to have no fear. Even death is not to be feared by one who has lived wisely.”* – The Buddha

18. **Do not seek to possess either goods or fiefs for your old age.**

You cannot take it with you when you die. Greed in old age is pointless. The last rule of the New World Ronin is: “Give back to the Gods.” This is the time you use your accumulated wealth for good.
19. **Respect Buddha and the gods without counting on their help.**

   Like the Buddha said: ‘*What you think you become.*’

   The gods will not give it to you; they will simply make it possible for you. Respect that, but follow your own path and rely on the most high – yourself.

20. **You may abandon your own body but you must preserve your honor.**

   Your body will die; your legacy has the ability to live forever. A dishonorable life precludes a lasting legacy. This is the information age, nothing can be hidden anymore. Thankfully our weapons are words and not swords, and words are slightly less likely to get you killed.

21. **Never stray from the Way.**

   All falls apart when you stray from the way. Stay centered, stay focused, stay Ronin.

   *This is the way of working alone, do not ever stray from it.*

**Until next time.**

**Your man,**

**Victor Pride**
April – 2017

17.4.2017 – How to Find Some Beautiful Place to Get Lost

Lost At The Beach of Peace

Every morning I've been waking up around 4A.M. and going to the beach of peace. I don't go here so early because I want to be alone in solitude, lost in thought or something like that. I go here so early because that's the best time to go, which I found out by accident... I woke up the first day here at 3:30A.M. and she wanted to see the sunrise so we went to see the sunrise.

How can anyone say no to this request?

The beach was only a few minutes from the hotel so that's where we went. What I saw there shocked me... At 4A.M., the beach was full of people. I'd found some beautiful place to get lost, and it turns out a lot of other people found the same place. I couldn't believe the beach was so busy, but who cares about believing. Believing is for people who don't have eyes and cannot see. I went there and I saw it – a packed beach before sunrise.

So that's what I do every day now. I rise before the sun and I go to the beach of peace.

I watch the ladies exercising, I watch the people swimming, I watch the old men watching the girls. In the distance I can always see Monkey Mountain and the bright white lady who lives there. Her name is Lady Buddha and she is hard to miss. So early in the morning, before the sun washes the fog away, she is lit in brilliant white and the pink mist envelopes her. She is 30 stories tall and can be seen from anywhere in this city.

I went to see her up close and personal but to be honest I prefer to gaze at her from a distance. Up close and personal she loses a bit of her mystique, but from a distance I can feel her warmth. In the morning the horizon is a pink mist, Lady Buddha is bathed in fog, partially hidden in clouds, but always shining bright white. Her warm aura envelops the beach. When the sun rises she disappears for a moment so you have to come before sunrise to feel her true warmth. Even after the sun rises I can still see her shadow, she is always lit, always watching over this city.

I love it here and I come to the beach every morning. If you get here too late, like after sunrise, the magic is already gone, so you have to wake up early. Thankfully it's not hard to wake up so early. The distinction between night and day just isn't there. Whenever, wherever, however. People are outside at all hours of the day or night. It's not like Venice Beach where the only people out at night are bums on drugs. No one does drugs here and there isn't a beer in sight. In the early hours of the morning, everyone is warm.

All people are outside here, there is no fear, there are no muggings, there are no bums. There are just people who love to be outside among other people. At 4:57A.M. there are too many people on the beach to count. All are doing exercise in the natural way. Walking, swimming and stretching the body. There are no fat people.

People walk by me and they say hello with a big smile and they wave. I'm a simple man, when people smile, wave wildly and say hello to me I cannot help but smile back. Maybe I'm a sucker but all you have to do to win me over is be nice without fear of looking too nice. When people say hello to me and wave it makes me happy in a way I don't want to explain. Where I come from, people don't act like this anymore. They're too cool I suppose. That's why I found some beautiful place to get lost.
You should see it, it is really amazing. Close your eyes, I'll try to help you to see it...

Imagine a group of nice people walking by you, smiling, waving wildly and saying: ‘Hello,’ and having no intention to cheat, rob or harm you. You cannot do such things under the enchanting gaze of Lady Buddha. That's why I'm here and not anywhere else.

Where am I?

Friend I don't want to ruin a good place by telling bad people about it. But I can give you one hint. If you can play true detective you can find it. Here's the hint... If you can find Lady Buddha at the base of Monkey Mountain, you can find a beautiful place to get lost.

Maybe I can see you here some morning and we can be lost together. Wouldn't that be nice?

I just hope you aren't too cool to say hello. That's all I want really. Just say hello to me and mean it. I will respond in kind because under the benevolent eyes of Lady Buddha I cannot be anything other than kind. No one can and that's why I'm in love here.

Until then.

Your man,

Victor Pride
20.4.2017 – Return of the Firestarter and How to Deal with Little White Liars

‘Live a slow life to feel paradise,’ she said to me.

She was always a fountain of truth (and youth). All the others lied but she never did. So why did I leave? I don't know. No other option I suppose. After 15 months we met again in a lost city that no one knows about. After so long she was mostly the same. She looked better, healthier. She was way more confident and comfortable. Her English was better.

When I went to go get her so many years ago she was just a little girl really. She didn't know anything, just a bit of English. She was 20 years old but 20 years old in Vietnam years is a lot like 15 years old in US time. Back then she didn't know anything. She'd never owned a refrigerator. She'd freeze our food every single day and thaw it every single day to cook it. She couldn't tell a taxi driver where to go because she didn't know how. It's not her fault, she had zero experience. Hamburgers and hotels? Get real. I bought her her very first pair of sunglasses. All her life was spent with her mom in the poor part of town.

She was blank and that's exactly what I wanted, a blank canvas to paint my own picture. I knew I was entering a phase that no grown female could tolerate. I lived like a monk. I was obsessed. I barely spoke. I saved all of my words for the work. I was a freak. I was born a freak but I carefully nurtured it as well. I'd look in your eyes and burn a hole in you. I was seething. I just was. If I was able to fall asleep I'd dream of smashing N__’s head into a brick wall repeatedly. Just over and over and it would last all night. I'd wake up and only 5 minutes had passed.

All these years’ people think I was alone. Get real. If I was alone I didn't know how I could tolerate it. I'm a crazy person when I'm alone. I don't care about myself I only care about other people. When I don't have anyone to care about I self-destruct. So I wasn't alone, but my mind was on fire. Look into my eyes and you didn't see a human. You saw intensity looking through you, not at you. I'm slightly calmer today, but back then? If I looked at you I’d burn a hole in your soul. I. Will. Burn. A. Hole. In. You. I will eat your soul because it's either yours or mine and it won't be mine. Get it? I had to get it all out. I didn't go out. I didn't have friends and I didn't want them. All I wanted to do was burn holes in souls.

I needed someone at home to take care of me. I need the opposite of me. There is no balance in me. It does not exist. I’m pedal to the metal. The God of War lives in me. My intensity is completely unrivaled. I needed complete calm in my daughter. Back then I was so angry. I needed someone to take care of me. Like a mom? All these years and you still don't know me. She's my daughter not my mother.

Demons came to me in my sleep and I needed her to protect me. She was there before I made a million dollars, she was around when I was down to my last $500 when she got stuck in Cambodia on a botched visa run. She was there the day I stopped worrying about money. She was there when 4 grand was enormous to me. All these years now she is the only one who was ever true for me. Everybody else lied to me and I can't get over being lied to. I trust everybody because I trust myself. I hate liars like I hate being on fire. I want to set every single liar on fire. I hate all of them and I make all comfortable liars uncomfortable.

She is the only one who ever said the truth to me. She was there to protect me, not the other way around. A poor girl from Vietnam who never had a chance in life and now her passport is stamped more than yours. No one but her mom and me ever cared about her. One time she got lost in Cambodia, she was so scared when she called me crying, saying they wouldn't let her back into Thailand. I wasn't scared at all.

I am strong like concrete and I found a way to get her home. She could have been kidnapped and sold into slavery and I could have lost her forever. They would have killed her pretty quickly when they found out she was soft and sweet like a child not hard like a whore.

810
No one but me appreciates her kindness and happy spirit. Thankfully she is always safe because I would strangle anyone who hurt her and I would stare in your eyes while doing it. I would strangle ten men easy. It’s not skill, it’s will and I have the will to kill for her. Feelings? Nah, just killings.

I walked the streets of Bangkok one night after she left to take out the garbage and never came back, hoping I would not find her body floating in the river. I found her an hour later crying by the pool. I looked at her hard and said don’t ever do that again, then I hugged her and let her cry on my chest. She’s my fountain of youth and truth.

You can't hang with me if you lie. You just can’t. I will set all liars on fire. If you lie to me I will use my words like gasoline and I will make you burn. I will set you on fire and I will make you hurt. I eat your lies like breakfast and I spit fire back into your face, you cowards. A little white lie is still a lie.

Yes, I’ll eat your soul but I’ll never lie about it. I’ll look right into your eyes and tell you to your face that I will eat your soul. Like every word that comes out of my mouth, I mean it. My words are gasoline, lie to me and I will spit them in your face and set you on fire. A little white lie is the worst kind of lie because it's the lie of a coward. I will bully every coward until they stop lying or until they run away and die.

You ever notice that couples look like each other? Miserable. People look at us and become confused. We’re so different, how could that be? It’s simple really. You ever see the yin and yang? That’s what we are. I am intensity personified and she is the opposite. Without my yang I am insane. You can’t be with me if you have attitude, I have enough for the both of us. Live a slow life to feel paradise she said to me, of course it’s true. Will I do it? I sure doubt it.

I am not a human being, but she is and that’s good enough for me. If she can live in paradise I will live in hell. Just don’t leave me alone, like she always said to me. How could I? There are no others. They are all disgusting liars. It’s just her and me, don’t you see? It’s just you and me. So why did I leave her alone? Because the way to heaven is straight through hell. Or maybe I don’t know. I’m a castaway, that’s all I can say, and to be alive sometimes you have to go die. Rebirth comes with a price.

You have to leave me alone when I’m working. If you break my flow I will eat your soul. For a lot of ladies that’s real hard to deal with. That’s why I don’t deal with ladies; I like girls who have nowhere else to go. It’s easy to develop the patience of a saint if you've got nowhere else to go.

If you knew her real name you’d never doubt me. Meant to be, and impossible to be an accident. Nothing ever happens to me by accident. I've been guided by the Tao this whole time. When I left the Tao I lost my way. Like they say in the movies, I went off the reservation. But one thing I never did was tell a lie. I am the most honest human being on earth. Can't handle it? Good. Get the fuck out of my way. Go away and burn to death.

I accept all people on earth but I don’t accept liars. That leaves only her and I. Everyone else tells me lies. I push you all and you all crumble like cowards. A little Vietnamese girl is stronger than all of you because she tells me the truth, especially when it’s hard to say and hard to hear.

I live hard and it’s not possible to live hard with little white liars, so concerned with feelings, like legal aged children but worse. Children haven't learned to lie like you. So what is there to say or do? Set yourself on fire I suppose. Who knows, you might kill that coward in you. If it’s too hard to set yourself on fire, just tell a little white lie to me and I’ll do it for you. For me, destruction of comfortable liars is just easy. Like the Prodigy said, I'm the twisted firestarter and if you ever tell a little white lie to me I will set you on fire and I won't even stick around to watch you burn. Comfortable liars make me uncomfortable so I have got to go, Joe.
Forget “mindfulness”, it’s blah-blah gobbledy-gook.

The best art is MINDLESS. Without thought like an idiot.

The work is in the soul; it's not in the mind and never was.

It has always been deep within you, thinking too much prevents it from escaping.

It’s mindless! Empty your mind like Bruce Lee's water.

Let it come out not by thinking, only doing.

It is always there in your heart and in your soul.

Let it flow, be in flow, be gone, be out of this world, be in the world of the work.

Thinking is black and white, full color comes to you only when you let go of thought, when you let go of reason.

There is no reason, there is expression of your heart and that's all there is.

Everything else? Gobbledy-gook.

How can you be mindless? I cannot tell you and that's the point. Only your soul knows.

Instructions are for thinking people, and thinking people never created the great art. Thinking people only created the study of great people.

Want to be great? Stop trying, stop studying, start doing.

Lie down and hold your breath and it will come to you.

Take 30 of the deepest breathes from your mouth, exhale and let it all go.

Let the thought exit your mind, this is where the true you enters, the spirit, not the thinker, not the worrier, the artist who creates the greatness in full color.

Blow up your belly like a balloon, then let it all out and be mindless like a buffoon.

Stop thinking good or bad, stop thinking happy or sad, just be you.

You are the one. It's not them, it's you.

If your art is sincere it is not possible to be less than great. Sincerity does not need thinking, it is pure feeling, and pure feeling equals pure killing.
Worrying about word count is still worry, worrying about approval is still worry and people hate to smell your worry like they hate to smell your shit.

They want to smell the roses that come from you when you let go and just be honest.

Give them roses, give them waves, give them everything they have always wanted to be but cannot.

Can you do that?

Don't answer yes because that's a lie. If you could, you would. If you cannot, your answer is a lie.

If you answered no, just sit back and watch the show without speaking. The fire will absorb into you and you will become it in time (if you stop speaking and start absorbing).

Stop speaking!

Speaking is leaking your greatness little by little.

It should flow out like a backed up dam, pent up, and ready to blow and flow.

Hold it in, let it build up, when the time is right to blow – let it.

That is **FLOW.**

**THAT IS FOCUS.**
The Actual Steps To Making a Million Dollars Starting With Nothing

A million dollars would make you a rich man, wouldn't it? Yes.
A million dollars would make you a millionaire, just like me.

Many people cannot admit they love being a millionaire, but I can. I love it. Not because of all of the nice things I can buy, but because it's all a game and money is how we keep score. Speaking of keeping score...

<table>
<thead>
<tr>
<th>According to the secret book of ancient wisdom of the samurai, the Hagakure, a certain swordsman in his declining years said the following...</th>
</tr>
</thead>
<tbody>
<tr>
<td>In ones life, there are levels in the pursuit of study.</td>
</tr>
<tr>
<td>In the lowest level, a person studies but nothing comes of it, and he feels that both he and others are unskillful. At this point he is worthless.</td>
</tr>
<tr>
<td>In the middle level he is still useless but is aware of his own insufficiencies and can also see the insufficiencies of others.</td>
</tr>
<tr>
<td>In a higher level he has pride concerning his own ability, rejoices in praise from others, and laments the lack of ability in his fellows. This man has worth.</td>
</tr>
<tr>
<td>In the highest level a man has the look of knowing nothing.</td>
</tr>
<tr>
<td>These are the levels in general. But there is one transcending level, and this is the most excellent of all.</td>
</tr>
<tr>
<td>This person is aware of the endlessness of entering deeply into a certain Way and never thinks of himself as having finished. He truly knows his own insufficiencies and never in his whole life thinks that he has succeeded. He has no thoughts of pride but with self-abasement knows the Way to the end.</td>
</tr>
</tbody>
</table>

It is also said that a certain swordsman in his declining years once remarked...

‘I do not know the way to defeat others, but the way to defeat myself.’

The swordsman then added his final advice...

‘Throughout your life advance daily, becoming more skillful than yesterday, more skillful than today. This is never-ending.’

Then, a great wordsman in his prime chimed in to offer his humble advice...

‘The game doesn't end, so finish what you start.’ – Victor Pride
33 RULES ALL FUTURE MILLIONAIRES MUST FOLLOW

These are the 33 Rules of the Million Dollar Man. Implement these rules and win. Dismiss them and lose. Like the girls around these parts say: ‘Up to you.’

1. **FINISH WHAT YOU START.**

Understand the vital importance of finishing what you start. Finish what you start or just don’t start. If you aren't going to go all the way you aren't going to get even a fraction of the rewards. Rewards go to people who finish what they start, rewards never go to quitters.

2. **STRATEGY IS KEY.**

The why is the Way. All of the steps mapped out for you mean nothing if you do not have an understanding of the principles of power that govern success. Understand the principles and the steps to power and wealth are easy. Dismiss the principles and the steps to wealth become impossible to climb.

3. **CULTIVATE PATIENCE.**

If there's one quality you need more of in this game, it's patience. Patience is percolation in this game and success comes when you're busy doing other things. It never comes when you're impatiently waiting for it. Do the work, move on and repeat. Never look back to see if success is running after you – it never is unless you're too busy working to notice.

4. **UNDERSTAND THE GAME NEVER ENDS.**

If you get into the game with a dream of some golden day where you can quit and eat barbecued supple whole pig and be served by island girls forever you can forget it. People die quickly after retirement for a reason – retirement is deathly boring. The work is the only thing that is truly fulfilling and everything else feels like death if the work is gone. Don't retire and don't even think about it. Work until the end.

The game never ends so always finish what you start. Remember?

5. **LEARN BEFORE YOU EARN.**

The number one thing young guns lack is the concept of patience. You've got to learn before you can earn. Learning cannot be skipped. You have no right to expect to make money without first doing intensive and intelligent preparation.

6. **MAINTAIN YOUR CENTER-LINE.**

Your center-line is your core values and character. Always maintain center-line, even if you veer left or right, always correct yourself and maintain center-line, your key message.

7. **START AT THE START.**

Start at the start sounds obvious but just because it's obvious does not mean it is understood. Many want to start at the end, when they're already rich, and they want to skip all of the steps that make a man rich in the first place.
8. **TAKE TIME TO DEVELOP CHARACTER.**

Before you can maintain center-line, you must first understand your own character, core values and message. These things take time to develop. Patience is percolation, remember? Give yourself the time you need to develop true character. It's the only way you will ever have a purpose and a message to give.

9. **EXPECT NO REWARDS.**

If you expect rewards you will not last in this game. The message is first. The need to spread your message is first. Without it you have no center-line, you have no core values, you have no character, and lastly you'll have no money.

10. **CREATE THE GREATEST WORK YOU CAN CREATE.**

Release the best possible work you can create, especially in the beginning, middle and end of your career. Quality always wins.

11. **LET THEM FIND YOU.**

Searching for an audience is fruitless. They're already searching for you. The way you let them find you is by creating great work, not by wasting your time searching for an audience when your time could be better spent creating the work that creates the audience.

12. **CREATE SCARCITY.**

Create scarcity, increase respect and command a premium.

13. **FOLLOW THE 3-ACT STRUCTURE OF HOLLYWOOD.**

Every story is told in 3 acts. Master the understanding of the 3 acts and you will be able to tell effective stories. Doesn't matter if it's writing, video or audio, all great stories follow this structure: Intro – middle – outro.

14. **CREATE SOMETHING WHICH IS OF VITAL IMPORTANCE TO SOMEONE ELSE.**

Many people think only about how much money they might make when they set out to create a product. Wrong way to make money, right way to get nowhere. To get somewhere, make a product that is vitally important to someone else. Money is not the real story! It's the reward for doing the right thing in business. Not the right moral thing, the right thing that actually works.

15. **DO IT PRO FROM THE GET-GO.**

Save yourself some time and just be a professional from the very first day you start. The only difference between a professional and an amateur is attitude. An amateur is whatever, man. A professional has a plan, a structure, a center-line to maintain and he does not waver.

16. **LEARN TO TELL THE GREATEST STORY EVER TOLD.**

Every great story is about the same exact thing... The greatest story ever told: a man in a hole and how he got out of it or didn't. Learn the story, tell it in the 3 act format and you've stopped being the audience and you've started being the entertainer.
17. **CONQUER THE FEAR OF SUCCESS.**

Nobody is out to get you more than you’re out to get yourself. [You are your own #1 enemy to success.](#) You must learn to let go of what you think are other people’s opinions and you must move forward with your plans.

It is never other people who will stop you, it is your internal fear of what other people might think that will stop you. Just don’t listen because it isn’t true, you cannot predict what other people are actually thinking. All you can do is imagine what you think they might think. Waste of time. [Do the work and move forward.](#)

18. **DEVELOP THE SKILL OF SUBTLE SELF-PROMOTION.**

_Self-promotion is a bad word, let me finish, when you have nothing to promote._

That’s why losers get mad at self-promotion. It is not because you are promoting your own product, it is because they do not have a product to promote and they feel jealous. [Ignore them.](#)

_Winners focus on winning, losers focus and complain about winners._

19. **DO NOT BE REALISTIC.**

Realistic goals are a waste of time. Success is unrealistic. It is completely unrealistic to think you can make 50k per month [from a blog](#). A “realistic” person would be happy with an extra $500 per month. [An unrealistic person](#) would think 50k per month is too low and would make immediate plans for the 800k per month plan.

20. **TENSE NEVER WINS, BE LOOSE OR YOU WILL QUIT.**

You have to learn how to wait. Sorry, but you do. The game of success is a lot like everything else in life. You have periods of ups and downs. The down periods can seem boring, because they are. Embrace them as part of the game because they are.

_[You cannot have night without day.](#)"

21. **FOCUS ON THE NOW.**

Look at your clock as a way to predict what other people are going to be doing at that exact moment. Don’t look at the clock in an attempt to be lazy or in an attempt to feel rushed and stressed. Time is time and you don’t control it. You control what you do right now. And right now the time is now so put away the clock.

22. **DO NOT WORRY ABOUT FUTURE ‘WHAT IF’S’.**

The only thing that’s real is [right now](#). The past is an illusion and the future is determined by what you do right now. Do the work right now and forget about future what if’s. If all the work you could do right now is finished, that’s when you can dream up future plans.

_Do the work first, dream about the future second._
23. **COMMAND ATTENTION DON'T DEMAND ATTENTION.**

To make money you must command attention. You must be able to hold the attention of a crowd, not by demanding they listen to you (they won't) but by being so interesting, intriguing and entertaining that they have no choice but to give you their attention.

_That's how you command attention._

24. **UNDERSTAND THE SUCCESS YO-YO.**

We already covered this? Do not argue or back-talk the teacher. We cover this over and over because the down time is when people quit. When you understand down time is part of the game you will know not to quit. Success is a yo-yo. One day you're up, one day you're down and that's the way it is. Live with it and succeed or quit and live with that.

*Law of Reversal:* when the sun reaches the meridian, it falls. When the moon becomes full, it wanes.

25. **MAKE THE MENTAL CHOICE TO NEVER QUIT.**

Making a million dollars doesn't happen overnight. It doesn't happen when you're waiting for it. It certainly doesn't happen after you quit. It only happens when you _make the mental choice to never quit_ and you continue your work, no matter what.

26. **CONTROL YOUR YAWN.**

*Sneeze and yawning makes you look very silly. – The Hagakuri*

Yawning in front of people reveals a lack of self-control and character. Yawns must be controlled. When you can control your yawn, you control yourself. You must always be aware of yourself from now on. Not only are you a millionaire in training, you’re a role-model in training. Act like it.

27. **APPEARANCE IS EVERYTHING.**

*Business is war. Make sure your battle armor fits well.*

As a millionaire role-model in training you must “on” at all times in public. What people see, they believe. Start acting the part from day one. Soon the acting will stop and you will simply be the part.

28. **EDITING IS ALL.**

Editing is everything. It is the difference between the professional and the amateur, the difference between making money and not making money. What is editing? It is simply refining your message to make it appear in the best way it could possibly appear.

_Editing is everything. Editing is all and never forget that._

29. **UNDERSTAND THESE RULES AND WIN, DISMISS THEM AND LOSE.**

These rules were developed after 10 years as a _ronin entrepreneur_, experiencing many ups and downs. _These rules are the true way to a million._ “Make money tomorrow,” sells well but it never materializes. Money comes along with understanding. As a new millionaire in training you do not have an understanding. Understanding comes with time, not with reading a few words.
30. MAKE THE DECISION TO START BUILDING MOMENTUM.

The first rule is do not quit, but to even get to that point you have to make the decision to start. When you decide to start you have to think about your work as building momentum. Each new piece of work you release is another piece of the puzzle that is out there building momentum for you as you are busy doing other things (creating more work a.k.a momentum).

31. UNDERSTAND WHEN SUCCESS ACTUALLY COMES.

Understand success comes after you've done the work and moved forward. Success comes when you're busy doing other things. You must never fret, you must never worry.

“Those who do not know how to fight worry die young.” – Dale Carnegie

32. THE GAME NEVER ENDS SO LEAVE AN ETERNAL LEGACY.

You need patience because online success happens in the digital world. It comes after the work is done, when you're busy doing other things. If you quit, it stops. If you never quit, it never stops, it just comes in waves. The game never ends, so stick with it all the way to the end and ensure your legacy.

### The Way and Its Power

| If you understand others, you are astute. |
| If you understand yourself, you are insightful. |
| If you master others, you are uncommonly forceful. |
| If you master yourself, you have uncommon inner strength. |
| If you know when you have enough, you are wealthy. |
| If you carry your intentions to completion, you are resolute. |
| If you find your roots and nourish them, you will know longevity. |
| If you live a long creative life, you will leave an eternal legacy. |

33. USE THESE RULES AS GOSPEL.

These rules of the millionaire were developed by a millionaire to show the way for future millionaires. These rules were developed by me because it's lonely at the top and I want effective accomplices. These rules last as long as you last. It is not a one and done, because success never is. These rules have shown you the way, the philosophy behind the way and the steps you have to take if you want to make a million dollars as a blogger, vlogger or podcaster.

Follow the rules and learn the way to a million. And remember...

The game never ends, so always finish what you start. If you're going to start making a million dollars online, you really should not stop. You can't be a millionaire if you quit trying to make a million dollars. All you could do is go back to whatever it is you came from. If that's what you want to do, well, up to you. Personally, I'd choose to make a million. Am I really the only one who likes being a millionaire? It really does seem that way sometimes.

Until next time.

Your Million Dollar Man,

Victor Pride
My words are dual.

They are swords or they are medicine, that all depends on you. Many cannot handle the truth, like Jack Nicholson said. To those silly people who cannot handle the truth my words are like swords through their silly hearts.

Good riddance.

Any male who cannot stand the truth is nothing but a ladyboy and I spit on them... aaakthoo! To the few good men who are true, my red words are medicine. My words heal the souls of the formerly sick. This is the power of the mighty word of B&D, it can kill you or it can heal you. Like my concubines always say: ‘Up to you.’

Speaking of which...

35 years ago today, the God of a Million Red Words was born.

In honor of this great day, I give you my 35 secrets of life, liberty and the pursuit of God status. Pull up a chair, zip up your mouth and open up your ears because, Dorothy, you aren't in the land of ladyboys anymore. Where you live truth is but a fairy tale, a distant memory. Here in the land of the ruthless, truth is an abuse. And if I were to give you one humble piece of advice before you read these rules it would be this... Prepare to be abused.

35 Rules for God-Men

1. Be humble.

I've always been very humble.

It's one of my greatest qualities and it has allowed me to do great business over many years now. Like me, the great God of internet business, you must remain humble if you want to stay in business. Arrogance is fine and fun, but it should be pretend arrogance!

True arrogance turns you into a moron. It stops you from thinking and reasoning. You lose sight of everything that got you to the dance party in the first place so stay humble (on the inside only). On the outside, it is perfectly appropriate to show confidence bordering on arrogance.

2. Be the center of the universe.

Now that you’re perfectly humble, you need to also become the center of the entire universe. The world must revolve around you. “But isn't that, like, not cool man?” It’s not cool for go-nowhere Johnnies. For the great’s aiming for God status, there is only one way to get there – make yourself the star. People must go to you in the dark and return illuminated. What they cannot see, you must be able to turn on and make them see, like a light-bulb.

YOU HAVE TO BE THE LIGHT.
3. **Be outrageous.**

When I describe a day in my life to a normal person their eyes pop out of their head. When they ask me what I do for a living, the only thing I can say is professional gentleman of leisure. To them it's outrageous, but to me it's nothing but normal. And that's exactly where you want to be – the spot where outrage becomes normal. **Look at me with a Tiger.**

4. **Never lower yourself to the status of an average citizen.**

As a God in training you have higher standards now. You must be more, achieve more, believe more and aspire for more. This is something that average Joe and Jane do not do and you must never lower yourself to their level. If you do, you may not ever climb out of that dark hole. You must always be more and have higher standards, to the point of being conceited.

5. **Be selfish and conceited.**

You cannot be confident unless you're selfish and conceited. Do you know what self-confidence really is? It is a confidence trick and you only have it if you are **SELFISH & CONCEITED.** If it doesn't have anything to do with me, I don't care. I'm the hero of the story, not the innocent bystander, and you should be too.

6. **Make yourself the hero.**

You have to see yourself as larger. If you don't, no one else will either. It all starts with the man in the mirror and you have to believe that man is larger than life. **When I look in the mirror I see the greatest man who ever lived.** Rich, handsome, witty and humble. I have it all, and there is a reason I have it all... Instead of waiting around for a miracle like you do, I decided to take it all. You must see yourself as the hero of the story, never as the victim and never as an innocent bystander. If you are not the hero then you are the zero. Zeros do not get to enjoy heaven.

7. **Reinvent yourself as your own heaven.**

You can change your reality at will. You're never stuck with what you "are” because what you are is irrelevant. Who gives a shit what you “are”! Only losers are bound by what they are currently. We all start the same. We're all people. I'm a person, you're a person, and that person over there is a person.

No one is more human than human so the only advantage is what you **believe.**

Losers are so afraid of sounding cliche that they never do anything; they stay paralyzed by that fear of being gauche. Men of power know that thoughts become reality and we don't give a good goddam if it sounds cliche.

8. **Disregard the rules of others, write your own rules and live by them to the end.**

Other people's rules do not matter to you. Rules are for fools unless you wrote the rules. In which case, rules must be followed. He who is without his own rules is without standards. He who is without standards blows like a tree in the wind, this way or that way, but going nowhere. Write your code, publish your code for all to see, live by that code until the very end. Publish your rules at your **own blog** which you started with the prestigious **Badnet** company.
9. **Don't listen to scientists and other experts.**

Science “experts” exist simply to tell you what you cannot do, and they're always wrong. Science is a theory and scientists always look unhealthy. If you saw a science zombie shuffling towards you on the street like Frankenstein you'd punch him in the face and say: “Get away from me, retard,” so it's crazy to listen to them in the first place.

10. **Kill over-thinking (don’t think about it, just do it).**

Don’t you know what Bruce Lee said? He said: ‘Stop thinking so much, stupid!’ I’m paraphrasing. Thinking too much does you no good. The problem with thinking is that it never ends until you make it end. If you don’t make it end you get stuck thinking things through for eternity. How many losers have you met who have read 1,000 self-help books but have never taken a single step in the direction of their goals? Think up your plans then turn off the brain and turn on the action.

It is only ACTION that gets you from A to B.

11. **Be certain of your ability.**

There is only one thing you need for success and it isn't talent, hard work, skill or any of that. It's a little thing called CERTAINTY! You must be CERTAIN of success because if you aren't certain only one thing will happen for you: nothing. You hear about **self-confidence** all the time but it's nothing. It's phony. Self confidence is nothing but a confidence trick, you win when you possess self-certainty. **My body of work** gives me the cocky aura of certainty. **No confidence required.**

12. **Never use words you don’t want to come true.**

Did you ever notice that successful people always talk about success and positivity and never about failure and negativity? There's a reason for that...

THE WORDS YOU USE BECOME REALITY.

This is why you must always be sure to use POSITIVE self-talk, even to the point of arrogance. Words are magic and they have a way of becoming physical reality.

<table>
<thead>
<tr>
<th>Two Rules of Speech</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Never use words you don't want to come true.</td>
</tr>
<tr>
<td>2. Always speak the things that are not (yet) as if they are so.</td>
</tr>
</tbody>
</table>

A lot of people will not be able to handle these rules of speech and that's why most people are struggle artists and very few people are **Success Gods.**

13. **Talk less, listen more.**

Don't talk so much, it is un-masculine and unbecoming of a deity. Each extra word that escapes your mouth is a chance to lose. We know words have power so we must use them sparingly and appropriately.

DO MORE LISTENING THAN TALKING.

You only learn when you listen; you never learn when you're running your mouth. John D. Rockefeller was so notoriously tight-lipped that many of his employees didn't even know what his voice sounded like.
14. Be completely free of embarrassment.

You have to believe with every ounce of your being that you are great. If you don't believe it, it's phony and the people smell phoniness like dogs smell pee-pee. If they smell your fear they will turn on you in an instant. This is why you must never feel embarrassment. Embarrassment is the same as doubt and doubt is for normal people.

Whatever you desire to be the God of, embrace it and never shy away from it.

15. Have high testosterone and low estrogen.

You cannot be a Success God if you are a whiner. Whining is not allowed if you want to be successful. But what about the poison environment that makes us hormonal (estrogenic)? Glad you asked...

Estrogen will make a whiner of even the greatest God-man, which is why it is imperative to KILL ESTROGEN with extreme prejudice. There is only one way to kill estrogen without getting a prescription from a doctor and no it isn't by eating a certain food (the environment is poison and all foods are poisoned with xenoestrogens).

The only way to kill estrogen without a prescription is by taking 3 tabs of Red-PCT from Red Supplements every day. Red-PCT has an ingredient called arimistane which kills estrogen dead. If you experience lethargy, brain fog, disgusting bloat-body, sour mood, or what my doctor calls every-day general faggotry you probably have high estrogen (from a poison environment) and you NEED TO KILL IT with Red-PCT.

Here is what a real God-Man (me) with low estrogen looks like.

16. Throw away the clock.

The hours in a day are long, when the clock is thrown away, anything can be done. Nothing will kill progress quicker than worrying about time. If you want to accomplish anything in this life... THROW AWAY THE CLOCK! When you throw away the clock you will realize one thing...

Time is a fraud and clocks are prison guards.

17. Forget ambition, cultivate aspiration.

<table>
<thead>
<tr>
<th>Ambition</th>
</tr>
</thead>
<tbody>
<tr>
<td>The desire to own and accumulate more stuff.</td>
</tr>
<tr>
<td>Aspiration</td>
</tr>
<tr>
<td>The desire to be more.</td>
</tr>
</tbody>
</table>

Don't you know the battle cry of the better man? Aspire for higher.

The more you become the less dependent you become on accumulation of stuff. To be more, get rid of more. Mastery is about removal of distraction, not addition of stuff.

18. Master an art or skill.

This secret eludes nearly all people who want success, but this is the real secret of success... You have to be really, really, really good at something. If you aren't good at something, you will always be nothing and it's as simple as that. Cry about it or get to work. Mastery means absolute and complete presence in the moment. You cannot be distracted and become a master.

‘But Victor,’ you may ask: ‘How do you eliminate distraction?’
19. **Throw your smartphone in the river and live your real life.**

The biggest killer of creativity in the world is sitting in your pocket right now. You check it constantly when you're bored or nervous. You check it out of addiction and habit. You have no control over it, you do it automatically. And it’s killing any ability you ever had to be creative.

**What can you do?**

**Throw your smartphone in the river and live your real life.** Creativity arises from boredom and time alone, spent pondering. Without boredom, creativity cannot exist; they are yin and yang like peanut butter and jelly.

20. **Live with hardship.**

They say the current generation suffers from affluenza, a sickness born of an affluent upbringing. And unfortunately for them, having zero strife in your life makes you crazy. When things are too easy, men become ladyboys and ladies become dominatrixes. It is only hardship that keeps you sane, strong, humble and sharp. It becomes impossible to deal with the slightest inconvenience when you live a life of extreme convenience and comfort, so live hard.

21. **Always look damn good.**

What do Jesus, Buddha, Shiva, Zeus and Ganesh all have in common? They all look damn good!

And that’s what you need to always do, always look damn good.

Like the Italians say, always be dressed to make love or die.

35 years old, still slender, sweet, and stupid like an 18 year old.

22. **Never admit failure.**

There is no such thing as failure unless you quit. If you don’t quit all you did is learn from your mistakes. Failure is not real, you either succeed or you learn. The only way to fail is to permanently quit. Admitting to failure means admitting you are a quitter. Don’t admit to failure unless you’re a quitter who just doesn’t care.

23. **Never say “I don’t know”.**

It takes a superbly intelligent man to say: “I don’t know.” Unfortunately being a God-man has nothing to do with intelligence and everything to do with self-certainty. The people in the pulpit never want to hear: “I don’t know,” they want an answer and to them anyone who “doesn’t know” is a fool.

Always have an answer and if you don’t know something, the proper response is, “I don’t care.”

24. **Give people what they actually want (not what they SAY they want).**

Regular people want what they want. And what they want usually isn't what they say they want. You have to figure out what they actually want and provide it. They have to feel good in your presence that is why you give the people what they want.

Like Master P. said, make sure the consumer is happy.
25. To beat the competition simply realize there isn't any.

Competition is something that second and third place need to worry about. There is no competition at the very top because competition is nothing but a mindset. Worry about competing and you will never be able to innovate therefore you will never be able to be at the top. “Competing” is an endless cycle of mediocrity.

When you compete, you try to out-do your rival. When you innovate, you correctly realize there is no rival, there is only the product and the customer. Like Rockefeller said: ‘Competition is a sin,’ and like Victor P. says: ‘Self-promotion is a win.’

26. Learn the subtle art of self-promotion.

If you aren't prepared to sing your own praises it isn't because you are humble, it is because you suck and you know it. Everybody sucks at one time or another so don't worry about it. Instead, concentrate on making yourself better. You want to be at the spot where you feel comfortable saying you are the greatest whatever.

If you can't promote yourself, who else is there to promote? Other people, who you feel deserve it more than you do. Promotion of others over yourself is for followers, and followers only crave one thing and it damn sure isn't success...

27. Never crave approval.

Followers crave approval because it seems as though approval will help you fit in and be liked. But that's not how it works. Seeking approval does the opposite of what you want it to. Like Jim Carrey said... “Your need for acceptance can make you invisible in this world.”

Care about people’s approval and this is all you will be to them: their prisoner.

Disregard their approval and this is all you will be to them: their master.

Disregarding approval is the way you become wildly famous.

28. Shun fame.

Chasing fame is a one way street to nowhere.

When you chase fame you take time away from doing the work that matters. Instead of chasing fame, you have to chase great work and self-mastery. If you're good enough, you will get famous without even wanting to.

If you aren't good enough, get better.

Do the work, fame will come when it comes, and that may be after you die, like Vincent Van Gogh. The people always find genius, but they find it at their own leisure. Deal with it. Van Gogh was unsuccessful during his lifetime, and was considered a madman and a failure. He became famous after his suicide, and exists in the public imagination as the quintessential misunderstood genius, the artist “where discourses on madness and creativity converge”. Good thing he was committed to his work, he could have died and been forgotten like nearly everyone else.
29. Be committed to the Success God game.

It isn't possible for you to work at something long enough and not get it eventually. Usually pretty quickly actually. If you stick with it. **SO DO NOT QUIT!** You marry this game and live with her 'til death do you part. And like females, the game loves you when you're cold...

30. Stay cold and brutal.

Nice people are nice enough but they're pussies and no one respects them. That's the way the world works. Nice equals being a pussy. That's why women break up with males who are too nice. Niceness is pathetic, it's phony and worst of all, it's apologetic...


These two words never leave your mouth: “I'm sorry.” I almost vomited even writing those pathetic words. The second you apologize is the second you cease to be a God and start to be a mortal (a.k.a a loser). **So never, ever apologize.** If that hurts your feelings, well, maybe you should cry about it.

32. Care about what you can control and nothing else.

Worry is unbecoming of a God. Worry is especially pointless because people only worry about things we cannot control. **If you can control it, you can fix it.** If you cannot control it then you cannot fix it and there is no use worrying. Worrying will only age you, make you ill and rob you of your Success God status.

"Don't worry, man, be happy." – Hippie Victor

33. Always speak the truth.

**The only difference between a God-man a regular old ladyboy is this: Gods speak truth.**

Only a confident man speaks truthfully. Cowards and ladyboys use half-truths and tell little white lies. It takes courage to speak the truth and only the courageous achieve God status.

34. Always be obsessed and patiently impatient.

Even if you don't have anything else going for you right now, you'll get everything in the end. If only you are obsessed to the point of madness and patient to the point of lunacy. It takes time to be great. You must be prepared to wait (and work) through this time. Average Joe thinks work needs to be done right now but the reality is this...

**Procrastination can be a form of incubation.**

All of my greatest articles took days or even weeks to write. That is because I do not rush, I am obsessively patient. I’ve repeatedly found that when you rush, you often stumble. Take your time and get the job done the right way. When you do things the right way you will finally...
35. Get up off your ass, enjoy your life and get out of the 9-5 jive forever.

Jobs are for slobs and slaves and you know it's true. Leave your job and live an adventure. The genesis of adventure is almost here in paperback...

“This book is inspiring and amazing.” – Victor Pride

This is the first volume of Bold and Determined, the most adventurous part of our journey. WARNING! After you read this book, you will no longer be happy and content with your job. After you read B&D Vol. 1 you will want more from life...

AND YOU WILL GET MORE.

But you will only get more if you follow the laws laid out in these 35 rules of the Gods and if you use the motivation dished out in Bold and Determined Volume 1. That is a goddamn guarantee.

Until next time.

Your man,

Victor Pride

BOLD & DETERMINED VOL. 1 IS AVAILABLE – YOUR ADVENTURE IS WAITING FOR YOU.
24.7.2017 – How to Leave Your Job and Live an Adventure

THE GENESIS OF ADVENTURE IS HERE!

Usually I’d write my letters from a coffee shop but today I’m writing to you from a McDonalds in Chiang Mai. We flew in early this morning. Since we flew in early, we just didn’t go to sleep last night. When we arrived around 2P.M., we went to sleep until 7P.M. and woke up to go find some food. McDonalds is what we found.

On the way out it started to pour rain so we did what anyone does in this part of the world, we sat back down, got out the weapons (laptops) and started to do some damn good work. Years and years and years and years now I've been writing my letters to you from restaurants, coffee shops, hotel cafes, anywhere really.

Anywhere but an office, that is.

I haven’t worked in an office in about ten years now and I damn sure don't miss it. I've been fortunate and resilient enough to turn any place into my office, even McDonalds. And you know what I've found? I've always done my best work in “out of the way” places. Whether it's a hidden beach in the Philippines or a McDonalds in Thailand, I thrive in these out of the ordinary spots... and I wilt on conventional spots.

To me, conventional places equal instant dissatisfaction and if I’m being honest, those places make me depressed. Fluorescent lights, people who shuffle around like zombies, no sense of purpose, neighbors who never speak. I hate that stuff! I need something to work for, I need something to believe in, I need to live life.

You know what I mean?

So that’s what I did. I said no more of that shit and I said ‘HELL YES!’ to doing what I want to do, when I want to do it and how I want to do it. I wrote it all in Bold and Determined Volume 1. If you’ve read the B&D archives, you've read B&D Vol. 1. And if you've read it, you know just how damn motivating it is. I recently re-read it and instantly I wanted to quit my job, travel the world and make stacks of cash... and that’s exactly what I’m already doing!

In the time since I've written volume 1, I've accomplished basically anything I've ever wanted to accomplish but goddamn boys, after re-reading it I had a new fire in my eyes. I felt that I haven't done nearly enough, and that's exactly the way you want to feel. You never want to feel content until it's time to bury your bones in the ground. Until then, never be content, always demand more, always be more, always achieve more and always...


Bold and Determined Vol. 1 on paperback – AVAILABLE MONDAY, JULY 31st.

Bold and Determined Vol. 1 is a collection of B&D blog posts in paperback, it is NOT new material, it is the oldest material. It is the beginning of our B&D journey. On Monday, July 31st you will be able to put B&D in your suitcase and take it with you when you go.

Because after you read Vol. 1, boy... YOU WILL NOT BE ABLE TO SIT STILL ANYMORE.

Guaranteed!

Until next time.

Your man,

Victor Pride

P.S. There are 3 volumes in total that will light a fire under your ass and make you jump into the first available airplane towards your chosen adventure.
Hello Friendly Friends of B&D!

Great news...

The Best of Bold and Determined Vol. 1 is now available on paperback and kindle.

Bold and Determined: Get Up Off Your Ass, Enjoy Your Life, And Get Out Of the 9-5 Jive Forever (Volume 1)

Bold and Determined Vol. 1 is the best of the beginning of Bold and Determined. It is not new material, it is the beginning material of B&D. Now it is available on paperback for the very first time. Grab you copy so you can keep it on your bookshelf or in your backpack.

Bold and Determined: Get Up Off Your Ass, Enjoy Your Life, And Get Out Of the 9-5 Jive Forever (Volume 1)

Read it each time you want a dose of MOTIVATION to live life on your terms.

Te way a man is supposed to!
**August – 2017**

**10.8.2017 – 21 Things Every 21 Year Old Should Do**

**How To Live Your Real Life**

**So you're 21 years old...**

**Does it seem like nothing makes any sense?**

It seems like everything you're told at 21 years old is the opposite of what you see with your eyes. Your eyes say one thing and your parents and relatives say another. You hear them talk about what you should and shouldn't do but they don't really have a clue. The words they say just don't match the reality you see with your eyeballs. It even seems like their advice is not meant to help you excel, it seems like their advice is meant to help you fail. It's not that their advice is bad-hearted, it's just that it's... wrong.

**And where does that leave you?**

**Stuck, lost, confused, maybe even depressed. If that's you, just what the heck do you do?**

**I'm so glad you asked...**

**21 THINGS EVERY 21 YEAR OLD SHOULD DO**

1. **Do not listen to normal people's advice.**

The average man today is a give-up artist – fat, dumb, broke and addicted to porn – the opposite of a true role model. Woe be to the young man who listens to conventional advice. If you listen to them you will become them. Normal people who give up have nothing valuable to teach. The only truly qualified teachers are the abnormal people who follow one vision right until the end. People like your kindly Uncle Victor.

> **"I wish I had a father like you. I never knew mine."** – Marc, B&D Commenter

2. **Quit university.**

Studying in university is the worst thing you can do to your life. Study is theory, it is not practice. The more practical theory you have, the less true intelligence you have. Intelligence is gathered in one way only – through personal experience. School is a way to put off personal experience longer and longer.

**The classroom is not life** and the professors are mostly people who have never lived life. Many professors are pathologically unable to see or say the truth, which is why so many American professors are still communists. I have lived in communist countries and I can tell you from first-hand experience – communism ruins countries and the people who live in communist countries go through life like ghosts. Dipshit professors should know that but they don't.

**University**

| Book-nerds teaching you books written by book-nerds. |
| Bold & Determined |
| Reality transmitted directly to you. |

Learning is not the same thing as studying! Learning comes from personal experience. Study comes from the word of others (and you learn nothing). Seek to learn, do not seek to remember silly facts because it's real-world USELESS!
3. **Do not get a job.**

After receiving a university education you are not equipped to think any longer, you are equipped only to follow orders at some job that you will hate your entire life. Do you want to be happy? To be happy, you have to make your work, not “get a job.” Jobs are for college educated slaves and you already know that. Higher education is a rat race that leads to a job that leads to nowhere. There is a better solution...

4. **Travel the world to get a real education.**

For most of my life I was a fool. I listened to others, even though I didn't believe them, because I didn't know any other option. It wasn't until I got on a plane to China that I developed intelligence. How did I develop intelligence? **Travel is my only teacher.** It is only through travel that I learned anything about anything.

If you want to know anything about life, you MUST see life in a Third world. Not only must you see it, you must live it, you must speak to the people who are stuck in the Third world, you must understand how great you have it.

**You know what I learned traveling the world?**

I learned that people in the first world are pathologically unable to see reality while people who live in the Third world are very sensitive to reality. To get the truth of the world, you have to ask a poor person in the Third world. They'll tell you the absolute truth of the world in no uncertain terms – **you must make a lot of money.** Money is God and only a damn fool believes otherwise! Experience life and you will learn this obvious truth.

5. **Seek experience, not reward.**

The number one thing my young interns lack is the concept of patience. You've got to learn before you can earn. Learning cannot be skipped. Rewards are for men who did the work. **Seek no reward other than a life well lived.** Paradoxically, this is how you are rewarded. Forget about money NOW; concentrate on money in the future. Do this and the future it will rain money on you (as long as you do your rain dance right now).

6. **Make your own opportunities.**

You know that you have no right to expect to make money without first doing intensive and intelligent preparation. Expect nothing and you will not be disappointed because it is a guarantee: nothing will be given to you. If you want it, you must take it. Weak men wait for opportunities. Strong men make them. You make your own opportunities and you do not whine and complain about a “lack of opportunity” because there is no such thing as a lack of opportunity, only a lack of balls and a lack of willingness to take opportunity.

**EXPECT NOTHING TO BE GIVEN TO YOU!**

*‘Nihil sine labore...’*

**Nothing without work.**
7. **Keep a copy of Bold&Determined Vol. 1 in your suitcase.**

We always need reminders of success. **B&D Vol. 1** is your reminder to be a big success! Even if you don’t read the book, simply seeing the cover and seeing the words will remind you to become success.

**KEEP ONLY 1 – 2 BOOKS WITH YOU!**

Having many books is useless; they will serve only to confuse you. You keep only 1 or 2 books with you to serve as reminders only. Reading books all the time will rob you of creativity, so keep it simple to stay creative. To be a true original you must learn for yourself – you must experience for yourself. This is the only way you will ever be “creative”. Creativity is nothing more than seeing the world through your own eyes rather than through anyone else's eyes. This is why you keep only a copy of B&D because B&D is not about me, it never was. It is about YOU!

8. **Don’t waste your life jerk ing off.**

Sun Ssu-mo says: “If a man squanders his semen, he will die soon. For a man, this is the most important point to remember about sex.” We've all been sold that jacking off is great and healthy but do yourself a favor, go jack off and then go look in the mirror. Do you look vibrant and healthy or do you look sickly and weak? We both know the answer.

<table>
<thead>
<tr>
<th>Masturbation Is The True #1 Killer Of Confidence And Capability</th>
</tr>
</thead>
<tbody>
<tr>
<td>The negative effects of masturbation are both mental and physical.</td>
</tr>
<tr>
<td><strong>Physical Effects of Jacking Off</strong></td>
</tr>
<tr>
<td>“This vital fluid of man carried back and diffused through his system makes him manly, strong, brave and heroic. If wasted, it leaves him effeminate, weak and physically debilitated.”</td>
</tr>
<tr>
<td><strong>Mental Effects of Jacking Off</strong></td>
</tr>
<tr>
<td>“In masturbation there is nothing but loss. There is no reciprocity. There is merely the spending away of a certain force, and no return. The body remains, in a sense, a corpse, after the act of self-abuse. There is no change, only deadening.”</td>
</tr>
</tbody>
</table>

What’s the solution?

If you want motivation, don’t jack off, it’s that simple. At 21 you should be throwing a fuck into every young slut you run across, not into your hand. Just don’t get seriously involved with one of them (especially if her cooter smells like rotten fish, it means she has a sexually transmitted disease). Young ladies today are quick to fuck, but that's because the roles have been reversed and they have more testosterone than young boys do. Not good for long term. Remember, you can't turn a ho' into a housewife and it's a mistake to try.

Follow **30 Days of Discipline** and you will see what life is like when you aren't wasting your life constantly jerking off (i.e. what life is like when you are busting with MOTIVATION).

9. **Break your phone addiction.**

21 year olds are addicted to their phones like dope-heads are addicted to dope. These young guns today think their phone is an “extension of them.” It isn't. When you’re on your phone you are in other people's worlds, never your own. On the phone you can never be on the moment, you can never be totally absorbed in your own world. Instead, you become totally absorbed in another's world. You already know that phones kill relationships. In the same way they kill relationships, they also kill your creativity. Not only does staring at your phone non-stop make you look like a jerk, your phone does very nasty things to your body!

**Staring at your phone kills your posture.**
Go to a coffee shop without a phone.

This is the new Starbucks challenge: go to a coffee shop once per week... alone.
Here's the challenge – leave the laptop and phone at home.

Do this to be alone with and confront your thoughts like a man. Don't hide from nothing, especially not your own thoughts. Be a man and confront yourself without a crutch. Be old school – bring a notebook and a pen with you.

10. Keep your phone on airplane mode.

Your phone must be kept on airplane mode because of an invisible thing in the air called electro-magnetic radiation. Electro-magnetic radiation is how your phone is able to be used without wires or chords. Electro-magnetic radiation is how your phone works “wireless”.

But wireless does not equal “painless” and much of the depression, joint pain, inner agitation people feel today is due to electro-magnetic radiation aka electro-magnetic hell in your cell. Keep your gadgets on airplane mode when not using them because it is in your very best interest to do so.

“But Victor, what if Becky calls? I'll miss the call!!”

Let that little slut wait. Keep your phone on airplane and never keep your laptop on your lap! It fries your boys and kills your testosterone levels.

11. Check your testosterone levels.

Every 21 year old living today has low testosterone (in the opinion of my eyes and of science). Testosterone is what makes a man and if you don't have it, you don't become the man you should be. You stay the boy you shouldn't be. All 21 year olds need to go and get their testosterone levels checked!

Why do you have low testosterone if you're still young, dumb and full of cum? It is not your fault! We live in a poison environment and the massive amount of pollution we ingest is the culprit. Are you less of a man if you have low testosterone? Yes you are less of a man if you have low testosterone, but remember 2 things: it's not your fault and it can be fixed if you take a proactive stance.

You do not want to live your life as a frumpy, low-T “dude” when you could just as easily live like a man. The first step is to get and get your testosterone checked and verify 100% what your testosterone levels are. After that, you can increase testosterone and decrease estrogen with Red-PCT. Take 3 tabs per day for 3 weeks, then take 3 weeks off. Continue 3 weeks on, 3 weeks off forever.

American B&D readers can check their testosterone (without a Doctor's approval) at MyLabFax.

12. KILL ESTROGEN!

The importance of maintaining optimal hormone levels and overall hormonal balance cannot be stressed enough. Once you get your testosterone and estrogen levels to optimized levels the difference in your quality of life can be night and day.

By greatly increasing natural testosterone levels in the body, Red-PCT can boost your sex drive, increase your bone mass, improve your fat distribution, and help you develop more muscle mass and strength — it also gives you great gym pumps. Red-PCT absolutely is made from the best testosterone increasing ingredients available legally. It has proven itself in blood-work (and in countless user reviews) to drastically increase free testosterone levels, and bring estrogen levels down to a healthier level.
13. **Throw away the clock.**

   **People always complain about time, time, time.**

   They say: “There’s not enough time,” but they make one big mistake — they waste their time staring at the clock. If you do nothing but watch the clock count down of course there are not enough hours in the day. On the other hand, when you never look at the clock the hours in a day are long.

   “**It is the idle man, not the great worker, who is always complaining that he has no time.**” – Orison S. Marden

   Is time any different if you look at the clock or not? No. What is different is your pre-occupation. If you’re pre-occupied with time you cannot be pre-occupied with your work but if you’re pre-occupied with your work you do not feel the stress of time. Worry about time or worry about work, one or the other.

   **I say, be in the moment because there is nowhere else to be.**

14. **Sign up to the B&D email list.**

It is important to be on the Bold and Determined email list because that is the only way that we at B&D communicate when a new post is ready. Some people use social media, but everybody on Earth uses email. That is why it is important to sign up to the B&D email list – when a new post is ready, you will be notified first through email.

15. **Talk less, listen more.**

Your voice must be earned; just because you are given a voice does not mean you have to speak everything you think. Telling everybody everything you think is stupid. You will NEVER LEARN if you don’t stop talking.

   **Don’t talk, don’t ask endless questions, just listen.**

   When someone is speaking do not wait for your turn to talk. Instead, listen to what they say. Don’t ask questions! Just listen and learn. People will tell you all of their success secrets if you just listen. How do con artists fool people? They listen. How do you get fooled? You talk too much!

   Be sure to listen to poor people. I have learned more from speaking to poor people than I have learned from all of my high school and university teachers combined. No one wants to listen to the poor and that is a stupid mistake, the poor are the only ones who live in complete reality. When you talk to them you’ll learn one important thing: **successful people don’t live in reality, successful people live in their own delusion.**

16. **Start a private diary, log everything.**

Log everything that you learn in your private diary. Instead of opening your mouth and vomiting your information to anyone who will listen (no one will listen to a 21 year old), log it in your personal private diary. You will want to view this in years to come. You will never be able to remember all of the lessons you’ve learned, all of the experiences you've had, all of the revelations you've come to unless you write them down.

   Writing your lessons (and goals) down also acts as a “brain cleaner.” See, your brain only has so much space; it can only remember so much information. To remember new information it has to clean out old information. If that old information wasn't written down it could be lost forever. Do your future self a favor and write everything down – you will want to compare how far you've come from where you started.

   Your private blog could eventually **make you a million dollars** as it did for me BUT you need experience first. Gain the experience, log the experience and then when you truly have a unique voice you can turn your voice into your business. Until then, log everything and keep moving forward.

   **Start your blog with Badnet because we don’t charge you anything and we give you so much extra.**
17. Go to bed when it’s dark and wake up when it’s dark.

Sleep is for old people! Wake up because sleep is pussy shit (develop the discipline of a soldier). Over and over I have learned this valuable lesson: the more you sleep, the less energy you have. The less you sleep, the more energy you have. Sleeping more is not “healthy”; it’s a way to escape life. Let those other dipshits escape life, you wake up and you live it to the fullest.

You cannot live life to the fullest if you are asleep. Sleep when you’re dead, right now you must wake up and get to work because life will pass you by if you don’t. Always work up an appetite before breakfast! Morning is no time to be lazy and your breakfast doesn’t taste good unless you earn it.

18. Train your body every single day.

A lean body is a clean mind. A fat body is a muddy mind. If you ain't strong, you are wrong. If you ain't lean, you ain't mean. Solution? **Stay lean, stay mean.** Do mobility work every single day. Your body is a temple and you must treat it as such. You must take care of your body now so that in later years you will still be fit. Remember, if you ain't fit, you ain't shit. You feel significantly better if you just take the time to do the things you need to do, like stretching, breathing, and **mobility training.**


Go there, drive the pass, remember the pass, take no photographs, then, later, put the feeling down into words. The feeling you had at the Hai Van Pass, write it down in your private diary.

**NO PICTURES! Use your memory to paint the picture with words.**

20. When people say bad things about you, prove to the world that those people are liars.

Throughout your life people will talk bad about you.

<table>
<thead>
<tr>
<th>There Are 3 Ways You Could Respond</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Explain to them why they're wrong.</td>
<td></td>
</tr>
<tr>
<td>2. Say bad things about them.</td>
<td></td>
</tr>
<tr>
<td>3. Say nothing, work hard, use them as fuel, prove them wrong, laugh all the way to the bank Ha, ha, ha, ha!</td>
<td></td>
</tr>
</tbody>
</table>

Explaining to people why they’re wrong is a waste of time. Arguing with people is a waste of time. There is only one true way to take revenge on the people who talk about you...

**YOU WILL ACHIEVE MASSIVE SUCCESS!**

Talkers are the people who will never find success. Because they know they will never find success, they either believe that no one else can either or they want to make sure you don’t find success. Either way, they must be ignored and only used as fuel for your fire.

21. Achieve New World Ronin status.

New World Ronin is a young man's book. To old men it reads like gibberish, to young men of the 21st century it is the Holy Grail, the new true Bible of success and freedom. The Holy Bible’s teachings are hidden under a mask of allegory. New World Ronin is the opposite; its teachings are hidden in plain sight, under the veil of complete truth.
If there's one thing I've learned in this world, it's this: older people in the West hate the truth. They aren't bad people, but the world they grew up in is different than your world and they wouldn't recognize the truth of this world if it bit them on the face.

Only the few and true can succeed wildly. Their time is over and your time is beginning. You are not the future, you are the right now. And right now you must follow the way of the ronin if you want success. There is no other way. There are no jobs for you, no one will give you a damn thing, you must create your future and the blueprint is New World Ronin. But remember, blueprints are black and white; you must crack the code and fill in the color yourself.

Don't bitch about it, be about it. Then just go and do it.

Always stay young, always stay dumb and always stay full of cum.

Until next time.

Your man,

Victor Pride

P.S. Don’t forget to start your private blog with Badnet right now. In a few years you will be very glad you started today. You will look back and you will be amazed. You will say, look where I was then and look where I am now. WOW!
**16.8.2017 – 30 Things Every 30 Year Old Should Know**

**So you're 30 years old.**

You are now old enough to have had the life experience required to transform yourself into a success machine. All that is missing are the steps that will take you from A to B, from Average to Bold. These 30 steps will show exactly how to do that. You will learn you how to build your own empire, make your mark, and create your fortune.

**Would you like to do that?**

If so, these 30 nuggets of gold will show you how. Follow them wisely, friend.

1. **There are only 2 types of people in the world: slaves and masters.**

Nearly every person you come into contact with possesses a slave mentality. Ignore them at all costs for they will never stop trying to convert you to a life of slavery. Like the crabs boiling alive in a bucket, when one tries to escape the others pull him back down. This is slave mentality in action. You have to make the mental decision to be a master and possess a master mentality. If you don't, you will easily be swallowed up by the slave mentality.

2. **There is no such thing as adversity (unless you allow it).**

Crybabies constantly cry about adversity but it's like this, boys: THERE IS NO SUCH THING AS OUTER ADVERSITY. Adversity exists only in your mind. Yes, people will tell you to stop doing whatever you're doing. Guess what? You don't have to listen. If you do listen it is because you possess a stinky slave mentality.

    **Slave mentality is easily avoided by following this one rule: be deaf to them.**

You must never allow yourself to hear them or empathize with them. These lost souls are the ghosts who are trying to turn you into a slave just like them. You must possess an unbreakable master mentality and ignore them when they try to give advice. Rule them, sure, but never ever listen to them. They are nothing but a test on your journey to the top. If you listen to them, you become them and you fail. If you ignore them, you rule them and you win.

3. **Fairness and equality is a dream for losers.**

    **Stay away from all people who use these two words unironically: equality and fairness.**

These two words are the end goal of all people who possess a slave mentality. These types of people cannot compete and they wish to bring every person on Earth down to their level. People who praise fairness and equality are the worst people on the face of the Earth and you must never, ever entertain them.

4. **Be a damn man and don't apologize for it.**

    **There are traits for men and there are traits for women. If you're a man, be a man.**

Do not cultivate pussy traits like forgiveness and empathy. Forgiveness and empathy is nothing but pathetic weakness. These traits cloud your judgement and make it easy for you to be taken advantage of. Forgiveness and empathy are traits of a female. If it's so great to possess female traits, go ahead and put on a dress, Cait.
5. **Live in a poor neighborhood, you'll be happier.**

I've found Mexican neighborhoods to be the best places to live in America. The wealthy white neighborhoods are void of this one important thing: life. Affluent neighborhoods make people instantly depressed (and they don't know why). It seems like you work so hard to live in wealth and when you get it, you're miserable.

**Why? Your premise is faulty, Matlock…**

You don't work hard for the privilege of living in wealth. The reason you work hard is to occupy your brilliant mind and to achieve pride of accomplishment. **Wealth is the by-product of a job well done.** Always work hard for pride of accomplishment, not for affluence because affluence kills the soul. It is best to live in a little hardship. Hardship keeps you sane, strong, happy, secure, calm, centered, patient and appreciative. Affluence makes you an impatient, petulant, entitled child who cannot endure a moment of discomfort.

**There is a reason everybody hates rich kids.**

6. **Truth is a superpower.**

**It seems like the Western world is crazy…**

**Up is down, right is left and black is white.**

**Common sense ain’t so common.**

Frankly, you are more likely to stumble into a blowjob from Christie Brinkley in 1981 than you are to stumble into a truthful person. This can work in your favor… If you have the ability to see and say the truth you have a valuable skill that most people do not have. You can use this superpower to your advantage.

Truth is so uncommon, it makes truthful people seem as though they have super-powers. Words are the most powerful tool in existence; you can use them to your advantage because truthful words act like weapons. **Speak the truth and nobody can defeat you.**

**The truth always wins.**

7. **Getting married is a bad deal.**

*If you get married you deserve to have everything taken from you because you were so gullible.*

**Marriage is the biggest set of sucker rules in the history of the world.**

<table>
<thead>
<tr>
<th>Imagine this scenario…</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>You</strong></td>
</tr>
<tr>
<td>“Becky, I’ve given this a lot of thought. I love you and I know you would never cheat on me even though you have 37 guys in your phone right now. Also, I know the government makes everything better with their involvement. Therefore, I’d like to propose a business deal. Let’s sign a contract with the government that promises you to everything and me to nothing. When you get bored you can take my children and most of my money and I can’t do anything about it. This should prove how much I love you.”</td>
</tr>
<tr>
<td><strong>Becky</strong></td>
</tr>
<tr>
<td>“Deal!”</td>
</tr>
</tbody>
</table>
8. **The females in Asia are better.**

*Remember when I said comfort makes people crazy? It makes women crazy too.*

This is why western women are such, what's the word? C*nts. They have it too easy; this makes them unagreable and unpleasant. If you want yourself a **good girl**, you need one who knows hardship. Look in the 2nd and 3rd world.

**I know what you're thinking... “But Victor! You only like Asians because they're submissive.”**

Yes, that's exactly right. Listen here boys, natural female traits are GREAT and if you want a happy, healthy relationship find a happy, healthy girl who is submissive. There are lots of them in Asia, but time is running out there too, they are becoming fat hippos seemingly by the hour.

9. **Health is wealth.**

As you age you have an understanding more of your body and you can feel what helps you and what harms you much easier than youngsters can. At 30, it is time to start listening to your body and it is time to start taking preventative care of your body and health. If you don’t, your health will not last forever and bad habits will catch up to you in time.

**Health is wealth, stay wealthy.**

<table>
<thead>
<tr>
<th>The Top 10 Things That Keep You Healthy For A Lifetime</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk a lot. Drink a lot of water. Breathe through your nose. Lift weights. Eat steaks.</td>
</tr>
<tr>
<td>Stretch every day. Stay lean and don’t overeat. Laugh as much as you can. Sleep as much as you need. Control estrogen and testosterone because it’s easier than you think.</td>
</tr>
</tbody>
</table>

Always keep your body strong. A strong body is a strong mind and vice versa. When the body goes, the mind follows. Always keep the mind strong by spending time thinking, plotting, and planning. Put the phone and computers away and let yourself get lost in thought. Daydream a lot; it's good for your brain and for your future.

10. **Wealth is also wealth.**

*It is important to work towards wealth because money buys happiness.*

Losers always say money doesn't buy happiness and then they clock-in to the job they hate, just for a few dollars an hour. If money doesn't buy happiness, why do people have jobs? Because everything average people say is the opposite of the truth. To be free from their silliness you need enough money that you don't ever have to work a job. This is true happiness. You don't work so you can buy affluence, affluence makes you miserable. You work hard to buy your own freedom. Freedom makes you happy. Buy freedom with wealth. This is why you work towards wealth.

11. **Your testosterone and estrogen levels are very important to your well-being.**

Men’s **testosterone** levels — across ALL age groups — have been plummeting for the past few decades. **Men’s estrogen levels** have been skyrocketing. This is a major problem because testosterone is what makes you a man. Testosterone is responsible for everything that makes you strong, healthy, and powerful.
As a man without testosterone, you will be mentally, physically, and emotionally weak... like a bitch.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Causes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infertility</td>
<td>Gynecomastia (breast development)</td>
</tr>
<tr>
<td>Erectile Dysfunction</td>
<td>Atherosclerosis (hardening of arteries)</td>
</tr>
<tr>
<td>Depression and no feelings of self worth</td>
<td></td>
</tr>
<tr>
<td>Weight gain</td>
<td>Extreme fatigue and irritability</td>
</tr>
<tr>
<td>Loss of sex drive</td>
<td>Increased injury frequency</td>
</tr>
<tr>
<td>Loss of muscle mass and strength</td>
<td></td>
</tr>
</tbody>
</table>

These symptoms can be fixed with a product called Arimidane found in RED-PCT. Also, weak, mooshy erections can be fixed with RED-PCT, the smart man's Cialis, because it has a wonderfully strong ingredient called Chlorophytum Borivilianum (Safed Musli). Take 3 tabs of RED-PCT every day for 3 weeks, then take 3 weeks off. Repeat this forever.

**RED-PCT is the REAL multi-vitamin for men.**

12. **Donating blood keeps you healthy.**

Donating blood is maybe the Number One health tip that nobody knows about.

The ancients loved bleeding as a cure for most ails. Today, we're too smart for that, we know that pills work better than anything natural. Well... As it turns out people today are not as clever as they thought and bleeding (via giving blood) does some wonderful things for your health.

Giving blood frequently decreases your chances of heart attack and lowers your blood pressure by thinning blood and decreasing red blood cell count. You also produce “bad blood” and frequently giving blood gets rid of the bad blood.

**Did you ever notice women don't have heart attacks? Wonder why...**

13. **Fresh air is essential for health and sanity.**

Stale air produces anxiety.
Fresh air produces vigor.

Inside air is stale air, deprived of oxygen and high in carbon dioxide. This is why cabin fever drives you crazy, lack of clean oxygen. Open your windows as often as you can. Live in the mountains if you can, mountain air is the best air because it produces the freshest oxygen. Never live in a skyscraper or high-rise building if you can avoid it, these places are death traps full of rotten air.

14. **Food cooked and eaten outside tastes best.**

**BBQ is the greatest, healthiest and most natural way to cook food the world has ever known.**

There is just nothing better than getting together with friends and family and eating a slow meal of BBQ rabbit or chicken, green vegetables, some nice iced tea and nothing but the night sky and laughter to keep you company.

Eat raw peppermint leaves or sweet basil leaves with your BBQ meat. The greens give a new, cool flavor to the meat and give you the fiber you need to poo-poo. BBQ proteins and raw greens are the healthiest way to eat. I learned about eating sweet basil leaves while eating jungle BBQ in Thailand and Vietnam. The greens are a definite necessity to any good BBQ.
15. Drink coffee slowly.

Coffee is a wonder-drug and one of God’s greatest gifts to man.

But it should be drunk slowly. As you age, coffee can make you anxious. Young men can drink gasoline and be fine, but aged men are more in tune with their bodies. Therefore, coffee should be enjoyed slowly so you get a steady drip of caffeine rather than a large shot.

Coffee should not be drank in coffee mugs, the mugs steal the heat from the coffee and the coffee gets cold too quickly leading you to drink it faster. Drink coffee in the paper/cardboard takeaway cups with lids or drink coffee from a thermos. This will keep the coffee warm for longer, allowing you to slowly enjoy your coffee over many hours.

16. Sleep as many hours as you need. I said need, not can.

Sleep is vitally important to health and well-being. You must sleep as much as you need. Sleep as much as you need, not as much as you can. You may need 5, 6, 8, or 9 hours.

Here’s one way to know if you’re getting enough sleep…

If you daydream about sleeping then you are not getting enough sleep. You never daydream about sleep when you are sleeping properly. If you’re at work and you’re dreaming about a beautiful white bed with fluffy pillows and blanket then I got news for you – you’re killing yourself for some shitty job.

I only daydream about sleeping when I have to catch a late/early flight and I did not get enough sleep (or did not get any sleep). It’s during these times I end up daydreaming about a beautiful bed and I remember all the times I sacrificed my health to go to school early or go to some shit job for a few dollars an hour. Mistake! Always prioritize yourself and your health.

This is the beauty of being an entrepreneur, you make your own hours and you can make damn sure you get the exact right amount of sleep to operate at a champion level.

17. Mental disorders aren’t real; they are qualities present in successful people.

Extreme traits are what made great men like Nikola Tesla and Steve Jobs great.

Unsuccessful people label extreme traits as disorders. Do you know the real reason things like obsession and perfectionism are called “disorders”? Because very few people are successful. Normal people do not possess the traits necessary for success, such as obsession, therefore those who do possess success traits label them as “disorder.” Don’t make me laugh.

Try to succeed without obsessive compulsive perfectionism and you will only achieve one thing: absolutely nothing.

18. It’s important to have a big ego.

Buddha himself had a lot of terrific thoughts. He learned a lot of truth. But... White/Western Buddhists are a bunch of extreme dipshits who always talk about killing the ego. If you listen to their nonsense you will become a loser.

Ego death is exactly this – DEATH!

Ego death is complete death of the will, soul, and spirit.

Never work to kill your ego, only work to grow your ego.

Ego is your everything, make sure you have a big one.
19. **Doctors aren't healers and a lot of them are killers.**

Have you ever gone to see a doctor and they *DIDN'T* give you a pill? No. Doctors are legalized drug dealers; they aren't all-knowing gods. Many losers try to complain about vitamins and supplements because “pills are an easy fix.”

Their solution? Go see a doctor who will give you hardcore drugs.

Natural supplements, vitamins and minerals are almost always better than hardcore drugs! Most diseases can be cured by a natural diet and an iron belief in yourself. If you believe you will get well, you will get well.

20. **An easy fix is always the best fix.**

There's a MYTH that what's hard to do is the best. This could not be any farther from the truth.

The harder it is to do the more pointless and wrong it is. *Hard work is a myth, only work hard at something you're good at.* What's good and true always comes easily to you. **The more you over-complicate it the less benefit you get.** It isn't hard doing what you're obsessed with doing; it's hard to be a quitter slave who does what he's told.

21. **If you're naturally good at it, it should be your career.**

You can do anything you want to do and you can be anything you want to be. But, to be successful at something... **YOU HAVE TO BE GOOD AT IT.** This should be obvious unless you're a retard. Unfortunately, many people are retards and they don't understand this one rule: if you aren't good at it, you can't succeed at it.

But if you are good at it, you can get to a point where you are a master, and masters make the big bucks. What are you good at? When you were 12 years old you knew what you were good at, whether you're bold enough to admit it or not.

22. **You can make money by being yourself.**

The best way to make money is to do what you already like to do and get paid for it.

You can do this now thanks to the wonderful power of the internet. If you've lived an interesting life or if you *have a story to tell*, you can make money just by being yourself. At 30 years of age, now is the right time – you have lived enough life to have a story to tell and sell.

**This is how you turn yourself into a business.**
23. **Follow the rule of A.B.C. – Always Be Concentrating.**

Did you ever wonder why there are so few true genius artists today? It is because they have all become addicted to social media. You cannot be a prolific genius when all you’re doing is staring at your phone all day. **To create greatness it is imperative that you concentrate on creating greatness.**

An addiction to social media robs you of the time you need to spend on creating greatness. In exchange you get only a short hit of dopamine and a lifetime of mediocrity. To create it is vitally important that you spend time lost in thought.

**THINKING IS THE MOST IMPORTANT THING YOU WILL EVER DO IN YOUR LIFE!**

When you are addicted to social media you waste all of this necessary creation time by being lost in social media. Thinking a.k.a. concentration is the same thing as visualization. Never rob yourself of this important time.

24. **Arguing is a waste of time.**

It is not possible to change people’s minds once they are made up. Arguing is the mark of a slave mindset, they love to argue. A master will say: “This is the way it is,” and let the slaves argue over the details. Never try to convince someone of anything, you devalue yourself and lower yourself to their level.

**Say what you have to say and move on.**

25. **News isn’t real, it’s just business.**

News is not really news; it’s an interpretation of events by the newscasters and the company they work for. They don’t give us news – they give us what they think of the news and why people who think differently are evil and racist. In reality this is called propaganda.

When you watch the news always think this to yourself: ‘What do they benefit from me believing this?’ News is a business, they sell outrage. Never forget this and do not allow yourself to be outraged by what is usually false.

26. **Religion isn’t real, heaven and hell are states of mind, God is an exaggerated version of yourself.**

Religion is a way to turn you into a willing slave. It is witchcraft posing as fairy tale. There is no such thing as original sin; it is a lie to keep you obedient. You are fresh, your soul is clean and you damn sure should be mean.

**If you want to be saved, Jesus will not do it, you must uplift yourself.**
**If you do not uplift yourself, you will never experience heaven on earth.**

- **If you want to live in heaven, do it.**
- **If you enjoy living in hell, stay there.**

**You create your own reality and your life is what you make it.**

**Decide to make it a good one and it will be a good one.**
27. **Whatever you did yesterday is irrelevant.**

A lot of people are crippled by what they think are past mistakes.

Let me tell you this, whatever you did in the past is irrelevant and everybody on Earth has already forgotten about your past except for you. Absolutely nobody else gives a good Goddamn what you did in the past and you shouldn't give a good Goddamn either.

**What you do today and tomorrow is the only thing that counts.**

There is no such thing as failure, there are only lessons. This is the biggest lesson of all: **NEVER QUIT!** If you quit, you're a loser and you deserve to be a loser. If you don't quit, you are a winner. It is as simple as that.

28. **Right now is the greatest time ever to be alive.**

You have more option today than ever before in human history, but you have to take advantage of it. Nothing is going to be given to you, but if you're prepared to take it you will get everything. All of the tools of greatness are freely available, **be a man and use those tools to create greatness.**

29. **Sex energy is the strongest energy you possess.**

The strongest form of energy that any man has is his sexual energy.

By 30 years old, you should have learned to stop acting on impulse and to start harnessing the powerful sexual energy you possess. **It is by using this sexual energy as fuel that you will make your fortune.** There is no other way to succeed wildly – it is all a matter of sex energy.

30. **Use your energy to build your empire.**

You now have all the tools in the world to build your empire, make your mark, and create your fortune. If you don't create greatness, it is because you did not utilize these 30 rules and you wasted your life. If you do create greatness, congratulations to you.

**For you are truly one of the few, one of the true, one of the... BOLD AND DETERMINED ARMY!**

**Until next time.**

**Your man,**

Victor Pride

**P.S.** The Best of Bold and Determined Volume 1 is available on paperback. Volume one is more for a younger man so here's a warning... **If you read this book... You may find yourself feeling and acting like a younger man full of fire and energy.**
NOTE: If you do not meditate, do not read this article. You are already on the right path by not meditating, continue doing what you are doing.

It’s All About, Like, The Alternative To Meditation, Man

Recently, a reader of B&D asked me about meditation. He said this: “Vic, what are your thoughts on mediation?” I have 2 thoughts on meditation: the benefits of meditation sound great and meditation does not actually provide those benefits.

Meditation promises one thing but it delivers another thing, it promises you A but leaves you with B. I’m not here to convince you that you’re doing meditation wrong, I’m here to show you that you’re doing it right and that meditation just doesn’t work.

What does meditation promise?

Meditation promises that if you sit real still you will clear your mind, relax, and learn the secrets of the world. A few of the promises that meditation never delivers include increased confidence, increased concentration, and decreased stress.

What does meditation deliver?

Decreased confidence, increased anxiety, and a decreased ego (not a good thing).

Why doesn’t meditation work?

When you’re sitting still doing nothing, with nothing distracting you or entertaining you, there is only one possible thing you can do: over-think.

<table>
<thead>
<tr>
<th>Mediation – Google Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Think deeply or carefully about something; or focus one’s mind for a period of time, in silence or with the aid of chanting, for religious or spiritual purposes or as a method of relaxation.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meditation – Victor Pride Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>The nonsense art of sitting down, doing nothing, and being so bored you overthink everything.</td>
</tr>
</tbody>
</table>

Meditation does not relieve anxiety, meditation causes anxiety in the first place. You MUST be in motion for your brain to be calm. Without a calm mind, you will be anxious. You cannot have a calm mind by sitting still. Sitting still and “clearing your mind” is not meditative. It’s the opposite of meditative; it is weakening your body and your mind.

Meditation is overthinking. When you sit down to meditate you will start to think constantly about every little thing, you will have no choice but to over-analyze every decision you have ever made. Meditation actually does kill the ego but ego death equals soul death. You want and need a big ego to survive and thrive in the real world.

When you sit down and overthink it makes your brain feel so tired, even though you didn’t actually do anything. You’re left with physical energy but no mental energy. This is called ego death, commonly known as brain fog.
“But Victor, meditation produces mindfulness and that's a good thing, right?”

Wrong. Mindfulness is over-thinking to the extreme. Chasing mindfulness is absolute nonsense; mindfulness is the worst state of mind to be in.

Mindfulness is extreme overthinking leading to extreme anxiety.

“So Vic, what's the real meditation?”

Sitting still is not meditative. The only thing that gives you the supposed benefits of meditation is by doing something physical. To let your brain relax you need to make your hands busy enough and repetitive enough that the brain can go on auto-pilot.

Putting new guitar strings on your guitar is meditative, working in your garden is meditative, working out in your local gym is meditative, working on your car is meditative, slicing garlic in your kitchen is meditative.

People can do this work all day long and then have a smile on their face and say “I'm fine!” at the end of the day because, even though they worked all day, their brain was not overly focused on nonsense. Your brain will think if it has time to think, your brain will not think if it does not have time to think. So make the body busy and let the brain rest.

Sleep and exercise actually provide the benefits that meditation promises.

They say you need to meditate to heal, turn off your brain and relax. I got news for you, that's called sleeping and we all do it naturally. No extreme over-thinking required.

“But Victor, you're just doing meditation wrong, man.”

When you tell the meditation guru that meditation doesn't work, they'll either say: “You're doing it wrong, man,” or they'll redefine the meaning of the word meditation. They'll do anything other than confront the fact that meditation does not work.

Meditation is not complicated, there is nothing to it. Everyone is meditating correctly and producing no positive results. If you say sitting still and thinking about nothing is actually benefiting you then you are simply lying to yourself.

If the blueprint works, anyone can follow it. If the blueprint doesn't work, no one can follow it. Exercise works; we know this because anyone can follow the blueprint: exercise leads to feeling better. No matter who does it, exercise works. There is no trick to it because there is no trickery involved.

You have to be tricked into believing meditation actually works.

Sitting still with the goal of achieving enlightenment is how they con you into staying in the club. Enlightenment at the end of the meditation rainbow is a gift they promise but never deliver on. If these meditation con men were busy sitting still, killing their ego, how come they're so busy telling you how to live your life? Don't you think it's a bit egotistical to tell other people how to live their lives?

I have a big ego, I do not pretend otherwise, this is why I show other people how to live well.
This is exactly how to get the benefits that mediation promises...

Use “meditation” as a code word for doing something physical that you actually enjoy.

- **If you love to play basketball**, then always replace the word meditation with basketball and you will get every supposed benefit of meditation and it will help you [build a good athletic physique](#).
- **If you love lifting weights**, every time you see the word meditation, replace it with lifting weights and you will get the real benefits that meditation promises.
- **If you love to do garden work**, then every time you hear meditation replace it with gardening.

So when the meditation morons say: “Just go meditate, man,” it means: “Go lift weights and you will feel better,” or: “Go play basketball and you will feel better.” Meditation does not produce the chemical response your body needs, only physical exercise produces the feel-good chemicals. This is why sitting still and “meditating” can never work.

**Your body yearns to move. Your mind yearns for a break from the constant over-analyzed thoughts.**

**Working Out and Lifting Weights is the Ultimate Meditation.**

The only way to accomplish a calm mind is to do something physical, repeatedly, every-day. This is why I am a [freak about lifting weights](#). I don’t do it to build more biceps or lower lats, I do it to recharge, regenerate, and to heal the body/brain connection. The body has to be busy enough that the brain is off and you’re on autopilot, “in the zone.”

So instead of being a dummy who sits down all day pretending to not think but actually over-thinking every little thing, you will be busy building a body. Instead of letting your ego be killed by [skinny-fat](#) meditation gurus like Leo Blahblahblah from Zen Habits, you can be busy building your body and your brain at the same time by doing simple, every-day exercises like those found in [Body of a Spartan](#).

**This is how you actually increase confidence, increase concentration, and lower stress...**

**Work Hard, Lift Weights, Don’t Over-think.**

**A Calm, Clear Mind is the Result of Training the Body, Not of Sitting Still.**

Meditation is garbage that weakens your mind, your soul, and your body. Exercise is what strengthens your mind, your body, and your soul. Next time you are feeling lazy and bored, instead of sitting down and doing nothing (making the problem worse), go do something physical and then tell me if you don’t feel better immediately.

There is only one way forward and that way is with one foot in front of the other, doing something physical and doing it repeatedly. Even if it’s as simple and mindless as working in your garden or preparing food in your kitchen. All you have got to do to free your mind is keep your hands busy.

**That’s the way of true peace and zen, man.**

**Until next time.**

**Your man,**

**Victor Pride**

**P.S.** There will be a lot of meditation hucksters in the comments below, promising you the great rewards of meditation if only you just “meditate harder.” You will notice one common trait all of them possess: they are as physically soft as they are deceitful. Do not listen to them unless you want to become them.
Marijuana Is Actually Bad For You... Okay?

Many times now I have received comments praising the effects of marijuana.

<table>
<thead>
<tr>
<th>They Say</th>
<th>I Say</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Victor, the weed is so great. You should get stoned and drop out, man.”</td>
<td>“Wow, the weed is so great huh? Listen here Wiz Khalifa, get a big dimebag of it, make sure it’s prime stuff, get your bongs and your pipes, get your lighters and incense, get your Willie Nelson records, and then shove it all up your ass.”</td>
</tr>
</tbody>
</table>

Weed is garbage and here is why you should never smoke it...

WEED KILLS YOUR DRIVE TO SUCCEED

Everybody on Earth already knows the reality of marijuana; we’re simply pretending the negatives don’t exist. Marijuana has a million negative effects and not a single true benefit. Every positive word you have ever heard about marijuana has been a lie promoted by drug addicts.

If you say otherwise you need a swift kick in the ass to get you back on track. I’m here to give you that kick in the ass and show you the reality of the devil’s weed. I will show you the 8 worst effects of marijuana in a moment, but even if you forget the rest of the article, always remember this...

MARIJUANA ROBS YOU OF AMBITION

You cannot be in business without ambition and you will absolutely never find success if you make a habit of smoking cannabis. Many men will take offense to this simple observational fact. Those many men are called pothead losers and they need a swift kick of reality to their backside.

How to easily tell if you have a problem with marijuana...

*Quick question:* you see a man walking towards you wearing a shirt with a marijuana leaf on it. *What is your first reaction that the man in the marijuana leaf t-shirt? Is he?*

A. A burnout loser?  
B. A rich CEO?

*If you said A, you are correct.* He is obviously a burnout loser. Congratulations to you, you obviously live in the real world.

*If you said B, you are incorrect.* He is obviously not a rich CEO and you no longer live in the real world. You have smoked yourself into a realm where truth has no business. You have an obvious problem with marijuana and you are pathologically unable to admit it.

Marijuana addicts are notorious liars, even to themselves, and they will even pretend that the drug they are addicted to is actually a medicine.
Is marijuana actually medicine?

No, marijuana is not medicine. You’ll hear all this talk about marijuana being a harmless medicine. Well I’ve got news for you, marijuana is a drug, it is not a medicine. Marijuana is a drug that tricks you into thinking it is medicine when in reality it is what is causing the so-called health problems that it pretends to heal. You toke on the reefer, it causes your problems. The next day you have problems and you want them to go away so you toke on the reefer. But after you take your “medicine” your problems seem to come back like clockwork.

Marijuana causes the problems it pretends to heal. This is how ALL drug addictions work; nicotine, heroin, alcohol and other drugs follow this same formula. Take the drug, get the problems, the drug temporarily solves the problems that it created (until it stops solving the problems it created, leading you to take more and more).

“But Victor, if everybody smoked a joint the world would be a better place, man”

No, the world would not be a better place if everybody smoked a joint. If everybody smoked marijuana we would live in a world of retarded criminals. Just like in Denver... Marijuana is legal in the formerly great state of Colorado. Denver is the biggest city in Colorado. In 2013, 48.4% of those arrested in Denver had marijuana in their system. Do you know why criminals often (usually) have marijuana in their system? It is because marijuana is a drug that makes you do things you would not normally do.

“But I thought marijuana calms you down, man?”

That is a lie. Marijuana does not calm you down; it actually increases your heart rate. Eventually, it temporarily relieves the symptoms that it gives you. A widely held belief among marijuana users is that marijuana use helps to relieve anxiety and improve depression. Based on the available research: ‘It seems that the euphoric, pleasant and anxiety-relieving effects produced by marijuana are only temporary and can actually contribute to worsening symptoms of depressive and anxiety disorders with higher concentrations of THC and the chronic use of marijuana.’

Did you read that?

It said the pleasant effects of marijuana are temporary and that marijuana contributes to those symptoms it promises to heal.

What does that mean in English?

Marijuana gives you the anxiety and depression you use marijuana to treat. Marijuana use and abuse is an endless cycle.

MARIJUANA WORKS LIKE STOCKHOLM SYNDROME

Marijuana is a tricky drug that gives you the symptoms of depression because it’s the only cure. It’s like Stockholm Syndrome – the victim becomes convinced that his captor is the only one who will protect him and keep him alive. Weed wants to be used so it will be propagated. For it to be used, the user needs to want to use it, and by giving the user symptoms of depression, the user will want to use it to get rid of those symptoms. Marijuana is not a medicine, it is not healing you, in reality it is dumbing you down, slowing you down, mentally killing you and slowly physically killing you.
“But Victor, alcohol is WORSE than weed!”

Did you already forget what we are talking about, Cheech? We aren't talking about alcohol, we are talking about weed. Nobody is praising the benefits of alcohol. You are changing the subject because you are uncomfortable with the truth, which is a sign of marijuana addiction. Weed is garbage. Just because alcohol is also garbage is no excuse for you to be a loser hitting the cannabis pipe.

Just say no to reefer and say yes to a calm, clear, sharp mind.

It is a bold faced lie that marijuana is harmless and it is an even bigger lie that it is good for you.
Marijuana is trash and if you smoke it you will become trash.

“Why not just try marijuana, man?”

If you have never smoked marijuana, don't even try it. Your friends and family will pressure you, say no. Nobody even likes marijuana the first time they try it, because it is poison to your system. It takes 5 – 10 times for you to start “liking” it. If marijuana is so good, how come nobody likes it the first several times they try it? That is because the weed has not had time to start developing its very real addiction power. Magically, at about the 5 – 10th time you smoke weed, you “enjoy” it. In reality, the addiction is growing and you are feeding the addiction which is why you think it suddenly “feels good.” All it is doing is relieving the mild addiction you did not realize you were creating.

“But Victor, you can’t get addicted to weed, LOL!”

What are you dumb? Yes, of course you can be addicted to weed. Look at every single pothead for absolute proof that you can be addicted to cannabis. This is a lie they have been telling you for a long time, that you cannot get addicted to weed. That is absolute nonsense; weed is one of the most addictive substances on earth. The experts say, “It is often harder to get people who are dependent on cannabis through withdrawal than for heroin – we just don’t know how to do it.” Why is weed so hard to quit? (It’s actually easy to quit, keep reading). Because weed is a tricky little drug that does a lot of seemingly invisible damage.

“So what are the actual benefits of marijuana?”

There are NO benefits of marijuana. Weed literally does not do any good for you. Every so-called benefit is a negative effect in disguise. Weed creates the problems it then temporarily solves for you. People say: “I take weed for my anxiety,” ignoring the fact that weed causes the anxiety in the first place. So they keep on smokin’ and tokin’ like Snoop Dogg without a care in the world. In the meantime, everything else in life takes a backseat to your drug addiction.

| Brain scans showed the cannabis users had significantly blunted dopamine responses compared with the controls who had never taken the drug. |
| Research links marijuana use to mental health problems: anxiety, depression, suicidal thoughts, schizophrenia and short-term psychosis. |
| The most commonly reported side effects of smoking marijuana are intense anxiety and panic attacks. |
| Studies report that about 20% to 30% of recreational users experience such problems after smoking marijuana. The people most vulnerable are those who have never used marijuana before. |
| Too often cannabis is wrongly seen as a safe drug, but there is a clear link with psychosis and schizophrenia, especially for teenagers. |
| A 2013 study conducted by researchers from the Department of Community Health and Epidemiology at Dalhousie University investigated the link between cannabis and mental health problems, including depression, suicidal ideation and suicidal attempts, in 976 school students attending four high schools in Canada. The students were surveyed in grade 10 and 12. The researchers found that heavy cannabis use alone predicted depression, but not suicidal ideation or attempts, among high school students.” |
| High doses of THC are notoriously linked to the development of brief psychotic reactions, even in people who do not have schizophrenia, as well as symptoms of psychosis including depersonalization, fears of dying, irrational panic and paranoid ideas, although these symptoms often quickly abate soon after the effects of marijuana are gone. |
| Read more about the harmful effects of weed here and here. |
Marijuana only really does one thing to you... MARIJUANA MAKES YOU A LOSER.

Use your eyes to see the truth: every pothead you know is an easily irritable loser.

Loser = a person with low self-esteem who does nothing proactive to fix his loser'dom. Rather, a loser only gets irritable when people point out his obvious flaws. Marijuana renders these people incapable of remaining calm. Marijuana users are the most sensitive losers on earth. They are easily offended when presented with the reality of marijuana and they are not equipped to deal with stress in any way other than toking more reefer. That is because marijuana kills your self-esteem.

“The only thoughts I have when I smoke cannabis is that I’m an idiot and everyone else thinks the same.” – Every Pothead

If you are a drunk or a stoner it is because you are a loser. If you stop smoking you will stop being a loser because the only thing making you a loser is the weed. Marijuana is like a band-aid made of cactus. Rip off the band aid and fix the real problem like a man.

You can fix the problem with this single piece of knowledge... WEED IS GARBAGE.

The people who toke on reefer know its garbage but they’re too addicted to stop. Thankfully, when you understand the truth that marijuana creates the problems it fixes, marijuana addiction is easy to break.

Winners got time for weed like we got time for AIDS – none.

STOP SMOKING WEED AND START LIVING LIFE!

To stop smoking marijuana is easy. All you have to do is realize that smoking pot does not give you any benefits and it causes all of the problems it pretends to fix. Get rid of the weed and those problems will go away like magic. Poof. Leaving you with a clear, calm mind.

If you want to succeed in this life, you must have a calm, clear mind at all times.

Opportunity often comes but once in a lifetime, you have to clear-minded and present in the moment to take your opportunity. Think of all the opportunities you let pass you by because you were too high to act on them. To catch opportunity when she passes you by, you must...

Stay lean, stay clean, stay mean and don’t ever smoke that green nonsense.

You will make a lot more money and have a lot more fun in the long-run.

Guaranteed.

Until next time.

Your man,

Victor Pride
When Science Gets It Wrong

Recently, I wrote about my experience with meditation. In no un-certain terms I said this: 'Meditation does not work.' I then provided a list of clear reasons why meditation does not work. In response I received many comments, many of them agreeing and a few of them disagreeing with me.

One commenter said this: 'Mediation is scientifically proven to be beneficial, so I think I’ll take the word of science over someone looking for traffic to their website.'

I have a lot to say about science, so if you have a scientific mind you will want to read this...

WHY SCIENCE GETS IT WRONG

The commenter above referred to the “word of science”, but there is no such thing as the “word of science.” Scientific journals are written in vague uncertainties, the same way zodiac predictions are written.

Even the definition of science is too vague to actually say anything: science is the intellectual and practical activity encompassing the systematic study of the structure and behavior of the physical and natural world through observation and experiment.

Huh?

I suppose it “sounds smart” but it doesn’t say much of anything. In contrast, let’s look at the definition of another word... Experience is practical contact with and observation of facts or events.

The word “experience” gives us a completely clear definition of it's meaning.
The definition of “experience” leaves us scratching our heads wondering what it actually means.

This is the tricky way that science gets away with pretending to be smart and pretending to provide answers (while doing neither).

Science does not work because it promises a solution that it never provides

Science promises to give you all of life's answers but it never provides a single honest answer. You look to science for an answer, to see if you should or shouldn't do XYZ, but science never actually provides this answer for you. What science writers do is jumble a bunch of “smart sounding” words together.

<table>
<thead>
<tr>
<th>It Is Impossible To Tell What “Science” Is For Or Against For Two Reasons</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Science isn’t a real thing, it’s a bunch of people who are afraid of stating true facts in black &amp; white – so they hide their hypothesis in confusing, “smart sounding” language that says nothing.</td>
</tr>
<tr>
<td>2. For every piece of scientific literature that is “pro”, you can find in nearly equal amount scientific literature that is “anti”.</td>
</tr>
</tbody>
</table>
Science does not ever draw a conclusion

Science starts at A and instead of going to B in a straight line, science ends up right back at A in a circle. If science were in any way honest they would adopt the ouroboros (a snake eating its own tail) as their symbol.

Science does not go from A to B in a straight line, they go from A right back to A in a circle.

When asked if something is good or bad, scientists cleverly say: “It may do this, it may do that,” and they leave it to the fans of science to interpret in any way they choose. Because the language of science is so vague, “science” always appears to be correct to you because you can make the science say anything you want.

Science is the lazy man’s search for truth

But just like meditation, science will never give you what it promises: an answer. In fact, there is only one way to ever get a true answer... Forrest Gump’s mother knew the real science of life when she said: “You are going to have to figure it out for yourself.”

In other words... Truth is always found in experience!

If you don’t ever figure it out for yourself and come to a black or white conclusion, you will always be running around like a chicken with its head cut off because the science you rely on will always change.

They say you can only count on two things but that’s not true, you can count on three things in this life...

| 1. Death. |
| 2. Taxes. |
| 3. Science will change. |

Until you realize this, you are nothing but a tumbleweed, always flowing with the wind, this way and that way each time “science” changes its mind, which it always does.

A strong belief in science kills your ability to think and learn for yourself

A strong belief in science leaves you with a complete inability to think for yourself. The belief that “science already figured it out” leaves you with no will or desire to figure it out for yourself. An over-reliance on science does the exact opposite of what it promises. Instead of making you smart, it makes you stupid because it kills your ability to think and learn for yourself. “A scientific mind” is a mind completely unable to think.

LIFE EXPERIENCE BEATS SCIENCE

Life experience always beats science because life experience is real and true and science is fickle gibberish. A low IQ person like Forrest Gump who has lived life and had life experience will always be smarter than a science zombie. Instead of living life and learning as they go along, the science addicted do no learning on their own.

In complete objective reality, idiots who know nothing of science are smarter than people who profess to love and live by science. An idiot knows the value of experience over vague “studies” and “hypothesis”. Because science shelters you from reality, it keeps you as dim and as docile as meditation does, while convincing you that it’s good for you.
SCIENCE IS AN ILLUSION OF TRUTH

To create an illusion of intelligence, they muddy up the definitions to the point where any science study can mean both anything and nothing. See the definition of science for proof. Science appears to give you an answer, but when you look deeper you will see the reality...

Science leaves you with no concrete answers to life

After reviewing the science you are as confused or more confused than before – always scratching your head thinking: “I just don’t know what to believe anymore.” Wouldn’t it be easier, and smarter, to get a clear answer? Yes, of course. Has science ever actually provided a clear answer? No, it hasn’t.

“Yes” or “No” is the only acceptable answer

If you want a real, clear, black or white answer you must ask someone who has had experience. You must get a firm yes or a firm no. You must get the answer from someone who has “been there, done that”, not from some nerd in a lab-coat who thinks a lot of big words on a clipboard makes him smart.

Don’t you think that if scientists were so smart, they would give you an answer? If scientists actually had the answers, they would give them to you. But they don’t...

How do you get an actual answer?

<table>
<thead>
<tr>
<th>You Only Have 2 Ways To Ever Get An Answer In Life</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Learn it for yourself through life lessons.</td>
</tr>
<tr>
<td>2. Learn it from someone who has “been there, done that”.</td>
</tr>
</tbody>
</table>

I’m afraid your only real option is to put down the lab-coat and the clipboard and pick up a life well lived. If you go outside and live life, the truth of life is very easy to learn. Life has its own way of teaching you lessons, in a way that science simply can never do. That is why “learning” from scientific studies is a waste of time.

You’ve got to learn for yourself or learn from the best

You have to figure it out for yourself or you have to learn from a straight-shooter who tells it like it is. So… Go live life for yourself, and listen to someone you know who has “been there, done that” and written the book on it. When you do that, you will learn the rules of life well enough that you’ll be able to play to win.

Until next time.

Your man,

Victor Pride

P.S. If you like clear, honest answers then you should quickly sign up for the Bold and Determined email list. You'll be notified when a new clear and honest article is posted. The answer is always black and white, just the way you like it.
6.9.2017 – 10 Reasons To Stop Using Social Media

We could pretend that social media is the greatest thing since sliced bread or we could look at the reality of the situation. So many people praise the benefits of social media, but where are the benefits? All I see is a bunch of people running around trying to get “likes.”

What in the heck is a like? It is a quick hit of dopamine for you and it soothes you temporarily, until you need another hit. So instead of doing hard work, working out, or making money, you're on the social media searching for a like. Give me a break. Likes don’t pay the bills, money pays the bills and you'll never make any money if you don’t break the addiction to likes.

On the flip-side, you have the people who actually DO the “liking”. These are the people who live vicariously through the social media superstars. Instead of going out and living their own life, they're stuck in the bedroom looking at Billy Big-Guns on the social media and sending a goddamn like to him.

Or maybe you're one of the 10,000 guys who like Becky Bubble-Butt's social media posts because she has a nice butt. Guess what she'd say to you, “You're nice, but I like Billy Big-Guns,” and you're so weak and meek from social media you'd say: “Yeah, I like him too too. Thanks for talking to me. Bye, I love, you, so, much.”

This is how you fix this nonsense...

Here Are 10 Reasons To Stop Using Social Media

1. **Social media saps your energy.**

Social media is the biggest thief or your energy because you spend all day looking at it. Your energy could be better spent building an internet business. You're already on the internet anyway, why are you wasting so much time liking things and living through other men when you could be building your own internet business, making money and living a great life.

2. **You will be more creative when you quit social media.**

Why create anything after you've already gotten your like? That's the same thing the junkie says after he scores his marijuana: 'Why do any work, man?' After you get a like, you've already gotten your dopamine, your “relief.” There is no reason to continue working after you have already gotten the recognition and that's why you don't do any work after becoming addicted to social media. You get a quick little hit for doing a tiny bit of work and it’s enough to satisfy your urge to create (though it leaves you deeply unfulfilled). There are almost no great living artists today, that is because everybody is addicted to social media. Instead of creating great work, they make social media posts and wait around for likes.

3. **Your ability to focus will be better when you quit social media.**

The draw of social media is that it is constant entertainment. The second you try to get away, Billy Big-Guns posts another social media snippet that draws you in. When you're done with him, Becky Bubble-Butt posts something and on and on and on. All of this constant multi-tasking leaves you with a debilitating weakness: you no longer have any ability to actually focus on doing one thing. Actually, you have no ability to focus on anything at all. You become so accustomed to focusing for 5 seconds at a time and then moving on. You become basically functionally retarded when you're on social media.
4. **Social media is an addiction.**

Social media is an endless cycle of “liking” or getting “likes”. What happens after the instant hit of dopamine goes away? You run around like a sewer rat chasing more likes or more things to like. Eventually you chase yourself into the ground. Go to a mirror and look at your eyes for god’s sake. Social media addiction is as bad as marijuana addiction because it’s everywhere. Nearly every person is infected with social media syndrome. Don’t you think it’s time to break that nasty social media addiction? They can’t break their disgusting habits but you can break yours.

5. **Social media kills your patience.**

These darn kids today want everything yesterday. You know why they have no patience? Because these social media websites gives them instant gratification, like a rat in a cage that pushes the right button and gets a hit of sugar. Because you get instant gratification, you have no concept of waiting longer to get better things. You become petulant, a permanent spoiled child. In the real world you MUST be patient because success never comes right away, success takes a long time to come. The Goddess of Success hates impatient people and she tries her hardest to make you quit as quickly as possible. Social media junkies are conditioned to quit at the first sign of having to do any work.

6. **Social media doesn’t actually work as “media” or advertising.**

Social media only works as advertising if you are an already established businessman or artist. Otherwise it doesn’t work. This should be obvious but it’s not. So many young and hungry dreamers want the money that comes with the internet business and they actually believe that getting on social media is going to do it for them. They’re in for a rude awakening because nobody gives a damn about you until you make them give a damn. How do you make them care about you in the first place? By creating great work. The more time you waste on social media, the less time you work on creating something great. It makes no sense to stay on social media for a moment of mediocrity when you could be building a lifetime of greatness.

7. **After you quit social media your work ethic will be better.**

After you quit social media, your work ethic will become better because you will actually have the time, and the energy, to actually do work instead of looking at other people’s pretend lives. Social media previously took up all of your time. When you quit social media there will be a void of time, you will need something to do. You can use that time to be bored or you can use that time to work. The best thing you can do is devote that time to doing deals, making money and creating great art.

8. **You will have better posture after you quit social media.**

Have you ever been outside and actually looked at other people? This is a serious question as you may be one of those people who never look away from their phones. Do this next time you go outside, pull your black eyes away from your phone for ten seconds and look at other people. You will notice one thing: all of those people have their heads down, glued to their phones. Why is that important? Because that kills your posture. Instead of walking straight up like a man, you walk with your head down so much it becomes permanent. Science says we already evolved away from chimpanzees, don’t go back! Throw the social media accounts away and walk upright.
9. You will be smarter after you quit social media.

Everybody starts their social media addiction with vigor and everybody always ends frazzled. Does this look familiar? Like, like, like, dislike, like like dislike likel, ikelelek dislike like skilekle like like skile like like skile like like skile like like dislikel. That is your brain on social media. You start out smart, but the longer you stay on social media the more retarded you become. Get smart and quit the social media obsession.

10. Quitting social media will unlock the door of your mental prison.

When you're stuck in social media world, you're actually stuck in a mental prison and you never escape. Even when you're outside, you're still on your stupid phone looking at social media. You may as well be in a fluorescent office 24 hours per day. You are meant to be outside, to roam free like a wolf, howling at the moon and fishing in the sun. You are not meant to stare at a phone all day liking Billy Big-Guns' social media posts. Eventually you'll start lashing out at your social media superstars because you're locked inside all day and need to vent. Despite all your rage, you'll always be locked up like a rat in a cage until you say goodbye to social media. Life is meant to be lived outside, so go outside and live life.

How to Stop Using Social Media

Go cold turkey. Develop iron self-discipline and just stop using social media. You'll feel like you're missing out only for the first day and then you'll feel like such a fool for wasting all of your time on social media when there are better things to do. Namely, building your body in the gym and building your business on the internet. Instead of being busy liking other men like Billy Big-Guns, you can be busy laughing all the way to the bank like his big brother, William Winner-Wolf.

Sign up for the Bold and Determined email list!

B&D does not use social media but we do use email. Sign up for the email list and each time you need a kick in the ass, a kick in the ass will appear for you in your email inbox. Instead of seeing my big-guns all day, every day, on social media, you get to see them only at the right time. In the meantime, I am busy working and you should be too.

OWWWWWWWWWWWWWWW!

How to Get Money Like P.T. Barnum

Recently, I stumbled upon P.T. Barnum's great book, The Art of Money Getting. The advice in this book was so good, and so identical to the advice given here at B&D, that I had to publish some of it for you. This book is available in it's entirety for free right here. To read the best of the book, and the most important rules, keep reading...

22 Incredible Money-Making Secrets Of P.T. Barnum!

All of the below quotes, text, and rules are from PT Barnum. I did not add in my own commentery as it was unnecessary.

1. LIVE BELOW YOUR MEANS

True economy consists in always making the income exceed the out-go.

Wear the old clothes a little longer if necessary; dispense with the new pair of gloves; mend the old dress; live on plainer food if need be; so that, under all circumstances, unless some unforeseen accident occurs, there will be a margin in favor of the income.

A penny here, and a dollar there, placed at interest, goes on accumulating, and in this way the desired result is attained. It requires some training, perhaps, to accomplish this economy, but when once used to it, you will find there is more satisfaction in rational saving than in irrational spending.

Here is a recipe which I recommend – I have found it to work an excellent cure for extravagance, and especially for mistaken economy: when you find that you have no surplus at the end of the year, and yet have a good income, I advise you to take a few sheets of paper and form them into a book and mark down every item of expenditure.

Post it every day or week in two columns, one headed “necessaries” or even “comforts”, and the other headed “luxuries,” and you will find that the latter column will be double, treble, and frequently ten times greater than the former.

The real comforts of life cost but a small portion of what most of us can earn.

Dr. Franklin says: “It is the eyes of others and not our own eyes which ruin us. If all the world were blind except myself I should not care for fine clothes or furniture.” In America many persons like to repeat: “We are all free and equal,” but it is a great mistake in more senses than one.

2. DON'T SMOKE TOBACCO OR DRINK ALCOHOL

The foundation of success in life is good health: that is the substratum fortune; it is also the basis of happiness. A person cannot accumulate a fortune very well when he is sick. He has no ambition; no incentive; no force. Of course, there are those who have bad health and cannot help it: you cannot expect that such persons can accumulate wealth, but there are a great many in poor health who need not be so.

If, then, sound health is the foundation of success and happiness in life, how important it is that we should study the laws of health, which is but another expression for the laws of nature! The nearer we keep to the laws of nature, the nearer we are to good health, and yet how many persons there are who pay no attention to natural laws, but absolutely transgress them, even against their own natural inclination.

Many persons knowingly violate the laws of nature against their better impulses, for the sake of fashion.
For instance, there is one thing that nothing living except a vile worm ever naturally loved, and that is tobacco; yet how many persons there are who deliberately train an unnatural appetite, and overcome this implanted aversion for tobacco, to such a degree that they get to love it.

They have got hold of a poisonous, filthy weed, or rather that takes a firm hold of them.

These remarks apply with tenfold force to the use of intoxicating drinks.

A man has got to see that two and two make four; he must lay all his plans with reflection and forethought, and closely examine all the details and the ins and outs of business. As no man can succeed in business unless he has a brain to enable him to lay his plans, and reason to guide him in their execution, so, no matter how bountifully a man may be blessed with intelligence, if the brain is muddled, and his judgment warped by intoxicating drinks, it is impossible for him to carry on business successfully.

How many good opportunities have passed, never to return, while a man was sipping a “social glass,” with his friend!

How many foolish bargains have been made under the influence of the “nervine,” which temporarily makes its victim think he is rich.

How many important chances have been put off until to-morrow, and then forever, because the wine cup has thrown the system into a state of lassitude, neutralizing the energies so essential to success in business. Verily, “wine is a mocker.”

The use of intoxicating drinks as a beverage, is as much an infatuation, as is the smoking of opium by the Chinese, and the former is quite as destructive to the success of the business man as the latter. It is an unmitigated evil, utterly indefensible in the light of philosophy; religion or good sense. It is the parent of nearly every other evil in our country.

3. PICK THE RIGHT VOCATION

The safest plan, and the one most sure of success for the young man starting in life, is to select the vocation which is most congenial to his tastes. Parents and guardians are often quite too negligent in regard to this. We are all, no doubt, born for a wise purpose. There is as much diversity in our brains as in our countenances. Some are born natural mechanics, while some have great aversion to machinery.

“Unless a man enters upon the vocation intended for him by nature, and best suited to his peculiar genius, he cannot succeed.” — P.T. Barnum

4. SELECT THE RIGHT LOCATION

After securing the right vocation, you must be careful to select the proper location.

If you should locate your house in a small village where there is no railroad communication or public travel, the location would be your ruin. It is equally important that you do not commence business where there are already enough to meet all demands in the same occupation.
5. AVOID DEBT

Young men starting in life should avoid running into debt.

There is scarcely anything that drags a person down like debt.

It is a slavish position to get in, yet we find many a young man, hardly out of his “teens,” running in debt. He meets a chum and says: “Look at this: I have got trusted for a new suit of clothes.” He seems to look upon the clothes as so much given to him; well, it frequently is so, but, if he succeeds in paying and then gets trusted again, he is adopting a habit which will keep him in poverty through life.

Grunting and groaning and working for what he has eaten up or worn out, and now when he is called upon to pay up, he has nothing to show for his money; this is properly termed “working for a dead horse.” I do not speak of merchants buying and selling on credit, or of those who buy on credit in order to turn the purchase to a profit.

6. PERSEVERE

When a man is in the right path, he must persevere. I speak of this because there are some persons who are “born tired;” naturally lazy and possessing no self-reliance and no perseverance. But they can cultivate these qualities, as Davy Crockett said: “This thing remember, when I am dead... Be sure you are right, then go ahead.”

It is this go-aheaditiveness, this determination not to let the “horrors” or the “blues” take possession of you, so as to make you relax your energies in the struggle for independence, which you must cultivate. How many have almost reached the goal of their ambition, but, losing faith in themselves, have relaxed their energies, and the golden prize has been lost forever.

“If you hesitate, some bolder hand will stretch out before you and get the prize.” – P.T. Barnum

Remember the proverb of Solomon: “He becometh poor that dealeth with a slack hand; but the hand of the diligent maketh rich.”

Perseverance is sometimes but another word for self-reliance. Many persons naturally look on the dark side of life, and borrow trouble. They are born so. Then they ask for advice, and they will be governed by one wind and blown by another, and cannot rely upon themselves.

Until you can get so that you can rely upon yourself, you need not expect to succeed.

7. WHATEVER YOU DO, DO IT WITH ALL YOUR MIGHT

Work at it, if necessary, early and late, in season and out of season, not leaving a stone unturned, and never deferring for a single hour that which can be done just as well now. The old proverb is full of truth and meaning: “Whatever is worth doing at all, is worth doing well.” Many a man acquires a fortune by doing his business thoroughly, while his neighbor remains poor for life, because he only half does it.

Ambition, energy, industry, perseverance, are indispensable requisites for success in business.

It won’t do to spend your time like Mr. Micawber, in waiting for something to “turn up.” To such men one of two things usually “turns up:” the poorhouse or the jail; for idleness breeds bad habits, and clothes a man in rags.
The poor spendthrift vagabond says to a rich man: “I have discovered there is enough money in the world for all of us, if it was equally divided; this must be done, and we shall all be happy together.” “But,” was the response, “if everybody was like you, it would be spent in two months, and what would you do then?”

“Oh! divide again; keep dividing, of course!”

8. DEPEND UPON YOUR OWN PERSONAL EXERTIONS

The eye of the employer is often worth more than the hands of a dozen employees. In the nature of things, an agent cannot be so faithful to his employer as to himself. Many who are employers will call to mind instances where the best employees have overlooked important points which could not have escaped their own observation as a proprietor.

No man has a right to expect to succeed in life unless he understands his business, and nobody can understand his business thoroughly unless he learns it by personal application and experience. A man may be a manufacturer: he has got to learn the many details of his business personally; he will learn something every day, and he will find he will make mistakes nearly every day. And these very mistakes are helps to him in the way of experiences if he but heeds them.

He will be like the Yankee tin-peddler, who, having been cheated as to quality in the purchase of his merchandise, said: “All right, there's a little information to be gained every day; I will never be cheated in that way again.” Thus a man buys his experience, and it is the best kind if not purchased at too dear a rate. I hold that every man should, like Cuvier, the French naturalist, thoroughly know his business.

“The possession of a perfect knowledge of your business is an absolute necessity in order to insure success.” – P.T. Barnum

Among the maxims of the elder Rothschild was one, all apparent paradox: “Be cautious and bold.” This seems to be a contradiction in terms, but it is not, and there is great wisdom in the maxim. It is to say: “You must exercise your caution in laying your plans, but be bold in carrying them out.”

A man who is all caution, will never dare to take hold and be successful; and a man who is all boldness, is merely reckless, and must eventually fail. But if he has simple boldness without caution, it is mere chance, and what he gains to-day he will lose to-morrow.

You must have both the caution and the boldness, to insure success.

The Rothschilds have another maxim: “Never have anything to do with an unlucky man or place.” That is to say, never have anything to do with a man or place which never succeeds, because, although a man may appear to be honest and intelligent, yet if he tries this or that thing and always fails, it is on account of some fault or infirmity that you may not be able to discover but nevertheless which must exist.

There is no such thing in the world as luck.

There never was a man who could go out in the morning and find a purse full of gold in the street to-day, and another to-morrow, and so on, day after day. He may do so once in his life; but so far as mere luck is concerned, he is as liable to lose it as to find it: “Like causes produce like effects.” If a man adopts the proper methods to be successful, “luck” will not prevent him. If he does not succeed, there are reasons for it, although, perhaps, he may not be able to see them.
9. USE THE BEST TOOLS

Men in engaging employees should be careful to get the best.

Understand, you cannot have too good tools to work with, and there is no tool you should be so particular about as living tools. If you get a good one, it is better to keep him, than keep changing. He learns something every day; and you are benefited by the experience he acquires. He is worth more to you this year than last, and he is the last man to part with, provided his habits are good, and he continues faithful.

If, as he gets more valuable, he demands an exorbitant increase of salary; on the supposition that you can't do without him, let him go. Whenever I have such an employee, I always discharge him; first, to convince him that his place may be supplied, and second, because he is good for nothing if he thinks he is invaluable and cannot be spared. But I would keep him, if possible, in order to profit from the result of his experience.

An important element in an employee is the brain. You can see bills up, “Hands Wanted,” but “hands” are not worth a great deal without “heads.” Those men who have brains and experience are therefore the most valuable and not to be readily parted with; it is better for them, as well as yourself, to keep them, at reasonable advances in their salaries from time to time.

10. DON'T GET ABOVE YOUR BUSINESS

There is no greater mistake than when a young man believes he will succeed with borrowed money. Why? Because every man's experience coincides with that of Mr. Astor, who said: “It was more difficult for him to accumulate his first thousand dollars, than all the succeeding millions that made up his colossal fortune.”

Give a boy twenty thousand dollars and put him in business, and the chances are that he will lose every dollar of it before he is a year older. Like buying a ticket in the lottery; and drawing a prize, it is “easy come, easy go.”

He does not know the value of it; nothing is worth anything, unless it costs effort.

Without self-denial and economy; patience and perseverance, and commencing with capital which you have not earned, you are not sure to succeed in accumulating.

Young men, instead of “waiting for dead men's shoes,” should be up and doing, for there is no class of persons who are so unaccommodating in regard to dying as these rich old people, and it is fortunate for the expectant heirs that it is so. Nine out of ten of the rich men of our country to-day, started out in life as poor boys, with determined wills, industry, perseverance, economy and good habits. They went on gradually, made their own money and saved it; and this is the best way to acquire a fortune.

So in regard to wealth. Go on in confidence, study the rules, and above all things, study human nature; for “the proper study of mankind is man,” and you will find that while expanding the intellect and the muscles, your enlarged experience will enable you every day to accumulate more and more principal, which will increase itself by interest and otherwise, until you arrive at a state of independence.

“You will find, as a general thing, that the poor boys get rich and the rich boys get poor.” – P.T. Barnum
Young men loaded down with other people’s money are almost sure to lose all they inherit, and they acquire all sorts of bad habits which, in the majority of cases, ruin them in health, purse and character.

In this country, one generation follows another, and the poor of to-day are rich in the next generation, or the third. Their experience leads them on, and they become rich, and they leave vast riches to their young children. These children, having been reared in luxury, are inexperienced and get poor; and after long experience another generation comes on and gathers up riches again in turn. And thus “history repeats itself,” and happy is he who by listening to the experience of others avoids the rocks and shoals on which so many have been wrecked.

No profession, trade, or calling, is overcrowded in the upper story. Wherever you find the most honest and intelligent merchant or banker, or the best lawyer, the best doctor, the best clergyman, the best shoemaker, carpenter, or anything else, that man is most sought for, and has always enough to do.

As a nation, Americans are too superficial – they are striving to get rich quickly, and do not generally do their business as substantially and thoroughly as they should, but whoever excels all others in his own line, if his habits are good and his integrity undoubted, cannot fail to secure abundant patronage, and the wealth that naturally follows.

Let your motto then always be “Excelsior,” for by living up to it there is no such word as fail.

Excelsior means “ever upward” or “still higher”

11. LEARN SOMETHING USEFUL

Every man should make his son or daughter learn some useful trade or profession, so that in these days of changing fortunes of being rich to-day and poor tomorrow they may have something tangible to fall back upon. This provision might save many persons from misery, who by some unexpected turn of fortune have lost all their means.

12. LET HOPE PREDOMINATE, BUT BE NOT TOO VISIONARY

Many persons are always kept poor, because they are too visionary.

Every project looks to them like certain success, and therefore they keep changing from one business to another, always in hot water, always “under the harrow.” The plan of “counting the chickens before they are hatched” is an error of ancient date, but it does not seem to improve by age.

13. DO NOT SCATTER YOUR POWERS

Engage in one kind of business only, and stick to it faithfully until you succeed, or until your experience shows that you should abandon it. A constant hammering on one nail will generally drive it home at last, so that it can be clinched.

When a man’s undivided attention is centered on one object, his mind will constantly be suggesting improvements of value, which would escape him if his brain was occupied by a dozen different subjects at once. Many a fortune has slipped through a man’s fingers because he was engaged in too many occupations at a time. There is good sense in the old caution against having too many irons in the fire at once.
14. BE SYSTEMATIC

Men should be systematic in their business. A person who does business by rule, having a time and place for everything, doing his work promptly, will accomplish twice as much and with half the trouble of him who does it carelessly and slipshod.

By introducing system into all your transactions, doing one thing at a time, always meeting appointments with punctuality, you find leisure for pastime and recreation; whereas the man who only half does one thing, and then turns to something else, and half does that, will have his business at loose ends, and will never know when his day's work is done, for it never will be done.

Of course, there is a limit to all these rules. We must try to preserve the happy medium, for there is such a thing as being too systematic. There are men and women, for instance, who put away things so carefully that they can never find them again.

15. READ THE NEWSPAPERS

Always take a trustworthy newspaper, and thus keep thoroughly posted in regard to the transactions of the world. He who is without a newspaper is cut off from his species. In these days of telegraphs and steam, many important inventions and improvements in every branch of trade are being made, and he who don't consult the newspapers will soon find himself and his business left out in the cold.

16. BEWARE OF “OUTSIDE OPERATIONS”

We sometimes see men who have obtained fortunes, suddenly become poor. In many cases, this arises from intemperance, and often from gaming, and other bad habits. Frequently it occurs because a man has been engaged in “outside operations,” of some sort. When he gets rich in his legitimate business, he is told of a grand speculation where he can make a score of thousands.

He is constantly flattered by his friends, who tell him that he is born lucky, that everything he touches turns into gold. Now if he forgets that his economical habits, his rectitude of conduct and a personal attention to a business which he understood, caused his success in life, he will listen to the siren voices.

He says: “I will put in twenty thousand dollars. I have been lucky, and my good luck will soon bring me back sixty thousand dollars.” A few days elapse and it is discovered he must put in ten thousand dollars more: soon after he is told “it is all right,” but certain matters not foreseen, require an advance of twenty thousand dollars more, which will bring him a rich harvest; but before the time comes around to realize, the bubble bursts, he loses all he is possessed of, and then he learns what he ought to have known at the first, that however successful a man may be in his own business, if he turns from that and engages ill a business which he don't understand, he is like Samson when shorn of his locks his strength has departed, and he becomes like other men.

If a man has plenty of money, he ought to invest something in everything that appears to promise success, and that will probably benefit mankind; but let the sums thus invested be moderate in amount, and never let a man foolishly jeopardize a fortune that he has earned in a legitimate way, by investing it in things in which he has had no experience.

17. DON'T INDORESE WITHOUT SECURITY

It is a very dangerous thing, therefore, at any time, to let people get possession of money too easily; it tempts them to hazardous speculations. So with the young man starting in business; let him understand the value of money by earning it. When he does understand its value, then grease the wheels a little in helping him to start business, but remember, men who get money with too great facility cannot usually succeed.
18. ADVERTISE YOUR BUSINESS

We all depend, more or less, upon the public for our support. Those who deal with the public must be careful that their goods are valuable; that they are genuine, and will give satisfaction. When you get an article which you know is going to please your customers, and that when they have tried it, they will feel they have got their money’s worth, then let the fact be known that you have got it.

“Be careful to advertise it in some shape or other because it is evident that if a man has ever so good an article for sale, and nobody knows it, it will bring him no return.” – P.T. Barnum

You may advertise a spurious article, and induce many people to call and buy it once, but they will denounce you as an impostor and swindler, and your business will gradually die out and leave you poor. This is right. Few people can safely depend upon chance custom. You all need to have your customers return and purchase again.

A man said to me: “I have tried advertising and did not succeed; yet I have a good article.”
I replied: “My friend, there may be exceptions to a general rule. But how do you advertise?”
He said: “I put it in a weekly newspaper three times, and paid a dollar and a half for it.”
I replied: “Sir, advertising is like learning – ‘a little is a dangerous thing!’”

So a man who advertises at all must keep it up until the public know who and what he is, and what his business is; or else the money invested in advertising is lost. Some men have a peculiar genius for writing a striking advertisement, one that will arrest the attention of the reader at first sight. This fact, of course, gives the advertiser a great advantage.

Sometimes a man makes himself popular by an unique sign or a curious display in his window, recently I observed a swing sign extending over the sidewalk in front of a store, on which was the inscription in plain letters: “DON’T READ THE OTHER SIDE”. Of course I did, and so did everybody else and I learned that the man had made all independence by first attracting the public to his business in that way and then using his customers well afterwards.

19. BE POLITE AND KIND TO YOUR CUSTOMERS

Politeness and civility are the best capital ever invested in business. Large stores, gilt signs, flaming advertisements, will all prove unavailing if you or your employees treat your patrons abruptly. The truth is, the more kind and liberal a man is, the more generous will be the patronage bestowed upon him.

“Like begets like.”

The man who gives the greatest amount of goods of a corresponding quality for the least sum (still reserving for himself a profit) will generally succeed best in the long run. This brings us to the golden rule: “As ye would that men should do to you, do ye also to them” and they will do better by you than if you always treated them as if you wanted to get the most you could out of them for the least return.

Men who drive sharp bargains with their customers, acting as if they never expected to see them again, will not be mistaken. They will never see them again as customers. People don’t like to pay and get kicked also.
20. BE CHARITABLE

Of course men should be charitable, because it is a duty and a pleasure. But even as a matter of policy, if you possess no higher incentive, you will find that the liberal man will command patronage, while the sordid, uncharitable miser will be avoided. Solomon says: “There is that scattereth and yet increaseth; and there is that withholdeth more than meet, but it tendeth to poverty.” Of course the only true charity is that which is from the heart.

“The best kind of charity is to help those who are willing to help themselves. Promiscuous almsgiving, without inquiring into the worthiness of the applicant, is bad in every sense.”

– P.T. Barnum

But to search out and quietly assist those who are struggling for themselves, is the kind that “scattereth and yet increaseth.” But don't fall into the idea that some persons practice, of giving a prayer instead of a potato, and a benediction instead of bread, to the hungry. It is easier to make Christians with full stomachs than empty.

21. DON'T BLAB

Some men have a foolish habit of telling their business secrets. If they make money they like to tell their neighbors how it was done. Nothing is gained by this, and oftentimes much is lost. Say nothing about your profits, your hopes, your expectations, your intentions. And this should apply to letters as well as to conversation.

Goethe makes Mephistophilles say: “Never write a letter nor destroy one.”

Business men must write letters, but they should be careful what they put in them. If you are losing money, be specially cautious and not tell of it, or you will lose your reputation.

22. PRESERVE YOUR INTEGRITY

It is more precious than diamonds or rubies.

The old miser said to his sons: “Get money; get it honestly if you can, but get money.” This advice was not only atrociously wicked, but it was the very essence of stupidity. It was as much as to say: “If you find it difficult to obtain money honestly, you can easily get it dishonestly. Get it in that way.”

Poor fool!

Not to know that the most difficult thing in life is to make money dishonestly!

Not to know that our prisons are full of men who attempted to follow this advice; not to understand that no man can be dishonest, without soon being found out, and that when his lack of principle is discovered, nearly every avenue to success is closed against him forever. The public very properly shun all whose integrity is doubted. No matter how polite and pleasant and accommodating a man may be, none of us dare to deal with him if we suspect “false weights and measures.”

Uncompromising integrity of character is invaluable. It secures to its possessor a peace and joy which cannot be attained without it – which no amount of money, or houses and lands can purchase. A man who is known to be strictly honest, may be ever so poor, but he has the purses of all the community at his disposal – for all know that if he promises to return what he borrows, he will never disappoint them. As a mere matter of selfishness, therefore, if a man had no higher motive for being honest, all will find that the maxim of Dr. Franklin can never fail to be true, that “honesty is the best policy.”
**To get rich, is not always equivalent to being successful.**

“There are many rich poor men,” while there are many others, honest and devout men and women, who have never possessed so much money as some rich persons squander in a week, but who are nevertheless really richer and happier than any man can ever be while he is a transgressor of the higher laws of his being.

The inordinate love of money, no doubt, may be and is “the root of all evil,” but money itself, when properly used, is not only a “handy thing to have in the house,” but affords the gratification of blessing our race by enabling its possessor to enlarge the scope of human happiness and human influence.

**The desire for wealth is nearly universal, and none can say it is not laudable, provided the possessor of it accepts its responsibilities, and uses it as a friend to humanity.**

**P.T. BARNUM'S ART OF MONEY GETTING**

The history of money-getting, which is commerce, is a history of civilization, and wherever trade has flourished most, there, too, have art and science produced the noblest fruits. In fact, as a general thing, money-getters are the benefactors of our race. To them, in a great measure, are we indebted for our institutions of learning and of art, our academies, colleges and churches.

It is no argument against the desire for, or the possession of wealth, to say that there are sometimes misers who hoard money only for the sake of hoarding and who have no higher aspiration than to grasp everything which comes within their reach. As we have sometimes hypocrites in religion, and demagogues in politics, so there are occasionally misers among money-getters. These, however, are only exceptions to the general rule.

But when, in this country, we find such a nuisance and stumbling block as a miser, we remember with gratitude that in America we have no laws of primogeniture (primogeniture is the right of succession belonging to the firstborn child, especially the feudal rule by which the whole real estate of an intestate passed to the eldest son), and that in the due course of nature the time will come when the hoarded dust will be scattered for the benefit of mankind.

To all men and women, therefore, do I conscientiously say, make money honestly, and not otherwise, for Shakespeare has truly said: “He that wants money, means, and content, is without three good friends.”

**These have been the 22 golden rules of getting money as told by P.T. Barnum.**

**Learn them and live them well.**

**Until next time.**

**Your man,**

**Victor Pride**
October – 2017

2.10.2017 – How To Cope With Abuse

A Taboo Topic

I recently received this email from a reader...

Your blog/topics have been extremely helpful to many men including myself. You boldly discuss the topics and in simple words you make sense.

Some people in your audience would appreciate if you discuss “how to cope or deal with a past experience of sexual abuse” It is a topic considered by many men as taboo but Victor there is no denial that sexual abuse happens especially when you are a neglected child.

Those who were sexually abused and have fear to say it need an advice from someone like you. Your skills to communicate and create an impact on people's life are needed to discuss a topic of this nature.

Thank you for your time. Have a great day.

Here's my thoughts...

The only solution is to live a healthy life right now.
The past is the past and what is done is done.
You cannot undo it so you must move forward.

1. Never turn to alcohol or drugs.

They don’t “make you forget”, they simply kill you in a quicker manner than life would naturally. Drugs and alcohol are a form of slow suicide; they are not a coping mechanism. THEY DO NOT HELP YOU COPE! They simply take you out of your own mind long enough to die without having to pull the trigger yourself. Nearly all who commit suicide had an alcohol or drug problem. This includes marijuana! Do not ever smoke marijuana, not even once. It is a poison pretending to be a cure. Anybody who tells you marijuana is a great escape is a drug addict not to be trusted. 100 years ago, drunkards pretended alcohol and tobacco were medicines as well.

Do not use any drugs period! This includes drugs from a doctor, tobacco and even coffee. Yes, do not drink coffee as it is not a “harmless bit of fun” but a true drug, not to be used carelessly. You must be clean from all intoxicants and stimulants if you are to thrive. You must learn to be with yourself, only. People with no emotional hangups can drink coffee, people with emotional hangups cannot. Your mind must remain crystal clear at all times. Carless people who have dealt with past abuse and turn to drugs often become an abuser, even if only in their own mind. ALWAYS BE FREE FROM DRUGS AND ALCOHOL.

There is no exception to this rule.
2. **Get plenty of outdoor exercise and fresh air every day.**

Vigorous and brisk daily outdoor exercise is a must to develop the vitality you need to succeed and thrive. You need abundant fresh air and you need to exercise hard enough so that you breathe deeply. Abundant oxygen is imperative to live a healthy, happy life and the only way you get truly deep breathing done is by doing hard exercise. Breathing exercises are a joke compared to real exercise. When you exercise vigorously you will breathe deeply in the most natural manner possible and the oxygen will be your great reward. Breathing exercises can never mimic the true, deep breathing you accomplish when you exercise vigorously. Forget breathing exercises and just exercise, the deep breathing will come naturally. Deep breathing is a must for a healthy life of vigor. I know it’s hard to find outdoor activities these days, so here’s what you can do: find a way and don’t complain.

3. **Eat a hearty diet that promotes vigor and vitality.**

Your diet must be abundant but also free from the foods that promote sickness. These foods that promote sickness are refined sugars, refined flour, refined oils, modern GMO wheat and modern foods. Like Jack Lalanne said: ‘If man made it, don’t eat it!’ It is NOT necessary to diet or limit your caloric intake. In fact, it is best if you do not limit your caloric intake and simply eat until you are full and satisfied. Eating until you are fulfilled produces “feel good” chemicals (all jolly people love to eat). This style of eating produces an abundance mindset, limiting your food via dieting produces a scarcity mindset which you want to avoid (unless you are a bodybuilder, fitness enthusiast etc.). Eating to stay lean, though it makes you look good, can make you miserable. Food is what makes people happy so I recommend you eat until you are full but never beyond.

Note that eating until you are fulfilled is not the same as over-eating or binging. Eat enough so that you are satisfied and move on. DO NOT SNACK! Eat 2 – 4 meals daily depending on your activity level. 2 – 3 meals is best for most people on earth, 4 meals for a very active athlete. Regarding what foods to eat, you must become your own scientist and find the foods that work for you. Many diets look great on paper but fail in reality. I say processed MSG is a poison, Johnny Montana might say it helps him thrive. You be the judge of what works for you.

4. **Develop iron self-discipline.**

Only you have the power to move forward or dwell in the past. To move forward takes iron discipline. You must command yourself to do it and you must follow those commands as if they came from General Patton himself. You already know that nobody will help you in this world if you do not help yourself. Follow 30 Days of Discipline exactly to learn how to be in complete control of yourself.

5. **Go for long power-walks every day.**

Many people like to poke fun at power-walkers. I call those people sedentary. Power-walks are some of the best exercise known to mankind and that should be evident because POWER is the first word. Walking is one of the most important things humans can do for their mood, their appetite, their sleep, and their fitness. Walking clears and calms the mind like no other exercise. Go for a 1-2 hour power-walk and do it every single day, 7 days per week. Long walks are a must, they are not optional. ENERGY COMES FROM MOVEMENT. Use your arms wildly and you will build energy like a locomotive.

_It isn’t hard, just do it._

You can listen to empowering podcasts on your power-walks. I have never listened to this show but I have heard that the Jocko Willink podcast is excellent and covers many topics like self-discipline. I suggest you download some episodes and go for a long walk every night while learning the discipline of a soldier. You can also listen to funny, “entertainment” style podcasts as they can put you in a good mood. Whatever it is that you like, put it on and go for a walk.
6. **Commit yourself to living your life mission.**

If you don’t have anything to live for, you aren’t going to do much living. Study *The Good Gospel of Bold & Determined* and your destiny will reveal itself to you. Hint: you already know exactly what you want to do with your life. Commit yourself to your life mission and don’t look back. When you feel like quitting, keep going. Every quitter ended up in the exact same place: nowhere. Everyone who had the endurance to continue in the face of adversity ended up in the same place: on the top of the mountain.

7. **Do not go to therapy.**

Therapists will want you to call yourself a victim, they will give you a victim mentality and you will always be a loser if you allow yourself to be the victim. You must be stronger than a victim; you must control your life as it is right now. And right now you are no longer a victim. If you want good advice, you must get good advice from strong people. All therapists are neurotic, crazy, perverted people and they will make you worse because they will force you to constantly re-live and overthink the issue when what you need to do is suppress and forget it. Just say no to therapists and say yes to vigorous physical activity.

8. **Lift weights.**

With a strong body comes a strong mind. Weightlifting teaches you to push past mental barriers. When you lift weights you will learn one valuable lesson: your body is the slave of your mind. Whatever you command your body to do, it will do. You must possess the mental fortitude to command of your body and lifting weights teaches you this mental fortitude.

When you want to quit at 7 reps but you promised yourself 10 reps, you must get those 10 reps. Nothing in the world feels better than completing your goal when your body wanted to quit. It is this feeling of achievement that separates the depressed from the jolly, the weak from the strong. When you command 10 reps, get those 10 reps and you will feel like a new man every day.

Jack Lalanne lifted weights 7 days a week, Victor Pride lifts weights 7 days a week and you will lift weights 7 days a week. Each day you lift weights, you will make yourself push past at least one mental barrier. You will go past the point in which your body wanted to quit. You will do this or you will never know vitality and vigor. Follow *Body of a Spartan* to learn the value of true weight training.

9. **Train martial arts.**

*Martial arts* will allow you to get out your pent-up aggression and they will give you the feeling of safety knowing you can defend yourself. Start with Brazilian Jiu-Jitsu as it will allow you to wrestle frequently with others on your same level without getting seriously injured. Be very careful to take care of your joints as they will be with you for a lifetime. Remember, you are not necessarily training to become a world champion (though you could), you are training to become mentally confident enough to rid a fear of conflict. People can smell fear, so wash the stench of fear off of yourself via martial arts training, weight lifting, vigorous outdoor exercise, a hearty diet, and a strong mental attitude of confidence.

10. **Focus on the future.**

You must absolutely limit the time you spend thinking about the past, you must busy yourself every single day with vigorous and violent exercise, you must eat a diet that promotes a healthy life, you must take ownership of your life and yourself as you are right now and you must work like hell to develop the version of yourself you wish to see in the future. What’s done is done, stop thinking about it. Go live right now.

**Until next time.**

*Your man,*

Victor Pride
Today is Columbus day. Many people in our modern world seem to have a problem with Christopher Columbus. In an earnest effort to not offend anyone, I have taken the liberty of renaming Columbus Day to Conquistador Day (a conquistador is a person who is out to conquer new territory).

Today is now Conquistador Day and this is the 333rd published B&D article. In honor of the 333rd article, let’s have ourselves an EXTRAVAGANZA!

To all the New World Conquistadors I say: OWWWWWWWWWWWWWW!

Juice fast

I recently completed a 5 day juice fast. Hippies believe that a juice fast will cleanse you, so I wanted to test it out for myself. For 5 days I ate no food, I drank only distilled water, fresh fruit juice, and fresh vegetable juice. This was completed very recently and these are my very first thoughts.

<table>
<thead>
<tr>
<th>The Good</th>
</tr>
</thead>
<tbody>
<tr>
<td>I felt lighter.</td>
</tr>
<tr>
<td>I felt healthier.</td>
</tr>
<tr>
<td>My joints felt better.</td>
</tr>
<tr>
<td>I felt cleaner.</td>
</tr>
<tr>
<td>My dreams were incredibly positive and vivid, I could remember them in complete detail after waking up.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Bad</th>
</tr>
</thead>
<tbody>
<tr>
<td>My testosterone levels were significantly lowered.</td>
</tr>
<tr>
<td>My hair felt less healthy, less vibrant, and more brittle.</td>
</tr>
<tr>
<td>I was quite unhappy and “depersonalized”.</td>
</tr>
<tr>
<td>I thought only of food for 5 days even though I was not actually hungry.</td>
</tr>
<tr>
<td>I could not focus on work at all, I only thought of food.</td>
</tr>
<tr>
<td>Energy was low, my normally brutal workouts were cut short.</td>
</tr>
</tbody>
</table>

What I Learned

You will not die from not eating for several days. Physically you will be fine. Your mind will become clearer, you will feel cleaner, you will feel calmer, and paradoxically you will feel miserable. Fruits and vegetables are low energy foods. Be prepared to have less energy than normal if you do a juice fast. Remember, a juice fast should only be temporary.

You NEED fat in your diet to remain healthy and vital. On the 4th day I drank 1,5 tablespoons of coconut oil and it made a noticeable impact on my testosterone levels. Hunger teaches you both appreciation and patience. I now appreciate food on a level I never have before. I don’t crave extravagant foods; I crave simple foods like rice, sweet potatoes, butter and bananas. There’s a reason they say ‘stay hungry’. Proper digestion is of the utmost importance. It is important to thoroughly chew your food into a fine paste before you swallow it. Your first part of digestion is via the saliva. It is important to not drink any liquids when you are eating food because liquid dilutes your saliva.

Fasting is important for curing ailments. I cured my lifelong allergies in 2011 from intermittent fasting, never to return. The world’s most popular healer, Jesus, was big on fasting. It absolutely works and I will continue some sort of fasting forever. Though it can have some negatives, fasting certainly has health benefits and does quite literally cleanse you. For a good resource on fasting, check out Paul Bragg’s The Miracle of Fasting (you can read the PDF for free right here).
**Distilled Water**

One of the best things I did for my health was to start drinking only distilled water. Years ago I upped my water intake which was a big mistake. I started having many problems like aching joints, water retention (fat face) and many more. I bought into the lie that you have to drink extra water to be healthy. Let me tell you that you do not have to drink extra water. You need only drink the water required for you. Nature has a built in mechanism for this called THIRST. Drink when you are thirsty and that is it. Be sure to drink extra if you exercise vigorously as you will need more water to replace what you have sweat out.

I drink only distilled water because distilled water is the only pure water available. All other water like tap water and bottled water is loaded with chemicals like fluoride and chlorine and inorganic minerals have been added to the water. These inorganic minerals in regular drinking water cannot be assimilated by your body so they reside in your joints. The only way to wash them out is to drink distilled water.

Do not listen to the nonsense “advice” that distilled water will kill you. I believe the opposite is true, regular water will kill you. Every single healthy person, and I mean actually healthy, as in fresh spirit, looking young, energetic, and those lived well into old age - these people recommend drinking only distilled water. Sick looking people recommend tap water, bottled water, and mineral water.

**Squat With A Board Under Your Heels**

When you squat at the gym with a barbell on your back, place a 2 – 4 inch board under your heels so that your feet are slightly raised. This changes the angle of the workout and it works nearly all of your legs in a way that flat-footed squats cannot. I neglected board squats for 10 years – big mistake! Squatting with a 2-4 inch board under your heels works your quads fully, it works your hamstrings more, and your calves even get a good workout. Board squats are Pride approved and recommended.

**The Cure For Pain Is In The Pain**

I was able to break through all insecurities and demons simply by making life harder. When I want to quit my workout, I continue. When I don't want to walk up the stairs, I run up and down the stairs 35 times. When things become hard, I embrace it. When things become easy, I make them hard.

**Bad Guy Fan Mail**

I could spend some words talking about myself and my past, but none of it really matters. What matters is what I am going to do from now on.

I have a mission. That mission came to me in a vision. I stayed up until 4 in the morning having that vision. That vision was enabled by the light you shined through your blog. So I wanted to thank you, Victor, for inspiring people.

Truth be told, I am afraid. I am afraid of failure, of change, of so many things. But I have eyes only for success, and I will face those fears in order to achieve what I want.

That is all.

Thank you, Victor.
**Purple Protein Shake Recipe**

**Here's how to make the Purple Protein Shake...**

<table>
<thead>
<tr>
<th>Using A Blender, Mix Together</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 scoops of Chocolate Ice Cream Protein powder</td>
</tr>
<tr>
<td>250 ml (8 oz) of coconut water</td>
</tr>
<tr>
<td>180 ml (6 oz) of iced coffee</td>
</tr>
<tr>
<td>1 cold, ripe, banana</td>
</tr>
<tr>
<td>50 g (1/4 cup) of frozen strawberries</td>
</tr>
<tr>
<td>50 g (1/4 cup) of frozen blueberries</td>
</tr>
<tr>
<td>200 g (1 cup) of ice</td>
</tr>
</tbody>
</table>

**Blend and enjoy.**

This is the perfect morning post-fasted cardio shake, or post-workout shake. The fast digesting carbs from the fruit will spike your insulin levels and expedite and maximize the delivery of the whey protein directly to the muscle cells to begin the protein synthesis process (muscle building).

**Bad Guy Fan Mail from Bob**

I love this book.

A strong summary of everything Victor says but very concise and put together in a great go to book. Get this book and get ALL of his volumes! I don’t care if Victor sells 20 volumes. I am getting them ALL!

Why so enthusiastic?

Because in your heart you know his words of wisdom reflect reality on every level. Even the multibillionaires you see giving advice on TV do not speak to the heart of the common individual like Victor does. When was the last time you heard a super rich person tell you how to truly escape the 9 to 5 jive? Like never maybe? I love this dude and I can promise you I don’t run around life saying how much I love this or that dude!

The man speaks to the heart of freedom and happiness and everyone knows it!

**Thanks for the kind words, Bob. Speaking of my books...**

**Bold & Determined Vol. 2 on Paperback Available Now!**

**The Secret Meaning Of Life And The Deeper Secret Within The Secret**

The purpose of life is to return to the source. To return to a natural life. One of my big goals is to live simply (but well) on a farm in the mountains. Not to live there at all times of course, but at certain times of the year. Apartments and condos are luxury jail cells, you need long periods in nature. Marcus Aurelius said: "Very little is needed to make a happy life; it is all within yourself, in your way of thinking." Personally, I'm addicted to the numbers not to the money. What the money actually buys means nothing to me as I buy almost nothing. Seeing the numbers go up is a beautiful thing, buying stuff never fulfills what it promises.
A Short List Of My Favorite Books

I find that nearly all of my favorite books were written 100 or more years ago. Actually, many of my favorites were written many thousands of years ago by ancient Chinese authors like Lao Tzu and Sun Tzu. I find current authors are too compulsively afraid of seeming “offensive” and therefor they self-limit their own art. For this reason I cannot stand to read a vast majority of modern books.

Books that have stuck around for thousands of years did so for a reason and I find I enjoy reading them and have more in common with them than most of the gutless writing one finds today. You cannot write well if you write out of fear of judgement, and author's today seem to fear judgement more than they desire creating great works that stand the test of time. There are obviously still good books being released, but of all of the books I have read in the past few years, my favorites are very, very old. Rather than tell you a few of my favorite books, I will tell you a few authors you can research.

**WARNING**, these authors will lead you down a very deep rabbit hole...


**Bad Guy Fan Mail: New World Ronin in Amsterdam Edition**

I bought your book New World Ronin when it first came out. This book has been the biggest influence on my life, period. I have read many books before your book. Your book resonated on a very deep level within me. It has changed my own mindset for the better and it showed me the way of always moving forward. Together with Scott Adam's book “How to Fail at Almost Everything and Still Win Big” they should be mandatory reads on schools.

You still have to put in the work yourself, yes. The book does not hold your hand. But it's the closest thing to describe the sensation of being in motion and momentum. There is no other book that describes it that perfectly. When people talk about being in motion or having momentum it's often described as something random. Your book shows people the way to attain momentum and to get further in life, no matter what situation you are in.

I wrote this down a while ago and it's obviously hardcore influenced by you – how can you distinguish yourself from a dead person? You move.

Dead people do not move. The only reason for you to be alive is to keep moving in the direction you want to move. Giving up means standing still. Which is what dead people do because they can't move. I have to admit I do not read a lot of blogs anymore and I don't frequent social media because they were a barrier in my life.

That's why I write this e-mail to show some appreciation for the work you have done, especially with your book.

Greetings from Amsterdam.

**How To Achieve Perfect Male Posture**

These posture photos and text are from J.H. Kellogg's very interesting book The Living Temple (you can read the PDF for free [here](#)). Kellogg was a physician famous for developing Kellogg's Corn Flakes as an “anti-masturbation” food. Well, that's what people who have never read his book say. Many people have dismissed Dr. Kellogg as an old fuddy-duddy, vegetarian, killjoy who wanted no one to have a good time. I find those people to have entirely missed the point, as his book was quite excellent and thorough. The largest portion of Dr. Kellogg's book is in relation to human digestion and was a very valuable resource for that and for many other things. [Here are Dr. Kellogg's views on achieving perfect posture.](#)

**Picture One.**

**Picture Two.**

874
The Power of the Publishing Business

The blog publishing business is immensely powerful when it comes to what matters – sales. Specifically, book sales. There is no better way on Earth to sell a book than to have a blog. Blogs are the most hidden and unknown source of revenue on the planet and it apparently takes a genius to see what is right in front of your eyes. Ask yourself this question, every time you Google something, where do you end up? You end up at a blog.

How many times do you Google per day? How many people on earth Google every day? All of those people who Google every little thing end up at blogs looking for the answer. Every time you Google, your answer is found in a blog. People still do not see the power of the blog. Woe to them, great for you because you can start a blog right now for free with Badnet, you also get 4 ebooks that I have not released anywhere else. You get them for free and they show you how to make money online from your blog. If you still don't believe there is power in the blog, well, just Google it.

3 Secrets of the Blog Business

Work Like A Dog, Howl Like A Wolf

A mix of work and play works best. It is best when all your work is play because then you'll never work another day. Always make sure to howl like a wolf to start the day, scientifically proven to give you more pep in your step.

OWWWWWWWWWWWWWWW!

Bad Guy Fan Mail: Inability to accept responsibility edition.

You Will Notice That Every Piece Of Hate Mail Has 2 Components

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>An inability to accept responsibility for their own life. Everything is always someone else’s fault or some “medical condition”.</td>
</tr>
<tr>
<td>2.</td>
<td>A huge amount of typos. There are always numerous typos in these comments because these people are always drunk on alcohol or high on drugs when they leave these “poor me” comments. This is one reason you never want to use alcohol or narcotics, you don't want to be a “morom” like this commenter.</td>
</tr>
</tbody>
</table>

Start a side business using 333 Philosophy

Everybody has the same amount of time in a day so when someone says: “I don't have enough time to do what I pretend I want to do,” what I actually hear is, “I'm a weakling loser.” Everyone has 24 hours in a day. Here's what you do: divide your day into 3 parts. Spend 8 hours working your normal job, 8 hours sleeping, 8 hours playing. Starting a new business is play, it's fun. It is not hard in the slightest, starting a new business is the fun part and everyone can do it if they want to do it.

Think and Go Hustle

Think and Go Hustle by Dylan Madden is available now. Get it.

Everything Profound Is Simple

Everything profound is simple and everything true can be said in one sentence. We call these sentences definitions. The longer the definition, the bigger the lie (as the Chinese say). Or as Bruce Lee said: ‘Simplicity is the key to brilliance.’
Bad Guy Fan Mail

365 days 247 **30 Days of Discipline** is vital key for me. It’s like your post in March from A to B in a straight line. Everytime I quit I go back to A where I started.

F’ck that shit.

Change my Mindset = Change my Life.

---

**Jack LaLanne**

Every gym-rat, fitness enthusiast, bodybuilder, and B&D’er needs to know Jack LaLanne, the godfather of getting “Jacked”. Jack LaLanne was a fitness nut before it was cool. In his old age he did things teenagers couldn’t do. He did things like tow 70 boats with 70 people for one mile while handcuffed on his 70th birthday. Jack LaLanne is the man who taught me the most valuable lesson I ever learned...

**YOUR BODY IS THE SLAVE OF YOUR MIND.**

The Following Quote Is From A Jack LaLanne Interview In A 1984 Edition Of Playboy Magazine

I believe in vigorous, violent, daily, systematic exercise to the point of muscle failure.

I’m usually up each day at 3:30 A.M. I hit the gym at four A.M. I’m out at 6:30 A.M. I do it seven days a week and have ever since I can remember. Sometimes I hit the gym without having gotten any sleep, like when I’ve done a lecture or a seminar. My top priority in life is my workout. Regardless of what happens, I hit that gym. Even when I was in the hospital twice with serious knee operations: right after I came out of anesthesia, there was a chin bar over my head and dumbbells. I worked out immediately.

It’s very easy to rationalize, however, and say: “What the hell. I didn't get enough sleep,” or “I’m too busy,” or “I've got this little ache or pain.”

That's all bullcrap. You do it. It's tough. It's hard. I'd rather take a beating sometimes than get in that gym every morning. Anyone who gets up that early and says he likes it is a goddamned liar. The only good thing about it is that when I’m finished, I look at myself in the mirror and say: “Jack, you've done it again!” I've won another battle over myself, and that's what it's all about: conquering me. If I didn't do it, I'd be lying to myself. If I lie to me, I lie to you and wreck everything that Jack La Lanne stands for. If I'm not an example of my philosophy, it sure isn't going to turn anyone else on. That's why Jesus made such a big impact. He practiced what he preached. He also did miracles to call attention to his philosophies. That's why I do incredible things on my birthdays.

You can read the full interview here.
JDB Physique Transformation contest

If you want to change your life, you HAVE to change your body first. The body is the mind and vice versa. With a weak body you will always have a weak mind. With a strong body you will possess a strong mind. Change your physique, change your life. Changing your physique is easy, simply sign up for the JDB Fall Physique Transformation Contest and do everything JDB says to do. Do that and you can expect results like these fellows pictured below who did JDB's Operation Shredded Contest and got shredded as a result.

1. Beginning → end.
2. Beginning → end.

Sign up for the JDB Fall Physique Transformation Contest here.

Becoming The Devil To Get Out Of Hell

If it “sounds hard” to change your body, watch this interview with ultra-marathoner David Goggins.

Goggins was a 300 lbs. fat guy who decided not to be a loser anymore. He went into the military, joined the Navy SEAL’s, and in a bid to raise money for the families of fallen SEAL’s, became an ultra-marathoner... with no training! After you watch this interview, you will never be the same (which is a good thing). David Goggins is big on going through pain to get through to the other side. He calls it: “Becoming the devil to get out of hell.”

Or as I call it... awakening to reality.

That’s all for the 333rd, boys.

Until next time.

Your man,

Victor Pride
How To Heal Lower Back Pain

This article is not medical advice; it is quality of life advice.

Do you have lower back pain and want to cure it? If so, you aren't alone.

In private conversation, many men have told me they have lower back pain and it is causing them misery. For a while I thought I was the only one, but so many have said the same thing to me that lower back pain appears to be an epidemic. No one seems to know how to fix it either, probably because nobody is looking in the right place...

If you have lower back pain you will naturally think the cause of the pain is the lower back but this is wrong. If you have lower back pain then it is NOT your lower back that is the cause, the pain is caused by the surrounding areas. If the surrounding areas are weak, pain will manifest in your lower back. To learn where the pain originates you will have to face a harsh reality... If you have lower back pain it is because YOU caused it. And you can fix it!

If you have lower back pain, it is because... YOU HAVE WEAK GLUTES AND WEAK ABS.

The reason you have lower back pain is you have weak glutes. Weak glutes are the number 1 cause of lower back pain.

What causes weak glutes?

The primary cause of weak glutes is a sedentary, “sitting down” lifestyle. It is this lifestyle that causes your lower back pain because it is this lifestyle what weakens your glutes and abs.

Pictured: an x-ray photograph of your glutes rotting off.

Sitting down too much causes weak glutes. To get rid of your lower back pain you have to strengthen your glutes. To strengthen your glutes you have to go the gym and train them the same way you train biceps, triceps, deltoids, shoulders and quads. Many people will train nearly all of their muscles except for their glutes and that is a big reason why lower back pain is so rampant. Glutes are a big muscle group and they need to be trained like any big muscle group.

So many people are afraid of looking silly in the gym by training their butt, but you will look even sillier as an old man who cannot walk because of intense lower back pain. It is weak glutes that cause your lower back pain and if you do not train them with heavy weights what do you think will happen? Your glutes will not get stronger, they will get weaker. The weaker your glutes get, the more pain you will experience in your lower back.

And you won't know what's causing your lower back pain until somebody screams it in your face...

YOU HAVE WEAK GLUTES!

To fix your lower back pain you have to develop muscle and strength in your glutes. To develop real muscle and strength in your glutes you have to lift heavy weights. Walking, jogging, running, stretching, yoga – NONE of this will develop your glutes to where they need to be. You must develop muscle and strength on your glutes (don't forget to train abs frequently). To accomplish this mission, you must embark on a mission of lifting heavy weights.
Glutes are the #1 cause of lower back pain but you cannot ignore all muscles around the lower back. Lower back pain can be caused by what is above the lower back and what is below the lower back. That means you likely also have weak abdominals.

**Weak abdominal muscles and weak gluteal muscles equals lower back pain.**

Solution? Train your abs hard and train your posterior chain, which is comprised of the lower back, glutes and hamstrings. You can choose any abdominal exercises you like to do, just be sure to train your abs 3 times per week or more. Abs can handle a lot of volume. When it comes to glute training, it can get a little more complicated because gym machines will not help you. You must learn to do free weight exercises for your glutes.

**Here are some of my favorites...**

**The Best Beginner’s Glute Stretch/Exercise**

**The Best Advanced Exercise For Lower Back Pain**

**Glute Ham Raises**

I tried a billion different exercises and this is the one I found to be the most effective. I believe this one exercise is responsible for a majority of my gains and I believe this one exercise is the king of all posterior chain exercises. This exercise is so hard that you will likely not be able to do a single rep the first time you try it. No worries, most people cannot. Keep at it, stick with it. Always include this exercise in your routine and you will reap the rewards. When you can do 1 rep you will have made a significant improvement.

**Here's a few alternate ways to perform glute ham raises.**

**The Top 6 Posterior Chain Exercises**

The posterior chain is made of the lower back, glutes and hamstrings and to learn how to perform these posterior chain exercises, click the link that says ‘video’ and the video will pop up in a new browser.

<table>
<thead>
<tr>
<th>1. Good Mornings</th>
<th>Video</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good mornings can be performed very frequently – even every day you train.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2. Reverse Barbell Lounges</th>
<th>Video 1</th>
<th>Video 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reverse lunges can be performed up to 3 – times per week. They are a great mass builder (‘ass builder’) and so require a day's rest in between sessions to less your glutes recover and grow.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3. Sumo Deadlifts</th>
<th>Video</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sumo deads can be performed 2 – times per week. Be sure to go HEAVY! Aim for no more than 5 repetitions per set.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4. Sled Pulls</th>
<th>Video</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sled pulls are a great active recovery exercise. While they help you recover, they also help to build your posterior chain. They can be performed many times per week, no rest time is necessary.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5. Wide Stance Box Squats</th>
<th>Video 1</th>
<th>Video 2</th>
<th>Video 3</th>
<th>Video 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>This is a series called: ‘So you think you can squat’ and it is the best squat tutorial I have ever seen, it is a must watch. Box squats can be performed 2 – times per week. Box squats, if done properly, will likely be the number 1 exercise you can do to build your hip strength and size.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6. Hip Thrusts</th>
<th>Video</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hip thrusts are fantastic glute builders and can be performed 3 – times per week.</td>
<td></td>
</tr>
</tbody>
</table>
How I Fixed My Lower Back Pain

To Cure My Lower Back Pain I Had To Embark On A 2 – Part Mission

1. I had to learn everything I could about training the posterior chain.
2. I had to go to the gym every single day and do the exercises until I found the ones that worked for me.

You will have to do the same thing because a cookie-cutter routine will not help your glutes develop.

My training is specific to my body and that is why it works well for me.

Speaking of my training...

My training has been solely focused in training my posterior chain and my results have never been better in my whole life. I simply pick a handful of glute/lower back/hamstring exercises and try them out. When I find one that works well, I stick with it. The exercises that work well for me are the exercises I listed above (but there are many more for you to find and try).

When I started this quest, I trained lower back, glutes, and hamstrings 5 days in a row and for the first time in years my back pain decreased significantly. It seemingly instantly got a lot better. With muscle and strength in the glutes, lower back pain goes away. In just 5 days I felt fresh, I felt clean, I felt stronger than ever, I just felt great.

It is important to remember that even though you will get relief nearly instantly, this is a lifelong process and you are not allowed to ever quit. For lifelong results you have to put in lifelong work. Your pain did not develop overnight and the relief of 100% of the pain will not develop overnight either.

Oh, I forgot to mention one other side effect of training my posterior chain so frequently and heavy... My calves are developing better than they ever have before. I have never in my life had calves and I did all the calf raises and seated calf raises etc. I tried all of that nonsense and my calves never grew more than a half inch. In 5 days of hard posterior chain training my calves blew up. They are bigger than they have ever been; I simply look at them in amazement.

The machines just do not work for leg development for me, and if you have lower back pain maybe it is the same for you.

Rules of Training Your Posterior Chain

I based my posterior chain routine off of the routines of elite powerlifters like Louie Simmons. Elite powerlifters know that strength comes from the glutes and they make the habit of training posterior chain up to 6 days per week. Louie makes the case that strength comes from the glutes and abs. He has all of his guys train lower back, glutes and hamstrings basically every day and that is exactly what I have been doing.

Here is Louie Simmons explaining why you want to use a wide stance squat to build your hips.
Here Are The Basic Training Rules I Follow

Train posterior chain at least 3 - times per week → more is better, I train them basically every day.

Don’t train light all the time; you must go heavy to achieve gains.

You HAVE to work the gluteal muscles; do not worry about looking silly in the gym.

Learn everything you can about posterior chain exercises.

Always be willing to try a new exercise.

Train heavy and train often.

Do not forget to train your obliques!

Train abs and obliques 3 – times days per week.

The ab wheel is a great way to train your abs.

Do not be scared of training your lower back. If you never train your lower back you will never have a strong lower back.

Eat enough calories to give you energy for training and recovery. Beef, chicken, fish, potatoes, sweet potatoes, white rice etc. are your best foods for strength and muscle gain. If it’s grown or raised on a farm, eat it. If it’s made by a machine, don’t eat it.

Look at female fitness trainers on YouTube for ideas on new glute exercises.

Focus on accessory exercises rather than on standards squats and deadlifts, squats and deads work your whole body but you want to focus on your posterior chain.

Forget about using machines, use free weights and make the exercises work for your body.

If you have never been to the gym before and have no real strength base, start with bodyweight hindu squats 3 sets per day, 7 days per week.

Walk more because sitting is a disease and walking is the cure. Start by taking a 10 minute walk after 2 – 3 meals each day.

Notice there is no rule that says: “Cry about it, deflect responsibility and do nothing to fix it.” Do not be a victim to your lower back pain. You caused it and you must be proactive to fix it. It is not your “sciatica” or any other million phantom causes a.k.a excuses.

If you have lower back pain it is because... YOU HAVE WEAK GLUTES AND WEAK ABS.

You caused your lower back pain and it is you who can fix it. To fix your lower back pain you must develop your glutes and abs via heavy weight training. Having lower back pain is a choice that you make.

Choose to have weak glutes and abs and therefore lower back pain.

Or...

Choose to have strong glutes and abs and eliminate lower back pain.

It is as simple as that.

Until next time.

Your man,

Victor Pride
Attention Killers and Real Dealers: Bold & Determined Vol. 2 is now available on paperback and kindle.

Check out B&D Vol. 2 Here.

Vol. 2 is not new material, it is simply true material. The early Bold and Determined followed a 3 part structure and those 3 parts will be available in paperback.

Think Of These 3 Books Like This...

- The Old Testament
- The New Testament
- The True Testament

Speaking of new and true...

Introducing 30 Days of Blogging

For the next 30 days, your man will be releasing a new blog post every single day. What will we discuss? Mostly the B’s: Building a Better Body and a Better Business. Actually, we will discuss any topic you wish. Simply leave a comment or a question below and I will answer it in blog form. Each day's comments will be the next day's article. Each day will flow into the next seamlessly. At the end of 30 days I expect both you and I to make some real revelations.

So here’s what you can do...

Buy Bold and Determined Vol. 2 on paperback to keep in your bedside table.

And...

Leave a comment with a topic or a question that you would like to see covered on B&D. Nothing is taboo, I will discuss whatever it is you would like to learn. Until tomorrow.

OWWWWWWWWWWWWW!

Your man,

Victor Pride

P.S. Happy Halloween!

Rules of the game → keep all questions to a maximum of 2-3 sentences.
I was so poor that I decided just to not eat. It was an easy decision; I didn't have any damn money for food anyway. Back then I was 130 lbs at 6'2 (59 kg at 189 cm). I flexed in the mirror one day and my biceps were the same size as my wrists.

I was skinny, boy!

When I wanted to gain weight I had to buckle down and start a dedicated eating plan. It takes true dedication for a skinny guy to eat enough food to gain weight. But I'd had my first taste of the gym and I was hooked from the first minute in the gym. I was going to get big no matter how uncomfortable the eating got (and it did get uncomfortable).

I was skinny but when I buckled down and started getting serious about my eating I was able to gain weight very quickly. I went from 130 lbs to 160 lbs in just a few weeks (59 kg to 72.5 kg). That was years ago and since then I've reached a peak weight of 210 lbs/95 kg but I now maintain a weight around 195 lbs/88 kg.

Thought I admit I'm as fired up about the gym as ever and I'm probably going to get gigantic.

When I want to gain weight there is one thing I have to do: get serious about my eating. After so long in the game, the eating is no longer a chore, it is simply a means to an end. I know that my 6 meals a day equals becoming JACKED.

So when I received this question from a B&D reader, I knew I had just the answer...

<table>
<thead>
<tr>
<th>I'm a slim guy naturally.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have a very fast metabolism.</td>
</tr>
<tr>
<td>I have a busy schedule and I'm looking for a healthy way to gain weight without eating junk.</td>
</tr>
</tbody>
</table>

Any advice?

So you want to gain weight but you're a skinny guy?

Ok, here's what you have to remember... eat like it's your job

To gain weight you have to eat like it's your job. It will not be a fun, pleasant experience and you will not want to do it. Do it anyway and do not quit. The light at the end of the tunnel is worth it, but to get to that light you will have to get through some shit. Just remember that eating is your job and you are not a quitter, you are a go-getter and when you want to get big you go and get it. Eating is a job. But you don't get paid until your work is finished. Your payment is a bigger, better body.
Eat 6 meals per day and eat every 3 hours!

Every bodybuilder got big the exact same way... by eating 6 meals per day. There is no other way to get big than to eat small(ish), frequent meals. You have to get enough daily calories in but you have to make sure to not eat too much at any one meal.

**Eating too much at a meal equals fat gain, bloating, and general unpleasantness.**

The food has to be spread out throughout the day. You do not want to stuff your face in a feast, you need to be able to function and this is why you divide your meals every 3 hours. Eating too much at one time will only help you to have diarrhea and a nap.

1. **Eat breakfast.**

If you want to gain weight you have to start the day the right way, by eating. Eating will consume you and you will do it morning, noon and night. DO NOT SKIP BREAKFAST! If you skip breakfast you may as well skip living life. Eating is your damn job so do what it takes and it takes eating every 3 hours. You've got to start in the morning right away so you can get all of your calories in.

2. **Eat real food.**

Cook most of your meals and eat real food from a farm. Don't eat food that comes in a box, don't eat food that is ready to eat without cooking it and don't eat food that has more than one ingredient. Eat meats, rice, potatoes, sweet potatoes, fruits, vegetables etc. Real food! You need to prepare your own food so that you know what is in it.

Avoid eating at restaurants too frequently. Restaurants use enormous amounts of vegetable oils and sugar. If you eat at restaurants 6 times per day you will get fat, guaranteed. Avoid all vegetable oils, use virgin olive oil or cold pressed coconut oil to cook your food. Oils are your enemy, use the least amount you can.

It is only by eating real, natural food that you will gain good muscular weight instead of gaining fat weight. It's hard to gain weight eating real natural food which is why it is your job to do so. Every meal should have a moderate amount of protein, a good amount of carbs and a little fat.

An example would be: 8oz beef and 12-16oz potatoes. The beef has protein and a little fat and the potatoes have the carbohydrate. This is a perfect bodybuilding meal. Exact measurements of macronutrients do not matter, just get your meals in at approximately a 40/40/20 split (explained below) and gain weight.

3. **Eat saturated fat.**

Milk, butter, eggs and cheese are all necessary to help you gain strength, weight and increase your testosterone. These are the foods that help you gain muscular weight and strength the quickest. I personally hate milk but there is no denying that it helps you gain weight. Yogurt is a good weight-gainer too. Nobody ever got big on a zero fat diet.

You need some fats. You don't have to go crazy on the fats but you do need them.

Of all the meats, beef is the best weight gainer. Lamb is also good to increase your weight gain. Do not eat pork; there is a reason no bodybuilder eats pork. If you want to be healthy **do not eat pork.** Pork is a filthy meat full of filthy parasites. Stay away from it.
4. **Eat carbohydrates!**

If you are trying to gain muscle, you need to use carbs to spike your insulin to shuttle nutrients to the muscle to improve your muscular recovery/hypertrophy. You should never have a bulk diet deficient in carbohydrates. Carbs are where you energy comes from.

5. **Calculate your calories.**

Calories are not everything, the scale is what counts. Make the scale move up. BUT, to make the scale move up you do have to have an understanding of your calorie needs.

<table>
<thead>
<tr>
<th>Find your TDEE (Total Daily Energy Expenditure) using the following calculator</th>
<th><a href="http://www.1percentedge.com/ifcalc/">http://www.1percentedge.com/ifcalc/</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose the Harris-Benedict Formula for the BMR section and then plug in all the corresponding values for your age, weight, activity level, etc.</td>
<td></td>
</tr>
</tbody>
</table>

After doing this you should have a number under your “Total Daily Energy Expenditure” section showing you exactly how many calories your body requires each day to stay the same weight. Use this number as your maintenance level of calories, and add 300 – 500 calories to this to start your bulk diet. By eating more calories than your body expends each day, you can slowly add more lean muscle mass to your frame and get the scale going up.

6. **Eat a 40/40/20 protein, carbohydrate, fat split.**

A good bulking macro split is the standard 40/40/20 split. This split entails having 40% of your total caloric intake from carbs, 40% from protein, and 20% from fats. This split typically works very well for the vast majority of individuals during their bulk phases.

For example, let’s say your TDEE is calculated to be 2730 calories. Then your calories for starting your bulk up would be 3030 calories (2730 + 300). Now, we calculate how many grams protein you will need. As we will be following a 40/40/20 split, 40% of your calories will be allocated to protein.

There are 4 calories in each gram of protein, 4 in each gram of carbs, and 9 in each gram of fat approximately. So we will want 303 grams protein (1212 calories), 303 grams carbs (1212 carbs) and 67 grams fat (606 calories). Divide this by 6 meals per day and this is how you come up with your meal plan.

7. **Do not miss meals!**

It is better to eat something rather than nothing. I would rather see you eat 2 chocolate bars than miss a meal. It is important to not miss a meal. If you want to gain weight you have to eat on a schedule and eating something is better than eating nothing. You need to keep your metabolism firing and the way that you do that is by regular eating.

8. **Make homemade protein smoothies.**

For 1 – 2 meals per day you can substitute whole food for a high calorie protein smoothie. Use whey protein and include peanut butter, frozen berries, bananas, anything you want to make your smoothie taste good. Protein smoothies are a great way to get your calories in when you can't stand eating so much food, or don't have time to eat.
9. **Eat one daily cheat meal, if you’re very skinny.**

If you are trying to gain weight you shout NOT eat 100% clean. Clean food will NEVER help you gain the weight you want to gain. You have to have some high calorie meals like chicken wings, burgers, pizza etc. You will never gain weight without high calorie foods like this. Never. Try to include one cheat meal every single day or every two days.

10. **Lift weights at least 4 – 5 days per week.**

If you eat 6 meals per day but don’t lift you can expect to get one thing, FAT. The weight gain has to go into the right places, the muscle, and that is why it is important to lift weights hard and heavy. This is how the food knows where to go. Instead of making you fat, it makes your muscles bigger.

**The less you train = the less you gain.**

Follow [Body of a Spartan](#) for the best bodybuilding/muscle gaining program.

11. **Don’t drink water with your meals.**

Don't drink water 20 minutes before or after eating because water interferes with your digestion. Digestion is very important, especially when you are eating so much food, and you want to take care to ensure proper digestion. Do not drink water 20 minutes before a meal, do not drink water during a meal, and wait at least 20 minutes after eating a meal to drink water.

12. **Monitor your weight gain.**

Weigh yourself daily, weekly and monthly and write down your weights in a notebook. If you are not making weekly gains, up your calories by 300. You may find that it is uncomfortable to gain weight. Know why? Everything worth getting is hard work. If you are not gaining weight you have to increase your food intake. Yes, you have to eat more food to gain weight. Even if it makes your tummy feel full, eat more food until the scale is moving up.

13. **Take RED GROWTH.**

It is only after you have your diet and your training in order that you can start to look at supplements to help you gain weight. When you do start to look at supplements to gain weight, there is one that works wonders...

**There is no other legal supplement on the market that will put weight on you like RED GROWTH will.**

Red Growth gives crazy gains and certainly it will be banned by government in the future, they eventually ban everything that actually works. Red Growth has an ingredient called **1-DHEA** which gives you crazy muscle gains. Look out for Red Growth in the very near future. If you want to gain muscular weight, Red Growth is an absolute must.

**And that, friend, is the basic way you get big...**

**Eat like it’s your job, train like all hell; take muscle building supplements like Red Growth.**

**Not really so hard is it?**

**Until next time.**

**Your man,**

Victor Pride

**P.S. All pictures in this article are from the [Body of a Spartan](#) training ebook.**
As a millionaire blog artist, on my way to the billions, many young and hungry blog artists ask me how to do it. They always ask the wrong questions. I say it over and damn over again but no one wants to hear the truth...

All I do is write great articles. That's it!

I did nothing else for years but write great articles. I had the patience of a zen master. I knew that if I did great work and just waited, success would come running to me. Guess what happened? Success came running to me with open arms. She was skipping like a schoolgirl when she said: “I'm here daddy!” My patience paid off by making me millions in revenue and untold thousands per month.

I wasn't always wealthy, or well-off, and I definitely was not always patient...

When I was a young man trying hard to become an entrepreneur I tried everything you could think of. I tried to invent new exercise machines, I tried all kinds of grand, big schemes and they always ended the same way, with me getting easily discouraged and quickly quitting. It was failure after failure after failure after failure.

I knew something had to change because what I was doing wasn't working. And if what I was doing was not working, it would be dumb to continue doing it. So I made the choice to stop trying to chase all these lofty dreams and start focusing on ways I could actually make money. When I stopped thinking big, and making ZERO money, and started thinking small I started making a LOT of money.

It wasn't until I started doing business the easy way that I started to make money.

In fact, my first year of doing easy business I made over 100k (this was before blogging). The year before that I'd made about, oh, 12k. When I made 12k I was trying to do so many big things and I was overcomplicating what was extremely simple. When I started to make things simple I finally had money for the first time in my life. I wasn't doing anything hard, I wasn't doing all these grand big extra things, all I was doing was thinking small and thinking small is what made me a millionaire.

Wouldn't you like to do less and make more money?

In a previous article I wrote to let you know that I will be taking questions and be publishing a blog article every day for 30 days. You wrote in with a lot of great questions, many well thought out and very detailed questions and I can see that these questions are indeed giving you grief. But it was while analyzing the questions you sent in that I had a realization about why you find it hard to succeed.

There actually is “one secret piece of information” that is standing in the way of you and your dreams.

The answer I give you will seem so simple that you will not even pay attention to it, and that is a mistake. When I tell you the secret you need to read all of the words thoroughly and make sure that you understand them thoroughly.
Do not skim the words, do not gloss over the words, do not rush to judgement over the words. Review the words thoroughly and let them sink in to your brain. When these words sink in you will be able to unlock the mental chains that have been keeping you prisoner. You will be free to see success for what it is and nothing will be holding you back anymore.

Are you ready to know what the simple secret to success is?
Here is the simple secret to success...
Success is easier than everybody thinks it is.

Everybody thinks too much, and nobody thinks about what is simple and obvious. Many people think the most simple and obvious thing to do is wrong, even though that is how everybody who is rich got rich.

So what is your problem? Why do you find it hard to succeed?
Well, you find it hard to succeed because you are exactly like most people...
You overcomplicate simple things.

When you overcomplicate simple things you make success impossible. You must remember that less is more, more is not more. Doing more is keeping you from gaining material and personal success. You overlook what is right in front of your face (the obvious) and you make up problems.

Here are some of your questions and these are perfect examples of trying to do too much...

<table>
<thead>
<tr>
<th>How do you move out of your parents’ house, if you’re a 23 year old college dropout and only lasted 2 weeks at the one and only job you’ve ever had? Also in this case, you don’t have your own room at your parents’ house, and your computer got moved to the living room where your family watches TV 24 hours a day.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I know the answer is just: “Get a job, save money, move out.”</td>
</tr>
<tr>
<td>Still, is there more you can add to that answer? Or do you have a different answer entirely?</td>
</tr>
<tr>
<td>Since you’re completely against the 9-5, should a budding young man in my situation just build a business until it makes enough money for him to move out of his parents’ place and get his own apartment?</td>
</tr>
<tr>
<td>By the way, since I’m in the living room, I have one tiny spot there and I have to deal with nonstop noise and distractions because my family watches TV 16+ hours a day and almost never turns the TV off. Focus is key to building a business, should I just bear with a job, save, move out, and build a business on the side once I have my own quiet apartment where I can really focus and get down to work?</td>
</tr>
</tbody>
</table>

Everybody already knows the answer to every question they ask, but they overcomplicate things and pretend it is harder than it is. Buried in this long paragraph is the answer... The answer is: ‘Get a job, save money, move out.’

But along with the actual answer are all of these seemingly impossible hurdles to jump through, but they aren’t hurdles at all. They are over-complications of very simple things. These “complications” go away by getting a job, saving money, moving out.
Thanks to this blog, I decided to start a business.
I don't trust anyone else to make my content, and I like to do things myself.

How do I know if/when I need to hire help?

Since you like to do everything yourself, wouldn’t it be easier to do everything yourself and stop worrying about hiring somebody at some distant point in the future? Since you like to do everything yourself why are you fretting about hiring somebody at a non-existent position? You are overcomplicating what is extremely simple. You like to do everything yourself, so do everything yourself. Do not worry about future what-ifs. Keep it simple.

How do you promote your blog/business before you have a following without using social media?

If you don’t have great content you will never succeed as a blog artist. And if you do have great content people will find it on their own. Trying to do too much gets you nowhere. Create great work and there is nothing extra for you to do. This is very difficult for so many people to imagine and that is why so many people agonize about promoting their work and when they can’t, they quit.

There are only two things needed to succeed as a billionaire blog artist: great content and patience.

What does a professional blogger do? Write blog articles. Nothing else required. When I say nothing else required I mean exactly those words, NOTHING ELSE REQUIRED! Blog artistry is the most zen practice of all, it requires utmost patience and a clear mind. You must do the work and then move on. Nobody will read a new blog and make you a success right away. Do the work, be patient, be zen about it, the audience will find you when the time is right and that is it.

This is the magic of thinking small.

When you re-wire your brain to focus on the smallest, most obvious path then success stops being hard-to-reach and becomes easy, it becomes super obvious. Success is not a process of building things up and doing extra work, success is a result of tearing things down and doing less work.

Instead of focusing on thinking big, think small, sit back and watch the magic of success happen. If you are actually trying and you are failing, it isn’t because you are doing too little... If you are failing, it is because you are trying to do too much, too quickly.

Here is what you can do...

Do nothing but the basics (and do them well) and wait until success comes to you. If you chase her too much she will run away from you. If you do your own thing, she will come skipping like a happy schoolgirl, saying to you: “I’m here daddy!”

Until next time.

Your man,

Victor Pride

P.S. Don’t forget to buy Bold and Determined Vol. 2 on paperback. Instead of thinking big and spending months writing a brand new book, I thought smaller and put together a book of old content that is already proven to kill.
How To Be The Boss

I recently received this question from a B&D reader...

What kind of relationship should a boss have with employees and interns?

I feel as if they start to take advantage if you are too friendly with them, but if you are cold and too professional they do not approach you and are reluctant to ask for help or to inform you about bad news.

I'm from the World of D.I.Y.O.D.S. – Do It Your Own Damn Self

I've never asked anybody for anything, I've never had a mentor, I've never looked up to anyone, I've never been an intern and I never knew what interns are supposed to do. So I never even thought of having interns until I met C. in Indonesia... I liked him right away and he said he wanted to come out to Bangkok to do some good work with me.

After I made him jump through some hoops I said sure, no problem. He was great so when Sam wanted to come out to Vietnam to do some work, I did the same. I've never asked anyone to intern for me, they always come to me. Over the years I have had several more interns, starting with C. and ending with Red Steve.

They think they can handle life with no net. I have always made it my duty to ensure the opposite...

I Don't Know What The Job of an Intern is so I Only Ever Did Two Things

<table>
<thead>
<tr>
<th>1. Try to teach them little by little.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Try like hell to make them quit.</td>
</tr>
</tbody>
</table>

I don't build them up like Tony Robbins, I break them down like Gunnery Sergeant Hartman. Interns have to be broken down and built back up from the ground, especially the ones with college degrees. I've found the more schooling they have, the more useless they are.

My only goal with interns is to make them strong or make them quit.

It is very pointless to teach them too much, too fast. They won't retain it, they will become overwhelmed and quit. If they're going to quit I want them to quit as quickly as possible, so I put them on non-stimulating work for a good long while.

The sooner they quit, the better for me because they are not usually a big help but a big burden.

I take them under my wing and slowly teach them the secrets of the game through the kindness of my heart, I don't make any money from them. But for them to learn the secrets of the game, they have to make it through hell...

Interning with me is like taking a journey into hell.

I run the game like a drill sergeant. I am cold, distant, harsh, and feared, like a drill sergeant in the armed forces or a Don in an Italian crime family. It is better to be feared than to be loved. Let them love their dogs, me they have to fear.
To master the game, the training must be severe.

If they can handle the severity of the training and not quit, they will form the patience that success requires. Patience is the absolute key to victory in this game. It takes a very long time to achieve the success you require, in the meantime you have to wait for it.

The hardest thing to learn in this game is how to wait.

Do the work... then what? Money rains from the sky immediately? Get real. Everybody knows the secret formula: do work and get paid But there is a middle part of that equation that gets overlooked...

Do work + wait a long time = get paid

Money rains from the sky about a year after you do great work.
What happens in the meantime? You have to learn how to patiently wait.

The waiting is the ultimate hell that they have to overcome.

Hard work is not the devil, waiting is the devil. The young guns who “wants it all yesterday” cannot handle the waiting. So instead of waiting for success, which is inevitable if you do not quit, they quit and never achieve success.

My only job is to make them quit faster.

They think they're going to be experts in a week, well, think again. I've been in this great game of blog artistry for seven years. Some intern is going to learn what I know in seven days? Get real.

IT TAKES A LONG TIME!

It takes a long time to achieve success, and for many young men today it takes a long time for them to stop being entitled and impatient. I will kill their impatience and entitlement or they will not be able to handle the hell I bring and they will quit. The ones who do quit go on to do nothing. A quitter is a quitter is a quitter. The ones who continue to do work for me go on to do good things, like Sam who is now doing great work with Vahva Fitness.

So how to be a boss?

Do everything you can to teach them the way and try like hell to make them quit every step of the way. They have to learn to have patience, it is the most important skill to possess. To learn patience they have to learn to be as Musashi.

No matter how tough, how hard, how blah you get... NEVER STRAY FROM THE WAY.

This is how success is achieved and it is the only lesson anybody needs to learn. Don't quit, especially when you want to quit. And if you do quit, you deserve everything you don’t get. For me, it is a fun game. When they quit, I win. When they last, I lose the game.

But no matter the outcome... I always win in the end. Ha-ha.

Until next time.

Your man,

Victor Pride

P.S. Bold and Determined Vol. 2 is your example of never straying from the way.
A journey of a thousand miles...

I recently received this question from a B&D reader.

You should show us people who have followed your strategies and found success.

On December 31st, 2011, you published an article called “The No Bullshit Guide to Making Money Online“. Some commenters have their website linked when you click their name. I clicked on 28 websites of people who commented on your article. Only a handful of websites are still active. Only ten still have web-hosting. That means 18/28 didn’t even make enough money to cover hosting costs.

Will you show us the most successful websites of Bold and Determined Readers? People who produced great content and are now making a living from their websites?

There is an old proverb in Tibet that hundreds go but rarely a single individual reaches.

I am reminded of the story Osho told...

There were two monasteries: one monastery was in Lhasa, in the capital of Tibet, and one of its branches was deep in the faraway mountains. The lama who was in charge of the monastery was getting old, and he wanted somebody to be sent from the chief monastery to be his successor. He sent a message. A lama went there – it was a few weeks’ journey by foot. He told the chief: “Our master is very sick, old, and there is every possibility that he will not survive for long. Before his death, he wants you to send another monk, well trained, to take charge of the monastery.”

The chief said, “Tomorrow morning you take them all.” The young man said, “Take them all? I have come only to take one. What do you mean, take them all?” He said, “You don’t understand. I will send one hundred monks.” “But,” the young man said, “this is too much. What are we going to do? We are poor and in those parts, the monastery is poor. One hundred monks will be a burden to us, and I have come here to ask only for one.” The chief said, “Don’t be worried, only one will reach. I will send one hundred, but ninety-nine will be lost on the way. You will be fortunate even if one reaches.” He said, “Strange…”

On the next day, a long procession started, one hundred monks, and they had to go across the country. Everybody had his house somewhere on the way and people started dispersing… “I will be coming. Just a few days with my parents… I have not been there for years.” Within just a week there were only ten people. The young man said, “The old chief was perhaps right. Let us see what happens to these ten people.

Just as they entered a town, a few monks came and said that their chief had died: “So it will be very kind of you – you are ten, you can afford to give one lama to us as a chief – and we are ready to do everything, whatever you want.” Now everybody was ready to become the chief. Finally they decided upon one person and he was left behind. In another city, the king’s men came and they said, “Wait; we need three monks because the king’s daughter is being married and we need three priests. That is our tradition. So either you come willingly, or we will take you unwillingly.” Three men disappeared; only six were left. And in this way they went on disappearing. Finally only two persons were left.
And as they were coming closer to the monastery... it was evening and a young woman met them on the road. She said, “You are such compassionate people. I live here in the mountains – my house is just there. My father is a hunter, my mother has died. And my father has gone, and he promised to return today but he has not returned. And I am very much afraid to remain alone in the night... just one monk, just for one night.”

Both of them wanted to stay! The young woman was so beautiful that it was a great struggle. The young man who had come as a messenger had seen those one hundred people disappearing, and now finally... Finally they said to the woman, “You can choose either one, because otherwise there is going to be unnecessary fighting. And we Buddhist monks are not supposed to fight. She chose the youngest, the most beautiful monk, and she disappeared into her house. The other monk said to the young man, “Now come on. That man is not going to come back; forget all about him.” The young man said, “But now, you remain strong – the monastery is very close.”

And just before the monastery, in the last village, an atheist challenged the monk: “There is no soul, no God. This is all fiction, this is just to exploit people. I challenge you to a public debate.” The young man said, “Don't get into this public debate, because I don't know how long it will last. And my chief must be waiting – perhaps he may have already died.” The monk said. “This will be a defeat, a defeat of Buddhism. Unless I defeat this man, I cannot leave this place. The public debate will happen, so inform the whole village.”

The young man said, “This is too much! Because your master said at least one would reach, but it seems that only I will reach.” He said, “You get lost. I am a logician, and I cannot tolerate this kind of challenge. It will take months. We are going to discuss everything in detail because I know, I have heard about this man. He is also a very intellectual, philosophical man. You can go, and if I succeed in the debate I will come. If I am defeated, then I will have to become his follower; then don't wait for me.” He said, “This is too much.”

He reached the monastery. The old man was waiting, He said, “You have come? How many had started?” He said, “One hundred and one, including me.” The old man said, “That's perfectly good. At least you have come back. You be my successor; nobody out of those hundred is going to come now.” And the master knew it, that only one would reach. It is an old proverb in Tibet that hundreds go but rarely a single individual reaches – that too, rarely.

To the commenter who wants proof before he gets off his couch...

Is something wrong with your feet that you cannot make the journey unless you can walk in another man’s footsteps? A journey of a thousand miles begins with a single step. Your feet are so weak from inactivity that not only can you not complete the journey of a thousand miles, you cannot even complete a journey of a single step?

Are your feet so different than my feet? Perhaps, but this is because my feet get exercise and your feet are sedentary. My feet have long been on the journey and they are well used to the pain of walking my own way, forging a path so that others may follow far behind. If you cannot begin a journey without walking in my steps, perhaps you would like to wear my old sweaty socks on your journey as well?

You ask to see proof that B&D works. Did you not see the proof in front of your face? Your eyes have long been blind to reality from staring at computer porn fantasy world, when reality looks at you in the face you cannot see it. Your eyes are so blind that they cannot see the 30,000 organic comments on Bold & Determined.
Or perhaps it is not only your feet and eyes that are broken, maybe your brain is atrophied from lack of use. Are you so foolish to think that anyone will give you the exact path and you have to do no work, all you have to do is follow the footsteps?

<table>
<thead>
<tr>
<th>Your feet are broken? They are lazy to walk.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your eyes are blind? They are opened to fantasy and closed to reality.</td>
</tr>
<tr>
<td>Your brain is so very stupid? It has never been used.</td>
</tr>
</tbody>
</table>

### Proof of Greatness

Every single day I receive a comment thanking me for the great work on B&D that has changed the lives of untold thousands of men. Here is your proof...

1. Go to the archives page.
2. Click on any article at random.
3. Read the comments.

If you do not see these comments it is not for their not being there but for your delusion and refusal to be a witness to reality. Blog artistry is a proxy for whatever work it is that you wish to do. Some wish to start a blog, many wish to use the examples provided on B&D and do something different entirely.

**Here is one example of massive success from my private email...**

**Original Comment.**

**Answer.**

A 21 year old from bankrupt Greece is making 50k USD per month from Bold and Determined principles.

Here is the article Damian wrote: How This Kid in Greece Makes Full-Time Money on Fiverr Working Only Part-Time.

Here is Damian's website: [http://www.dareandconquer.com/](http://www.dareandconquer.com/)

Damian's ‘thank you’ note was sent in exactly 3 days before you left your comment challenging me to produce proof. What have you been doing since this time? Sitting around with your thumb up your ass? There are thousands of comments and e-mails like the above note. Somehow your eyes cannot even see one.

**If you choose not to see reality, this is your delusion and it is your excuse to be “less than”**.

The proof is there in plain sight, it is not a problem of lack of proof – your eyes are elsewhere and your feet are weak from inactivity. The only way to remedy your weakness is to become active. Open your eyes and start walking... The sunlight will hurt your eyes at first and the ground will hurt your feet. You will get used to it and, in time, you will come to love, cherish and revere the journey of a thousand long miles.

You'll be like Dwight Yoakam singing to yourself, "I'm a thousand miles from nowhere and there's no place I'd rather be."

Indeed.

Until next time.

**Your man,**

Victor Pride

**P.S.** Bold and Determined Volume 2 is now available on [paperback](http://www.dareandconquer.com/). You can read it and be a witness to the good gospel of reality, if you like.
Are you plagued by procrastination?

Don’t worry my friendly friend, I’m not here to judge you. I’ve been there myself. For years I was plagued by procrastination. I used to not be able to do anything it seemed. I just didn’t have the mental energy. I’d set out to do something but I’d end up doing nothing! It was terrible. And it lasted several damn years!

It got so bad that I couldn't do anything. It seems like I only worked about once a month, or even less. I knew being a brain-dead fool was no way to live life so I MADE MYSELF go on a quest to find the damn answer to productivity and kill procrastination forever.

Eventually I found what I was looking for. I overcame the odds and I beat procrastination. I'm going to show you how to beat procrastination too. How the heck did I do it? Here's my super simple secret of productivity: have something to work on and take brain booster pills.

"Brain booster pills, really Victor?!

Yes, you're damn right!

A lot of people want some “natural remedy” for focus and concentration... ignoring the fact they’ve BEEN NATURAL and they are still not able to concentrate! Brain fog is a bad disease that makes it very hard to put 2 and 2 together. Do you actually want the real secret of productivity or do you want some feel-good baloney about how “being natural” is so great even though it doesn't actually work to increase your focus? If you think natural is great, go be natural. If you want the #1 supplement that actually boosts brain power then keep reading and learn my secret weapon...

THE SECRET OF PRODUCTIVITY

A lot of people don't want to give away their success secrets because it gives other people “the edge”. Fuck that! I hated being too brain-dead to do any good work and I'd hate for any other man to be in that same position when I know there is a fix. I went on a long search for the best supplement for mental focus. I searched for vitamins to increase mental focus, supplements for concentration and memory, vitamins for focus and memory, pills for concentration and memory, the best brain supplements... anything that would work is what I was searching for! I didn't want drugs like modafinil or adderrall, I wanted something more natural that actually worked!

This is what I found...

Introducing – RED FOCUS.

THE BEST SUPPLEMENT FOR MENTAL FOCUS

My search lasted nearly a year and a half! I never wanted to take medicines from doctors, those things always have big consequences on down the line. I made it a point to suffer, search, and wait for the best natural brain supplements. I wanted brain supplements that actually worked and didn't have nasty side effects. Red Focus is what I found.
What is Red Focus?

Red Focus is the best “controlled stimulant” on the market. Red Focus was designed to help you control your concentration and stay focused all day long — without any of the harsh side effects of traditional stimulants. Red Focus is the #1 natural and legal alternative to Adderall, Modafinil, Ritalin, and all other prescription medications designed to enhance your levels of focus.

<table>
<thead>
<tr>
<th>BENEFITS OF RED FOCUS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Clarity</td>
</tr>
<tr>
<td>Cognitive Function</td>
</tr>
<tr>
<td>Memory</td>
</tr>
<tr>
<td>Absorption (learning)</td>
</tr>
<tr>
<td>Concentration</td>
</tr>
<tr>
<td>Focus</td>
</tr>
<tr>
<td>Wakefulness</td>
</tr>
<tr>
<td>Energy</td>
</tr>
</tbody>
</table>

What Can You Expect When You’re on Red Focus?

Red Focus will help you lock-in to whatever task you have before you. Many users report feeling a smooth, laser-like, level of focus. Where Red Focus really shines is by helping you get into “the zone” when you’re working. Red Focus will help you concentrate on what you are doing and will help you ignore distractions and continue working for a long period of time without you noticing how long you are working for. Red Focus will NOT have you bouncing off the walls... it is more like a strong background effect instead of a rush or “high”.

RED FOCUS INGREDIENTS

Red Focus contains a proprietary blend of 10 potent nootropics that work together to target and improve the efficiency of neurotransmitters in your brain. The name “nootropic” is actually used relatively loosely as any chemical substance that can improve brain function without negatively affecting the brain.

<table>
<thead>
<tr>
<th>Vitamin B6</th>
</tr>
</thead>
<tbody>
<tr>
<td>A vitamin that plays a role in cognitive development through the biosynthesis and creation of neurotransmitters.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamin B12</th>
</tr>
</thead>
<tbody>
<tr>
<td>A vitamin that offers an array of nootropic benefits both in terms of neuron development and maintenance as well as cognitive processes related to memory, learning, concentration and reasoning. It works by helping the maintenance and production of DNA, RNA, and nerve cells in the body.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bacopa</th>
</tr>
</thead>
<tbody>
<tr>
<td>A nootropic herb used in Ayurvedic medicine. Bacopa monnieri reduces anxiety, enhances cognition, and improves memory function. Bacopa monnieri works by improving communication in your nervous system. It does that by increasing the growth of your nerve endings (called dendrites).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AlphaSize</th>
</tr>
</thead>
<tbody>
<tr>
<td>A nutrient that promotes the formation of acetylcholine (AC), a vital neurotransmitter compound involved in all key brain functions and mental sharpness. It leads to improvements in memory, concentration, learning, recall, and focus. It works by providing an immediate boost of choline to the body.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yerba Mate</th>
</tr>
</thead>
<tbody>
<tr>
<td>A tea indigenous to South America. Yerba Mate naturally contains many important and health boosting compounds for the body. It is known for improving short-term memory, increasing cognitive stimulation, reducing anxiety, and increasing overall cognitive function.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Theobromine</th>
</tr>
</thead>
<tbody>
<tr>
<td>A compound derived from the cacao plant (chocolate). Theobromine naturally increases blood flow, alertness, attention, and executive function. It works by opening up the blood vessels and blocking adenosine receptors in the brain.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PhosphatidylSerine 20%</th>
</tr>
</thead>
<tbody>
<tr>
<td>A naturally occurring phospholipid compound vital to the efficient functioning of brain cells. It is known for its significant benefits related to memory, learning, attention and mood. It works by helping the brain metabolize glucose, bind with neurotransmitters, and create synapses.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>L-Theanine</th>
</tr>
</thead>
<tbody>
<tr>
<td>An amino acid which promotes relaxation without sedation. Additional effects are stress reduction and improved attention. It is found almost exclusively in the tea plant (Camellia sinensis).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vinpocetine</th>
</tr>
</thead>
<tbody>
<tr>
<td>A compound that is known for enhancing cognition, sharpening memory and improving mood. It works by acting as a vasodilator and anti-inflammatory agent in the brain, increasing blood circulation and oxygen utilization.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Huperzine A</th>
</tr>
</thead>
<tbody>
<tr>
<td>A compound derived from the Chinese club moss Huperzia serrata. It is known primarily for its ability to enhance memory and cognition. It works by increasing the amount of neurotransmitters in the brain.</td>
</tr>
</tbody>
</table>
How to Use Red Focus

Take 2 capsules of Red Focus on an empty stomach, 30 – 60 minutes before you plan to begin working on something that requires your utmost attention and focus. You will feel the strongest effects from Red Focus 1 – 3 hours after you take it and while it varies person to person, you can feel the effects for up to 8 hours. Unlike most traditional stimulants (prescription and legal) you will NOT experience any comedown or crash after taking Red Focus.

Red Supplements specifically avoided adding traditional stimulants like caffeine to Red Focus in order to avoid the sharp decline and crash that accompanies those compounds. Though drinking a cup of black coffee when you take Red Focus will boost its effects. This allows for a much smoother level of focus, which in my opinion is preferred much more than that cracked out feeling you get when you’re stimed out of your mind on drugs like Ephedrine and Adderal.

How Does Red Focus Compare with Modafinil?

Modafinil is a prescription drug that is designed to help you stay awake. This is why it is prescribed for people who have narcolepsy, insomnia, and work-shift sleep disorder. It is illegal to have without a prescription. More hours awake does not mean more hours of productivity. The long half-life and crash after taking Modafinil often does the opposite. Red Focus is a legal nootropic supplement that boosts your productivity and focus. It gives you clear, sharp focus to get stuff done with no come down or crash afterwards.

How Does Red Focus Compare with Adderall?

Adderall is a prescription drug for attention deficit hyperactivity disorder (ADHD). Adderall is simply an amphetamine with a chemical makeup similar to methamphetamine, ecstasy and cocaine. It is illegal to have without a prescription (and it is also a poison). Once Adderall gets into the brain it mimics the actions of adrenaline, and it without a doubt helps focus and concentration levels a significant amount. However, the drug has a high potential for abuse, coupled with a strong tendency of addiction, leading many to psychological and physical dependence.

Red Focus is a legal nootropic supplement that helps boost your productivity and focus to get things done. It will not have you bouncing off the walls like Adderall, it is not addictive like Adderall, and there is no comedown or crash like Adderall. Instead, Red Focus will help give you a smooth, clean, boost of attention and focus when you need it the most and will gradually fade away as the day goes on.

THE SECRET WAY TO USE RED FOCUS

There is one secret way to use Red Focus that makes it much more powerful...

YOU MUST HAVE SOMETHING TO CONCENTRATE ON!

If you have nothing to concentrate on, then no focus pill in the world is going to help you. For a focus pill to work, there has to be something you are prepared to focus on. For example: blog articles, school work, the gym, art, painting, work, anything – just make sure it's something!

This is what I learned on my quest to find Red Focus... I learned that you have to have one thing to focus on, and when you do it becomes so much easier to focus! Focus should be fun, it should not be a drag. If you're having a hard time focusing, it is very likely that you aren't doing something you enjoy. No magic pill in the world will help you do something you don't enjoy.
What Red Focus will do, is totally enhance the focus you have for something that you actually want to do. If you don’t want to do it, maybe you don’t need pills... maybe you just need to do something else?

*If you have something you actually want to do...*

*Use Red Focus to totally enhance that experience.*

*When the work is done, you’ll be damn glad you did.*

**Until next time.**

**Your man,**

Victor Pride

**P.S.** You can buy Red Focus [right here](#).

**DISCLAIMER:** B&D is affiliated with Red Supplements. Try the product and you will see for yourself without any doubt how well it actually works.
Embracing Your True Nature

I recently received this comment from a B&D commenter who is interested in developing self-confidence.

Hi Vic, what can we do when we are no longer able to regain our self-confidence?

Do you have some advice to find it?

It’s very hard to live with no self-confidence and many people would like to have your advice.

Thank you.

Many people lose their confidence because they are not doing the right activity for them.

For example, some big fat guys who are built like powerlifters with thick bones, ligaments and joints are wasting away eating salads, doing yoga, and jogging on a treadmill all day long trying to lose weight. This activity is fine for a skinny guy, or a girl, but for a man who is not built for it the only thing this activity does is wreck his confidence. Yoga, cardio and salads do not fit a man who is built like a lumberjack. If you’re born to be a big fat powerlifter but you’re doing activities like running on a treadmill and dieting on salads with low-fat salad dressing and no croutons you will not have any confidence.

Confidence comes from doing what you are supposed to be doing, and doing it well.

Your body knows what it should and shouldn't do so if you don't do the right thing you get the wrong results. I was born to be a selfish narcissistic bodybuilding jerk who stares at himself in car windows. Many people would find this hard to accept, but I don’t. It is just reality and I embrace it. Maybe you were born to be an ice-hockey player, a ping-pong player, a guitar player, a this or that. It doesn’t matter what, but it is something and you are not doing it. Some people may refer to is as ‘cognitive dissonance’. The brain thinks: “I was born to do this, but I’m doing that,” and an imbalance is created. The result of this imbalance is lack of confidence.

Confidence equals certainty.

If you are not certain of your ability you will not be confident.

To have ultimate self-confidence you must embrace your true nature.

If you embrace your true nature with no apology it is not possible to lack confidence. If you do not embrace your true nature it is not possible to ever develop confidence. Confidence comes from truth, it does not come from living a lie. That is called false confidence and it is easily wrecked. True confidence cannot be broken, it simply is.

Do what you are supposed to be doing and the confidence will come back as a result. If whatever it is you are doing “feels wrong” at a deep level that you cannot really explain, don’t do it. A lot of men wreck their confidence by doing feminine activity like yoga, cardio classes, practicing empathy and understanding, and meditating. Women wreck their confidence when they try to be as men.
POSITIVE MINDSET

Many people who read too many self-help books think that a “positive mindset” resets the switch and gives you ultimate confidence but here is the reality… Accepting a positive mindset in a situation that is less than you desire is simply accepting to be “less than”.

Years ago I had a job that I hated and I would always make it known that I hated the job and it was temporary. A young lady I was with said I should just accept it and think positive about it, since I had to do it anyway.

I said I will never accept this job as my life, I will never think positive about this job, I will never allow this job to be anything more than temporary. I said I will never give in and be as these people. I have never accepted having a job with anything other than a negative mindset. If I had accepted a positive mindset I’d still be there wasting away instead of being here drilling and killing.

Many people have a negative mindset because they are doing the wrong thing in life. If what you're doing is wrong, you must change what you are doing. The right mindset will come naturally when you do the right thing and embrace your true nature.

It is not necessary to be falsely positive, it is necessary to become and embrace truth. If what you are doing is wrong for you, walk away. If you embrace a positive mindset while doing something that is not true to you, you will only be embracing a life of “less than”.

DEFINITENESS OF PURPOSE

Embracing your true nature is the definition of purpose.

A big fat powerlifter will never succeed as a yoga/cardio/salad eater just as a yogi vegetarian will never succeed as a powerlifter. A big fat powerlifter will succeed only as a big fat powerlifter and must embrace his nature to achieve true purpose.

When you embrace your true nature, ultimate confidence comes as a by-product.

For example, I was the worst insurance salesman who ever lived. Now, I am the greatest blog artist who ever lived. I was doing the wrong thing and now I'm doing the right thing and confidence simply developed naturally. This is the only way confidence develops, by doing the right thing.

It is not even a matter of confidence, or arrogance...

It just is what it is, and I am certain of it.

Like Popeye said so many times... “I am what I am.”

What are you?

Until next time.

Your man,

Victor Pride
7.11.2017 – 30 Things Every Bodybuilder Should Do

1. **Stare at yourself in car windows.**

Car windows have the best lighting and shadow for you to see the results of your hard work. **Do not be too shy to stare and admire what you have built and created.** One of the great perks of being a cocky bodybuilder is viewing your work in the best light of car windows.

2. **Train like it’s your job.**

To build the best body you can build, you must train like it’s your job not like it’s your hobby. Hobbyists go nowhere, people who are serious train like they are serious. Train like it is your job, do not miss meals, do not miss workouts, do not take unscheduled days off, do not train like a weakling when you are scheduled to train hard. Do the damn work required or you will never know the pleasure of car windows.

3. **Train your weaknesses.**

Part of training like it is your job is training what you need to train, not only training what you want to train. Always target the weakness, just like when you were a bully in high school. Do not have a lagging muscle group, it can stall progress and cause injury. You have to build all of your body to be a **bad guy bodybuilder** you cannot be a bad guy with half of your body missing.

4. **Train your ankle mobility.**

Yes I'm damn serious, train your ankles. What connects your body to the Earth? Your feet and ankles, they are the base of your entire body. Weak ankles means weak everything else. Nobody thinks to train their ankles and this is why you will have an advantage, you will build yourself from the ground up, literally.

5. **Pay careful attention to posterior chain training.**

You HAVE to train your butt, lower back, and hamstrings.

We cannot see these areas on our own body so they are very easy to ignore. Don't ignore them! They have to be trained every bit as hard as quads, chest, and back. After ankles, the posterior chain, mainly the glutes, are the base of the power of your entire body.

**Weak glutes equals having a weak body.**

**YOU HAVE TO TRAIN GLUTES, HAMSTRINGS AND LOWER BACK.**

**Good exercises are good mornings, glute-ham raises, and barbell glute thrusts.**

6. **Stay out of the locker rooms.**

Gym locker rooms are full of old, gay, weirdo perverts. Go to the gym and train hard, then get the hell out of there and go shower at home.
7. **Use partial repetitions for maximum gains.**

100% of the time when some chump is bragging about using a full range of motion they have NO MUSCLE to show for it. You have to be a goddamn fool to brag about using a full range of motion when you have no muscle. This is BODYBUILDING! this is not a full range of motion jerkoff contest.

Partial repetitions build huge muscles because partial reps keep the focus on the muscle. Full range of motion completely takes off the pressure on the muscles at certain parts of the movement. I train only ½ - ¾ repetitions for bench press and my chest grows like magic. If I'd wasted my time on full range of motion bench press I'd have a bird chest like your mom.

8. **Train your neck.**

A big neck is what makes you look powerful! Having a big neck also helps you prevent injuries to your neck. The neck is certainly the most undertrained muscle in the bodybuilder’s body and this is a mistake. Everything has to be trained! Especially the neck.

9. **Train your abs standing up.**

You don’t go to war laying on your back, do you? *That's why you need to train your abs standing up.* In fact, most everything needs to be trained standing up. Sitting down is for lazy asses who want to go nowhere.

10. **Eat a dirty diet to get big.**

Eating clean to *get big* is the biggest joke in the industry. They tell you to eat chicken and broccoli and when you don’t get big they have protein powders for you. Don’t make me laugh. If you want to *gain weight* you have to motherfucking eat! I got big by eating a gallon of ice-cream and a 2-liter of Dr. Pepper every day (with special supplements).

   **Clean eating is the worst thing you can ever do if you want to get big.**

   Some of your meals can be clean but if you're eating to get big you have to put “dirty food” in your diet. Pizza, burgers, wings, ice cream. Your body needs this stuff to grow so give your body what it actually needs, not what the magazines lie to you about.

11. **Take RED GROWTH and get bigger.**

Every now and again you can find a legal product that works as well as steroids do. Red Growth is one of those products. *Red Growth is INSANE how well it actually works to build muscle.*

   **RED GROWTH AVAILABLE HERE.**

We have it in our warehouse now but the 13th is my lucky day so I cannot release it before then. Sorry. It will be worth the wait! All of the ingredients in RED GROWTH are 100% legal (for now), and work together to unlock a maximum level of anabolic potential would otherwise be unachievable without the use of all of these specific ingredients in complete unison. The powerful proprietary blend consists of: N-Methyl-D-Aspartic-Acid, 1-Dehydroepiandrosterone, Chlorophytum Borivilianum, Icariin, Mucuna pruriens, Taurine, Bergamottin, and Vitamin D.
<table>
<thead>
<tr>
<th><strong>N-Methyl-D-Aspartic-Acid</strong></th>
<th>Testosterone production catalyst. Helps improve the production of growth hormone, FSH, &amp; LH.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1-Dehydroepiandrosterone</strong></td>
<td>One of the last legal substances known to produce true steroid-like gains. Helps to increase lean muscle mass, remove body fat, and massively raise strength.</td>
</tr>
<tr>
<td><strong>Chlorophyllum Borivilianum</strong></td>
<td>Testosterone up-regulator used in traditional Indian medicine for thousands of years. Helps increase growth hormone, promote recovery, boost metabolism and increase energy levels.</td>
</tr>
<tr>
<td><strong>Icarin</strong></td>
<td>Natural testosterone booster and aphrodisiac used in traditional Chinese medicine for thousands of years. Promotes anti-inflammatory responses, neuroprotection, and antioxidant properties.</td>
</tr>
<tr>
<td><strong>Mucuna pruriens</strong></td>
<td>Natural testosterone booster and aphrodisiac used in traditional African medicine for thousands of years. Powerful source of L-DOPA, a precursor to dopamine, leading to feelings of well-being.</td>
</tr>
<tr>
<td><strong>Taurine</strong></td>
<td>Conditional amino acid known for it’s powerful antioxidant properties. Helps to improve blood flow throughout body and boost athletic performance.</td>
</tr>
<tr>
<td><strong>Bergamottin</strong></td>
<td>Prevents liver from breaking down certain substances too quickly. Greatly improves effectiveness of 1-DHEA supplementation.</td>
</tr>
<tr>
<td><strong>Vitamin D</strong></td>
<td>Very powerful vitamin necessary for many biological functions. Helps reduce inflammation throughout the body.</td>
</tr>
</tbody>
</table>

You can buy Red Growth right here.

12. **Eat clean to get lean.**

Eating to lean out is different than eating to get lean. To get lean, eat clean. Clean food (plus fat burners) is what sheds the fat from your body. You should eat clean for 6 days and on the 7th day, be like a god and have yourself a relaxing cheat meal. You will see that after one week of clean eating plus one cheat meal you will look absolutely fantastic.

**Here’s the diet I use to get shredded.**

13. **Think about the weights like you think about sex.**

Not to get too rude or crude but if you want get jacked like Jack Lalanne you have to really want it. You have to really think about it and envision it. You have to become obsessed with it. If you aren’t obsessed don’t even bother.

14. **Take before and after photos.**

It is important to take before and after photos so that you can look back and feel pride of the work you have accomplished. Your before and after photos are also the way you are going to be able to earn money from your physique. Put in the hard work, then make the big bucks.

15. **Make money from your physique.**

It’s pointless to build a body and not make money from it. When you have a great body you have free advertising. Your body is your billboard and you can make money from it. You can develop your own program and show other people the light.
16. **Change your workout every 3 – 4 weeks.**

   *Like Louie Simmons always says: ‘If you don’t constantly change you don’t get no better.’*

If you do the same workout over and over you will adapt and become accustomed to the work. Then you will regress. Do the same thing over and over equals getting worse. You have to change your workout every 3 – 4 weeks, no exceptions. Even if you just make small tweaks, you cannot do the same thing over and over.

17. **Always hold your breath when lifting heavy weight.**

   **Holding your breath when making a heavy lift helps you to focus on the weight.**

Holding your breath will make you hold your abdominal muscles tight and it will make your body stronger. Do not take a deep breath right in the middle of a big lift because it will make you weaker and it may cause you to miss the lift or cause injury.

   **Take a deep breath in, do the lift, breathe out.**

18. **Don’t kill yourself with cardio.**

   **Cardio as a bodybuilder should be kept fairly light.** Walking and sex are the best cardio for a bodybuilder. 20 – 45 minutes per day of walking is enough cardio for a bodybuilder. Sex every day is enough cardio.

You should not be running or jogging, this is activity for a skinny twerp or a girl. Jogging will kill your gains so stay away from long drawn out cardio. Sprints are great cardio for the bodybuilder. Pulling a sled is great cardio for a bodybuilder. Keeping your rest periods in the gym to a minimum is also good cardio.

   *“If you do too much aerobic work you’ll destroy anaerobic capacity.” – Louie Simmons*

19. **Train for strength AND muscle, strength and power is the key to everything.**

Don’t make the mistake of just training for the pump and not training for strength. Strength and power is the key to gaining everything in the gym and in life. You HAVE TO develop strength and power, so you must pay attention to build your strength and power as well as your beach muscles.

20. **NEVER QUIT!**

   **Quitting is the worst thing any bodybuilder can do.**

You will eventually come back to it but you will always have the nagging questions in your head: ‘What if I didn’t quit for those years? What if I’d kept training? Where would my progress be now if I didn’t quit?’

   **Eliminate those questions by never quitting in the first place.**
21. Do more work to recover and eliminate soreness.

A lot of crybabies train 4 days per week and cry about DOMS or delayed onset muscle soreness. **NEWSFLASH:** if you are getting sore it is because you are not training enough.

The more you train the less you get sore. When I train 10+ times per week I NEVER get sore. The clue is in the title: DELAYED ONSET Muscle Soreness. The soreness always comes the worst 2 days after training and it is simply from not moving and not getting the blood flowing. The more you train, the less sore you get. The more advanced you get, the more work you need to do to recover. You have to do more and more, that's how you recover.

**DOMS appears when you are resting too long, don't rest too much.**

22. Train optimally, not minimally, not maximally.

You can't always train heavy like a mindless animal and you can't always train light like a wimp. You have to find the optimal balance. Don't lift too light and don't lift too heavy.

It takes time to understand the best balance for you, but I like a 50% bodybuilding style and 50% strength/power style split. That's 50% of the workouts based on strength and 50% based on bodybuilding movements like curls for the girls.

**Body of a Spartan** is a great split between strength training and bodybuilding.

23. Train your lower back.

Lower back is susceptible to injury and many people experience lower back pain because most people never, ever train it. The lower back has to be strong as all hell. Get used to doing good mornings often.

24. Take fat burners to get lean.

Diet can only get you so far.

You need to get as lean as you can with diet and when it is time to kick it into high gear, jump on Red Burner. Fat burners are taken by every bodybuilder for the very simple reason that they work and diet does NOT work well enough to get you shredded.

25. Increase your testosterone, lower your estrogen.

All of the hard work in the world will not mean anything if you gave high estrogen or low testosterone. You have to optimize your own hormones to build muscle. Today's environment is poison and everything we eat, drink, and breathe increases estrogen so I simply use Red-PCT to combat estrogen and increase testosterone.

26. Sweat hard at least once every day.

You have to sweat every single damn day, this is how you know you are training hard. If you ain't sweatin', you ain't gettin' results. Period. Sweat releases toxins and is very good and healthy for you. If your gym is very cold, wear a sweatshirt and sweatpants. It is important to sweat so make sure you sweat every time you train.
27. **Train often.**

Training one body part once per day is not enough. You have hundreds of muscles in the body, much more than just pecs, back, legs and arms. Think of your neck, glutes, calves, lower back, hamstrings etc. There is a lot of muscles to hit and one body part per day doesn't cover it. One body part per day is shit training for lazy people. Your training volume has to be high to accommodate all of the different muscle groups. I train 6 days per week (sometimes 7) and I often train twice per day. I never get sore and I make crazy gains.

28. **Don't be afraid of training twice per day.**

There are so many muscle groups that a bodybuilder has to hit, it can become impossible to hit them all without splitting your workouts into two. You really do not need to spend more than 45 minutes per session training because after about 45 minutes your testosterone starts to plummet and your energy starts to wane.

Rather than power through a workout in which your energy and testosterone is low, it is better to split the workouts into two. This way you can get 2 – 3 meals in-between workouts and be fully recovered to give each training session your all. I recover GREAT doing this.

29. **Read the entire JDB archives.**

John Doe Bodybuilding is the king of bodybuilding writing and his archives need to be devoured. Basically everything you ever wanted to know about bodybuilding can be found there. It is an “undiscovered” goldmine of bodybuilding.

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

30. **Howl like a wolf and get your ass to the gym.**

Howl like a wolf because it increases your testosterone. Almost as well as Red-PCT does.

[OWWWWWWWWWWWWWWWWWWWWWWWWWWWW!](http://owwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwww}
A Life In The Day Of Pride

I was drivin' my motorbike to the gym recently and the thought hit me that every day for me is Saturday.

All I do is work hard and train hard, but my work isn't hard and I enjoy doing it. In fact, there is nothing else I enjoy more than working hard and training like a bodybuilder. These are the 2 activities that light my fire and that is why I base my day on them. Every day I train twice per day in the gym and every day I write one masterpiece for B&D (whether I publish it or not).

This schedule may seem restrictive but it gives me ultimate freedom. It doesn't matter where I am in the world, in my mind I'm always relaxing on the islands, enjoying a beer and a swim (even though I don't drink). My regular every-day routine is so satisfying that it feels like I'm on the beach at all times, even though I'm in the middle of a gigantic city.

Through work, I find peace.

Through the pain of accomplishment, I find pleasure.

Through the stress of my daily routine, I find paradise.

The place makes no difference. If I'm in Ho Chi Minh City, I can easily be in Phu Quoc, Phuket, Langkawi, Bali, or Sihanoukville. All I need is my brain and a gym. Where there is a gym, there is a way. Where there is a WiFi connection, my work can be accomplished. Coffee shops, restaurants, hotels, I don't give a damn where I work from because it is all in the mind.

When I work, my eyes are closed to the world.

If I'm at my kitchen table working I may as well be on Mars. I'll finish the day and need another shower like I just came home from a hard day at the coal mines. I've been at home working on the computer but in my mind I was a thousand long miles away. After my nightly shower I'll open my eyes to what's happening and be part of the world again, but not before the work is done.

The work comes first, the gym comes first, everything else is a distant second. The food matters too, I take a meal every 3 hours and without it I wouldn't have the energy for my two-a-day workouts (plus my nightly 35 – 65 minute walk) and my daily gospels.

Work, gym, food. Food, gym, work.

It doesn't matter the order, it's all exactly the same thing. Every day, for me, is Saturday and I don't care about tomorrow. I take every day day by day. I don't plan for tomorrow, I don't plan ahead. I do what I need to do for the day and then I relax. I have no idea what I'll be doing tomorrow, other than hitting the gym twice, eating 6 meals, and writing a letter to the apostles. Beyond that, I have no plans and no cares.

Whatever comes tomorrow, comes. I'll deal with it then. Today I must deal with life as it is. I know you're so stressed and you're always worried about tomorrow, tomorrow, tomorrow but for me it is permanent Saturday so that means tomorrow is Sunday, so take a chill pill, relax, and let yourself do the work you need to do today.

Again you'll say... “But Victor, what about tomorrow?!?!”
I'll say... ‘But friend, what about today?’
Today I must do my work, do my training, do my walking.

At night, the boy called Bao usually joins me on my walks. His family works in the area doing construction, felling trees, clearing brush, running tractors. They go where the work is, they build a house out of whatever they can find and they live in makeshift houses on the street. Lots of people like that here. The boy walks with me because I guess he doesn't have any friends his own age. What super cool kid wants to be friends with a boy who doesn't go to school, instead he wakes up at 6AM to wash dishes and he sleeps out in the open air on a hammock.

Doesn't seem a real bad deal to me. He isn't being bamboozled by the schools the way you've been bamboozled into thinking a STEM degree will give you freedom instead of slavery. The kids in school look sickly and miserable anyway. Bao is always smiling and his hair is always shining, the school kids are always scowling and they have frizzy hair and thick glasses. The boy is happy and healthy, he just needs to eat a lot more food. He's 14 but he looks like he's 9.

So many white do-gooders would want to save him, pity him, pretend to sympathize with him and this and that. I don't. His life is his problem, my life is my problem, and your life is your problem. Deal with it, sucker. I just walk with the boy called Bao and we play a little Muay Thai and shadow boxing. I'm a grown man but I'll be damned if I don't love karate.

Then I go home, kick back, relax, and enjoy my Saturday night like any other normal person who lives every single day like it's Saturday.

OWWWWWWWWWWWWWWWWW!

Until next time.

Your man,

Victor Pride
Open Your Mouth And Say: ‘OWWWWWWWW!’

Many people say they want to become a professional blog artist, own their own business, make a ton of money, travel the world and live free... If only they could find their own voice.

I say... The only thing required of an artist is a voice.

How can you be a blog artist, or any kind of professional artist, if you cannot find your own voice?

If you do not possess a voice, what on Earth makes you think you will make a living from your art? Here’s the answer: Nothing will happen for you if you do not have a voice. If you lack a voice the only thing you will be able to do is use your ears to take orders.

Thankfully, it is VERY EASY! to find your own voice.
It is in the one place you are not looking.

If you cannot find your own voice it is because you are looking for it everywhere but in plain sight. Here’s an example... Have you ever lost your car keys and looked for them for 15 minutes? You looked everywhere you could think of, in the refrigerator, in the bathroom, under the bed, under the rug, you even looked on the ceiling. When you finally find your car keys, where were they the whole time? They were on the table right in front of your face the whole time. You looked absolutely everywhere for the car keys, except for right in front of your face.

So how do you find your own voice?

If you cannot find your voice it is the same problem, you are looking absolutely everywhere but you are not looking at the obvious.

To find your voice, you’ll do so many silly things: like...

1. Accept that you have a unique and special voice that is overflowing with possibilities.
2. Regularly spend time in stillness and silence.
3. Cultivate your ability to listen to the world around you.
4. Tap into your passion overlap.
5. Get really objective.
6. After you’ve meditated for a few minutes, place your hand on your heart and ask: “Where am I holding back?”
7. Find someone who really believes in you.

You'll do these things and they won't work, yet you still believe the answer is in doing more rather than doing less. You still think the answer is in thinking bigger rather than thinking small. You're still looking for the car keys in the toilet when they are on the table by the door the whole time.

You look everywhere except for the one place your voice actually is: hidden in plain sight.

Are you ready to stop doing stupid things and start doing things the only way they actually work? Would you like to actually find your voice in the simplest way? Are you ready to start looking at the obvious? Ok, here is where you can find your voice...

YOUR VOICE IS IN YOUR MOUTH.
To find your voice, look in your mouth. It was there the whole time. Open your mouth, use your voice, write the words your mouth says. This is how you find your voice. It was never lost, you simply chose not to hear it or use it. You can look in a million other places for your voice, but the only thing you will find elsewhere is nothing. Like when you look for the car keys in the backyard when they were on the table by the front door the whole time, where they always are.

**Your voice is in your mouth, it always was. It has never been lost, you are just not using it.**

Your voice has already been developed and is waiting to be used, but you were too busy sitting in the backyard and meditating in silence, looking for something that was never lost. Why are you making it so hard to find your voice when it is not even hiding from you?

Open your mouth and talk, do not be a shy little mouse.

Open your mouth and roar, your voice was never hidden from you in the first place.

Open your mouth and say: ‘OWWWWWWWWW’!

Your voice was always there, waiting for you to take control.

Now that you know exactly where it is...

**TAKE**

**FUCKING**

**CONTROL.**

Until next time.

Your man,

Victor Pride
**10.11.2017 – Everything You Ever Wanted To Know About Testosterone**

*The most common question I get asked is always about testosterone.*

Here it is broken down for you... **TESTOSTERONE**

Testosterone is the most important hormone in a man’s body. It is a type of androgen, belonging to the group of other male sex hormones such as DHT and DHEA. Testosterone controls everything... Your facial hair. Your muscle size. Your voice. Your bone strength. Your emotions. Your motivation. Your energy levels. Your sexual activity. Your **confidence**.

**Testosterone is what makes a man, a man.**

**How is Testosterone Produced?**

95% of your testosterone is produced in your testicles. The other 5% is converted from another androgen hormone called DHEA. Your body does not just magically create testosterone all of the time. In order for your body to begin making testosterone, a few things need to happen.

*Here’s how it works...*

Your hypothalamus in your brain notices that your testosterone levels are not where they should be. It releases hormones telling your pituitary gland to release two very important hormones called Luteinizing-hormone (LH) and Follicle-stimulating hormone (FSH). After they are released, LH and FSH make their way down to your testicles and get to work. LH begins the process of creating new testosterone through the conversion of cholesterol.

**What Happens After Testosterone is Produced?**

After testosterone is produced in your testicles, it gets released into your bloodstream to begin working its magic. All of this newly produced testosterone is called “free testosterone”. **Free testosterone** is testosterone that is floating around in your blood waiting to be bound to something.

*You want to have as much free testosterone circulating around your body as possible.*

This is because only free testosterone is able to bind to androgen receptors around your body to produce powerful results. For example, lifting weights turns on the androgen receptors in your muscles. When free testosterone binds to those androgen receptors in your muscles, it greatly increases the rate of protein synthesis, helping you to grow bigger and stronger muscles. When free testosterone binds to androgen receptors on your bones, it helps you grow bigger and stronger bones.

**There are androgen receptors all over your body.**

The problem is that most of your testosterone is not free testosterone. Over 90% of the testosterone that your body creates automatically binds to different proteins and enzymes soon after it is created. Some of your free testosterone gets converted into other androgen compounds such as DHT. Some of your free testosterone gets converted into estrogen. Where it all goes, nobody knows. What’s important is making sure that your free testosterone levels are the highest they can possibly be.
Testing Your Testosterone Levels

Many times when you go to get a blood test your doctors will only check the total testosterone levels in your body. This is a huge mistake because total testosterone can not tell the difference between bound testosterone and free testosterone. If you have high levels of total testosterone in your body but low levels of free testosterone, YOU WILL SUFFER FROM HAVING LOW TESTOSTERONE! To know where you really stand you need to get a blood test that checks your total testosterone and your free testosterone levels.

American B&D readers can check their testosterone (without a Doctor’s approval) at MyLabFax.

Only by having a large amount of free testosterone in your blood will you really be able to experience the benefits that high testosterone has to offer.

<table>
<thead>
<tr>
<th>Symptoms Of Low Testosterone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extreme fatigue</td>
</tr>
<tr>
<td>Slower time healing from muscle breakdown</td>
</tr>
</tbody>
</table>

How To Naturally Increase Your Free Testosterone Levels

One of the best ways to increase your free testosterone levels is by killing excess estrogen in your body.

Estrogen is created when your body breaks down testosterone.

By preventing your body from breaking down testosterone three very important things happen...

1. You are able to keep more of your free testosterone that your body produces.
2. Your estrogen levels drop.
3. Your hypothalamus increases the amount of testosterone you produce because your estrogen levels drop.

Since estrogen is made from testosterone, when your body realizes that your estrogen levels are dropping, it will increase your testosterone production to try and increase your estrogen levels. But if you’re blocking your body from creating more estrogen, you end up getting a big boost of natural free testosterone production instead.

Red-PCT is the #1 product for killing excess estrogen and increasing natural testosterone production. Red-PCT contains Arimistane, a very powerful AI (Aromatase Inhibitor) that prevents your body from converting your free testosterone into estrogen. When you take Red-PCT not only does it help you lower your estrogen levels, but it also helps drastically increase your free testosterone levels at the same time.
10 Natural Ways To Increase Your Testosterone Levels

1. Get enough sleep every night.
2. Exercise every day (lift heavy weights).
3. Have more sex.
4. Eat more food (and meat, in my experience).
5. Lower your body fat percentage. Get lean.
7. Stop drinking alcohol
8. Stop smoking tobacco/marijuana.
9. Fasting (if you're fat).
10. Drink more water.

10 Natural Supplements To Help Increase Your Testosterone Levels

1. Red-PCT
2. Red Growth
3. Zinc
4. Magnesium
5. Boron
6. Icariin
7. Mucuna pruriens
8. Chlorophytum Borivilianum
9. N-Methyl-D-Aspartic-Acid
10. Creatine

Testosterone Replacement Therapy

‘Do you implement TRT on a continuous basis or do you cycle it? I’ve done 6 weeks on 6 weeks off before, but recently read TRT doesn’t really work like that and is more of a permanent strategy.’

Personally I do NOT believe testosterone replacement therapy is the best way to increase your testosterone. I speak from experience as I used testosterone for many years and I QUIT using TRT. I do not like it at all. I like raising my levels naturally much more than I like injecting testosterone. I repeat, I DO NOT use testosterone at all. I got good results in my first 6 weeks on TRT and I never got any good results after that.

The problem with injectable testosterone is that testosterone converts into estrogen so every time you inject testosterone, you are basically also injecting estrogen and you get all of the same symptoms as high estrogen. TRT is right for some people but it is absolutely not right for ALL people. For me, I get superior results without using injectable testosterone. In fact, my testosterone levels test significantly higher when I DO NOT use TRT.

If i were to use TRT today, Red-PCT would be MANDATORY to kill the excess estrogen.

See: How to ACTUALLY Increase Your Free Testosterone Levels with Red-PCT (with Blood Work PROOF)

‘I recall reading an article awhile ago. You were leaning out and cutting and I believe you said you had to come of of TRT to get your absolute leanest, is that correct?’

That is correct, the only thing that synthetic testosterone ever did was bloat me like a pregnant female. I was never able to get super lean on it.
‘What are your using instead of synthetic TRT now to keep your testosterone up?’

I use a combination of Red-PCT which I cycle on and off in 3 week increments, a daily diet that gives me enough calories to gain weight but I never overeat at any one meal, I stay relatively lean, and I drink only distilled water. No sugars, no fatty vegetable oils, no MSG, no frankenfoods, and I try my hardest to avoid chemicals like fluoride and chlorine. I take very fast showers with cold water, as I do not want tap water seeping into the pores of my skin. The modern world is poison, the best way to eliminate the poison is not by injecting testosterone but by literally eliminating the poison that you come into contact with.

This is how I keep my testosterone levels high.
11.11.2017 – How To Meet Like-Minded Friends

11:11, Make A Wish And It Will Come True

Years ago I would spread the good gospel of B&D (pre B&D) to acquaintances in my city. To my non-surprise, all they liked to do was argue about why my philosophies wouldn’t work (even though they actually did work).

I decided to start Bold & Determined for that very reason.

I was tired of wasting my time talking to go-nowhere losers who had excuses about why things didn’t work instead of excitement and vigor to go and and accomplish great things the likes of which the world has never seen. I decided then and there to never waste my time walking to one person who may or may not listen.

I decided to put my message on the internet where anybody who shared my vision could find my message and act on it. In the process, I ended up making a lot friends and business partners I would have never met otherwise. It worked like a charm, but it was not always a charmed life I lived and I spent my share of time in purgatory.

Here’s how it happens in the beginning...

On your journey of a thousand long miles you start to grow away from the normal people. Your average friends and family are still stuck on the journey of a single step. With each step you take, you grow further and further apart. At first it is like you keep drifting out to sea all alone. You grow wealthier, cooler, calmer, and more confident and they grow lazier, more lethargic, more sedentary, and more negative.


You’re leaving the normal’s behind but you’re having trouble replacing the ordinary people you once called your friends with extraordinary people you wish to call your friends. The long journey can feel lonely, like you’re the only one who is walking the path. It is lonely for a very specific reason... It is because you are in the in-between stage of ordinary and extraordinary.

This is the stage I call... PURGATORY.

It takes courage to go out on your own and no one is going to follow you yet because you are still untested in battle. Everyone says they’ll go out and do great things, but until they actually do, all they are is a dreamer. No one believes in dreamers, they believe in doers. That is why they leave you alone to go accomplish something on your own. The dreamer has to make it through purgatory and reach heaven before any winners want to befriend him.

The great news is that after you do something great, achieve something spectacular, accomplish something extraordinary, other people who have done the same will flock to you. It is great that extraordinary people will flock to you because ordinary people will become afraid of you like they are afraid of Zeus. Normal people never go anywhere and think it isn’t possible to succeed big because they believe limits are real. So when you break through these limits, they treat you like royalty instead of friends and family. Because of their fear, they become impossible to be around.

To break through purgatory and into heaven, you have to break through limits.
If you want to meet people on this journey into the unknown, you have to think like the extraordinary people. Extraordinary people on the journey know that there are no limits but what is self-imposed. It is important to discuss business and life with extraordinary people because these are the people who are headed the same place you wish to be headed (straight to the top) and they can give you valuable advice and encouragement (if you need it).

**But how do you meet like-minded friends and business partners?**

This is a question you have asked me many times... Do you want the simple answer or the complicated answer? That's a trick question, there is only one answer...

**To meet extraordinary friends: get in motion and they will come to you.**

If you cannot meet the people you wish to meet, perhaps it is not them but you who is not living correct. People who are in motion are not going to go anywhere near you unless you are in motion too. If you stay standing still you will attract nothing but other people who are standing still. If you are still in purgatory, in the shadows, in-between ordinary and extraordinary, it is difficult for extraordinary people to find you.

**Make it easy for them to find you.**

I meet great people every day and I don't even try to meet people. I get e-mails from all corners of the world from friends I didn't even know I had. They say they found Bold&Determined and they have so much in common. They want to meet in New York City, Los Angeles, Ho Chi Minh City, Montreal, Sydney, Singapore, Moscow, New Delhi, Lagos, Dubai, Bangkok, and Timbuktu.

**How did I do it?**

I put myself and my philosophy on the internet and then I let them come to me. If you wish to find friends who are on the same wavelength as you, you have to make it easy for them to find you. The way you make it easy for them to find you is by starting a blog, vlog, or podcast and letting your personality and philosophy be known. When they understand your personality and relate with you, they will come running to you.

**Put yourself in motion and other people in motion will be attracted to you.**

Meeting like-minded friends really is as simple as that. If this is too difficult to believe, you can think of the cat and the yarn... Ever seen a cat with a piece of yarn? When you pull the yarn, the cat chases after the yarn with all it’s might. It is excited for the yarn and is waiting with baited breath for it to move again so it can chase after it. What about when the yarn is sitting still on the floor? When the yarn is sitting still, the normally active cat is bored and does nothing with it, it could not care less about the yarn. The yarn is not in motion and because the yarn is not in motion, the cat has absolutely no interest in it. Pull the yarn and the cat springs into motion, chasing after it. The cat was there the whole time, it just didn't care about a piece of yarn that was going nowhere. When the yarn started going somewhere, the cat became interested.

**Do you want like-minded people to come chasing after you?**

Pull the damn yarn.

**Until next time.**

**Your man,**

Victor Pride
I recently received this question from a reader of B&D...

You've mentioned before how editing is where the magic happens, so how do you edit and how did you learn to edit?

Have you ever had a conversation and 5 minutes later you thought to yourself: “That's what I should have said!” Then you thought about what you should have said all night. You planned out the entire conversation in your head the way you think it should have went instead of the way it actually went. When you speak in the moment you often forget many things. Then you think about it later and remember all of those little details that would have made what you said more powerful. If only you could have said all of those wonderful things at the exact right moment.

Unfortunately, when you have a conversation you cannot go back in time to say all the things you wish you had said.

But in the world of writing, you can...

Just because the majority of writing is done on day one, it does not mean that your work needs to also be published on day one. The writing can be done on day one, the publishing can be done any single day you desire (day two, day three, day four...). In between the writing and the publishing, you have as much time or as little time as you need to edit the piece of writing and make it perfect. Many blog artists are simply impatient. They write their article and then they publish it the very same day, even the same hour as finishing the writing.

They write in the moment and they lose the chance to say all of the things they should have said.

They get so fired up to publish their article that their excitement makes them hit the publish button before the blog article is perfect. This is laziness! I do the opposite. I wait for all of the things I should have said to come to me, then I add them to the article. If it takes 2 days, then it takes 2 days. If it takes 3 weeks, then it takes 3 weeks.

I do NOT publish the same day I write!
(Unless I’m writing a blog article each day.)

I only publish when I have adequately layered the piece. It is only when I've said all the things I needed to say that I publish. When you write an energetic article that fires you up it is very tempting to hit the publish button right away. You must learn patience and you must not hit the publish button no matter how much you feel like you want to. There is always something more to say, there is always something just a little bit deeper that needs to be added.

And that is what is missing when you publish right away – DEPTH.

There can be no depth if you simply write and then publish immediately. There is no way to layer your work if all you do is write, publish, repeat. The depth comes from writing, then going for a drive, going to the gym, shopping for groceries at the local supermarket, and it is at these times that it hits you... “That’s what I should have said!” Then you can go back into the piece and layer it before you publish it. It is these small layers that give normal, mediocre blog articles the depth that takes them from ordinary to extraordinary.
It is only through the power of editing that you work can be presented in it's best form.

The Mona Lisa wasn't painted in a day, Michelangelo's David wasn't carved in a day, and Bold&Determined wasn't written in a day. Is your great work going to be produced in a single day?

<table>
<thead>
<tr>
<th>Editing Tips To Remember</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is not possible to adequately write, edit, and publish all in the same day.</td>
</tr>
<tr>
<td>A minimum of 24 hours is needed between writing and publishing, this gives you time to think of all the “Aha!” moments that need to be included.</td>
</tr>
<tr>
<td>New blog artists should not worry about editing, they should follow this formula: write, publish, repeat.</td>
</tr>
<tr>
<td>Blog artists who have been in the game longer than a year need to follow this formula: write, edit, publish, promote, repeat.</td>
</tr>
<tr>
<td>You should spend as much time editing as you spend writing (or even more time editing)</td>
</tr>
<tr>
<td>Anybody can write, nobody has the patience to edit. This is what separates the mediocre from the professional.</td>
</tr>
<tr>
<td>PATIENCE is the name of the game.</td>
</tr>
</tbody>
</table>

How do you learn to edit?

You learn to edit same way you learn to do anything... You learn by doing. Little by little, you go back in to your art and you layer it, piece by piece and brick by brick, until you have built a foundation that cannot be cracked. When your work is unbreakable, then you can present it to the world. The longer you spend practicing, the better you get.

Remember... it isn't possible to do something long enough and not get good at it.

Usually you get good at it pretty quickly, if you stick with it.

Until next time.

Your man,

Victor Pride
A lot of people want the results of using steroids, without ever using steroids. I don't blame them, I want the same thing! Unfortunately, the only product that will ever give you the effect of steroids are steroids. No diet, no training protocol, no amount of hard work, no creatine/protein/BCAA shake will ever replicate the effects of using anabolic steroids.

**You will never get the effect of steroids without using steroids.**

But most people don't want to use steroids. They're illegal in most western countries and they have strong side effects. Most people want results without side effects, and I do too. So I went looking for not only the best legal alternative to steroids. And I believe I have found that alternative...

**RED GROWTH: The New #1 Legal Supplement That Actually Works**

And hopefully will not be banned soon...

**What is Red Growth?**

Red Growth is a premium muscle building, strength boosting, and testosterone increasing supplement. Red Growth was designed to help you gain massive amounts of muscle and strength in the shortest time possible. Red Growth is one of the last products on the market that can help you produce true steroid-like gains and is 100% legal (for now).

<table>
<thead>
<tr>
<th>Benefits Of Red Growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase Lean Muscle Mass</td>
</tr>
<tr>
<td>Boost Strength</td>
</tr>
<tr>
<td>Reduce Stored Fat</td>
</tr>
<tr>
<td>Increase Testosterone</td>
</tr>
<tr>
<td>Promote Protein Synthesis</td>
</tr>
<tr>
<td>Improve Sense of Well-Being</td>
</tr>
</tbody>
</table>

**What can you expect when you’re on Red Growth?**

When you are taking Red Growth you may experience the fastest strength and muscle gains than you ever have before. It would not be unusual for you to gain 5-10 pounds of lean muscle mass on a single, 4-week cycle of Red Growth. These gains caused by Red Growth should primarily be “dry gains”. Dry gains means that it will help build lean muscle with no estrogen conversion, water retention, or bloating. Strength increases in the gym should also accompany the increase in muscular size while taking Red Growth. Your 1-rep-max should be increasing weekly as you continue your cycle. Many of the ingredients in Red Growth are also designed to help boost natural testosterone production through the roof, bringing along all of the benefits of high testosterone as well.

**RED GROWTH INGREDIENTS**

All of the ingredients in RED GROWTH are 100% legal (for now), and work together to unlock a maximum level of anabolic potential would otherwise be unachievable without the use of all of these specific ingredients in complete unison.
<table>
<thead>
<tr>
<th><strong>N-Methyl-D-Aspartic-Acid</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Testosterone production catalyst.</td>
</tr>
<tr>
<td>Helps improve the production of growth hormone, FSH, &amp; LH.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>1-Dehydroepiandrosterone</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>One of the last legal substances known to produce true steroid-like gains.</td>
</tr>
<tr>
<td>Helps to increase lean muscle mass, remove body fat, and massively raise strength.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Chlorophytum Borivilianum</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Testosterone up-regulator used in traditional Indian medicine for thousands of years.</td>
</tr>
<tr>
<td>Helps increase growth hormone, promote recovery, boost metabolism and increase energy levels.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Icariin</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural testosterone booster and aphrodisiac used in traditional Chinese medicine for thousands of years.</td>
</tr>
<tr>
<td>Promotes anti-inflammatory responses, neuroprotection, and antioxidant properties.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Mucuna pruriens</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural testosterone booster and aphrodisiac used in traditional African medicine for thousands of years.</td>
</tr>
<tr>
<td>Powerful source of L-DOPA, a precursor to dopamine, leading to feelings of well-being.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Taurine</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Conditional amino acid known for it's powerful antioxidant properties.</td>
</tr>
<tr>
<td>Helps to improve blood flow throughout body and boost athletic performance.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Bergamottin</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevents liver from breaking down certain substances too quickly.</td>
</tr>
<tr>
<td>Greatly improves effectiveness of 1-DHEA supplementation.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Vitamin D</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Very powerful vitamin necessary for many biological functions.</td>
</tr>
<tr>
<td>Helps reduce inflammation throughout the body.</td>
</tr>
</tbody>
</table>

You can buy Red Growth right here.

---

**How to Use Red Growth**

Due to the extreme potency of Red Growth there are two separate recommendations for how to use it based on your experience. If you are a beginner lifter (1 – 3 years), or have little to no experience taking any anabolic-bulking supplements (Prohormones, SARMS, etc.) it is recommended that you follow the “Beginner lifter recommendations” for your first cycle of Red Growth.

<table>
<thead>
<tr>
<th><strong>Beginner Lifter Recommendations</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Take one capsule per day for one week. Then increase the dosage to two capsules per day for one week. Finally increase the dosage to three capsules per day for two weeks. After four weeks of use, discontinue use for at least four weeks. Always take Red Growth with food.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Beginner Example</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1 ➔ one capsule per day.</td>
</tr>
<tr>
<td>Week 2 ➔ two capsules per day.</td>
</tr>
<tr>
<td>Week 3 ➔ three capsules per day.</td>
</tr>
<tr>
<td>Week 4 ➔ three capsules per day.</td>
</tr>
</tbody>
</table>

If you are an experienced lifter (3+ years), or have previous experience using anabolic supplements (Prohormones, SARMS, etc.) then it is recommended that you follow the “Advanced lifter recommendations” below to experience the best results from Red Growth.

<table>
<thead>
<tr>
<th><strong>Advanced Lifter Recommendations</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Take one capsule three times per day with food. For example, one capsule at breakfast, one capsule at lunch, and one capsule at dinner.</td>
</tr>
</tbody>
</table>
Is Red Growth The Same Thing As Steroids?

No, Red Growth is not the same thing as steroids. Red Growth is one of the closest LEGAL alternative to steroids on the market right now. Red Growth contains a compound called 1-Dehydroepiandrosterone, a prohormone. A prohormone is a substance that goes through a double conversion process in your body. First breaking down into a prohormone, then breaking down into an anabolic steroid. In the case of 1-DHEA, it is first broken down into 1-AD a prohormone, then it is broken down into 1-testosterone, an anabolic steroid.

This double conversion process makes all of the difference in the world.

As 1-DHEA gradually breaks down, it slowly releases anabolic compounds into your body to AID in the process of building muscle and strength instead of taking over the whole process. Taking only anabolic steroids floods your body with synthetic compounds that quickly take over all of the anabolic processes in your body.

This hostile takeover then leads to a cascade of negative side effects.

The main negative side effect being a shutdown of your natural testosterone production and a skyrocketing of estrogen in your body. Red Growth is designed to aid your body in the anabolic process with 1-DHEA, while also providing support for the production of natural testosterone with the use of a handful of natural testosterone boosting supplements.

Do I Need To Take a PCT Supplement Before or After Red Growth?

It is strongly recommended that you do a PCT cycle after taking Red Growth. This is because if you use a PCT product, you can expect your hormonal recovery (if you experienced suppression on cycle) to occur at a MUCH faster rate, allowing you to ultimately keep much more of your Red Growth cycle gains. How long you should remain on the PCT cycle depends on how long you were on your cycle for Red Growth. After a 4 week cycle of Red Growth, it is recommended to undergo a 4 week cycle of a PCT such as Red-PCT.

Red-PCT is A Great PCT Supplement For Two Main Reasons

1. Red-PCT contains Arimistane, a powerful AI that will help to prevent estrogen levels from being increased too much due to the increase in testosterone levels that Red Growth may provide.

2. Red-PCT contains NAC, a powerful compound that is used to help heal the liver and body after using a strong anabolic bulking supplement.

Recommended PCT Strategy

This strategy is the best possible plan to achieve and keep the most gains from Red Growth while also protecting, strengthening, and helping your body heal at the same time.

Start by taking 1 cap of Red-PCT per day while you are on cycle of Red Growth. (30 days)

Followed by 3 caps of Red-PCT per day post-cycle of Red Growth. (60 – 90 days)

You can buy Red Growth and Red-PCT in a bundle and save $20.
Is Red Growth Safe? What Are The Side-Effects Of Red Growth?

Yes, Red Growth is safe to use when you follow the proper dosing guidelines that we have set out for you. While we have done our best to decrease the possibilities of any serious side-effects occurring due to the proprietary blend of ingredients used in Red growth, it is important to realize that Red Growth is a very powerful anabolic supplement, and as with all anabolic compounds that actually produce results, there are some risks of side-effects occurring.

Things such as the potential of increased acne, prostate enlargement, increased blood pressure, increased liver and kidney values, increased cholesterol, thinning of the hairline, increased anger or aggression, some suppression of natural testosterone levels and or some boosting of estrogen levels may occur.

Will Taking Red Growth Shut Down My Natural Testosterone Production Or Drastically Boost Estrogen Production Like Other Anabolic Compounds?

No, Red Growth should not shut down your natural testosterone production or drastically boost estrogen production. This is due to the proprietary blend that Red Growth is built upon. Red Growth contains a handful of natural, organic, compounds that were specifically chosen for their testosterone boosting properties. The 1-DHEA included within Red Growth and its metabolites do not get converted into estrogen in the body either.

Combing the non-estrogenic properties of 1-DHEA with the testosterone boosting properties of the other ingredients in Red Growth should help to keep your natural testosterone and estrogen levels right where it should be. To further offset the potential for hormone suppression we HIGHLY RECOMMEND taking a powerful PCT supplement—such as Red-PCT—during & after your cycle of Red Growth.

Will Red Growth Cause Hair Loss Like Other Anabolic Compounds?

No, Red Growth should not cause hair loss. This is because Red Growth uses 1-DHEA as an anabolic base, which does not convert to DHT in your body after breaking down into its metabolites. DHT is the androgenic compound that is linked to hair loss and male pattern baldness. In people who are prone to male pattern baldness, some thinning of the hairline may occur.

Is Red Growth Bad For My Liver Like Other Anabolic Compounds?

No, Red Growth should not cause any liver problems. This is because Red Growth uses 1-DHEA as an anabolic base, which is a non-methylated anabolic compound. Non-methylated anabolic compounds greatly decrease the amount of metabolic stress that is put on the liver when ingested as opposed to methylated compounds.

Red Growth does contain bergamottin, which suppresses some liver metabolism in order to boost the effectiveness of 1-DHEA. This is why it is EXTREMELY IMPORTANT to not take any prescription medication or other medications while on Red Growth because the bergamottin may interact with them. Taking other medications while on Red Growth may cause liver problems.

Red Growth is not a joke product, it is a real supplement that will put real muscle on you and you need to respect it like a real product!

BUY RED GROWTH

You can buy Red Growth right here.

Happy lifting and have a nice day!
The Dangers Of Getting Rich

When you're rich you have more people that want to be your friend and partner.

But you have many more people who want to see you crash and burn and they want to make it happen...

You have to always be awake in your mind to know the dangers of getting rich.

When you're rich, you have more stealers who want to visit you at night when you're sleeping, so they can take all of your good things away. These people want to be a parasite on your business. To be a good parasite they want you drunk like an alcohol man. They want to catch you slipping, they cannot catch you while you're awake in your mind and sharp. They try to help your mind go to sleep with alcohol, smoking, things like this. They want you to stop doing the work because when you stop doing the work you become dull and easy to steal from. When you stop doing the work and become a lazy alcohol man who likes to just hang out and party, it's so easy to take everything from you.

Rich men have to work hard every day.

Getting rich doesn't mean you stop doing the work, it means keep doing what you're doing. Just do it better, more good, perfect. Some men who become rich are easy to become lazy. For these men, the “hang out and party” types, getting rich is the beginning of the end... At first they want 3 days to hang out, then it's a week, then it's a month, then all they want to do is hang out and never work. Quickly after they stop doing the work that made them rich, they lose everything they had. Like the Hollywood actors who get rich and famous... First they have more friends, they start to have more parties, smoking, alcohol, heroin, then they lose their friends, they lose their house, they lose their fame, they lose everything they built. And they lose it forever.

Success never smiles with a lazy man who wants to hang out all day.

Instead of making friends with the work, they make friends with alcohol, smoking, heroin, marijuana, and they become lost forever. Smoke it one time and it's too late, you're done. It's too late for redemption, all you're left with is regrets.

"Please let time come back to me and I'll be smarter and not do it again."

After that there is no way to save themselves. They decide to do a deal with the devil and sell their soul, they cannot buy it back. If you go to the mountain to jump off you cannot magically jump back up the mountain. Decide once and it's done.

Rich men always have to have rules with themselves.

People who are hard with themselves, who have rules with themselves, who keep strict self-discipline, they seem like they're so strict and cold but actually they love themselves. Through the rules they follow, they keep themselves away from the bad things and in the future they will not regret what they did today. So if somebody is laughing about you always working, not hanging out and not partying, not drinking and not smoking, don't care about them. They just want you to become bad like them. They are jealous that you are a good working man with a good working plan. Since they cannot have what you have they want to take it away from you in the only way they know how, by turning you into them.

WORK = RESPECT

Everybody respects a hard-working man... but they will ALWAYS test and tempt a hard-working man and try to turn him into a lazy man, a parasite like them. If you go somewhere and ask somebody for a job, they might think about it, they might say yes or no, but they will sure respect you for asking to work. If you go somewhere and just ask somebody for money, they might punch you in the face. Everybody respects work and nobody respects a parasite.
WORK IS MONEY AND MONEY IS WORK.

You cannot have money without working. If you want money, you have to work. If you stop working, you stop making money. “One and done” money is a myth made by lazy people. Lifetime money doesn’t exist, money comes from daily working. Jeff Bezos, Bill Gates, Mark Zuckerberg, Jack Ma are always working. If they stopped working, the money would go away and so would the respect. I respect all men who work, even if they're poor, and I don’t give a damn for any man who retired. Any retired man would be better off dead.

Respect yourself and you’ll have respect from other people.

Respect comes from the accomplishment of work. The people who are always working always have respect from normal people. Even the man who doesn’t make a lot of money is always respected when it is known he is always working.

That’s why nobody respects alcohol men, or heroin men, or cigarette men, or marijuana men.

Something like alcohol or cigarette smoking, they don't have to go to school, they don’t have to learn a trade, they don’t have to become masterful, all they have to do is smoke. It’s easy and nobody respects easy.

Work is a great benefit to your life because when you work hard you can feel happy.

You will become more knowledgable with harder work, you will become more professional, you will become more expert, you will become more masterful. With hard work, you can learn to become a great teacher. Other people are always willing to learn from those people who put in the time to become masterful. When you keep working harder you will learn the way to respect yourself.

Always have pride in your work because every job is building the world right now.

Money is life, so just say: “Yeah!” and work hard because it's better than the opposite: no work and no money and becoming nothing with anybody and not having any respect. Even people selling in the market should have pride and do good work. The food they sell helps people grow, get big and healthy and strong. The clothes they sell keep us warm, or they cut our hair to make us look good. Every work has good respect, even the people who clean the trash from the street. Without them we’ll go outside and live in stink.

Always be busy building your self respect.

Always turn your back on people who want you to: “Take a break, enjoy life, hang out a little, drink this, smoke this, then let me slowly take everything you worked for.” Ha, ha. No, no, no, no, no. Always be awake in your mind at all times to see these “people” for what they are. It's easy. Just...

ALWAYS.

BE.

WORKING.

Until next time.

Your Man,

Victor Pride

This article has been narrated by Victor Pride. Press here to listen while you read.
Does it seem like people try to find the most complicated way to do something? And does it seem what actually works is the most basic, common, simple things? Sure seems to me to be this way. It seems that nearly all people overcomplicate the most simple things. I see this all the time and I’m not even a genius, I just see things as they are and I try not to complicate them. Because of this, it seems like I can see things that other people cannot see.

And actually, it is true. All my life I can see clearly what other people cannot see.

And there is one obvious reason I can see what other people cannot see...

I actually look. Other people never actually look. Some people would call my gift of sight a “third eye” but I’m not so sure about that. Let me explain... People from all over the world come to me with questions that somehow they just cannot see the answer to. To me, the answer is plain and clear. What is so special about my eyes that I can see what others cannot see? Is it because my 3rd eye is awakened that I can see what you cannot see? I think I know the answer, but before I tell you I need to give you some quick backstory. In the questions I receive, there is one constant theme I see over and over again...

People try to skip the basics and jump directly to the advanced.

Can I give you one or two quick examples? New blog artists constantly ask me about good SEO techniques for better search engine rankings. Do you know what they NEVER ask me? They never ask me how to write good articles. Writing good articles is the only way you will ever make it as a blog artist. They skip this most basic, fundamental fact and ask me about advanced techniques that don't make any difference unless you write great articles.

The questions go something like this...

“Victor, how do I do good SEO for better search engine ranking?”
Write better articles for better search engine rankings.

“But Victor, how do I skip writing good articles and just get good search engine rankings?”
Please, tell me you can see the problem here. They skip the basics (the obvious) and turn to the advanced.

Here’s another quick example: people always ask me how to gain weight or how to lose weight, but here’s the catch, they want to know how to gain or lose weight without dieting or exercising.

The questions go like this...

“Victor, how do I gain weight?”
Eat more food.

“But Victor, how do I gain weight without eating more food?”

Or...

“Victor, how do I lose weight?”
Eat less food.

“But Victor, how do I lose weight without eating less food?”
One last example...

“Victor, how do I get big muscles?”
Lift weights.

“But Victor, how do I get big muscles without lifting weights?”

I hope you can see my point.

On and on, they ask me questions that have obvious answers. I give them obvious answers and they ignore the obvious answers. Why do they skip the fundamentals and go for the advanced? It's like they have their eyes closed to reality and only opened to fantasy. They want to skip reality and somehow accomplish things in dream world...

The Dream Of a Third Eye

When I look at people, I see people with their eyes closed, bumping and stumbling into everything. Ask them what they're doing and they'll say: “Trying to see with my 3rd eye.” And I'll say: “Maybe you should open your two regular eyes so you don't bump and stumble into everything in your way.” People want to open their imaginary third eye and they walk around with their two real eyes closed. They cannot see what is directly in front of their faces. Because their eyes are closed, they walk everywhere but the one right way.

The blind man asks: “How can I see with my 3rd eye?”
The blind man neglects to ask: “How can I see with my two normal eyes?”

If the blind man had asked the right question, he would have been able to see by now.

“How can I see with my two normal eyes before I try to see with my third eye?”
Answer: Open them.

Your eyes have been closed all of your life, this is why you cannot see the obvious. Open your eyes and you can see reality clearly. Try to first use your two normal eyes before you try to use your third eye. When you do, you'll be amazed at how clearly you can see. You will be amazed at how clear your intuition actually is. You will be amazed at how much knowledge you will be able to obtain simply through observation of reality.

Awakening To Reality

Awakening to reality doesn't come from keeping your eyes closed and trying to see in the dream of a third eye... It comes from opening your eyes to the reality right in front of your face. It doesn't take the fantasy of a third eye to see clarity, it takes using the two real eyes you have. Use those eyes to look and watch and learn. The success you will be able to achieve simply by being awake to reality can be astounding. Don't you know what they say? They say that in the land of the blind, the one-eyed man is king. I say, in the world of people walking around with their eyes closed, trying to see from some third eye...

The man who opens his two eyes is king.

Until next time.

Your Man.

Victor Pride
16.11.2017 – 33 Way To Be A Billionaire

Business Tips From A Billion Dollar Blog Artist

I love having a lot of money in my pocket. Nothing makes me feel better than carrying 10k in cash everywhere I go. 10 grand in cash doesn’t fit in your pocket well, it sticks out, it’s gauche, it’s tacky. A lot of people cannot handle that, they cannot handle “money talk” and they cannot handle seeing people with money brag about it.

We call those people “poor”.

For those people I have a very specific piece of advice that will help them deal with money talk. That specific piece of advice is this... Deal with it. For the rest of you, here's how you fill up your fucking pockets.

1. **Being extreme is the key to the billions.**

   There are no two ways about it, there is only one way about it – it takes extreme dedication to your craft to become a billionaire. A great man once said: ‘Moderation is not the key to success, it’s the key to mediocrity.’ That great man was me and I meant every word. You cannot moderate the madness required to succeed in such a big way. It's always more, more, more. Not less, less, less. (Ever heard a group of shareholders say they want to make LESS money? It's always more, boys.)

   **Do more, work more, make more.**

   **Being extreme is the only true method that works. Everything else is phony-baloney marketing to jabronies.**

2. **Attitude is more important than knowledge.**

   **If you know you can do it, you will do it.**

   It doesn't matter if you know how. The how will figure itself out when you have the absolute decision to do it no matter what. The “but how do I do it?” question is for dipshits who stay stuck in “research mode” for 30 years. Go-getters with an attitude just decide to do it and then they go and do it. Attitude is the difference between winning and losing. Have an attitude or jump out of a window.

3. **Concentrate your focus.**

   Focus on a lesser amount of things, but concentrate your focus harder on your goal of becoming a billionaire. **Focus hard and put in the hours.** If you want more accomplished in a day, what do you do? You put in more time in a day. When you want to get more accomplished, you work more. Don’t be moderate and don’t be coy, be a hard son-of-a-bitch who works a lot. When you aren't working on it, think about it. I said FOCUS goddamit and I meant it. **Focus is the secret weapon of the rich.** Even when you’re not physically working, you are mentally working. You will never become a billionaire if your eyes don’t burn holes through souls.

4. **Don't ask permission to be rich.**

   You can do anything you want anytime, you don’t ask permission if you ask permission for what you want you are going to be denied. If you don’t need permission you cannot be denied. Figure out a way to do it and then take what you want – the only real option. If you want something you plan for it, you visualize it, you take action and then you grab it.

   **“That’s mine. Give me that.”**

   **What the knucklehead losers think of your actions is of no consequence.**
5. **Give up luxuries you cannot afford.**

If luxuries are what you are after then you are a fucking fool who will never get rich. **Luxuries do not fulfill, only the numbers fulfill.** You have to become addicted to seeing the numbers move up, and the numbers will never move up if you keep spending all of your money on seeming luxury. **DO NOT BUY ANYTHING YOU CANNOT AFFORD TO IMMEDIATELY LOSE!** If you buy luxury before you can afford to throw luxury away it will hold you prisoner. You have to be free to make the billions.

6. **Stay out of debt.**

You cannot get rich if you’re in debt trying to pay for a middle-man's house and car, or a boat or something equally stupid. **GET RID OF ALL DEBT.** Debt is the currency of the poor. That means no auto payments, no credit cards, no loans, and no expensive mortgages or rentals. **Minimize to maximize.** It’s so simple that it should be outlawed, anybody can do it.

Just stop spending that dough on things and start spending that dough on assets. Buy things that will make you more money, don’t buy things that won’t make you money. When you become rich then you can buy all the toys you want, but not before you become rich. But if you buy buy buy things before you have the money (the actual cash money, not credit) then you are digging yourself deeper and deeper into a debt hole.

7. **Be honest about what you want.**

You only ever have to be honest with yourself about what you want. You never need to tell other people your plans (and you shouldn't). But you do have to know clearly what your goals, plans, and intentions are and that takes what we call honesty. Many people cannot handle the thought of admitting that they want to make a lot of money and enjoy a life of wealth. Fuck 'em, they can stay poor. Always remember, to get it you must admit it.

**Learn to say: **“This is what I want. Give it to me or get out of the way.”

8. **Don’t get a job, start a billion dollar business.**

A lot of you morons think you’re going to get a STEM degree and magically get rich rich working a corporate job as a mid-wage slave. Don't make me laugh. **If you want to get rich you have to create the billion dollar business.** Working as a STEM dipshit will never get you anywhere in life, it’s a con that rich guys play on you.

*“Be a good boy, get a STEM degree, do our hard work for low pay and you can retire like a champ, I promise!”*

Like Henry Rollins said: “HAHAHAHAHAHA! SUCKER! SUCKER!”

Ever heard of a billionaire that got rich from working some schmuck job in IT? No? That's because they don't exist. Billionaires became billionaires by starting billion dollar businesses. That's called entrepreneurship not “get a job like the other slobs.”

9. **Sacrifice a normal life.**

Don't you know the God of commerce requires a sacrifice? That sacrifice is a normal life. You cannot live a normal life if you want to live a life of wealth. I always have to chuckle a little when I hear office drones say they couldn’t “sacrifice what they have” and “take a chance”. As if being in debt up to your ears and being a good dog to a corporation isn’t a sacrifice. Working for someone else is the biggest sacrifice you will ever make.
10. **Subscribe to Bold and Determined.**

Bold&Determined is the best there ever was and the best there ever will be. If you don't read this shit, you ain't shit. You can even read B&D while you're on the toilet. Know why? Because Bold & Determined **IS** the shit.

**Sign up for free!**

11. **Stop waiting for a miracle.**

I hear these losers all the time: “If I could just win the lottery. If I could just get a chance. If my big break would come in and blah, blah, blah...” I don’t expect anything to be given to me. If I want it you can be damn sure I’ll go and get it. Play your stupid lottery, sit on your stupid couch in front of your stupid TV, and make your stupid excuses. Someone else is out there kicking ass and taking what is rightfully his.

Like L. Cohen said: ‘Baby, you been waiting night and day. You didn’t see the times you waited half your life away.’

12. **Realize you are a lone wolf.**

If you wish to be a billionaire you are in a club of one. You don’t have any friends, you have associates. Friends are for dipshits who aren't rich. **When you're rich, you're alone and that's it.** Being a lone Wolf can help you tremendously and I will tell you exactly how: as a lone Wolf you can **feel free to disregard advice from sheep.** If you’re a lone wolf worried about how best to fit in, my advice is to stop worrying. Don’t worry about fitting in. Being a lone Wolf is a gift because it gives you an outside perspective. The insiders (sheep) will never have this perspective and it is your number advantage.

13. **Be bold with your words and bolder with your actions.**

No one will believe bold statements you make at first. But believe me, they will believe you later. I used to get constant comments from people telling me how they couldn't succeed. Now? I never get those comments.

**When I write words, people respond with: “Yeah, you’re 100% right”**

They've been reading B&D long enough to see the light of success and know that it works if you work. First they laugh and mock, but if you stick with it they always end up in the exact same spot: on your side, giving you support. But if you mean it, and you keep saying it, they will eventually believe you. If you always mean it, they will eventually see it. Words matter so choose your words wisely. Your words should be spoken clearly, truthfully and without remorse like a man.

**Be careful to say more with less. Less words equals more meaning**

14. **Emulate the successful, ignore the average.**

If you aspire to be an average guy then the genie will come out of the bottle and grant you your wish. Welcome to average world, friend. I hope you enjoy the taste of shit because you will be eating it until the day you die. If you wish to change your station in life, if you wish to change your luck and fortune, if you wish not to be average but to be a winner there is one simple think you must do: **start thinking like a winner and not like an average bozo.**
Hippies love to say: “Money doesn't buy everything, man,” and they're right. Here's a few things money cannot buy... Money doesn't buy your way out of stupidity, sloth, laziness or greed. This is why people who win the lottery are broke again within a year.

15. Kill your back-up plan.

A back-up plan is for a back-up man.

Back-up plans are an excuse to fail, they are self-sabotage. The world of the rich is black and white.

You either...

DO or you DO NOT.
HAVE or HAVE NOT.
MAKE A BILLION or LIVE ON THE STREET.

No in-betweens, in-between is where the average people live. The need for a back-up plan is based on a fear of failure, so just kill the fucking fear of failure and stop being a pussy. Also, there is no such thing as failure so it’s a dumb thing to be scared of. Failure isn't real! Sometimes you just give up and quit before you get your treasure. If you quit you are not a failure, you are a quitter.

16. Forget about the clock.

To make it to the billions, work on your own time at your own speed. Do not rush, but also do not spend time waiting around doing nothing. Every day is exactly the same – PERMANENT SATURDAY. You do the work at your time, at your leisure. You do not rush because when you rush, you stumble. Young guns will shoot their load and then they will be finished. The slow but steady will always win in the end.

Be slow, sure, but damn sure be steady.

17. Say goodbye to losers, be elitist and hang out with the winners.

Being an ass-kicker means you have to cut out all nonsense, that includes friends and relationships that are not beneficial to you. There comes a time when you’ve got to re-assess friendships. In the life of a billion dollar 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.

18. Work every day.

Days off are for losers I said it and you read it – days off are for LOSERS. You will never win big on your day off. You don’t stand a chance of winning a race you don’t show up to. Show up and you automatically beat every single person that did not show up. Easy.
19. Do not live within limits.

The average man’s life can be summed up into 3 words: limit without benefit.

The average man limits himself, he isn’t limited by external forces. If a man was born in the West he has no real time limits, geographical limits, relationship limits, job limits, or monetary limits. I live well because I do not place limits on myself. Free men of the West are free to go anywhere, do anything legal and make as much or as little money as they want.

Instead of realizing this potential, they limit themselves. These limits are all self-imposed.

You truly are free to do as you please as long as you follow the Rule of Law. You can go anywhere, you can make all the money you want, and you can have the relationship you want.

20. Be a creator, not a consumer.

Don’t buy the things. Own the things and sell them to the buyers.

Average Joe spends his time consuming content: YouTube videos, blog articles, podcasts, social media etc. Above average Joe sees this and takes advantage of the opportunity by producing the very content that average Joe consumes.

That’s the get rich open secret that no one knows – you are the content producer, you are the new media, there are no barriers to entry for being yourself. By making the online content that average Joe consumes, Above-Average Joe can get wealthy. All Average-Joe needs to do is flip a switch in his brain and say: “From now on I will be a content producer, not just a content consumer.”

21. Don’t SAVE money, MAKE money

You can only save what you earn. That means it’s an impossible way to get rich. YOU DO NOT GET RICH BY SAVING MONEY YOU DAMN FOOL! You get rich by MAKING A LOT OF MONEY. Focus on making money, do not focus on saving your pennies by skipping your morning coffee.

22. Don’t take breaks, breaks break the momentum

Every time I hear one of these retards talking about: “Needing a vacation,” I want to slap them in the face for being so damn stupid. If you constantly break the momentum you constantly have to stop and start over and over again. Eventually what’s going to happen is that you stop and don’t get started again. Don't you read physics books? It’s Newton's law of motion...

Objects in motion tend to stay in motion, objects at rest tend to stay at rest.

If you think you're just going to stay at rest for one week, think again. Every time you break the momentum it is harder and harder and harder to get going again. Eventually you are just going to stay at rest. This is what vacations do to you! Avoid them.

23. Have a billionaire sized ego.

Everyone pretends to love a humble guy. That’s because no one has to compete with a humble guy, a humble guy is no threat whatsoever. Why is a humble guy not a threat? Because humble is short for humiliated. Everyone hates a big ego guy, because a big ego guy is not humiliated and he points out your own shortcomings, lack of skill, desire, heart, dedication and discipline.
All champions have big egos. Without a big ego they would have never become a champion. They would have been just like Joe Average crying about the ego of Chuck Champion. Ego isn’t a bad thing. Ego is a must. A big ego is just high self-esteem.

It’s the ankle-biters at the bottom who cry about: “Humility being a virtue.” Humiliation isn’t a virtue, you fools, it’s a vice. Humility is something to overcome, it is never something to be proud of and for heaven's sake, do not seek to amplify your humility.

All you will end up with is exactly what you strove for: more humiliation.

24. Take all of the performance ENHANCING substances you can.

So many damn fools want to preach the value of alcohol, tobacco, marijuana and other narcotics… While at the same time saying performance ENHANCING substances like RED GROWTH are “cheating.” This is the logic of non-rich retards. Those damn fools can take all the performance decreasing substances they want. All it does is kill their game.

If you want to win, take stuff that helps you win and never take stuff that helps you fail.

25. Have an unbreakable billionaire mentality.

What does it mean to become unbreakable?

Becoming unbreakable means building and maintaining a protective shell or wall around your emotions to insulate yourself so you don’t even entertain thoughts that deviate from your plan. Inside your head you have your plan, you know your plan. Your mom, your dad, your girlfriend, your best buddy from 5th grade don’t know your plan because they aren’t inside your head.

When you spill your guts to them about your plan they try and talk you out of it. They don’t understand your plan and it isn’t their job to understand, it’s their job to try and talk you out of it. The breakable will listen to them and say: “Yeah, I guess you’re right.” The unbreakable won’t even hear it.

If you want success you must have a plan for that success and it must be on your terms.

Develop an unbreakable shell. When they shout their nonsense in your ear don’t let it break you.

26. Only be the nice guy if you like eating shit.

Ever met a super nice Drill Sergeant? No, that’s because they don’t exist.

You cannot be too nice to your people.

Being nice is a way to be taken advantage of. Being nice will insure that good work goes undone. Be a real bastard if you want your people to work hard for you. If you want to get rich you’re gonna have to get really comfortable with one thing: the truth. If you can't hear or see truth, you cannot get rich.

Nice guy? Go play with your dog, retard.

There's no room for niceness in this business because nice is fake, it isn't real. This game of billions is based on stone cold reality and if you want to be in a nice guy living in la-la land you won’t get rich.
27. **Do what it takes to succeed.**

Winners don’t think the rules apply to them. And they are right. The rules of the game only apply to those who are willing to abide by the rules. **The rules are there to make sure you do not rise up.** Playing by the rules is the same thing as doing the minimum. You cannot do the minimum to achieve maximum results.

**To get maximum results you have to produce maximum action.**

If you play by the rules then you aren’t trying very hard. If you’re playing by the rules then you have turned off your brain and you’re coasting on auto-pilot. Winners do what it takes to win, they do better than their best and they’re always a step or two ahead.

**That’s how winning is done.**

28. **Be patient and always ready to act at a moment’s notice.**

Always wait for the right time to act and when the right time appears, act instantly.

**PATIENCE. IS. THE. KEY.**

29. **Learn the word “NO” and say it often.**

No is a power word. You know who doesn’t say no? People pleasers. You know who says no all the time? Real dealers and ass kickers. “No” comes from a position of power. Be powerful and say “NO!”

30. **Stop caring what other people think. Be deaf to criticism.**

Their opinion is useless to you, their advice is useless and their thought process is non-existent. If they didn’t see it on television then it isn’t real to them. That goes for your mommy and daddy and your best friend from childhood. Unless someone’s life is enviable to you their advice is utterly pointless and useless garbage. Unless they are doing something you want to do, don’t ask for or accept advice.

**Don’t you know what Edward said? Not caring what other people think is a super-power.**

31. **Attract Lady Luck to you.**

There isn’t a soul on planet Earth who has good luck and a bad attitude. Good luck men have positive mental attitudes. They will extend their arm to Lady Luck and she’ll take it with a little smile and a blush, like the good girl she is.

**And if you don’t... who cares.**

The billions are out there, lonely like Becky on a Thursday night in November. Just waiting for a big, strong man to come and take her in his arms and own her forever. It’s a big world out there and there is plenty for your taking. Be a man and take it.

**Remember... Success never smiles with a man who sits around waiting.**
32. Howl like a wolf, work like a dog.

I used to howl like a wolf every day but I stopped because everybody around me started howling every day too. People would not even say: “Hi,” to me anymore, they would just howl at me. I would even hear my damn neighbors howling through the walls.

I became jaded to the howl, like some sort of hipster dipshit: “I used to howl before it was cool.”

But that was a big mistake I made, because howling like a wolf releases the endorphines you need to succeed. There is no drug on earth better than howling like a wolf. Do it right now because it works, HOWL!

If you want to make a billion bucks you also got to feel like a billion bucks.

You will feel like a billion bucks after you howl like a wolf, OWWWWWWWWWWWWWWWWW!

33. Read Bold and Determined Vol. 2 on paperback.

All of the secrets are in the great work.

Until next time.

Your Man,

Victor Pride

P.S. Do not forget to sign up to the B&D email newsletter if you want the secret key to the billions in your inbox. Sign up, it’s free.
The Real Way Of Focus

Maybe you don't know, but there is actually one secret of the world. This secret unlocks all of the questions you have ever had. This secret allows you to transcend living the life of an average man and to live the life of an extraordinary man.

It is the secret of all success.

Great men of history knew this secret well. This secret has been known by the Buddha, and all of the other Gods, for millennia. The secret answer to every question you have ever had is this...

CONCENTRATION!

Nikola Tesla said: “Most persons are so absorbed in the contemplation of the outside world they are wholly oblivious to what is passing on within themselves.”

Then Victor Pride said: “Concentrated energy is the secret of all success.”

Sometimes people call concentration “meditation” but they are wrong. Success does not come from hippie yoga bullshit, it comes from focused concentration. What people call “being in the zone.” The opposite of this focus is “scientific” study and research.

Research is another way of saying endless web searching.

Research is an endless rabbit hole that will never provide you with the answers you seek. Focused concentration gives you all of the answers. Concentration gives you the necessary time you need to put ideas into your own words.

Too much study and research only let’s you copy other people's ideas.

This is why it is important to spend time lost in thought, learning the answers for yourself, and to limit the time you spend lost in research. Because you will never develop your true ability, confidence, and intelligence if you don’t spend time lost in thought.

Like Nikola Tesla once said: “My method is different. I do not rush into actual work. When I get a new idea I start at once building it up in my imagination and make improvements and operate the device in my mind. When I have gone so far as to embody everything in my invention, every possible improvement I can think of, and when I see no fault anywhere, I put into concrete form the final product of my brain.”

What does all that mean?

Don’t search for the answer online, search for the answer in your soul. Even if you find the answer online it won’t mean anything, you will dismiss it and ignore it. We only appreciate knowledge we had to earn. We do not appreciate knowledge we are given. This is why dipshits in internet comments always say the same thing: “This doesn't work!” It doesn't work because you didn't figure it out for yourself, you let someone else tell you the answer. Lazy and thoughtless men will never know the answer even when the answer is staring them in the face.
It's like the man who is *given* a fish versus a man who is *taught* to fish. The man who is given a fish is helpless. The man who is taught to fish is fed for a lifetime. You can learn to feed yourself for a lifetime by learning to concentrate deeply. Don't “meditate” the way hippy dipshits do...

**CONCENTRATE YOUR FOCUS ON THE PRIZE!**

Get lost in thought, daydream, ask yourself questions and seek the answer inside yourself, have conversations with yourself inside your own head. Teach yourself how to get from A to B. When somebody speaks to you when you're in the zone, say: “Don’t interrupt me!”

**They will look puzzled, but you will know the secret... Why you are rich and they are not.**

**It is because you did this...**

Limit your research because your research is procrastination disguised as progress. Increase your concentration because your concentration is the secret to all of the success you will ever have. It is as simple as that.

**Until next time.**

**Your Man,**

Victor Pride
One Little Success “Trick”

When I started Bold&Determined as a business, there was one very powerful thing I did. This one thing I did made my business grow leaps and bounds. This one thing I did made me healthy, wealthy, and wise. This one thing gave me ultimate freedom in all ways. What is this one thing I did?

I never asked anybody for advice and I never took advice from anybody.

I did it all my way, and because I did it all my way it gave me everything I wanted to get out of it. Would you like to learn how to get everything out of your own business? Here’s some friendly advice to do it: in this great game of digital business there is only one thing you need to do to be successful.

What is it? I’ll tell you in a moment...

First, I’d like to tell you what you don’t need to do. You don’t need to listen to what anybody else says about what you must do. Read that word again – MUST. Anybody who says you MUST do such and such thing to succeed is a salesman and not a prophet.

Why do they say you must do something?

They say you must do it because other people did it and succeeded. Great advice. If such and such already did it and succeeded, then you must also do it if you want to be successful... Right? Well, not quite right... If someone else already did it then it has already been done. If you copy someone else, what does that make you? It makes you a copycat.

Are copycats hugely successful? Haha.

You made me laugh but you should know my rule by now: don’t make me laugh!

Copycats are not usually successful (though they can be if they follow this “one secret trick...”) So rather than copying it it would make more sense to stay the hell away from it or tweak it so that it differs from the original. Right? Right. Now you know what you don’t need to do – you don’t need to listen to anyone who tells you what you MUST do to succeed. Remember at the beginning of this letter I promised you one success tip? Here it is...

The #1 you MUST to to succeed is... DO SOMETHING NEW.

To succeed wildly, do something that nobody else is doing. BUT! You must do something new in a way that is true to you. If you do something new but not true to you it’s fake, phony baloney, boring, no life, no fire, no excitement. If you do something they tell you you must do, you are wasting your time copycatting without knowing if it actually works for you. Just because it worked for Johnny Rotten doesn’t mean it will work for Jane Clean.

That is why you must be new, you must be true, you must be YOU.

You cannot be you if you’re still acting like them. Can you? Don’t make me laugh. So what to do? Show us all something new. If you do something they told you you must do, that means it has already been done ten thousand times, leaving you with ten thousand disadvantages (and ten thousand competitors). When you do something new you have one great big advantage...
When you do something new you are a Monopoly man.

If you know anything about business, surely you know this... Monopolies make the big money, everyone else competes over the small scraps. Monopolies all come from the mind of one genius doing what everybody else said not to do. Competitors (over scraps) are all following the same blueprint... Doing what they “must” do to succeed. And telling you that you must do the exact same thing, too. No one is ever going to tell you what actually works, and that's for one specific reason...

What actually works, only ever works one time.

If it gets repeated and copied it loses it’s excitement (and it stops working). Since it only ever works one time, that means there's only one thing you gotta do... Do something brand new. Follow the basic formula, sure, but always tweak so that you are doing something in a new way.

Or...

Listen to whatever they tell you you must do, and then do the opposite. You have got to do whatever works for you, not what once worked for “them”. You want big success on your own terms?

Make sure you’re the first or the best and always be better than the rest.

Anything else is for everyone else.

Until next time.

Your Man,

Victor Pride
19.11.2017 – 7 Years of Pride: Happy Birthday to Bold and Determined

7 Years Of Obsession

I woke up 7 years ago and I said this to myself: “OWWWWWWWWWWWWWWWWWWWWWWW!”
Over and over I thought to myself, “I’ve got to go do this damn thing NOWWWWWWWWWWWWWWWWWWWWWWWWW!”
And goddamn boy, that’s all it took. I was off and running and I never looked back. I was nearly 30 years old when the holy spirit came upon me.

Here we are 7 years later... What a wild ride.

Who would have thought you can make a damn good living just by spreading the good word? Well, I would have thought that but most people wouldn’t. That’s why most people are stuck. They have no imagination, no creativity, no fire, no self-confidence, no desire, no courage. They want to take orders and they want to hear what they’re doing is ok. I was always the opposite. I don’t want you to say a damn thing, all I want is for you to get out of my way. Like it or hate it, I never gave a damn. All I cared about now for 7 years, SEVEN YEARS!, all I cared about is this...

BOLD AND DETERMINED!

I spent 20% of my entire life consumed with, obsessed with, dedicated to B&D. What have you been consumed with for the last seven years? Playing video games? Computer porn? Smoking doobies with the local potheads? Imagine if you had planted a tree of knowledge 7 years ago and watered it with your goddamn sweat, tears, and blood.

What a pretty tree that would be today, huh.

Don’t you ever get tired of eating shit and don’t you ever ask yourself where would you by right now if you hadn’t been so goddamn needy and approval-seeking? Imagine if you didn’t seek approval how great you life would be. Imagine if you had the COURAGE to do what you want to do and lived the life you wanted to live. Oh, I forgot: “Other people are stopping you from achieving the success you want.” Don’t make me laugh with that trash!

The only limits are on your own damn mind.

You are in prison and you are the key. Hell, you ARE the prison.

YOU ARE RESPONSIBLE FOR YOUR OWN LIFE.

Do you hear me you motherfucker? YOU ARE RESPONSIBLE! It isn’t the whites holding you down, it isn’t the Jews holding you down, it isn’t the women holding you down, it isn’t the men holding you down.... YOU ARE THE ONLY ONE WHO HAS THE KEY TO YOUR OWN PRISON. The only question is, will you be kind enough to yourself to grant yourself early release from the mental jail that everybody lives in? I dunno, but I sure hope so.

It can be damn anything, whatever you want, as long as you are willing to give everything you have. The reason B&D is so energizing is because I take every ounce of energy I have and I give it to B&D. The energy comes through the eyes. Some art is “lifeless” and still, then some other art jumps right off the page. It is all a matter of if the eyes of the creator are on or off. If your eyes are off, your art will be lifeless, if your eyes are on, well, anything can be done.
What are your eyes willing to burn holes through?

They say blogs are not “cool” anymore, they have all ran away to video or to podcast or to anywhere else. Boy, ask me if I give a damn. With me, what you see is exactly what you get. You've seen me 7 years now. Can you tell me another soul who is here to stay? I alone am here and I alone will stay here. It has always been this way and it will always be this way, from the beginning to the end.

THE TRUTH ABOUT VICTOR PRIDE (BIG BEAR)

Many times now I get noticed out and about in the city and this and that. I don't play this game to get fame. I stopped social media, YouTube, taking pictures. I even grew the long beard of a mystic to get away from it. I don't care about status or reputation. I don't care if you like me or hate me. I don't care what you think because there is no thinking involved.

I care only about doing my good work.

You know my words are genuine, in this regard there is nothing to think about. I remove all doubt. I am the truth. You know this at your core, and this is the only thing I care for. The reason you keep on coming back to B&D is very simple... Every time you come to see me you have learned certain things about yourself, even against your own desire.

Your eyes will always come back here to learn more. And if they don't, they don't. I don't care if you buy my books, I don't care if you do anything. I don't care if you read or not, it only lasts so long before you come back and become addicted to reality again. Whether you are here or there, I will be here.

Do you know why B&D gets so many comments?

Because I never cared about getting comments. It was never a thought in my mind. Because I didn't care, the comments flooded in. So many young and hungry ask me how to get readers and how to get comments and I say don't worry about it. If you need comments it is because you lack the true fire that attracts comments in the first place.

Comments to a new blog artist are the devil. you need time to stew and create greatness on your own without interaction from the world. Instant comments are the worst thing that can happen to a developing artist. They steal your focus. They take you off your path. You have to learn to stay on your own journey and let the others follow you, you must never join their journey.

Why B&D on Paperback?

“A long time ago I remember reading a comment on one of your articles where someone suggested that you compile all your articles and sell it as a book, to which you replied: “Why would I sell content that people can get for free?” What caused you to change your mind?”

Many people have repeatedly asked for B&D on paperback. I was never going to do it until I went to live in Los Angeles and read real books, instead of virtual books, that I realized what I had been missing. There is something special about paperbacks that can never be duplicated by reading on a computer. The paperback sits in your hand, you feel the paper, you run your hands over the text, you highlight it, you write your own notes into it, you throw it in your suitcase and, even if you never read it again, the book cover reminds you constantly of what you need to do. That is why Bold and Determined Vol. 1, Vol. 2 and Vol. 3 are available on paperback. You can still read Bold&Determined for free, but if you would like to hold it in your hands, now you can.
“Just waiting the 3rd to buy the full pack. Will there be a forth?”
There are no plans for a forth B&D book. A trilogy completes everything.

FULL COLOR GODCAST

I will bring back Full Color Godcast soon and when I do, it will be permanent. Nothing will happen to B&D.

NEW WORLD RONIN

New World Ronin is the opposite but the same of B&D.

Where B&D is orderly and clean, NWR is chaos.

#1 GREATNESS

Bold&Determined was started on November 19, 19 in the world of numerology is a #1. Here is the number 1 in numerology: the 1 is a doer, a powerful force that produces results and does not allow anything or anyone to limit its potential. The 1 is aggressive, a necessary energy for creating and producing. The 1 is always in the forefront: a spearpoint directing and leading others. The shape of the number 1, just like the shape of all other symbols, reflects its meaning; it walks upright with pride and purpose. Strong, determined, unwavering and with specific goals in mind, the 1 can turn dreams and ideas into reality.

It pushes obstacles aside or simply drills right through them.

The 1 tends to have a simple, straightforward view of life and its many complexities. It trusts its own ability to separate right from wrong. It doesn’t waste time on abstract ideas or anything else that isn’t in line with its pursuit of results. The 1 is no preacher, no philosopher, no spiritual explorer, no dreamer and certainly not an idealist. It is a pragmatist, a ruthless conqueror and a warrior extraordinaire. It is individualistic and independent to a fault. It will attempt to force its values and opinions on you but it won’t accept, or even listen to, yours.

The 1 does not hesitate when it senses a need for confrontation. It is jealous and extremely stubborn, but also courageous and willing to try anything new if it sees promise, even at great danger. It is, if you haven’t guessed, the most masculine of all numbers. There is a certain quality, a sense of honor and responsibility that demands our respect, and it has a sense of justice that cannot be denied. The number 1 cannot witness injustice without jumping in and setting things straight.

BUILDING A BLOG BUSINESS FROM ABROAD

Having a job is like having the life sucked out of you. Building a blog was like having the life put back into my soul. I get a lot of praise for building a business from abroad, like it was hard or something. Here’s the reality, it wasn’t hard at all. It was much easier building the B&D brand from abroad because outsiders always have a clear perspective.

Insiders get sucked into trivial insider boloney, outsiders have clear eyes.

When you get out of Sodom, you see all the ways you get tricked into living like an average, everyday 9-5 slave. Jobs are the way they fool you into thinking jobs are the only way forward, but when you find your real love they’ll never fool you again.
How to find your real love...

30 Days of Discipline
Out of everything I have ever done, 30 Days of Discipline has received the most praise. Men say “30 Days of Discipline absolutely changed my life” and I say “you changed your own life, 30 Days of Discipline just showed you the way.”

Body of a Spartan
Build the body, build the brain, build the brand. Body of a Spartan is the training routine for naturals who a) like to gain muscle and b) not be incredibly sore at the same time.

Spartan Entrepreneur: Blog Artist
We’ll be releasing Spartan Entrepreneur: Blog Artist on paperback soon. Stay tuned.

BADNET
By now you sure know what Badnet does, right? Badnet starts your own blog for you. Like you see B&D as a blog, you can have your own blog even if you don’t know the technical details to install it. Use Badnet and the Badmin will install your blog, and then he’ll send you 4 private reports that I wrote to give you light along the way.

Starting A Blog Completely Changed My Life... And You Should Start One Too.

RED GROWTH
Mind and body are the same. When you build a strong body, a strong mind develops at the same time.

What I Learned After 7 Years In The Game

Do not act out of greed for profit, act out of a greed for spirit. I never act out of profit, I act only out of spirit. It took me until I was damn near 30 to figure it out. There was another famous person who was “about 30 years of age” when the holy spirit came upon him and he started preaching.

To read B&D is to know genuine words, even when I am lying you know it is true.

I exist as the most genuine, the only genuine. There is nothing else to care about. My work is the work of the genuine, this money is a bonus. You have to understand the opposite. If all you can do is to make sense out of chaos, start the chaos.

I never wanted to be anybody’s leader, teacher, or master. It is a role I am playing only because this is what you have wanted or needed. I never wanted to be famous. If you pass me on the street I don’t want you to know who I am, I want you only to think and wonder and ponder later...

“Was that Him?”

There’s only one way you’ll ever know. You’ll keep walking down the block, wandering and pondering. In the distance you will hear the call and then you will know.... OWWWWWWWWWWWWWW! “Wow, it WAS Him!”

Until next time.

Your Man,

Victor Pride
Simple Magic

Everybody has the same hands and feet, just the brain is different.

Some people use one day to become a success, or just some days, other people use all their life but cannot become a success even one time. Because they're not born to become success. In their brain they cannot create a masterpiece, even if you tell them a thousand times to create a masterpiece but they answer: “I cannot! I already tell you a thousand times I cannot!” But if they already have it inside, you can just remind them they can become a master by creating a masterpiece. If they're smart they can make some very big success, that's called unlimited magic.

The heaven, the God always born you for this job, born them for that job, God even born some people to become slaves. Because if all people are the master, who will work for them? If all born are slaves then who will the slave service for? Who will tell them what to do? The slave will cry and shout: “God, give me a master.”

So actually the life is a cycle of magic, always have something small and something big.

When you have rich people, sure you will have poor people. Every month your hair gets long and you will cut it. If you don't cut it, it grows so long. It's so easy and so simple. When you think it's small magic, O.K. it's small. When you think its big magic, it's unlimited. The magic is the same as how you think. Everything people know right now they just believe and follow the human before us at the start of the Earth, like great, great, great, great, great, great, great, grandfather. Thats why everybody right now is difficult to accept something new and something simple. They say: “Sorry, my grandfather already told me that. You're wrong for sure!” But maybe your grandfather didn't know what was real, and maybe he just told you to keep doing wrong.

When the alcohol man has a kid, the kid sees him drinking and becoming a devil, then the kid says: “Oh maybe that's a good thing to do,” and the kid drinks alcohol and becomes a devil too. But if every day the kid just sees his father working hard and making money, being a good man with his loving wife, the kid will just follow that and think it's the true way. That's why the life is the magic too.

There is good magic and bad magic. Same as black and white. White magic and black magic. But the Earth right now always has the bad magic. If the world only had the good magic they wouldn't call it the world they would call it paradise. There would be no police. So the police have to say “thank you” to killers and stealers for giving them a job. If this life is without bad people then police are just for fun and for looks.

When a man has a good body it's like he has some deep magic in his soul, we cannot see it clear, but it makes another man feel it deeply. A man has a good body and another man thinks: “He's a man and I'm a man too. Why can he do it but I cannot? I will become inspired to build a good body as well.” Everybody wants to have a good body, and that is the deep magic behind every good body. It is the magic of teaching by example, the magic with no language.

Every time you feel hungry and eat, that is magic too. Surprise, the brain tells you: “Eat some food, if you don't you will be tired and hungry,” so you say: “Yeah, yeah...” get up and go eat. The baby is born and eats the food and becomes a big man, that's magic too.
The earth does big magic, humans do small magic. But so many cannot accept simple things, with them magic must be some big thing. They want some money to fall in front of their face in a briefcase, like something in a movie. They cannot accept simple things that are magic.

Even the science cannot answer everything. When was the earth born? What was first, the chicken or the egg? They just guess, they don't know. They just answer to make people think that's true: “O.K., believe it.” They don't have true answers so “just believe it.” Some people think they're so smart but sorry, they just try to have some fake answer to make themselves feel happy and believe it and let somebody who is not smart hear it too. Then that stupid person will think: “Great, now I have my great answer.”

Electricity is magic. How can power come from plugging something into a wall? They just say it works and we plug it in and it works, but actually real or deep inside, how does it work? We don't know. We just do it and follow it. If we don't follow it we'll become like people from a million years ago who don't have electricity, who don't have power.

Everything in this earth is magic. A tree grows up, spring will bring fresh flowers, summer will be sun and hot, autumn will be rain and cold, winter will be snow. We just know that but we don't know how to make it happen, it just happens. The world has a million rich men, million smart men, but did you see any man who says: “I can control this typhoon! I will help human control this earthquake!” No, they only can do what any human can do.

When your body gets sick it is black magic. You just feel hurt and think “I have to see a doctor” and the doctor just puts a machine on you and shows you a paper and says you got this sick belly, liver, heart and you just say: “Really? Just give me medicine for it.” But sometimes it's fake, some people just die for it. Then doctor says: “Sorry,” and even the doctor will die too. The doctor is not God and cannot make unlimited magic, they just make small magic like check your pulse and give you a bill.

Magic is from everything and everywhere, even typing. Why do you just put your finger on that keyboard and words appear? We don't have anybody playing music in our bedroom but we hear music making us feel so good, the music is so magic it makes you feel so relaxed. Some music makes you stressed or makes you cry, sad music is black magic. Scary movies are black magic. After they watch the movie with ghosts when they sleep at night they will see ghosts in their dreams, that is magic from the movie.

Every magic has different words you have to learn. Sometimes I think the magic is just like a rule. The people just try to think about it and control it and have it but it's just like the simple thing they already have it but they don't know. Only they can stand up, you can help them to stand up but take your arms away and they will fall.

If now you're skinny and want to be healthy you must eat food. You cannot say: “Eat food for me, then I will get big.” Eat your food and get big. I cannot help you with that. My belly cannot digest food for you. Make sure you can control your body before your body can control some other magic. Before the baby can do anything it must learn to control its body. Before it can walk it has to learn how to crawl.

So actually the magic is not magic it's just from your mind. Accept it or not. Rose has a beautiful red, lavender has a beautiful purple, every flower has something different. The forest is full color magic. The magic is not so easy like waving your finger like a magic wand and getting the magic, that's just a movie for a kid. You have to be a master to get the magic, stop dreaming about something that cannot happen because your human body is too small to control the real unlimited magic of the Earth.
Did the magic come to Harry Potter? No, he had to go to school to learn the magic. So just accept some small magic you can do right now before you can become a real God to control the Earth. When you say something funny and make people laugh that is magic, you can make people happy and smiling.

Facebook, Instagram, Twitter is magic from technology. A lot of people live with it, eat with it everyday. When you tell them: “Stop it, don’t use it,” they will say: ‘NO!’ They keep using it everyday and when they go everywhere, eat anything, just use a phone to take a photo first and think about putting on Facebook, Twitter, internet to show everybody. That is a real magic to control the human right now.

Make them dream about magic and forget about real life.

They just try to hope something cannot happen, cannot become true, they forget something so easy that can become true right now. The human cannot use magic the same as in the movie. Wake up to have a real life. Say: “Wake up, wake up! Time to have a real life! Not like some magic movie,” before you become so old and wake up with regrets for waiting for some magic movie to happen to you, but all you got is nothing. No magic and no life at all.

Some stupid people try to go to church and pray to God to make them rich or have some men become slaves for them, but if God can answer to them maybe God will say: “Sorry, just go work and become rich. I cannot get easy money for you. Stop praying about it, I will kick you out of this church.”

Is a girl going to walk to your door and say: “Ding, dong, do you want a perfect wife?” No it never happens. You have to go out and do it. Sometimes people are so dreaming and so stupid. Everything in this earth is simple, if you want to live eat food, if you want to drive a car, learn how to drive a car, if you want to swim, learn how to swim, if you want to read, just learn how to read, if you want to see, just open your eyes.

The magic of life is so simple and that is why it's so hard to learn. Only a master of magic can learn something so simple. To the ordinary person it seems so hard. To them it's a dream from a movie, but to the master of magic, it's just simple, everyday living. The tree will breathe my carbon and exhale oxygen for me, I don't have to do anything else. I just let the white magic do it's work and I don't get in its way or wish for some movie magic.

They want a big magic to happen to them without doing anything and they get nothing. Some people want the small magic to happen, every day, without doing anything and they get everything. Magic will happen every day if you don't get in its way. This daily magic builds up to a big magic, what we call unlimited magic. Everybody in the world is interested in some magic, even they dream about the magic. But now you can stop dreaming the magic of movies and start living the unlimited magic of life.

Until next time.

Your Man,

Victor Pride
“No energy put out equals you get nothing back.” – Jack LaLanne

I don’t know about you, boy, but I don’t move so good unless I exercise. All these years in a computer chair glued to a screen = a body that doesn’t cooperate unless you exercise it. So you know what I do?

I exercise a lot.

I get the blood flowing. I get the heart going. I grease the bones. Rather than just being stuck in a body that doesn’t like to move, like damn near everybody I see, I just get up and make my body move every single day.

You know what I figured out?

When I’m fresh and warm in the gym, I move like a gazelle. When I’m on a computer chair I move like an anteater. So I do what it takes to make the body work well. A while ago I found myself in a spot where I wasn’t “feeling so good.” I thought the answer might be to cut out going to the gym so much.

You know what happened? A big mistake happened.

Nothing got better and everything got worse. I got stiff like a damn board. Lower back pain got worse. So I discontinued it. Instead of continuing to do something that didn’t work, like a crazy person, I decided to get back into the gym hard and heavy. I got back in the gym every single day, 7 days per week. When I do take a rest day, I make sure to get AT LEAST a minimum 30 minute walk outside.

Guess what happened? Everything got better.

If your body isn’t working as well as it used to, there’s really only one thing you can do... When your back is against the wall, there is only one place to go: BACK TO THE BASICS.

GET JACKED LIKE JACK LALANNE

When you want to get jacked, you have to go to the man “getting jacked” is named after, Jack LaLanne. Jack LaLanne was a gym-rat before being a gym-rat was cool. He was basically the first man to promote lifting weights, eating healthy and exercising daily. Jack was a big proponent of pride and discipline and every day he’d wake up at 4AM to put himself through a hard 2 hour workout... even deep into his 90s.

“Pride and discipline is the key to everything.” – Jack LaLanne

Every year on his birthday, Jack LaLanne would accomplish some “impossible” physical feat. At the age of 70, Jack LaLanne towed 7 tugboats filled with 7 people for a mile, swimming while handcuffed. If Jack can do that at 70, you can get up off the computer and get to the gym 1 – 2 hours every day. So many years ago, Jack LaLanne was one of the guys who got me into the gym in the first place. He was the only guy who got me back into the gym after a mild layoff (I always trained, just not hard). It was one thing Jack LaLanne said that really struck a chord with me and put my ass back into the gym in high gear.
Jack said: 'YOUR BODY IS YOUR SLAVE. IT DOES WHAT YOU COMMAND IT TO DO.'

From the second I heard that phrase, I put in 2 workouts every single day. Pushing myself to the brink of exhaustion and beyond. When my heart is pounding and I cannot catch my breath and I want to quit, I simply repeat this to myself: YOUR BODY IS YOUR SLAVE. Then I continue with the workout. I don't quit when I feel like quitting, I quit when I'm finished. At the gym I will make it a point to do more than I feel comfortable doing. For example, when I'm dead tired and ready to leave I'll do 3 extra sets of a hard exercise that makes me want to quit. Each time the devil on my shoulder says: "Yeah, that's good enough, just leave now," the angel chimes in and says: "To hell with that, finish what you start," and I'll do the last exercises and I'll do them hard.

I found that training through the pain gives me two things...

1. It gives me great energy for the day.
2. It gives me pride of accomplishment first thing in the morning.

There is no better feeling in the world than going past your comfort zone and getting that great feeling of accomplishment, every single day in the gym. I tell you boy, do it and your face will start glowing.

When you want to quit, don't, do more and do it hard as hell.

Wanting to quit is a mental weakness not a physical weakness. The body is the slave of the mind and if your body does not obey your mind it is because your mind is allowing weakness. Your body will do anything your mind commands it to do, but you have to have the pride and discipline to follow through with that you say you're going to do. Not only do you develop pride and discipline by working hard in the gym, you also feel damn good for the rest of the day. I told you, your face will start glowing and I meant it. There is nothing better for the brain than hard physical exercise, it is the best medicine on planet earth.

Like Jack LaLanne said...

"Your moral obligation is to take care of your most prized possession on this Earth: your body."

The only true way you can hurt your body is by not using it.

So use it, because if you don't use it, you will lose it.

Since the day I started using my body every single day, I feel better than I've ever felt in my whole life. Try it for yourself and see. What have you got to lose?

Until next time.

Your man,

Victor Pride
Please note: I originally used Ostarine in 2015 and this article does not reflect my current supplement stack. The only supplements I personally use currently are from Red Supplements.

A while ago, when I discovered Ostarine, I was personally looking for a legal product I could use that would allow me to keep my gains (or at least not lose) from TRT. I was off TRT for a quite a while, long enough that I should have lost weight... but I didn’t. And that shocked me. I thought the weight would just fly off of me but I didn’t lose a single pound. Not only did I not lose a pound, I didn’t lose any strength, I had incredible pumps in the gym and I just plain felt great.

The only product I was using was Ostarine.
“Ostarine is one of the best lean and clean research supplements on the market.”

Steroids like testosterone convert to estrogen. Estrogen causes water retention, bloating and weight gain. Testosterone is a very sloppy muscle builder because you add a lot of extra, fatty weight. Ostarine, on the other hand, is not a steroid or prohormone and does not convert to estrogen. Because it does not convert to estrogen, Ostarine gives you lean and clean gains. It gives you less weight gain (and less bloat) but what it does give you is lean and clean. But Ostarine still causes muscle growth in same manner as steroids.

Ostarine binds to androgen receptors which alters the expression of genes and increases protein synthesis thereby resulting in muscle gains. It can be used for gaining, cutting (works great during a caloric deficit as it preserves muscle), or recomp (shines during recomp) – covers all bases. Can also be used as a PCT or in between cycles of steroids to keep gains (this is personally how I used it). Ostarine can minimize recovery periods for those recovering from injuries and surgeries and it can reduce atrophy as a result of surgical procedures.

What Is Ostarine?

Ostarine is a SARM (selective androgen receptor molecule). A SARM is a compound that is intended to act similarly to an anabolic steroid, but be much more selective in its action. SARM’s are considered to possess a wider spectrum of clinical use options when compared to anabolic steroids. SARM’s work just like steroids but do not produce the growth effect on prostate and other secondary organs.

Ostarine in particular exerts its anabolic effects on muscle tissue almost exclusively.

Ostarine was originally developed as a treatment for muscle wasting and muscle loss prevention, specifically in cancer and osteoporosis patients. Ostarine is still undergoing clinical trials. Eventually it may be a prescription drug used for muscle wasting, atrophy, and hormone and/or testosterone replacement therapy.

Uses: increase and maintenance of lean muscle tissue, increase of stamina, increase of fitness level, effects similar to anabolic steroids It works by binding to the androgen receptors and increasing protein synthesis thereby resulting in muscle gains. It is extremely versatile – has been called the most well rounded SARM.
### Ostarine Uses

#### Lean Muscle Gain → Bulk
- Muscle gain on ostarine is significant but not as much as a steroid like dianabol.
- All muscle gains will be kept and will be lean gains.
- Common bulking dose: 25 mg/day for 4 – 6 weeks.
- Can expect 6 lbs. of lean, keepable gains on above cycle.
- Though not recommended, users sometimes use doses as high as 35 mg/day – PCT is suggested when dosing this high.

#### Losing Body Fat → Cut
- Ostarine will maintain muscle mass while reducing calorie intake.
- Can cut without needing to worry about muscle or strength loss.
- Common cutting dose: 12.5 – 15 mg/day for 4 – 6 weeks.
- Above dosing cycle will have no side effect or suppression.

#### Recomposition → Gaining Muscle And Losing Body Fat Simultaneously
- This is where Ostarine is very effective.
- Ostarine has a nutrition partaking effect → calories are taken from fat stores, and calorie intake is fed the muscle tissue.
- Users report that ostarine taken at maintenance calories produces weight loss while also producing strength and muscle mass.
- Since Ostarine is not liver toxic, you can run it longer than 4 weeks for recomposition.
- Common recomposition cycle → 12.5 – 25 mg for 4 – 8 weeks (to get best recomposition effect diet must also be optimized to where calories are just above maintenance and 30% of calories are coming from lean protein sources).

#### Injury Prevention
- Ostarine has application as a compound to be used for rehabilitation of injuries, particularly bone and tendon related injuries.
- This is because Ostarine promotes anabolism in bone as well as skeletal muscle tissue.
- Common dose for injury prevention and improvement in joint movement: 12.5 mg/day.
- Positive results can be seen in just 6 – 8 days with the above dosing.

### Benefits Of Ostarine
- Increases strength and muscle mass.
- Good for body recomposition (burning fat and building muscle while staying the same weight).
- Excellent endurance and cardiovascular effects.
- Known (and developed specifically) for it’s joint healing abilities and reducing muscle wasting.
- Can be an alternative to HGH.
- Can be dosed 1X per day because it has a half life of 24 hours (though I prefer to space out the dosing).
- Minimal side effects.
- Significant strength and endurance gains.
- Creates a great sense of well being.
- Non-toxic to liver and kidneys, has little impact on cholesterol values.
- Ability to do more repetitions in the gym and have better workouts, possesses rapid recovery/faster healing effects.
- Great pumps in the gym.
- Muscle gains and decreased body fat.
- Good energy levels and sense of well being.
- Non-toxic to liver and kidney so you can theoretically take a week off and go right back on cycle.
- No “crash” when coming off cycle (don’t even notice it, except the pumps and sense of well being go away).
- Women can use Ostarine because there is no virilization (deepening voice etc.).
Possible Negative Side Effects Of Ostarine

To be perfectly honest, I don't think Ostarine has any noteworthy side effects. It certainly didn't have any for me (which is why I like it so much). The only side effects I get from Ostarine was a headache 4 weeks into my stack. Any side effects from Ostarine are minimal at best and that is why it is such a good product. There are “mixed opinions” on the necessity of using a PCT after an Ostarine cycle. I personally did not feel any PCT is necessary for an Ostarine cycle. I do not believe Ostarine shuts down your natural testosterone production, but to be on the safe side here are some possible side effects.

<table>
<thead>
<tr>
<th>Possible gynecomastia flare up (if you have had it before)</th>
<th>that’s why some people will run a small AI with it.</th>
</tr>
</thead>
<tbody>
<tr>
<td>May cause slight suppression, so mini PCT is often recommended (but not by me).</td>
<td></td>
</tr>
<tr>
<td>Increased hunger (this can be good or bad depending in your goal).</td>
<td></td>
</tr>
</tbody>
</table>

**PCT FOR OSTARINE**

We have seen reports from gentlemen on Ostarine who feel it shuts down their testosterone temporarily (some of them feel a little sluggish). **RED-PCT** can take care of this. RED-PCT works as a PCT (for any product) and it also works very well as a stand-alone “testosterone booster”.

**Benefits of RED PCT**

RED-PCT can be used as a standalone supplement to help raise testosterone, decrease estrogen, promote lean mass building, increased metabolism, and liver protection. The ingredients in this blend can also improve libido and help with recovery through restful sleep.

The RED-PCT proprietary blend contains:

- **Chlorophytum borivilianum** (75% extract).
- **N-Acetyl L-Cysteine (NAC)**.
- **Androst 3,5-diene-7, 17-dione (ADD)**.

**Ostarine Compared To Steroids/Prohormones (Advantages)**

- No need for pre-cycle supports such as Hawthorn berry.
- No need for on cycle supports such as milk thistle for the liver, policosanol or RYR for cholesterol etc.
- Some suppression may be present at doses of 25mg+ run for longer than 4 weeks, however a stringent PCT of prescription SERM’s like Nolva or Clomid is not necessary.
- High oral bioavailability without significant damage to your liver as with oral steroids/prohormones.
- Great sense of well being while on, without the aggression which can often detrimentally impact users daily lives.
- No need for a long time period off between cycles. The recommended time of period for normal cycles would be Time on plus PCT, so for a typical 6 week cycle and 4 week PCT, a user would have to wait another 10 weeks after PCT to start another cycle.
Ostarine Dosing Information

Dosing protocols will vary depending on goals but men will commonly use 25 – 30mg per day and women use 12.5mg per day for cycles of 4 to 12 weeks. Ostarine can be used for periods of as little as 4 weeks and as long as 12 weeks. A recovery cycle won't be necessary for cycles of 4 weeks in length, however once you span it out to 8 – 12 weeks then you will need a recovery supplement. In this case you would want to use Red-PCT at 3 capsules a day for 30 days in a row.

Longer cycles are recommended for optimal results.

For an adult male (kids don't buy this product, please), I would personally take a daily dose of 37.5 mgs. More not necessary, a lower dose of 25 mg is also good. For Ostarine you may want to spread out your dosing to – example: 12.5mg with breakfast, 12.5mg with lunch and 12.5mg with dinner. I prefer to space out my dosing rather than take the entire dosage at once because it keeps the concentration of Ostarine in the blood steady. I also find that if I take too much at once it can cause headaches.

3 – 6 week cycles are best.

The Best Ostarine Diet To Follow

Dieting is easy. If you want to gain weight you eat more food, if you want to lose weight you eat less food.

<table>
<thead>
<tr>
<th>For A Diet To Lose Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>• The Old School ‘Steak and Eggs’ Diet for Fat Loss, Balanced Energy, and Increased Testosterone</td>
</tr>
<tr>
<td>• The John Doe Diet From Hell outlined in How to Go From Fat to Ripped in 8 Weeks</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>For A Diet To Gain Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>• How to Get Big Naturally: Building Muscle, Gaining Size, and Wetting Panties</td>
</tr>
<tr>
<td>• How To Gain Weight</td>
</tr>
</tbody>
</table>

Will Ostarine Be Banned Soon?

Every so often you come across a supplement that is unlike any other supplement. Every so often you come across a supplement that actually works to build muscle and burn fat. When you come across these supplements you can rest assured that they are very likely to go away soon. Every supplement that actually works tends to get banned sooner or later. So when you find these supplements, you need to act quick.

Will Ostarine be banned in all forms soon? We have no idea.

Ostarine in sport and athletics

“Selective androgen receptor modulators may be used by athletes to assist in training and increase physical stamina and fitness, potentially producing effects similar to anabolic steroids. For this reason, SARM’s were banned by the World Anti-Doping Agency in January 2008...”
OSTARINE RESULTS

“I just finished 60 days of Ostarine (30mg a day) and I’m waiting on my 4th bottle to come in the mail. By the time the 4th bottle arrives I will have been off Ostarine for 2 weeks. And then I will take 20mg for 30 days. Followed by your recommendation of Red PcT. I’ve been off Ostarine for a week and I feel fine. No bloodwork though. I love Ostarine! I’ve never done steroids but this stuff is amazing. I plan to use it on and off for the rest of my life. I’m 30 years old, I’ll get some blood work done the right way on my next Ostarine cycle the proper way and post the results for all to see.”

Where To Buy Ostarine?

Ostarine can only be sold as a research chemical right now. That means if you buy it, it should be for research purposes only. Ostarine is no longer sold as a “traditional” supplement, you can purchase it only as a “research chemical” which you can purchase here. I am not saying you should or should not purchase it, I simply try to give you the facts.

Happy lifting, and have a nice day.

DISCLAIMER

Nothing in this article is meant as medical advice. Ostarine is not a dietary supplement. Consult your physician prior to use. The follow information is for convenience only. These statements have not been evaluated by the Food&Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
I have learned one lesson repeatedly: you don't know what you got 'til it's gone.

You are never truly thankful for all the great things you have until they go away. So I make it a point to periodically take away all the good things I have. This way, when I return I am much more appreciative of what I have. In the meantime, when you take things away, you have incentive to work hard as hell. Sometimes when things are going too well, you lose the drive to work harder and achieve more. You become complacent.

I always do things to take away the complacency.

For example, right now I own only a few things. Less than a year ago I was in an expensive apartment in the best part of town, full of expensive furniture and equipment. Now? I live nowhere permanently. I own a computer, 2 microphones, a few t shirts and few pair of shorts. This is all I own. I sold or gave away everything else, and I did the same thing 7 years ago when I started B&D. They say your cells change every 7 years and you become a new person. I find that every 7 years I start again exactly the same.

I'm doing exactly what I did 7 years ago to start B&D.

In these 7 years I have made a nice amount of money, spent a nice amount of money, had many wonderful memories and purchased many things. Do you think I appreciated all that? Sure I do, but not before I took it away. Guess what comes back after you take away everything you have?

THE FIRE COMES BACK.

When the fire is there, anything can be done. So I got to thinking about what I own and what I could do with it... I am but a humble man who lives nowhere and everywhere, owns a few pairs of clothes, a computer, some nice audio equipment, and has a pair of eyes full of fire. Whatever could I do with these things? I have thought and thought and thought some more... Perhaps I can think of something.

Happy Thanksgiving.

Victor Pride
I had a runny nose or a stuffy nose nearly 24/7. I had itchy, red, watery eyes nearly all the time. I thought I was doomed to suffer allergies forever. I thought that was my fate in life and I accepted it and went about living life with allergies.

But then a funny thing happened...

In 2011 I moved to China and within a week my allergies had went away. They just appeared. Poof. No longer did I have a constantly runny nose or itchy eyes. Was there something wonderful in the Chinese air that cured my allergies? Don’t make me laugh, Chinese air is poison.

So how did my allergies seemingly cure themselves?

My allergies did not go away because I was in China, my allergies went away because I started doing something new with my diet. What did I do? I fasted for 2/3 of the day, every day. Specifically, I started eating all of my meals inside an 8 hour window and for the remaining 16 hours per day I would eat NO FOOD.

The diet that cured my allergies is called Intermittent Fasting.

I started intermittent fasting as a way to boost energy and burn fat. I had no clue any health benefits, I was simply doing it to be shredded. I stuck with intermittent fasting for an entire year. I would eat all of my food in an 8 hour window and for the remaining 16 hours per day I would not eat any food at all, I would fast for most of the day. Miraculously, the intermittent fasting diet routine is what cured my allergies forever. And quickly, too. By giving my system a break from non-stop eating, my allergies healed themselves in a matter of 7 days. Those allergies that I thought were there to stay simply went away when I started eating less food and by fasting through a large part of the day. I have not followed an intermittent fasting program in 6+ years, but my allergy problem has never returned.

People who have allergies think the situation is hopeless, but they’re wrong.

I certainly thought it was hopeless. I thought nothing would work, no medicine would help, I just thought I was doomed to suffer allergies forever. Allergies were just “out of my control.” But that’s not really true: allergies are like anything, they do not control you, they are in your control. It’s up to you to decide to control them or to let them run wild and control you. For nearly 30 years I lived with runny noses or stuffed up nose, watery, itchy eyes, sneezing and coughing. The excuse was: “I have allergies,” which is a PATHETIC thing to say.

If you have allergies it is because YOU caused them.

The allergies are not a mystical outside force, they are directly caused by something you are doing. Specifically, they are caused by the food you are shoveling into your mouth. You are eating something that your body doesn’t like and you are paying the consequences. This world is based on cause and effect, there is nothing random. So when you eat the wrong food, the effect is that your body reacts against the food you are eating and you call it “allergies” but it is really your body talking to you.

What is your body saying? It’s saying: STOP EATING THAT!
I stopped eating whatever caused my allergies accidentally and my allergies went away inside of one week. Yes, ONE WEEK and my LIFELONG allergies went away forever. Within 7 days my lifelong allergies went away forever. I have never again suffered allergies. I don't have any food allergies now, eating any food is no problem. All my body needed was a small break from eating so frequently. Once I gave my body a break, it fixed itself.

**Fasting not only cured my allergies, I have direct evidence it helps others...**

I had an intern who was constantly sneezing. First thing in the morning it would be “ACHEW!”, in the middle of every meeting it would be “ACHEW!” He was sneezing absolutely non-stop. His excuse was “allergies”. I made him go on a 5 day juice fast where he ate no food, he drank nothing but water, fresh fruit juice and fresh vegetable juice and guess what?

**His sneezing WENT AWAY in 5 days.**

**His sneezing didn't slow down or be less frequent, his sneezing absolutely went away in 5 days.**

**Why does intermittent fasting cure some people's allergies?**

I don't know why fasting cured my allergies. I don't know why it cures other people's allergies, I just know that it worked for me and for other people I have observed. Here are some quotes from other people who have cured their allergies via fasting...

**Quote 1**

“This was a wonderful experience for me because it shined new light on my perspective of human needs, willpower and the value of pleasures. Fasting for 3 days straight had made me feel absolutely wonderful mentally, as if I was clear and happy, focused and calm. It was like I took an Adderall except I felt very healthy, light and free. Symbolically, I felt as if I should appreciate little pleasures in life more than always looking forward to my next meal. There’s so much more out there to focus on and appreciate than food or other substances that you put in your mouth to make you feel good. This was true focus. As for my allergies, my oral allergy syndrome completely disappeared. My food intolerances to legumes and tree nuts subsided tremendously. I can now eat all raw fruits and vegetables and some tree nuts.”

**Quote 2**

“The best benefit, though, at least for me, is that my allergy symptoms have noticeably lessened since adopting the IF lifestyle. IF has been shown to reduce inflammation in the body (a benefit largely supported by scientific literature), so that certainly plays a key role in my feeling better on the allergy front. While studies point to IF’s benefits with seasonal or environmental allergies, especially its role in improved pulmonary function (which is great news for asthma sufferers — again, due to IF’s anti-inflammatory effects), I’ve personally noticed a marked improvement in my food allergy-related symptoms, as well. It really makes sense when you think about it. When I’m limiting the hours of food intake, I’m giving my body a full 14 to 15 hours to calm itself and not have to constantly engage in a food-histamine tug of war. As a result, inflammation dies down and my symptoms (headaches, joint pain, gastrointestinal troubles, itchy/swollen mouth) subside.”

**THE 7 DAY FAST**

If you want to cure your allergies, you may want to try intermittent fasting for 7 days. During these 7 days you should eat all of your meals in either an 8-hour window. The remaining 16 hours of the day you should drink only water.
What are you allowed to eat if you intermittent fast?

Chicken, rice, potato, sweet potato, all vegetables, all fruits. Basically, you are allowed any natural food to eat. It is best if you avoid any unnatural, man-made foods as these foods are likely the culprit of your allergies. Do not drink milk or eat yogurt! Dairy is a very big cause of allergies. After 7 days you can go back to eating processed food and dairy again if you want, but give yourself 7 days to see how well you react to not eating it so frequently.

Guess how you're going to feel when you're not sick all the time...

In 7 days your allergies are going to feel a lot better and you're going to feel pretty damn good.

Is intermittent fasting a good long-term diet?

Let me make this clear: I do NOT recommend you follow a fasting or intermittent fasting program year round because it does have negative health consequences. Eating in an 8 hour window means you will be eating less calories, this will ensure your hormones are not functioning optimally. You need food to survive and thrive.

When I was following an intermittent fasting plan I had year round abs, but I was also freezing all the time and my testosterone levels plummeted. I like fasting only as a temporary purge to cure allergies or to purge some other affliction. I don't like it as a year-long plan and that is that. It's a great strategy when you need it, but it is not mean to be done always and forever, every single day.

Fasting is good for 1 – 7 days, or periodically throughout the year, but then it's time to eat.

But always remember...

Your allergies are caused by the food you are eating and, in my experience, allergies are caused by eating too much food too frequently.

What about doctors and medicine?

In my experience, doctors will not try to cure you, they will try to give you medicine and pills instead of results.

MEDICINE WILL NEVER CURE YOU OF THE FOOD YOU ARE EATING.

Go see a doctor if you want medicine and don't want to do any work to actually fix your allergies. If you want to fix your allergies, well, you may want to do a small fast. I am not promising that it will work for you, all I am promising is that it worked for me. For a good resource on fasting, check out Paul Bragg's The Miracle of Fasting (you can read the PDF for free right here).

Good luck and godspeed.

DISCLAIMER: I am not a doctor and this is not medical advice.
Three Secrets of the Blog Business

How To Make Money And Live Free

If you don't happen to know who I am, please let me give you some backstory...

I make my living from writing a blog. I made more money from writing a blog than I ever made from any other business I was involved in. Not only do I make more money blogging, but I have ultimate freedom to travel anywhere I want and basically do whatever I want. I am not controlled by some job or by some company or by some boss. I am the boss and the business is me (I call this business model You, Inc.).

The blog business has been very good to me and I'd love to see the blog business be very good for you, too. Personally, I love reading blogs. I prefer to read blogs over anything else. I prefer to read blogs than to read books, watch videos or listen to podcasts. But I have found that for whatever reason, blogs are not popular at the moment. There seems to be a void of great blogs.

I believe that people do not truly understand the great power of the blog and the great opportunity that the blog can give them. I believe people are very obsessed at this moment with video and with podcasting and they are neglecting the powerhouse that is the blog. Many of these people think that the time of the blog has passed and now only video and audio can make money.

They are very wrong, and this is great news for you.

Because people are overlooking the great power of the blog, there is now a huge opportunity to start the next great blog and make the next great fortune. There simply are very few great blogs in the world. Because there are so few great blogs, there is enormous opportunity as a professional blogger, or what I call "Blog Artist."

In this article I will show you 3 reasons why you should consider starting a blog. I will be speaking from my own personal experience, nothing I am about to tell you is assumption or guessing. What I will reveal to you about the blog business comes directly from my own experience. As a professional blog artist/happy traveler/rich man I have learned these 3 great secrets of the blog business...

3 Reasons You Should Consider Starting A Blog

1. You can work from anywhere in the world.

The blog exists in the digital world. If you are a blog artist there is no office location you must work from and there is no city that you are chained to. You are free to come and go as you wish. All you need is WiFi and an internet device such as a laptop or a smartphone.

So many people in the world wish for freedom. I have traveled to many countries on this Earth and people always say the same thing to me: “Wow, I really wish I could do what you do. I am like a bird in a cage but you are free to fly, I really admire that and wish I could do it.”

I always try to say the same thing to them: “You can do it if you want. There is nothing special about me other than my ability to go out on my own and actually try to accomplish something. If you actually ever tried to accomplish something you may be very surprised at the power and capability you possess. It is there, but you must use it. If you don't use it, you will lose it and you will stay in that cage yearning to fly free like me.”
At the moment of this writing, I am having fun in Ho Chi Minh City. Soon I will be boarding a plane to Penang, then to Bali, then to Lombok, then to Bangkok, and then I will go to an undisclosed paradise location in the blue mountains of _____ (sorry, I must keep paradise locations secret).

Please keep in mind my plans change day by day because I have the freedom to change my plans any time I want. If you see my writing from a different location, it means I simply changed my mind about where to go.

2. **Blogs are the #1 way people find information.**

Google is the most popular website in the world. When people go to google, they are looking for information. They “Google” something and a list of websites appear to give them the information they are searching for. Most of those websites that appear are blogs.

You can test this out for yourself. Simply go to google and type in “How to...” and pick something you’d like to learn. When the list of websites appear, open up the first 10 websites. How many of those first 10 results are blogs? You will see for yourself nearly all of the results google gives you are blogs.

Nearly all of the top websites on google are blogs but for some reason many people dismiss the power of the blog. This is their great mistake and it is your great fortune. There is huge and ample opportunity for new blog artists and there is barely any competition, this I can assure you.

People are craving information today like they never have before, but the information they crave simply isn't there. After the first page of Google, the results diminish dramatically. You can be the person who provides the information to them (via your blog).

In return for providing the information that people crave, you can have the ability to make a very good living and be free to do as you wish. The blog business is very easy, just give people what they want. What they want is information, this is the Information Age after all. People want information but the information isn’t there. In the business world this is what we call “opportunity”.

3. **You can get filthy rich as a blog artist.**

Many people still believe blogs cannot make money even though blogs are constantly on the first page of Google. Blogs are what appear in the results for the most popular website in the world (Google) but blogs are still a hidden source of money. Take it from my experience that there is an incredible amount of money that can be made from blogs. In the same amount of time it takes to earn a college degree, I was able to earn a million dollars from blogging.

- [How I Make 10k Per Month Online](#)
- [How I Went From $15 to a Million in 4 Years of Blogging](#)

There is no limit to how much money you can make from blogging. It is up to you and how hard you are actually willing to work. Many people say they are willing to work hard until they realize that hard work is exactly what is required to ever become rich and successful. It is much easier to go get a job and make an hourly or monthly wage than it is to create your own wage from your blog. This is why there is so much opportunity as a blog artist, because the majority of people will quit at the very first sign of hard work.

*If you provide the only source of good information about a particular topic then the people who are looking for that information will only have one choice where to go: your blog.*
The person who does not quit will have one of the only websites available with the required information. Where else will the people go? Stick around and they will go to you because there will be nowhere else. It does not take a genius to build a million dollar blog business. It simply takes a patient person who is not interested in quitting.

<table>
<thead>
<tr>
<th>To briefly recap, these are the 3 reasons you should consider starting a blog...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. There is a lot of opportunity in the blog industry.</td>
</tr>
<tr>
<td>2. There is ultimate freedom in the blog industry.</td>
</tr>
<tr>
<td>3. There is the capability to make a lot of money from writing a blog.</td>
</tr>
</tbody>
</table>

**So what should you write about?**

**All people in the world want the same 3 things: health, wealth, and happiness.**

If you can show them tips, tricks, and simple ways to find health, wealth, and happiness you will always have a business model that never goes out of style. How do you personally find health, wealth, and happiness? You have to work for it. But when you find it, you've got the knowledge forever. Many people would call this an “Evergreen Business Model” but I like things simple. I just say: **How to Start a Blog That Makes Money Forever** or, in other words, give people what they want.

**Is blogging easy?**

Building a million dollar blog business isn't easy, 99 out of every 100 people quit, and your journey of a thousand miles will seem long. But for the one out of a hundred who does not quit, success comes running to that person. Always remember that it is NOT POSSIBLE to not succeed if you simply do not quit. Quitting is the only way you ever fail. If you quit you will never find success no matter what you do. If you do not quit, you will eventually become successful.

This is the #1 tip I try to give anyone and everyone: **success will find you if you stay the course.**

**How can you start a blog today?**

If you would like to start a blog I recommend you use the **Badnet service**. When you use **Badnet**, you can have your blog set up by the Bold & Determined administration team (the Badmin) and you will also get 4 additional reports I wrote that show you specific ways to make your blog professional (make money). The Badnet service is free to use, you only need to pay for your website hosting. You even get a free domain name for the first year.

The website hosting is a small fee you will pay no matter how you start your blog, so the Badnet install service is basically a “no brainer” for anyone who wants to start a blog and build a business out of it. **Badnet** costs you nothing extra and gives you so much in return. You can set up your blog with Badnet by following the simple instructions **here** and **here**. I would say good luck but you do not need luck, you need only patience and perseverance. Good luck is what people in a cage wish for, people who fly free make their own luck.

**Until next time.**

**Your man,**

Victor Pride
Goal Setting

Recently a young reader of B&D asked me about goal-setting.

“Victor, what is your process to set and achieve goals?”

This young fellow believes I set goals when I do not. Goals are too easy to accomplish and this is the big reason I never set goals...

I DON'T WANT TO ACCOMPLISH GOALS!

When I set a goal I make sure it is impossible to ever achieve. I make my goals never-ending. Like the goal to become the world’s first self-made trillionaire. It isn’t technically impossible, but it takes a very long time. My only real goal with B&D is to be the greatest of all time. If I achieve my one and only goal then what goal have I really achieved? Nothing. My seemingly immodest goal can never end because “all time” lasts forever.

My goal drives me every day but it can never be fulfilled.

My only goal is a non-goal, it is what Hitchcock would call a “MacGuffin”. MacGuffin: an object or device in a movie or a book that serves merely as a trigger for the plot. Usually the MacGuffin is the central focus of the film in the first act, and thereafter declines in importance. It may reappear at the climax of the story but sometimes is actually forgotten by the end of the story.

My goal can never end, but what it can do is drive me every single day that I am alive.

A more modest goal, but one that cannot ever be fulfilled, is to never quit. I do not want the magic to end. A goal to never quit simply serves as a way to continue the magic. A goal to never quit could never be accomplished in life, it is only in death that it could be achieved and then you will not be around to celebrate it with a cigar. The best goals to have are goals of legacy. Legacy goals will be achieved only after you are gone and all that remains is your word and your work.

Modest goals sound like a great thing to have but they are not. I have achieved enough goals to learn that achieving your goals is the worst thing you could ever do. When your goal is achieved then your ride is over. Then where are you? Homeless inside of yourself. The problem of homelessness is not that you do not have a home, it is that you do not have the drive to go anywhere at all. The journey of a thousand miles requires you do not stay put. If you set impossible goals you will always be working towards achieving them. If you set impossible goals you will always have work to do.

Not having any work to do is a fate worse than death.

Look at the eyes of any man who does not work and you will not see life, you will see the cloudy grey eyes of the Walking Dead. My work does not end. Look into my eyes and you will see eyes of pure green fire. This is why it is important to set unrealistic goals. If you set unrealistic goals you will never be bored, you will never be without fire because nothing kills fire more than contentment from achievement of a simple goal. Achieving your goal is the same as coming to the end of your journey. Unfortunately the end is always the worst part of the ride.

Setting impossibly immodest goals is so much better than setting modest goals.
When you set modest goals and achieve them you are then in a place with no goals. This is the most dangerous place to be. If your goal is to make a million dollars and then you make a million dollars, what is the next step? Usually booze, broads, and drugs. The same goal of people who are homeless.

You never want to wake up and not have a journey of a thousand miles to start.

You do not want your journey to end before you die. The journey should only end after you die (and hopefully that is just the start of another new journey). It is always better to be starting than to be finishing. Everybody has the energy to start something fresh and new, it is very difficult to find the energy to finish something, and for good reason... to finish is to die a little bit. I don't have the energy to end and neither should you. I have only the energy to begin new things every day.

This is why I do not set realistic goals, I set only impossible goals or never-ending goals.

I am not against goal-setting, just make sure your goals are impossibly big and never-ending.

In this way you will have unlimited energy and you can start fresh and new every single day.

Here's a cheers to new beginnings (hear, hear).

Until next time.

Your man,

Victor Pride
I was shopping at the local supermarket the other day and in front of me in line was a little girl. She looked like she was waiting to pay for something, but she didn’t say anything so no one paid any attention to her. She was at the front of the checkout line. There were about 3 people in front of me. They all purchased their food and left, the little girl just silently stood there. When I got to the front of the line, I looked at the little girl and I looked at the cashier. I said: “What does this little girl want?” Finally the cashier looked at the little girl and asked her what she wanted. The little girl said she wanted to buy some candy. She was too nice to say anything so she just waited until somebody acknowledged her before she could buy her candy. Finally after she was asked what she wanted, she was able to buy her candy and leave. I learned an important lesson right then and there…

Being too nice can make you invisible in this world.

After the little girl left, a woman cut directly in front of me in line at the supermarket. I had several things to purchase, the woman did not. She had 3 kids and a pack of gum. She looked directly at me and she said: “I'm sorry, can I purchase this first? I have only one pack of gum.” I said: “Yes, no problem,” and I realized another important lessons right then and there...

Asking directly for what you want can give you exactly what you want.

In the span of 20 seconds I saw a little girl being ignored because she was too nice and I saw a woman ask for exactly what she wanted. I see things like this over and over again. As a happy traveler of the world I have learned this lesson repeatedly: most people are too nice. Most people are so nice that it ends up destroying them.

Let me explain...

In my travels I stay at hotels frequently. To find great hotels I often look at user reviews. If a reviewer says: “Wow, this hotel is great, everything was perfect,” then I don’t stay at that hotel. It has been my extensive experience that when a hotel gets great reviews, the hotel experience is poor. Those great reviews are usually lies told by nice people. For whatever reason nice people have to make up lies about how great their stay was, how great the hotel was, when the truth is the opposite. I once stayed in a hotel in Hanoi that had phenomenal reviews, it made it sound like the perfect hotel ever. In reality? It was a low end hotel in the middle of a slum. When I got there I thought: “Why did all of these people leave spectacular reviews when this place is a dump and doesn't even have its own restaurant?”

The only conclusion I can come up with is that... Nice people are afraid to be honest.

After you read this article you will understand that “being nice” is the same thing as “being dishonest”. Because they are afraid to be honest they do not leave bad reviews, instead they lie in reviews and pretend that everything is great. Because they lie in reviews and leave great reviews they trick other people into making bad decisions and having a bad time.

Nice people aren’t strong enough learn for themselves, they always want a path to follow.
They are afraid of something new, so they just follow what other people say: “Here is good for you to travel, there is not good for you to travel.” They just believe it but they don’t learn for themselves. Then they repeat what they have been told. If they were told such-and-such hotel is good, they will repeat that lie and leave a review saying how great such-and-such hotel was.

**Nice face equals a weak face!**

So many people think they're being nice when in reality they are being incredibly stupid. Nice guys let people cheat them and let people think they're stupid. A nice stupid face is a lure for people who want to cheat and rob them. Nice people are the easiest marks for **con men** and other nefarious characters. A nice face says: “Come cheat me, I'm easy for you.” You cannot be nice to everyone, even if your mom taught you that.

**You have to see clearly from your eyes who is good and who is bad.**

You can only be nice to other good people, everyone else will cheat you. I always see these idiot tourists being too nice to criminals and deviants who are in the process of robbing them. Nice people waste time talking in circles, trying to say one little thing. They focus on being too nice and they end up rambling and talking in circles, never getting to the point.

They try to say: “Please, I want to tell you something but sit down, calm down, relax first, I don’t want to make you angry.” You say: “Just say what it is.” They say: “Well, you know, I just, um, please calm down, relax before I tell you, because, it’s just that, well, I don't know how to say it.” They might be trying to tell you that your house is on fire but you’d never know. Nice people waste 5 minutes trying to say what could be said in 5 seconds.

**To be heard, speak clearly.**

Successful men speak strong and clear. The strong man wants good business partners but he won’t let anybody cheat him or his business. When you do business with a strong man, everything is clear. They call the strong man all kinds of names but they respect him and they fear him. They love the nice guy. Of the nice guy, they always say, “Oh him? He’s real good and real nice, we can cheat him relentlessly.”

**Real respect is only given to men who are not nice.**

**When a man is too nice he is like a child, the body grows up but the soul doesn’t grow up.**

You can be a good man, a strong man, but you shouldn't be a nice man. Every man who is too nice acts like a girl, but the world belongs only to strong men. To a female, a strong man shows his care through actions. The normal, nice man, will always say: “I love you so much, I miss you so much, I really love you, I think about you every day.” They say it so much they start to look like cheats and liars, and so girly.

**Everything in this world is for the true man, not for the nice/fake man.**

Nice guys are easy targets for other people who are faking their niceness. Outside, a fake nice person is a rabbit but inside they are tigers. If you’re out in the jungle and a tiger wants to kill you, what would you want to do? You’d want to kill the tiger. If the tiger wants to kill a nice man he will start crying and say: “The tiger will bleed and hurt, the tiger is endangered, I cannot hurt it, don't hurt it, boo-hoo.” They say all of that from the belly of the tiger. They wasted time crying about what is nice to do and they found themselves eaten alive. Just kill the tiger and run.
Remorse is for nice fools who are easily taken advantage of.

Fake nice people set traps for real nice people who don't know any better. Once you're in their trap they'll eat you alive and all you will do is cry: "Why do people always cheat me, why are they always so bad to me?"

People always cheat you because you LET THEM cheat you and you say nothing about it.

They will forever cheat you until you harden up and don't allow them to cheat you. Start with something small, like when you're in a restaurant and they bring you the wrong food. For example when you order orange juice and they bring you a lemon juice. The nice guy says: "Thank you for the lemon juice. It's exactly what I wanted. I'll be sure to leave your restaurant a great review!" When they bring me a lemon juice I say: "Take it back and bring me an orange juice. I am not paying for the lemon juice." Be smart before these people take all your money away from you. And stop being so nice. All it is getting you is nothing, like the little girl waiting in line at the supermarket. If you want it, be a bad guy and go get it.

Until next time.

Your man.

Victor Pride
28.11.2017 – 15 Best Books For Bad Guys

Some Books Every Man Should Read

In the past year or two I have read an incredible amount of books. Most of the books I have read have been hard-to-find, out-of-print, expensive, esoteric, mystery books translated from dead languages. These books of ancient wisdom have not been read by many people and were hard for me to get my hands on. They are full of secrets of ancient wisdom and knowledge long lost to us.

You know what I think about all those books of ancient wisdom? Waste of time.

If you want to succeed and achieve in the modern world, read some modern books. If a book doesn't give you an immediate pump like the kind of pump you get in the gym, toss it and read something that does. You will be happy to know that I will not recommend that kind of boring book to you. Instead, I will only recommend books that kick absolute ass and will fire you up to achieve more, believe more, and attain more. These are the books that will actually help you get what you want...

THE BEST BOOKS FOR MEN

Please note that I never did very well writing book reports in school. After I read a book, I forget what it is about and I remember only what it means to me. I don't know the plot of any book I ever read, I just remember the way it made me feel. I will not do book reports or synopses of books, I simply say what I like about them and leave it up to you to do the rest. A lot of people might say: “But Victor, Why should I read these books,” to which I would humbly respond: “They are my favorites and they have helped me succeed wildly. If you do not care to better yourself I do not care either. If no one else ever read these books they would still be my favorites.”

1. Shogun

I read Shogun over 7 years ago and I still think about this book frequently. This book is fiction, a story of a shogun’s rise to power in ancient Japan. It is a 1,000+ page epic novel. The ending of this book is magnificent and teaches you the principles of power. Here is the official description: “A bold English adventurer. An invincible Japanese warlord. A beautiful woman torn between two ways of life, two ways of love. All brought together in an extraordinary saga of a time and a place aflame with conflict, passion, ambition, lust, and the struggle for power.”

2. Musashi

This is ANOTHER 1,000+ epic novel with an incredible ending (or so I have heard). I have been meaning to read Musashi for 7 years but I have not. I recently heard on Jocko Podcast that the ending of Musashi is unbelievable. Years ago I mentioned in an article wanting to read this book, I have now re-convinced myself to read this book that I forgot about so many years ago. Yes, I have never read this book but I have heard from many reliable sources that it is a masterpiece. Also, I personally recommend you read Musashi's piece Dokkodo: The Way of Walking Alone. It is magnificent.

3. Trump: The Art of the Deal

This book by Donald Trump gave me incredible energy for a number of years. I read it only one time but the power of it stuck with me and turned me from a broke bum into a rich blog artist.
4. **Arnold: The Education of a Bodybuilder**

This book by Arnold Schwarzenegger is the most motivating book I have ever read in my life. I have read it several times now and each time I read it I get a big dose of motivation to get after my goals in a bigger way than ever before. The Education of a Bodybuilder is VERY HIGHLY recommended by me.

5. **Motley Crue: The Dirt**

The Dirt is the most exciting book I have ever read in my entire life. No question. You will not have a choice other than to be fired up and excited for life after reading this crazy book about the behind-the-scenes story of rock band Motley Crue.

6. **Think and Grow Rich**

Think and Grow Rich changed my life because it opened my mind to the reality of making money. Specifically, it’s all in your mind. Buddha said it first when he said: “The mind is everything, what you think you become,” and Napoleon Hill reconfirmed it with his masterpiece Think and Grow Rich.

7. **The Tao of Jeet Kune Do**

I absolutely loved Bruce Lee's book. It was filled with unbelievable great quotes. Bruce was a true philosopher of our time and this book is an incredible read.

8. **UNSCRIPTED: Life, Liberty, and the Pursuit of Entrepreneurship**

I haven't read this book but I did read MJ DeMarco's other book The Millionaire Fastlane which I read on a boat in the Philippines and is a masterpiece. Unscripted has received great reviews on Amazon so it must also be a great book. Like I said I have not read it but I certainly will at some point. I read books at my leisure, I do not read books simply because they are new or whatever. Release date means nothing to me. I always read books at the exact right time I need to read them. If you try to read a book before you are ready to receive it, it will be a waste of time and you will quit the book after a few pages.

9. **How To Write a Good Advertisement**

This is the best book about writing and advertising I have ever read. If you struggle to write well, or if you're a nice guy who cannot write what he means, I recommend you read this book. It will teach you how to write.

10. **How to Stop Worrying and Start Living**

I read this book over 7 years ago and I absolutely loved it. I just felt warm after reading it. I liked this book a lot more than I liked How to Win Friends and Influence People. I highly recommend it.

11. **Zero to One: Notes on Start-Ups, or How to Build the Future**

This book was really clever and simple. It broke down one secret of business that many people do not know or understand. What is the secret of business? Every business is based on a secret that outsiders do not know.
12. **Thick Face, Black Heart**

Truly a masterpiece of simplicity. It may even seem too simplistic to many people. That is a big problem many people have, they cannot appreciate simplicity for what it really is – the only way to ultimate success. So many people try to complicate everything they do and that is why they end up getting nowhere, again and again. You must also read the author’s other book *Do Less, Achieve More* to understand the art and science of simplicity.

**Read my article on simplicity here: The Magic of Thinking Small**

13. **The Art of War**

One of my favorite books of all time. If I were allowed only 3 books to read for the rest of my life, the Art of War would be one of them. There are many translations and variations of this ancient masterpiece. To find the best version I recommend you find the THINNEST version you can find. This is a very light, quick book. The more pages of this book means the translator has complicated something that doesn't need to be complicated. Find the thinnest version of this book you can find and rip out the author’s foreword. Read only the classic text.

**You can actually read The Art of War online for free in many places (here, here, and here).**

14. **Musashi (A Graphic Novel)**

This was a comic book (the only comic book I have ever read in my entire life) but I loved it. Truly one of my favorite books that I have ever read. Reading it was one of the great treasures of my life.

15. **Bold And Determined Vol. 1, Vol. 2, and Vol. 3 (coming December 4)**

These are the greatest books in existence because they are nothing more than Bold and Determined. I have done nothing extra to these books. There is no behind the scenes look, there are no extra “10 Things You Never Knew About Bold & Determined” chapters. There is nothing extra. I found perfection in the first 4 years of Bold and Determined and that is exactly what these books are. Perfection in paperback. Nothing more.

**My favorite book of all time is a book called ___________.**

I do not feel the need to say to you: “Wow, this book is so great you will love it”. This book will find you when you are ready. When you are not ready, it will remain invisible. You may love it, you may hate it, you may be lukewarm. I don't care either way. The point is, this book will find you when and if you are ready.

**Until then, kick some butt and have a great day!**

---

**Victor Pride**

**P.S. What are your best books for men? Leave a comment and let me know.**
Sexual Transmutation

In Napoleon Hill's best book Think And Grow Rich, he mentions transmutation of sexual energy as the vital ingredient in achieving big success. So many have read the book but do not understand what transmutation of sexual energy is and they don't understand how to do it.

Transmutation of sexual energy means using your sexual energy as fuel to create great work or do great business.

In this article I will show you what transmutation of sexual energy is, but more importantly I will show you how to cultivate sexual energy in the first place. If you do not have a big sexual energy, how could you ever harness your sexual energy to create great work? That's a great question and here's the answer: you couldn't.

More important than transmuting sexual energy, is cultivating the sexual energy that you will use as fuel for your great work. Many times a person's sexual energy is abused and wasted by having too much sex, or it is discarded by not having any sex and becoming domesticated. Great work is not created by killing your sexual desire and great work is not created by constantly exercising your sexual desire.

Great work is created by cultivating a high sexual desire and letting this desire energize you. To use intense sexual desire as the fuel for your great work, a balance has to be created. So let's create that balance and teach you how to transmute your sexual energy. Sexual energy is made up of one ingredient...

DANGEROUS PASSION

Every great business genius says the exact same thing about building their business. They say building their business requires what? They always say passion is the key ingredient in success. But how do they define passion? They always give you a watered down, clean, suburban definition of passion that takes all of the danger away. Their definitions of passion are always fake, meek, and weak. For passion to manifest, an element of danger has to be included. To take the danger out of passion is to take the meaning out of passion.

No danger equals no passion which means no great work!

Here is the definition of passion. Pay close attention to the words...

Without passion you are without fire, you are without fervor, you are without lust, you are without obsession, you are without a temper, you are without intense desire. With passion you are strong and barely controllable. Another word for passion is lust, and you will see, you will see, you will see that lust is the key...

LUST

Lust is a very important trait to cultivate. Business gurus always talk about desire don't they? You should take them literally and cultivate intense desire in the form of lust. Without lust and desire, you are nothing but grey. Did you ever have a colorful friend who was once full of fire and life energy? Maybe you didn't see him for a while and when you did, his life energy was seemingly gone? In the time you didn't see him, maybe he got married, had a child or two, and when you saw him again he seemed to have shrunk in both size and in spirit.
He went from being tall and strong and bursting with light to being short, hunched over, and grey in spirit. So many once vital men get married, have kids, become domesticated, and they seem to shrink in height and in demeanor. The color drains from their souls. Their once bright personalities turn grey. Why does this seem to happen to men over and over again? This is what happens: lustful men become domesticated and their sex drive disappears. With their sex drive goes their vitality.

**Vitality is a key ingredient in big success.**

What is vitality? Vitality is high sexual energy. Vitality: the state of being strong and active; energy. When a man gets what he was after, in this case a wife and family, what does he have drive for? In many cases, nothing.

**Without an object of your lust, your sexual energy will be gone.**

This is why domesticated family men do not create great work. They do not have the energy, or vitality, to create the great work. To a married family man, chasing skirts becomes changing diapers and ideas of creating great work turn to ideas of taking a nap. When the man was chasing his wife, his vitality was through the roof and he was bursting with vital energy. But when he got her, and she domesticated him, his fire burned out and left him without vital energy.

**There is a simple reason for that... getting married and having kids calms you.**

**But... calm is the opposite of passion.**

Being calm doesn't help you create your great work, it only helps you to tolerate domestic life, which helps to kill your vital energy. Marriage/family life is not the problem, domestication is the problem. The married man who maintains his vitality is the man who still lusts after his wife. Married life robs your vitality if you allow yourself to become domesticated. A domesticated dog is a broken dog. That is all domesticated means... BROKEN!

**How can create you great work if you are broken? You cannot create great work if you are broken like a dog.**

**How to transmute your sexual energy?**

To transmute your sexual energy you must have a lot of sexual energy in the first place! Before you can use sexual energy as fuel, you have to have a lot of sexual energy to use. If you’re a broken dog, you must fix yourself and return to a healthy level of sexual desire. To create the great work you must be brimming with vitality and sex drive. Without a high sex drive you will never have the energy to create great work. This is where all great work comes from. Sex drive is the energy that drives, the fire that burns, the light that shines. Cultivate it, embrace it, accept it, love it.

**Great work comes with an element of danger.**

What is dangerous? A high amount of sexual energy is dangerous. You must be a little (or a lot) dangerous with your sex energy. Remember all of those bad words in the definition of passion? Words like lust, obsession, fanaticism, infatuation, craze, mania. **These are the REAL WORDS of success**, forget any weak and meek definitions of passion. Only those big, bad words are real. All of those big, bad words like lust and infatuation will be aimed at one person...
YOUR MUSE

Your muse is the object of your fire and deepest darkest desire. The muse is the actual true way you transmute your sexual energy into great work. Muse: a person or personified force who is the source of inspiration for a creative artist. You use the fire you have for your muse and you let it drive you to do your great work. The muse is the key to everything.

No muse means no great work.

You always do better work when you work for something more than yourself. Some work for their kids, some work for their God, some work for their wife, but all the best have a muse they work for. You do not have to be sexual with your muse, but the energy is always sexual. Pent up sexual energy is the best because you can release that energy into the work. Rather than releasing the energy into the object of your desires and getting nothing but short term thrills, you can let your desire build to a crescendo and you can release that energy in a volcano of great work. The muse can be anyone. It can be a long lost love that you will never see again or a new lover you cannot wait to see again. It doesn't matter who the muse is.

The object of your desire does not matter. Their reality does not matter. Your muse is the object of YOUR desire. You use your muse as fuel to get what you desire.

Can women transmute their sexual energy?

Yes. Sex is the source of all creation on earth. Sex is the genesis of all creativity. It matters not if you are male or female. True living creation comes from sexual union. Babies are the literal form of creation. If you can create one thing (a baby) you can use this energy to create another thing. You can use the same sexual energy to create your great work.

High sex energy does not mean always having sex!

Having a high vitality or sexual energy does not mean being a sex freak obsessed with sex. Transmuting sexual energy and cultivating sexual desire is not the same thing as being a sex addict. Not even close.

Your sexual energy has to build up and it cannot build up if you constantly use it.

If you have too frequent sex it will dissipate your energy. After many years your body will be so sick, tired, weak, and you will be mentally ill as well. You cannot be focused on sex all the time, you have to focus your desire.

Sex energy is fuel, sex is not the end goal, creation is the end goal.

The goal of sex is not to have sex, it is to create a baby. The goal of transmuting your sex energy is not to have sex, it is to create your great work. Build your sex drive, cultivate a high sexual energy, be obsessed with your muse, and use your sexual energy as fuel for creation. There is no right or wrong way to use your sexual energy. You do not have to live like a monk and you do not have to live like a sex freak. What you have to do is build a fire and then maintain it. After you have built a raging fire, does it require constant supervision? Not really. Just stoke it every now and again.
Passion is the path to creation.

What is passion? Passion is a crazy high sexual energy.

To succeed big you must cultivate a high sexual passion and use that energy as fuel. It is as simple as this: have sexual drive, use it as fuel to drive you to greater and greater heights. Have a big libido. Be dangerous. Embrace both your inner scumbag and your inner monk. Remember, you do not need to ACT on your desire but you do need to have desire. When you do have a big desire, you will find that the world is more than willing to get on it's knees to please you.

Until next time.

Your man,

Victor Pride
30.11.2017 – How To INSTANTLY Get Stronger

I must have been in the gym ten billion times working out. I just love to work out. I am bursting with vital energy and I have release that energy in physical activity. Over the years and in my many billion workouts, I notice that sometimes I'm stronger and sometimes I'm weaker. It only took me about 10 years in the gym to figure out why I'm strong as an ox sometimes and as weak as a kitten other times...

I'm a big believer in learning through experience, so I always pay attention to what I'm doing and how I'm feeling doing it. Through experience, trial, and error I have learned one fool-proof way to instantly get stronger for any workout at any time. In this article I will show you my secret tip for instantly getting stronger in the gym.

When I say you will instantly get stronger I mean YOU WILL INSTANTLY GET STRONGER!

I am not saying you will go from being Bruce Banner to being the Incredible Hulk, and I am not saying you will go from being Dr. Jeckyll to Mr. Hyde. But I AM saying you will go from being regular you to strong you. If you normally do 185 lbs. for repetitions in the bench press and it feels hard, after you follow my secret strength tip 185 lbs. will feel light. If you normally use 150 lbs. in the lat pulldown and it feels hard, after you use my secret strength tip 150 lbs. will feel light. If you normally squat 315 lbs. and it feels heavy, after you use my secret strength tip that 315 lbs. will feel light. Follow my strength tip and all of your old “hard” weight sill seem light! This strength tip works all of the time and anyone can do it...

How do you actually get stronger for you workouts?

Instantly getting stronger has nothing to do with food, stimulants, steroids, or supplements. Getting instantly stronger has everything to do with “activating your strength.” When I activate my strength I am instantly stronger for my entire workout.

What does “activating your strength” mean?

Well, it is very simple...

The human body has two very big muscle groups. These two muscle groups are the biggest muscle groups in the human body. One muscle group is in the upper body and one muscle group is in the lower body. At the beginning of a hard workout I will do certain exercises that will pump up the biggest muscle groups in my body. When your biggest muscle groups are pumped you will have the power of those muscle groups helping you in your other exercises. When these muscle groups are filled with blood and pumped, your entire body will become stronger instantly.

If you're training your upper body then you want to first activate the upper body muscle group.
If you're training your lower body then you want to first activate your lower body muscle group.

What are the two biggest muscle groups in the human body?

The biggest muscle groups in the human body are the 2 most neglected muscle groups: the traps and the glutes.

The traps are the biggest muscle group in the upper body. The glutes are the biggest muscle group in the lower body. Traps and glutes are the BIGGEST muscle groups in the human body and they are the most NEGLECTED muscle groups in the human body. If you make the 2 biggest muscles in your body stronger, what do you think happens to the rest of your body? It gets stronger! When you pay attention to these muscle groups you will have no choice but to get stronger.
TRAPS

The traps are the most neglected muscle group in the upper body and they are the largest muscle group in the upper body. You will find many men training their biceps and triceps and ignoring the source of their upper body power – the traps. For your upper body to instantly be stronger, you need to warm up your traps before you do your upper body workout. The latissimus dorsi may technically be bigger in size than the traps, but the traps are the upper body power muscle. The traps can handle enormous amounts of weight, much more than the latissimus can handle.

GLUTES

The glutes are the largest muscle group in the entire human body and they are the most neglected muscle group in the body. All power comes from the glutes. When the glutes are trained, warm, and pumped up you will instantly be stronger in all of your lifts, especially in your lower body lifts.

To get stronger in your lower body workouts, you need to first warmup and train your glutes.

Here is the exact way you will instantly become stronger in the gym...

To get stronger in any workout, you will warm up your biggest muscle groups at the very beginning of your workout.

Remember...
The biggest muscle group in the upper body are the traps.
The biggest muscle group in the lower body are the glutes.

Before your upper body workout you will warm-up your traps.

Let’s say you want to do a big chest workout and you want to break your bench press personal record. Let’s say you plan to do 4 sets of flat bench press, 4 sets of incline bench press, and 4 sets of dumbbell flies. Normally you would go to the gym and jump on the bench press, ignoring the other muscles in the upper body.

You might be strong, but you absolutely will not be your strongest. Without the strongest and seemingly invisible muscles trained and activated, it just isn't possible to be your strongest. Here is what you do to activate your total upper body strength: before any big upper body workout that you want to be stronger for, start your workout with 4 – 6 sets of behind the back barbell shrugs.

Behind the back barbell shrugs are the best exercise for the traps.

After 4 – 6 sets of behind the back barbell shrugs, your traps will be strong and pumped, your strength will be activated, and you will be stronger in all of your other lifts. Try it for yourself, next time you want to up your bench press number, do behind the back barbell shrugs first thing in the gym. Start with the empty bar to warmup, then do 4 sets with increasing weight. For example: 135 lbs., 165 lbs., 195 lbs., 225 lbs. Focus on getting a full range of motion and warming up the entire trapezius muscle. Then move on to your bench press and you will be amazed at how strong you actually are now that your biggest muscle groups are activated.

How To Perform Behind The Back Barbell Shrugs

In this video starting at 5:25, Lee Haney will show you how to correctly perform behind the back barbell shurgs.
Before your lower body workout you will warm-up your glutes.

A normal lower body work would look like this: 4 sets of squats, 4 sets of leg press, 4 sets of leg extensions, and 4 sets of leg curls. Where is the glute training in there? Nowhere to be found. Glute training is almost never done but if you want to instantly be stronger for your lower body workout, this is what you will do: before any big lower body workout, start your workout with 4 – 6 sets of barbell hip thrusts.

**Barbell hip thrusts will directly stimulate and pump your glutes.**

With pumped glutes you will be instantly stronger for any lower body lift. I have found barbel hip thrusts to be the #1 way to stimulate and pump up the glutes. You will want to go a little heavy on this lift because the glutes are so big that light weights will do nothing for them.

<table>
<thead>
<tr>
<th>I will do my barbell glute thrusts like this...</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Set → 135 lbs. for 15 repetitions.</td>
</tr>
<tr>
<td>Second set → 225 lbs. for 12 repetitions.</td>
</tr>
<tr>
<td>Third and fourth set → 315 lbs. for 10 – 12 repetitions.</td>
</tr>
</tbody>
</table>

After 4 sets of barbell hip thrusts at a mildly heavy weight I am perfectly ready for any other lower body exercise. After the glutes are pumped, all other weight just seems easy. If 315 lbs. squats were hard before warming up my glutes, they are now easy with the biggest muscles in the lower body pumped.

**This video will show you how to perform barbell glute thrusts.**

**Full Body Workouts Versus Body – Part Split Training and Example Routines**

You can use this strength technique in both body-part split training and in full body training. It makes no difference what your split is, when you pump your traps or glutes first you WILL be stronger for the remainder of your training.

<table>
<thead>
<tr>
<th>CHEST</th>
<th>BACK</th>
<th>SHOULDERS</th>
<th>LEGS</th>
<th>FULL UPPER BODY</th>
<th>FULL BODY WORKOUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Behind the back shrugs (4 sets of 10-15)</td>
<td>• Behind the back shrugs (4 sets of 10-15)</td>
<td>• Behind the back shrugs (4 sets of 10-15)</td>
<td>• Barbell glute thrusts (4 sets of 10-15)</td>
<td>• Barbell glute thrusts (4 sets of 10-15)</td>
<td>• Barbell glute thrusts (4 sets of 10-15)</td>
</tr>
<tr>
<td>• Barbell bench press (4 sets of 8-12)</td>
<td>• Bent rows (4 sets of 8-12)</td>
<td>• Overhead barbell press (4 sets of 8-10)</td>
<td>• Glute ham raises (4 sets to failure)</td>
<td>• Behind the back barbell shrugs (4 sets of 10-15)</td>
<td>• Behind the back barbell shrugs (4 sets of 10-15)</td>
</tr>
<tr>
<td>• Barbell incline press (4 sets of 8-12)</td>
<td>• Lat pulldowns (4 sets of 10-12)</td>
<td>• Dumbbell lateral raises (4 sets of 12-15)</td>
<td>• Barbell squats (4 sets of 8-12)</td>
<td>• Barbell bench press (3 sets of 8-12)</td>
<td>• Barbell bench press (3 sets of 8-12)</td>
</tr>
<tr>
<td>• Flat bench dumbbell flies (4 sets of 12-15)</td>
<td>• Machine rows (4 sets of 10-15)</td>
<td>• Rear delt dumbbell raises (4 sets of 12-15)</td>
<td>• Leg press (4 sets of 15-20)</td>
<td>• Barbell bench press (3 sets of 8-12)</td>
<td>• Barbell bench press (3 sets of 8-12)</td>
</tr>
<tr>
<td>• Behind the back shrugs (4 sets of 10-15)</td>
<td>• Bent over barbell rows (3 sets of 8-12)</td>
<td>• Overhead barbell press (3 sets of 8-10)</td>
<td>• Leg extension (4 sets of 15-20)</td>
<td>• Lateral dumbbell raises (3 sets of 10-15)</td>
<td>• Overhead barbell press (3 sets of 8-10)</td>
</tr>
<tr>
<td>• Flat bench dumbbell flies (4 sets of 12-15)</td>
<td>• Alternating dumbbell curls (3 sets of 10-15)</td>
<td>• Barbell bench press (3 sets of 8-12)</td>
<td>• Leg curl (4 sets of 15-20)</td>
<td>• Triceps extensions (3 sets of 10-15)</td>
<td>• Barbell bench press (3 sets of 8-12)</td>
</tr>
<tr>
<td>• Glute ham raises (4 sets to failure)</td>
<td>• Hammer curls (3 sets of 10-15)</td>
<td>• Barbell bench press (3 sets of 8-12)</td>
<td>• Leg press (4 sets of 15-20)</td>
<td>• Barbell wrist curls (4 sets of 20)</td>
<td>• Glute ham raises (3 sets to failure)</td>
</tr>
<tr>
<td>• Barbell squats (4 sets of 8-12)</td>
<td>• Barbell wrist curls (4 sets of 20)</td>
<td>• Lying barbell triceps extensions (3 sets of 8-15)</td>
<td>• Leg extension (4 sets of 15-20)</td>
<td>• Glute ham raises (3 sets to failure)</td>
<td>• Barbell squats (3 sets of 8-15)</td>
</tr>
<tr>
<td>• Leg press (4 sets of 15-20)</td>
<td>• Triceps extensions (3 sets of 10-15)</td>
<td>• Hamstring curls (3 sets of 1215)</td>
<td>• Leg curl (4 sets of 15-20)</td>
<td>• Barbell wrist curls (4 sets of 20)</td>
<td>• Hamstring curls (3 sets of 1215)</td>
</tr>
</tbody>
</table>
The Science of Strength Activation

The science of strength is very simple: to be stronger, warm up the largest muscle groups in your body. Rather than focusing on small groups like biceps, triceps, calves and deltoids, focus on the big ones first. With the big muscles pumped, the small muscles instantly become stronger and can handle heavier weights with greater ease. It can be a real pain adding all of the weight to the bar to perform behind the back shrugs and barbell hip thrusts.

But you know what they say: no pain, no gain.

Yes, it can be annoying to set up the lifts but the rewards of your newfound strength will far outweigh any mild annoyance. Remember, it is not necessary to activate your strength before ALL of your workouts. But... if you’re doing a heavy strength workout and want to be at your absolute strongest, you absolutely need to activate your strength at the beginning or your training session. After you try it and see for yourself how strong you become, you will never go back.

Guaranteed!

Happy lifting and have a nice day.

Victor Pride

P.S. For more undiscovered fitness tips, including the secret of working out hard and not getting sore, and many great unknown exercises, check out Body of a Spartan. If you’re a real hard-core gym rat, you will love it. If you’re not a hard-core gym rat but want to be, you will love it too.

P.P.S. If you want to get REALLY strong, check out RED GROWTH.
In Order To Write A Blog Article Every Day For 30 Days You Need To Get Inspired

Recently I announced that I would be publishing one article per day for the next 30 days. That is exactly what I did. For 30 days I wrote and published one article every single day. Every article was written the day it was published (with very few exceptions). Each morning I would wake up and have no idea what I would be writing about that day. I would wake up, eat a bodybuilder's breakfast of fish and rice, hit the gym, come home, shower, eat another meal and then it would be time to let the magic happen.

I found that once you have decided to do something no matter what, it becomes easy.

I am not saying every article was easy to write, as there were a few days where I didn't know what I would write. But I did know that I would write something no matter what. Knowing that you will move forward no matter what, writer's block or not, makes you act even when you think you have nothing to act on. For the 30 days of blogging challenge I did not write about writing. Many times I have seen people do some sort of writing challenge and all they write about is the writing challenge. Example: “Well, it's day 3 of the writing challenge. Here's what I learned in 3 days of writing about a writing challenge.” I did not once discuss the challenge in the words. I simply announced I would write 30 articles in 30 days and then I did.

All of the articles varied in topics but the main theme was simplicity.

People like to make things so complicated. I believe that making things complicated is a form of self-sabotage. Everything is very easy and when you believe that everything is easy, everything can be done. When you believe things are very difficult and complicated, things become very complicated and difficult to achieve. Writing one article per day for 30 days was not hard in the slightest. It was easy and more than that, it was fun. I never thought I would actually enjoy writing every day but I enjoyed it immensely. I fell in love with the challenge of waking up with nothing and having something by dinner time. I even became addicted to it and giving up that addiction is something I do not want to do.

Before my 30 days of blogging challenge, I always believed in taking my time to create the best articles I can create. Rather than writing and publishing in the same day, I would spend as long as I needed to spend editing an article before I thought it was perfect. Because I like to do big articles that take a long time to create, I could spend weeks in-between articles. I have even gone so long as 6 weeks or more between articles. This method has always been the only way I can do the best work I'm capable of. I'm very happy with the good work I do, but I've never been happy with the consistency. So I decided that for the month of November I would write one blog article every day for 30 days.
I called it... 30 DAYS OF BLOGGING

1. How To Gain Weight  
2. The Magic of Thinking Small  
3. BOSS MENTALITY (and Why I Put Interns Through Hell)

4. How To Start Your Journey of a Thousand Long Miles  
5. RED FOCUS: The Focus Supplement That Actually Works  
6. How To Increase Your Self-Confidence

7. 30 Things Every Bodybuilder Should Do  
8. PERMANENT SATURDAY.  
9. How To Find Your Own Voice

10. Everything You Ever Wanted To Know About Testosterone  
11. How To Meet Like-Minded Friends  
12. The Magic of Editing: How To Take Your Art From Ordinary To Extraordinary

13. RED GROWTH: The New #1 Legal Supplement That Actually Works  
14. How To Get Respect From All People  
15. How To See With Your Third Eye

16. 33 Ways To Be A Billionaire  
17. The Power of Concentration (How To Focus Like Nikola Tesla)  
18. How To Be A Monopoly Man (The #1 thing you MUST do to succeed)

19. 7 Years of Pride: Happy Birthday to Bold and Determined  
20. The Language of Magic (The Unlimited Magic of Life)  
21. Why You Should Exercise Every Day (How To Get Jacked Like Jack LaLanne)

22. OSTARINE: Everything You Ever Wanted To Know About MK-2866  
23. How To Always Be Thankful For What You Have (Happy Thanksgiving)  
24. How Intermittent Fasting Cured My Allergies Forever

25. 3 Secrets of the Blog Business  
26. Why I Only Set Impossible Goals  
27. Why You Shouldn't Be Too Nice

28. 15 Best Books For Bad Guys  
29. How To Transmute Your Sexual Energy  
30. How To INSTANTLY Get Stronger

I wrote 44,159 words in total. That's an average of 1,472 words per article. Writing a 1,472 word article every day for 30 days was a challenge. Thankfully I love challenges and I excel when “forced” to do something. There were times when my motivation was down but there were far more times when my motivation was very high.

I am proud of being able to do something I never thought I would be able to do (let go of perfection and just publish, publish, publish). I cannot lie and say all 30 articles are masterpieces, as they are actually rough drafts, but I can say for certain a good percentage of the articles will make me good money and bring me great traffic 3+ years from now.

Writing 30 articles in a month is all about planting seeds for the future. I didn't do it to receive traffic today, I did it to get traffic several years from now. The articles that bring me the most traffic today are articles that were written over 6 years ago. Articles are seeds, you write them, forget them, and in the future they bare fruit for you. The very simple reason I wrote 30 articles in 30 days is to receive traffic 3+ years from now.

The 10 Most Popular Articles (by page views)

1. 33 Ways To Be A Billionaire
2. 30 Things Every Bodybuilder Should Do
3. How To Get Respect From All People
4. How To Increase Your Self-Confidence
5. The Magic of Thinking Small
6. How To Gain Weight
7. 15 Best Books For Bad Guys
8. Why You Shouldn't Be Too Nice
9. How To Transmute Your Sexual Energy
10. How To INSTANTLY Get Stronger
11. (Honorable) RED GROWTH: The New #1 Legal Supplement That Actually Works
The other articles were average in terms of popularity. But I know a secret that you do not know…

The best articles, the articles that bring you the most traffic, are never popular in the beginning. The best articles mature like a fine wine and bring you traffic only in time. One of my most popular articles, 10 Reasons to Stop Using Internet Porn, which now has over 460+ comments, did not receive one single comment for over two months after it was published. Here is the first comment that it ever received: “I’m actually quite shocked that this post has no comments because this happens to be the greatest post in internet history!”

An old article called How to Pick the Right Wife turned me from an amateur to a pro overnight (a year after it was released). It only got 3 comments the day it was released. It takes many years for a blog article to prove itself as a hit. My biggest articles that bring in the most traffic were not hits for years after they were published. You have to publish them and forget them and let the world find them. Some will be find, some will not be found. It takes much more than 30 days to find out what was a real hit and what was a real miss. It will take 3+ years to know what was a real hit. It is a big mistake to rely on immediate reactions when the only thing that matters is long-term reception.

The 2 Articles That Received The Most Positive Feedback

<table>
<thead>
<tr>
<th>The Magic of Thinking Small</th>
</tr>
</thead>
<tbody>
<tr>
<td>How To Start Your Journey of a Thousand Long Miles</td>
</tr>
</tbody>
</table>

The most read article was 33 Ways to Be a Billionaire which was read over 250% more than many of the other articles. It is also the longest article at almost 4,000 words. This shows me one thing: readers of B&D love big articles about big money. I cannot blame them, I love big articles too.

<table>
<thead>
<tr>
<th>The Other 2 Most Read Articles Were</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Things Every Bodybuilder Should Do</td>
</tr>
<tr>
<td>How to Get Respect From All People</td>
</tr>
</tbody>
</table>

Like I said a million times, all people want the same things: money, body, respect

The Downside Of Writing An Article Every Day For 30 Days

The biggest downside of writing an article every day is that you simply do not have adequate time to write big articles. Big articles can take many days, even weeks to perfect. When you write and publish in one single day, you simply do not have the time necessary to build the depth that big articles require. When you publish everyday you do not have time to do the most important part of the work – the editing.

There is no great writing without extensive editing!

Editing is NOT about fixing typos. Editing is about layering depth, arranging the layout of the words, and making the piece as close to perfect as you can make it. A rough draft is like a puzzle of words, editing is the way you put the pieces together. To layer and arrange a great article requires at least two full days of work. When you publish every single day you do not have this necessary time to layer. Layering happens when you read the piece 10,000 times and add something small each time, even something as small as a comma.

HOWEVER! And this is a secret you cannot share with anyone else...

ALL of my most popular articles were written in a single day and not edited.
The best art is not necessarily the best business. My favorite articles take time to create, but the readers enjoy the articles that were done quickly without any after-thought. Like I told you once before: **the best art is not mindful it is mindless**. Writing one article per day will force you to be mindless. Sometimes it works, sometimes it doesn’t… Sometimes a single day may be all that you need, there have been times where my fingers touched the keyboard and out came a masterpiece. But those instant masterpieces are few and far between, usually I have to work hard to create a great piece.

## 4 Big Benefits of 30 Days of Blogging

1. **Increase in reader comments.**

The 30 Days of Blogging articles received over 650 reader comments. Those do not include comments made by me as I did not comment on the 30 Days of Blogging articles. If I had responded to comments, that would be over 1200 comments for the month. That’s a big month of comments and I very enjoyed waking up to 20+ positive comments daily.

2. **Increase in traffic.**

30 Days of Blogging brought a big traffic increase to B&D. Traffic went up by over 100,000 views. That’s 100,000 more views than we would have had without the 30 extra articles. That traffic increase is very modest, I expect it to grow in the coming months. The 30 articles came so quickly, many people have not even had time to read them yet. The articles will be there forever, **building my brand and making my mark** while I am already on to the next thing.

3. **Frequent articles reach people in all parts of the world.**

   **With a blog business, you can really have friends and partners all over the world.**

<table>
<thead>
<tr>
<th>Location</th>
<th>Reader Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poland</td>
<td>U.K.</td>
</tr>
<tr>
<td>U.S.A.</td>
<td>Austria</td>
</tr>
<tr>
<td>Canada</td>
<td>Bulgaria</td>
</tr>
<tr>
<td>South Africa</td>
<td>Macedonia</td>
</tr>
<tr>
<td>Netherlands</td>
<td>Mexico</td>
</tr>
</tbody>
</table>

4. **30 Days of Blogging reconfirmed my endless love for Big and Bold blog articles.**

Even though small articles are actually the articles that bring me the most traffic, I very much enjoy the labor intensive big articles. What can I say? **I just love to work.**
The Best Days to Publish Blog Articles

The best days to publish blog articles are: Monday, Tuesday, Wednesday and Thursday.

The worst days to publish blog articles are: Friday and Saturday.

Friday and Saturday are dead days in the blog world and I won't miss publishing masterpieces on Friday and Saturday knowing they won't be read. One of my personal favorite articles was published on a Saturday: How To Start Your Journey of a Thousand Long Miles Sunday is better than Friday and Saturday but much worse than Monday-Thursday. Sundays are half-awake days and it is not a very good day to publish articles.

My Best S.E.O. Tip (Search Engine Optimization)

SEO is not complicated and there is not much more to it than this: write about the topic you want to rank for. If you want the article to stay on the top of google results, write a good article. Good content is the best SEO. Just write about the topic you want to rank for and if you do a great article, you will rank for it.

See more: 3 Secrets of the Blog Business.

Addicted to Winning

I have become fully addicted to writing and publishing one article per day. It has a type of thrill that I cannot explain, and everything about publishing an article per day has been a big win. “But Victor, addictions are bad,” you say. Addictions to nonsense are bad but an addiction to winning is fantastic.

Will I continue publishing an article every single day in the future?

That's a great question and here's the answer: I will or I won't, you'll just have to wait and see.

In the meantime... Bold & Determined Vol. 3 is NOW AVAILABLE on Paperback!

YOU CAN BUY IT HERE.

Buy it, hug it close to your heart, and then use it as fuel to live your version of a life well lived.

OWWWWWWWWWWWWWW!
11.12.2017 – How To Completely Cure Anxiety

I am here to show you that anxiety can be cured using 4 very simple, and very free, methods. These 4 specific tactics will help you cure anxiety forever. People have used these 4 tactics since the dawn of time to eliminate anxiety. These 4 tactics are like the 4 legs of a table, they will hold you up and keep you strong.

Chop off one leg and you can still stand, but you will be wobbly. Chop down two legs and you will be teetering on the edge, bound to fall eventually. Take away 3 legs and you will fall for sure. Take away all 4 legs and you no longer have a table, you have no base on which to stand.

To stay standing, the 4 legs of a table must always be strong. For you to always be strong, you must concentrate on these 4 legs on which you will stand strong. The good news is that these 4 tactics work for all people. Follow these methods religiously and you will never experience anxiety again.

<table>
<thead>
<tr>
<th>The 4 Ways To Cure Anxiety Forever Are</th>
</tr>
</thead>
<tbody>
<tr>
<td>EAT MORE</td>
</tr>
<tr>
<td>SLEEP MORE</td>
</tr>
<tr>
<td>WALK MORE</td>
</tr>
<tr>
<td>BREATHE MORE</td>
</tr>
</tbody>
</table>

Nothing else cures anxiety. Not pills, not potions, not hypnosis, not diets, not doctors, not therapy.

To cure anxiety, your sleep, food, breathing, and exercise must be optimized.

1. EAT MORE – How Eating Food Cures Anxiety

It is impossible to feel anxious after eating a good meal. Did Santa Claus ever have anxiety? Heck no. I am not saying you need to get fat, but I am saying you need to eat regular meals and eat until you are full. Aim for 3 meals per day starting with breakfast first thing in the morning. It is impossible to be anxious after eating a nice fulfilling meal so always start your day with a nice fulfilling meal.

The longer you go without proper nutrition the more anxious you will become.

Many people do not even realize just how much anxiety is produced by hunger. Think about it like you were a caveman. If you were hungry it meant you had no food to eat, no food before the era of agriculture would produce anxiety about when and how to get food. Anxiety when not fed is ingrained in humans. Eat and the anxiety will go away.

Even science links your mood to your food. From here.

One of the most famous calorie-restriction studies was done on conscientious objectors during World War II by Dr. Ancel Keys.

36 healthy young men who had been excused from armed service for ethical objections agreed to a year long diet of sorts. It would include 3 months of preparation, 6 months of semi-starvation (designed to make the men lose 25% of their body weight), and then 3 months of refeeding. The purpose of the study was to determine how people would react under such conditions, and also to learn how to safely and successfully refeed starving populations. The men were highly motivated for the study, as their purpose was to help their country and the men fighting overseas who might face starving conditions themselves.
The young men lived in a dorm at the University of Minnesota, and in addition to their restricted diet, they were required to walk 22 miles a week. All their food was prepared in a dormitory kitchen, and once the starvation began, each man’s calories were adjusted every Friday to meet a weight loss goal of 2.5 lbs (1.1 kg) per week.

Their average daily calories during the semistarvation period was about 1600 calories a day (they ate approximately 3200 calories daily before the study). Their food consisted of what might have been available in war-torn Europe at the time – potatoes, turnips, rutabagas, dark bread, macaroni, small glasses of milk, chicken, toast with a small smear of jam, those kinds of things.

What was it like for them?

Well, horrible. They described lethargy, irritability, anxiety that approached each time they were to learn how much they were allowed to eat the following week. Only 32 of the original 36 completed the semistarvation period. One man who broke diet admitted to stealing scrapings from the garbage cans, stealing and eating raw rutabagas, and stopping at shops to eat sundaes. Two of the men suffered severe psychological stress – one became suicidal, and another cut off three of his fingers in an act of self-mutilation. Both men were taken to a psychiatric hospital.

Yikes. It sounds far fetched to think that people would willingly starve themselves until you realize that millions of people are following some fad diet and starving themselves in the process. It is highly important for your mood, happiness, and sanity to eat until fulfilled. That means eat until you are full, it does not mean compulsively and chronically overeat.

Make sure you eat real whole food. Real whole food is the only food that is fulfilling. Snack food, junk food, fast food, and especially DIET FOOD will never fulfill you, they will cause you to be starving even while you are shoveling food into your face. What is natural food? Before you eat something, ask yourself this question...

<table>
<thead>
<tr>
<th>If factories went away tomorrow, could I still eat this food?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrambled eggs?</td>
</tr>
<tr>
<td>A bag of potato chips?</td>
</tr>
<tr>
<td>Bread and butter?</td>
</tr>
<tr>
<td>Little Debbie snack cakes?</td>
</tr>
<tr>
<td>Rice and beans?</td>
</tr>
<tr>
<td>Sugary breakfast cereal?</td>
</tr>
<tr>
<td>All fruits, vegetables, meats?</td>
</tr>
<tr>
<td>Hot dogs?</td>
</tr>
</tbody>
</table>

Eat real, whole food 3 times per day and watch the anxiety fade away.

I didn’t say anything about “eating clean”, I said eat natural foods that don't come from a factory. After that there are no limits, eat what you like. If you can binge on it, it is not a natural food. All natural foods have a built in “satisfaction” mechanism that tells you to stop eating when full. The only foods you can binge on are foods that are unnatural and have had all of their true nutrition removed. This is why you can keep eating snack cakes, cookies, or potato chips and never become satisfied. It is also why you cannot binge eat scrambled eggs with toasted bread and butter; you will get full and stop eating. Be sure to include protein with your meals and a little fat (not too much fat, a little fat goes a long way).

“A 15-year-old female presented concerns of generalized anxiety disorder and hypoglycemia symptoms. Her diet consisted primarily of refined carbohydrates. The addition of protein, fat, and fiber to her diet resulted in a substantial decrease in anxiety symptoms as well as a decrease in the frequency and severity of hypoglycemia symptoms. A brief return to her previous diet caused a return of her anxiety symptoms, followed by improvement when she restarted the prescribed diet.” Source.
A well balanced diet should include protein, carbohydrates, and fat. Do not exclude any macronutrient if you want to cure anxiety. You can never truly be fulfilled if you totally cut out carbohydrates, or fats, or proteins. You need all of them. Do exclude foods in a box and foods with sugar heavily added. In a nutshell, eat food and don’t eat “foodstuffs.” Be sure to eat your carbohydrates. Carbohydrates are the key food for anti-anxiety. Carbohydrates are comfort foods. They release serotonin in the brain, a chemical mood lifter that is considered a natural anti-depressant.

2. SLEEP MORE – How Sleeping Cures Anxiety

Lack of sleep is probably the biggest cause of anxiety. People in our world are chronically sleep deprived. What do anxious depressed people always say? “I'm so tired.” They already know what the problem is but tell them to sleep and what so they do? They make excuses for why they cannot sleep. Excuses are bullshit and you need sleep. This is your life and to be at your absolute best you have to have enough rest. It is not just anxiety that is caused by sleep deprivation. Depression is almost always caused by a lack of sleep as well. That is why depressed people always spend time sleeping, they are making up for being sleep deprived for so long.

"Depression” is a natural reaction to spending a large amount of energy. Depression ensures that you stay in bed and get your rest. Life is always full of ups and downs and the downtime is there because you NEED to rest after doing something big. Think of depression as DEEP REST. From here...

Sleep debt can cause anxiety even in those that do not experience anxiety regularly.

Studies have shown that those that are sleep deprived often have significant brain “dysfunctions” that can cause further anxiety. In fact, extreme sleep deprivation can cause the brain to start hallucinating, and experiencing many symptoms (both mental and emotional) that mimic paranoid schizophrenia.

During sleep the brain regenerates neurons that affect various areas of thought, emotion, and health. When you don’t sleep, these neurons do not regenerate, and in some cases stop firing altogether. Scientists found that some areas of the brain like the entire temporal lobe simply turn off when the brain doesn’t receive enough sleep.

Sleep also affects hormonal levels. Your body is able to regulate hormones both during sleep and when your body is healthiest (which occurs only after you experience enough sleep), and when you become more sleep deprived you increase the risk of developing unbalanced hormones, which in turn affect your overall anxiety levels.

One common issue for those with sleep debt is stress over the fact that they're not getting enough sleep. Often people will stay awake at night angry at themselves or stressed over their lack of sleep, and since anxiety is cumulative, any added stress can lead to further issues dealing with anxiety even if it is self-inflicted.

Scientists have shown that those with sleep debt often have chronically elevated levels of adrenaline. That means that when you don’t get enough sleep, adrenaline starts to course through your veins more often. For those without anxiety this may not be too big a problem, but those with anxiety are likely to interpret the adrenaline poorly, and thus experience an increase in overall anxiety levels.

Get your sleep and do not worry what others say. This is your life, it is up to you to live it and living with anxiety and depression is no life at all. Especially when the fix is so easy, get your sleep. Try for 8 – 10 hours per night until you are fully rested.
3. WALK MORE – How Walking Cures Anxiety

Imagine walking by an apartment door hearing a dog scratch the door endlessly. Do you think that dog needs an anxiety pill or a long walk? If you said a long walk you were right and what is right for the dog is what is right for you. A stressed body is a body that is not being used. A sedentary body is a body full of pent-up, un-used energy. It is this un-used energy, which has nowhere to go, that causes anxiety.

From here...

Studies have shown a very strong correlation between a lack of physical activity and the development of anxiety disorders.

a. Unused Energy

One of the most frequently cited reasons for anxiety is unused energy. Your body was made to move, and unfortunately when it doesn't move it creates tension. We see this actually with dogs often – dogs that don't get their daily walks often become anxious and high strung, because if they don't work out their energy, that energy turns first into physical tension, and then into mental tension.

b. Increased Stress Hormone

When you feel stress, your body releases a hormone known as cortisol. There's evidence that movement is what depletes cortisol, bringing it back to normal levels. This makes sense, because anxiety itself is the “fight or flight” system. When your body experiences it, it expects you to fight or flight. Inactivity is essentially doing nothing, and that may cause your body to start misfiring your stress and anxiety hormones.

c. Immune System Malfunction

Exercise is also necessary for a regulated immune system, as well as maintaining a healthy hormone balance. There's reason to believe that inactivity prevents these important things from occurring. Those that are often inactive are also often enjoying less experiences, and positive experiences are good for anxiety. Those that aren't working to improve their health may develop small problems that create anxiety on their own. Whether inactivity caused your anxiety or not, there is also reason to believe that exercise alone can be one of the best ways to manage it. Anxiety management is about performing behaviors that fight anxiety, and exercise – of all possible behaviors – is potentially one of the best anxiety cures.

<table>
<thead>
<tr>
<th>Preventing Inactivity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise is the opposite of inactivity. If you're exercising, then the effects of inactivity on anxiety will no longer be present. Even if inactivity didn’t cause your anxiety, it often makes it worse. Exercise reduces the likelihood that inactivity related anxiety affects you.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Releasing “Relaxation” Neurotransmitters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Still, the primary reason that exercise works as an effective anxiety management solution is because exercise actually has some of the same effects as some anxiety medications. Exercise releases endorphins in your brain, which are your body's natural painkillers. They're technically released to prevent exercise from causing pain, but they also play a role in regulating mood and relax the mind.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Burning Cortisol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nearly everyone living with anxiety likely has an excess of cortisol in their body, as a result of the stress that anxiety places on them. Exercise depletes that cortisol, preventing many of the symptoms that lead to further anxiety, such as concentration problems and fatigue.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Improved Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise also tires the body enough that it becomes easier to sleep with anxiety – something that many anxiety sufferers struggle with. Sleep is crucial for anxiety management, to the ability for exercise to improve sleep is incredibly valuable.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Healthy Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finally, exercise represents a healthy coping tool in general. Coping is about making sure that you're spending time in ways that are good for your mental health, and exercise is most certainly a way to do that.</td>
</tr>
</tbody>
</table>
Exercise improves confidence. It ensures that your body is healthy, and good health is important for every mental health issue. It also helps your body run more efficiently, and prevent any “misfiring” that may be causing persistent anxiety. You don’t have to lift weights every day, you don’t have to ride your bike up a mountain, you don’t have to jog 12 miles.

**Exercise is as simple as walking!**

Use the bodies energy and walk the stress away. Humans are built to walk, when you do not walk stress and anxiety accumulate in your body. Walk it out. Any time you feel anxiety about to hit, you can simply go for a long walk and prevent it. Exercise works better than any medicine because exercise can prevent anxiety rather than put a bandaid on it.

If you're brand new to exercise, aim for ten minutes per day and add time each week. Your ultimate goal is two hours of dedicated physical activity per day. After two hours of physical activity per day, you will be too tired to be anxious. Exercise can be accomplished in many ways including walking, power-walking, hiking, lifting weights, swimming, riding a bicycle, yoga, gardening, and many others.

**Any physical activity is a good cure for anxiety.**

4. **BREATHE MORE – How Deep Breathing Cures Anxiety**

**Breathing deeply and SLOWLY is the best way to breathe to combat anxiety.**

**In fact, anxiety can be caused by what is known as shallow breathing.**

*From here...*

“Shallow breathing is defined as small, short breaths. When caused by anxiety, they are almost never dangerous and rarely indicate an underlying health problem (although obesity may increase the risk of shallow breathing). However, this little anxiety symptom can cause a cascade of reactions that have wreaked havoc on millions of people with anxiety.

The reason anxiety causes shallow breathing is because anxiety is the activation of your fight or flight system. It's an evolutionary adaptation designed to keep you safe from harm. When faced with danger, your heartbeat speeds up and you breathe faster in order to get more oxygen for fighting or fleeing. Those with anxiety aren't facing any fears, but their body reacts as though they are. That's what creates an anxiety disorder. The body is constantly releasing adrenaline and reacting as though the person is in a fearful situation, even though they are not.

As your fight or flight system activates and your breathing speeds up, you start shallow breathing throughout the day. This means that those with anxiety are shallow breathing for minutes and hours on end, and this creates another problem: hyperventilation. Shallow breathing doesn’t mean you need more oxygen. It actually means that you’re over-breathing – you’re breathing out carbon dioxide too quickly, before your body has a chance to make more. Oxygen fills your lungs right when you breathe, but carbon dioxide takes time to develop, and when you shallow breathe, each expulsion of breath takes out more CO2 than your body has created.

If you do this for too long, you hyperventilate. The problem is that hyperventilation makes your body feel like you’re not getting enough oxygen. Essentially, it makes you feel like you need to take deeper breaths and take in as much air as possible. This makes all of the symptoms of hyperventilation worse.”
Any time during the day if I notice I am not breathing deeply, I make it a habit to do so right then and there. I always try and breathe slowly and rhythmically as well. If you are new to “deep breathing” you may have a tendency to breathe much faster than you need to. This will cause symptoms of anxiety, like the above text says you will be breathing too quickly to get enough oxygen in.

Make your breathing circular, make it rhythmic like the waves of the ocean.

Breathe deep, take it slow, and if you feel you are not getting enough oxygen, exhale forcefully. I say exhale forcefully because many times when people are not breathing, or not breathing deeply, what they are actually doing is holding their breathe and not exhaling. Attention should be given to both the inhalation and the exhalation.

This page will show you some more breathing tips.

Eat more, sleep more, walk more, breathe more – the 4 ways to combat, control and cure anxiety forever.

To cure anxiety you have to put in the time.

You want a simple way out and this is the simplest: breathe, walk, eat, sleep, repeat.

Let me make it clear that I am talking about general anxiety, not social anxiety.

It is impossible to feel anxious after you have exercised for two hours and had a big, satisfying meal and 8 – 10 hours of sleep. “But Victor, thats too much time to exercise and sleep! What about pills?!” If you aren't prepared to spend time to fix your problems you can simply live with your anxiety and shut up about it. Take all the anti-anxiety pills you want and watch the problem get steadily worse. What do you think a pill will do for you? A pill is a bandage, it hides the problem while the problem does nothing but fester. Don't you even know what the song says? “The drugs don't work, they just make you worse.” I'm afraid the real medicine for anxiety is exercise, food, breathing, and sleeping. After you try those 4 and if you still have mild anxiety, try this...

CURE ANXIETY BONUS TIPS!

a. Put down the coffee, it isn't helping you.

When it comes to anxiety, coffee is the worst food or drink you can have. Coffee puts you in a fight or flight mode, a constant state of adrenaline, and it inhibits your sleep.

b. Coffee (caffeine) is a HUGE cause of anxiety.

If you are a coffee drinker who experiences anxiety, chances are if you stop drinking coffee your anxiety will probably just vanish or at least reduce your consumption by 75% – 90%. Stop drinking coffee until you are fully rested and anxiety free. Personally, I love the stimulating benefits coffee gives me but I drink coffee very sparingly. When you give up coffee you will understand just how anxious it makes you feel. If you drink it daily you will be in a constant state of anxiety and never really understand why. The coffee is why. Use it as necessary but if you abuse it you will pay the consequences and those consequences are anxiety and insomnia (lack of sleep causes anxiety, remember?).

Coffee is a very powerful drug so don't play with it like it is nothing but candy.
“Enough caffeine can even create symptoms of anxiety in a healthy person that are indistinguishable from those experienced by anxiety disorder sufferers. Caffeine affects the body much like stress, increasing heart rate, blood pressure, and levels of stress hormones. Caffeine consumption can more than double your blood levels of the stress hormones cortisol and epinephrine.

Caffeine achieves many of its effects by blocking the activity of adenosine, a neurotransmitter that makes us tired and sleepy. By increasing the brain chemicals dopamine and acetylcholine, caffeine gives us the feelings we desire — increased motivation, productivity, and brain power. But for those with anxiety, there is a downside.

Caffeine also inhibits the calming neurotransmitter GABA. GABA puts the brakes on brain activity when needed and has been characterized as “nature’s Valium.” It's essential for feeling happy and relaxed, so it’s not surprising that a low GABA level is associated with anxiety and panic attacks.

One of the most common side effects of both anxiety and caffeine consumption is insomnia. In fact, caffeine-induced sleep disorder is a recognized psychiatric disorder. If anxious thoughts make you restless at night, caffeine can compound the problem.

Enough caffeine can even create symptoms of anxiety in a healthy person that are indistinguishable from those experienced by anxiety disorder sufferers.”

I follow what is called caffeine cycling. I drink coffee only in cycles and I spend long stretches of time drinking no caffeine at all. For example I might spend one month drinking coffee and four months not drinking any caffeine at all. When you stay off caffeine for a long time you realize just how STRONG coffee really is. Caffeine is absolutely a drug, I cannot say it clearer than that, and you know how I feel about drugs (they don't work, they just make you worse).

**c. Be around people.**

Being alone is bad for your mental health, very few people can tolerate it. I don’t suggest trying, I suggest forming a close group and sticking with them (what people in a previous generation called a “family”). There is a big difference and the difference will show itself in your mental health. To get out of your head, be around other people.

*Be a lone wolf, yes, but don’t be alone.*

“We all need to “de-stress” once in a while. Spending some time by yourself can help give you a bit of a “recharge” after a long day. But there is a limit to how long that alone time is useful. After a while, you may find yourself spending more and more time alone.

The reality though is that being alone is the exact opposite of what you need to do to overcome anxiety. That’s because when you have anxiety, your thought processes change, and you become far more internalized (inside of your head). Anxiety causes negative thoughts, and anxiety puts you inside of your head and experiencing those negative thoughts.

Curing anxiety requires distractions. It requires you to stop overthinking and live life. It’s something that is much, much harder to do when you’re alone with your thoughts. As much as it may seem like you can overcome your anxiety by yourself — and sometimes you can — the truth is that, in general, when you’re alone and isolated, you tend to have more negative thoughts for a longer period.”
d. Don’t rush so much.

Rushing does nothing but causes you stress. Stress is an obvious cause of anxiety. To cure anxiety, kill the stress. If you live in a crowded city that is always in a rush, take a trip out to the countryside where life is a little slower. Overstimulation has the same effect as rushing. Overstimulation is caused by a busy lifestyle or a busy internet addiction.

e. Have more fun.

An accepted definition of anxiety is: desire to do something, typically accompanied by unease. Also known as... boredom.

If you think you have anxiety, you might just actually be bored. Fill up your days with activity and it is really hard to be anxious. Sit around doing nothing and it is really easy to be anxious. Both overstimulation and boredom can cause anxiety. You must find a happy balance.

f. Understand that anxiety is a part of business life.

When you don’t know what the future will hold, it is perfectly normal to feel anxious about it. Now when you’re big in business it increases the chances for anxiety because your chances for big successes and bigger failures are more than an average persons. You’ll have to learn to deal with anxiety if you want to stay in business. Use the tactics described in this article to effectively conquer anxiety.

Like RGH Siu said, anxiety is the paradoxical twin to modern prosperity.

If you still have anxiety after reading this article it is because you WANT to have anxiety.

These 4 things cure anxiety are walking, eating, breathing, and sleeping. It is not difficult to cure anxiety and if you didn’t cure your anxiety it is because you skipped one of the above items. If your eyes glazed over the words exercise, or diet, or sleep, or breathing it is because you did not want to see it. You have decided you do not want to cure your anxiety and that is why your eyes glazed over exactly how to cure anxiety.

Since you don’t want to cure anxiety, just deal with it and come back to this article when you actually do want to cure your anxiety. However, if you actually do want to cure anxiety know you know how. It’s not a pill or a quick-fix, but if you follow the plan it lasts for a lifetime and it is free. What more could you ask for?

Hippocrates said: “Let food be thy medicine and medicine be thy food.”
Victor Pride said: “Let eating, sleeping, walking, and breathing be your medicine.”

If you want to live while your living, take your medicine every day.

Until next time.

Your man,

Victor Pride
Would you rather LOOK like a billionaire... or would you rather BE a billionaire?

Or both?

If you'd prefer both you are in luck because I'm going to show you how to dress for actual billionaire success. This billionaire style guide will show you how to dress for serious business. In this guide you will get the 6 rules of billionaire style and you will get specific examples of billionaire clothing styles for all occasions. Examples of clothing styles included in this guide are: the everyday business look – the black tie business look – the athletic look – the vacation look – and the billionaire's weekend outfit. But first, a few notes on billionaire style...

**HOW TO DRESS LIKE A BILLIONAIRE**

Real billionaires dress down, “fake it 'til you make it” billionaires dress like clowns. There is a big difference between dressing well and dressing like a clown. That big difference is color. Business is never done in colorful suits (unless your business is fashion). Business is done in subdued, non attention-seeking color. In business, you have 3 colors to choose from...

**Business is done only in black, grey, and navy.**

Your shirt should be white and your tie can be your one piece of colorful clothing. Remember, the billionaire is subdued in his dress not rude in his dress. Colorful suits are worn only by gaudy entertainers and con men. The colorful suit acts as a magical trick. It makes the person getting conned think the con man is richer and more important than he actually is. A colorful business suit is misdirection. If you are too busy paying attention to the colorful suit you won't be paying attention to the con job you are getting yourself into.

**Real businessmen practice a “less is more” approach to business style.**

As a billionaire, you have to make yourself appear to be LESS not more. The joker in the colorful suit has to make himself appear as more. If you have to make yourself stand out it is because you are lacking, the real billionaire tries to make himself look normal. I never do business with a fool who comes to a meeting in a colorful suit.

**Colorful business suit means you are dealing with a fake businessman.**

In fact, real billionaires don't always need to dress up. A simple combination of white or black t-shirt and a pair of blue jeans does a lot more talking than a colorful suit does. The t-shirt and jeans combination is something only the confident can wear to a business meeting. The most trustworthy business clothes are often your basic jeans and t-shirt. The con men would never dream of dressing down, and that's how you know the true from the fake.

**Did you ever see Zuckerberg or Jobs wearing a fancy suit? No.**

However, you do have to pay attention to public perception. If you are going to be in the public eye, it is better to wear a suit and tie. When dealing with bankers, public officials, and bureaucrats it is always best to wear a suit. If you are going to be in private, you can assess the situation and dress casual if the situation calls for it. If you're doing business one on one, with a small company or a private person you may possibly want to dress casual, assuming the casual clothing is spotlessly clean and well fitting.
No matter what you wear, you always have to look and dress your best for the occasion. To dress sloppily is to signal that you do not care about business and that you are not “on the ball”. You have to look good to attract good business into your life. Like I said here: the ability to attract is a power on par with brute strength. To venture outdoors not looking your best is is to invite misfortune into your life. Dressing well is fundamental to your dignity, self-possession, and propriety.

**ALWAYS DRESS YOUR BEST FOR SUCCESS!**

You do need to always dress your best but that does not mean you need to constantly purchase clothing or constantly stay on top of branding trends. The billionaire is the one who creates the brand, not the one who rushes out to buy the brand. The billionaire gets others to wear and advertise his brand, the fool rushes out to wear the brand and give it free advertising. The billionaire is there to take money, not to throw money away on fashionable brands.

Billionaires do not mind wearing the exact same suit over and over and over again. Buy a few suits that fit well, are comfortable enough, are dim enough to wear multiple times and that is all you need. A new suit everyday is for a Johnny Playboy (or a serious fashion aficionado), not for anyone who does serious business.

**How much should you spend on a suit?**

Billionaires do not become billionaires by being spendthrifts, they become billionaires by being a little stingy. But... you do want clothing that was made without cost cutting measures. You should spend enough to ensure quality without simply paying for prestige or exclusivity. Think of your clothing as a long-term investment and do not waste money purchasing throw away items.

**What brands should you wear?**

Personally, I wear what I like and what fits well. I don't pay much attention to brands and I make it a point to never let any branding show on my clothing. My only rule on brands is: wear any brand that looks good, fits well and is comfortable. But I know that is not a good enough answer for you. You are here to learn how to do serious business and for that you want a serious answer.

To give you examples of the best brands and styles, I called upon my good friend Nate Lewis who runs Iron & Tweed. Iron and Tweed is the go-to site for men who like to lift weights, eat steaks, and look good while doing it. I asked Nate to share his businessman style tips with you and I asked him to show you some specific examples of a good business style look. Here's what Nate has to say about dressing your best for serious business success.

**ENTER NATE LEWIS...**

Hi. Nate is my name, style is my game. Victor asked me to help present you some style tips for future billionaires. I am delighted to help you dress your best for business success. Before I show you some style examples, I'd like to show you my 6 billionaire style rules.

**6 Billionaire Style Guide Rules**

*Pictured: Nate Lewis from Iron & Tweed.*
1. **Don’t be too flashy.**

I’m reminded of a quote from one of my favorite books, *Arnold: The Education of a Bodybuilder*. Arnold Schwarzenegger used an analogy about sports cars when talking about his own insecurities as an up and coming bodybuilder.

Loosely summarized, he says: ‘A guy driving a BMW, which is a good car, always races around trying to prove he’s fast. But a guy driving a Ferrari, which is a great car, can drive the speed limit because he knows he’s fast.’

When you’re a billionaire, you don’t have anything to prove with loud colors, patterns, and logos. Details like trouser break, soft tailoring, elegantly draping fabric, and perfectly combined colors and textures don’t jump out at you individually, but the sum of the parts are impossible to ignore.

*No one should be able to tell which brands you’re wearing.*

*Let your good taste in quality pieces and expertly curated wardrobe speak for themselves.*

2. **Develop a personal uniform.**

When money is no object, your choices for clothing are endless. While this seems like a good thing, having the world to choose from can actually make acquiring clothing and personal style more difficult. In order to avoid decision fatigue, successful people don’t waste time and energy figuring out what to wear. They rely on a proven system of dressing, known as a personal uniform, that works for them every time.

Each tie goes with each shirt and all combinations look great with each suit they own. I recommend that you spend some time thinking about not only what you like, but what feels like you. Once you have this figured out, experiment with a few different pieces to see how they work in your everyday life. When you find a winning combination, flesh out your wardrobe with similar items.

3. **Always be appropriately dressed.**

*When you’re a billionaire, or on your way, people are watching you and your image matters.*

Whatever your business, you should always be ready to meet with clients and represent your brand. It doesn’t matter if you’re going to the gym, running to the store, or sitting on a plane – dress your best every single day. I don’t mean that you have to wear a suit for every situation, but rather dressing for the situation at a level or two above the average person.

For example, your gym clothes should be clean, well fitting, and of high quality (skip the stained undershirts, baggy basketball shorts, and dingy running shoes). When you run to the store or the neighborhood bar, wear high quality denim, leather dress boots, and a v-neck sweater rather than sneakers and a sports team hoodie. Being appropriately dressed for up to 16 hours per day means that you need to focus on the fit and quality of each item in your wardrobe.

*Which leads to the next rule...*
4. **Be comfortable.**

Your style should look effortless, like your were born to wear your suit. If you aren’t comfortable in your clothes, it will be immediately obvious. Fidgeting, pulling at your collar, and adjusting your pant legs each time you stand up draws the wrong kind of attention. Just as being appropriately dressed doesn’t necessarily mean that you have to dress up, being comfortable doesn’t imply that you have to dress down.

Rather, your clothes should be appropriate for each situation. They should be carefully selected and immediately discarded if they don’t perform their intended purpose. Pack whatever clothing items you need to change for different activities throughout the day. This is essential if you tend to have long days consisting of workouts, office time, onsite meetings, dinner and drinks, and travel.

5. **Be selective.**

Just because you may have the means to buy everything that catches your eye doesn’t mean you should. The more items you own the less they’ll get worn and the more difficult getting dressed in the morning will be. In other words, you’ll simply have more clutter. Most people are creatures of habit and will tend to wear their favorite clothes regularly, regardless of how many clothing items they own.

*It is best to own only your favorite clothes and donate everything else.*

However, this rule doesn’t apply to the enthusiast. If you absolutely love timepieces and wear each of your 30 watches regularly, by all means, own 30 watches. This only becomes a problem if you only wear one or two items in your collection, letting the others occupy space. You can apply this exception to shoes, **glasses**, **cologne**, or whatever else you truly enjoy.

6. **Avoid the obvious brands and latest trends.**

Unless **dressing trendy** is truly “your thing,” in which case the nuances inherently make sense to you, it’s best to stay classic. The last thing you want people to think when you walk into a room is: “That poor guy has more money than style sense.”

*Just because something is expensive doesn’t mean it’s stylish.*

When I see guys who wears suits Monday through Friday hanging out on the weekend wearing flashy clothes that were designed for someone 20-30 years younger than them, it’s painful. I’m talking about ill fitting and ripped t-shirts, curled and pointy toed boots, and studded jeans or whatever else has recently trickled down from runway fashion.

**Billionaire Style Guide: Recommendations**

With my 6 Billionaire Style Guide Rules I helped lay the framework for how you should think about clothing. Now, to help you visualize how it all comes together, here are some specific examples of how I think a billionaire should dress for common occasions.
Billionaire Business Look

| Suit: Hackett |
| Tie: Hugo Boss |
| Shoes: Gaziano & Girling |
| Cufflinks: Burberry |
| Shirt: Canali |
| Watch: Junghans Max Bill |

You don’t get to be a billionaire without doing business deals. And unless you’re already at the top and can rely on your reputation alone, you need to project professionalism. This means that a suit and tie is going to be your go-to uniform for such occasions. Everything about a suit is designed to project power and showcase the man wearing it. The combination of dark suiting material, a light shirt, the v-shaped lapel, and a colorful tie all draw the eye towards the wearer’s face. A narrow waist, lightly padded shoulders, and the v-shaped lapel exaggerate a muscular physique. With suits, it’s best to keep shoes and accessories timeless and subdued. The last thing you want is to have people staring at your feet or wrist while giving a presentation.

Billionaire Black Tie Look

| Suit: Ermenegildo Zegna |
| Watch: IWC Schaffhausen |
| Shoes: John Lobb |
| Tie: Rubinacci |
| Shirt: Canali |

Occasionally, it's necessary for the billionaire and aspiring billionaire to attend formal events. This is when you pull out all the stops and wear your highest quality items that also happen to be your most understated. Your tux should all be black with satin lapels and of noticeably high quality. Your shoes should be a lace up or slip-on design, as minimally styled as possible, and finished with a high shine. A white shirt with a covered placket hides the buttons that would otherwise be visible beneath a bowtie and the french cuffs should be closed with elegant cufflinks (stay away from novelty cufflinks). Your watch should have a slim case, elegantly simple face, and a black leather band.

Note from Victor: Of all the outfits Nate has presented, the billionaire black tie look is my favorite.

Billionaire Athletic Attire

| Joggers: Alexander McQueen |
| T-Shirts: Hugo Boss |
| Sweatshirt: Mr. P |
| Sneakers: Common Projects |
| Smart Watch: Apple Watch Series 3 |
| Headphones: Beats Studio Wireless |

Even when you’re at the gym, I think it’s best to wear high quality items. Opt for pieces that have a vintage athletic wear vibe so you can keep the overall look timeless and practical. Fitted joggers, plain t-shirts, crewneck sweatshirts, and simple sneakers make achieving this look really simple. Gym time needs to be kept sacred, so the busy businessman might want to think about keeping his phone in the locker and opting for a smart watch to use for music and fitness apps. Sometimes you just have to ignore calls and texts.
Billionaire Vacation Look

<table>
<thead>
<tr>
<th>Item</th>
<th>Brand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trousers</td>
<td>Ralph Lauren</td>
</tr>
<tr>
<td>Sunglasses</td>
<td>Ray Ban</td>
</tr>
<tr>
<td>Belt</td>
<td>Anderson's</td>
</tr>
<tr>
<td>Espadrilles</td>
<td>Castaner</td>
</tr>
<tr>
<td>Shirt</td>
<td>Club Monaco</td>
</tr>
</tbody>
</table>

Sure, the main idea behind going on vacation is to relax and have fun, you'll still need to be ready to make connections or pursue business opportunities. Even if you're lounging by the pool or heading to the pier for lunch, make sure you're dressed a notch above the average tourist. Linen trousers paired with a short sleeve button down shirt are the perfect blend of casual good looks and heat management. Espadrilles are one of the most versatile tropical weather shoes because they're casual enough for the pool but also give you more walking around comfort than flip-flops. Don't forget a pair of classic sunglasses to keep the rays out of your eyes.

Billionaire Weekend Outfit

<table>
<thead>
<tr>
<th>Item</th>
<th>Brand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jeans</td>
<td>Acne</td>
</tr>
<tr>
<td>Sweater</td>
<td>Hackett</td>
</tr>
<tr>
<td>Jacket</td>
<td>Schott</td>
</tr>
<tr>
<td>Boots</td>
<td>Red Wing</td>
</tr>
<tr>
<td>Watch</td>
<td>Weiss</td>
</tr>
</tbody>
</table>

The key to making even a rugged weekend outfit look sharp is to choose pieces in timeless styles and subdued colors. My number one weekend staple is a nice pair of selvedge jeans. They pair perfectly with a wool sweater and simple watch. I like to make the whole outfit more rugged by adding a leather cafe racer jacket and work boots. You could also swap the work boots for a pair of brown oxfords for a more business casual look.

Your New Mission

Start dressing your best for every occasion every single day.

Use my 6 billionaire style guide rules to help you choose from the clothing items that you already own so you can get started today. When you're ready to make new purchases let the rules guide your decisions. When you start acquiring new wardrobe items, feel free to copy my recommendations exactly or, if you have your own preferences, choose similar items from your favorite brands. The important thing is that you start dressing for success ASAP.

Always remember your 6 billionaires style guide rules and you will always make a good style choice.

1. Don't be too flashy.
2. Develop a personal uniform.
3. Always be appropriately dressed.
4. Be comfortable.
5. Be selective.
6. Avoid the obvious brands and latest trends.

I hope you enjoyed my billionaire style examples and I hope you get a lot of value form this guide. Oh, and here is one more bonus tip: Caring about your appearance will teach you about success.

All the best,

Nate
Hi boys, Victor here again.

You have just read the Victor Pride Billionaire Style Guide featuring tips and examples from Nate Lewis. Now you know how to dress like a billionaire, you know the 6 rules to always follow, and you know some excellent examples of suitable and stylish business attire. Follow this billionaire style guide and your amateur days will be over, you are now equipped to do business like a professional. You now know how to dress the part of a billionaire.

But if you want to actually become a billionaire... don't forget to also act the part and pursue good business deals. Dressing the part is just for playtime. Becoming the part, well... That's a whole other game, and it's even more fun.

Until next time.

Your man,

Victor Pride

P.S. If you enjoyed Nate's Billionaire Style Guide tips and recommendations, you may enjoy his Casual Style Guide.
Merry Christmas my friendly friend. Ol’ St. Vic is here to bring you a jolly gift again this year. But… Ol’ St. Vic is not some fat fellow sneaking down your chimney to eat all your cookies and drink all your milk and then leave you an electric beard-trimmer wrapped up in shiny wrapping-paper. Ol’ St. Vic is a lean and mean son of a bitch so you had better put away the cookies and milk and leave out a 12 oz. medium-rare steak and 3 scrambled eggs seasoned with a pinch of sea salt and black pepper.

When I’m done with my snack I am going to give you the greatest gift of all: PRIDE OF SELF.

Here is how to claim your free gift of pride (3 simple steps)…

1. **Think long and hard about what you actually want this year.**

Do not just open your mouth and spit out some random goals, I want you to give this some true thought: what do you actually want? Ask yourself and give yourself enough time to answer. Don’t discuss with anybody, don’t ask anybody for advice, don’t ask mommy and daddy: “What do you think I should do?” Ask yourself and answer yourself. Eliminate the confusion from your mind because the confusion is not real. You know exactly what you want, don’t pretend that you do not. CONFUSION. IS. NOT. REAL. After you have figured out exactly what you want, you will do this…

2. **Do not tell anybody what your goal is.**

Your goal is for your eyes and ears only. Telling somebody your goal gives you an unearned sense of accomplishment. DO NOT TELL A SINGLE SOUL ABOUT YOUR GOAL! Words are magic, if you tell somebody your goals your mind will trick your body into thinking you already accomplished it. By running your mouth, you get the feeling of accomplishment without accomplishing anything. That is why you keep your goals secret. If you want to achieve it, you keep it secret. You are allowed to run your mouth AFTER you have achieved your goals but never before. After you have pondered the question: “What do I actually want,” and when you have learned to keep this secret to yourself, this is what you do...

3. **Do one thing every single day that gets you closer to your goal.**

This is not optional, it is mandatory. To develop pride of self requires you to do the work. Old Man Christmas cannot do this work for you. Do one thing every single day that gets you closer to your goal. Do this for the next 365 days. At the end of 365 days it will be time to look in the mirror. What you will see in the mirror, perhaps for the first time, is your soul radiating from your skin. Some people call this an aura. I call this golden aura radiating from your skin something else. I call it… PRIDE OF SELF. Pride of self is evident for everyone in the world to see, even you can see it in the mirror. In 365 days from today you will get a vision from the ghost of Christmas past, you will run to the mirror to check, and you will confirm that your soul glows.

You will think this to yourself: “Wow! All it takes to make a soul glow is a mind free of confusion, a mouth kept shut, and action taken every single day. Now I have an aura exuding the prettiest color in the rainbow!” My friendly friend of Christmas, this is how you achieve your transformation this year. Give yourself a Christmas gift and follow these 3 steps. After you do, you will have an aura exuding the prettiest color of the rainbow...

**GOLD.**

Merry Christmas.

**Ol’ St. Vic, The Proud Profit of Christmas**
2018

January – 2018

4.1.2018 – 8 Reasons You Should Start a New Blog in 2018

I was eating lunch at the busiest hamburger restaurant on the island and I was having a chat with the owner of the restaurant. He's an American running a restaurant in a foreign country. I don't plan to start a restaurant business in a foreign land, but I do love learning about all businesses in the world and I never pass up an opportunity to speak to another entrepreneur.

After I asked him several questions about the restaurant business, he became very interested to know more about the blog business. He asked how I got in the business so I gave him a very quick rundown about how and why I started a blog. I wanted to travel the world and make money while doing it. I didn't want to be tied down to any geographical area, I wanted money to come in to my bank no matter where I was in the world. Eventually I accomplished it, but not without work.

When I started I had nothing more than one piece of knowledge: you can make money from a blog.

I didn't know HOW and I didn't really care how. I knew it was possible and that was all I needed to know to get started. Eventually I learned exactly how to make money from a blog and my income skyrocketed. The owner of the burger restaurant became very curious and asked me how I learned to make money from a blog.

He said: “So you just read a bunch of articles about it?” I said: “No, I only ever read two articles about how to make money from a blog. Once you know how, you know how. Any extra reading is just wasting time. I could read a thousand books about running a restaurant but compared to a man who actually runs a restaurant I wouldn't know anything. The real knowledge comes from experience and that is the only place it ever comes. The more you read, the less you are ever going to accomplish. Once you understand that it can be done and exactly how it is done then it is time to stop reading and start doing. I read those 2 outstanding articles, I learned how blogs actually make money, and then I got after it and made it happen.”

In the process of building B&D, I learned the truth about why some blogs succeed and some fail. A blog is more than just a “blog”. A good blog is expression of your soul. A book can be just a book or it can be so much more. The same is true for blogs. If you think about it as more than just a blog you begin to see the great possibilities that a blog can provide for you. A regular blog is nothing, it is lifeless, just a thing existing on the internet in black and white. But when you think of a blog as more, you can give it true life, you can give it full color. You can give it life and in return, it can give you new life.
8 Reasons You Should Start a Blog in 2018

1. **A blog can give you a rebirth.**

A blog is not about writing or anything like that, a blog is about transformation of your soul. To strive to achieve a soul of gold for all to see. **A blog will let you transform.** Yes, a blog is not a lifeless piece of media, it is a representation of your soul. This is why so many fail as bloggers because they simply fail as humans.

Building a blog will teach you how to build anything. It's about planting seeds. In all of human history, we have been chasing one goal: transformation. We all want to be something better, something more. Only a few of us achieve it.

It is the greatest goal of all humans to achieve transformation. Some people call this enlightenment, sainthood and many other names but they all mean the exact same thing: going from nothing to something, from fiction to reality. It is about transformation of your human soul to a divine soul and a blog can help you to achieve this transformation.

2. **A blog will help you to become immortal.**

Immortality is real but not in the way you might think: your body isn't going to live forever, but what you leave behind can live forever. Everything we know of the past we know because it was written down. You see, it is words that will live forever after you are gone. People can read your words a thousand years after you have passed and in their minds you will be alive.

Lao Tzu, Sun Tzu, Shakespeare, Nietzsche, Dante, Jesus and many others will never die precisely because we have words by them or about them that we can read at any time. Their bodies are dead but their ideas are immortal. With a blog, you can make your ideas immortal.

3. **A blog will let you meet like minded friends.**

In our average daily life it can be very hard to meet people who share the same views and goals. Many people can go all of their life without actually meeting like-minded friends. With the great power of the blog you can transmit your ideas to the entire world and everybody who shares the same views as you or is inspired by you can reach out to you.

I can go to any country in the world and a B&D reader will reach out to me and offer assistance or companionship. Any country in the world. South Africa, Singapore, Sweden, Switzerland, South Korea. I have friends and followers in every country of the world and it is precisely because I spread my ideas for free on this very blog. The people who resonate with my ideas can find me, no longer are they forced to simply interact with people on their block or in their city, the whole world opens up to you when you open up to the whole world. The blog is how you open up to the whole world.

4. **A blog opens your mind and makes you wiser.**

You will have to start paying more attention to people and circumstance to have something to write about. It is precisely this attention you pay that makes you wiser than other people. Where they do not even bother to look, you will notice many things that will make you so much more observant and intelligent than you used to be.
5. **A blog can give you the freedom you desire.**

I have news for you: most people in the world don't want freedom. They are happy enough to be slaves to their jobs. Only 2 people out of every 100 have a burning need for freedom and for those people the blog is the greatest adventure to get them their freedom. I can only assume that you are one of those 2 out of every 98 people who actually burn for freedom.

*With a professional blog, you can have the freedom to live life at your own pace.*

Whether you like to work fast or slow, it's up to you. Some people hate being held up by slow people and some people don't like to go so fast. I've been both. I used to do everything at super-sonic speed, slow people were the biggest annoyance in my life. I keep a slightly slower pace today because I'm not concerned with getting posts out, I am more concerned with doing the absolute best job I can do and I don't care how long it takes.

6. **A blog can make your dreams become a reality.**

The choice you have as a professional blog artist is that you can do anything you wish. You can travel the world or stay in your home. Many people love to release the cares they once had and go travel the world. Other people just want the time to do nothing, like Peter from Office Space.

*With a blog as a business, this choice is yours to make.*

I have made both of these choices. Sometimes I love to go travel the world with a suitcase and no other possessions, sometimes I just like to be a hermit and do nothing but stay in a mountain town a thousand miles from nowhere, sometimes I love to live downtown in the middle of the big city.

*What is something you have always wanted to do but thought it would be impossible?*


*Blogs can give you both.*

Time and money become a slave to you rather than you being a slave to time and money. When you have a source of daily income you are free to do all of the things you always wanted to do but never had the time or money to do.

7. **You can make daily income from a blog.**

I could spend all of my money in my bank accounts today and I would be fine tomorrow. Do you know why? Because with a blog I make money every single day. Yes, every single day money comes in. I do not have to worry about money, even if I go broke today, tomorrow I will be fine. This is the power of the blog: **daily income**. Every single time I make a book sale I get the money immediately.

I not only get paid every day, I get paid about 50 times a day. Imagine getting paid 50 times per day. Imagine the worries and stress that will go away when you have money coming in even when you're sleeping. Forget about trying to budget your bi-weekly paychecks, get paid every day and eliminate the worry of money. I have not worried about paying bills in years, I know the money will be there. This didn't happen overnight, it happened from me planting seeds of success years ago and reaping those seeds today.
8. A good blog can make you a LOT of money.

Not only can a blog give you daily income, a great blog can make you a fortune.

With a blog you write your own paycheck.

I never dreamed in a million years I would make a million dollars just from a blog, but I did. And let me tell you something, a million dollars is nothing. When your blog is fully in harmony with your soul, a real tidal wave of money comes rushing in. Imagine making fifty thousand dollars per month. What kind of freedom would that buy you? How great would you feel never worrying about bills again? Would it be worth two or three years of hard work to eventually be able to make 50k or more per month?

How Does a Blog Make Money?

The way that a blog makes money is very simple. For a very simple description please read The No Bullshit Guide to Making Money Online. That article will show you in very simple terms the exact way a blog makes money. In this section, I would like to describe the type of person that makes money from a blog. There is only one type of person who can make money from a blog: anyone who actually wants to do the work.

Anybody who is willing to do the work can make money from a blog.

I’m sorry to say but 98 out of every 100 will make nothing because all they deserve to make is nothing. Your blog will pay you in direct relation to the quality of work you do. People who actually want it will put in the work to get it. It is the great work that makes you money, nothing else. Love of money will not build a great blog for you. People with a love of money and no great love for work will only ever make money by tricking people. These people are easy to spot: their content is weak.

The way to make money with a clean conscience is to create great content.

If you build a blog with the sole goal of making money you will fail in the long-run. If you build a blog with the goals I have outlined above, you have a great chance of success. With success of these goals which are higher than money, you will be rewarded by money. Money is the reward of a job well done, money should not be the end goal. Doing your job well should be your #1 goal.

I would prefer to never make a penny than to compromise and put out bad content. If I had to choose between making 20 million dollars per year writing a bad blog or doing B&D for free, I would choose to do B&D for free. Do your work for something more than money, and do it well, and you will be rewarded.
Here are 3 common fears that many people have about starting a blog as a business...

| "It takes too long to make money from a blog." |
| A year is a year. You can spend a year working or you can spend a year doing nothing. The person who works will make money eventually, the person who complains about time will never make a dime. To make money from a blog, impatience has to go away. |

| "But there's so much competition." |
| There really is not any competition. I can think of fewer than 10 great blogs (if I'm being honest I can barely think of 3). So many people start blogs and then quit nearly immediately. These people are not competition. So many people start blogs but they give their blogs no life and no color. How does somebody who does no great work at all be in competition with you? If you do great work then they cannot be in competition with you. That would be like a major league baseball player being in competition with a 4 year old little league player. The competition isn't real competition, we just pretend it is for fun. |

| "I still don't understand how blogs make money." |
| You will never understand anything until you actually start working on it. You will never understand how blogging actually makes money until you start doing the work for yourself. How can you expect to know something before you've done it? You won't understand how Wall Street traders actually make money until you start trading yourself. You won't understand how blacksmithing works until you go to work for a blacksmith and actually do the work. If you understood how to do something before doing it then universities would not exist. You could just say “I don't need to go to medical school, I already know exactly how to be a doctor of medicine.” |

Experience teaches you, words do not.

To learn how to make money from a blog there is only one true way: **start a blog**, do great work, on the way you will learn to get paid. Along the way, you will learn many other lessons including this: **building a blog has nothing to do with blogging and everything to do with your own transformation.**

**You can start a blog by following these instructions.**

Until next time.

Your man,

Victor Pride
It has been my experience that 98 out of every 100 men are like weeds in the wind. They bend this way and they bend that way, whichever way the wind is blowing that day. It has further been my experience that 2 men out of every 100 men stand firm regardless of which way the wind is blowing.

Now I know the title of this article is “How to be a man” but that is not entirely true. The subject of this article is “How to be a great man.” Notice the word great. Anyone can be a man, it takes something more to become a great man. I aim to show you the way to be superior to the the average man.

I don’t care to show you how to shave, or pee standing up, or to show you which deodorant is the manliest, I care only to show you the way to become great. If you want to be a real man, go fart in a beer can and laugh about it with all the other morons sitting on the bar-stools next to you. If you want to be a great man, put away the distractions and read this list with undivided attention...

**HOW TO BE A GREAT MAN**

1. **Open your eyes to reality.**

   It is the #1 duty of a leader to make sure his eyes are open. It sounds obvious but it isn't. When I speak simple truths to people they look at me like I’m an alien. As if to say: “B-b-b-but you cannot say that! Truth should be ignored!” So many people are oblivious to reality. They would rather believe in a fairy tale of a third eye rather than open their two regular eyes to see the world as it is.

   Here is an example, I found this comment on a random YouTube video: “The majority of the population has their eyes sewed shut with their heads in the sand… It is time to wake up, open your third eye and see everything and anything you want.”

   Wouldn’t it make more sense to simply open your eyes and remove your head from the sand? Actually, that is too obvious and 98% of people cannot see the obvious. This is their grave misfortune and your great fortune. Their blind attitude is an invitation to bad luck and bad luck is not fit for a man of fortune. A man of fortune has to see the opportunity to take advantage of it.

2. **Develop a lucky attitude.**

   Luck comes to men who have a good luck mindset. Bad luck comes to the men who always say this: “I have the worst luck!” Listen here and listen well: **words are magic spells. That is why we spell words.** Every word you say becomes true so never say negative things in relation to yourself. Every bad word you use is black magic and every positive word you use is white magic.

<table>
<thead>
<tr>
<th>Do not be foolish and cast a bad luck spell on yourself. Use positive words like this...</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am so lucky.</td>
</tr>
<tr>
<td>Becoming lucky is very easy to do. When you’re lucky, people will start paying attention to you.</td>
</tr>
</tbody>
</table>

1002
3. Make people pay attention to you.

Gene Simmons from KISS tells a great story to illustrate my point...

‘When I was a little kid, up in the hills of Israel, my friend Shlomo and I — he was a Moroccan Jew — went up the hills of Mount Carmel. People used to come home from work, and the very last stop on the bus stop was the beginning of Mount Carmel, the village. I remember — Shlomo and I went to the top of the hill and picked cactus fruit.

I remember when I first was sitting there as the first bus rolled in, we didn’t make a lot of noise. I must have been about six, and Shlomo must have been seven or eight. I didn’t say anything — I was waiting for them to come over, because I’ve got cactus fruit. Nobody came over. Then I went, ‘Hey!’, and more people came over. The bigger of a nuisance and the bigger a spectacle that I made of myself, the more we sold.

That’s the first lesson of mother nature and in show business — when the mother bird brings back a juicy worm, who do you think’s going to get the worm: the biggest bird, the healthiest bird, or the sickliest little putz that squeaks the loudest? You have to grab life by the scruff of the neck and demand to pay you some attention. You will only get the respect you demand. You have to puff out your chest, and if you don’t have it, fake it.”

Like Gene said, do what you have to do to get what you want.

4. Say no to zen.

Zen is self-help for people who don’t actually want to do anything to help themselves. Here is a perfect example zen nonsense advice: “Being in the here and now and being at one with yourself is the ultimate cure. In other words, not letting your mind wander into the past/future. Stop identifying with your thoughts, live in the here and now, and everything else happens easily and organically.”

Let’s quickly break this advice down so you may understand why it is nonsense.

| Zen mumbo jumbo that means absolutely nothing and gives you no concrete next step. |
| “Not letting your mind wander into the past/future.” |
| “Stop identifying with your thoughts.” |
| Don’t learn from the past and don’t plan for the future, which is a great way to get nowhere. |

Schizophrenia.

What these zen people are telling you is that thoughts without action will get you results and that you can ignore your body and still get results. Don’t make me laugh.

THE BODY IS THE MIND.

Your body is the physical projection of your mind. If you keep your body supremely healthy your mind will be supremely healthy. Don’t you think there is a reason that Superman looks like Superman and not like the Penguin? If Superman looked like the Penguin do you really think he would be the same man with the same mindset? Get real. If your body looked like Superman your mind would be like Superman because the mind is the body (and both need to be kept healthy).
5. Don’t use drugs and don’t drink alcohol regularly.

To be a great man of business you must always be of a calm, clear mind. There is no other way to say it but to say it plainly: drugs and alcohol will ruin you if you make a habit of using them regularly. This is one area where I really do recommend moderation or total abstinence. A glass of wine with dinner is fine. A beer or two is fine. Making a habit of getting and being intoxicated is not.

PT Barnum said it well: “As no man can succeed in business unless he has a brain to enable him to lay his plans, and reason to guide him in their execution, so, no matter how bountifully a man may be blessed with intelligence, if the brain is muddled, and his judgment warped by intoxicating drinks, it is impossible for him to carry on business successfully.”

<table>
<thead>
<tr>
<th>Kurt Cobain</th>
<th>Jimi Hendrix</th>
<th>Chester Bennington</th>
<th>Chris Cornell</th>
<th>Layne Staley</th>
<th>Heath Ledger</th>
</tr>
</thead>
</table>

Nearly all mentally ill and depressed people have a problem with drugs and alcohol. Here are a few people who loved drugs and alcohol (notice how they ended up)...

Everybody who stays in the party scene can expect their minds to turn to mush and to one day wake up in jail, the nuthouse, the intensive care unit, or the morgue where they won’t wake up at all. Jail is the best you can hope for when you play around with the hard stuff and that is why so many jailbirds say: “I go to jail to clean up.”

Spending your life wasted is just wasting your life. Don’t make the mistake of thinking I am speaking of performance enhancing drugs, I am speaking only of performance decreasing drugs. Performance enhancing drugs are almost a necessity in this world.

6. **Maintain high testosterone and low estrogen levels.**

Hormones are everything. To be a true man you have to have high testosterone and low estrogen. Ladyboys like Crazy Uncle Caitlyn have wacky hormones. Update your testosterone before you become gay. To be a 100% man it is necessary to control your hormones to the best of your ability using Red-PCT and any other methods that actually work. Which leads my to the next rule, which is very mild and easy to follow...

7. Don’t get butt-fucked.

Recently I stayed in a hotel that had the restrooms outside, separated from the neighbor’s restroom by only a small brick wall so I could hear the neighbors. One day I heard 2 German fellows showering together, laughing about dropping the soap and playing grab-ass. They were laughing and just having a really great time and right then I thought to myself: “Good Lord that’s gay.”

Now I’m no member of the moral police and I really don’t care if someone is gay, but nobody is going to confuse a fruity fellow with a great man. “But Victor, it’s totally normal for 2 guys to butt-fuck each other!” Yeah right. Nobody is going to high-five you for butt-fucking another man. A great man is only born from a father and a mother, so...
8. **Pick the right wife.**

**I don't recommend getting married, the cons outweigh the benefits.**

**But if you do get married you must pick the right wife.**

**Here's how...**

Your wife is your business partner not your one true love. A marriage will be the greatest business partnership you ever form and you must choose wisely. If you marry someone for love you are making a foolish decision. Love and looks will fade in time, you will be left only with attitude. Your wife has to have a positive mental attitude just like you. Together, with a shared common goal, you will be able to do many great things that are impossible to do if you were alone.

Speaking of love, it isn't really real. “Love” is an infatuation that happens when someone cares less about you than you care about them or a lovely looking lady has bewitched you with her looks. We all know men who become stupid when they meet a pretty girl. This is because they have been bewitched. Bewitching happens when pretty girls use charm and sex to put a hex on you. This is why it is very important to choose a wife for more than just looks.

“I don’t believe in love at first sight. I think it’s a grave mistake. You’re attracted by physical characteristics and you will regret it.” – Lee Kuan Yew

In the quest for great success, her helpful attitude is much more important than her looks and glamour. Chasing her looks will end up with her in complete control of you. Chasing glamour can cause otherwise capable men to lose everything. Remember this, she is your BUSINESS PARTNER. Make sure your business partner has the same positive mental attitude and the same goal as you. Your partnership can produce grand things or it can produce total ruin. Choose the right wife by her attitude and willingness to go with you on your journey to greatness.

**Don’t ever “do the right thing” and get married to try and be a good guy because being too nice will be your ruin.**

9. **Don’t be too nice.**

**Do you remember the story I told you about the invisible little girl in the supermarket?**

“I was shopping at the local supermarket the other day and in front of me in line was a little girl. She looked like she was waiting to pay for something, but she didn’t say anything so no one paid any attention to her. She was at the front of the checkout line. There were about 3 people in front of me. They all purchased their food and left, the little girl just silently stood there.

When I got to the front of the line, I looked at the little girl and I looked at the cashier. I said: “What does this little girl want?” Finally the cashier looked at the little girl and asked her what she wanted. The little girl said she wanted to buy some candy. She was too nice to say anything so she just waited until somebody acknowledged her before she could buy her candy. Finally after she was asked what she wanted, she was able to buy her candy and leave.”

Do you know what I realized after seeing the invisible little girl? **Being too nice can make you invisible in this world.** It’s O.K. to be nice as a kid, but when you grow up it’s time to grow some balls because nice guys are treated worse than invisible. Nobody respects nice guys because nice guys don’t demand respect or command fear. In other words, they have the characteristics of what is scientifically called a “pussy”.

**Being nice can become your demise, you have got to be a little mean to get the green.**
10. **Make a lot of money.**

Friend, let’s face reality. You’re not really much of a man if you’re broke, are you? That is because money is a manifestation of your mentality as a man. When I started making big money people started treating me with big respect. Not because I flash money, but because my mentality matured and I silently started to command respect. When you can command money, you can command the world. Making big money has nothing to do with luck, it has everything to do with your ability as a man of will (not skill). Men of will have money.

*“Rich people are creators of circumstance.”* – Jordan Belfort

*“But Victor, you can’t take money with you when you die!”* – Loser Guy

When you die you cannot take potato chips, snack cakes and soda pop with you either… But it doesn’t stop you from consuming them every day in front of your internet porno screen.

*“…touché.”* – Loser Guy

11. **Stop using internet porn.**

Internet porn saps your precious vital energy and darkens your eyes and your soul. Be a real life sex God, don’t be a dark bedroom computer-weirdo. Sex in real life GIVES YOU VITAL ENERGY. Internet porn takes it away. Also, do not be addicted to social media. It is unbecoming of a man to gossip on social media all day long.

Being a great man requires you to live in the real world and do real things that benefit real people. When you spend all of your time watching internet porn or watching social media all you do is waste away. If you love to stare at words so much why waste your eyes reading social media when you could be reading true knowledge?

12. **Be well read.**

In my large home in Los Angeles I started with a small library in the corner. The library eventually grew to any overtake any open spot in the home. At first I had a small library in my home then I had a small home in my library. I eventually sold, gave away or trashed all of my possessions except for my books which are in safe storage until my return. Knowledge is too valuable to just give away to the uninitiated and unconcerned.

All great men of knowledge gained their knowledge the exact same way: by being voracious book readers AND applying that knowledge to real life situations. All of the knowledge in the known world is inside of books, the more books you read the more knowledge you gain. Be sure to put the knowledge to use because knowledge unused is worthless.

Nobody appreciates a book-worm nerd who never accomplished anything. Everybody respects well-read men who put their knowledge to use. Put the best books for men on your bookshelf and earn the knowledge of the ages. These great authors of the ages will teach you very valuable life lessons.
13. **Always wear a mask of success.**

Success requires you wear a mask of success. You must never be “caught with your pants down”. Wearing a mask is not about hiding, it is about showing only the best aspects of your personality. Always be “on” by wearing a proverbial mask and never let anyone catch you slipping. Relax in private, never relax in public. In public, you show your best self. For example, just because you woke up in a bad mood one day does not mean you need to show it to other people. You’ve got to always put your best foot forward.

14. **Develop a personal uniform.**

I recently grew my hair long and grew a hippie beard and I noticed one thing: people treated me like a disgusting hippie bum. They would hassle me at airline customs for no reason (other than the obvious). When I shaved the beard and got a terrific haircut, people again started treating me like royalty.

**People treat you better when you are dressed well. This is just a fact of life.**

Friend, it is all in the presentation. If you present the best version of yourself people will treat you like the best version of yourself. This is why it is important to dress well every day. To dress well every single day without fail you should do what Nate recommends and develop a personal uniform. All of the greats from Jobs to Lincoln had a very distinct look.

15. **Work every day.**

Working every day is the magic that makes great things happen and saves a man's soul. You want to live in Heaven? Heaven is found in the discipline of daily work. Want to live in Hell? Don't do any work. There is a big reason why welfare bums are miserable (they don't work). When you don't work every day you have no desire for life. Without a reason to work every day there is no reason to live life. Work is desire. Work is freedom. A day off is a day of slavery to boredom and longing and sloth.

"I hated days off!” – Jerry Rice

Don’t you see it is the discipline of developing and keeping a work schedule that keeps you free? Take advantage of nature's remedy and develop a rock solid work ethic. It is easy to have an indestructible work ethic when you work for something bigger than yourself.

16. **Have a muse that makes you work for more.**

**A muse is a person or personified force who is the source of inspiration for a creative artist.**

It is only when you work for something bigger than yourself that you begin to accomplish great things. Nobody cares about themselves in the way that they care about the object of their desire. When you have a muse you work towards something bigger than yourself and you will accomplish something bigger than yourself. Of course, accomplishing something big requires you to go out on your own...
17. Be a high energy entrepreneur.

Sorry, but you cannot be a great man if you call another man, or woman, “boss”. Responsibility is always the very first step to freedom. To be a great man is to accept great responsibility. Letting somebody else be your boss, and letting them be responsible for you, costs you the opportunity to be a great man.

To be a great man is to walk out into the unknown, on your own. It takes balls of steel to become an entrepreneur because entrepreneurs have no safety net. It is do or die. All great men of the world have gone into the unknown and come back with their treasure. Treasure is only for leaders so learn how to be a leader and get your treasure.

18. Don't ask for respect, take it.

I never asked anybody in my life for respect. The respect given to me has nothing to do with my desire for it because I don't care for it and I don't yearn for it. I respect myself and have for all of my life. Down to my bones I know one thing for certain: I am correct. What another person thinks is not significant to me.

Do you know the funny thing that happens when you respect yourself and don't yearn for approval? You are granted respect by all people. It happens naturally. If you want to get respect you have to respect yourself first. If you do not respect yourself nobody will respect you. Respect yourself and never worry about what other people think. Worrying about what other people think is feminine and will cause people to not respect you.

Learn how to stop worrying and start winning.


Have you ever read survival stories from people who were attacked by sharks or bears and got away? How did they get away? They got away by fighting. If you want to get away from a shark, punch it in the mouth and it will let you go. You have to fight back or be eaten alive. In our world we have to fight crybabies who demand apologies. To fight them off, instead of throwing a punch, what you do is stand firm and NEVER APOLOGIZE.

Never showing remorse or apologies is the same as throwing a punch. Being defiant and never apologizing is the only way you live in peace. If you apologize one time they will not stop tearing you to pieces until there is nothing left to tear. Apology is weakness, show no weakness. When you apologize you do not appease the crowd, you further enrage them and they will descend upon you like a thousand vultures in hell.

20. Learn how to defend yourself.

If you don't learn to defend yourself who will defend you? Mom and dad cannot be there at all times. The only person who is with you at all times is yourself. You can only depend only on yourself to defend yourself. In this world people will prey on you if you allow them. It is imperative to learn to defend yourself so that you do not become a victim. Learn to be cold when it is time to be cold.
21. **Be independent.**

*All great men of character are lone wolves by nature.*

That is because there is only one person who you can always depend on: yourself. Learn from the best but always remember: there are no role-models for being an individual. Nobody can teach you to be the best version of yourself. It is entirely your job to learn and earn your independence. Nietzsche said that an independent man proves that he is not only strong, but also daring beyond measure. To be daring beyond measure requires you to have a clear vision of the future and work towards it.

22. **Live in the future.**

I once heard a great con man say: “Life can only be understood looking backwards; unfortunately, it must be lived forwards.” To be a great man is to be able to disregard immediate results and work towards future goals. Never follow this “live in the now” zen silliness. Living in the now is what dogs do. Never thinking about the future and never learning from the past, just barely getting by begging for scraps of food. As a man it is very important to be future oriented and plant seeds for the future. In this world it is imperative that you learn from past mistakes and that you plan for the future and stick to the plan.

23. **Exercise every day.**

Exercise is not just for physical development, it is for mental and physical health. You have to exercise to be healthy, in both mind and body. Exercise just has to be a part of your daily routine just like shitting, showering, and shaving. Exercise is also the way you develop energy. Like Ralph Waldo Emerson said: “The world belongs to the energetic.”

24. **Develop the Body of a Spartan.**

*I can promise you one thing: people treat you well when you look like a Greek God.*

*In my life I have been skinny and I have been heavily muscled. Here's what I learned...*

When you're skinny you're just a regular person, when you're muscled up you become something more and people treat you as something more. People will come to you out of the blue just to touch your arms and say: “WOW!” To be the best you can be requires you to develop your body to the best of its ability. Remember, physical development a.k.a. bodybuilding is not the same thing as exercising. Exercise is what you do for your heart and your mind, bodybuilding is what you do to make your body look like Zeus and you cannot die without looking like Zeus at least once.

*You have got to develop a 6 pack at least once in your life.*

*A great body will make you stand tall above all.*

25. **Learn from the best and ignore the rest.**

People always ask me if I read XYZ person or if I follow XYZ person's philosophy and here is the answer: “Hell no I don’t.” I live my way. I find only tidbits from other people and I put them together into my own Full Color philosophy of life. To be the best you've got to learn from the best and ignore the rest. I did mention it is important to learn from books, but you have to learn from the right books.
It has again been my experience that 98 out of every 100 books are not written by masters but by students rehashing the teachings of a master. To learn from the best, you have to find the 2% of books that were actually written by the masters of their fields. Even then you can only take bits and pieces from them to form your own philosophy.

These books are easy to know because they will jump out at you as if they were alive. The words will seem to be speaking directly to you. These books are the wows-makers that make you open your eyes and mouth to say “WOW!”

**26. Don’t compare yourself to them.**

Comparing yourself to others is futile because the only competition is yourself. You are you, he is him, she is her, they are them. Do not worry about them, only worry about what you can control and the only thing you can control is yourself.

**THERE IS NO COMPETITION.**

There is no competition to be you because there is only one you and there will only ever be one of you. Be you and be your best. Who gives a damn what Teddy and Freddy are doing? That is their business. Let them be involved in their business and you stick to yours.

**27. Think twice before saying nothing.**

They say that a great diplomat is a man who thinks twice before saying nothing. Heed this great advice and don’t be too chatty. When you speak too much you give away everything. You give away your plans, your strategy, your capabilities and your fears.

“You never open your mouth ’til you know what the shot is.” – Al Pacino, Glengarry Glen Ross

Many great men of history have said that it is a far greater accomplishment to listen well than it is to speak well.

<table>
<thead>
<tr>
<th>The 4 Rules of Speaking</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Never interrupt people when they are speaking.</td>
</tr>
<tr>
<td>I constantly see the 98% of the failures interrupting people, unable to hold in their words for a few more moments.</td>
</tr>
<tr>
<td>2. When it comes to business, always be the last to speak.</td>
</tr>
<tr>
<td>Let everyone else reveal their thoughts, consider all of the information, then open your mouth and let your voice be heard. You will always be the wisest man in the room if you are the last man in the room to open his mouth.</td>
</tr>
<tr>
<td>3. Always speak with finality and exude complete authority.</td>
</tr>
<tr>
<td>Never speak too much, always leave something left unsaid.</td>
</tr>
<tr>
<td>4. When you do speak, make sure you have something real to say.</td>
</tr>
<tr>
<td>Never, ever speak just to complain.</td>
</tr>
</tbody>
</table>

**28. Never complain.**

Complaints are feminine. Feminine types complain because they believe that they do not have the ability to change circumstance, which is incorrect. Women can change their circumstance as easily as men. Change is nothing but an attitude of the mind. Complaining keeps you from evolving to a higher form. As a true man of virtue there is no acceptable reason to complain.

“A warrior cannot complain or regret anything.” – Carlos Castañeda
29. **Harness your sexual energy.**

Every great man is highly sexed. It is this vital sexual energy that is the engine of all greatness. To be a great man you can use your sex energy and transmute it to business. So many people overcomplicate transmutation of sexual energy. They think their is some witchcraft voodoo process when it is actually very simple: be highly sexed and transfer that sexual energy to business or art. What is the most creative act on Earth? Sex. Sex creates a living being. It is the utmost in creativity. Use this sexual energy in your business or your art to get the most creativity out of yourself.

30. **Strive to be brave.**

*A great man is a brave man.*

To become a great man you must learn to be brave by doing something brave like killing a tiger with your bare hands or going into business for yourself. Entrepreneurship is brave because when you start no one will believe in you, no one will trust you, no one will help you, and everyone will doubt you. Therefore, success rests solely on your shoulders. You make it happen or you quit. The whole world respects a man who makes it happens and the whole world secretly disdains a quitter. They’ll tell you soothing words like: “You made the right choice,” but they tell you these words because they know you are weak and they secretly rejoice in your failure.

31. **Increase your ego, don’t kill your ego.**

*Ego death is complete death of the spirit and soul. Look at the great company the word ego is in.*

Ego is another way to say: soul, spirit, mind, individuality, vital force, breath of life. They say you should kill your ego but let’s replace ego with similar words. You tell me if this is a good idea: “Kill your spirit, kill your individuality, kill your intelligence, kill your spiritual being, kill your ardor, kill your breath of life, kill your courage.” Sound good? Heck no it doesn’t! Killing your ego is a bad idea. To become immortal you need a very big ego...

32. **Make yourself immortal by leaving work that will live on after you’re gone.**

What do we know of the past? Whatever words in books tell us of the past. We only know of people who were written about. Professional writers are the creators and preservers of history. Writers hold all of the power and you can write your own history in real time. It is not necessary to wait until you die to write your story, you can create yourself exactly as you wish to be and you can start right now. Create your own power, create your own prestige, create your own history by writing it yourself. You can go from nobody to somebody, from fiction to reality, in the blink of an eye.

*Just follow the strategy...*
33. Always be Bold and Determined.

The entire strategy of success, from nothing to something, nobody to somebody, is laid out for you in the archives of Bold and Determined. The best of those archives are found in these 3 volumes. To make the greatest version of yourself become a reality, follow the plan laid out carefully for you in Bold & Determined Volumes 1 – 3. If you do not follow the plan then, so sorry, it was not your fate to be great.

In the end it must be as it is and always has been: great things remain for the great.” – Nietzsche

But don't forget what I said...

“Great things are there for you to take.” – Victor Pride

Until next time.

Your man,

Victor Pride
The other night I realized that I have an addiction to sugar. I always thought sugar addiction was fake but it must be real and I’ll tell you why. This night I was in a bit of a foul mood, not feeling super great, and around 9 P.M. we went to the local cafe to grab a mixed berry yogurt smoothie and I instantly felt better when I started drinking it. As I was drinking it, and my sour mood was vanishing, the very fact occurred to me that: “I am clearly addicted to this sugar.”

Now I know what you’re thinking: “But Victor, maybe the cool drink just made you feel better because it gave you some calories,” but that cannot be true because I had eaten well that day. I’d had 4 meals of fish/rice/vegetables and some other combos. I’d even enjoyed steak at one of my meals and all of the meals were eaten to fullness. I was not in need of calories, but I craved the sugar wildly, evidenced by my sour mood without it.

Addictions make you feel sour until you get your fix and can be lifted up again. It doesn’t matter what you’re addicted to, they all act the exact same way. Addiction only happens with products that you don’t actually need. You cannot be addicted to water you can just be thirsty. But sugar (and things like alcohol and tobacco etc.) does nothing positive for you. These products do nothing but create the problems that they then “fix”.

The only thing sugar will do for you is put fat on your belly. Why would you NEED something that does not produce positive benefits for you? You don’t. I don’t need sugar but I sure felt like I needed sugar this night and that’s when I realized it is a full-on addiction (and I barely even consume sugar. It is certainly a very strong substance).

When I stay away from sugar I don’t require it but when I go 2, 3 or 4 days consuming sugar soon I will “need” and crave it every day. Just like when they start to smoke their bongs, watch their porn, drink their alcohol or smoke their cigarettes. They don’t need it and when it’s gone they are so much better, but when they do it once or twice soon they start needing to do it every day. It’s best just to stay away and remember that the “pleasure” you get from it is directly caused by the misery it also causes. You don’t need the stuff but once you’re hooked on it you’re body will start to make you feel like heck until you get your fix.

The only thing you can do to stop feeling like heck is to realize the truth: the product you think you need creates the desire by also creating the sour mood you feel without it. It “fixes” the exact problems it creates. That is why they call satisfying your addiction “getting a fix”. When I became aware of this, I was able to break my sugar addiction in an instant.

Addiction of any kind is very easy to break. It takes simple awareness of why you are craving the product. When you understand why, it is very easy to just say no. It is just like flipping on a light switch and seeing the problem clearly for the first time. See the light, know the truth, and you will not need the fix anymore.

Speaking of needing a fix, I have been voraciously reading old books. For the last 12 – 18 months I have spent a considerable amount of time reading very old books. I have realized that many old books speak of the same things we speak of today just in a different way, though the very old books can be seemingly hard to find.

It can really seem like there are precious few ancient books available to us. They say the burning of the library at Alexandria, a library which held 500,000 volumes of ancient knowledge, was a huge blow to the knowledge of the world. It can feel like we have almost no information about our past and why we’re here. But...
We don’t need to read 500,000 books to learn the truth of the world. The truth can be found in one book in one paragraph in one sentence (I can tell you the truth in only 3 words). That’s all it takes for us to learn because learning is actually just confirming what we already know inside.

The knowledge we have inside of us is called gnostis and of the few ancient treasures we have available to us to read are often known as gnostic works. You may not have heard of a gnostic but you have probably heard of the opposite which is an agnostic. An agnostic is a person who believes nothing can be known, a gnostic is a person whose knowledge comes from within through revelation. Speaking of gnostics, have you ever read this fellow William Walker Atkinson? He’s a fascinating case. He’s a guy who was a lawyer back in the late 1800s and then decided to delve into the world of the mystical and he wrote over 100 books before he died. He’d had a mental breakdown due to the stress of his work as a lawyer and he credited finding what was called the “New Thought” movement for completely invigorating his spirit and turning him into a productivity machine.

The New Thought movement was basically the beginning of the self-help movement. The New Thought movement’s principle belief was simple: BELIEF CREATES REALITY. Later on, a book called Think and Grow Rich emerged from this New Thought movement and became a huge hit and turned on the light for me personally. People so often want to make success sound so hard and cry about hard work but the reality is if you are in the dark it only takes a light switch being turned on go be able to see. Work as hard as you want, if the light is off nothing will happen. If the light is on, everything will happen even if you seemingly do nothing. When the light-switch is on, everything is visible. Nothing hides from you in the light, only in the dark.

You could call the philosophy of the New Thought movement “new” but that wouldn’t really be true. See, there is but one truth in the world and it has been known for 10,000 years or more. Through much of history knowledge has been in the hands of only a privileged few. It has been hidden from the common man but with the advent of the printing press and freedom of speech, the truth of our world can come out, often in the form of seemingly “woo – woo” self-help books.

Remember the main premise of the New Thought movement? It is that thought creates reality. Is this a radical new theory? Not really. If you look deep into the history of spirituality, religion, alchemy and mysticism you find but one truth: BELIEF CREATES REALITY. If you study your scriptures you will find that a fellow named Jesus taught the same reality, but his teachings are hidden deep in allegory. If you read your Holy Bible you’ll know that the most important principle is to have complete faith (i.e. belief). Hidden in the parables and allegories of the New Testament is this fundamental truth: FAITH CREATES REALITY.

To not believe, to not have faith, is the biggest sin and understand that a sin is not a crime against humanity but a true crime against yourself. You’ll not be punished for your sins, you’ll be punished by your sins. In other religions it is called karma. You know the old self help cliche? If you can believe it you can achieve it! This is a cliche for a reason, it is true. It is the basis for all religions the world has ever known. Heaven and hell are real but they exist in your mind, they are not in some far away place.

Believe in greatness, the light as they call it, and you will live in heaven and you will achieve perfection. Do not believe in the light and you will live in hell. Belief is the basis of all religion because belief is the basis of our world. That’s why they call it FAITH. It really has nothing to do with religion, Christianity, Judaism, or any other religion as religions often hide the truth, or they don’t even know in the first place, or they pervert the teachings of truth for their own worldly gain. Many religions of the world are maintained by perverted souls who want you to worship them. Don’t you find it a little strange that they want you to get on your knees in front of them?
Be awed by the light, friend, but do not get on your knees for man because it is very pathetic. You are the source of your own light, no one else, there is no such place as heaven or hell but inside your own mind. If they tell you anything other than this they have perverted the truth to scare you into coming to their church and giving them money and power. You cannot buy salvation any more than you can buy sunlight. It is there already and it is free. The truth of the matter is that you have a divine light in you, because there is a divine light in every organism on this earth. The light in plants is called chlorophyll, the light in man is called soul.

Whether or not you use the light to see, well, that is a matter of self-help.

The first self-help book came out in 1859 (by Samuel Smiles, it was titled simply Self Help) but self-help has existed for millennia in the form of the scriptures and other writings from teachers like Hermes Trismegistus and other people that existed many years before Jesus and the Buddha. I have something to share with you about Jesus and the Buddha but I want to talk a little about self-help first.

A lot of people like to poo-poo on self-help but have you ever noticed the people who poo-poo on self-help are always quite nasty? They have a real nasty attitude and demeanor. Of course self-help doesn’t work for them because nasty attitudes will never allow anything other than darkness. In religious fanaticism, these kinds of nasty people are called demons. Self-help works, this is a guarantee. There is only one person in this world who will help you and that person is staring at you in the mirror. The one thing you do have to have is the knowledge of HOW to help yourself. But where do you get this knowledge?

Before I read Think and Grow Rich I lived in the dark. I wanted out, I wanted to create greatness, I wanted to see more, believe more and achieve more but I had absolutely no idea how. I was stuck in a rut working these dirty jobs with animals in human skin but I had no idea what to do. Not until I read Think and Grow Rich and realized the power of the entire world is in my own mind. You have the power to change, you have the power to create and all it takes to do it is a steadfast BELIEF that you will.

I always believed Bold and Determined was a product of destiny. I never advertised, I never looked for readers, I never did anything other than work for perfection because I believed fully that the work was the good work of the light. And this belief I had became true in a big way. I made a huge amount of money. I don’t want to brag about it as I never worked for money in my life, but the money was a manifestation of doing the good work of perfection.

For years all I wanted was the perfect words in the perfect order and for one goal only – to show you the light that I had found. I was there in the dark before, I was a ghost, I was living life in black and white instead of living life in Full Color. I knew there was light in my soul but I didn’t know how to let it out and now I do know how. This is why I do the work I do, to show you the way to your light-switch. I am here to bring the light, I don’t care about fame or status, my purpose on this earth is to show you the light of belief. I don’t care what work you do, you can be a gardener, a painter, a barber or a barista, it doesn’t matter. It only matters that it is your calling and that you believe in what you do and that you seek perfection in it.

If you don’t seek perfection you don’t get perfection and remember friend, in this world you always get what you seek. Too many of us seek destruction and bad karma and we get it. Speaking of bad karma, the other day someone asked me why I admire Donald Trump. I had to ignore the question as it was too silly for me to answer. I don’t admire anybody. I learn from all people but I don’t admire anybody living, if I do admire people it is the people who have stood the test of time, the real test of time – eternity.
If you want to know why I admire someone, ask me why I admire someone like Christ or Buddha and I’ll tell you. It is because they are some of the greatest teachers the world has ever seen. Forget about the religions and frauds committed in their name, their teachings are pure. They are the true original source teachings of self-help and they were some of the best to ever spread the message of belief and faith. Buddha said: “What you think, you become.” In the Book of Proverbs it is said: “For as he thinks in his heart, so is he.”

Speaking of Jesus and the Buddha...

Jesus Christ is the most powerful name in the entire world but his name was not actually Jesus Christ. His first name was Yeshua and Christ is not a surname but a title for the enlightened one, the light bringer (he was the son of God surely but there is a twist I will share with you later). The same for the Buddha. Buddha was not his name, Gautama was his name. Buddha is a title that means enlightened. He was Gautama the enlightened one. I still don’t admire them, though I do learn from them. These two enlightened fellows teach you to believe and not to hide from the light in you.

Belief will not only save you, belief will create you. I’ve said it a thousand times, you create yourself as you wish to be, but you must do it. Nobody will create yourself for you. The light of another can show you the path but you will have to turn on your own light to truly be able to see this simple reality: belief is the light of life, so just believe and then achieve. Belief is the real world my friendly friends and if you believe in a great world you will live in a great world and if you believe in a bad world you will live in a bad world.

Heaven and hell are in the mind. They always were and you always knew it, you just didn’t have the knowledge to put the pieces together. Thanks to some of the great teachers of the ages and a little help from Uncle Victor you can go out into this world and you can be the light of this life. Pretty please, for all the work I’ve done for you and would have done for free, do these 3 favors for me...

SEE THE LIGHT, BELIEVE THE LIGHT, ACHIEVE THE LIGHT.

When you see and believe this knowledge, your life will change in an instant. The light-switch is there, you just have to find your way to it in the darkness. When you find the light-switch and turn it on, “poof”, the metamorphosis happens in an instant. From dark to light in the blink of an eye. That is the power of the light my friendly friends. It will show you everything you ever wanted to see and that is my great guarantee.

In the light, the knowledge cannot be hidden from you. They’ll freely tell you that Jesus was the sun of God, and this much is true. But what they do not tell you is this: so are you. You don’t need to get on your knees and bow to a priest to find the light. The light of God is in your soul, friend, but more than that the light of God is your soul. If you just turn it on it will shine bright right through your eyes. Go to your mirror right now to check and see. They say seeing is believing so just turn it on to see, man. Turn on the light and you will see.

“Thou will see the light of God staring back at thee.” -Victor 3:16

Until next time.

Your man,

Victor Pride
Hello my friendly friends, according to the Chinese lunar calendar, it is now the year of the dog.

You know what I have to say to that?

OWWWWWWWWWWWWWW!

Speaking of dogs, I feel like a real dumb dog and I'll tell you why. We had a little problem with the email system. The result? For the past 3 months I received only 50% of the emails I normally receive. I thought it was weird that none of the readers were mailing me anymore. It wasn't until I actually thought about the situation that I realized the reader emails weren't going to me. When I fixed the problem I had hundreds of unread messages waiting for me. In this article I will answer many of the questions I received.

Let's get started...

“Thank you for changing my life! I have a greek blog and I would like to promote your amazing books (affiliate marketing). Is it possible to market your 30 Days of Discipline book as an affiliate?”

Yes, Bold & Determined has an affiliate program that you can join right here. We pay a 75% commission for each one of the ebooks you refer.

“Vic, how often do you do 30 Days of Discipline?”

365 days a year, friend. Every day is a great day to exercise self-discipline. It must be internalized. If you practice 30 Days of Discipline only for 30 days then you get benefits only 30 days, if you practice every day then you get the benefits every day. Once you get hooked on the program you will never want to go back to being lazy. Though I have modified some of the rules to fit my current lifestyle, for example I do not wake up at 5A.M. as I have learned to prioritize sleep. However, this is to the detriment of productivity. If you want to be ultra-productive, in my experience, it requires waking up early. The difference in productivity between waking at 5A.M. and waking at 9A.M. is vast.

“Dear Sir, I have done a lot of exercise for my arms and chest and I have seen the performance. I have read Body of a Spartan and I have seen a lot of results, thanks to you. But, I am completely confused what exercises will help me to get my stomach in.”

Diet is what gets your stomach in. No exercise in the world will give you a 6 pack if you are eating too much. To reduce belly fat you must reduce the amount of food you eat. Personally, when I cut out all “junk” foods and eat clean, simple, natural foods my stomach fat vanishes in a matter of days and weeks. All foods that are natural will help you to lose stomach fat and all foods that are not natural will put stomach fat on you. Also, I stay away from dairy when trying to lose fat. Dairy will very easily put stomach fat on you, even seemingly innocent dairy foods like yogurt make it hard to get lean.

Leave cold drinks out of your diet as cold drinks are bad for digestion. Digestion is of the utmost importance in health and leanness. If your digestion is poor it will lead to belly fat. Lean people all have very good digestion. Your drinks should be at room temperature or warm. After a few days of giving up cold drinks you will notice an improvement in belly fat. Your first clue that cold drinks are not good for you is that they do not fulfill you. Each time you have a cold drink you are not satisfied and you want more, more, and more. Anything that satisfies does not leave you with cravings for more.
Put a slice of lemon or lime into your water because the acidity of the lemon/lime will aid in digestion. I might be the only white person in the world who carries a jar of water with lemon in it everywhere I go, but literally everywhere you go you are faced with foods and drinks that will make you fat, sick, and weak so you must be proactive.

"Because of your work, I was started on a path just a little over two years ago—a path that has lead me to a point where I'm on my way to a six figure income this year. I looked for mentors. I didn't ask. I just searched out people I wanted to be around and made sure I worked for them. When I had crippling anxiety I took your advice to face my fear. When I had fear of asking for help, for resources, for investment, I took a telemarketing job. I called over a hundred people a day. I want to thank you for the real deal articles, the one that started it all, Drilling And Killing. Been drilling and killing ever since. Cheers and never stop being everyone's VIP."

"How does one kick alcohol? On days I don't have alcohol, I can outperform and outdo anyone, but lately those days have been rare because of alcohol. I need to kill this thing once and for all and to be frank I'm sick of it but can't seem to get away from it."

When you don't have alcohol you can outperform and outdo anyone, so I have one question for you: why do you drink alcohol on those other days? So you can be worse? Silly reason to drink alcohol. In fact, all reasons to drink alcohol are silly. It is not a sacrifice to quit alcohol because alcohol gives you nothing in the first place. The beautiful truth is that it does absolutely nothing for you at all.

The best book about addiction I have ever read is Allen Carr's Easy Way to Stop Smoking. It does not matter if you are a smoker, the book is a must read and it can be used for literally any addiction in the world, including alcohol. All addictions act in the exact same manner, they give you the symptoms that they then “fix”. Simply put, drinking alcohol causes the symptoms that alcohol then cures... until the symptoms come back. It is a nonstop loop, the more you drink the more you need to drink to cure the symptoms that drinking gives you.

"The whole business of smoking (or drinking) is like wearing tight shoes just to obtain the pleasure you feel when you take them off." – Allen Carr

Allen Carr has another book called Stop Drinking Now which I have not read but I am absolutely sure it is powerful. After reading his books, you will not need rehabilitation or Alcoholics Anonymous or any of those other programs. You will quit alcohol after reading his book because you will understand the reason why you drink and you will understand very clearly why you do not need to drink (or smoke). You will be able to listen to your body when it is saying to you: "YOU ARE FEEDING ME POISON! STOP DOING IT."

"How do you know you've become a man? How do you truly feel at peace with yourself or is life always going to feel like I am stuck in limbo? I feel dull and static even though on paper I look excellent. I am providing all this context because I am still unhappy. I was raised to serve God, country or family. Ever since discovering you, I have become more selfish and have been trying to turn myself into a true man."

Most of the fathers in the western world are ill-equipped and never taught boys to be men so it may take you a while longer than it should. In this world, today, you have to learn to be a man on your own. Thankfully there are people like your kindly Uncle Victor who are trying their best to show you the way from A to B.

Right now I will give you the number one piece of advice for becoming a man: a man controls his will.
He has willpower. That means a man is not a slave to vices like masturbation, booze, drugs, or sex. A man has control and is in control of his own will. If you are not in control you are not a man. All of these vices are very easy to obtain. It is hard to say no and it is even harder to mean it. When you say no and mean is is when your willpower has become fully developed.

When your willpower becomes unbreakable and unshakable, this is when you are a man, fully and 100%. When temptations temps you and you can say: “No,” is when you have ascended to the summit. the devil can only offer you vice. When you can look that ol’ devil in the face and laugh at him is when you have ultimate power.

If you have control over your own will, what could the devil ever do to you? Nothing, Jack.

In regards to being more selfish, you must be completely selfish in pursuing your goal but to be a real man of character your true goal must be selfless. A selfish goal gains no one paradise, it is hell for everybody involved. If you aren't helping people you are not helping yourself. A selfless goal is the only goal worthy of pursuit. To be a man is to be selfishly pursuing the goal of selflessness.

“Hey Victor, the content that you produce and produced is the only content that made direct impact on my life. I keep coming back to you. No matter what happens, I always come back to B&D. Automatically. The things you have written are the only things that make sense. It is like a circle. It is a truth my brain knows I cannot and should not ignore. I have been on the drugs route. We all know where that route ends. I have been on the meditation route. Nothing happened. I have been on all types of diets. But when I follow advice from B&D my life always gets better. I see it now. After sometimes even condemning your work. I tried to not swallow the B&D pill. But it is impossible after seeing what it has done for me. Your work is the only work that helped me directly. Nothing else worked. That is not exaggeration. I see things in a simpler fashion now. But it took a while. Thank God for Bold and Determined and thank God for Victor Pride.”

“Hi Victor, if you're ever around X City do you offer personal consults?”

My friendly friends I do not offer personal consults of any kind. The great work is available here to all for free. I give the best knowledge I can give. Of course, I do have hidden secrets of success but those secrets are not for sale. Like Peter Thiel said in his great book *Zero to One*: “Every great business is built around a secret that’s hidden from the outside.” The hidden knowledge of B&D is given only to a select few and money is not the decider. If you have ears to hear and eyes to see, you will understand everything already.

“Hey Victor, what to do if you hate your job, because you waste your time, nobody likes you there and you fail to do the tasks there and want to quit and start your entrepreneurial journey, but don’t know how to support yourself without money?”

**Number 1:** stop your rambling because it is a pathetic way to speak.

**Number 2:** quit the job you hate and find a different one that you don’t hate.

How do you support yourself without money? This is a very easy question to answer: you cannot support yourself without money. Other people can support you with their money or you can support yourself with money. This is very easy to figure out. Just make money at a different job and stop your pathetic whining. Whining and rambling is pathetic and you must banish it.
“Vic, I enjoyed your article 33 Ways to Be a Man, and I noticed you mentioned eyes in there twice: porn darkening one's eyes and wasting your eyes on social media. I don't do either of these but I spend a lot of time reading online, and I've noticed I have tired and groggy eyes which really bother me. Do you have any advice on how to improve dark eyes?”

The best thing you can do is never use a phone or computer at night. I realize it is the current year and we are all deeply addicted to our screens so the next best thing you can do is install f.lux on your computer and grayscale your phone.

f.lux makes the color of your computer's display adapt to the time of day, warm at night and like sunlight during the day. I personally use ‘darkroom’ mode at night and it works absolute wonders for the eyes. After you use f.lux on darkroom mode you realize just how bad your computer screen is for your eyes. I never look at my phone at night, but if you do it is a wise idea to turn your phone to grayscale to both eliminate your phone addiction and to help your poor old eyes. If changing the screens does not fix your eyes you may have a sleep issue such as sleep apnea.

“Do you still deal with your sleep issues? If yes, how do you handle it? If not, what have you done to solve it? Anyway, thanks for all the content. 4 years here and still getting great value from B&D.”

Yes, I still deal with sleep apnea. Here's what happens: when you fall asleep the roof of your mouth closes because it is weak and because it closes it blocks the amount of oxygen you get, resulting in you waking up throughout the night countless times. People with sleep apnea may “sleep” 8 hours per night but wake up feeling exhausted. They wake up so many times during the night they may actually only get a few hours of sleep.

I deal with this by sleeping on my side and never sleeping on my back. I sleep on my side with a pillow between my knees for comfort. If I fall asleep on my back I will wake myself up with a loud snore. This snore tells me that it is time to move to me side. If I were to sleep on my back I would wake up hundreds of times because the roof of the throat closes, blocking the air and make you snore or gasp.

There are throat exercises you can do to strengthen your throat and eliminate the closing during the night. Below are a few quick throat exercises that will help with sleep apnea.

- Push the tip of your tongue against the roof of your mouth and slide the tongue backward. Repeat 20 times.
- Suck your tongue upward so that the entire tongue lies against the roof of your mouth. Repeat 20 times.
- Force the back of your tongue downward against the floor of your mouth while keeping the tip of your tongue in contact with your bottom front teeth. Source.

“What is the most important factor in achieving happiness?”

To truly be happy you must be in love. No two ways about it, no man will ever be happy without a Mrs. in his life that he loves fully. You always know a friend who is in love because he will not stop smiling. We are not complete creatures by ourselves, women complete us. We are but one part of a whole, without the other part we will always be empty and unfulfilled.

Anybody who tells you that you can be happy alone is simply wishing it were true, but it isn't. Ask any prison guard and they will tell you the only thing that changes a hardened criminal is the love of a female. Love is the light of this world, friends, and it takes two to tango. The yin and the yang symbol can show you everything you need to know. Yang is masculine and yin is feminine. Even if you are a very fine specimen of pure yang, you still cannot complete the circle without yin.
To stay in love it is important to make love. The act of lovemaking is what literally makes love. However, it should be apparent that when you make love and expel the semen you immediately lose interest for your female. This is a very common occurrence, you are wildly in love and plan a life together until you have an orgasm and fully change your mind. The feelings of love go away and are replaced by annoyance and even disgust.

Therefore, it is important to make love but to not ejaculate. The act of ejaculation kills your feelings so when you retain the ejaculate, your feelings of love do not diminish. Instead, your love grows making you happier and leaving you in perpetual bliss. This is what our Christian friends call rapture, our Hindu friends call samadhi, and what our Buddhist friends call nirvana. This is the way you find everlasting happiness, the Holy Grail hidden in plain sight, so plainly obvious if you have eyes that can see.

"How to cultivate sexual energy and then transform it into body strength and spirituality?"

To understand the secret of sexual transmutation is to understand the hidden secrets of all true religions of the world. All great religions are built upon a secret that is hidden from the outside, this is why religions all have dual teachings. They have teachings for the normal people and they have teachings for the inner circle. The teachings for the normal people are called exoteric and the inner teachings are called esoteric.

**Exoteric (public):** intended for or likely to be understood by the general public.

**Esoteric (hidden):** intended for or likely to be understood by only a small number of people with a specialized knowledge or interest.

The great knowledge of the cultivation of sexual energy is esoteric knowledge intended only for those who have ears to hear and eyes to see. As our friend Jesus said: “For the hearts of this people have grown dull. Their ears are hard of hearing, and their eyes they have closed. Therefore, I speak to them in parables because seeing, they do not see and hearing, they do not hear, nor do they understand.”

Even by directly telling this secret to normal people they will not see it and they will not hear it. In plain sight I will tell you this great secret. In plain language I will say that only a fraction of a fraction will even see it or hear it. It will remain invisible, hidden in plain sight for eternity. Here is what you do to fully transmute your sexual energy, awaken your spirituality, become enlightened, awaken the dormant fire of the kundalini energy located at the base of the spine in the coccyx bone, open your 7 chakras (what is known in Revelation as the 7 Churches), stop living life in Black and White, start living life in Full Color, feel truly alive for the first time, turn your soul from lead into gold, develop great strength of body and will, and become born again as a great man.

**This is the great secret of the ages: love your woman daily but never ejaculate again for the rest of your life.**

This is the great hidden secret of all true religions, of alchemy, of true yoga, of everything the spirit world has to offer. The life force is in you, until you expel it. Do you want to be alive? Do you want to live a real life? Do not expel your life force. The power to literally create life is already in you. For your spiritual awakening you must use this life force to become born again.

**And my friendly friends I ask you one question: how exactly is one born?**

OWWWWWWWWWWWWWWWWWWWW!
“Hey Vic, I've always been paranoid about girls cheating on me, so I was hoping to get some manly advice from you.”

Let's look at this from the opposite perspective. When you have a girlfriend who constantly accuses you of cheating for no reason, it is not because you are a cheater it is because she is a cheater. We are afraid of what we ourselves do. When a girl is constantly accusing you of cheating she is doing this because she understand what she would do in your position. She understands her own behavior and thought patterns and she is projecting her character flaws onto you.

You, my friendly friend, are doing the same thing to females. You are aware of your own behavior and you project this on to innocent people. How to overcome this? I would humbly suggest you give up all thoughts of cheating. This fear of yours has nothing to do with any girl, it has only to do with yourself. Face your own fear, look at yourself in the mirror and fix what is broken.

We all project our own flaws onto others when we accuse them. When you are not a cheater you do not have constant thoughts that your partner will cheat. A clean person believes all people to be clean and a dirty person believes all people to be dirty. I would humbly suggest cleaning yourself up before accusing another of being dirty. You will find that when you are clean, there is no thought to accuse another of being dirty. The thought will not even enter your mind.

“Victor I have seen your videos your voice is much deeper and manly. How you got this and I have never heard from anyone except you. Question is how anyone can deepen his voice? I too have manly voice but only at morning hours and after that I sound like a boy and I get tired after speaking few words. Why is it so?”

All my life it was my dream to be a singer. Alas, I have the worst singing voice in the entire world. It is truly awful. When I speak at a loud event, say to a bar or outdoor event, my voice is impossible to understand. I simply cannot be heard in loud venues. This is exactly what people say to me in loud areas: “What? What? What?”

Imagine my surprise when I put a microphone in front of my face in my early 30s and my voice was powerful. Our dreams come true in one way or another. I cannot sing a lick, but I have the ability to get my point across with the spoken word. Regarding developing a deep voice, I am not sure that you can. I did nothing to my voice. Your voice is your voice, you may be able to change it a little this way or that way but it's not going to change pitch.

You said your voice weakens as the day progresses and you get tired after speaking. This exact same thing happens to me and I know how to fix it. Regarding your voice weakening during the day, it is a matter of breathing. Specifically, if your voice is weakening it is a sign that you are not breathing properly. A proper breath is a deep breath through your nose and full exhalation. When I find my voice has become weak and hoarse, I perform breathing exercises and the power of my voice returns.

The Wim Hof breathing routine works very well to strengthen your voice. Another way to strengthen your voice is to take a deep breath and then let the air out in about 6-10 violent exhalations. Do this until your voice is powerful. Also, coffee in particular kills the power of my voice. Even one sip of coffee and my powerful voice turns into a hoarse whimper.

The reason you become tired from speaking is because you are not getting enough oxygen. You are breathing through your mouth and then speaking on the exhalation, and probably you are speaking too quickly. You must be conscious to breathe through your nose when you speak.
Slow down your speech, pay attention to breathing deeply through the nose and after you have breathed through your nose then you may speak. Breathing from your mouth and speaking quickly robs oxygen from your body and makes you tired. To learn more about proper breathing please research “pranayama”, which is the formal practice of controlling the breath.

“Is it a good idea to price test eBooks at $3.99? Would you ever do it? I hear that’s the price where e – Books sell the most copies. My concern is the perceived value of my e – Books if I price them this low. However, if $3.99 yields higher profits, than it’s obviously a smart business move.”

No, I would never sell my work for $3.99. Ultra-low pricing makes your work appear cheap and less than worthy. If people are going to buy, they are going to buy whatever the price may be. Anybody who is looking at buying one of your books is not searching for a low price, they are searching for an answer and they are willing to pay for the answer. Price makes less of a difference in buying than we imagine.

The difference in spending $19.99 or $3.99, price wise, is basically non-existent, but the perception is very real. When you sell at low prices you are perceived as being low quality. The more you pay for content the more likely you are to pay great attention to it. The less you pay, the less you are going to care.

As a business, you want to get as much money as you can while selling as many copies as you can. Frankly, if a portion of your customers are not complaining that your price is too high then your price is too low and you are leaving money on the table.

“Hi Victor, the work you do on your website with your writing is of tremendous value to me and I’m sure a lot of other guys. You often talk about self creating work and getting your mind out there for people to gravitate towards. Is there anyway you could touch more on the whole editing and publishing process of your art as well as the experience you had discovering the process?”

Every first draft is terrible. There is a moment in nearly every article when I become disheartened and think of quitting the article. But I always power through and eventually the lead article becomes gold. It is only through painstaking work and attention to the tiniest details that an average work becomes an extraordinary work.

You can view the 30 Days of Blogging articles to view average works. You will be able to see there is a very big difference from a first draft to a completed draft. It is the ability to do this editing of minute details that separates a master from a journeyman. It takes time to edit the work but have you not heard the phrase time is money? You must spend time to make money.

I see so many blogs that have terrific potential but absolutely none of them put in the required work to make them great, and they suffer by not making money for their work. The French say: “Le bon Dieu est dans le detail,” which means God is in the details. Attention paid to small things has big rewards.

Writing articles is not the great work, spending the time to edit the articles to add depth is the great work. So many write the words and publish them right way, with no thought of how to make it better. This is utmost laziness. It takes 2x – 10x longer to edit your work but your work becomes 100x better by doing it. You must do what no one else will do to get what no one else will get.
The urge to publish as soon as the writing is done is great and this urge must be overcome. You should never, ever publish the same day you write an article unless you want to publish inferior work. This work takes at minimum 2 full days to properly prepare.

This very article that you are reading seems to be a very easy “Q&A” type article but it took me 4 full days and nights to create it. The first draft was so awful I wanted to quit and give up, it was only on the third night that I started to enjoy reading it. Even then it was too much. At first it was nearly 8,000 words I had to cut out 1,000 words to make it flow. I enjoy reading the work and see nothing I need to fix is when I know it is properly marinated, fully cooked and ready to serve.

“Are cheat days really important physiologically? Or is it only a psychological thing?”

Cheat meals are psychologically important because they reward you for good behavior and they give you a shot of dopamine that you are not otherwise getting. Hippocrates said: ‘Food is your medicine,’ and he was right. It is food that floods your body with dopamine. Good food, that is. It has been my vast experience that plain food does not give you any specific feelings of instant happiness, though plain food does keep you centered.

When you stay on a diet for a while you are not a happy camper, you are usually “down”. When you eat a nice “cheat meal” you finally come back to life and get a flood of energy and happiness. Regarding cheat meals being necessary physiologically, it depends on what your body looks like. If you are very lean, a cheat meal will make you look better. If you are still terribly out of shape, a cheat meal will only continue to hinder your physical progress.

When I diet on a very strict plan, I eat 6 days of perfectly clean foods. On the 7th day I eat a fast food meal and I feel terrific. The next day my muscles look absolutely fantastic. They become full and 3 dimensional whereas on a diet they are flat and a bit “lifeless”.

High calorie foods have a fantastic power to blow up the muscles but it only works if you eat the high calorie foods once in a while. If you start to eat fast food 7 days per week you will become fat very quickly. In a matter of 3 or 4 days, a cheat meal per day will make you fat. It is amazing how quickly you can lose everything you worked for simply by eating a fast food meal once per day rather than once per week.

“What should a 17 year old male eat and how often? Right now I’m doing the steak and eggs diet, eating once a day. I’m 6’163 pounds, muscular and lean but not ripped, trying to get a spartan body. Do you have any specific recommendations?”

You are still growing at 17 and you do not want to stunt any potential growth by limiting your calories. My full advice to all people under 21 years old is to EAT! EAT! and EAT! some more. You always have to do what works best for your body and activity level, not what a program on a piece of paper tells you. And your body should be telling you: “I’m hungry!”

“Dear Victor, I have all three volumes of your BOLD & DETERMINED and they are excellent! I couldn’t agree with you more when it comes to ebooks I cannot abide them and cannot understand why anyone would prefer to read them over real books, that’s why I’d like to ask if there’s any chance of making your Body of a Spartan book available in paperback format?”

Yes indeed, Body of a Spartan will be available on paperback soon.
“Any thoughts on mental illnesses such as: bipolar disorder, schizophrenia, anxiety and panic disorders, etc. Your words are wise and as usual I am 100% sure that you will say what it is and not what people want to hear.”

There are people who need to be locked in a mental institution for their own good. Those people are lost to us. What I will say below is for “regular” people who are not chronically mentally ill but who experience symptoms of this or that. I’m not a doctor and this is not medical advice, but I do have a lot of thoughts regarding mental illness. Specifically, I see a lot of flaws in the mental health industry.

The biggest flaw I see is that the mental health industry treats symptoms instead of causes. The entire world is based on the law of cause and effect, which is called karma. Do this and you can expect that to happen. But when you have some mental health problem and see a professional you will be given medicine to treat some “chemical imbalance” in the brain, but the professionals ignore why the chemicals in the brain are imbalanced.

What will happen if the professionals do not treat the cause? The patient will not be cured. Every person on psychiatric medications says the same thing: “The pills worked for a little while and then they stopped working.” The pills can only help for a little while because the underlying causes are never addressed so the same reactions will continue to happen. It is best to treat the cause.

Mental illness is mostly caused by masturbation and sex or pornography obsession, drugs, alcohol, lack of food or ill-balanced diet, lack of sleep, stress, and abuse. Fix these issues and 99% of mental illness will heal itself, abuse is the hardest to heal but treatment is exactly the same. A note on drugs and alcohol: every single bipolar schizophrenic I have met has been an alcoholic and/or drug user. If you use substances habitually rather than rarely or never, what do you expect to happen? These substances rob your body of vital life force and leave you too weak to fight, but fight you must.

Mental illness is not a lifelong dilemma any more than having a common cold is a lifelong illness. A cold is an illness of the body and if you treat it right it will heal itself. The same is true for mental illness, treat the symptoms correctly and it will heal itself. No drugs, no booze, no masturbation, more food, more sleep, get your daily exercise and, *poof*, the problems go away. Take the psychiatric meds and who knows what will happen? Fix the issues and health will occur.

Many people who spiral into mental illness stop eating and this is a very big mistake as it makes the issues so much worse. Listen here, you cannot feel bad after eating an exquisite meal. You will never feel depressed or anything else after eating a full meal that includes all of your macro-nutrients and a nice dessert.

Hippocrates said: ‘Food is your medicine and your medicine is food.’ This advice is literal.

It is extremely important to get adequate sleep. Lack of sleep is a very big factor in developing and continuing mental illness. You must sleep if you develop symptoms of mental illness. You can think of it like this: If you are depressed it is a sign that you need deep rest.

Depression is a natural reaction to the ups of life. What comes up must come down. After you go up a certain amount you must also go down a certain amount until you stabilize and become normal. There are peaks and there are valleys, this is life and you must deal with it. Taking psychiatric pills can hide life from you for only so long, but all they do is prolong the inevitable. It is best to heal yourself naturally rather than use pills to extend the inevitable.
It should be noted that you must treat the symptoms as they arise, if you let symptoms continue you may face something serious, in which case the person may need to be locked in a hospital for the safety of the patient and of others. You will be able to spot mental illness in people if you pay attention to their eyes. If you can see the whites of the eyes below or above the iris, the colored part of the eye, the person you are looking at is not doing well.

The Japanese call this “Sanpaku eyes”, which means 3 whites. The whites of the eye should be visible to the left and the right of the iris, but if you can see the white above or below the eyes you can spot a mentally ill person. If the whites of the eye are visible below the iris, this person is a danger to himself. These people are often addicts of alcohol and/or drugs. To put it politely, these people are often on their way out of this world. If the whites of the eye are visible above the iris, this person is a danger to others. This person is often psychotic, devious, and full of rage. Never trust a person who has whites above the iris. If the whites of the eye are both both below and above the iris, run.

If the eyes are sanpaku, a bland diet should be taken. Sleep should be prioritized and alcohol, drugs, and caffeine should not be consumed. Even if the eyes are not sanpaku and you are perfectly fine, pornography should never be watched under any circumstance and the most insidious of all habits, masturbation, must be given up for a lifetime.

"Hey Vic, what's your take on weight gain powders?"

Weight gain powders should be called fat gain powders because all they do is help you get fat faster. I don't take them and I would never recommend you take them. If you are trying to gain fat there are better ways than using weight gainers. A couple pieces of blueberry pie with 2 big scoops of french vanilla ice cream on top will work better than fat gain powders.

I got big eating a bucket of french vanilla ice cream drowned in a sea of Dr. Pepper nightly. If you eat like this you will get fat and I had to diet the fat off later but this is the only way I could get big. Clean foods will never put weight on you. We already know this, bad food is what puts weight on you and good food doesn’t. FOOD IS YOUR MEDICINE! Either way you wish to go.

"Victor, Big fan of your work. Love your articles they have a wealth of information and knowledge. What is the difference between your articles and books? Is it the same information in book format-your info is so great that if that was the case I’d buy that. Or are your books different? If so how, more tips or stories?"

The Bold And Determined paperback books are exactly like the blog with absolutely zero change. They are the blog articles in paperback book form. The articles are my entire heart and soul poured into words. The articles are my great work. The books are secondary. I put the best of the work right here, for free, and I always will. To write a new book as good as B&D would take me a one year or more and it would require not publishing anything on B&D during that time, or at least nothing of quality. And even then I am not sure I could come close to what I can create in a 3,000 word article.

The best of a book is always the first chapter, which is the length of a blog article. The vast majority of books are made of up one idea expressed in the first chapter and that idea is expanded upon using filler language in the remaining chapters. With the understanding that books are mostly filler, I really don't believe it is possible to write a book that is better than Bum Mentality, or 33 Ways To Be The Greatest, or The Metamorphosis, or How to Be the Light.
I put all of my energy into those articles and that is why after you read them you become energized. I am not joking or being facetious in any way when I say that a part of my soul leaves my body and goes to those articles. So if you like those free articles and want them on paperback, buy the books. And if you don't, you don't. The world keeps on spinning, fella.

"Hey Vic, I think you should do a book review of *Unscripted* by MJ DeMarco, or some article that relates to the book or highlights your shared world-views, etc. As a frequent reader of your blog, I think that would be a great article."

MJ DeMarco, author of Unscripted, is a friend of B&D so I will read his book eventually. However, I have always read books and watched movies much later than their release date. Usually, I will read a book many years after it has been released. My personal favorite book is many thousand years old.

I have never been too excited to read a new book right away, I read books on my time. If a book is great it will be timeless and a timeless book can be read at any time and it still holds up. A book that is not timeless is not a book that I care to read.

So you see, it matters not when you read a timeless book. You are free to read as you wish to read. If time is important to your work then I am sorry to say that your work is not good enough. You already know my philosophy by now...

"I'm a thousand miles from nowhere and time don't matter to me."

There are a thousand stars in the night sky. They all tell a true story. At any time you can step outside and sleep in your own thousand star hotel and read the story of eternity. What is the rush to read a new book when the story of eternity is still being told?

**Until next time.**

**Your man.**

Victor Pride
March – 2018

26.3.2018 – How To Sleep in a Thousand Star Hotel

A Sermon From The Mountaintop

I tell you boy, my poor little feet used to hurt if I stood or walked too long.

If I was in the shower for ten minutes they'd start to hurt. If I had to walk around the city for an hour I'd spend the rest of the night on the couch. If the walk was 10 minutes I just wouldn't make the walk. I'd take a motorbike or a taxi everywhere I went. My poor little feetsies hurt too much. I was a real damn weakling because of my feet.

So you know what I did to toughen up? I went to Bishkek and started walking for five hours per day.

Every day.

Anywhere I needed to go, I walked there. I took no taxi, no motorbike, no bus, no bicycle. Nothing but my own two feet and a pair of hiking boots. I walked everywhere. And you know what happened? My feet toughened up. They got used to the pain of walking. Before I toughened my feet up, I'd get maybe 45 minutes walking time before my feet would start hurting. Soon it was 2 hours until they hurt, then 3 hours, then more. When I'd walk 5 hours a day they hurt, boy, that's for sure. Instead of resting when my feet hurt, I kept on walking.

At first it's painful, but pain is temporary.

Soon you toughen up and realize that the real pain only starts after you stop walking and start resting. If you just keep going, the pain goes away. But if you stop and rest for too long, woo, the pain comes for real. So I just decided not to stop. After I toughened my feet up I rented a Jeep and went to the mountains so we could sleep under a thousand stars, instead of sleeping in a 4 star luxury jail cell called a hotel.

We were driving out on some hard mountain road outside of Karakol, using the 4 wheel drive. When the driving became impossible because of fallen boulders we got out and started walking. When we got bored walking, we looked up at the mountain and said: “Let's climb that,” and that's what we did. We walked right up and down that son-of-a-bitch. It wasn't no easy trail, there wasn't no trail at all. It looked easy from the bottom but, boy, it sure wasn't as easy as we thought. Well, it wasn't easy for the lungs. For my feet, it was a breeze. Training them for 5 hours per day really paid off.

We were out in the wild and I would not call it a “fun” hike. But then again, I'm not here for fun. I'm here to walk through the pain and persevere. Speaking of persevering, people always tell me they wish they could stop living the life they are living and start living the life they are dreaming. But for some invisible reason they just can't. These people are called dreamers. They dream of sleeping under a night sky with a thousand stars in view so they could make a thousand wishes. Instead of actually doing it, they go back to their luxury jail cell where they have no stars and no hope.

Why don't they just do it?
When I sleep in a yurt in the mountains of Kyrgyzstan, under a thousand night stars, they say: “I wish I could do what you do.” I say: “Listen here, fellow. Wishing upon a star does not work unless you are actually underneath a star. Get your feet walking to where you want to go. It ain’t no matter of “goal setting”, it’s a matter of walking there and doing the damn thing.” Speaking of this nonsense called goal-setting, someone recently asked me this: “Vic, what are your thoughts on goal setting?”

You want to talk about goals but, boy, I don’t have no real goals.

I don’t believe in goal-setting like these college educated fools believe in goal-setting. I believe in being OBSESSED beyond all reason. Being obsessed to the brink of madness. Being obsessed to the point of being selfish. It is not a matter of setting goals, friend. It is a matter of being singularly focused to the point of obsession. Focused on ONE THING ONLY!

It don’t take no genius, boy, it takes only an unnerving desire.

Hell, I’m beginning to realize that only an idiot can become successful. I did not say even an idiot could do it, I said only an idiot could do it. Smart people listen to other people and that is their downfall. It takes a real moron to do the exact opposite of everything they say to do. And this, my friendly friends, is the hidden secret of success.

DO THE OPPOSITE!

Do the opposite of everything they tell you to do. When they go left, you go right. When they say go up, you go down. When they say “tone it down” you crank up the volume. You zig where they zag. Where they’re weak you be strong. And you stay strong in the face of everybody in the world telling you to be weak just like them.

Do the opposite of everything they do.

Success is the easiest thing in the world and only “idiots” take the easy way. Smart college people take the hard way and get nowhere again and again. A smart doctor once told me, “Don’t spend too much time on your feet. Rest them, don’t stand or walk too much.” You know where that got me? Nowhere but the damn couch. I had to do the stupid thing and walk on them for 5 hours per day to get my desired result. All these years on the road have taught me one valuable lesson...

Goal setting is pointless if you are not willing to give all of your time.

I told you a thousand damn times I do not have goals! What I have is time. I spend the required time it takes to achieve the desired result. When I wanted to change my poor little feetsies into rough and tough feet, I spent the time required to do it.

IT TAKES AS LONG AS IT TAKES.

If you ain’t willing to spend the time then you ain’t going to get no rewards. If you aren’t prepared to spend the time, you can forget your silly little wishes made under a luxury jail cell roof. Speaking of goals, my only goals on this good green Earth are goals that will never manifest. I am here to walk the Earth like Caine from Kung-Fu, wandering the Earth in search of the great truth. I love money as much as the next tycoon but my mission has become much more than mere success and riches.

I am here to find the truth, spread the good word, and live the good gospel.
It takes the all damn life to achieve this goal. Only time will tell if you succeed or fail and you won't be around to know. **The light of truth has no end goal.** The path is never-ending, and a never-ending path is the only path you should ever take. On my endless travels I learn this and I learn that, but what I never achieve is closure and I don't want it. Closure is doom, friend.

**This is what happens when you achieve a goal you have set for yourself: stagnation.**

When you stop walking for too long your feet start to hurt too much when you do walk forward. So I don't have any goals. None. I have killed my goals like so many Buddha lovers try to kill their egos. Now it just is **what it is**, boy. Nothing else. And what's true for me is true for you. In front of you is nothing but a long and winding road through the mountains. Hard road, no easy road.

When the road gets too hard for the Jeep to pass, you will get out and you will walk. If there is a mountain in front of you, you will climb it. After that, you will continue forward. There is no end to this journey because when you stop, that's when the pain starts. On this long and winding road you cannot veer because you have places to go and promises to keep. Like Robert Frost said, **“The woods are lovely dark and deep, but I have promises to keep and miles to go before I sleep.”**

**You hear that, boy?**

**You have promises to keep and miles to go before you sleep.**

**So You Had Better Not Let Me Catch You Sleeping**

Else there will be hell to pay and I will come collecting. I will come to you in your nightmares and show you what could have been. I will show you the life you could have been living. I will show you the life you should have been living. If only...

“**WAKE UP!”** you'll be screaming to yourself. “**Please, please, please wake up! I shouldn't be asleep anymore! Please God let me wake up from this hell!”** But I will show you clearly... Hell is no place you go when you die, it's that moment in life you realize you could have been alive. If only you could wake up and get after it. **“If only I could sleep in a thousand star hotel instead of my 4 star luxury jail cell. If only I had the balls to wake up and get after it. If only, oh, if only...”**

**Yeah right.**

**If only.**

Until next time.

**Your man,**

Victor Pride

**P.S. Spartan Entrepreneur: Blog Artist** is now available on paperback. It has a picture of a palm tree on the cover to get you thinking of what could be if only you had the balls to wake up and get after it. **Buy it**, put it in your suitcase, and wish upon a thousand stars before you go to sleep.

**But don’t you forget what I told you...**

**YOU HAVE MILES TO GO BEFORE YOU SLEEP.**
April – 2018

17.4.2018 – Why You Should Never Masturbate Ever Again

The Great Secret of Male Success

What do Isaac Newton, Nikola Tesla, and William Shakespeare have in common?

They are all great geniuses of the world. People admire them, emulate them, and even worship them. They produced such tremendous work that they changed the world for centuries. They were men who had incredible vitality and life-force. Because they had such incredible life-force and vitality, they were prolific geniuses of their field. Newton of physics. Shakespeare of literature. Tesla of invention. These great men possessed such tremendous energy and endurance that the entire world admires them even hundreds of years after their deaths.

But how did they become so great?

Was it their genetics or is there another reason why these men were able to create such prolific works of genius? How about you? Are you full of vitality and creative energy? Probably not. But I’ll bet you are curious why you never seem to have the mental energy to create all the great work you envision. If you are lacking in creative energy, vitality, and radiant life force it is because of one reason, a reason which I have discovered after nearly wasting my entire life.

I have discovered the source of the greatest energy and creativity this world has ever known. This great energy is natural and abundant. It does not come in a pill, a cup, or a shot. You cannot buy it at a spa, a resort, or a doctor’s office. It is entirely free and there is actually nothing you must do to obtain this tremendous energy. It is entirely natural in you in abundance. The great energy and power of the ancient masters is in your own hands and I will show you how to harness this incredible energy to use for yourself. Before I give you the terrific cure for malaise, laziness, and stupidity I must first give you the terrible secret of the destroyer of man.

The #1 health destroyer of men is called… Masturbation.

Masturbation is the thief that robs your vitality, creativity, and life energy. That is the bad news but there is good news. This is the good news… When you quit masturbating you will abundantly increase your health, wealth, and energy. You will go from low energy to high energy. From weak to strong. From stupid to intelligent. From degenerate to upright. From sickly to vibrant.

Why stop masturbating?

I can tell you 10,000 reasons to stop masturbating and they will all be powerful. But I want to first show you one reason which highlights why you really must quit the bad habit of masturbation. This reason may sound silly, but new information always sounds silly. After you hear this reason and read the accompanying information, you will understand how important it is to never masturbate, ever again. You will understand that this reason has nothing to do with religion or morals and everything to do with science. You will understand that this reason is the reason you are not all you could and should be. You will understand why Tesla, Shakespeare and Newton all had tremendous vital and creative energy. You will understand fully why you must never masturbate.

Here is this reason… SEMEN IS LIFE-ENERGY.
Every time you expel semen your life-force says: “Bye, bye!” When you waste your semen you are literally wasting your life-force. The more semen you spill, the more of your most precious and vital bodily fluid you spill. Let me ask you, how is a child created? Through the semen of the father and the egg of the mother. The semen literally creates a new life in this world. The semen is so vital, so precious, so intricate that it creates a new life. Yet so many men are bamboozled by the modern industries of the world and they waste this precious bodily fluid right down the toilet, as if it were a waste product!

So what’s the problem?

The problem is that this vital force takes tremendous energy to produce. Each time this force is expelled you are expelling your own vital energy. Energy does not come from nowhere. When a child is created, it is created through the vital energy of the mother and the father. Each drop of semen contains your vital energy because it is meant to create a new life. Remember, energy cannot come from nothing. The energy of the child was once the energy of the mother and father. It is this energy that you must use if you wish to increase your health and increase your creative energy. Semen is the literal creative energy in man. Without it, there is no great creator and no great creation.

This is why when a man creates his great work it is called his seminal work.

Without retention of your semen you will create no great work and live no great life. Not only will you have no creative energy, but if you waste your semen you will not have radiant health. Grandma and grandpa were right when they told you all of those tall tales about how bad masturbation is. As bad as grandma and grandpa said it is, it is worse.

Why is it worse?

Because in our technologically hip world masturbation is pervasive and these so-called doctors and mental health professionals will actually tell you it is healthy. It isn't! But not for the reasons you think… Masturbation is not a sin against God or an act of immorality. No, it is worse. It is an act of pure self-abuse that we actually believe is pleasure. Masturbation is but a moment of pleasure that causes a lifetime of pure pain. Masturbating causes you to live in Hell on Earth, but you never know the reason why. You think you are low energy, weak, and stupid because it's this disease or that syndrome or this food or that food.

Nope.

The real reason you are a sick weakling is because you drain your literal life force. Each act of masturbation kills you slowly (and terribly). I am not here to scare you about damnation and hellfire. You aren’t going to masturbate and then go to hell when you die. Masturbaters, or “wankers”, are already living in hell. Depravity is the abyss.

I’d like to show you a way out of the darkness and into the light.

Rather than focus on the negative effects of masturbation (which are legion) I’d like to show you the great person you can be when you slay the dragon and learn to let your life-force build. The secret of male success is to quit the masturbation habit forever. There are many incredible things that happen to your body and mind when you do quit. Your self-esteem and self-confidence will rise dramatically. When you masturbate your self-esteem vanishes. It is not because you are doing a shameful act, it is because the act is draining your sense of self. Actually, it is draining your real self. The semen is the life, literally. The semen creates a brand new life out of you. Your sons and daughters are you, they come from your semen. It takes a lot of yourself to make another life and when you drain this, you drain your sense of self. You must let yourself build by never letting your semen go to waste.
Here is a terrific list of the things that will happen when you give up masturbation.

**Courage/Fearlessness**

Fear reduces a lot. It’ll become hard for you to be scared, even of dangerous things. In a dangerous situation, you’ll be aware of the risk but you will also be able to deal with it carefully instead of panicking and worsening the situation. You will start to feel what real masculinity is like.

**Better Eyes**

Eyesight improves considerably with the practice. And it’s not just the sight that improves but also the endurance of the eyes. You can then spend hours in front of your computer without your vision getting fuzzy and/or your eyes getting tired. In ancient times they used to say that “masturbation causes blindness”. It’s an exaggeration but there is a connection between the two. The floaters around the eyes also reduce or disappear completely.

**Blissfulness/Contentment**

You will start to feel bliss, which will cause dispassion and distaste for sensual pleasures. Sometimes the bliss is so great that you lose interest in everything around you. To increase this bliss it’s best to practice self-inquiry (hold the I thought-feeling) as taught by Ramana Maharshi. The bliss is similar to the pleasure you get from sexual activity but more refined (subtler). It’s better because it’s continuous, and has an invigorating effect on the body.

**Better Memory**

You will find it easier to remember things and you will also remember memories which you had long forgotten. Never mind old memories, you will also start to remember dreams which you had a long time ago. The mind will become much sharper.

**Better Immunity**

The energy reserves of your body are much higher now so the body will find it easier to deal with illnesses. It may happen that illnesses actually increase in the beginning with the practice, probably because of the body healing itself from ailments, but all will be better in time.

**Lack of worry**

Your worries reduce greatly. You will actually start to find it difficult to worry because you feel perfect or close to perfect. This will give you a sense of security enabling you to deal with difficult situations without worrying.

**Intuition/Spontaneous Understanding**

The mind becomes incredibly sharp and able to grasp things easily. You’ll start to understand things intuitively without thinking about them. The answers will come to you naturally on their own.

**Suppleness**

The body will become more supple and flexible. Notice how flexible young children are? They haven’t wasted their vital force as much as adults and so their bodies are strong and supple.

**Calmness**

An indescribable inner calm develops. You will develop the virtue of patience quite naturally.

**Confidence**

You’ll develop vigor and confidence. Shyness leaves you and you feel comfortable with yourself. The increased confidence can easily make one conceited so be careful.

**Lack of Anger/Irritability**

The greater the bliss, the greater the inner peace. The blissful feeling makes it nearly impossible to get angry. Suddenly everything’s fine. Nothing bothers you anymore.

Friend, I can go on and on about the benefits of giving up masturbation forever.

Your mood will improve, your anxiety will improve, you will eliminate mental problems like excessive worry (you will stop being a nervous wreck), you will be able to control emotions, your skin complexion will improve, you will become more attractive, your body will become leaner, you will develop good self-discipline, you will be able to overcome any addictions, your depression will disappear, your masculinity, virility and vitality will return, you will develop strong moral character, you will be complete instead of being lost, you will kill Mr. Hyde and always be Dr. Jekyll (the good guy), you will become radiant, you will develop a strong aura, you will develop animal magnetism, you will become happy, healthy, and free like a child, you will become calmer and more patient, you will become cleaner and more organized, your willpower will increase, and you will possess the ability to make more money.
If that is not enough for you, know that killing the bad habit of masturbation is one of the core tenets of all religions the world has ever known. Here are a quote from the Hindu religious text Bhagavad Gita which clearly states that this vital energy semen should not be wasted ('Veerya' = semen and 'Prana' = life-force):

“My dear brothers! The vital energy, the Veerya that supports your life, which is the Prana of Pranas, which shines in your sparkling eyes, which beams in your shining cheeks, is a great treasure for you. Remember this point well. Veerya is the quintessence of blood. One drop of semen is manufactured out of forty drops of blood. Mark here how valuable this fluid is!”

The secret to male success is to quit the masturbation habit!

Friend I never accomplished anything in life until I gave up this nasty habit. I was a retarded moron who failed english class twice. I became a respected, influential, and rich writer only after I gave up the “dark arts” of masturbation and sex obsession/compulsion. It was impossible for me to ever accomplish anything in this life until I did. The great secret of sexual transmutation is to never waste your great energy unless it is to create a new life. If you are not going to create a new life, your great energy should be used to create great works of art, literature, and business. You don’t have to take my word for it. You can take the word of many accomplished men. Below are quotes from Sri Swami Sivananda that show you the great importance of retaining your energy.

Sexual pleasure is an illusion. It is no real happiness at all. It is mere nerve tickling. All worldly pleasures appear as nectar in the beginning. They become poison in the end.

Eminent doctors of the West say that various kinds of diseases arise from the loss of semen, particularly in young age. There appear boils on the body, acne or eruptions on the face, blue lines around the eyes, absence of beard, sunken eyes, pale face with anaemia, loss of memory, loss of eye-sight, shortsightedness, discharge of semen along with urine, enlargement of the testes, pain in the testes, debility, drowsiness, laziness, gloominess, palpitation of the heart, dyspnoea or difficulty in breathing, phthisis, pain in the back, loins, head and joints, weak kidneys, passing urine in sleep, fickle-mindedness, lack of thinking power, bad dreams, wet dreams and restlessness of mind.

Mark carefully the evil after-effects that follow the loss of seminal energy! Persons are physically, mentally and morally debilitated by wasting the seminal power on so many occasions for nothing. The body and the mind refuse to work energetically. There is physical and mental lethargy. You experience much exhaustion and weakness. You will have to take recourse to drinking milk, to eating fruits and aphrodisiac confections, to make good the loss of energy.

Remember that these things can never, never repair the loss completely. Once lost is lost for ever. You will have to drag on a dreary, cheerless existence. Bodily and mental strength gets diminished day by day. Those who have lost much of their Veerya (semen) become very irritable. Little things upset their minds. Those who have not observed the vow of celibacy become the slaves of anger, jealousy, laziness and fear. If you have not got your senses under control, you venture to do foolish acts which even children will not dare to do.

He who has wasted the vital energy becomes easily irritable, loses his balance of mind and gets into a state of explosive fury for trifling things. When a man becomes furious, he behaves improperly. He does not know what he is exactly doing as he loses his power of reasoning and discrimination. He will do anything he likes. He will insult even his parents, Guru (teacher) and respectable persons. Excessive sexual intercourse drains the energy enormously. Young men do not realize the value of the vital fluid. They waste this dynamic energy by immoderate copulation. Their nerves are tickled much. They become intoxicated. What a serious blunder they commit!
It is a crime that demands capital punishment. They are slayers of Atman [spirit or soul]. When this energy is once wasted, it can never be recouped by any other means. It is the most powerful energy in the world. One sexual act shatters completely the brain and the nervous system. The energy that is wasted during one sexual intercourse is tantamount to the energy that is spent in physical labour for ten days or the energy that is utilized in mental work for three days. Mark how precious is the vital fluid, semen!

**Do not waste this energy!**

Preserve it with great care. You will have wonderful vitality. When Veerya is not used, it is all transmuted into Ojas Sakti or spiritual energy and stored up in the brain. Western doctors know little of this salient point.

**Most of your ailments are due to excessive seminal wastage.**

A good lot of energy is wasted during copulation. Bad memory, premature old age, impotence, various sorts of eye diseases and various nervous diseases are attributable to the heavy loss of this vital fluid. It is greatly shocking indeed to see many of our youth walking with tottering steps, with pale, bloodless faces owing to loss of this vital fluid, instead of jumping hither and thither with agile, nimble steps with vigour and vitality like the squirrel. Some people are so passionate and weak that even the thought or sight or touch of a woman causes discharge of semen. Pitiable is their lot!

Why do you lose the energy that is gained in many weeks and months for the sake of the little, momentary sensual pleasure? Falling of semen brings death; preservation of semen gives life. Semen is the real vitality in men. It is the hidden treasure in man.

**Eminent European medical men also support the statement of the Yogins of India. Dr. Nicole says...**

“It is a medical and physiological fact that the best blood in the body goes to form the elements of reproduction in both the sexes. In a pure and orderly life, this matter is reabsorbed. It goes back into circulation ready to form the finest brain, nerve and muscular tissues. This vital fluid of man carried back and diffused through his system makes him manly, strong, brave and heroic. If wasted, it leaves him effeminate, weak and physically debilitated and prone to sexual irritation and disordered function, a wretched nervous system, epilepsy, and various other diseases and death. All waste of spermatic secretions, whether voluntary or involuntary, is a direct waste of the life force. It is almost universally conceded that the choicest element of the blood enters into the composition of the spermatic secretion. The suspension of the use of the generative organs is attended with a notable increase of bodily and mental and spiritual vigor.”

**How to Stop Masturbating**

The great lie about masturbation is that it is “hard to quit” and lifelong. This is so wrong! When you understand the great power you will obtain when you quit, and when you understand the great health problems you give yourself when you don’t quit, it becomes INCREDIBLY EASY TO QUIT! First thing you need to understand is this: masturbation is not a biological need, it is a mental addiction. You become addicted to this death-spasm like people become addicted to heroin. It’s great when you first shoot up heroin, then it is a lifetime of hell. Masturbation works the same way. Not to mention that many say that semen is made up of cerebrospinal fluid, when this fluid is gone your body and bones start to hurt. Masturbation is a big reason why so many have unexplained lower back pain and joint pain.
Understand that it does you no good and it causes all of your problems. Yes, self abuse causes most of your mental and physical problems and sicknesses. Doctors won't admit it but doctors don't make any money when you are well. Nearly all problems are directly traced to masturbation. It is the #1 cause of illness in this world.

“But I need to release!”

You don't actually. It's the very last thing you need to do. It is an addiction saying you need to release, it is not reality. In reality, the release you crave is literally killing you. Both your spirit and your body.

“But I will be so unhappy without it.”

Actually you are unhappy with it but you are unwilling to see it. You will be enormously happier without it. That's why the people who masturbate are called walkers and the people who don't are called saints.

“But it feels good so there can be no problems with it.”

Eating junk food also feels good, so there can be no problems down the line right? Wrong. We all know own what happens when you eat food that is too sweet and rich. Fattness, sickness and premature death. It feels good for a moment and causes pain for a lifetime. You get immediate please for long term pain, just like when you eat junk food. And just like when you eat junk food, masturbation slowly kills your mind and your body.

We could all act like a bunch of retarded deviants and pretend that masturbating is healthy and normal for you. Or we could confront this obvious problem like men. Masturbation is killing you and if you argue this fact your what the guys in England call a “wanker”. A wanker is a loser, a masturbating simpleton. If that is you, do something about it. Oh, and to answer my original question. What do Tesla, Shakespeare, and Newton have in common? They never masturbated in their lives. They were “celibate” meaning they did not spill their precious energy.

“I believe it is right to live celibate.” – William Shakespeare

These great men of history saved their precious energy and transmuted it to their great work.

You can do the same if you so choose.

Try this for 30 days and you will see with your own eyes how much better of a man you become.

Until next time.

Your man,

Victor Pride

P.S. For more on giving up the nasty habit, check out NoFap.com. There you will find many hundreds and thousands of success stories who all tell you the same exact thing: Life is better when you do not masturbate.

P.P.S. For more extensive research, research this word: Brahmacharya.
When I was an 18 year old buck, I didn't know nothing about nothing. No one told me anything. I figured out the rules of the real world all by myself. After years of trial and error, success and failures, heart-break and true love I have boiled the principles of life down to 18. If I knew these principles when I was 18, I would have been rich by 21. Now you can have the great benefit of my hindsight.

If I had an 18 year old son today, this is exactly what I would tell him...

1. Everything you've been taught is a lie.

Everything you have been taught is a lie but do not be angry at your teachers. They have been lied to, just as you have been lied to, and they believed the lies. They even lie mostly to themselves. They are people who have been deceived just like you. But now you will be able to break free. In this list of 18 things every 18 year old should know I will give you some truth...

2. Weed is garbage.

"Smoke up, man." No thanks, retard. They have been telling you the glorious benefits of being a stoner but good God, man, just look at weed smokers for proof. They smoke reefer and turn into drooling, mumbling retards a moment later. Weed turns you into a fool but it makes you think you're a genius. Stay away from it and from the people who use it.

3. Masturbating will kill you.

They will tell you it is healthy but look at the freaks around you. They are physically sick and they are deranged in the head. What causes this derangement? You guessed it. Masturbation. Jacking off causes you an enormous amount of ill effects, both mental and physical. Not jacking off causes you to become a Superman. Not masturbating is the secret key of success for men. Jacking off will ruin your body and your mind early. There is only one way to have a healthy body and a sharp mind for all of your life, it is by preserving your vital sexual energy and letting it energize you.

4. College is a waste of time.

They trick you into believing you need college to make money. Then they make you get loans to pay for the promise of a future. When this future promise is not fulfilled and you don't get a job what do you do? You go BACK to university to get more education to get a good paying job. You fool. You never get this promised job but you do get to start your adult life in massive debt. Debt is death. Look at the similarity of these words: 'debt' and 'dead'. Do not start life in the hole because it feels like death! Never get a loan for college because it does not pay off.

American universities are absolute garbage unless you want to be a dentist or a medical doctor or a lawyer. “But what about STEM?” STEM is the biggest scam in the history of scams. They pretend it's a really great field with great promise but what they deliver to you is slave wages. Don't believe any of it! You make your own way in this world and if you don't, you don't get any rewards. NO ONE IS REWARDED FOR A COLLEGE DEGREE! You can learn a lot of things on your own. Don't stop learning and never stop reading books. Remember that many self-made millionaires are NOT college graduates.
5. **Common sense will make you rich.**

You will notice two things about every college graduates: they are retarded beyond belief because they have ZERO common sense and they struggle financially. These college graduates use big words and produce almost no results. You listen to them talk and you have to squint your eyes to try and think what the heck they actually mean. Smart people do not use an endless string of big words. They say exactly what they mean in the simplest language they can use. That's is how you know an intelligent person from a moron. A college graduate will overcomplicate everything to the point that nothing can be accomplished. A simple genius will boil everything down to the basics because it is only the basics that get you results. A smart entrepreneur will see one simple obvious problem and one simple obvious fix and get rich from it. That is all it takes to get rich!

<table>
<thead>
<tr>
<th>These two words are your best friends: Yes and No</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Intelligent answer:</strong> are you hungry? ‘Yes.’</td>
</tr>
<tr>
<td><strong>Stupid answer:</strong> are you hungry? ‘Um, well, you know, I guess I could eat.’</td>
</tr>
<tr>
<td>College graduates are completely unable to say yes and no. Do not share their fate. Note: I am speaking only of American university graduates.</td>
</tr>
</tbody>
</table>

6. **Do the opposite of everything they say to do.**

The common advice is always wrong. That is why the common man is always fat, stupid, sick, and broke. They'll tell you straight to your face what to do to achieve what they have achieved – mediocrity. If you detest mediocrity and yearn for greatness then all you must do is exactly the opposite of what these people tell you to do.

“Work real hard and retire rich at 65.” Nope, get rich right now. “Go to school and get a good education and get a good job.” Nope. Skip school, never go into debt for any reason, **build your own business** and live life on your terms. “Get married and start a family.” Nope, not with the sorry state of American women and the “justice” system. This is one of the most dangerous things you can do today so you must be smart about it.

7. **Pick the right female (don’t date deranged females).**

It is important to develop a family but you must be absolutely, positively **CERTAIN!** that who you start a family with isn’t a looney tune. That's almost impossible in America today because nearly every woman is a nut-bar on psychiatric drugs and every American policeman will arrest you and take you to jail based only on ACCUSATIONS from a deranged female.

<table>
<thead>
<tr>
<th>Never date deranged women! Here are the rules...</th>
</tr>
</thead>
<tbody>
<tr>
<td>If she has tattoos, dump her.</td>
</tr>
<tr>
<td>If she has piercings anywhere but her ears, dump her.</td>
</tr>
<tr>
<td>If she has gay friends, dump her.</td>
</tr>
<tr>
<td>If she constantly has headphones in her ear, dump her.</td>
</tr>
<tr>
<td>If she routinely wakes up late, dump her.</td>
</tr>
<tr>
<td>If she is sarcastic, dump her.</td>
</tr>
<tr>
<td>If she’s private about her phone, dump her.</td>
</tr>
<tr>
<td>If she’s secretive or elusive, dump her.</td>
</tr>
<tr>
<td>If she’s heavily involved in social media, dump her.</td>
</tr>
<tr>
<td>If she heavily follows celebrity gossip, dump her.</td>
</tr>
<tr>
<td>If she curses frequently, dump her.</td>
</tr>
<tr>
<td>If she dislikes children, dump her.</td>
</tr>
<tr>
<td>If she drinks alcohol or uses drugs, dump her.</td>
</tr>
</tbody>
</table>

Always remember that the number one thing you look for in a female is a good heart.
8. **If you hate life, just move.**

The great secret of happiness is not what they tell you. It has nothing to do with education or “upward mobility” or having a “good job.” This is all retarded. The secret of happiness is having a happy love life. Having a happy love life can seem impossible in America, where there is also an air of isolation and loneliness. Maybe because most of the people are also compulsive masturbaters (men *and* women) and have extreme anxiety, rage, and poor health as a result.

A great many American women hate men. Literally. But there are nice creatures elsewhere. No one will bother telling you this because no one knows, but here is the great secret of happiness — **you can move somewhere where life is more appealing.** And I promise you, the extreme loneliness of America is unique to America. Many of the other countries I have visited are happier and more alive. America is a nice country with many great benefits but America is currently in an extreme depression. Not an economic depression but a spiritual depression. America is a great country to make money, after you make the money you’ve got to go somewhere to make your soul glow.

Poor people are miserable no matter where they live. I see people in Cambodia just sitting in their hot shacks all day doing nothing. I have no empathy for lazy people. It is up to you to change your own life, I don’t care what country you live in. **NO ONE WILL HELP YOU IF YOU DON’T HELP YOURSELF.** You *must* help yourself. The countries where the people have enough money are way happier outside of America.

“But *I’m American, I have no opportunity to move or travel,*” the American passport is one of the best in the world. Are you so silly to think that Nigerians and Ghanaians have MORE travel freedom than you? Don’t make me laugh. I meet Africans all over the world. If they can travel, you can travel. The American passport is a great passport to have and allows for a lot of freedom of travel. So get your lazy butt moving.

9. **Online business is the future.**

The greatest business in the world right now is the e-book business. No one believes this and it is for their own stupidity that they do not listen. Ebooks are the best! You write a book one time and you sell downloads of it for eternity. After you write the e-book and implement the sales process it is completely automatic. **You do absolutely nothing and if you write a good ebook you make money every day even while you sleep.**

On the contrary, running a “real” business sucks! Your profit margin with an ebook is nearly 100% but your profit margin for some product you actually manufacture and ship is low! Very low! The e-book business is the greatest business in the world for a young man who wants to make himself. What should you write? Anything. The market is wide open. I have previously said you can learn anything online but that is not true. The internet is wide open. There is almost no information online. The internet is in it’s infancy. When I search for truth on the internet I find almost nothing but poop.

10. **Always be calm, cool, and collected (by being detached).**

There is no point in getting emotionally invested in anything. It’s gonna be what it’s gonna be. If you become emotionally attached to the outcome you will exhaust yourself and make yourself become a nervous wreck. Care about things, sure, but be detached. “I’d like for A to happen, but if B happens I will be fine. If A happens I will not change.” You have to be like a rock. If you win a game, don’t gloat. If you lose a game, don’t pout. **This is the essence of manliness.** In a world long ago they called it stoicism. I just call it being calm, cool, and collected.
11. Embrace technology but do not get addicted to technology.

I recently took a road trip through an incredibly scenic country called Kyrgyzstan. This country has the most incredible scenery I have seen, ever. The mountains are unbelievable and the entire country is mountains. I was able to make this road trip with the help of my cell phone's GPS system. I would have never, ever been able to make a road trip in this country without a GPS because they speak Russian and I do not. Even with a map I would not be able to make a road trip because the street signs are in Russian. It would have been utterly impossible without a smartphone.

If I didn't have GPS I would have had to have bought a seat in a van with a driver and many other people. I would be cramped in a van, smelling other people’s farts, stopping only wherever the van stopped. Instead, we were able to go wherever we wanted and stop wherever we wanted. It was an incredible experience that I owe to technology. On the other hand, you are obsessed with your social media which provides you nothing in return. Technology is a great tool in our lives but technology can empower you or it can enslave you. Let it empower you, never let it become your master.

Note: Your body and mind are far healthier with no smartphone whatsoever!

12. People LOVE the rat race.

The average person does not want to get out of the rat race, they love it. Even when they get out of their jobs, they still run the rat race on social media. Posting pictures to try and get “likes” and more “upward mobility.” Most people cannot be saved because they do not want to be saved. That is great news for you. For you there is no competition. They are too busy running on the hamster wheel to give you any competition. The world of success is wide open because they are too busy on their phones and shopping malls, rat racing. Essentially anything you want to do (within reason) you can do. Of course you must pick something you are good at. If you pick something you are not good at you are wasting your time.

Pick something you are good at and then spend your life becoming great at it.

13. Politics are just a show.

They call it political theater for a reason. Do you really think these people have time to be on television doing pointless debates and appearing on countless television programs while at the same time running anything in this country? Get real. The job of a politician is to win the vote. After they do this, their job is to do what the people who pay them want them to do. News flash: the citizens do not pay the politicians. Even if the politicians actually did run the country it makes no difference because they do not answer to you. This is why they tell you one thing before they get elected and then do another thing after they get elected. They need your vote and nothing else.

It is pointless to waste your time with an interest in politics. It is the same as watching professional wrestling or soap operas or “reality” television. Being engaged in the watching of politics slowly enfeebles you the same way watching sports or soaps enfeebles you. You lose sense of reality and you lose sense of your own power. You become whatever it is they are trying to make you become. You must be you at all costs, and the cost of being you is never being entrapped in politics, or sports, or television shows.

“But doesn't my vote matter?”

Don’t make me laugh. The only thing that matters is picking the people who are voted on and you as a citizen have nothing to do with this. They pick the candidates and they make sure the candidates have the exact same agenda so it doesn’t matter who you vote for, they are all bought and paid for by the big money of the world. It does not matter this candidate or that candidate, this party or that party, all are on the same agenda. Caring about politics will change nothing. Not even Adolf Hitler was able to change anything so don’t waste your time. Ultimately when you pay too much attention to politics and the news you become outraged over nothing.
14. Use baby wipes instead of toilet paper.

Listen here, toilet paper does not effectively clean up your poo-poo. Toilet paper is just dry paper, it is not clean! Use baby wipes instead of toilet paper and if you have a bidet or a water-gun use that.

15. Don’t watch or read the news.

Turn on the news and what do you see? ‘Oh God, racism, sexism, war, poverty, mass shootings, rape, genocide, destruction everywhere!’ Meanwhile, go outside and the birds are chirping, the wind is blowing, and people are living normal lives. Everything they say on the news is not reflective of the real world. They pick the most extreme examples or they lie outright. Watching the news is a big mistake because it has the hypnotic ability to make you believe what they say.

If they talk about racism, you will believe racism is a real thing and is the cause of your problems. It isn’t. You are responsible for your own life. The Jew, the blacks, the whites are responsible for their own. And listen here you crybaby, not everybody will like you! You are a damn moron if you think people should NOT SEE your skin color. What kind of moron cannot see skin color? I got news for you, friend. People like their own more than they like you. Deal with it.

However!

Go outside and you will see blacks getting along with whites getting along with Asians just fine. There is almost no racism crime except on the news. Start a conversation with Chad, Tyrone, Muhammad, Jose, and Mr. Wu and you will see that people are just people. All of them like their own people more than they like you and all people are mostly nice at their core and want the same things. People get along with each other just fine, until they’ve been brainwashed by the media to hate each other for made-up reasons. The news makes good people retarded so stay away from it.

In fact, the American news media is openly racist against whites but as a general rules the average person is not. Even if they are, it is important to simply not care what other races think of you. Fear of being ‘racist’ is the biggest weakness of the average American, and it is a silly fear. Instead of apologizing to Chad, Tyrone, Muhammad, Jose, or Mr. Wu for nonsense, remember these 3 ancient words of wisdom: KISS MY ASS.

16. Forget about conspiracy theories.

In politics and war everything is a fraud. There. Now you do not need to waste time on conspiracy theories which make you depressed and helpless. Yes, helpless. Everybody who gets deep into conspiracy theories becomes enfeebled by them and stops working and doing other important things in life. Everything is fake so there is no need to “research” conspiracy theories. I told you already everything is fake, including most conspiracy theories.

I read these conspiracy theories and think: “You have absolutely no idea what you’re talking about. You’re making things up to make yourself feel better about not being successful.” If they were to get off their butts, stop being obsessed with conspiracy and start getting out into the real world on a mission of magic and success, they would become magicians who conjure success out of thin air.

If you want to be sure of this, next time you are outside pay attention to any conspiracy theory bumper sticker you see. Each time you see a conspiracy theory bumper sticker, look at the car. It will ALWAYS be an old, beat-up car. Usually it’s some sort of disgusting van. You will never see anybody in a BMW, Mercedez, or Hummer with one of these conspiracy theory bumper stickers.
It costs a lot of missed opportunity to waste your time on something you cannot fix or prove. And let’s say you actually could prove a conspiracy theory. Then what? That’s right, nothing. These conspiracy people have all this “evidence” they want to show you but they never want to provide a solution. What good is being informed of a problem if there is no solution? They want only to be outraged, and very deep down they feel happy having a reason for being a loser. Conspiracy theory kills your ego because it makes you feel helpless, but **you need your ego.**

**17. You have to be your own #1 doctor (keep yourself healthy).**

It’s up to you to keep yourself healthy for a lifetime. You cannot abuse and degrade your body and expect some doctor to fix you. It doesn’t work like that: you make yourself sick and you must make yourself well. Eat well but don't be a freak about it. Health freaks are ALWAYS sickly and “allergic” to numerous foods. The more foods you limit from your diet the more sickly you get and the foods your body cannot tolerate. You have to eat well, sure, but you also have to eat like a modern human.

You need a little bit of poison to be immune to the poison. Eat healthy for the most part but also eat your waffles with butter and maple syrup, barbecued ribs, french vanilla ice cream, and whatever else you want. A lot of it will kill you but a little of it is necessary and even good for you. The more clean food you eat the more sensitive you become, but not in a good way. You don’t get healthier eating health food, you get weaker and sicker.

Don’t eat only clean food an don’t eat only bad food, find a healthy balance. About 75% clean and 25% dirty is a good option (if you want to be bodybuilder lean, change that ratio to 90%/10%). Try to get the majority of your foods from cooked foods rather than pre-packaged foods. All foods that are cooked are essentially good for you and pre-packaged foods are not. Try not to get more than 5-10% of your foods from pre-packaged foods, ever.

Don’t ever take pills to cure psychological or mental issues. A pill is no substitute for food and exercise. Pills hide the problem they do not fix the problem. Your job is to fix any problems that arise.

**18. Seek your fortune right now (do not wait for your fortune to find you).**

Now you know everything about life. What will you do with the knowledge? Good God man, do not waste your best physical years sitting at a desk in some classroom, or at some job. Get out there and live your life.

**Buried treasure is out their lost in the wilderness, waiting for you to find it.**

**Turn off the television, turn off the YouTube, take your hand out of your pants and...**

**GO DIG UP YOUR TREASURE.**

Until next time.

**Your man,**

Victor Pride
21.5.2018 – How It Pays To Be Bad

For thousands of years the priesthood has been confronting a simple problem which they cannot solve. They see criminals, sinners becoming successful, rich. They see simple people, innocent people being crushed, exploited, oppressed, and still religion goes on saying, “Be simple, be innocent.” Then the question arises: if innocence and simplicity are never rewarded, only corruption, cruelty, violence are rewarded, then why be simple?”

That is a quote by Chandra Mohan Jain, a drug-addicted, sex-crazed, conman guru drug-runner whose cult was responsible for the largest domestic bio-terrorist act in US history. In addition to poisoning the townspeople in an effort to win a local election, his cult followers also made sure he had 93 Rolls Royces, lived in lavish luxury, and had plenty of fresh young, white girls to play with. You may not recognize his given name, but you may recognize who he became: Bhagwan Shree Rajneesh, and finally, Osho.

Osho did a lot of really wacky, illegal stuff (which you can see here). He died in 1990 but if you look at his YouTube videos today you will see hundreds of people referring to him as their God. The guy was a real jerk and to this day people call him their God. I tell you this not to poo-poo on a dead man but to illustrate a point...

**IT PAYS TO BE BAD.**

It is not only Osho who happened to gain a lot of money, power, and young females while also being a bad guy. The allure of the bad guy goes far beyond mere cult leaders and conmen. In this world, every hero is also a heel. From Arnold to Zuckerberg, every celebrated man has a dark side. It is not in spite of this dark side but because of it that every successful man finds success. Now you will learn how to exploit your own “dark side” in order to gain wealth, power, and freedom.

**You will be in good company...**

Alexander the Great was a conqueror and killer, Genghis Khan was a rapist, Moses was a murderer, Christopher Columbus was a slaver, Mahatma Gandhi was a racist, Dr. Martin Luther King wasn’t even a doctor, and Adolf Hitler apparently didn’t like the Jews. On and on through history, every great man had a dastardly side. We don’t worship these great men in spite of their bad behavior, we worship them precisely because of their bad behavior.

If they were good guys they would have been forgotten ten seconds after they died. Because they were bad guys they have been and will be remembered for centuries. Only the bad guys have the nuts to go after what they want without apology. So you see, you little wimp, that bad guys live the good life and good guys live the bad life.

When you realize that good guys get nowhere and bad guys get everywhere you will reach a turning point in your life and career. Like the terrific bad guy Nietzsche said, the great epochs of our life are at the points when we gain courage to re-baptize our badness as the best in us.

**This is how you re-baptize the badness in you...**
10 WAYS TO BE A BETTER BAD GUY

1. **Be a shameless self-promoter.**

Pay attention to this beautiful word “shameless.” It's a word that makes dicks hard and pussies wet. Shame is what nice guy pussies feel. Why would you feel shame if you are not a dog? You wouldn't. Nice guys are dogs that get walked all over because they allow shame and if you allow shame you allow yourself to eat shit. Here is an easy way to never feel shame: do not do anything that shames you. Problem solved. I hear these ridiculous weaklings say that OTHER PEOPLE make them feel shame.

<table>
<thead>
<tr>
<th>They say things like...</th>
</tr>
</thead>
<tbody>
<tr>
<td>“He makes me ashamed to be white!”</td>
</tr>
<tr>
<td>“He makes me ashamed to be an American!”</td>
</tr>
<tr>
<td>“He makes me ashamed of my gender!”</td>
</tr>
</tbody>
</table>

Each time someone says these words to you, slap them. They'll not retaliate and they deserve to be bullied. The people who speak like this deserve to get walked on because they are impotent. They'll do absolutely nothing.

2. **Be the bully, not the bullied.**

This weak advice called the golden rule will never see you rise above the man whose will is stronger than yours. If you are nice you are weak willed. To get what you want in this world you must use different tactics. Sometimes finesse works, sometimes you need to be a bully. Bullies always get what they want unless they meet somebody with a stronger will. This is a game of wills. It is my will versus your will. The nice guy will not take what is his but the bad guy will take it from the nice guy.

“But I HATE bullies!”

Of course you hate bullies, you’re a weakling with a weak will. A bullies will is stronger than your will and they dominate you, obviously you hate them. But what you don't do is stand up to them. If you did, they would cease to bully you and you would become the bully. You can either get bullied or you can become an even bigger bully and bully the bullies.

3. **Have the capacity to be cruel.**

Poor people are some of the nicest people in the world and that should be a real good lesson for you. Cruelty is rewarded in this world and niceness is punished. People who cannot be cruel – ‘pussies’ – get fucked. It is only people who have the capacity to be cruel that have the ability to stand up for themselves. If you cannot hurt anybody you cannot stand up for yourself. This makes you a doormat. Learning to be a little cruel is an important part of being a bad guy that gets all the good business.

4. **Keep up the appearance of atrocity.**

A lot of power is in the appearance, the reputation. Keep the reputation mean by never being too nice. And if you are nice, make sure it's in a mean way. Be a miser, and never give anything away, including frivolous compliments. Niceness makes you look ridiculous. You cannot afford to look ridiculous because all of the power is in appearance.
5. **Keep a closed mouth and deaf ears.**

Ever heard: *loose lips, sink ships*? Of course you have. **Keep your secrets.** Businesses are built and fortunes are made on one tiny little secret. If you give away all your secrets you give away all your power. You can give away 90% of your secrets but always keep 10% behind a closed mouth. Tell nobody on earth the remaining 10%. They should be able to figure out the secrets of success with 90% of the information. If they can't, fuck 'em. The masses are morons and if you give them the answer the only thing that will happen is you will look like a fool. Be careful to keep your mouth shut at opportune times. In negotiations, when someone is digging their own grave, don't tell them to stop digging. Motivate them to dig faster.

When it comes to listening there is one piece of advice I have for you: *don't*. **Never listen to anything the naysayers have to say.** If you do, it will be your demise. They will always try to talk you out of your success, they will always try to talk you down to their level. If you listen, you lose. The winners in this game are the ones with deaf ears who never hear what they have to say. The hard part about success is not doing the work, it's putting up with the simpletons who nonstop tell you: "That's bad! Success is bad! Money is the root of all evil! Love and peace and poverty is what it's all about, man!" If you want success instead of failure the only thing you can respond with is: "Huh? Did you say something?"

6. **Don't relate with the poor and the weak.**

If there's one good word to describe the poor it would be this word: FEAR. The poor are literally AFRAID of almost everything. They are AFRAID of trying, they are AFRAID of making money, they are quite literally afraid of doing almost anything. You can even hear them say: "You are trying too hard!" This fear of trying paralyzes them and keeps them stuck in the rut that is poverty.

Above all else, poverty and riches are mindsets. A poor mindset leads to a poor bank account. Rich people have to set aside fear and take chances – they have to actually try. Trying is something that poor people are too afraid to do. You have to spend time with people who take chances rather than spending time with people who are afraid of ghosts and shadows and witches and warlocks.

There is one good reason to mingle with poor people: to learn exactly what not to do. Mingle with the poor and you will learn how positively stupid they are and you will learn exactly why they are poor. **Making money is not hard, it is simple and it is easy.** If you cannot figure it out maybe, maybe you belong to the poor. If you are too afraid to figure it out, you deserve poverty.

**FORTUNE FAVORS THE BOLD!**

The Bold and Determined man does the exact opposite of the scared and afraid. The poor are stupid and superstitious so you be smart and sensical. Otherwise, don't even bother dealing with the poor unless it is to collect rent money.

7. **Break the rules.**

Listen here: **YOU CANNOT GET RICH BY FOLLOWING THE RULES.** The rules and religions are there to keep you enslaved. It is up to you to break free from your enslavement. You break free by breaking the rules so follow the law and break the rules. Ever seen a high-powered politician following the rules? Of course not. Yet you still stupidly say: "I follow all the rules and I get nothing! Boo-boo!" You get what you deserve, nothing. Open your eyes and you will be able to see: **rules are for fools.**
It is against the rules to be politically insensitive but if you follow that rule you are essentially committing suicide. Foolish whites who follow the rules would rather give away their countries than appear racist. Foolish men would rather castrate themselves than appear sexist. You have people who think the American flag is racist, so good boys don't fly the flag. What happens? The country goes bye-bye. Follow the rules and you will vanish from this world. You must be racist, sexist, and all of the other “ist” to actually thrive in this world. Anything less is suicidal.

Following the rules leaves you weak and vulnerable to people who don't care about your super strong moral code. The point is not to actually do objectively bad things, the point is that what is considered bad often is not. ‘Thou shall not kill,’ is a real nice bedtime story but if someone breaks into your house with a butcher's knife it is kill or be killed. ‘Thou shall not kill,’ will leave you dead or enslaved to those who will. A rule follower is a perfect low-testosterone slave and that is all a rule follower is.

8. **Have high testosterone and low estrogen.**

   **Sniff, sniff, sniff.**

   **Do you smell that?**

   **It smells like... estrogen.**

   In our modern world, estrogen is a killer of what once were men. Steps have to be taken to kill your disgusting estrogen production caused by environmental poisons and by what doctors call general every-day faggotry. Estrogen brings you no good benefits unless you are a born female. If you have a problem with estrogen, use performance enhancers to kill it. Yes, I said use performance enhancers.

   What damn fool would be stuck with only the talents god gave him when he can increase his natural talents 10 fold or more? Performance enhancers are hated by the general public for a reason, they work. They work well. Jerkoff Joe stuck at home in Jerkwater, Nebraska hates them because they are a reminder that he could choose not to be a loser. It would be terrible looking in the mirror knowing you are a loser and that it could be changed but you just won't change.

9. **Always offend people.**

   If you don't offend at least a handful of people you are not a very good bad guy. Offending people is one of the keys to success because if you can offend people you can also attract people. The best bad guys are the one who are either loved or hated. The worst is to be lukewarm and tolerated by all. Some of them should hate you and some of them should love you, this is the recipe to make a great bad guy.

   **Like George Bernard Shaw said: ‘The secret to success is to offend the greatest number of people.’**

10. **Create your own morals.**

    Morals are very important but they have to be YOUR morals, not the morals of your enemy. An enemy is anyone who does not want you to do what is in your best interest. Most of the morals you hold so highly were given to you by your enemies. They are foreign, alien morals which serve to demoralize you. Embracing the morals of your enemy makes you a demoralized person, incapable of processing basic factual information and completely lacking common sense.
A demoralized person will fall for anything. Like they say: ‘If you believe in nothing you will fall for anything.’ And that is exactly what has happened. A demoralized people do not act in their own best interest, they act AGAINST their own best interest. Your morals MUST serve you and your people first and foremost. Anything else is suicidal. Good and evil do exist, but you must not take your advice on what is good from evil people. You have been made to believe that what is self-destructive is good and that self-preservation is bad.

Nature doesn’t know anything about good or bad. Nature knows that the weak get eaten by the strong. Who is the bad guy in war? Why, the enemy is the bad guy of course. But who does the enemy think the bad guy is? Why you of course. Dealing drugs is bad but your doctor is a real swell guy. Killing people is a terrible, horrific act of violence unless your government says it’s ok, then it’s patriotic heroism. On and on. Some (stupid) people may take this to mean that child abuse is neither right or wrong, which is incorrect. Child abuse is always wrong, no matter what, in all cases.

Bad and good is certainly real, but it is a matter of perspective. Some actually think that erosion of borders and national values is good, whereas some think strong borders and strong national values are good. Who’s right? Heres what is good or bad: if it serves you, it’s good. If it serves your enemy, it’s bad. When you grow up you have to live in the reality of morality, specifically that morality cannot be given to you by people who do not share your values. Everything can be both good and bad at the same time, depending on the perspective. Therefore you must not follow the morals of others, you must create and stick to your own.

<table>
<thead>
<tr>
<th>Morals of a BAD Man</th>
</tr>
</thead>
<tbody>
<tr>
<td>Show No Weakness</td>
</tr>
<tr>
<td>Show No Mercy</td>
</tr>
<tr>
<td>Be Relentless</td>
</tr>
<tr>
<td>Be Remorseless</td>
</tr>
<tr>
<td>Be Ruthless</td>
</tr>
<tr>
<td>Be Selfish</td>
</tr>
<tr>
<td>Be Conceited</td>
</tr>
<tr>
<td>Be Greedy</td>
</tr>
<tr>
<td>Be Full Of Yourself</td>
</tr>
<tr>
<td>Increase Your Ego</td>
</tr>
<tr>
<td>Always Get Your Revenge</td>
</tr>
</tbody>
</table>

Follow these rules, lest you enjoy being shit on, pissed on, spit on, stepped on, fucked with, and pointed at by lesser men. The bad guy enjoys all of the benefits this world has to offer. He pays lip service to “good strong morals” and convinces you to do the opposite of what he does, to his great benefit and your great detriment.

If you think I’m joking with you, just go out in this world and be a nice guy.

See how far that gets you.

Sucker.
Listen here sucker, there is always a top dog in the world and it is either you or someone else. Why not you? Trick question. It's always better to be you than someone else. Make it you, ruthlessly if necessary. Do you know what the opposite of ruthless is? It is gutless. Gutlessness is cowardice, it is not “doing the right thing.” That's a bullshit excuse for failure. Do you know how you actually fail? You never try hard enough and you never go all the way. That's real failure.

If you are going to go you must go all the way.

In the end you will see that it is not about doing “bad” things, it is about standing up for yourself, building a future for yourself, and turning the dream into a reality using nothing but your willpower.

That's all there is to it.

Until next time.

Your man,

Victor Pride

P.S. Learn how to stop being a weakling in 30 days by following the anti-weakling program: 30 DAYS OF DISCIPLINE
4.6.2018 – 10 Important Youtube Channels

As a professional blog artist, I am always on the hunt for buried treasure. My treasure is information. I am always looking for one secret piece of advice that will help you survive and thrive. I am endlessly searching for new and previously “unknown” information. No information is ever new, of course, it is simply forgotten through the ages. It is my job in this world to find forgotten information and bring it into the light.

Any time I stumble over buried treasure, I bring it directly to you. I do endless research to accomplish this mission of mine. Lately I have noticed that when I use search engines I am always prompted to visit the same few “approved” websites. All of the search engines (Google, DuckDuckGo etc.) send me to the exact same websites.

I have become aware that search engines don’t exist to help you find the best information, search engines exist to steer you to the information they want you to find. They exist to steer you to “approved” information and away from unapproved information.

I am finding it almost useless to use search engines anymore. I am finding much better information on YouTube, where real people turn on their camera and speak directly to you. To help you find great information, I will show you 10 great YouTube channels that provide excellent, real, quality information for free.

It is a guarantee that you will learn at least one thing from each one of these channels.

10 Important YouTube Channels

5 of these YouTube channels are very popular and 5 are not “popular” and do not have large subscriber counts. When you find a great YouTube channel with a low subscriber count, it is like finding a piece of gold. Here is why...

It is human nature to be more truthful around few people and less truthful around many people.

Not to mention, with online success you become too busy adding “hooplah” to your content, which can take away from the hard-hitting truth. On all of the top 10 channels below, the information is usually presented in a simple, easy to follow manner without much of the “hooplah.”

Tip: here is a secret of YouTube success: adding the hooplah is how many YouTube channels become popular.

Though they do not provide much hooplah, they do provide something so much more valuable... They provide correct information in an easy-to-understand format. These channels will help you gain an understanding of the world and what it is you really want (and need) from this life.

Note #1: you will notice that many of these video producers are ex-cons. I have found that ex-prisoners say it like it is, they have excellent insights into human psychology, and they have great fitness advice as many of them had no weights in prison but came out in excellent physical shape.
Note #2: many of these YouTube channels are not politically correct and they will probably offend you if you allow them to. My official stance on any content that offends you is this: Deal with it. Rather than being offended, and closing your eyes to reality, it is better to do away with the pretense of offense and simply allow yourself to learn the rules and realities of this world. When you do, you will become more knowledgeable and you will become less stressed. It's a win-win situation to stop being offended at reality.

Are you ready to understand reality?

In no particular order here are the 10 YouTube channels you need to see!

1. Hans Wilhelm and Life Explained

Hans Wilhelm is a prolific author of children's books, having sold more than 20 million of them. He is the best presenter of spiritual ideas I have ever seen. Hans explains the world and beyond in a very simple, easy to understand, and positive manner. He even uses simple drawings to help teach. His channel is terrific and I highly suggest you watch all of his videos, even multiple times.

BULLYING explained by Hans Wilhelm.
THOUGHTS ARE ALIVE explained by Hans Wilhelm.

2. Varg Vikernes and ThuleanPerspective

Varg is famous as a black-metal musician who killed another black-metal musician and spent over a decade imprisoned in Norway in nearly complete isolation. He got out of prison and started a big, white family with a French lady. Many of you might say: “Why does being white matter,” and I would respond this way: “Watch and see why it is important.”

My Iraq Experience.
About how white genocide is possible.

3. ABOUD

ABOUD has excellent psychological insight. He spent a good deal of time in the criminal underworld and he has a strong understanding of the criminal (violent) mind. He spent in prison, got out, and found success in his own entrepreneurial ventures. He can teach how the people from the “other side of the tracks” think and operate. Use this information to keep yourself out of dangerous situations and in good situations.

Warning To You All. Levels Of Crazy...Monsters Among Us. Psycho Killer I Know.
Crazy Jail Story...Why You Should Not Fight.

4. Rosebudd

Rosebudd is an ex-pimp who understands male psychology (and female psychology) very well. If you want to learn how to stop being a nice-guy wimp who lives in the “friend zone” and start being a real man, Rosebudd will give you some excellent practical advice. Pay particular attention to his advice on selfishness and conceit, and why they are important traits for men to develop. In fact, they are natural traits in men that are taken out of you in childhood by the school systems and weak parenting.

How to be an alpha male: misconceptions on selfishness and conceit!
5. Joe Robinet

Joe is a Canadian who goes out and does what a lot of us dream of doing: he spends time alone in the wilderness, catching fish to eat, building fires to cook, playing with his dog, and sleeping in his own thousand star hotel under the night sky in the vast Canadian wilderness.

10 Days, 10 Items; Alone on an Island in the Canadian Wilderness. Mini Series.

6. AlphaDestiny

When it comes to natural bodybuilding, AlphaDestiny has the best information I've found. For such a young fellow, he is quite astute as to what actually builds muscle. If you're into bodybuilding, be sure to check him out. BUT! Some of his stuff can be dangerous so be sure to also check out the next highlighted channel, Athlean-X.

Afraid of Looking Stupid at the Gym? Watch This.
Strong but Small/Weak but Big? Here's Why.

7. Athlean-X

Athlean-X is probably the #1 fitness channel to learn how to exercise safely and correctly. If a lifetime of health is a concern for you, and it should be, you should absolutely know how to exercise correctly to get great results and keep your body healthy for a lifetime.

How to Fix Anterior Pelvic Tilt (SIT HAPPENS!)
4 Minutes of HELL! – Evil (but good) Fat Burning Workout.

8. Original Strength

Original Strength has a lot of excellent advice regarding mobility. I use many of his tactics when I stretch in the morning and I try to follow many of his routines at intervals throughout the day. In this computer age, it is imperative to find the time to get up and get your blood pumping. If you don't, your muscles will fall off. It's not necessary to always be lifting heavy weight but it is necessary to move your body every single day.

How to do the Hindu Pushup – and Why!
How to Get Rid of a Winged Scapula.

9. Lockdown 23 and 1

Lockdown 23 and 1 is a very funny channel by a guy who spent a good deal of time in prison. He has very good psychological insights but more importantly, he's just a funny guy and a good story-teller. His insights on prison “shot-callers” should give you an idea of the reality of the political world we live in and how our leaders come into power. If you can understand the prison gang mentality, you can understand the mentality of world governments.

My PERSONAL EXPERIENCES with SHOT CALLERS!
Being TURNED OUT in PRISON!
10. Kirsten Dirksen

Modern houses and apartments feel like luxury jail cells. There is a big problem with their design and construction. They are uncomfortable and isolating. They are too hot in the summer and too cold in the winter. Home builders cut down surrounding trees so they can build luxury jail cells that have no protection from the elements and no sense of peace, comfort, or security. But there is a solution to the silly way modern homes are built. Kirsten Dirksen travels the world to find unique houses and even more unique house builders. These great people will give you ideas for your own home. These will give you the incredible knowledge that you do not have to build a cookie-cutter home and be miserable like everybody else. You can live in a cave, you can build a house underground, and you can do thousands of things in-between.

Young couple transforms old Loire cave in unique home/rental.
Idaho modern oldtimer builds underground and solar $50 houses.

These are the 10 YouTube channels you need to see.

You cannot watch all 10 channels at one time. I suggest you watch one channel at a time and “binge watch” many of their videos. When you have seen the best of one channel, I suggest you move on to another channel. Bookmark this page and come back to it frequently. You will be glad you did.

Until next time.

Your man,

Victor Pride

P.S. If you know of a great YouTube channel, be sure to leave a comment and let us know about it.
B&D is the realm of the truth seeker and for this truth we are always hungry.
7.6.2018 – Diet Secrets of the Elite (Raw Meat Barbarian Diet)

As a child I HATED vegetables.

Eating vegetables felt like eating poison. Any time we'd go to a fast food restaurant I'd order my hamburgers plain. If I even had a pickle on my hamburger I wouldn't eat it. I wouldn't even touch ketchup. If I had to stay at the table to finish my vegetables, I would just stay at the table.

I would have rather starved than eat a vegetable.

As an adult, I bought in to the propaganda that vegetables are healthy and good for you. Even though vegetables taste terrible and are not fulfilling, I ate them. In an effort to find this “abundant health” these health food con-men preach, I forced down the vegetables.

Broccoli, cauliflower, asparagus, brussel sprouts, leaves, spinach, salad, kale, I forced it all down my gullet. ‘It's healthy so I'll eat it,’ I said to myself. But this so-called health and well-being never materialized. After years of eating vegetables I never experienced a health boost from vegetables. I felt 10X better eating plain cheeseburgers from McDonalds than I ever felt eating vegetables. Though every time I “got serious” about my health I still bought the lie and ate the vegetables. I ate plants even though they never once provided energy, health, satiety, or well-being.

Well boys, that's over.

I'll never waste my time eating another vegetable ever again. I have seen the light. I know the truth about which food makes you healthy and which food makes you sick.

Here’s a hint... All children hate vegetables for a good reason.

Recently, I published an article highlighting 10 Important YouTube Channels. In the comments section, a B&D reader left a recommendation for a channel by a guy who eats raw meat. His channel name is sv3rige. I was immediately interested in this “raw meat” content because once upon a time, I actually ate raw meat myself.

Many years ago I followed a diet of raw meat and raw milk. I would eat raw beef steak, raw chicken liver, I would drink raw eggs, and I would drink up to a gallon of raw milk every day. I would cut up steak and eat it raw for lunch and dinner. The raw fat on a piece of steak tastes unbelievable. After my gym training I would drink 6 raw eggs just like Rocky when he was training to fight Apollo Creed.

For an entire month I followed GOMAD (Gallon Of Milk A Day) using only raw milk.

I had unbelievable gains during this time and I got way stronger. After eating all of this completely raw, uncooked meat and milk do you think I got sick or felt great? The answer is ‘B’, I felt great. Actually, I felt the best I ever felt in my life eating raw meat and raw milk. In time I fell away from raw meat and raw milk. I began to forget how great, how natural I felt while eating raw foods.

After watching a few of sv3rige's videos I was immediately awakened from my slumber. I felt the barbarian urge begin to grow strong within me. Compared to eating raw meat and drinking raw milk, all other diets are absolute trash. All other diets make you sick, dumb, and weak.
In particular the vegan diet is the worst diet you could ever possibly try. It is completely void of nutrition and makes you go crazy. In the many years since I stopped the raw diet, I have tried every diet you could ever imagine, including a vegan diet. Though I never ate soy or tofu products, I also didn't eat any animals products during this timeframe, I ate mostly raw fruits.

**VEGAN SECRETS EXPOSED**

There are vitamins that humans can never get in plant foods, they are found only in animal products. The vegan diet robs your body and especially your brain of all nutrition. This is why vegans always go insane. They have no nutrition for their brain. This lack of brain sustenance make them very susceptible to the vegan brainwashing.

**In fact, Veganism is not really a diet but a religion which is why Vegans always try to convert you.**

The removal of nutrients to the brain serves as an indoctrination/initiation into the vegan religion. All religions work the same way – they tell their followers to fast or eat vegetables, weakening their bodies and minds while simultaneously strengthening their resolve in the religion.

Removal of essential food from the diet is how you create a slave, an obedient follower of “the cause.” Without the ability to think, all you can do is follow the others. These mindless recruits then go out into the world and fervently try to recruit new souls into the religion.

They always lie to you to get you into the scheme. They’ll tell you nothing but lies regarding the health of their diet. The lie is that the vegan diet, a diet without meat and dairy, is the healthiest and most natural diet for men.

**It isn’t, and here is the reality: you will slowly kill yourself on a vegan diet.**

And that’s exactly what they want. The Vegan religion is a death cult. They hate humans and want them to die. They'll tell you that if you listen to them. They'll say they are working to reduce the population of the world because it is too large. They will require other vegans to get sterilized and abortions so that they do not have children.

They’ll say they love animals and hate humans and they want to reduce the world population. Just ask them and they will tell you. They literally want you to die and their diet is the easiest way to do it. Obviously I didn’t stick with the diet of death for too long because it makes you feel like the living dead. That’s why all vegans walk around like spaced-out zombies.

I went back to meat but a crucial mistake I made was not going back to raw meat and raw milk. In particular, raw milk is the greatest health secret I have ever found. Forget vitamin supplements like vitamin B12, forget health potions like spirulina, forget steroids like injectable testosterone, forget vegetables like broccoli and boneless skinless chicken breast and brussel sprouts and freshly squeezed grass juice.

**RAW MILK IS THE GREATEST HEALTH FOOD ON PLANET EARTH.**

**Raw milk is the most incredible, rich, and delicious drink you could ever have.**

It is unbelievable how great raw milk tastes compared to the poison that is pasteurized milk. It is a complete night and day difference. I HATE pasteurized milk and I always have. Pasteurized milk, the milk you buy at the grocery store, is disgusting. I would never drink it as a child and I would never drink it as an adult. But when it comes to raw milk I cannot get enough of it.
What is pasteurization?

Pasteurization is the process of heating fresh milk long enough to kill any living bacteria in the milk. This allows merchants to sell milk for a longer period of time. Raw milk has to be sold right away or thrown away. The pasteurization process heats the milk to at least 161°F for not less than 15 seconds, followed by rapid cooling. For ultra pasteurization, it must be heated to not less than 280° for two seconds.

This process kills everything good in the milk and results in people becoming “lactose intolerant.” Tell me, how can mammals who are weaned on mother’s milk be lactose intolerant? The process of heating the milk makes it undigestible and worthless, that’s how we become “lactose intolerant.”

WE ARE ALLERGIC TO DEAD MILK!

On the other hand, raw milk is the most important food for humans and I can prove it to you... What does your mother feed you when you’re a little baby and you need healthy nutrition fast? She feeds you raw milk.

DREAMS OF THE WILD

After I had my first raw milk in 10 years, I dreamed that I turned into a wild animal. In my dream I was as fast as horses and deer. Usually if I run in a dream it's like I'm running in quicksand. I can't ever run fast enough, I'm stuck by something holding me back. But in my recent dream I went wild and became as fast as the animals. From being a civilized family man (in my dream) I turned into an animal.

In the dream I was on my back patio in my house in the forest with the wife and family. Wild animals like deer, rabbit, and buffalo kept running into our porch and running away. To the family I said: “Well would you look at that ha-ha, look at those wild animals.” The animals kept coming onto the porch and eventually I went wild and starting running with them. I began to frolic with the animals, I was as fast and as powerful as them, and I even started fighting with them. It was wild.

<table>
<thead>
<tr>
<th>Now either one of two things happened.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I drank raw goat’s milk and developed the mentality of a goat.</td>
</tr>
<tr>
<td>2. My body has been starved of adequate nutrition and I finally got it.</td>
</tr>
</tbody>
</table>

I think probably I have been starved of nutrition and the raw goat’s milk is just what fixed my problem.

Pictured: $30 Worth of Raw Goat's Milk.

REAL FOOD – THE SECRET OF HEALTH

Natural food for humans is raw animal food. Just like all other animals on the face of the earth eat. RAW NATURAL FOOD. Civilized diets cause death. Just look at the word DIET. DIET is 3/4 DIE. You will die if you eat a civilized diet. I am going back to the diet on my ancestor's.

What I call... THE BARBARIAN DIET
You can eat grains, you can eat plants, you can eat the diet of a slave if you want. But if you want everlasting health you have to eat life to achieve it. Vegetables are nearly useless to humans and it’s as simple as that. All people on plant based diets are miserable and crave meats. Even people who eat meat crave something more, we just can’t quite figure out what it missing. Until now.

I watched the videos by sv3rige and they lit a fire under my ass to stop eating plants and start eating life. They say you are what you eat and it's true. Eat vegetables and you become a vegetable. Eat life and you become life.

Go to Southeast Asia where they eat nothing but vegetables and you will see emaciated slaves. Nice people, but emaciated slaves who move slower than molasses. Go to Kyrgyzstan and the Asians there eat mostly Lamb meat and they are gigantic, virile, and strong compared to the Southeast Asians. Go to Scandinavia where they eat a lot of meat, you will see healthy blonde giants.

**HEALTH IS IN THE FOOD!**

When East Asians grow up in America eating meat they grow big and strong and even tall. When white kids are fed by their vegetarian mothers they stop growing at 5’4 like UFC fighter Urijah Faber. As a child, Faber ate health foods like salads and fruit, I ate nothing but plain cheeseburgers. Can you spot the difference?

*Pictured: Uriah Faber and Victor Pride*

Faber's mama fed him nothing but “health food” like coconut water and salads all his life and he stopped growing at a middle school height. No hate for Faber, [his book is great](#), but he illustrates my point. Meat is necessary to grow big and strong.

**No meat means no growth.**

For the best health, strength, and vitality, the meat has to be in it's natural RAW state...

*"But Victor! Meat is poison until you first kill it with fire!"*

It is literally insane to think that the food you eat is poison until you first cook it with fire, at which point the poison, what, disappears? Why would you eat something that you truly believe is poison? Would you eat cyanide if it was cooked long enough? You wouldn’t of course.

**Raw meat is not poisonous or harmful. That's why you eat meat.**

We've all been told the horror stories of uncooked food but it is completely illogical that humans have to first kill their food with fire so as not to poison us... when no other species on planet earth cooks its' food. Also, people never get sick eating cooked food, right? Wrong. I have eaten raw meat, raw organs, raw milk, raw cheese, and raw butter. Guess what happened? I became infused with abundant energy and great health. I never got sick, diarrhea, vomit, nothing from raw foods. Ever. I’m not saying you can never get sick eating raw meat. I am saying I have personally never gotten sick eating raw meat.

Eat raw at your own risk, but I believe the bigger risk is eating the standard diet. Even the health food of today will kill you. But if raw meat is poison, why does literally no animal on earth get sick from eating raw meat? We actually get sick from cooked meat, not raw meat. People go to the emergency rooms from undercooked meat, not from raw meat. It is the cooking process that makes the meat poisonous.
“But Victor! You need fiber to poo-poo.”

In my experience, this is simply not true. On the raw meat diet there are no toilet problems whatsoever. Frankly, vegetables make you far too stinky. When you eat your natural foods, the unnatural stink goes away.

“But Victor! Raw meat and raw milk will give you parasites!”

Why do no other animals on earth have problems with intestinal parasites? We need to look into this deeply to learn if internal parasites are actually a bad thing. Perhaps they are there to clean up diseased and dying tissue, which is what external parasites do to meat you leave out too long. They clean up the rotten meat, they never touch fresh meat. THERE MUST BE A REASON FOR THEM.

That being said, if you eat a sick animal you can get sick.

The problem with buying meat at a grocery store is that you have no idea about the health of the animal. At the store, you only see packages of animal products but not the entire animal. It is better to view the animal you are eating to ensure that it is healthy. If you cannot do that, it is better to buy from a vender, butcher, or farmer than you relatively trust. If you can raise your own animals, this is best.

“But Victor! Meat causes heart attacks!”

Actually, the evidence plainly shows that lack of cholesterol and lack of saturated fat in the diet is what leads to heart disease. All of the “heart healthy” labels you see on oatmeal appear to not be true. Saturated fat and cholesterol are vital for good health. Processed meat like hot dogs and sausages probably cause heart failure and other health issues. But processed meat is not raw meat, is it? Processed meat is deformed death meat.

“But Victor! Meats makes you fat!”

The reason people get fat is because they overeat. Why do they overeat? They overeat because the food they eat is completely void of nutrition. No matter how much food they eat they can never get satisfied so they continue eating and eating. The problem is that they are eating junk food (any food which is not from an animal) and they will NEVER be satisfied. When you eat enough meat you get satisfied and you stop eating. It is simply impossible to overeat when you eat your natural meat diet. Meat does not make you fat. Raw meat makes you satisfied because it fully nourishes your body. Look at pictures of Australian Aboriginals who eat nothing but raw meat, you will see what humans who eat a natural diet look like.

Pictured: Aboriginals. Raw meat does a body good.

Health is in the raw meat and raw dairy of animals.

It is nowhere else to be found. For the utmost health, eat food in its natural state. The people who live longest on earth are the Okinawans. They live longer than anybody. Can you guess what they eat? RAW FISH. They live on raw fish and they outlive the rest of the world. Here's a tip for when you're hungry and don't have a good source of meat or raw milk... Go to a sushi restaurant and eat sashimi. Sashimi is raw fish without any rice or vegetables. You'll love it. Even though raw meat is considered dirty and cooked meat is considered clean, raw salmon tastes so much better than cooked salmon it's unbelievable until you try it.
CLEAN FOOD VS. DIRTY FOOD

Look closely at the people who eat “clean food”, they have terrible skin, they're balding, they have bad teeth. Frankly, it appears as if “dirty” food like raw milk and raw meat is the key to health and “clean” food like broccoli, whole wheat bread, soy milk, and “no extra sugar added” oatmeal is the key to death.

Raw food is living, cooked food is sterile, dead.

If you want to be sterile, eat sterile food.

If you want to be virile, eat virile food.

This is how your barbarian ancestors ate. We know for a fact the agricultural revolution brought disease into this world. When your ancestors stopped eating raw meat and raw milk and started eating vegetables and grains (cow food) they became sick, weak, and slavish. When your ancestors ate like barbarians ate, you could not fuck with them. They’d chop the heads off of their enemies. On the slave diet of high vegetables and grains, your relatives today wash the feet of their enemies and apologize to them.

Listen to me very closely...

Go back to your natural diet and no one will be able to fuck with you. Even if you cook your meat and simply add raw milk into your diet you will experience an increase in power. AFTER ONE GLASS OF RAW MILK AND A GOOD NIGHT’S SLEEP YOU WILL FEEL POWERFUL. The proof is right here in front of your face. Eat the way Mother Nature intended you to eat or be sickly and die while you’re still alive.

For me, it's an easy choice.

I have to go run with the animals now.

You can't sit in a goddamn room when you have the energy of a goddamn animal!

OWWWWWWWWWW!

Until next time.

Your man,

Victor Pride

P.S. This website will show you where to find raw milk in the States. Watch the video below and then go find raw milk and drink it.

Stop Torturing Your Body (by sv3rige)

DISCLAIMER: I'm not your doctor, as I actually care about your health, so go see a doctor before you do anything crazy like drinking real actual natural food.