

22

Reasons
To



MGTOW

22 reasons to go

MGTOW

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Reethin

No one man speaks for MGTOW as a whole, it is MEN going their own way and it will never be defined by A man.

In this book, I hope to inspire and rationally present the case for why you SHOULD go MGTOW and what you CAN do with your time to maximize your freewill. It is not meant to be an be all end all book, merely a

book detailing my experiences and encouraging you to replicate the good stuff while avoiding the bad stuff.

Enjoy

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1. More Resources for You

ALL humans have in this world is their time, what they do with it will shape who they are. If people want to look into their future, they have the capacity to, all they need to do is look at their habits today, that is what will create the future tomorrow.

Men have a great capacity to do amazing things, but it is only through consistent/arduous and labor intensive work, for nothing great was EVER accomplished without some sort of sacrifice.

Ultimately our time equates into money, not necessarily because that is the way it is intended to be, but more so it is the

reality that for the majority of human history, we have needed some sort of monetary income to survive and prosper. This has been something unavoidable by ALL men and it is why women have become so dependent on men as a whole.

Society tries to frame men as needing to be in love, needing women around them and needing to be in some sort of relationship to feel self-worth (which is why most songs on the radio nowadays have latently weak fuckboi lyrics of the men essentially crying over women and why most songs from the female perspective are actually the EXACT OPPOSITE in that the WOMAN is the

composed/poised and confident one) and this could not be FURTHER from the truth. The truth being that in actuality, women need men more than men need women. There is even a word for a child without a father....A BASTARD... because even the ancients understood the importance of the male role model in the child's life and this is something that is now corroborated by the following:

<http://thefatherlessgeneration.wordpress.com>

- 63% of youth suicides are from fatherless homes (US Dept. Of Health/Census) – 5 times the average.
- 90% of all homeless and runaway

children are from fatherless homes – 32 times the average.

- 85% of all children who show behavior disorders come from fatherless homes – 20 times the average. (Center for Disease Control)
- 80% of rapists with anger problems come from fatherless homes – 14 times the average. (Justice & Behavior, Vol 14, p. 403-26)
- 71% of all high school dropouts come from fatherless homes – 9 times the average. (National Principals Association Report)

Not only do children need men, but women did (and still do) nowadays as well. In the past, the necessity for men

was tied to resources/money and guidance, this is why the woman's father would actually gift the man and his family when the two got married because he understood that his daughter was a LIABILITY aka a COST to the man and he was offering something to help offset that.

Nowadays, this has been offset by women being able to earn for themselves, yet on some level women (and men) still do pine for that traditional setup (which is why being a stay at home mom or even a part time worker is very popular even in the West with all the equality/ra-ra independent/strong woman chants) and

while some may dispute this, what cannot be disputed is where men REALLY win out. Men win out ENTIRELY in the guidance aspect and it is where a man will NEVER NEED a woman because we have evolved to have better foresight, we have evolved to be better leaders and we have evolved to be able to endure longer periods of isolation coupled with a lack of attention. The major difference being that in the past, the longer a woman went WITHOUT attention, the longer she went WITHOUT companionship and ultimately the longer she went WITHOUT a man, were her odds of passing on her genetics increasing or

decreasing? Whereas a man WASN'T busy fighting with Mother Nature as far as a ticking biological clock that quickly degraded his value.

Even your average woman nowadays, what is the LONGEST you have known a female that is semi attractive (6+) to go WITHOUT a relationship? A month, a few months? Most women cannot bear to be alone and it makes sense when you consider their need for resources in the past because our brains are very much still programmed that way.

The other thing to factor in is that a woman had very little chance of raising her social status enough to earn infamy in being able to leave an imprint on

society or have her name be scribed in history books detailing great deeds, so she had NO shot of leaving a legacy that way, her ONLY chance was through having children.

A man on the other hand could be a great conqueror, a great emperor, a great philosopher, a great athlete, a great painter etc etc etc and there is a good chance that he would get remembered for that. So we can say that women have been PROGRAMMED to need men more than we need them, but how does that apply to us today?

Women STILL have the same capacity to extract resources from men, whether it be their time which also equals money,

their energy which can equal money and their emotional investment which can impact their creative abilities and thus their money.

By avoiding relationships for the sake of having relationships, by avoiding women for the sake of having women and by avoiding unnecessary engagement with amoral institutions and entities (government, corporations, banks) you are able to retain MORE resources for yourself. I understand that on some level, it is difficult to avoid these things all together, but through smart/tactical planning as a good MGTOW should do, you are able to retain more out of what you rightfully earn instead of having it

wasted on vapid women who couldn't care less about you.

Consider the following:

<http://www.ctvnews.ca/business/the-cost-of-falling-in-love-a-cool-45-000-study-finds-1.1683276>

According to a new study put out by RateSupermarket.ca, a website devoted to personal finance, falling in love in Canada costs an average of \$45,151.88.

A year worth of dates: \$7,494.94

Engagement: \$10,693.94

Wedding: \$26,963.00

Does this sound like it's REMOTELY close to worth it for men? Instead of falling into the asset category most

women inexplicably fall under the LIABILITY category...hmm I thought we were equal, what do you mean men should pay for dates?

The problem is that, a lot of men have been conditioned to be weak, they have been conditioned to be supplicating and they have been conditioned to give into women's most ridiculous whims.

The best examples of this are The Simpsons and Everybody Loves Raymond, both which feature similar scenarios (at least in the overall sense of things).

In both families:

The father is actually very successful in that homer is a nuclear power plant

safety inspector, Ray is a head writer at a big newspaper

Both of their wives are stay at home moms

They both have three kids, live in a nice house with their own cars/driveway and lawn

By all stretches of the imagination, both men and families are pretty well off, yet in BOTH series' the men are portrayed as failures and nothing more than walking punch lines, meanwhile the women are portrayed as saints who somehow manage to keep things together for everyone, in spite of providing a service that is nothing more than an over glorified maid. The misandry is very

evident and something deeply embedded within both shows. This is why I think children and a lot of young men were drawn to wrestling because it was the one place where men were allowed to be men, loud, intense, angry, treating women as they pleased, jacked out of their minds, not giving a fuck and being themselves aka having their own gimmick/style. In a strange way, the WWE/WWF/WCW/TNA probably did more for men than a lot of their very own fathers, in raising them to learn about masculinity, team work, comradery, friendship, having a goal and the hard work that it takes to get there. This is the exact opposite at what most tv shows

teach and portray men as, you'll find that in most shows men are always at the butt end of jokes and the females are always coming out looking like Goddesses. Even look at commercials.

<http://www.bakadesuyo.com/2011/03/dotv-commercials-portray-men-as-inept/>

A sample of 477 commercials featuring domestic chores that aired in a week of primetime television programming on all of the broadcast networks was analyzed. Among the key findings: Male characters' performance of chores was often humorously inept as measured by negative responses from others, lack of success, and unsatisfactory

outcomes.

So what has TV taught men and women most?

For men:

Tv has taught him to view himself as weak/supplicating and stupid, meanwhile women as superior in every way, meanwhile the reality couldn't be further from the truth, men being better at everything in the world except manipulation within relationships.

TV has shown him that successful (in quotations) relationships involve a woman who is in control and a man that is nothing more than an over glorified ATM machine. Irony being that, relationships nowadays are a fucking

joke and probably at their worst ever with both sexes being unhappy, although female unhappiness being due to their own stupidity, meanwhile male unhappiness due to having to deal with mentally deranged whores who have no skills/manners or worth.

The woman:

Naturally a consumer has been trained to view men as nothing more than providers and has had her consumer attitude unleashed to the ten thousandth degree, telling her to never be satisfied, never be quenched and ALWAYS want more. In spite of the extra stress/pressure and drama that this desire will cause within the relationship

and in spite of the fact that men end up suffering more heart attacks, stress related diseases and earlier deaths because of all of this. This creates a level of entitlement never before seen within the female creature.

They're taught that men are weak, not to be trusted and that THEY should take control of the relationships. They're shown men that are pretty much legally retarded and coupled with the brilliance of their own sex on tv, it's no wonder that relationships today are a joke and 2/3s of marriages...that's marriage, what is supposed to be a "holy institution" end up in unhappiness, we're not even talking about relationships....

To avoid all these pitfalls, it's actually pretty straightforward what you need to do, you take a cost per orgasm approach. That is to say, you factor in the amount of time you are investing, you factor in the amount of money you are investing and you factor in any emotional investment that may also be necessary. If it surpasses the point of personal worth, then you do NOT do it.

Women/relationships are not INHERENTLY valuable, they CAN be valuable depending on what you value, but for the most part, they are a money pit, they are an emotional energy pit and they are a time pit, those being the things MOST crucial for your own success.

With your time, you create money, that money is created through an emotional and intellectual investment into a pursuit, if that is siphoned by a woman, then you will have less capacity to do so.

Scientists have actually measured will power and they have come to the conclusion that it is FINITE meaning that there is only so much you can exercise throughout a day before it perishes and you are left to whatever habits you have, so if your will power is being spent on dealing with women, you can bet you are going to have less of it when it comes to your own pursuits, so it is VERY important that you spend it wisely.

Some of the greatest men in human

history were naturally inclined to go the MGTOW route, before MGTOW was even MGTOW, when you look at the accomplishments and the profound effect that men like Tesla/Newton/Da Vinci/Michelangelo/Nietzsche have had on human history, you begin to realize that you have the SAME if not BETTER opportunity because unlike them, the stigma now is somewhat softened due to the movement at least having internal support within a group of established men. Thus if one needs someone to lean on, they can always reach out to other likeminded men, whereas they didn't have that luxury. Not only that, but with the internet, one can access their

approach, their works and their knowledge and soak it all in, within a very short time frame, foregoing days, months, years of strenuous work, but do not forget their commonality:

They KEPT their resources

They KEPT their time

Most of all, they kept their sanity by avoiding unnecessary contact with entities that did not serve them. They understood their own potential and they did whatever it took to go after that potential, IN SPITE of the immense shaming they must've gotten from deviating from the pre-planned path of life taken by most blue pillers.

2. MGTOW Gives you More Freewill

Quality of life comes down to one thing, amount of freewill that one has and then how they use that freewill. MGTOW is something that **ONLY** enhances your freewill meaning that it gives you **MORE** options as opposed to eroding them. The **ONLY** difference between the very best and worst chess players is the **ILLUSION** of choice meaning that where the worse chess players fail to see their **TRUE** potential within the position, the better players are able to extract **THE** most out of it. Not only are they able to get more out of it, but they understand the **WHY**, as in **WHY** their moves make

sense.

Unfortunately for the worse chess players, it's not enough to make the correct moves, but it is also necessary to understand WHY because they WILL be forced to move again, so if they don't have sufficient knowledge to unlock the foresight needed to understand WHY it was a good move, they are nothing more than a sitting duck. This is what most men are....sitting ducks because they are caught under the spell of the American Dream.

Women. Men look at women to be their saviors and is it any wonder that in a society that is hell bent on destroying their masculinity and propagating

femininity as “running this world” (th-thanks Beyonce) that this is the case? Men are told that they are defined by women, that without a woman they are less of a human being and that in order for them to be happy, they NEED a woman.

MGTOW is the exact opposite of that, MGTOW does not stress external validation as much as it stresses internal contemplation. A MGTOW man CANNOT and WILL NOT be happy with ANYONE else, unless he is first happy with himself, this should be the START point of your journey.

Fuck what the system tells you about women, realize this: the reason why SO

many men put the pussy on the pedestal is either an insecurity or they haven't been around women long enough because they think that they are something special or something that adds a real value to their lives...protip:

Women are like men without the responsibility, logic or ability to look at things objectively aka most of them are really like overgrown children.

When you spend enough time around women, you begin to understand their nature and stop making them out to be unicorns, you realize, while men may be disposable, women are replaceable. In that AWALT logic applies aka all women are like that. We see this across

ALL fields, jobs, athletic ability and even IQ, IQ is probably the best one to illustrate this point. While men and women have nearly similar IQs (men come out slightly ahead:

<https://www.youtube.com/watch?v=-Yrebk6vVnM>), when you look at how the IQ is dispersed, you'll see that men are both the biggest losers and the biggest winners, whereas most women fall within the median.

The only TRUE advantage to having a woman in your life is the added sex, but what most women take for that sex is your time, your money, your emotional investment and depending on how crazy she is, perhaps your sanity too. Even if

you factor in things like cooking/cleaning, these aren't exactly extraordinary services or ones that a man can't do for himself. So this begs the question, is your woman **ADDING** value to your life or you trading away **YOUR** value for her sex?

Most women just aren't worth it, when you look at them **ENTIRELY** objectively in asking yourself, would you hang out with them if it weren't for the sex? Then how much is her sex worth because even if you're not spending money on her, you're still spending your time and time=money, so how much is your time worth?

This isn't to say you need to be celibate

to be MGTOW or that you can't have a relationship or fling, but it is to ask yourself every single time:

Apart from sex, what does this woman bring to my life?

If she IS bringing something else, could I learn/do it myself?

What is my cost per orgasm as far as money/time goes?

Since my self-worth isn't tied to her or women in general, do I really NEED her?

Since I don't really NEED her, what is the minimal amount of investment that makes it worth it for me and keeps her around to fulfill my needs?

Oh and if you think this is a very

Machiavellian way of thinking and not considering women as humans, just take a look at the following:

<http://blog.sfgate.com/relationships/2014/says-half-of-all-married-women-have-a-backup-husband-in-mind/#24902101=0>

Survey says half of all married women have a 'backup husband' in mind

This is MARRIED women aka NOT women in relationships, NOT women in flings....MARRIED....you are disposable, she is replaceable, remember that

Cars/Money/Work. There is nothing wrong with doing well at work, having a lot of money or owning a nice car, but a MGTOW man does NOT need those

things to be happy because a MGTOW man's happiness stems from within.

If you are going after those things, make sure you are doing it because you really love and desire them as opposed to satisfying someone else's map for YOUR life. There is no object, no car, no amount of money and no woman that is going to bring you happiness if you do not already have it within.

All we have to do in this life is decide what to do with the time we are given, do not waste it on things you THINK you want because others have told or I should say BRAINWASHED into thinking they have value....YOU have value and YOU are the true prize.

Do whatever makes you happy and exercise your freewill, as long as you aren't harming anyone, feel free to do whatever the fuck it is that YOU please.

At the end of the day, it's about maximizing your own freewill in that MGTOW doesn't state that you NEED to do anything as much as it gives you a guideline as to why you should avoid certain things.

Women: View men as disposable, little skills outside of their vagina, with tinder/pof/OKC/Instagram/facebook, more likely to cheat than ever, take your money, take your time, take your resources

Working too hard at a soul sucking

job: Most of the time it's to buy bullshit you don't need, extra stress reduces your quality of life, the money you get is often wasted since it's tied to trying to impress others, takes your time and turns it into money for someone else, giving you little feedback on what you **DESERVE**

Material goods: Most shit you don't need, advertisement is a billion dollar industry for a reason...it needs you to sustain it and it does **WHATEVER** it can in conditioning you into being a consumer

NONE of these things bring you **INTERNAL** happiness which is where the **REAL** treasure lies. Thus feel free to

disregard or entirely forego all together as you need to in ANY of these categories. If anybody tells you otherwise that you NEED them, remember, they are a blue piller moron who is an Agent Smith trying to keep you conscripted to the Matrix. Your happiness starts with YOU.

3. Your Own Disposability

Women. Women are incapable of loving a man the way that he thinks he wants to be loved aka in the conditional/Disney/Blue Pilled way, which is unrealistic for anyone apart from your mother. Ironically this belief that love should be that way could actually be attributed to his mother in that men have a male mother need that seemingly plays out in their life, long after their relationship and involvement with their own mother diminishes greatly.

She is the first woman you see after your birth, she is the woman that compliments you, the woman that raises you and the

woman you get all your love/affection to. On some level we all pine for those early childhood feels again, but unless we understand that, the love we received was contextual, we will forever fail should we try and replicate that unconditional love with another woman.

A woman's love is ENTIRELY conditional and is based on what you provide for her, women being the gatekeepers of sex, they are the ones who end choosing the relationships and how they unfold. Their love for you is based on how much she respects you or how many resources you provide for her and if those things start dropping off, then there is a good chance she will drop

you off.

Women are out for one thing and one thing alone, themselves. Concepts of honor are not and were not ever necessary for women in order to survive. Concepts such as sexual fluidity and the ability to adapt were. In that men being much more likely to die at war, at work or out hunting, the woman could find herself in situations where she is left alone to raise a child and feed herself and their offspring.

Thus a woman would need to adapt very quickly to that new environment and procure a new mate ASAP if she wants to ensure survival of her genetics, so you can see why this ability to dispose of

men and not feel the slightest twinge from doing so has arisen. Not only that, but a woman's biological clock is much steeper in that she really only has 30 good years, before not only do her eggs start becoming more questionable, but also her looks have greatly deteriorated relative to her 18 year old self and other 18 year olds.

A woman must be very careful with her time and this is amplified in how they treat men, hence why they are the sex that absolutely NEEDS to be hypergamous in order to survive, a woman is already at a disadvantage in being the physically weaker, mentally softer sex, if she allows herself to take

on partners who don't have greater value than her, she is setting up her and her genetics for a great failure.

Now luckily for you, just with this knowledge, you will be able to avoid the pitfalls of oneitis, getting emotionally involved with women or investing too much (if at all) in any future interactions with women. Knowing that they see you as disposable is a great way to realize that beyond some cheap fun you get out your interactions with women, they will never progress to more, unless you want to deal with the reality of constant competition in a day and age where a semi attractive woman (6+) can have 500+ Tinder matches in a few days.

Work. ALL of your employers don't give a damn about you, thus get as much out of the company and don't be afraid to jump ship at the first opportunity. There is absolutely NO loyalty in this day and age and every single successful company has ONE bottom line:

Profit

If you as an employee come between them and their profit, you WILL get nexted as you are ENTIRELY disposable. ALWAYS remember that and ALWAYS be striving for more, not for the company's sake and not for money's sake, but for the sake of your OWN wellbeing. If you get the chance, do not have an OUNCE of loyalty (unless it

was shown in spades towards you) because most companies will drop you at the drop of a hat if need be.

Government/Military. Governments and militaries around the world have always seen men as nothing more than cannon fodder, thus you as a man should do as much as possible to avoid doing any sort of business or entering in any sort of contracts with these amoral institutions because their bottom line is very similar to your employers:

POWER

They couldn't care less about you as a human being and they would **GLADLY** draft you to go fight some pointless war, they would **HAPPILY** throw you in jail

because of retarded law XYZ that they legislated to create business for their lawyer friends, their police friends and those employed by the jail industry. In this day and age it's all about championing being free, without the actual freedom seeing as you are restricted with what you put in your body (drugs), if you have sex with someone for money, how much money you make which is moderated and eventually stolen (through taxes) and if you even decide to kill yourself (suicide is ACTUALLY ILLEGAL...hmmm who REALLY owns your body?).

Everywhere you look, you as a man are marginalized and made to be less than

you actually are, you are not viewed as a dynamic being with ultimate potential. You are viewed as a cog in the wheel, whose sole purpose is to serve these amoral entities.

Women don't care about you

Your work doesn't care about you

And the government and military certainly don't care about you

So, make sure to care for yourself. If somebody EVER tries to shame you for not doing XYZ and being "selfish" because of it, just think of how ACTUALLY selfish everything in the world actually is. Relative to these massive institutions that are interacting and coercing people on a mass scale,

what is YOUR supposed “selfishness” relative to theirs?

Worry not about people who have opinions like these are they are the most mentally deranged, the sickest and the stupidest individuals around. Love yourself, do what makes you happy and go on your own fucking journey. It is the best road you can follow because you decide how fast you walk, you decide what direction you go and you decide the pace. The less you interact with these disgusting figures of mind control, the more freewill you can exact, the more happiness you'll have and the more self-love you'll feel.

Happy journeys and STAY TRUE TO
YOU!

4. Marriage

Marriage is one of the worst things that a man can do to himself because not only is he entering the institution with an already proven irrational creature, but he is doing so at the cost of his own freedom. The more partners a woman has had, the more likely it is she is going to cheat or be unsatisfied within the marriage:

<http://socialpathology.blogspot.ca/2010/partner-divorce-risk.html>

And what are the odds nowadays that you can find a semi-attractive woman with less than 5 partners? You are ALREADY up against it and we haven't even covered any other aspect of

marriage yet either.

The other thing is that women initiate at least 2/3s of divorces:

<http://www.uplifting-love.com/2013/08/80-percent-of-divorces-are-filed-by.html>

And not only this, but men are often the ones paying alimony. So this begs the question, we already know for fact that women are the more irrational sex, however we also have scientific proof that you cannot turn a whore into a housewife which really doesn't come as a surprise to anyone who has ever interacted with a whore as you will NEVER have successful relationships

with them, but we then see that women also initiate the majority of divorces and this isn't just limited to North America:

http://www.nytimes.com/2005/10/04/international/pagewanted=all&_r=0

Women in China Embrace Divorce as Stigma Eases

Divorce was once a dreaded fate for women in China. Now, many younger urban women like Ms. Cai view it almost as a civil right, which has helped drive up divorce rates. One government study found that women had initiated 70 percent of divorce applications here in Guangdong Province, where the number of divorces increased by 52 percent last

year.

<https://my.news.yahoo.com/emancipation041002707.html>

What's new is this: the number of registered divorces in India is on the rise. The nation of 1.21 billion doesn't compile divorce statistics, but news reports estimate that one in 100 Indian marriages end in divorce. In the 1980s, New Delhi had two divorce courts; now it has 16, says the Associated Press. "From 2000 onwards, the trend has been on the rise and it's been a spiraling phenomenon," says Sanjoy Ghose, a New Delhi-based lawyer who specializes in matrimonial law. When you factor in the fact that YOU

could be the one paying for all of this,
the question really becomes:

Are you feeling lucky punk?

As much as you might like a girl, as
much as you might think she likes you,
people's feelings are subject to change:

<http://news.bbc.co.uk/2/hi/health/447804>

Romantic love 'lasts just a year'

You have to understand that you are now
entering an institution with the
government, the same governments who
restrict what you can and can't put in
your body, the same governments that
steal money from you and tell you that
it's good for you (taxation) and the same
governments who state that suicide is

illegal. This almost makes you wonder who is crazier; women, the government or men who WILLINGLY and ACTIVELY seek to deal with these two entities?

So what is the REAL benefit to marriage? Are married women less likely to cheat:

<http://nypost.com/2003/07/13/why-we-cheat-women-doing-it-more-and-feeling-less-guilty/>

A stunning 90 percent of adulterous wives told one Manhattan researcher they suffered “no guilt,” but rather felt “entitled” to the pleasure and excitement of their secret trysts, 60% have engaged in at least one

extramarital affair

60% of cheating women seek a long-term affair

65% report that sex is better with the lover than the husband.

70% say their lover is the opposite of their husband.

45% remain in marriage after the affair

25% marry their lover

90% have no guilt, but feel entitled to the affair

So what are you REALLY banking on?

Can you think of even ONE rational reason that you would actually SPEND MONEY to enter this faulty institution?

How fucking wild is it that most men spend 20-30k on a wedding aka

something that literally takes place over the course of a few hours and yet at the very same time this is something that almost inevitably ends up destroying their freedom and giving them LESS sexual satisfaction than they would desire? Hell for 20k, you could fuck 10 of the finest porn stars and that would probably last longer than your wedding, let that sink in...you could derive MORE pleasure and actually deal with less risk than most men do entering the institution of marriage.

B-but love you say? What fucking love? Are you crazy?? The only love that a man gets in this world is the love he has for himself. This is the TRUE hierarchy

of love for a man:

Love of self

Love of his ideas/pursuits/passions

Love from other men (no homo and maybe a bit of homo)

Love from children

Love from animals

Love from women

Just look at these statistics and realize that even if everything was ideal, meaning that you found a woman with a low partner count, she wasn't westernized and you had high value yourself, it's STILL only a matter of time before the country becomes more and

more westernized and before different laws are adopted and guess what? Because you signed the LEGALLY BINDING CONTRACT, it doesn't matter that you got married when the getting was good, you obey the CURRENT laws in place as in they are SUBJECT TO CHANGE.

Besides if you CAN pull a high quality bird like that, that begs the question, why not just enjoy her company and when it's over...it's over, but you KNOW that you can do it again because you've already done it once.

It is abundantly obvious that NO man should EVER marry.

Spend your money on your hobbies

Spend your money on yourself

Hell, spend it on escorts every now and then too

Just don't EVER spend it on marriage because to sum up:

1. Love doesn't exist, not in the way men would like it to

2. Your woman is irrational, why would you give up your power to an irrational creature?

3. Literally EVERY aspect of marriage is designed AGAINST men

4. You could have WAY more fun with your money OUTSIDE of marriage

5. You are FREER outside of marriage than you will EVER be inside of it

Avoid marriage, avoid unhappiness and avoid following the crowd. A happy bachelor is a thing, a happy bachelorette....not so much, ALWAYS remember that if ANYONE tries to shame you when it comes to a lack of desire to self-sacrifice and self-destroy for the benefit of a woman.

5. Men and Women Aren't Natural Partners

This is something that can be difficult for people to deal with, they've had this notion of romanticism, the idea of soul mates and the very M-F relationship being established as the most "natural" type of relationship out there. Yet when you REALLY look at it, objectively, without any bias, you begin to see that men and women could not be any more opposite;

Men love sports, action and anything that is high risk

Women love romance, gossip and things that are relatively safe

Men are the doers of society, they are the ones that drive great wars, they are the ones that build great cities and they are the ones that revolutionize the world

Women are the followers of society, they are the ones sitting on the sidelines, they are the ones allowing everything to take place and they are the ones that regardless of winner, go with them

The best example of just how opposite the two sexes are would be children because without the incentive to splice genetic matter, it seems that the male-female relationship falls apart. Children have none of this desire and what do the little kids say about each other? Each sex is convinced that the other is yucky

and that they have cooties. Both sexes keep to their own and both sexes are repulsed by the other, yet kick in a bit of testosterone and estrogen and *boom* the powder keg that is romance explodes.

Most men have to honestly ask themselves: if their partner didn't have a vagina, would they spend any time with them? Or maybe I should rephrase that, if their partner's personality was transplanted into a man, what sort of man would they make? Most women would make awful men, as Jack Nicholson once said "When I look at a woman, I think of a man, except without the responsibility or the accountability" because most

women have been incredibly coddled by not only men, but other women and society as a whole.

Nobody ever dares to call out women on their bullshit because for the most part, they're too busy trying to fuck them.

Even the women that stand out and actually have "personality" only do so because they are being compared to other women, other women who have a void of anything remotely close to substance, other women who list shopping, being a foodie and Netflix as hobbies, other women who haven't even even dared to venture into their own mind for much needed introspection.

In a way, men are just as if not more

responsible for women's very condition nowadays because men SHOULD be the leaders and they SHOULD show women how to behave, however this is not what has taken place and if anything, the EXACT opposite has over the last 30-40 years. This has only exacerbated the issue and made it abundantly clear, that in the current condition men and women are absolutely NOT natural partners.

This brings me to the real point of this chapter:

Your control over your sex drive will define you

We all know males who are controlled by the pussy whether they are pussy whipped or pussy hungry, their

time/money/resources are tied to things which aren't adding value back into their lives

This isn't to advocate celibacy/no fap or anything, but at the same time you have to be very weary of spending most or all of your energy on women. Women may come along for the ride, they may last quite a while, but women are not and never will be the ride itself.

The ride is what you value

The ride is what you love

The ride is what will ALWAYS be there

The ride is your passion

The ride is....you

Men have been caught up for too long in

channeling their passion into women and I have no doubt that it's taken away some of the greatest thinkers, some of the greatest inventors and some of the greatest minds from this world, why? Because they were too busy listening to some bitch nag, they were too busy working 60 hour weeks so their kids could have food on the table and they were too busy fighting senseless wars so their families didn't get killed.

When you look at Da Vinci/Tesla/Newton, these are 3 men that absolutely revolutionized the world, yet they had seemingly no contact with women. Is it any coincidence that they were able to accomplish as much as they

were? What would you do if you had unlimited/uninterrupted time?

I'm not saying that if you swear off women that you will become like one of them nor am I saying that you SHOULD swear off women, but you just need to have EXTREME tact when engaging with the opposite sex as if things don't go your way, they can end up in a complete disarray:

Marriage

Alimony

Child Support

Being a wage slave to support people you don't like

Instead of taking those resources you

were going to use on a woman, take them and use them on yourself, take them and use them on your own growth, explore your own individual consciousness and never stop expanding your masculinity.

One of the most profound moments you can have as a man is seeing a beautiful woman and appreciating her beauty, but NOT giving into it because in that moment, you have transcended your biology, no longer are you overcome by the feeling of a need to procreate, you are free to think, free to act and free to be with or without her. You understand that her beauty is nothing more than biological cues of fertility/good genetics and youth:

I.e broad clavicles and a narrow waist are attractive on men because they serve a purpose, wide clavicles=more room for you to carry things on your back and bigger lungs which=better capacity to run, a narrow waist=better strides and better running ability, cheekbones and squinty eyes are attractive because they keep things out of your eyes and cheekbones protect against strikes to the eyes, height is attractive because it allowed males to see more of their environment and prey and to reach higher things. On the female side, wider hips have been proven to= better health for your woman and child and tits/ass

are just fat deposits, so she'll have something extra to live off should a famine strike. Men have evolved to be bigger/stronger/faster, females have evolved to be smaller/weaker/slower to ELICIT a yearning from the males to "protect" them through their neoteny aka bigger/more childlike eyes, smaller/more petite stature (why are so many men attracted to "petite women?") and their smaller tear ducts biologically hardwiring them to be more prone to crying:

<http://www.foxnews.com/health/2011/05/men-women-shed-different-tears/>

Evolution and nature don't give a damn

about whether or not you are happy, whether or not you achieve your potential or whether or not you even come close to doing anything with your life OUTSIDE of P in V aka procreation and having kids. That is nature's goal and that is why we react the way we do to women and especially attractive ones. However we're FAR past the point of needing to worry about humanity surviving and we're far past the point where P in V, raise kids, rinse, repeat into infinity serves us. In this day and age, these can be extremely dangerous and destructive things to partake in as a man and once you understand how truly awesome the world can be without a

woman and kids, i.e

<http://kernelmag.dailydot.com/issue-sections/features-issue-sections/10977/cost-raising-child-2014/>

What else could you buy for the average cost of raising a child? I'm glad you asked. Here are 20 things you could buy instead of giving birth to a human child.

1) A plane ticket—wait for it—to [outer fucking space](#).

2) A [Chipotle](#) burrito every day for 97 years or two every day for 48 years if you have a friend whose digestive system you also want to destroy.

3) Kourtney Kardashian's super cool [Mercedes SLS](#).

4) [A modest waterfront home](#) in several

American cities.

5) 3,125,000 coins in [Kim Kardashian: Hollywood](#), enough to finally knock Willow Pape down to the E-list where she belongs.

6) A month in a penthouse suite in the luxurious [New York Palace hotel](#).

Just to name a few things you could be doing, but it's after seeing how truly open the world is for a man in the 21st century, how men and women aren't even natural partners and how to conquer one's sex drive that a man is able to create the life that HE so desires.

6. Women are Lower Quality Than Ever

<https://www.youtube.com/watch?v=fHGia0x-wfE>

<https://www.youtube.com/watch?v=D6BfN6awpH4>

<https://www.youtube.com/watch?v=R6QP1su6C2o>

Do you want just ANY car?

What about ANY house?

What if someone gave you a million dollars in ANY currency?

Then why are you ok with just ANY woman?

What men need to look for in women is ACTUAL quality because who gives a

damn if you can attract some low quality woman? What is she REALLY adding to your life besides another name to put under your liability list?

Men have coddled women for too long, they have allowed them to get away with being nothing more than walking fuck machines and it is because of the male thirst that they have gotten this far being this hollow character lacking substance. If men want women as a hole to develop, women need to have reason and the only real motivation you can give to a woman is if you threaten her ability to pass on her genetics, then and only then will she smarten up.

Notice these post wall 30 something

women looking for men, you can see the desperation in their eyes, as their beauty dries up, their youth fades away now and ONLY now do they begin to realize that there were OTHER qualities that they could've been developing all along, however for most of them it is too late. They have lost what matters most to men: looks/youth and beauty and now they are left in this awkward stage where they are like a dying flower, not quite ready to throw out, but way past it's prime.

Women like anything can be separated into two categories:

Liability

Asset

Most (if not all) women fall under the liability category. Men are the ones paying to take them out, the males' time is usually the one that is more valuable and if you took away all reproductive abilities, the man would no doubt be the more useful person to have around in almost all cases.

By flipping the script and walking away from women, you're actually doing humanity a WAY bigger service than just mindlessly rubbing genitals to squirt some goo into her vajay jay and pop out a few youngins.

MGTOWS serve as notice as to what CAN happen when one sex completely stops carrying it's weight, tries to

overtly control the other and is actually coming from a place of weakness/need. So why are women worse quality than ever?

Men have always been the thirstier sex because it has served their sexual strategy to be less selective due to low investment and high return, whereas women were high investment and low return IF a good partner was not secured in order to provide the resources she was going to need, not only in her time of pregnancy, but also in her post-pregnancy stage. So male thirst makes sense, from a biological standpoint, but in the day and age of:

Feminism

Tinder/POF/OKC

Facebook/Instagram/Twitter

This can really rear it's ugly head in a very ugly way that ends up hurting EVERYONE.

<http://www.mdconnects.com/articles/198-and-social-networking-sites-negatively-affect-marriages.htm>

<http://www.mdconnects.com/articles/106-usage-linked-romance-problems.htm>

<http://imgur.com/m8de4Ic,ISawacz,B0rjN>

The problem is that women are herd animals meaning they are FOLLOWERS so if they see a trend, they can't help but get on it and extract as much as possible from said trend, it is just their nature.

When you have 2s/3s that can get as much attention as the ones I posted above, ask yourself how many unsolicited messages a 5/6 can get, oh wait....never mind, you actually don't have to ask yourself, somebody already did:

<http://jonmillward.com/blog/attraction-dating/cupid-on-trial-a-4-month-online-dating-experiment/>

As you can see, the results after 4 months echo those from a week into the experiment.

The two most attractive women probably would have received several thousand more if their inboxes hadn't have reached maximum capacity.

- It took 2 months, 13 days for the most popular woman's inbox to fill up. At the current rate it would take the most popular man 2.3 years to fill up his.

THIS is the machine you are up against, women are told they are special snowflakes just for having a vagina (feminism), they then have this confirmed their entire life (facebook/twitter/instagram) and finally they have a never ending stream of male attention that is LITERALLY at their very finger tips (POF/OKC/Tinder):

<https://www.youtube.com/watch?v=oBLUU9CiBrc>

This is a woman with over

900....yep....900....900 FUCKING MATCHES. I don't think your average 20 something male has had a conversation with 900 women let alone have 900 women who are willing to fuck him at the drop of the hat.

So the question becomes, when your average or slightly above average woman is able to garner this much attention, what is really the point of gaming her besides setting up some sort of friends with benefit deal? Picture yourself growing up getting all sorts of attention, having things given to you because "you deserve it," everyone telling you that you're amazing/perfect and beautiful and seeing a world set up

to pander to your every whim, do you really think YOU (as a man) could stay humble?

Then it becomes reasonable that a creature of lesser reasoning (a woman) aka one prone to having estrogenic mood swings from hell would not be able to stay humble either, as a matter of fact, most of them are for very good reason arrogant as can be because who are they to think critically of themselves when the world has told them not to have the slightest self-doubt, not to ever feel down because regardless of objective ratings, they're "beautiful" and all while residing in a world of affirmative action

where things are handed to them not because of actual skill or merit, but because of their possession of the magical vagina.

The odds are stacked against you in finding a woman that adds value to your life, keep yourself emotionally distant when engaging with women, view them for what they are which in most cases is nothing more than a fuckbuddy and stop chasing the heralded unicorns. Find happiness within, create value for yourself and NEVER look for a woman to help fill any void, the 21st century Americana whore is nothing more than a worthless slag (most of the time).

7. Society is Hell-Bent on Destroying Masculinity

What are men to do in an anti-male world?

Everywhere you look, men are being demonized, if it isn't on TV it's through the family courts, if it's not through the family courts, it's through women talking about how evil men were in the past.

The best strategy for dealing with all of this isn't to go out marching and screaming about the subjugation of men, forget about it, at best you'll be ignored and at worst you'll be jeered and mocked.

THE best strategy is to withdraw from

society to your maximum capacity, withdraw your time, withdraw your efforts and withdraw your investment. Instead take those things and put it into things that benefit you, put it into **WHATEVER** it is that **YOU** feel benefits **YOU**.

Whether it be working a passive income, whether it be lifting weights, whether it be defining masculinity as **YOU** please, go about it in your **OWN** way.

For **TOO** long men have allowed their masculinity to be defined by forces outside of themselves and where has this gotten them? Killing their brothers over senseless things, working themselves into the ground for unappreciative beings

and losing themselves in a world that views them as interchangeable cogs meant to forever dwell within the robot that is the matrix.

Free yourselves men

Free yourselves for GOOD

Masculinity is difficult to pin down, it is an elusive definition, but here's my take on it.

What is a man?

A man is a perfect being, he is strong, he is rational, he is emotionally controlled, he is charged with energy, he is ever so curious, he has a burning desire to figure things out, he has no problem sacrificing himself or his time, he is by all stretches of the imagination a well-oiled

machine....if not for ONE weakness, women...naturally (literally mother nature you fucking bitch ass whore).

Men WOULD be perfect if not for their desire to pander to women, to be their “provider” and to “save them” from the ills of the world. For what else is marriage, but a situation where one party gets ALL the perks of an easier world (the woman) and the other party gets all the duties of a difficult world (the man) aka it is a zero sum game that a man will NEVER win.

The woman stays at home, cleans the house, tends to the kids and cooks and THIS is passed off as difficult. A man could be working manual labor, he could

be the CEO of a fortune 500 company, hell he could be the FUCKING PRESIDENT and guess what? His wife would STILL act as if she has “the toughest job in the world,” meanwhile with dishwashers, modern ovens, toasters, prepared meals, thousands of easy recipes being available online her kitchen duties have been reduced to something that will no doubt be obsolete by the creation of some robot in the next 10 years. Well she cares for the kids, surely that’s a challenge right? Lol, have you ever seen a child in front of a TV or a video game, can you say goodnight sweet childish fun loving/action oriented spirit? B-but...the blowjobs??? Please,

most women suck dick at sucking dick.

Yet when you look at most men, THIS is the very life they lead, THIS is the very life they so willingly cast themselves into and for what?

Clearly it's not a rational proposition, hell, all a man has to do is think about it for 10-15 minutes objectively and they can come to the same conclusion, yet every day, every hour and every minute we have men entering into these institutions...why though?

Puuussssy

But is it worth it? As we see it is clearly not, but then why do such brilliant creatures continue to stifle themselves, why does a stallion seemingly so

beautiful and free seek to shackle itself into servitude?

Conditioning....

All throughout their lives, men have competed with each other, they have fought tooth and nail for the attention of the female creature. They have had their very masculinity sucked out of them in two ways:

The alphas in tying their worth to women

The betas in taking away their masculinity entirely and telling them to feminize themselves in order to treat women as an “equal”

The alpha's masculinity hijacking is pretty straight forward as he is caught in the never ending circular trap of

NEEDING women to justify his very existence, as much as he THINKS he is free, he is not because should something happen to where he is no longer able to get steady streams of pussy, be it through a physical impairment, a change to his status in the pecking order or through marriage, you will see this man be drained of his very essence that once made him so attractive.

Nothing is sadder than seeing a high school stud get chased down and clamped down to some unworthy 6/10 who he just happened to knock up, to pay the bills he now works 50+ hours doing construction, he comes home and is seldom greeted by his wife, so he turns

to alcohol and television to quell his demons, but that won't help, nothing will at this point in time because he KNOWS...for ALL the power he SUPPOSEDLY had, he STILL ended up powerless to a creature infinitely weaker than him, infinitely stupider than him, but having ONE advantage (or maybe two)....she was more CUNNING and she had the one thing he craved the most....PUSSY. He was not able to separate his masculinity from the golden vagina, he was not able to step back and look at the chase for what it was, the chase being the fun part, the kill always being...meh...whatever, onto the next chase and now...now he paid the

ULTIMATE price a man can pay...his
VERY FREEDOM.

The beta is no better off, unfortunately his freedom is shackled too, but unlike the alpha, he enjoys NO immediate carrots for his servitude. He is left to wait, left to wait until the strongest of lions finish ravaging the deer and perhaps a chunk of meat is left for him, maybe an eyeball or two or maybe just a hint of marrow. Whatever he ends up with, he will NOT be satisfied as it is old, gross and used (not too different than his eventual partner). Aged pussy is like aged milk....not the most satisfying thing in the world.

Where the beta really loses is that while

his masculinity is also defined by women, he cannot even fulfill the dominant role, his only “dominance” over her is in the traditional “noble” type fashion where he ends up putting her first, neglecting to realize that this only works if there is some sort of contrast i.e if you are SO high status that your gift of attention and affection means something. In the same way that if Obama offered you to teach you how to speak, you’d be flattered and would graciously accept, meanwhile if some guy off the street took the very same action, you’d tell him to fuck off. The one place that the beta feels like a man is when he is trying to fulfill these dead

roles with a woman, unfortunately women no longer desire to be courted like that, but they also resent it. It's why they'll fuck the badboy within an hour of meeting him, but this poor sap will grovel for weeks on end for a semi awkward hug that he lingers around for too long and one that she eventually forcefully pulls away from.

Make no mistake though, they BOTH allowed women to control their lives.

They BOTH had their masculinity stripped from them, one in the succubus type way (pedestalling of not ONE pussy, but pussy in general), the other in the mental succubus type way (his pedestalling of the pussy while not

receiving any).

The true zen...the true zen is in finding the perfect balance between desire, action and what is REALLY valuable in your life.

Their masculinity is derived from a script, a script that tells them pussy and women are INHERENTLY valuable, thus you MUST have them if you have them you are THE man and if you don't, you need to be striving for it. Where does this end though? What about houses? What about cars? What about careers? What about your very purpose in life? Are you going to let THOSE things be dictated by some grand script? No?

Then why the FUCK would you let anyone or anything else dictate something as simple as your desire.

The greatest men aren't ones that got the most pussy, they're not the ones that built the greatest kingdoms and they're not the ones that are depicted in history books, the greatest men are ones who lived on their own terms, met with their fate by their OWN hand and created their OWN reality based on their OWN values.

Men who weren't afraid of being "alone" because they knew, they knew how truly lonely and isolating it is to live in a DICTATED reality, one that was set out to you by others because even if you're the top dog, that only lasts

for so long and even while you're at the top....it's very isolating and lonely in itself because no one understands the pressures YOU feel, the struggle YOU go through and the competitive anxiety knowing that your very image, your very essence is being measured by this penultimate standard that others THINK is so amazing, but really it has it's OWN challenges/drawbacks and battles.

Be a zen man.

Walk away if you need to, do not let others tell you what is and isn't your OWN masculinity, define it for yourself.

Fuck the world

Fuck society

Fuck me and my long winded writing

Fuck you

Fuck everything

Why'd I write that? Because I can and because I do. Now go out there, take that spirit and make it INTO SOMETHING>

8. Self-Improvement is a Way of Life

1. Lifting, weight training and dieting is SO important for EVERY man to practice:

“No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable.”

If you are really strapped, you can always try a very basic program called Reverse Pyramid Training (<https://www.youtube.com/watch?v=GF17q4Jqkss>) and follow that protocol, something is ALWAYS better than nothing. If you don't have money for a gym at the moment, you can always reach out to others over Kijiji/Craigslist and see if anyone is willing to donate

equipment, you'd be surprised at the goodwill of others, but without asking you shall never receive. Regardless, at least SOME exercise is necessary and if all else fails, you can always do calisthenics at home or in a park:

<http://forum.bodybuilding.com/showthread.php?t=140521351>

Some general lifting advice:

Train all muscle groups AT LEAST once a week, optimally they should be hit 2-3x, but a very good/naturally gifted muscle group can be trained once a week.

Above everything use progressive overload, but also incorporate drop sets/negatives/static work and other

methods as needed and depending on how you respond.

Moderate volume depending on the feedback and response you get from either going low/medium or high with it.

Find the exercises that best yield hypertrophy and get stronger along those motions.

If you are a complete beginner, I would suggest starting out doing 2 weeks of conditioning workouts done every other day:

100 pushups

100 squats

100 lunges

5 minutes of holding a plank

If you want to add weight, you can always strap on a backpack and fill it with whatever adds weight. If you're even more ambitious than this program, you can go to a park and add 50 dips and 25 pullups.

NONE of these are meant to be done in ONE set, so do a comfortable amount, take a break and go again until you reach the number. Add 10 reps to each of those and 15 seconds to the plank each session, once you have done that, you should have built up your muscles a bit so they'll be ready to go to the gym. A great beginner routine would be the following:

<http://www.muscleandstrength.com/work>

[blaha-ice-cream-fitness-5x5-novice-workout](#)

If you have questions about HOW to perform lifts, I would suggest checking out these channels:

<https://www.youtube.com/watch?v=yS8yUgRMiy4&list=PLh6yhljKWsn8>
<https://www.youtube.com/user/CanditoTview=0&flow=list&sort=p>

Cardio is something that you're going to want to do as well. The benefits are ample and when done correctly, it actually ENHANCES your weight training. You don't have to spend hours on a treadmill or stair stepper doing tedious work, make it something fun, do something you enjoy, do it fast and do it

hard. HIIT is the perfect way to get in some much needed cardiac work without the added time pressures that LISS often tends to cause. Who doesn't have 5 minutes for 4-5 20-30 second hardcore bursts at the end of a workout. Love your heart and it will lead you to the light.

The third pillar is a proper diet, feeding the body is necessary for achieving success, not only as far as your training goes, but also in giving you energy to perform your daily tasks at an optimal level. Shoot for a few servings of fruits/veggies, a gram of protein per lb of bodyweight and fill in the rest of the calories with whatever makes you feel/perform best.

Some general tips for those trying to lose weight:

Don't go crazy with the deficit right away <https://www.youtube.com/watch?v=kw9ekkuEJI0>

Don't go crazy with the cardio right away

ECA/preworkout as needed, again don't start with this right away

Keep calories as high as possible and cardio as low as possible and don't adjust unless you stall

Diet drinks/waldens farms/spices

Fibrous veggies/egg whites are your friends

Here are some of my favorite studies as to why regular lifting/cardio/diet control

is necessary:

<http://www.dailymail.co.uk/health/article-2883944/Weight-training-leads-stomach-fat-running-cycling.html>

<http://www.ergo-log.com/strongmenlivelonger.html>

<http://www.ergo-log.com/fourhealthyhabits.html>

<http://www.bakadesuyo.com/2012/06/can-you-bench-press-your-way-to-a-pay-raise/>

People who exercise regularly make 5-10% more money.

<http://www.spring.org.uk/2013/10/20-wonderful-effects-exercise-has-on-the-mind.php>

<http://www.spring.org.uk/2013/08/exercise-can-improve-long-term-memory.php>

<http://www.mdconnects.com/articles/1773/201-minutes-exercise-improves-attention-reading-comprehension-low-income-adolescents.htm>

<http://www.ergo-log.com/muscle-mass-extends-life-expectancy.html>

<http://richhabits.net/5-benefits-of-aerobic-exercise/>

<http://www.mdconnects.com/articles/2196/201-lifestyle-buffer-against-stress-related-cell-aging-study.htm>

<http://www.ncbi.nlm.nih.gov/pubmed/17132744>

Lifting makes you smarter

<http://www.ergo-log.com/being-fit-dulls-pain.html>

<http://www.ergo-log.com/high-blood-pressure-get-fit-and-live-longer.html>

<http://www.mdconnects.com/articles/2297/201-fit-kids-beefier-brain-white-matter-less-peers.htm>

<http://www.mdconnects.com/articles/2447/201-young-men-fat-doesn-t-pay.htm>

<http://www.mdconnects.com/articles/2468/201-exercise-protects-brain-stress-induced-depression.htm>

<http://www.mdconnects.com/articles/2479/201-food-rots-brain.htm>

<http://www.ergo-log.com/burningcalories.html>

<http://www.ergo-log.com/exerciselong.html>

<http://www.spring.org.uk/2014/11/the-type-of-exercise-that-most-benefits-memory-reasoning-and-mental-flexibility.php>

<http://www.mdconnects.com/articles/2982/201-amount-physical-activity-lower-risk-parkinsons-disease.htm>

<http://www.ergo-log.com/the-more-anabolic-hormones-your-body-produces-the-longer-you-live.html>

<http://richhabits.net/lifting-weights-can-lift->

[your-iq/](#)

Finally, I want to talk about the importance of a thick neck, there is NOTHING more intimidating and masculine than a proper 16"+ neck and it should go without saying that you as a man should strive to be as masculine as you can be, if you're wondering as to how one can go about building said neck, well it is fairly simple. All you really need is \$15 to buy a neck harness and then googling neck harness exercises should be sufficient or if you can't afford it, there are even bodyweight stuff you can do to get dat girth going (no homer). Don't believe a thick neck greatly improves your appearance, simply take a

look at the following photos:

<http://i.imgur.com/j0ejVyd.jpg>

<http://i.imgur.com/93zZV16.jpg>

<http://i.imgur.com/7pNINCU.jpg>

<http://i.imgur.com/Ls7WLDK.jpg>

2.Regular reading:

It is SO important that you keep your mind constantly expanding because it is the ONLY way you get ahead in life.

Most people aren't engaging their mind daily, hell most people can't even be bothered to read once a week, for fucks sake let us be 100% reality right now, most people don't read at all. By reading on a daily basis you are putting yourself above the average man. Not just in the

way that you become SLIGHTLY better than him, but in a way that you set yourself apart completely from the normie peons that permeate throughout this world.

Some must read books:

Way Of The Superior Man- If you are going to engage with women in any capacity or hope to do so in the future, this is a MUST read as it lays some very solid truths out that men need to understand. Basic takeaway lessons are: dominate, put yourself first, never deviate from your mission, stay in control of your emotions, don't give into her bullshit. While I don't agree with everything in this book, it is filled with

enough amazing info that makes it more than worth the read.

The Alchemist-Inspirational short story about a boy and his mission, yes there is a love story, but if anything this enhances it because of the lesson you take away from it

Definitive Body Language Book- Read the title

Book of Cold Reading-Read the title

The Pook And The Mill- In all in one stop shop for a MGTOW man, SO much wisdom is expounded in that book. It touches on everything, women, men, lifting, the economy, the future and our history....MUST FUCKING READ

The Manipulated Man-This book had an

extremely profound effect on how I viewed the world/women and men, before it, I had very simple beliefs as to which sex was smarter. After reading this book, things changed drastically and I came to see the world in a new light.

27 Rules Of Pimp Game-Very short, but filled with awesome tidbits when it comes to dealing with women. Even if you don't want to be in relationships or even just to hook up with women, understanding how to game them is great preventative medicine in that most people still have to engage with women in their day to day life

48 Laws Of Power-Fantastic book on human psychology and how to navigate

your way through life so that you get the most out of your interactions. Even if you don't agree with the methods suggested, good to know so that you can recognize when they are being used against you.

No More Mr Nice Guy- Exactly as the title says, a great book to show men how to take charge of themselves and their life

Supple Leopard- Book on posture realignment, most people have issues from dealing with extremely unergonomic positions on the daily basis

40 Alternatives To College-Great book for the young man around the world contemplating putting himself in deep

debt because he believes it is the ONLY way to achieve anything in life

Art Of Learning-Written by the guy who played Bobby Fischer in finding Bobby Fischer (the movie), his experiences being a chess grandmaster, world champion push hands competitor and how he has optimized his learning

Wisdom Of Psychopaths-Need to understand these ideas/concepts especially in this world

Don't Sweat The Small Stuff-Simple book on mindfulness

The Kybalion-Nature of the universe

Art Of War-Sun Tzu knows how to win, sometimes winning isn't about engaging but destroying your opponent through

other means

3. Watch documentaries/informative videos:

<http://www.fulldocumentary.net/>

<http://documentaryheaven.com/>

<https://www.youtube.com/user/TruthOve>

“I believe self-education is the ONLY education”-Isaac Asimov

It is so important that we expand our mind in whatever way possible, who doesn't have an hour or two to clip in to reading or at least watching educational videos? We live in a day and age where information is so readily available for those that seek it that to NOT go after it,

to disregard it and to experience a worse quality of life for it is ignorant to the ten thousandth degree.

Challenge yourself to ready daily

Challenge yourself to watch one documentary daily

Challenge yourself to go to bed knowing you've done EVERYTHING in your capacity to arrive at YOUR highest level and reach for YOUR best potential as a human being and as a man.

9. Most Men in

Relationships are Miserable

At best most relationships are of mutual benefit, however the reality is that most of them don't come close to mutual benefit, in most relationships, the man is paying for her to go out with him, the man is investing his emotional energy into "loving" her aka tolerating her bullshit, the man is the one making the advances and ultimately if the man has done his job to develop his masculinity to the highest degree possible, HE is sacrificing HIS time to be with her.

What do women contribute? Most women are completely fine with allowing the man temporary access to

their vagina as long as the man provides what I described above, however most women don't go much beyond that. Sure, you'll get more if you are a higher value male, but that begs the question as to what gives you the most pleasure? Your value being validate by a woman in some way, whether it be sexual or some sort of "nurturing" or through creating MORE value in yourself by taking on some form of self-improvement.

What is it that gives you MOST pleasure? Is it time with the woman or is it time with your art, time with your physical hobby or time spent trying to make dem mental gainnzzzz? The other thing to factor in is that those activities

tend to be PURELY fun meaning that there is NO drawback from doing them, whereas the same cannot be said about a woman. Even if you are dominant of her (as you should be), even if she mostly knows her place, she is still an estrogenic creature prone to outbursts/breakdowns and just be generally annoying, and pestering you “what are you thinking about?” “Do you love me as much as I love you?” “Let’s go do brunch sometime” “my parents would LOVE to meet you,” so at best she minimizes her negative impact, but there is no bringing it down to nil. For the most part, you’re going to want to minimize your time with her, maximize

your pleasure when you're with her or you could skip the entire thing and just focus on your hobbies, really it's all good at the end of the day.

All men are chasing freedom and they are doing this constantly, they are chasing financial freedom, they are chasing physical freedom (orgasm) and they are chasing spiritual freedom (nirvana). The problem is when they start to tie that freedom to women because it will NEVER be so and the sooner they understand this, the better off they'll be as they won't limit their happiness to being tied to something as fickle, something as irrational and something that sees you as disposable as

women do.

You can lose money, you can lose your hobby, you can even lose your life chasing women, but the flip cannot be said. If you chase money, if you chase your hobby and if you chase your passion, you will NEVER lose women because ALL women are attracted to mavens and mavens that stand out, thus the irony of MGTOW is that by going MGTOW and by holding yourself accountable to your own highest standard of masculinity, you actually become infinitely MORE attractive because of your ability to demonstrate:

1. Leadership in not letting

women/society dictate your life

2. Aloofness in not being a white knight
pussy pandering simp

3. Abundance mentality in not giving a fuck whether or not you have a woman beside you

It is difficult to find the courage to exert such freedom, we have been so conditioned to NEED a woman, but once we begin to break away from this conditioning is when we see our masculinity put to the REAL test in that we are left to fend for ourselves, mommy isn't coming to save us and neither is anyone else. It's just you and the world, you ready for the challenge....motherfucker?

10. Men are Happiest

Women are THE biggest losers if...what am I saying...WHEN MGTOW happens on a large scale because THEY will be the ones missing out on what they crave most and what they crave most is any of the following:

Male attention, women are like flowers that need to be watered with attention.

Now of course in the Western world they aren't just watered, they are FLOODED with it and much like a flower that is given TOO much water, they too parish.

Their death isn't as obvious at first, but unfortunately for these women, the attention they get in their late teens/early 20s is something that will NEVER again

be matched (not even close).

The more and more men that go MGTOW, the more women will find themselves on the outside looking in because unlike men, they have never dealt with the cold reality of not getting attention just because you exist.

Male resources, women love to entangle themselves in male affairs because if they come across enough alphas, there is a good chance that eventually one of them might fuck her. Even if she is only a 5/6, male thirst knows no bounds and her ultimate dream of somehow snagging this alpha into a long term relationship could potentially come true.

This is why women LOVE to invade male spaces, hell if you knew that there was a MOSTLY female activity that was relatively harmless/cheap to enter into, if they had the potential of providing you assets as men do to women, you'd enter in it as well (well maybe not because women are mostly mentally unstable, but you know what I'm saying).

A female being involved in a mostly male space is an amazing opportunity for her. These men are likely to pedestal her due to the contrast effect of not having many other females there and also due to the fact that men LOVE to think they've found the NAWALT, even when you're BPed (blue pill) you can tell most

women are shit and to think yours is somehow different gives men a great sense of pride/joy as if THEY have attracted her.

All she has to do is keep up the act for long enough and he's hers, women....nothing more than rational actors.

The bottom line for women is that the desire for the two male derivatives listed above is deeply embedded within their biology because back in the day if a woman went long enough without male attention or male resources, there is a good chance she would die, so even in spite of the fact that women no longer

need them, they are going against their biology by not getting them and for a woman to become self-aware enough to understand what is happening is often too much of a task, so she will do everything in her power to acquire them.

Societal recognition and some sort of pair bonding. The sort of social validation that a mother gets is INSANE, when a woman has a child it is the male equivalent of winning a championship at his sport of choice, it is something that the man will ALWAYS be able to look back and say look at what I did. In the same way the woman uses her child as social proof that she too has accomplished something worthwhile and

because how society has hamstered itself into thinking that performing a biological deed done over trillions of times throughout our history is something of note so too will others marvel at her “accomplishment.”

The other half of this is the pair bonding, this isn't limited to her husband, but it can also be derived from a child, if anything it would probably be a much higher bond with a child as it's her own DNA as well and thus she would actually have a reason to care for it as opposed to her husband who is entirely disposable to her and women have actually evolved to be able to deal with the loss of a mate as men were the ones

MUCH more likely to die hunting, building things, fixing things, fighting in wars or just in general being a go-getter.

A woman's highest purpose is in her family and while there may be a small percentage of the female population that can be fine with it, these are often very masculine women and they are not the sort of women that have any relevance to us here. However they do serve as to illustrate a good point about our own masculinity, unlike a woman we don't NEED female resources, we don't even need female attention and we certainly don't need a family to be invigorated with purpose.

While I do believe that a male DOES

need to be of servitude to something or someone to have purpose, to find joy and to reach nirvana that is NOT limited to a woman or family. That is something that can be found within serving the self, but I do personally believe that a man MUST be of service to other men to have his greatest sense of self and his greatest sense of purpose, but how does one do this?

I remember I used to have an EXTREMELY strong urge, but I couldn't do it in the way I had wanted to, why? Because I had not developed MYSELF to the standard that I wanted OTHERS to reach. First and foremost if a man is to

serve others, he must serve himself that is to say, how can you help the world if you cannot help yourself?

As a man you **MUST** strive to get better, you **MUST** strive to be more and you **MUST** strive to reach your highest level of masculine dominance that you can possibly attain. Now I know some will say “this sounds awfully preachy to me,” do as you please, but at the end of the day, nobody needs a book to tell them to jerk off and play video games all day, that is something that is inherently easy, what **ISN'T** easy is to go after your **TRUE** passion, to go after your **REAL** dreams and to **NEVER** relent.

This is what is richest in the life of men, these are the sort of men who change themselves and these are the sort of men who go on to change the world. A woman might look at a man like Da Vinci/Christ/Newton/Tesla and be like “but how can they be happy, they don’t have women, they don’t have kids and they don’t keep in contact with their family,” but this is no different than how a man would look at a woman getting pregnant, then spending her life cooking/cleaning and providing maid like services to her family while endeavoring to “nurture” them and say “bitch wtf are you saying? Are you kidding me? This is THE most vapid

sense of existence around!” However both sexes are filled with purpose when they follow their polarity and for the masculine pole, the mission comes before EVERYTHING, for the female pole, it is family and relationships.

There is nothing wrong with either one of those, but clearly we can see the interdependence of one sex on the other and ironically for males, it is NOT them. If you were an alien visiting this planet, you might think just that, hell you may even question:

“You males really seem to go out of your way for the female, does she have some sort of magical powers she grants you?”

Oh...well does she at least provide equal services to you? Oh...I mean surely she has some value though?

Wait....you're telling me you do all this bullshit, put up with all this nonsense for a 5 second release? Really? And you guys are supposed to be evolved?"

This is why I preach self-improvement so much, it is that when you improve the self you NATURALLY improve the lives of others meaning that just by lifting yourself up, others will come to question and admire what you've done. Not only that, but they will seek to replicate that within themselves and you will have the opportunity to pass on the knowledge

that you've earned onto others, so that they can then continue the circle of growth. Except, unlike the pointless/vapid circle of just perpetuating life for the sake of perpetuating life as most people that have families really don't pass on anything other than their genetics, you will have passed on the greatest gift ANY human being can receive:

Truth

Don't let your alien brothers down, Go MGTOW.

11. Some of the Greatest Men Were MGTOWS: Christ/Tesla/Da Vinci/Newton

What did Christ/Tesla/Da Vinci and Newton have in common?

MGTOW

Except it wasn't exactly called MGTOW back then, but what a MGTOW like philosophy did allow them to do was to focus ALL of their efforts into their pursuit of choice. One of the reasons that many men don't accomplish great things has NOTHING to do with their capacity and a lot more to do with their focus.

Developing your focus is a great way to increase your happiness, the more force you can exert within your focus, the more you can CHOOSE what you focus on. The problem with having a weak focus is that you may have A LOT of things to be happy with, but your wandering mind gives you the illusion that you've acquired far more problems/issues than the previously mentioned objectivity would say and your lack of focus on the good things completely destroys it all. Some ways to increase focus would be to meditate/write/read or really any activity that forces you to ZONE IN.

You can be happy if you CHOOSE it, but even within that choice, it will be enhanced if you have more force behind it (Think of choice as the gun and your focus as the bullets....you can use rubber bullets or you can use the real stuff). You need to make time to be happy, something I suggest doing is at the end of everyday writing down 3 things you're happy that happened (it can be extremely small) and why you're happy that they happened. Then you can review this as often as needed and with your intense focus, you'll always have more than enough to write about.

The best way to achieve that razor sharp CLAWED IN focus is to meditate. For

me personally, I've been on and off with the practice for some years, but I feel as though I'm finally getting into the groove of things as it has become important for other avenues in my life. Meditation not only improves my mental clarity, but it also allows me to focus in on what matters

Meditation, this subject to some may seem tooty fruity, but the truth is that not only is it now starting to be backed by science, but the overwhelming changes I've personally seen have helped me see the light as far as showing that meditation not only has a place in a regime for optimal performance, but it should be a regular staple. All

meditation really is, is bodybuilding for the mind. You take the raw materials, you begin to mold them and overtime they take form, but unless you train the mind like the body, it too will stay weak. Meditation is crucial for building a wizard's mind.

There are two type that I recommends:
The internal contemplative state, very good for finding peace, serenity, overcoming fear, depression, anxiety and worrying. It's essentially where you focus on your heart beating, your breath and try to limit external thoughts about anything, your primary focus is those functions. I have found this method very useful for grounding me in the present,

the present being the ONLY thing that REALLY exists, the past is the past and the future hasn't come, but the present is all there is to be truly done.

The external manifestation state, very good for giving you confidence within your pursuit and a sense of purpose in helping to rewire dem neurons in a pattern that serves you. Visualize yourself achieving your goals and manifesting your desires.

A good balance between the two is needed to get the most out of it, if you struggle with anxiety or fear a lot, then what you could do is first work on controlling your breathing. You'd be surprised at how much of your life is

dictated by the pace at which you inhale and exhale air, not only will it affect your heart rate, but it also affects how your brain functions. So once you've laid down and worked on your breathing a bit, what you want to next do is begin to envision yourself in the situations that cause you to be afraid.

If you can't DIRECTLY practice something, then the next best way is through visualization and actually some argue that this may even work better:

http://basketball.about.com/od/playingba_practice-and-visualization-techniques_3.htm

Regardless, a bit of positive mental masturbation never hurt anyone.

Feel free to visualize whatever goals and things you want to accomplish, these are just examples of things I've done in the past and it is in no way meant to be rules. If you struggle in certain situations or if there is something you want to improve, starting in your mind is a great place to commence that journey.

As far as logistics go, you might be wondering if you need music, to be in a certain place, to burn incense or if you need to go to some "guru" to transplant knowledge? No, no, nope and fuck no, all you need is a comfortable place and to close your eyes and begin (aka ACTION), there is no one right answer as to how meditation is done and I

would absolutely encourage you to experiment and find what works best for you.

You might ask, but what does all this visualization REALLY get you? JUST the contemplation of your dreams and JUST THINKING about HOW to attain them does something for you. Most people don't even really think about their dreams, yeah they might visualize them once in a while, but they do next to no regular visualization. They are simply hit by a wave of inspiration every now and then and for the next few hours they spend semi engaged in some far off land that they never venture to ever again, physically or mentally.

One of my favorite things about meditation is how it rewires your brain for success. A recurring theme in this book is going to be being in control and staying calm and meditation allows you to practice just that. It is something so crucial because it PRIMES you for action and the correct kind too. Not only that, but just ENVISIONING yourself achieving/being something will no doubt help your subconscious realign itself so that the actions you take throughout your day have been taken from a start point that is confident and going after your goals. Correcting your mentality is huge and while it isn't everything, meditating often will ensure that when you take

action (remember ALWAYS TAKE ACTION), that you already KNOW what you want, now it is a matter of doing what it takes to attain it.

Some of my favorite studies on the benefits of meditation:

<http://www.ergo-log.com/meditationlong.html>

<http://www.spring.org.uk/2013/11/10-remarkable-ways-meditation-helps-your-mind.php>

<http://www.spring.org.uk/2013/12/meditation-changes-how-genes-are-expressed.php>

<http://www.spring.org.uk/2013/12/meditation-can-debias-the-mind-in-only-15-minutes.php>

https://www.youtube.com/watch?v=XgNV_Zv5vaI&feature=player_embedded

<http://news.harvard.edu/gazette/2002/04.14/meditation.html>

http://en.wikipedia.org/wiki/Research_on_meditation

<http://www.ergo-log.com/meditationlong2.html>

<http://www.mdconnects.com/articles/196/meditation-equips-individuals-to-handle-stressful-situations.htm>

<http://www.ergo-log.com/meditationhormones.html>

<http://www.ergo-log.com/meditationlong2.html>

A host of people talking about their experiences with meditation:

<http://forum.bodybuilding.com/showthread?t=143525223&page=1>

A bit of a detour we just took, but let's get back to the topic at hand, these men were able to accomplish the great feats they achieved because of the focus they were able to exert, but not only that, they also had a ton of time to actually focus. A lot of people may be able to get pretty focused when they work and go after their dreams, however if they don't dedicate enough time to this, then it's not going to matter because 100% focus of 15 minutes is still only 15 total minutes of actual work.

The real problem with women/children and families is that they actually impede

a man's progress as he has WAY less time to actually do his work, he still CAN achieve great things, but he will achieve them IN SPITE of those obligations and never BECAUSE of them.

There is good reason that these men avoid these things, the path of greatness is filled with sacrifices and if you want to achieve something special, you too are going to have to give up something. Luckily those things never have and never will bring men the TRUE happiness they can derive from following their passions and giving THAT their all.

Above everything, you need to prioritize

that which makes you tick, that which makes you happy and that which gives you purpose and those things will NEVER be found within family for men. You can look at your own family or close friends, now you might like them, you may even love them, but if it came down between your wildest dreams and not seeing them, be honest, what would you choose?

Prioritize your own greatness, we've had cohesive family units, we've had great friendships, but we have not had many renaissance men. Cultivate your mind, cultivate your body and complete the following:

John 10:34-35: "We are not stoning you

for any of these,” replied the Jews, “but for blasphemy, because you, a mere man, claim to be God.” Jesus answered them, “Is it not written in your Law, **‘I have said you are gods’?**”

John 14:12: “I tell you the truth, anyone who has faith in me will do what I have been doing. **He will do even greater things than these,** because I am going to the Father.”

(No this isn't to get on a religious trope or to try and convert anyone, personally I don't believe in these things, but just focus on the bolded and you too will unlock your inner deity)

12. Women Can't Even Love a Man The Way he Idealizes

Men are romantics disguised as idealists and women are idealists disguised as romantics:

<http://www.psychologytoday.com/blog/c|encounters/201408/whos-really-more-romantic-men-or-women>

Other research on gender differences in romantic beliefs has found that men report being more likely to experience “love at first sight”⁴—one recent survey of 100,000 adults found that 48 percent of men claimed to have fallen in love at first sight, while only 28 percent of women made such a romantic claim.⁵ In

addition, men, compared to women, tended to place a greater emphasis on the importance of feeling passion in their relationships.⁶ Men have also been found more likely to say “I love you” first in a relationship—and they report greater happiness than women after hearing those words for the first time.⁷

To make sense of these apparently counterintuitive gender differences, we can turn to evolutionary psychology. Women tend to be more pragmatic when seeking a mate.

One of society’s greatest lies is that women are actually the lovers of the world meanwhile men are these cold calculating machines that are incapable of being anything but machines of brute

force. Meanwhile if you look at your own friends or even your own life, how many of us can say we've been guilty of oneitis? How many of us can say we "fell" for a girl and fell for her hard? I would be willing to bet that EVERY SINGLE MAN reading this book at one point did some shit that looking back on it was EXTREMELY cringe, you are not proud of and if it were played on a jumbo-tron of an arena, you would probably be looking for the nearest noose. Why?

Because you ACTUALLY did indeed love her or at least you THOUGHT you did. Men believe that if they can just

“give in” to the feeling or should I say chemical reaction that is love, that their lives are better off for it. However, the world is harsh, the world is cold and the world does NOT give a fuck about your problems as a man, so do you think it is conducive to success to be mentally weak? To give into “soft” feelings? To be “in lluuuvvvvvv”? And what they end up realizing is that it is NOT better, nor is it good, nor is it even REMOTELY ok to give into those feelings as a man.

What usually ends up happening is the following:

1. Boy meets girl
2. Boy “falls” for girl

This situation can split off to many

different scenarios, but I'll go through the most common ones:

3. Girl doesn't reciprocate

4. Boy either gets shut down or gets put into the friendzone

5. Boy continues to pedestal her HARD, thinking she's perfect, making her out to be WAY more than she is, fantasizing about his and her life together, spending tons of his time thinking about what she's doing, how amazing she is and how he doesn't deserve her

6. This goes on for a while and if he is able to snap out of it....he just repeats it with another girl....if he isn't, he continues this degenerate mind destroying philosophy until he has

conditioned himself to be nothing more than a beta cuckhold for the rest of his life

Or the other common scenario is as follows:

3. Girl likes boy back usually due to some derivative of the Looks Money Status matrix meaning that the boy actually has value to her

4. Boy is still pedestalling her as he is “head over heels” in love with her, he spends his time thinking about her and when he is with her, he is overwhelmed by the feelings (chemical reaction) that is “love”

5. At first because she is young and naïve, she may reciprocate or even

initiate this sort of behavior, but slowly this begins to die down, she becomes more distant and eventually starts to fall entirely “out of love”

6. You find yourself completely confused/lost and hurt, you thought that this sort of behavior is what women wanted, you watched plenty of Disney movies/blue pill television shows and romantic movies after all, you should be an expert on love.

7. You KNOW what you're doing is bad strategy, but you continue down the degenerate path, maybe you write her poetry, maybe you call/text her regularly, maybe you even cry to her how much you need her...it is too late, her pussy

has completely dried up (her vagina tingles are gone), she has mentally checked out of the relationship and you are left dangling

This is a VERY common occurrence among ALL males and it is NOTHING to be ashamed of, for it was not you who committed those crimes, it was your blue pill alter ego that was programmed by the toxic gynocentric, pussy pedestaling world that we live in, by the cancerous pop culture with shows like Simpsons/Everybody Loves Raymond and other programming that teaches men to be weak, supplicating puss cakes and by the feminist propaganda our mothers/sisters and female

acquaintances have fed us:

Just be yourself

Always apologize

Don't ignore her, tell her how much she means to you, always be communicating, if you're jealous, hurt or weak TELL HER

Lies

Lieesss

FUCKING LIES!

A woman's love is ENTIRELY based on her respect of you and she shows this through dispensing sex aka the ONLY way she knows how to truly show her appreciation. She KNOWS that if she has a good man, SHE needs

him more than HE needs HER and thus EVERY service she could provide is something he could provide for himself or get elsewhere, so she is left to rely on her biology. In hopes of tricking the man to pair bonding with her, she may whisper sweet nothings into his ear, but ALWAYS remember:

<http://www.scotsman.com/news/uk/96-of-women-are-liars-honest-1-565123>

NINETEEN out of 20 women admit lying to their partners or husbands, a survey on attitudes to truth and relationships has found.

Eighty-three per cent owned up to telling "big, life-changing lies", with 13 per

cent saying they did so frequently.

45 per cent said they told "little white lies" most days.

<http://news.bbc.co.uk/2/hi/health/151372>

Nearly one in four British women would try to conceive without their partner's consent if they wanted a baby, research suggests.

It found that 94% confessed to telling fibs, with 48% lying on a daily basis

The vast majority (84%) said they could lie with a clear conscience

Seven out of 10 women would instantly change their minds about leaving a boring man if he hit the lottery jackpot.

More than half (51%) would take the

money if offered £10,000 to share their secrets with the world after bedding a famous footballer.

And 40% would accept £50,000 for their partner to sleep with another woman.

<http://www.newscientist.com/article/dn3fake-liedetector-reveals-womens-sex-lies.html#.VFrWR8lup8G>

In surveys since the 1960s, men typically report having more sexual partners and than do women - a statistically impossible feat. For example, British men boast an average of 13 partners over a lifetime compared with an average of nine partners for women.

Women change their answers depending on whether or not they believe they will

be caught out not telling the truth, the researchers found. The number of sexual partners a woman reported nearly doubled when women thought they were hooked up to a lie detector machine.

"Women are more sensitive to social expectations for their sexual behaviour and may be less than honest when asked about their behaviour in some survey conditions," says Fisher, a psychologist. She says women appeared to feel under pressure to meet expectations of being more relationship-orientated and not promiscuous.

Women who thought their responses might be read said they had had an average of 2.6 sexual partners, compared with 3.4 partners for those

who thought their answers were anonymous. But those who thought they would be caught out by the polygraph reported an average of 4.4 partners.

In contrast, men's answers did not vary significantly. Those attached to the lie-detector reported an average of 4.0 partners compared with 3.7 for men who thought their answers would be read.

The researchers think the results explain the previously reported differences in men and women's sexual behaviour, with women being afraid of getting labelled as "whores".

<http://www.metafilter.com/143893/So-no-I-dont-always-believe-them-and-yeah-I-let-them-know-that>

The stuff they say makes no sense."

"I see them hedge, making it up as they go along."

"They lie all the time. I can tell."

"No way it's true. No one would act like that if it's true."

"They can't get their story straight."

This is the real truth and it is why you must avoid the plague that is romanticism, a woman's love is and always will be conditional, keep this in mind:

Best loves a man will get:

Love of self

Love of his ideas/pursuits/passions

Love from other men (no homo and maybe a bit of homo)

Love from children

Love from animals

Love from women

13. Free From

Shaming/Opinions/Obligatio

MGTOW=freedom and freedom is the very ESSENCE of masculinity.

Everything men do is in some way designed to either currently or eventually “release” them, from what? They don’t know, but ALL men pine away for that freedom, that release and that ultimate manifestation of masculinity. The problem is that, the more we walk through life, the more it seems things get in the way of that freedom. Everywhere we go, we are commanded to erode some of that freedom and fall in line: As children we have dreams, but we are told to have a backup plan and just to

focus on our studies

As we enter our teen years, we begin to pick up hobbies, but if we don't want to spend time chasing pussy, we are told we are losers, that there is something wrong with us and that we should be out chasing skirts

As we finish high school, we are told that we're going to need to pick our career. What is a career? Something that makes you money while forcing your body into for 40+ hours a week doing whatever activity it is that others have deemed ok and one that you are ok taking on it's conscription.

We begin to move through college and university, everywhere we look, the

beliefs of relationships, the 9-5 rat race and our future as nothing more than a cog in the wheel is being reinforced. Our parents are telling us to study hard, find someone and begin to think about settling down and having a family of our own.

Then if you're really unfortunate and have given into the whims of others, you will actually listen to their wishes for you and take on ALL of these things.

Never once stopping to think "Hey...this is MY life....this is MY world and this is MY wish for what I want." Not noticing that the freedom you once craved has been so crushed that it could be said that your desire for freedom has now turned into a desire for slavery...a

desire which you have manifested in full form, but hey that's what you get for following the crowd, for following the herd and for being another sheep.

If you are not willing to endure great criticism, you will hardly achieve anything great for all the great dreamers at one point were confronted with the reality that their dreams seemed impossible, that others told them not to and that they themselves questioned the legitimacy of what they could do in this world.

If you ever start to question and doubt whether the path you're walking down on is legitimate, know that the lemming path will ALWAYS be there, but unless

you actually explore the alternative road, you may find that after enough years of going with the lemmings, it would appear as though it's damn near impossible to break off and do your own thing. Fear not, it's NEVER too late to be what you could've been, but the momentum (momentum doesn't exist, it just feels like it does) you FEEL (because it doesn't actually exist) you have to break is what is overwhelming. What does your average man deal with when coming to terms with this society?

Shaming:

Shaming to date

Shaming to have girlfriends

Shaming to "settle down"

Shaming to have kids

Shaming to be a 9-5 rat racer

Shaming from his wife to keep moving up

Shaming from his family to give up on his dreams

Shaming from his kids because his emasculation has become abundantly obvious even to them

Obligations

Obligations to show up to a job he doesn't like

Obligations to keep showing up to that job because he has a mortgage

Obligations to keep paying that mortgage and deal with his wife whining about

how the house needs repairs in place XYZ (it doesn't) or how they need a bigger house or how the neighbors just upgraded their fence and they need to do the same

Obligations to spend time with the family

Obligations to spend time being a chauffeur to miniature yous that you don't get to even see that often because you have to keep working to pay for the house, to pay for the cars, to pay for frivolous things your wife buys

Oh and keep in mind you're watching yourself get progressively uglier because nobody told you that one of THE most important things in the world

is taking care of your body so that your mind can function optimally and you can properly exude the confidence necessary for a man to get through this crazy world.

All the while, your wife is fucking/sucking you less and less with each passing year as she is hitting the wall and becoming more and more grotesque. Hell at this point in time, you'd probably take being one of those "losers" that has his own bachelor pad, works part time, spends his time lifting weights, meeting women on his own terms as in IF he wishes and IF he desires and can leave for Thailand tomorrow if he so desires.

The more you interact with amoral

institutions that are ONLY out for themselves, entities like women/the government/banks/corporations, the more you'll erode your ability to move freely and to be who YOU want to be.

MGTOW is the quest for freedom

MGTOW is masculinity unleashed

MGTOW is love

MGTOW is life

Don't let others stunt who you become, keep in mind that the majority of the majority may as well not have existed at all. They did accomplished nothing of value, they did nothing of note and they lead lives of quiet desperation. You have been granted the greatest opportunity because in this day and age where we

don't have to worry about starving, where so many diseases have been cured and where we have all the time in the world to debate/contemplate and postulate on spiritual problems, you can 100% weighing ALL the choices before you, choose who YOU want to be. Choose wisely and choose well as you don't want to end up in rat race hell.

14. You See Who Your True Friends Are

The great thing about MGTOW is that it allows you to be you and it also allows you to see what others REALLY think of you. So many of us have gotten caught up in the trap of trying to please others, it seems that no matter how hard we try, no matter how much we listen and no matter how much we did, it was never enough and THE biggest issue that arose from this:

We tied our OWN happiness to that of someone else

We weren't free thinkers, we weren't rational and we were acting AGAINST our own best interests, no more....From

this day on, you are FREE. That is from this day on, you shall not give a fuck about what ANYONE externally of you says, thinks or feels. Now that doesn't mean that you disregard all of those things that may come from a good friend meaning well, but it does mean that you filter out the trash and keep only the good stuff.

When you go MGTOW, you begin to see the world for what it really is and this is often a bitter (red) pill to swallow:

You see how disposable you are to women

You see what a utility you are to women

You see how others plot and scheme to extract things from you

You see that in past times, you have been nothing more than a glorified ATM machine, a glorified emotional tampon and a glorified resource provider

You'll come to see that there are A LOT of negative people in the world whose only wish is to take, take and take some more. They care not about giving and while there are both givers and receivers, what good is a relationship if you are the ONLY one invested and giving within it?

Because a lot of MGTOWs are naturally very good people, they can often get taken advantage of and I believe that it is because of this natural nature that many MGTOWs come to find the notion of this

lifestyle so attractive. MGTOW is about opting out, but MGTOW is also about cooperation for MGTOW could not exist without the MEN as it is not just A MAN that goes his own way, it is a GROUP.

A group that shares it's ideas, it's values and it's philosophies because they too have seen how cold the world is to men. They have seen what happens when you give too much without taking enough to sustain yourself. MGTOW is about realizing your OWN potential and your OWN value. You move from thinking: Hey I helped him, why wouldn't he help me back?

To

Well if he isn't going to reciprocate, then

he can fuck right off, I don't NEED him in my life. As a matter of fact I don't need ANYONE in my life because I am a value CREATOR, not a value THIEF. It is the difference from qualifying yourself to others as opposed to having them qualify themselves to you and this is something you want to do with EVERYONE. Once you realize your own potential, begin to take steps to attain said potential and then start seeing results towards, your time need not be constrained in ANY way by lemming peasants seeking to use you to further their prospects.

Remember:

Tis better to walk alone than to walk

with company headed in the wrong
direction

Guard your time carefully

Guard your heart carefully

Guard your mind carefully

Do not share these things with just
anyone. You wouldn't give a rando your
house, you wouldn't give a rando your
car and you wouldn't give a rando your
money, so why share THE most intimate
things with them?

Your one true friend in the world:

You

Love you

15. Fidelity Is Dead

<http://socialpathology.blogspot.ca/2010/partner-divorce-risk.html>

More than one sexual partner and the odds of divorce go up significantly

http://www.huffingtonpost.com/2014/04/study-_n_5215592.html

More women are committing adultery today than reported doing so in the past. A 2010 survey by the National Opinion Research Center found that women are [40 per cent more likely to cheat today than they were 20 years ago](#). Some researchers think this is because more of them are in the workforce, and because more women today have jobs that require them to travel.

t [92 per cent of men said that their infidelity wasn't about sex.](#) The men said that their reasons for cheating were often emotional, such as feeling disconnected from or under-appreciated by their spouses.

Men are the TRUE romantics disguised as idealists whereas women are the idealists disguised as romantics

<http://sotation.com/blog-media/study-shows-that-women-cheat-at-almost-twice-the-rate-as-men/>

Research into the behaviour of 4,000 cheats claims women are more promiscuous, having an average of 2.3 secret lovers compared to a mere 1.8 for men.

Women tend to cheat as they look for romance and emotional fulfillment while men said they play away in the pursuit of sexual excitement and boredom with their marriages

<http://nypost.com/2003/07/13/why-we-cheat-women-doing-it-more-and-feeling-less-guilty/>

A stunning 90 percent of adulterous wives told one Manhattan researcher they suffered “no guilt,” but rather felt “entitled” to the pleasure and excitement of their secret trysts,

60% have engaged in at least one extramarital affair

60% of cheating women seek a long-term affair

65% report that sex is better with the

lover than the husband.

70% say their lover is the opposite of their husband.

45% remain in marriage after the affair

25% marry their lover

90% have no guilt, but feel entitled to the affair

Now I know there may be a small percentage of you that are just too skeptical that what I say above is THAT definitive....ok, well, just take a look at the following:

<https://www.youtube.com/watch?v=oBLUU9CiBrc>

Let's even assume that this woman is an

8+, the fact that she is able to get 900+ ...that's right 900+ matches on tinder, what does that tell you about the odds of her staying faithful? Even if you ARE in the 1% of the males, within that 900, there are 9 other guys who are JUST AS good if not BETTER than you.

Keep in mind that women are estrogenic creatures and thus prone to bad decisions solely based on the contents of their hormones, so even IF you miraculously were still doing better than ALL the men she was able to match up with or get interested in her online, her being angry at you would just make her more likely to act on the impulse. Why? Because monogamy is based on two

things:

Availability

Dependence

This bullshit that your parents or grandparents like to sell you “Back in our day, if something was broken, we fixed it...we didn’t just throw it away” is just that....BULLSHIT.

The REAL reasons they stayed together was because of those two things. Either your grandmother didn’t have a great availability of men who could replace your grandfather because remember, pre-tinder days, if a woman lived in a small town, she would MAYBE meet a few men per week that she was even semi interested in, then you factor in the men

that she is actually able to engage with and find out more about them and you finish off by keeping in mind that they would need to be around her or live in the same place, so that she could fully calculate whether or not she could make the branch swing. At this point you're looking at maybe 30-40 men A YEAR... TOPS.

There is also the dependence to keep in mind in that most women were dependent on men, they didn't have many skills, they weren't working as much compared to today and in a lot of cases, they didn't even factor that some societies wouldn't just shame a woman for doing this, but she may actually get

physically stoned as in KILLED for her abandonment of her husband and you see why most people back 30-40 years ago stuck together.

It wasn't because of some altruistic virtue that had been so readily instilled in them, it's more so the reality of:

The dependence on the other person
Not having remotely as close to as many options

Fear of repercussions

Couple that nowadays when women have ZERO dependence on men because even in a worst case scenario they have big daddy government to care for them and their offspring. Also the fact that a woman can go online and as we saw in

the video and also the JonMiller experiment, get hundreds of UNSOLICITED messages, matches and attention within DAYS. Then you factor in that shows like Sex And The City/hookup culture and feminism literally encourage her to do whatever she feels is right sexually and you have the powder keg that is modern day relationships.

The entire thing is set up to fail and thus your investment needs to be absolutely minimum as can be. Instead of investing in her, invest in yourself, invest in whatever it is that makes you happy and invest in something that gives you back a TANGIBLE result.

Everything you have with women is conditional and set up to fail, remember that and always remember:

NEVER under **ANY** circumstance **EVER** invest an ounce of emotion within a woman

This is a recipe for disaster, but in today's day and age it's not even disaster, it's Hiroshima X 9/11 X Mao....not fun

16. Other Men are Waking up and a Strong Brotherhood is Forming

One of the greatest thing among MGTOW circles is the brotherhood, simply put, MGTOW while having many different offshoots, many individual thinkers and many different philosophies on an array of topics still retains a level of brotherhood , not often seen.

And for good reason too, men have evolved to scratch each other's backs so to speak as if you were out hunting in a group/working in a group or doing anything in a group, it only made sense to have your brother/friend/father's back

as they were more likely to have your own, a tit for tat approach.

I think that MGTOW is going to touch on something deeper though, I think MGTOW is going to show the sort of bond that men can form with each other, one that actually is WAY more “unconditional” than ANY bond they could ever form with a woman because as a man, the friendship is ALL that matters. You don't care if your buddy is fat, lives in a basement and doesn't have much money....the company is what is appreciated.

With a woman it is ENTIRELY different, her “love” for you is based on your ability to provide the LMS

(Looks/Money/Status) that is appealing to her at the current point in her life, whether she is looking for a more resource based boyfriend or whether it's a more genetic based boyfriend, one thing is for sure:

The second either of those begins to decline, she will start to look at the branches available to her to swing off of.

Most men walk through life completely divided and segregated from their fellow brothers, they see them as competition and something that is to be hated and destroyed (if possible). However, the reality is that the very man that you PERCEIVE to be a threat/challenge is

probably the one that would understand your situation most.

What man hasn't fallen for a woman?

What man hasn't done something silly for a woman?

What man hasn't based his self-worth on women?

What man hasn't experienced coldness and rejection from the world?

Most men have more in common with each other than they ever could find in the female sex.

“Stupid people don't learn, average people learn from their mistakes, brilliant people learn from the mistakes of others”

The really great thing about being around men is that masculine men in their own way have explored different things, they've explored different levels of consciousness, they've held and explored different ideas, they've explored the world and they have explored themselves. If a man has been developing himself and pushing himself to his MAXIMUM capacity he will have no doubt learned a ton, thus he will have A TON of knowledge to pass on those willing to listen, if only we would listen. Unfortunately with the destruction of all male spaces, the invasion of them and the fact that women have segregated men from each other through shaming,

intruding or outright NOT ALLOWING them (husbands say “holla!”) to spend time around other men has greatly impacted our growth as men. This is something that really leaves a sour taste in my mouth because it is the LITERAL stifling of the masculine spirit, it is something that should not and will not be tolerated.

Going forward, it's going to be amazing to see what MGTOW accomplishes because when men come together, share ideas, share what they've learned, usually great things take place, but they need to have this opportunity, to quote the Samurais:

When you are listening to the stories of accomplished men and the like, you should listen with deep sincerity, even if it's something about which you already know. If in listening to the same thing ten or twenty times it happens that you come to an unexpected understanding, that moment will be very special. Within the tedious talk of old folks are their meritorious deeds.

http://en.wikipedia.org/wiki/Lunar_Society

The Lunar society is a great example of EXACTLY what happens when men come together in the spirit of creation/innovation and greater good, so what happens? Oh that's right...the GOD DAMN INSTRUMENTALIZATION PERIOD

aka a CRUCIAL part of why we've progressed as much as we have today.

Now do you think the same sort of result could've been replicated if women were involved in these parties?

What about if some of the men "weren't allowed" to go?

What about if they had to censor themselves because their conversations weren't PG enough for the women involved?

Of course not, but they serve as an example as to what is possible for us men.

So rejoice, for while the male space is something that has been eroded in the last 50 years, the pendulum can only

swing so far before men begin to see what is happening and reclaim their masculine RIGHT...yeah that's right... RIGHT.

Men have the RIGHT to say as they please

The right to discuss whatever the fuck they want

To be who THEY want to be, free from restrictions (as long as they aren't harming others) and free from the toxic shaming that we so often see from our families/society and women.

What I would encourage EVERYONE reading this book to do is to start a club with a few other men and meet once a week, not for any other purpose than to

congregate and talk about things,
whatever they may be, I guarantee you
that the conversation will be
interesting/stimulating and can even
yield a life changing impact.

Take back the masculine sphere

Conquer the masculine realm

Be a man...your OWN man...Go your
own way

17. You Begin to Rely on Yourself, Your Own Opinion and Self-Love

One of the best lessons that MGTOW teaches is self-reliance because you understand that the world's love for you is conditional, there is only one thing you can TRULY count on in this world... yourself. So how does one attain their highest self-love, so that they can then feel comfortable in relying on themselves?

1. Positive affirmations, it may sound a bit hokey pokey at first, but positive affirmations were something entirely necessary for me to rewire my brain. A

lot of us have taken on a TON of negative habits throughout a lifetime of receiving as much negative output that a man receives. One of the ways to undo this is to reclaim your sovereignty and you do this by beginning to believe in yourself and you can do this by eliminating negative self-talk and only allowing positive input. Write down 3 things you like about yourself and whenever you begin to feel down about something or yourself, repeat those things until they become deeply embedded within

The average person talks to himself or herself about 50,000 times a day – self-talk about yourself, 80%

negative.

Transform your mind and transform your reality

2. Accomplishments, the reason why I stress progress and hobbies so much is because it is very easy to love yourself when you have a reason to. A lot of men have a hard time doing so because in all honesty they are lame motherfuckers, now that's no reason NOT to love yourself because all you really have is the moment and if you realize you're a lame motherfucker and you're ready to put in the work to change that, that's a whole lot better than going through your entire life and NOT coming to this realization.

Have hobbies, whatever you do, do something. Whether it's painting, vlogging, lifting weights, writing, dancing...it doesn't matter, as long as it's SOMETHING. Men are NOT meant to sit around watching TV, jerking off and wasting their lives NOT accomplishing things. Male happiness is tied to servitude and while it is not necessary to serve others, it IS necessary to serve yourself.

So learn to love yourself, it's really THE best thing you can do as a man. You will no longer rely on anything EXTERNAL to provide any sort of feel good feelings, instead you will prosper at your own hands and thus retain

ENTIRE control of your emotional state. So many men look for external vices to define them, they look at women, they look at cars, they look at money, power, status etc etc. NONE of it will ever fill that internal void because it is just that... internal and those external things can only ENHANCE what is within, meaning that if you have a low level happiness, then you will have a low level enhancement. If you have a high level of happiness, then those things can absolutely magnify that happiness, but they will NEVER make up or actually BE it.

That is something you will decide and that is something YOU will create

18. You Flip the Women's Script

Women are so used to men pandering to them, to every whim, wish and desire that they have never had to deal with rejection or a lack of attention.

You take what women covet so much (attention) and you turn it into something that actually benefits you, now the choice is yours as far as what you turn it into, but SO many men are caught in this never ending trap of allowing their masculinity to depend on women and this ends up being their Achilles heel.

When a man takes his attention and puts it either internally or directs it towards something that adds value to his life, he

is taking his MOST powerful resource (time) and using it to create, as opposed to having it destroyed by a time sucking, money sucking, resource sucking creature.

When it comes down to it, there are two types of people in the world:

Assets

Liabilities

Just about everybody falls under these categories when you evaluate what they bring into your life and unfortunately, most women are straight up liabilities.

They are THE worst type of liability because unlike some other liabilities that are only so for the momentary period of time, women actually DEPRECIATE

with time (hello le wall), so a man has to ask himself, what is it that makes me take on this liability? A desire for a meaningful relationship?

What's meaningful? Some subjective value that men like to dream of, when in reality, you are nothing more than meatbags rubbing genitals.

Men only fall in "love" when they think that's the best they can get (oneitis/poverty mentality) and women fall in "love" with men who either crush their LMS and dominate/lead them.

"Love" is nothing more than one sex

submitting to the other, the man submitting usually through faulty reasoning as even if we are positing the notion that some women are such amazing gems, if he is capable of attracting one gem, he can pull more. However the male reality is that he usually pedestals the **** out of her and makes her out to be Gaia, when she's nothing more than the average thot.

Now a woman's "love" is more rational in that if you have higher LMS and are able to dominate/lead her, you actually DO stand out from a TON of other males, but her love is based on respect...respect derived from how well

you are able to retain LMS and how well you are able to continue to dominate/lead her. However the caveat here is that unlike the man because she doesn't pedestal the man, her love is WAY more conditional.

Men are romantics, women are idealists, both sexes are thought to be the other. The love that most men want (unconditional) is nothing more than a pipe dream, unless you have LMS up the ass, are on top of your game and she is dependent on you or has a lot lower LMS.

There never was objective "meaning" to

it, only the subjective one that either sex gave it. When you step back and examine things for what they really are, you come to see that it was all a ploy to get us to continue to pass on our genetics, male pair bonding (oneitis/pedestalling) working well in making sure he'll stick around and provide resources for the woman/children and female practicality (being able to leave you at the drop of a hat without an ounce of regret/remorse i.e how in some countries 3/4 of divorces are initiated by women) working well in dealing with the reality that male disposability had men dying at WAY higher rates (war/fighting/hunting/building

cities/doing dangerous ****) allowing her to find a new partner to provide her resources without having to mentally cope with the passing of her previous man. So the gist of this notion of a “meaningful relationship” is really as follows:

Pay a hooker for sex, it's just as meaningful as long as you're willing to give it meaning because objectively speaking, there is NO difference between outright using money for sex or the clever “I'm technically NOT using money for sex” take you out on dates, take you to the movies, buy you meals and spend my time (money) with

you....oh that's not using money for sex....right and all women are chaste virgins. Bottom line, most women=liabilities, you don't want to take on more liabilities than you have to and JUST this knowledge allows you to flip the female script and make HER qualify HERSELF to YOU and work for YOUR attention.

Now the assets are the exact OPPOSITE of that, they are people who ADD value to your life, those are the sort of relationships that are of mutual exchange in that you actually get something tangible back from them. If somebody is draining you, emotionally, financially or time wise, drop them...if they are

enhancing your knowledge, enhancing your mood and thus elevating your wellbeing, spend AS much time as possible.

Takeaway message:

Relationships/friendships aren't INHERENTLY valuable, there are emotional vampires, failures and cancers....avoid them, you cannot help those who do not wish to be helped because these come from a place of lacking not a place of abundance.

Do not seek relationships/friendships out for the sake of seeking them out, tis better to walk alone than with company headed in the wrong direction

Everyone knows the importance of

surrounding themselves with positive people, but not everyone understands the importance of filtering out shit people

Know thyself should be the great axiom for ANYONE'S life in that when you know YOUR value, you are able to gauge other people's value relative to yours.

19. You Fight the Cancerous System in the Best Way Possible

Some people protest

Others riot

And some even write their politicians

You know what they all have in common?

Nothing

What do you mean nothing you say?

Nothing in that it ACCOMPLISHES nothing.

Protests are often done with such a miniscule amount of people that I don't think even the protestors employers even

notice.

Riots...lol, well riots are a good reason for police to use their typical over reaction protocol and injure (possibly kill) a few protestors.

Writing a politician....cmon don't make me laugh, you think your peon opinion is going to make a difference relative to the thousands of dollars they have coming in from different people/groups.

ALL of these are old paradigms of standing against the system and they are all very similar in that they accomplish nada.

You really want to effect change?

Speak with your wallet

Speak with your time

Speak with your investment

Why SO many MRAs fail is because they think “if ONLY I could go back...if only we could go back to the traditional days,” well female dependence (as outlined earlier) is at an all time low, male cock availability is at an all time high and the final nail in the coffin:

Societal shaming. Society not only DOESN'T shame women anymore, it actually ENCOURAGES this behavior.

It is encouraged through divorce rapes

It is encouraged through TV/movies and music

It is encourage through feminism

It is encouraged by making women feel as though they NEED to ride the cock carousel and tying their very femininity to it as in saying only strong/sexually liberate women are courageous enough to be whores

There is no religion, there is no community and there are no more families holding back female hypergamy. It is widely known and encouraged with a “you go girl” attitude. The final constraint that kept people together is gone, shriveled away...dead

So there you have it....RIP traditionality
So where does the real potential for change lie?

You, simply put, forget about changing

an entire system, forget about trying to influence politicians and forget about influencing others. Influence and shift your focus on something that is entirely controllable... YOU!

Instead of looking at the evils of human nature, understand and bend it to your whim.

Instead of looking at individual behavior and condemning it, use it to your advantage or if it cannot be used, avoid the situations where it arises.

The problem with trying to directly engage and change the system is that one of few things happen

1. You either waste your time entirely and effect little change

Or

2. You become inexplicably tied to the system, you think you're free, but you cannot get away from it. You think you are altering it, but slowly it is altering you as you begin to define yourself not on your own terms and with your own ideas, but in response to it.

Do not seek to be superman and martyr yourself for the world. This disserves you AND the world you are trying to save. Focus your resources on that that is easily impacted and can be shifted even a bit, the butterfly effect/six degrees of separation means your sphere of influence even with a small action can be MASSIVE.

“Yesterday I was clever so I tried
changing the world. Today I am wise and
I’m changing myself”-Rumi

20. Amoral Institutions Don't Care About You

Amoral institution=something that puts itself first even if at the cost of others.

Some of you may ask, but isn't this kind of what you've been saying? Yes and no.

In NO way should your happiness infringe on the rights of others, meaning that your happiness shouldn't be derived from the suffering of others. Apart from that, do whatever the fuck you wanna do man, but also understand about amoral institutions and how they are ONLY out for one thing....themselves.

Thus whenever you see one of them, do not engage unless you are SURE you can

derive mutual benefit because while these interactions CAN be of mutual benefit or even in rare cases to your benefit, they can also go terribly wrong, unless you have a keen/prepared and strong mind.

This is why you should ONLY engage when they FIRST show a willingness to be cooperative and you KNOW that the relationship can be of mutual benefit and the SECOND it stops, cut your ties.

A lot of men love to transplant their philosophy onto others, not in the “I’m going to convince” you way, but in the “Well I’m a rational person and I think like this, you appear to be the same, so you too MUST think in this way.” Call

it:

Curse of knowledge Bias

When better-informed people find it extremely difficult to think about problems from the perspective of lesser-informed people. [\[29\]](#)

This is shown in how a man loves

This is shown in how a man votes

This is shown in how a man borrows
and repays

However this is not something that is necessarily reciprocated, not because these things are lesser-informed, but because it does not serve them (unless

they need to work with you in order to continue).

A man must be very weary of the world he lives in because of the opportunity he is given, if you have the time to read this, chances are that your life is pretty good in that you have a house, a roof over your head, food in your fridge and clothes in your back. If you live in a first world country, well you've already hit a massive jackpot compared to a large portion of the world's population.

MGTOW as a whole isn't about whining about women or complaining how much easier things are for them, nay. It is about the potential we ALL have as men and the realization that it is an awful fucking

shame that so many men waste their potential on things that don't give a lick about them. It is about understanding how AWESOME our lives can be, but how AWFUL things can end up if we give into cancerous matrix programming of the average 9-5 drone.

MGTOW is righteous indignation of what has happened to our brothers, our fathers and maybe even our sons and it is the reclamation of our right to define ourselves as WE please. It is the COMPLETE abandonment of anything that seeks to destroy our freewill and the adoption of anything that seeks to enhance it.

21. More Freedom

Man is a strong creature

Man is an incredibly smart creature

Man is endowed with ALL sorts of different capabilities

Unfortunately, man is a tamed stallion, he is a desk jockey, he is a board tipper-tapper, he is a fallen angel. For once upon a time, he looked up and he saw the stars, he gazed upon their beauty and he promised himself that one day he would get nearer to them.

Not anymore though, today he looks down and what does he see? A massive gut, an empty wallet and when he fixes

his gaze to his reflection, he sees a hollow creature, one that once had SO much life, SO much joy and SO much passion...slowly....this was eroded.

This was stolen and not ever channeled into anything. It was taken and he was told “just follow the yellow brick road, we promise you’ll end up somewhere nice.” Have men ended up somewhere nice? Take a look around at your average fella today, he has health issues, his wife runs his show, he doesn’t even get to see his kids and all the while his soul is continually crushed at a job that dissatisfies, demeans and takes every ounce of fire he has left.

NO MORE!

For this man, he has ONLY taken this path because he BELIEVED that he needed to in order to be happy. The job is merely an extension of his other beliefs, but the reason he completes the arduous tasks at hand, the reason he gets up at 6 and returns at 6 and the reason he continues on with this cruel façade is to support his family, his wife and a consumerist lifestyle that he cares not for in the least. He doesn't want another rug, he doesn't want a new couch and he doesn't think that the basement needs to be refurnished.

The worst thing in this world is wasted potential and what more is modern man that a bundle of wasted potential? But

this ALL starts with the choices he has made, there is an effect, but there is also a cause and we must ALWAYS look to the cause: his BELIEF that he NEEDS xyz to be happy.

Fuck materialism

Fuck consumerism

Fuck externality

Fuck a soul crushing job

Instead of taking that money and pouring it into something that doesn't serve you, take it and invest in your education. The great thing about living for yourself and your own accord is that you are not tied down to anything, nobody depends on you, but you and because of this you are MUCH freer to maneuver than most

everyone out there.

As a finishing note, I want to encourage EVERYONE out there to start working on their own source of passive income. If you do not know much about creating one, it isn't all that difficult with the internet, check out the following thread and get started on your passive journey today:

<http://forum.bodybuilding.com/showthread.php?t=163877071&page=1>

22. Why MGTOW Wins: Covert Warfare (Countering Criticism)

MGTOW is evolution, MGTOW exists as an adaption to an anti-male world, but one of the best things that I see about MGTOW is the rationality of the proposition it brings forward. In men going their own way, they take back their masculinity and begin to define it on their own terms. They are no longer looking to woman XYZ, they are no longer looking to job XYZ, they are no longer looking to possession XYZ, they are looking within, thus they are reclaiming the power that they ALWAYS

had, but one that APPEARED to have been taken away from them.

The problem is that the best strategy that society used as a whole has been exposed....shaming and what happens when something is exposed, it becomes transparent. People begin to see it for what it really is and the more men talk/congregate and communicate with one another, the more similarities they begin to see within the Matrix. I.e take a group of men, one from France, one from England, one from Thailand, one from America, one from Chile and they all begin to talk online:

“Wait, they tell you as well that you

NEED a girlfriend?”

“Wait, they tell you as well that you NEED to get married?”

“Wait, they tell you as well that you NEED to have this career?”

Then comes the most important question: why? Well if you ask this to the people telling you what you NEED, you have ALREADY lost because you have given into their frame, who the fuck cares about the “why?” If someone proposes that you inject krokodili into your pecker, you’re not going to ask them why because you ALREADY know it’s a stupid idea. So instead of asking THEM why, these men begin to ask EACH OTHER why and they come up with the

correct answer....there is no good why. These are ideas and notions that are perpetuated in order to keep the system churning and moving along smoothly, but why serve this system? If you're serving something greater than you, would you not want it to "care" for you or at least value you? Are men really valued in the world? And that's fine, that's just how biology has hardwired us, obviously a vagina has inherently more value than a penis, so it makes sense from a purely biological perspective to have whiteknights, to have pussy sycophants and to have men who are willing to throw themselves away to save a damsel in distress...if we didn't have those

characteristics, MGTOW may have come about a lot earlier and who knows whether the species would've survived at that point and that's really all evolution/nature cares about.

However we have now reached a point, where it's no longer about gene replication, so a lot of the old strategies that have gotten us this far are being rendered useless. Why should I care about serving something that doesn't serve me? Why should I do what other people tell me, especially when those people would be willing to throw me away at the first chance they stand to profit in doing so?

MGTOW is just a rational proposition

that seeks to understand the world, our nature and how our systems are set up, except instead of doing what other people when they find out some of the truth and take up arms against the system. MGTOW just says “ite...cool....so THAT is why things are the way they are..well then Ima just do me and they can do them, but Ima keep my distance and my resources for myself”

A MGTOW man actually has WAY more time/resources and emotional energy to attain the things that actually objectively enhance his life. He has more time to expand his mind, he has more time to improve his body, he has more time to

network, he has more time to meditate. Things that RETAIN their value and ask for very little in return. In essence MGTOW is the search for low investment/high return activities and these things are not found in women, careers or consumerism.

The funny thing is that because the MGTOW man ends up with more time to work on himself and create REAL value within, he then actually has HIGHER chances of succeeding with these very same things than the average man who just blindly pursues them, except unlike the drone who doesn't think for himself, they have the CHOICE of whether or not they pursue them. That's where the real

beauty of MGTOW lies, it is the ENHANCEMENT of freewill.

I've seen some criticism and it always stems from people who don't really understand MGTOW as a whole or what it's really about. For example, I've seen the "Oh you guys are just like the bitter feminists, waa waa whining about women, nobody cares"

There is a difference between whining/bitterness which is more of a systematic behavior where the identity becomes meshed with what you're trying to fight and righteous indignation that says "This is bullshit, this is why it's bullshit and this why you should avoid it." THE biggest difference between

MGTOW and feminism is that MGTOW is not trying to legislate or coerce anyone to take any action, it merely encourages people to pursue things to their own accord, to their own trumpet and to their own volition.

Whereas feminism endeavors to pass new laws thus coercing people into following their ideals and this isn't even through actual reason/fact or truth. Pretty much everything they cite can be easily debunked by even a bit of research:

Men are half the victims of domestic violence

Men are more likely to be homeless, have a higher suicide rate or be killed

Men are more likely to pay child

support, alimony or end up in jail for not doing so

Women cheat as much (if not more), in some places they get paid more and affirmative action in FORCING as in using COERCION (through the use of big daddy government) in having companies/universities have quotas for women

Where is the MGTOW equivalent of this? There is no coercion or things that come of MGTOW that steal something that should've been a woman's, i.e the job that should've went to the most skilled worker, but instead is automatically going to a woman because if men and women are equal why would

you ever need to have quotas? Shouldn't you be able to attain that position through your natural ability to be equal and thus with a bit of work to supersede men?

What is the call to action that feminism takes? Do these women ever talk about their hobbies or things that women can do to enhance their reality? How can you possibly "liberate" a human being if it's state stays the same as it's apparent "shackled" version? This is THE biggest difference is that when you look at the most popular MGTOWS, they ALL have hobbies/passions and pursuits that they enjoy:

Stardusk has his language study,

neurological study and his exercise

<http://www.youtube.com/channel/UCo1q>

Barb has his running, coupled with his interest in chemistry and his blog

<https://www.youtube.com/user/barbaross>

Sandman has his photography, editing and writing

<https://www.youtube.com/user/Sandman>

This is OUTSIDE of their study of psychology, philosophy and evo psyche which is evident in their videos. THIS is the major difference, MGTOW ENCOURAGES men to pursue their freewill and puts into PROPER perspective what women are, their place and what value you should place on

relationships....they may come along for the ride, but never deviate YOUR own course for them and they will NEVER be the ride.

MGTOW is seeking to have MORE men who are liberated from the system because society/women and our immediate families will NOT put into perspective the ACTUAL cost:benefit ratio in engaging with women and ESPECIALLY getting married/having kids with them. This is why this is an important aspect of MGTOW, it is so that FIRST the notions that people have about the way things NEED to be can be broken down through logic, rationality, studies and experience of others. Then

and ONLY then are they TOTALLY free because you have PROPER understanding and context of relationships, women and signing contracts, having kids and sharing your wealth with them.

This doesn't work if Sandman just said "be a photographer it's a good hobby" or if Stardusk said "Study language, it's challenging but can be worthwhile" or if Barbarossa said "learn about chemistry, it's neat" because even IF the men followed their instructions, there are SO many ways they can get fucked over, side tracked or lost in society, that they may not get past learning the word hello or taking one picture or learning one

element.

What needs to be valued above EVERYTHING is truth, what does it matter if someone is mad saying it? What does it matter if they're happy saying it? Does truth shift to tonality and emotion? Is something true because of the way it is said?

The criticism ALWAYS comes OUTSIDE of someone who is a MGTOWer, if people actually read/spoke or asked to how the MGTOWers lives ACTUALLY are instead of projecting themselves by calling names, making assumptions and just being outright obtuse to new ideas, they'd find out that pretty much all of

them are IMMENSELY happy and if you have a rational philosophy, one that encourages free thought, one that uses studies, one that focuses on objectivity and one where the people that follow or identify with it are very happy, why would you NOT look at it?

Fear, ignorance or bias, it's just that simple. People are afraid of the implications that MGTOW has in showing us that men and women are actually INSANELY different, their natures collide and if it wasn't for one side making massive concessions, there would've been NO cooperation to begin with. Ignorance in that people are either willfully ignoring evidence of what is

being said, using subjective conjecture that nobody can possibly confirm or they have negative knowledge and they believe something that is flat out a lie. Bias in that it's obviously WAY easier to disregard what MGTOW says than to actually look at paradigm shifting evidence ([Semmelweis reflex](#)) because rewiring neurons, realizing you were wrong and looking at past mistakes isn't the most fun thing in the world.

This is why MGTOW wins because it doesn't HINGE on those people, what MGTOW allows men to do is to TRANSCEND the opinions of others and pursue happiness how THEY want it.

As Sun Tzu said **It is best to win without fighting**, this is MGTOW in a nutshell. Why fight to change female nature? Why try to legislate laws to coerce women in the way that men have been coerced/ruined and bullied by the gynocentric laws passed?

MGTOW is prophylaxis or the **PREVENTION** of future problems which is why it's SO important for men to be aware, to see these videos and to look at the cold harsh truth. Their very potential hinges on it because MGTOW isn't about whining and saying "women are naturally evil, we as men are such victims, pity party all on board," it is about saying "look at everything in the

world, in spite of all of this, you have an AMAZING opportunity, here is how you can take advantage of it and here is how to avoid the problems that many men face.”

How much money/time/effort and emotional investment has been lost by men who could've taken that same resource, channeled it into the self or into something higher and been more fulfilled for it? How much NEEDS to be lost before men should wake up to their reality? The irony is that by channeling it into something other than women, they actually end up with more women due to their higher success in life

It's not so much that women are these

inherently evil creatures hell bent on destroying men, it's that unless men and women understand their nature, specifically men understanding female nature, they can end up in TERRIBLE positions as we've seen in the west with all of the issues the two sexes have had in the last 50 years, but which sex is the one that pays for it? Are women facing alimony in high amounts? Do women ever serve any time for false rape accusations? Are female against male domestic violence cases taken as seriously as a woman making the same accusation and what of the woman if her accusation is found out to be false? MGTOW can literally save lives as

Straight Shooter so poignantly pointed out. If men see the gynocentric nature of society, how women CAN behave if it benefits them and the sort of consequences they face, their whole way of thinking can undergo an epic transformation. What if the war machine understood the topics found in Barb/Sandmans/Spetznas/Stardusks videos? Would he have had the same fate? What about all the married men who got completely fucked over by the family courts? THAT is the potential....THAT is the chance we have and THAT is the opportunity we can take, if only we become aware.

People that criticize MGTOW, you have

to wonder, how many men's lives are they saving? What good are THEY doing for men around the world? I mean hell, I've only been on youtube for 3 months with this channel and I've already gotten men from Greece/France/Asia/America telling me how the videos have helped them understand things differently and how they are so much happier for having this knowledge. THAT is THE most worthwhile aspect of MGTOW to me, literally helping others to see their own capacity, their own potential and their own ability to transcend the paradigm and leave the plantation.

MGTOW is the unleashing of male potential through first losing the

inhibition that SO many men have in tying their masculinity to a woman, to a family, to what others think, to their kids. YOU ARE MAN....YOU DEFINE YOUR MASCULINITY. The world CAN be fucking awesome as a man, the world CAN also be fucking terrible as a man, but unless you are armed with the correct knowledge, your reality will not be one of YOUR highest potential because regardless of the understanding you have of knowledge, if that knowledge is false, it matters not, your reality too will be false.

MGTOWs have NO need to be bitter, they've already won. They have the proper context of women, they

understand their nature
(hypergamy/solipsism/their love
style/their loyalty), they understand the
dangers of engaging with them
(alimony/divorce rape/jail time), they
know their own nature (their sex drive,
their disposability and their tendency to
whiteknight if unchecked) and they
understand how society views them
(cogs in the wheel, cannon fodder and to
be thrown out if broken)....they are SO
far past this.

Now they can spend their time studying
philosophy, finance, biology, psychology

Now they can spend their time lifting
weights, running, tracking their macros,
meditating

Now they can play video games, leave the country on a whim or do whatever it is they please

They have NO ties to any particular philosophy, they have lost everything and some of them without ever losing a thing. Their reality, their mood and their life does NOT hinge on others, their thoughts, whether or not they have person XYZ in their life and ANY shaming....they don't give a fuck

They are self-actualized, they are self-fulfilled and they are FREE. So my brothas, do what makes YOU happy, pursue your OWN dreams, let the world be your oyster. Come as you wish, stay as you please and do it all with steeze

