

1 year here - these are THE most important lessons I've learned.

April 26, 2015 | 676 upvotes | by [\[deleted\]](#)

TRP has changed my life so much, I could never thank all of you enough - so I want to give a bit back to this amazing place. I'll share some of the main things which made me who I am today.

Take all of this with a grain of salt - not everything that has worked for me will work for you.

A bit over a year ago, I was a horribly AFC. I was hopeless with women and I could see how disgusted they were by me.

Now, I'm married - my wife has no issues with the fact that I have plates, and I often bring one of my plates home for a threesome with the wife - and she often finds girls for me to have sex with. She's **VERY** submissive and loves it.

For context, I'm from Brazil, I'm 170cm (5'7" and a hair), have a good sense of style, I live in Bulgaria (2 years now), and I make my money doing well-paying IT projects for European companies.

I'm attractive, well trained, and dress well - but I'm no 6ft tall Chad Thundercock.

Moving on, my main lessons have been these:

Control ALL of your emotions

We often speak about holding frame here, but usually in the context of not letting things bother or anger you. Frame is one of the most amazing concepts I have ever encountered.

But I want to remind to do the opposite - don't let yourself show your excitement too much.

A year ago, I had very fast movements - I spoke and acted as if I was always excited about everything. This made a *lot* of girls suspect me of being gay.

Forcing myself to always be calm, has made women more comfortable around me - as women want you to be the rock they can hold on to, and if you can't control your own body and emotions, how can they expect you to control them?

Deliberately speaking slower and making my voice deeper

A year back, my voice sounded like a schoolgirl on cocaine. By forcing myself to speak slower and deeper I've made my voice into one that girls enjoy and compliment me on.

This will feel very strange for the first few weeks, but after a while - you should get used to it and it will become my natural voice. This will make a world of a difference.

Take care of your skin

Over the past few months, I really started using a lot of skin products which have cleared up my face a lot, and raised the attention I receive from women.

My "ritual" is this:

- Washing face with a scrub and an exfoliator when taking showers (I use this little amazing machine here: <http://i.imgur.com/oOKVtif.jpg>).
- Once a week, putting on a mask (they really clear things up!) .
- Every day after getting home, cleaning my face with makeup remover and a cotton pad - this clears a LOT of the pollution which would otherwise clog up the pores.
- Before going out, I apply a day cream.

Clothes make a HUGE difference. I fucking love blazers

Reading the top posts on /r/malefashionadvice some years back got me a basic understanding of fashion, and since then I've bought a lot of clothes - some of which I threw away, others which I absolutely love. The main things which made a HUGE difference in how good I look has been blazers - really. I don't wear suits as they look overdressed, but a very nice blazer with a dress shirt, or even a t-shirt (as I sometimes have) can make you look AMAZING.

I don't buy many pants and shirts, but I've spent many thousands on blazers - and they truly make a difference between me looking average, and looking amazing.

Do keep in mind though, the blazer must be something unique and interesting, and it MUST fit you - in style, and fitting.

Nothing looks worse on a man than a ill-fitting blazer.

I also advise to stay away from blazers which look too much like a corporate suit. These make you look boring.

This brand - Desizo Monni has THE most beautiful blazers I've ever found here in Bulgaria - [click here to see some photos from Google](#) - so I highly recommend something similar in style.

Reading a lot of books, and watching documentaries

This may seem odd as a tip to help you fuck girls, but as I'm a naturally curious person, I love to learn everything about everything. The only thing I have no interest in is learning about animals.

By having read a lot of books, watched a lot of documentaries on many topics, and browsed Wikipedia endlessly - I've gained a good, basic knowledge about many different topics, which makes it very easy for me to keep up conversations about whatever the other person is interested in, making them feel a connection.

I highly recommend Audiobooks while training, instead of music, if you're like me and need some noise (I use <http://www.audible.com/>) .

Focus on making girls feel good, and have fun

One way I cockblocked myself a lot before has been by focusing too much on how to seduce them, or just focusing too much on having a "good conversation".

I've learned that if you go around with a girl on a date, even aimlessly around the city - while making conversation about anything, poking fun at her, sometimes saying something very "rude" and overly-sexual, will make her have a lot of fun with you, while allowing you to escalate things without her realizing it.

Make her have a good time - and she'll want to be around you more.

Having a "everything is insignificant" attitude

A way of viewing things I've gained some months ago after watching many documentaries about space, is how insignificant we are, and how ridiculous everything is.

We're a life form, on a tiny planet going around a gigantic sun (which is tiny in comparison to other stars), on a solar system which is one of millions, on a galaxy which is one of who knows how many.

We're so meaningless, yet you have people who think they're the goddamn queen of England.

Just realize that everything is ridiculous and insignificant - if a girl rejects you, she'll forget about it within a week. If you get a bill you did not expect, it'll pass.

Don't let yourself get caught up in shitty events - they mean nothing in the large scale of things.

Being provocative

A combination of the 2 points above for me has been that I'll always say what's on my mind - and if I'm with an attractive girl, what's on my mind is usually all the nasty things I want to do to her.

I've learned that when a girl is attracted to you - not only can you get away with saying a lot of things that would get someone else slapped, but they seem to love it when you make them speechless by saying things almost no other guy would have the balls to say.

I've made many girls blush and keep falling for me simply by staring at them with an "undressing them with my eyes" look, and when they ask me what I'm doing, I simply tell them some way that I want to fuck them like an animal (in good, good detail).

Being straight forward with what I want

Now, in business, with friends, and with girls - i'm very clear about what I want, and I demand that those I interact with are the same.

I often ask people to get to the point when they're beating around the bush, and I keep in mind to show them the same respect and to get straight to the point.

In a business meeting, I make clear demands, and if a deal is not to my liking, I'll walk.

With girls, I show them that either they sleep with me on the second date, or I'll stop seeing them (this has made many girls come back after the second date to fuck me, looking for another chance).

I don't waste my time on girls only interested in my validation and not my dick - and neither should you.

People will respect you a *lot* more when you're clear with your demands, and when you're someone who demands for others to treat you the same way. Time is the most valuable asset you have, don't waste it by pussyfotting.

Always be willing to walk away. ALWAYS

With my wife, my plates, my business partners, my clients. All of them I'm willing to walk away from in a moment's notice if they do something I truly dislike, or if the relationship sours.

My clients know that while I sell my hours for money - I'll never sell my self-respect. They know that to work with me, they have to be men of their word and who shows respect (and I always do the same).

My wife knows that if she cheats on me with a man, or if she stops being the way she is - I'll leave her in an instant, and that I'd use every single Euro I have to make sure she gets nothing of what I have.

I do not accept disloyalty, I do not accept disrespect. This has, in turn made me into someone whom people respect a great deal.

Keep your promises

If I make a promise, I will go to hell and back to keep it - even if it's not worth it for me anymore, as I want to keep my reputation.

I rarely make promises, but when I do - those around me trust me to keep it.

As a man, your word is as valuable as gold - or dirt. If other men, and women cannot trust you to keep your word - then you are not different than your average female.

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Comments

[deleted] • 75 points • 27 April, 2015 12:33 AM

Great post. Almost every word helped to make a valid point, and you avoided the ego stroking that we've been seeing so much of lately.

[deleted] • 115 points • 27 April, 2015 02:26 AM

Your wife what?!?!?!?!?

Jesus Christ where did you find her.

iHeartCapitalism35 points 27 April, 2015 07:53 AM* **[recovered]**

50% of how she is, is what I found in her.

The other 50% is how I dominated her to be as I want. She was never submissive before to her exes before, so I'm the only one she has been like this towards.

Do keep in mind that her exes were pretty betas - as it is actually harder than you'd imagine to find an intelligent, financially succesful Alpha here in Eastern Europe.

FuriousMouse • 42 points • 27 April, 2015 09:25 AM

A few years ago I would have called bullshit on your story.

But not any more.

truchisoft • 3 points • 27 April, 2015 03:40 PM

Really not that hard, you just tell them straight what you spect, and act accordingly. Harder to do with pre-wall girls, but there are lots of post-wall women that never rided the CC, or that did it, but never knew a real dominant male.

garlicextract • 3 points • 27 April, 2015 07:23 PM

Read up about Andrei Kirilenko's deal with his wife.

r0rrr • 5 points • 27 April, 2015 10:24 AM

Some girls like threesomes too.

[deleted] • 2 points • 28 April, 2015 01:39 AM

I'm in the same situation with my girlfriend, but OP deserves some real credit for managing it with his wife.

The key to the situation is making sure your girl understands that you are a man who has a strong urge to fuck many women, and if she wants to be with you she needs to understand and accept that. Don't just say this, mean it. If she doesn't like it then she's gone, and she needs to understand that as well.

NilacTheGrim • 18 points • 27 April, 2015 11:23 AM

I'm an American who also works in IT independently and who lives in Eastern Europe. I should note all of this is a lot easier to pull off in Eastern Europe than in the States. For one, the legal system is shittier so if you do walk away from a marriage she is less likely to get as much money, if anything. Also, the women are by and large far easier to "dominate" as OP put it. Socially it's more acceptable for them to admit they are with a powerful man

and to "accept" his habits (such as keeping plates around).

Also, OP is like a billionaire in Bulgaria. The fact that he's foreign and works in IT makes him a very attractive provider.

You can try pulling all this off in the States, but it's much harder. You have to be very wealthy, and you'd be more likely to do it in the South rather than the coastal cities, due to the mentalities of the women.

Just my two cents!

iHeartCapitalism12 points 27 April, 2015 11:30 AM **[recovered]**

Virtually everything you have said makes absolute sense and is really among the defining reasons I live here.

While the girls here are slutty, I've found and been with quite a few virgins as well - they generally do submit to their man (if he's worthy of it).

Being foreign, and earning foreign income while having it taxed at a flat rate of 15% also makes you relatively wealthy even with an income that'd make you middle class, or worse in Northern Europe.

Out of curiosity, which country are you in, and how is it there?

NilacTheGrim • 9 points • 27 April, 2015 03:08 PM

Romania! Just north of you! I've been to Bulgaria a few times on vacation (at the beach, and I also visited Balchik).

I feel pretty wealthy here too. The Romanian women are slutty too (although maybe that has to do with my increased perceived value?). So much so that I've even had a few stalkers here.. :P

I like Romania -- although Bulgaria is even cheaper and actually Bulgarians are in some ways "more decent" than Romanians. Romanians can be lying crooks sometimes..

[deleted] • 29 points • 27 April, 2015 12:41 AM

Great post. Lots of solid stuff in here, but there's one particular thing you said that moved me to comment and that's BLAZERS!

Dudes, this is such an easy men's fashion hack. If I'm wearing jeans and some decent shoes, I just throw on a blazer and I look presentable enough to go out on a date, club/bar, church, work...anywhere. Notice I said just jeans and some nice shoes, because I've found that you don't even need to be wearing a nice button-down shirt. About half the time I go out somewhere, I just wear a tshirt with the blazer.

I've found that it just conveys that you're trying, and that you have a sense of style, which puts you ahead of about 85% of guys out there. Go out to the bar or club on Saturday night and you'll see that most guys, even the more "alpha" dudes that can pull girls, don't really put any effort into their clothes. You'll see the majority of dudes wearing tshirts/track jackets with jeans or shorts, or you'll see a few swoldiers wearing their tight muscles t's. Putting some thought into your outfit will set you apart, and throwing on a blazer is an easy to accomplish that.

Key point: Make sure the blazer is tailored and form fitting to your body. The brand you suggested is good, but you don't need to go all out and buy an expensive designer name. I have six blazers and they're all from Men's Wearhouse. Just make sure they fit well.

iHeartCapitalism10 points 27 April, 2015 12:46 AM **[recovered]**

Notice I said just jeans and some nice shoes, because I've found that you don't even need to be wearing a nice button-down shirt. About half the time I go out somewhere, I just wear a tshirt with the blazer.

This is such a stupid-simple outfit to put together, but if the blazer is good, it almost always ends up looking amazing.

This is also a very quick outfit to put together when you're in a rush as well, so aside from being able to afford a blazer - there's almost no excuse not to have them.

Also great last point about fitting, and brand. Some of the blazers which I love the most are from Zara. A inexpensive blazer, which you spend some extra \$ to get it fitted is one of the best investments a man can make.

newls • 3 points • 27 April, 2015 08:03 AM

Fit is king. Doesn't even have to cost a lot of money. Clearly spending money is sometimes necessary if good fitting clothes are your goal, but the most well-fitting jacket (a.k.a. blazer) I ever bought was £12 at a charity shop. Sometimes you find reasonably-priced gems. I actually don't buy clothes any more though.

Cyralea • 3 points • 27 April, 2015 01:48 PM

Zara works a lot better on slimmer dudes to be honest. They have great shit, but bigger guys are going to be left lacking. Nordstrom carries better options for regular sized guys.

[deleted] • 4 points • 27 April, 2015 12:39 PM

I can not agree with this more. I'm only 19 but I've found blazers are invaluable. A black blazer is your multi tool: going to a funeral? White button up, tie, dress pants, black blazer. Going to a dinner? Red Oxford, black jeans, black blazer. Going to the club? T shirt, dark navy jeans, black blazer. Any occasion can be suitable for a blazer. My only caveat would be tailor your dress to your audience. If I'm going to dinner with my family, a blazer is perfect. If I'm going out with my friends, a blazer can be a faux pas, and seem too formal.

Other than that, a black Zara blazer is suitable for any occasion. Go forth and get yourself a nice fitting blazer.

suloco • 1 point • 12 May, 2015 01:44 PM

Blazers are great and everything but dude, DUDE! I'd consider wearing a blazer (even black) at a funeral downright insulting. It may differ country to country a bit but generally funerals are considered event where suit (black or dark grey) is mandatory. So no blazers. Of course I don't expect you to own a suit in 19 (if you do, kudos!) but you can always borrow one.

[deleted] • 1 point • 15 May, 2015 12:52 AM

You do make a good point, it is expected to make the effort to wear a full suit to a funeral. My point moreover was the extreme versatility of the black blazer. I personally have worn a beautiful black blazer to a funeral, and the combination with black dress pants, dress shoes, white collared shirt and tie created an outfit worthy of a funeral. A suit *should* be worn, but knowing that a blazer can take you to a casual club and to a formal business meeting highlights its function as a fashion multi-tool.

denmaur • 2 points • 27 April, 2015 04:00 AM

What different styles/colors work well? I always thought Navy blue was the best option. What else works?

FRSTKZ • 3 points • 27 April, 2015 04:32 AM

Check malefashionadvice just saw a couple of posts about this. Search blazer.

news • 3 points • 27 April, 2015 08:05 AM*

atailoredsuit.com has some good articles on colour combinations and whatnot. Written by a former US Marine.

denmaur • 2 points • 27 April, 2015 02:15 PM

A Marine giving fashion advice? That's a first. We were some of the worst dressed individuals off base.

coffee_and_lumber • 3 points • 27 April, 2015 02:50 PM

When I was in the Air Force, a buddy of mine noted that many of our fellow airmen, especially the older guys, looked like off-duty pro wrestlers. Jean shorts, braided belt, white high top Reeboks, tucked in squadron t-shirts, Oakley sunglasses, hitler mustache.

johnnycaustic • 1 point • 28 April, 2015 09:04 AM

To my eyes, a navy blazer is a bit of an old man's look--a lot of an old man's look if it's accompanied by brass buttons. I'll wear navy only if there's an element that makes it look nontraditional and young. Navy complements most men's skin tones, but for most men there's a shade of gray or a lighter/bolder blue that will work just as well for them.

I like gray, black, royal blue. For variety, blue linen in summer and brown Harris tweeds in the other seasons (must look tweedy and Scottish/British; flat browns are hard to pull off) for an academic or outdoorsy look. Black cashmere at night is awesome if price is no object; the matte texture makes it stand out.

Darker shades convey authority; lighter shades (but not too light) convey credibility and trustworthiness.

Styles: stick to two-button unless you know what you're doing. Notched lapels for most guys, peaked lapels to peacock a bit. Unless you're overweight, go for an Italian look with a large drop (narrower waist than shoulders); women do notice and like that. Look for side vents or ventless. If you get a center vent, ask the tailor to sew it up and make it ventless (unless you're on horseback). Center vents often ride up and expose your buttocks when you're unaware, a very undignified look.

Most of all, fit, fit, fit is everything! Find the best tailor you can afford.

denmaur • 1 point • 28 April, 2015 03:14 PM

Thank you. This is what I was looking for.

[deleted] • 0 points • 27 April, 2015 12:40 PM

When in doubt, black. It fits with nearly all colors. But make sure to research some other colors that work for you

hamstercide • 2 points • 27 April, 2015 12:59 PM

You know how everyone makes fun of people and neckbeards who wear fedoras with regular clothes? Yeah. Blazers are just like that.

coffee_and_lumber • 4 points • 27 April, 2015 02:45 PM

people and neckbeards

I don't really agree with your overall point, just enjoy placing these two things in different categories.

xwm • 1 point • 27 April, 2015 03:19 PM

Just make sure they fit well.

As someone who is bulking up (have gained about 25 lbs over the past 7 ish months) clothing is the last thing I'll be updating simply because of this fact. I bought a few new shirts so I wasn't swimming in my clothing, and now they're all starting to be too small, and I can't afford better at the moment.

Kandarino • 1 point • 27 April, 2015 08:59 PM

Ok.

Point being? Just buy better fitting clothes when you get to where you want to be in size.

UnpluggedHeretic • 0 points • 27 April, 2015 10:39 PM*

I just throw on a blazer and I look presentable enough to go out on a date, club/bar, church, work...anywhere..

Cool, so, worst of both worlds? Too casual for formal wear, too try-hard for casual settings. Nice!

I'm exaggerating my tone for comic effect here but, for real, *pull your head out of your ass on this one you video game journalist-looking faggot.*

Putting some thought into your outfit will set you apart

It sets you apart in a way that says: "I care too much how others perceive me, and am also not very self-aware." These alphas you describe are actually light years ahead of you in their fashion sense. I'll explain why. Wait, you already explained it for me:

Go out to the bar or club on Saturday night and you'll see that most guys, even the more "alpha" dudes that can pull girls, don't really put any effort into their clothes.

Replace "even" with "especially" and you've hit the nail on the head. Alphas wear sweatpants, track jackets and wife beaters because those are the most comfortable of clothes. Comfort and not looking broke (decent fit & brand name) are all a man should give a fuck about it when it comes to fashion. We just have better shit to do.

The fact that alphas put greater store on not having to compress their ballsack in some fitted jeans or restrict their range of movement inside a tailored god damn blazer while their out in public is exactly whats more appealing about the douchebag uniform compared to what you are suggesting.

[deleted] • 2 points • 28 April, 2015 12:54 AM*

My friend, I'm not going to engage too fervently in a fashion debate with you, because frankly I think that would be a little beneath TRP, but I'll just respond with a few quick points.

Putting some thought into your outfit will set you apart

It sets you apart in a way that says: "I care too much how others perceive me, and am also not very self-aware."

So, by that logic putting any effort into your clothes at all is "try-hard"? The most fundamental TRP tenant to self-improvement, and a refined fashion sense is a subset of that idea.

pull your head out of your ass on this one you video game journalist-looking faggot.

Have a look here. You'll find dudes like Hugh Jackman, Ryan Gosling, Jeremy Lin, and plenty of others wearing the exact outfit I described - Tshirt with jeans and a blazer. Are they all "video game journalist-looking faggots"?

Here's a shot of that Captain America dude (too lazy to look up his name) wearing that same combo I described on the cover of GQ!

Last point.

Comfort and not looking broke (decent fit & brand name) are all a man should give a fuck about it when it comes to fashion. We just have better shit to do.

Bro, I totally agree with you here. That's why I emphasized the value of throwing on a sports coat over a very minimal outfit, because it will make you look better and set you apart, in a positive way, without actually having to put in much additional effort. I didn't suggest that you comb the internet throughout the day on Nordstrum.com and spend half your income on wardrobe. I said that adding a blazer is an easy *fashion hack*.

And don't kid yourself about those muscle-shirt wearing bros and track jacket douchebags at the clubs. They don't wear those outfits because they're ultra alpha and can't be bothered with the trivial matter of selecting their outer garments. They know EXACTLY what they're doing. That jacked muscle guy goes into stores and hunts down the best fitting shirts that make his biceps look the most swollen. The douchebag uniform-wearing guido because that's what all the other guidos wear.

And dude, I honestly don't give a shit what those dudes wear. I already feel like I'm wasting my time talking about this and I haven't even finished typing my post. Just wear whatever the fuck you want.

UnpluggedHeretic • 2 points • 28 April, 2015 03:31 AM

Right on man. My opinion just happens to be on the other side of the coin on this one.

SoldierGenerale • 48 points • 27 April, 2015 02:30 AM

A bit over a year ago, I was a horribly AFC. I was hopeless with women and I could see how disgusted they were by me.

Now, I'm married - my wife has no issues with the fact that I have plates, and I often bring one of my plates home for a threesome with the wife - and she often finds girls for me to have sex with. She's VERY submissive and loves it.

Everybody stfu and take notes. This man not only fucks other women besides his wife, his wife isn't allowed to fuck other men.

That's some serious frame-control and something we should all strive for with our LTR's.

Not only that but he went from afc to pimphand of god within a year. That's some serious progress you made and I salute you.

Atakhan • 18 points • 27 April, 2015 09:36 AM

This man not only fucks other women besides his wife, his wife isn't allowed to fuck other men.

well, that doesn't mean she is not fucking with other men, though. i see a big chance op is being cuckolded, to be honest.

rpkarma • 13 points • 27 April, 2015 11:28 AM

I know a guy who has a similar relationship. Believe me, if OP is anything similar, his wife will never want to stray; she'll be more in love with him than you can even believe. That's what it takes to get her to agree to an arrangement like that.

ChadThundercockII • 9 points • 27 April, 2015 11:47 AM

Women seek other men when their men don't satisfy their emotional needs. OP seems to be doing his job right.

Heizenbrg • 2 points • 27 April, 2015 11:44 AM

Funny how this stuff amazes us when it's practically the norm in Muslim countries.

[deleted] • 32 points • 27 April, 2015 11:57 AM

No. Muslim men are afraid of women and control them by way of violence and sexual repression. That is as beta as it gets.

Heizenbrg • 2 points • 27 April, 2015 11:35 PM

Different measures with the same effect. Can't imagine how mind blown they would be if women had more independence there.

Actually better this way, more lunatics would go on a jihad for the virgins.

RedPill115 • 0 points • 28 April, 2015 09:52 PM

Actually better this way, more lunatics would go on a jihad for the virgins.

Actually, one of the best theories is that it's the lack of being able to get laid that drives men to join a jihad. The "40 virgins in heaven" or whatever has appeal exactly because he has no other options, his "must mate" biology hits, and they convince him that this is somehow the same thing as getting laid.

aguy01 • -5 points • 27 April, 2015 12:45 PM

Nah, Muslim society reigns in female hypergamy. Making a women act like this of free will requires you are top 10% physically, financially, and socially, which is why society needs to help control hypergamous women for the other 90% of guys.

[deleted] • 7 points • 27 April, 2015 03:18 AM

Did you feel that you were constantly motivated to keep changing yourself, or was it just a series of changes that you made simultaneously that became a normalized part of your personality?

What I'm getting at here is that I'm afraid my emotional motivations to become someone better will dry up and keep me from pushing myself. How did that work for you?

iHeartCapitalism • 26 points • 27 April, 2015 07:51 AM **[recovered]**

One thing I learned is that motivation is something bad to rely on. You will have days when you will feel as motivated as a plant.

Instead, focus on discipline. Do work, go lift, read, eat well - not because you're motivated, but because you rationally know that's the best thing to do.

[deleted] 27 April, 2015 12:27 AM*

[permanently deleted]

iHeartCapitalism13 points • 27 April, 2015 12:32 AM [recovered]

Congratulations, You are on the path of a successful man, just the lessons you have mentioned will put any man in the top 20%. You seem a like a much better version of yourself.

Absolutely - and this is what amazes me so much. 80% of what I learned to make me who I am has had it's roots from something I've read here on TRP. The amount of amazing information to be found here is astounding.

And I agree 100% on financials. I stay away from "normal" investments as I focus on my business, but in return I have consistently worked to improve the amount of money I get for the hours I put in which is something I must recommend to all men (time investment).

Consistently get rid of the bottom 20% of clients generating the smallest % of your income, to focus the free time on gaining more well-paying clients.

deepthrill • 6 points • 27 April, 2015 04:21 AM

Consistently get rid of the bottom 20% of clients generating the smallest % of your income, to focus the free time on gaining more well-paying clients.

This is straight from the book "The 4 Hour Workweek", which you must read if you haven't yet.

4delicioustreats • 5 points • 27 April, 2015 05:08 AM

Not quite. He actually says get rid of the bottom 80% of your clients. Under the presumption that they're generating 80% of your headaches but only 20% of your income.

[deleted] • 9 points • 27 April, 2015 09:28 AM

I'll say what nobody else said - those proportions are GUIDELINES, not STRICT RULES. The numbers are there just to help with visualizing. Basically everything should be assessed - does it bring more than it costs?

ChadThundercockII • 2 points • 27 April, 2015 11:51 AM

While a was reading the Op, I thought to myself: " I need to make money." Money seems to be the only thing stopping most of us from accomplishing our goals in life.

nothere_ • 1 point • 27 April, 2015 01:30 PM

It's not admitted but yes that and a good mindset

GeeBeeMonkey • 5 points • 27 April, 2015 01:12 AM

A man without his word is no better than a beast.

LifeAtPeace • 4 points • 27 April, 2015 02:22 AM

Good post buddy. My favorites being -

1.) Control ALL of your emotions 2.) Being straight forward with what I want 3.) Keep your promises

[deleted] • 6 points • 27 April, 2015 03:17 PM

A year ago, I had very fast movements - I spoke and acted as if I was always excited about everything. This made a lot of girls suspect me of being gay.

And there's the answer to why I'm perceived as gay. Thanks for that.

Blacquebit • 1 point • 27 April, 2015 11:06 PM

hard as it is for me to admit, me too. I walk too fast and can get quite animated. I wonder why I never really connected it to why some women think I'm "suspect" thanks OP.

[deleted] • 1 point • 28 April, 2015 03:41 AM

The women I can ignore. The gay men on the other hand...

UlyssesElias • 4 points • 27 April, 2015 03:46 AM

If you live in Bulgaria and your children and their mother are in Norway, do you ever get to see your kids?

iHeartCapitalism1 points 27 April, 2015 07:50 AM [recovered]

Yes, not often but I do make an effort. I made the decision long ago that I wanted to focus on money - as when I had the kids I wasn't ready for a family.

A lot of people disagree with this mentality - but I, having grown up poor, see no other way.

Deresetese • 3 points • 27 April, 2015 12:26 PM

The point about keeping your promises is not stressed enough around here. Very much of our way to improving ourselves is focussed on ourselves only, without paying attention to others.

And that's right, but if we make a promise to others, we should fucking keep it. Not only does that give you a good reputation but also people tend to be more honest towards you and keep more promises themselves.

Besides that, if one can't stand by his word, he's an idiot.

whataboutudummy • 5 points • 27 April, 2015 02:55 AM

What do you have against animals, bub?

iHeartCapitalism-1 points 27 April, 2015 07:52 AM [recovered]

I love them so much, specially dogs. But I'm not interested in learning about them - aside for how to train dogs.

Not interested in how they communicate, how their body works, etc.etc.

Cyako • 8 points • 27 April, 2015 12:42 PM

Do you get out in nature much? I understand everyone is different but animals are incredibly fucking interesting and ALIVE - you get to watch their behaviours and bodily functions in real time.

Connecting with nature is extremely valuable when living in a modern day society which is almost entirely detached from it; especially with animals as they teach us a lot about ourselves and values that we strive for.

iHeartCapitalism3 points 27 April, 2015 04:01 PM [recovered]

Honestly, I've never been a nature person, but I will take your advice and see how it goes.

Specially since I work with computers non-stop, some fresh air, trees, and being away from

technology may be relaxing.

Cyako • 2 points • 27 April, 2015 10:44 PM

Since you seem like a busy guy my best advice would be to try a "microadventure" (1 or 2 days outdoors), then afterwards you can try longer if you have the time!

Also, bear in mind that the 'nature people' who love being outdoors aren't really any different than you, we just got exposed to it at and realised just how great it can be.

Hiking through a silent, ancient forest inhabited by wild animals with huge trees scratching the sky. Reaching the top of a hill and being gifted with a jaw-dropping, panoramic view stretching for miles. Relaxing around a crackling campfire at the end of your adventure, surrounded by friends and with a true sense of accomplishment.

These are all things that so many people miss out on for no reason other than their parents never exposed them to it. Just remember that the majority of your ancestors lived it everyday of their lives, take the time to reconnect with what humans used to be and our true home in nature. It provides some perspective on how unimportant we are in the grand scheme of things.

cynicalsunshine • 1 point • 28 April, 2015 12:32 AM

Just adding some more points to what the fellow before me posted. The outdoors and nature can teach us nearly infinite lessons; the limiting factor is in your ability to apply natural information to contemporary society. We call cities "concrete jungles" for a reason - there are many parallels in competition in resources/mates/what have you.

Also a background in mathematics/geometry can reveal the patterns, symmetry, beauty and order in the outdoors. I'm not religious, but I find my spirituality in the woods. Its a cold, scary, throat-crushingly beautiful world out there. Urbanization has made some forget - we're just as harsh and cruel to our prey as the eagle tearing apart the baby rabbit. Maybe worse. Everyone needs to be reminded of the order of things once in a while.

Nearox • 2 points • 27 April, 2015 01:32 AM

Thank you for this, amazing!

[deleted] • 2 points • 27 April, 2015 04:58 AM

Very interesting post. The point about everything being insignificant reminds me of a video on intelligent nihilism, in other words knowing that life is inherently meaningless, but using it positively as a way to motivate us to give it meaning.

achkar • 2 points • 27 April, 2015 08:47 AM

How is Bulgaria, do you enjoy it here?

moiez326 • 2 points • 27 April, 2015 12:44 PM

Quality post op. I read every single word. You're a beast and a true inspiration.

[deleted] 27 April, 2015 01:25 PM

[permanently deleted]

Linrraba • 2 points • 27 April, 2015 02:53 PM

Fellow brazilian here. Taking this post to heart. Really good!

bsutansalt • 2 points • 27 April, 2015 04:57 PM

♂ Solid stuff. This is a pretty good overview of where to start for beginners IMO.

Temptationn • 2 points • 27 April, 2015 05:45 PM

What day cream do you recommend? I also use that face machine in the shower but sadly mine broke a week ago due to water getting in which makes no sense, since it's water proof.. But anyway this was a great post. I always love reading just tips

deadhand7 • 2 points • 27 April, 2015 06:26 PM

Awesome post dude! Really loved the part about controlling emotions and movements as well. Its funny, a long time ago I wormed with an absolute train wreck of a manager. She told me that I was too fast moving and speaking, and if I wanted to do better with women I should slow down those mannerisms and tone. I dismissed the advice because of how ridiculous she was in many other regards. Reading your post just reminded me of her and how right she was.

Redpill0re • 2 points • 27 April, 2015 08:02 PM

It sounds like your wife might be Bulgarian, which is probably the most important factor. Bulgaria is a very poor country and that raises your value enormously. Congrats on your success but don't forget to always keep her in check, AWALT, especially in such a hard country where women are often slutty and devious .

Fartfacethrowaway • 2 points • 27 April, 2015 08:12 PM

Been a redpiller for many years under many different names. Every now and then a good post sums everything up perfectly again. This is a good one, thank you.

egoisenemy • 2 points • 27 April, 2015 08:57 PM

Thanks for this! Sounds like youre kicking ass

PepsiCokeTRP • 2 points • 3 May, 2015 06:08 PM

I really liked that post, so I've gone ahead, read it aloud and recorded myself while doing so. You can find it here (Mixcloud) and here (Soundcloud).

DalekJay • 4 points • 27 April, 2015 02:12 AM

muitos brasileiros por aqui, como conseguiu morar na bulgaria?

BadCopWithDonut • 2 points • 27 April, 2015 06:55 AM

"Focus on making her feel good"

-> that's a bad mindset. Always focus on enjoying yourself and let her join the fun!

rpkarma • 1 point • 27 April, 2015 11:32 AM

Why not both? That's what I've found anyway; hard and fast rules miss the point.

BadCopWithDonut • 0 points • 27 April, 2015 01:01 PM

You miss the point. If you enjoy yourself, she will enjoy being around you. You are the priority

Puzomor • 2 points • 27 April, 2015 01:12 PM

In contrast to recent rant/venting posts disguised as meta, theory, game or anything it's not:
this is a fucking good post

[deleted] • 1 point • 27 April, 2015 09:17 AM

Any book recommendations?

Or is it just sidebar stuff?

undergrads1 points 27 April, 2015 12:43 PM* **[recovered]**

This post is quality over quantity and is truly a great read. Thanks a ton for sharing this!

edit:

I've made many girls blush and keep falling for me simply by staring at them with an "undressing them with my eyes" look, and when they ask me what I'm doing, I simply tell them some way that I want to fuck them like an animal (in good, good detail).

Could you give an example of what you would say here? Seriously, I'm curious to know.

edit #2:

my voice sounded like a schoolgirl on cocaine

LOL. Here goes my morning laugh!

I_HaveAHat • 1 point • 27 April, 2015 02:20 PM

How to say provocative shit to women. Like what exactly do you say?

[deleted] • 1 point • 27 April, 2015 02:38 PM

Once a week, putting on a mask

Is this one okay?

[deleted] • 1 point • 27 April, 2015 02:44 PM

Got a list of documentaries that are good? I can't stop learning.

BleauGumms • 1 point • 27 April, 2015 04:51 PM

Just wait until you discover MGTOW

chkethley • 1 point • 27 April, 2015 08:54 PM

Tell 'em about the nofap Jonny!

[deleted] 27 April, 2015 09:08 PM

[permanently deleted]

[deleted] 27 April, 2015 09:12 PM

[permanently deleted]

Idontlikekarmawhores • 1 point • 27 April, 2015 09:22 PM

I hope you reply me now, I m from Argentina and I live in Norway. I often meet alot of girls who love

anything spanish and I can escalate nicely if they arent too annoying. I want to ask you if you think they are worth having a serious relationship with? I can probably get some Latvian pussy or Lithuanian if I work hard enough but I really like them sexy norwegian blondes yet they are so slutty... What would your advice be man?

[deleted] • 1 point • 30 April, 2015 06:39 PM

Take care of your skin

Can I ask for more detail in this regard? I.e. the masks and the day cream you use before going out?

MMMRSEESCUPS • 1 point • 27 April, 2015 04:01 AM

Wow, an actual good post from this sub showed up on my feed.

[deleted] 27 April, 2015 03:40 AM

[permanently deleted]

[deleted] • 0 points • 28 April, 2015 02:21 AM

This reads like a Cosmopolitan article.

NeoreactionSafe • -4 points • 27 April, 2015 12:31 AM*

"...and I make my money doing well-paying IT projects for European companies."

Internet Technology... but definitely not a dork. Great.

So you are married but are dominant in a Red Pill way and your wife is submissive and allows plates. This will likely reinforce your value as she sees other women enjoying you. Very little chance of Shit Tests, but Comfort Tests might be required at times.

Everything looks good to me.

My question is if you plan to reproduce or are you another **Infertile Alpha** that never wants children?

It would be nice to have the full success story.

Kids one day?

Buck the trend here... we've had way too many vasectomy stories lately.

drunkandstoned • 3 points • 27 April, 2015 09:57 AM

or are you another Infertile Alpha that never wants children

You use shaming language like a liberal

NeoreactionSafe • 0 points • 27 April, 2015 02:25 PM*

To subvert the progressives you must adopt treachery. (use their language against them)

What many haven't figured out yet (on Red Pill) is that the **Fertility Negative** concept is actually SHARED with Feminism.

Get it?

They are fooling people but with a "false flag" operation. That vasectomy only adds to the Feminist cause.

[deleted] • 1 point • 27 April, 2015 07:49 PM

TRP is the male equivalent of feminism--maximizing sexual strategy by abandoning traditional roles, at the expense of actually having children.

There are many brilliant ideas here, but dying childless and alone, the last of your line, isn't one of them.

iHeartCapitalism3 points 27 April, 2015 12:37 AM [recovered]

I should have maybe mentioned that I have 2 kids with an ex-girlfriend. One boy, and one girl - 5 years, and 2 years.

They're both in Norway with their mom, and her new boyfriend (whom she bought a house with). My wife loves my kids as well, so this works out great.

I want more kids, but in the future - when my business is not taking 90% of my time.

NeoreactionSafe • -1 points • 27 April, 2015 12:38 AM

Okay cool... you've got kids and maybe more.

Sounds like things are pretty good.

jolly--roger • 1 point • 27 April, 2015 04:47 PM

Internet Technology

you even got the abbreviation wrong, so... definitely an ex college QB

scarfox1 • -10 points • 27 April, 2015 04:23 AM

"a lot of girls suspect me of being gay."

"Every day after getting home, cleaning my face with makeup remover and a cotton pad - this clears a LOT of the pollution which would otherwise clog up the pores."

Iupvoteforknowledge • 7 points • 27 April, 2015 08:27 AM

Ha! Takes care of his skin. What a fag.

scarfox1 • -1 points • 27 April, 2015 08:18 PM

Putting on a skin mask is feminine as fuck.

[deleted] • -2 points • 27 April, 2015 06:00 AM

Excellent post, but I think there's something most RP men seem to ignore...

I'd use every single Euro I have to make sure she gets nothing of what I have.

Wife? Well, good luck...but realize that you've already **signed a portion of your innate male desire for action and adventure away** by engaging what's often called the "rapacious female void".

human_enquirer • 0 points • 28 April, 2015 07:21 PM

This post reminded me that I need to work on speaking slower and it doing so regularly. The thing is, I've previously seen speaking slowly as a waste of time.

It just seemed natural to me that if people spoke faster, the result would be the same as when computers communicate faster. In reality, speaking quickly in order to relay more information in less time has not added value to my existence.