

# The Great List of Non-Negotiables.

October 13, 2015 | 990 upvotes | by [\[deleted\]](#)

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## The Great List of Non-Negotiables.

*A concise guide of action to the budding red pill popper.*

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**TL;DR: Quit your bad habits. Lift and Eat. Sleep and Meditate. Develop a Passion. Stop Browsing and Start reading. Talk to people.**

**You want to be great? Then these are NON-NEGOTIABLE.**

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*The Great List of Non-Negotiables is a list I wrote for myself shortly after swallowing the pill. After nearly 8 years of being a perpetual student in self-help studies, never truly taking action, this list is what finally what got me off my damn ass.*

*This list is simple. No frills. These are things I have deemed to be non-negotiable in my life, and I think the brevity and simplicity of this list may be of value to others as it was to me.*

*If you follow this and develop a lifestyle out of what is said here; if you make these tenets a non-negotiable part of your life, you'll be the top 10% of men on this planet.*

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**Quit your bad habits.** Watch a ton of TV? Stop. Browse the web till 4am? Stop. Smoke weed everyday? Stop. Jerk off a bunch? Stop. Playing games for hours? Stop.

You know what's wasting your time. You fucking know. If you really haven't the littlest clue what's good or bad for you, go play WoW in a puddle of your own sweaty shame.

Stop smoking. Stop drinking. Stop binge watching fictional lives on Netflix.

*Just. Fucking. Stop. Wasting. Time.*

**Lift and Eat.** Lifting is said all the time for a damn good reason. People say "its said all the time for a damn good reason" for a damn good reason. It will boost your confidence, it will develop discipline, it will make you tougher, it will ease your anxiety. *You'll actually feel physically fucking dominant.*

Take that fucking McDonalds out of your mouth and replace it with some damn kale. Or fish. Or eggs. Or broccoli. Or Chicken. Just eat real food, and buy it in its simplest form. Learn to fucking cook. "But I'll just have a woman cook for me". Where's that woman, huh? Cook for yourself, its fucking satisfying.

**Sleep and Meditate.** Lack of sleep has far reaching negative effects on your psyche and body. Sleep 7.5 hours a night *minimum*. Sleep approx. the same time every night. Turn off your TV. Get a routine.

You need to understand your own fucking mind. Daily meditation will bring you clarity, focus, and impulse control. When you meditate you are training your mind to be present and to better observe and exert conscious control over your own thoughts. It makes you feel a greater sense of well being. It makes you quicker and wittier. *Meditation is lifting weights for the mind.*

**Develop a Passion.** What do you like doing? What do you *love* doing? Do a whole fucking lot more of that. Get obsessed with becoming a master at it. Never give up. If you don't love doing anything, start trying stuff till there's something you love doing.

*And don't half ass that shit when your trying something new.* Feel a little interest? Expand on that adamantly for a couple weeks and see how much you like it. You have any "aha" moments? That feeling

of comprehension and progression that elates your whole being? Good, pursue the fuck out of that feeling.

**Stop Browsing, Start Reading.** You're wasting your time filling your head with nonsense and redundant information. Read the entire sidebar, read No More Mr Nice Guy, read Models and The Book of Pook, read The 48 Laws. *Then fucking stop reading TRP...*

*...and start reading things you are interested in, and things that make you interesting.* Read about your hobbies and skills. Read about how to cook. Read about history. Read biographies. Read fiction with prominent masculinity. (I'm talking Jack London, Hemingway, Hunter S Thomson.) Reading books is part of your life now.

**Talk to Everyone.** Cashier? Hot blonde on campus? Guy juggling at the park? Neighbor? Woman on the bus next to you?

*Talk to them all.* Talk to as many people as you can. Absolutely no amount of theory and knowledge on social interaction will benefit you even remotely as much as just *talking to fucking everyone*. One of those people happen to be a woman you find attractive? Fucking escalate. Fucking polarize.

Not in social situations every day? Put yourself in them. Align your social life with your hobbies. Go to a coffee shop. Hell, just make up an excuse to go to the grocery store and meet people. *Meet people every day.*

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**Lessons Learned:** That it's *this fucking simple*. Stop making it so difficult. Stop making it more complicated than it needs to be.

*Just fucking do it. Its non-negotiable.*

*Edit: Formatting and clarifying.*

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Archived from [theredarchive.com](http://theredarchive.com)

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## Comments

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Jajajones11 • 163 points • 13 October, 2015 08:37 AM

This correlates to so much more than picking up. These are the keys to living a happy human life.

nicethingyoucanthave • 79 points • 13 October, 2015 12:49 PM

This correlates to so much more than picking up. These are the keys to living a happy human life.

And frankly, a happy life has to come first. If you can't be happy with yourself, then no woman will ever possibly make you happy.

Every time I read one of those "incel" posts I think to myself that if I wanted to curse that guy, I would give him exactly what he thinks he needs: a girlfriend. Because he's unhappy **and** he's obsessed. If he got the thing he was obsessed about and discovered that it doesn't magically make him happy the way he'd hoped - after he'd spent all those years pining over it ...he'd probably just kill himself.

You have to be happy first. You have to be responsible for your happiness. You can't be dependent on other people giving it to you.

And once you are truly happy and content, all you have to do with regard to women (or really, anyone) is a bit of diligence in guarding yourself against being taken advantage of. With that tiny caveat in mind, once you're happy and content in and of yourself, you'll be able to appreciate any woman that you allow into your life, and cut away any that aren't participating in your happiness.

vandaalen • 10 points • 13 October, 2015 10:58 PM

Every time I read one of those "incel" posts I think to myself that if I wanted to curse that guy, I would give him exactly what he thinks he needs: a girlfriend. Because he's unhappy and he's obsessed. If he got the thing he was obsessed about and discovered that it doesn't magically make him happy the way he'd hoped - after he'd spent all those years pining over it ...he'd probably just kill himself.

Story of my life. Literally. Although I couldn't push myself to go through with the latter.

[deleted] • 5 points • 14 October, 2015 06:34 PM

Every time I read one of those "incel" posts I think to myself that if I wanted to curse that guy, I would give him exactly what he thinks he needs: a girlfriend.

You know what happens when "incel" gets a girlfriend? He bases his whole life on her and gives up whatever little life he had going for him. Then she gets bored and hunts herself a new beta, and he's left with nothing. The only way you'll ever be happy in an LTR is to know you'd still be happy without the LTR. It keeps you from being dependent and it keeps you from losing control of the relationship. This is why your guy friends spent so long telling you to get rid of that girl you spent all your time with. A healthy relationship is a beneficial extension of your life, not a vital part of it.

waldo888 • 3 points • 16 October, 2015 10:42 AM

The irony in this is that most women will try to make you give up certain aspects of your life to make them feel secure and comfortable. Then if you do ultimately lose the attraction for you.

Jay-Kay44 • 5 points • 13 October, 2015 02:50 PM\*

I dont belive in happiness (i personaly am never going to be truly happy). I dont belive that life is about reaching a destination where you are happy and content. You fucking struggle and hassle with pain and sorrow (and all other feelings) until the day you die.

Sure better yourself. But the idea that you must be fucking Dhalai Lama to get a girlfriend is ridicoulus. My philosophy would be do try to meet women, but also try to better yourself. You are never gonna be good enough for everyone, and you never (probably) gonna reach happiness. But you need to have some direction, or maybe you dont need it, but its good.

scrantonicty • 6 points • 14 October, 2015 07:23 AM

I dont belive that life is about reaching a destination where you are happy and content.

Correct, it's about putting yourself on an endless journey that makes you happy and content.

You fucking struggle and hassle with pain and sorrow (and all other feelings) until the day you die.

I don't. Maybe I'm doing it wrong?

OneTouchHowMuch • 3 points • 16 October, 2015 06:19 AM

You are completely wrong about happiness, then, from an evolutionary psychology perspective.

Happiness (long-term) is NOT a destination. It is one of many moods we feel when we are on the path to pleasure (short-term).

Jay-Kay44 • 1 point • 16 October, 2015 10:34 AM

I think i kind of said that. Anyways i agree with with you say. The point is that happiness is not the destination, and no feeling in life is constant.

OneTouchHowMuch • 2 points • 16 October, 2015 09:14 PM

My bad. I misunderstood. We agree.

MortalSisyphus • 9 points • 13 October, 2015 06:33 PM **[recovered]**

We are all born junkies. The purpose of life is to chase our fix.

franklyforthright • 2 points • 13 October, 2015 10:09 PM **[recovered]**

Pretty much all life is about chasing the chemical highs that our bodies produce

endogenic • 1 point • 13 October, 2015 09:44 PM

Happiness is the life in which one isn't hungry, lonely, nor worried.

The conditions which need to be fulfilled in order to produce such a life are frugality, honesty, and diligence.

Once these things are made truly alive in one's own life, happiness comes into being in oneself.

asmartpanda • 2 points • 15 October, 2015 02:25 AM

Can I atleast not stop smoking weed? Haha

REDPILLRECKONING • 29 points • 13 October, 2015 02:29 PM

Stop Browsing, Start Reading. You're wasting your time filling your head with nonsense and redundant information. Read the entire sidebar, read No More Mr Nice Guy, read Models and The Book of Pook, read The 48 Laws. **Then fucking stop reading TRP...**

Ooohhh, I love this. Way too many guys practice positive procrastination. It's just procrastinating on stuff they thing will help them, but doesn't actually address the issue at hand. I think I just found my next post btw.

ShounenEgo • 3 points • 13 October, 2015 04:03 PM

God dammit OP got removed and nobody thought to save it on archive.

[deleted] • 4 points • 13 October, 2015 06:13 PM

Got removed? Is the post not showing anymore?

ShounenEgo • 3 points • 13 October, 2015 06:31 PM

It's fine now. Probably a hiccup.

Apanthropos • 11 points • 13 October, 2015 08:33 AM

If you find your passion and go after it, you will find that most things in the list come naturally.

You will enjoy your life without feeling you are sacrfricing anything while stayimg motivated in the long run.

ReconClass • 3 points • 13 October, 2015 12:48 PM

I've been looking for a passion for a long time now. I work tech support and I'm a computer nerd. My passion is with tech related stuff. And I am really good at it. But I want a more physically motivated passion. I took up lifting a while ago but I'd like a sport or something... Nothing really excites me though.

[deleted] • 5 points • 13 October, 2015 03:03 PM

Get into rugby. Funnest, manliness sport I've ever played by far

rpscrote • 3 points • 13 October, 2015 06:49 PM

try: rockclimbing, martial arts, different lifting program (powerlift if you body build, body build if you powerlift), ski/snowboard, parkour, gymnastics, urban exploring, regular forestry exploring, hiking, hunting, carpentry, mechanical tinkering (rebuild a lawnmower engine)... the list goes on. The key is to give each thing a real college try

TheGreenLoki • 2 points • 13 October, 2015 03:43 PM

Try Brazilian Jiu-Jitsu. It's a great work out, you get some structure, and utilize that testosterone you've been storing by wrestling. It's also mentally very technical. Some call it the mental art because you end up playing it like a physical game of chess. Thinking moves ahead as well as learning your limits and creating new ones.

WiiWynn • 25 points • 13 October, 2015 11:45 AM

Great list. I'd also add to lose cynacism. You think you're being clever, and you might be, but it's almost always at someone's expense - worst if it's your own. You're not helping yourself or anyone else. It's a drain.

Kalidane • 7 points • 13 October, 2015 12:39 PM

This is a big one for some people.

Also, fuck kale and all 'super foods'. There is no such thing as a 'super food'.

rpserote • 9 points • 13 October, 2015 06:46 PM

kale's just as good as any other leafy green, which means its quite good as part of a complete and rational diet, but I totally get it. I love it when landwhales eat mcdonalds 3 times a day, but then when they're "getting healthy" they eat mcdonalds 3 times a day but add a berries and kale smoothie in the morning like thats gonna fix it. It would be funnier if so many people didnt actually fall for that garbage.

omolicious • 5 points • 13 October, 2015 07:57 PM

A fruit and kale smoothie is just candy disguised as a health food. Kale might not be some magical ingredient that extends your life twenty years, but deep green leafy vegetables added into every meal can definitely be significant for your health.

the-Real\_Slim-Shady • 4 points • 13 October, 2015 08:56 PM

Just include a lot more vegetables than fruit in your smoothie. Google Joe Rogan's "Hulk Load" recipe... I've been slamming one everyday for the last month and really feel the difference. I recommend the updated recipe with less ginger and a whole apple instead of the pineapple.

TruckerJohn • 3 points • 14 October, 2015 01:41 PM

I've been making kale shakes for 4 years now. NEED THEM to feel at my best. Kale, spinach, beets, mushrooms, garlic, lime juice, tomato, carrots, garlic, and creatine. Have some coffe or protein shake as a second drink and you win the next 8-12 hours physiologically.

[deleted] • 1 point • 15 October, 2015 05:03 AM

Creatine eh? Does it feel sandy? That's my issue with the few mixes I've tried. Now I just drop a scoop in my mouth and wash it down with water. But it's been suggested that I start juicing recently, might have to try that esp. if you don't notice sandiness.

iwish4zombies • 2 points • 14 October, 2015 01:24 AM

Whats your recipe? I make sure to get celery, kale, cucumber, chia and 1 part frozen fruit. Also, rogan stomachs a fuckton of ginger.

rpserote • 1 point • 14 October, 2015 02:38 PM

its wisest to look at a vegetable/fruit smoothie as basically your multi-vitamin with calories. The problem is people add it on and act like extra micronutrients is somehow going to change the fact they just added 300 calories a day by drinking that smoothie

[deleted] • 1 point • 13 October, 2015 10:01 PM

As long as you're not making a fruit smoothie with a touch of greens so you can pretend it's healthy, there's nothing wrong with sweetening that shit up.

[deleted] • 1 point • 15 October, 2015 04:59 AM\*

Agreed. Kale is a gateway green. It leads to things like butter lettuce and spring green blends or some shit. A kale salad with meat and cheese >> McDonalds burger >> iceberg lettuce salad. Living in a state with fucking amazing produce has opened my eyes, coming from a place with still-weak seasonal produce.

[deleted] • 4 points • 13 October, 2015 10:01 PM

there's no such thing as super food

What? Maybe you're sick of misleading advertising about super foods, but that doesn't change that there are foods that offer way more benefits to you than other foods. Whether it's providing a lot of nutrition per calorie, nutrients that are uncommon in the average modern diet, or various other miscellaneous benefits, super foods exist.

No shit you should eat differently for different goals, but some foods are way better than others. An avocado vs some bread for example.

[deleted] • 4 points • 13 October, 2015 10:43 PM

You do realize you're being cynical right now about kale?

Kalidane • 4 points • 14 October, 2015 04:07 AM

oh my god - kale flavoured inception

Point taken

RichieFinn • 10 points • 13 October, 2015 10:18 AM

anyone got any tips on meditation for someone who struggles focusing on things like that?

Redasshole • 11 points • 13 October, 2015 12:35 PM

The simplest Buddhist meditation:

Sit down. Back straight. Close your eyes. Focus on your breathing.

The goal is to focus all your mind on your breathing (realize when it's slow, when it's fast, **observe**), not to force it to be slow or anything else.

Jalato\_Boi • 4 points • 13 October, 2015 01:11 PM

This really helped, thanks

iwish4zombies • 2 points • 14 October, 2015 01:27 AM

Also notice the sounds around you then bring it back. Its a real-life useful tool.

billcosbyeatsbabies • 2 points • 14 October, 2015 02:53 PM

Yup. Just had a nice meditation a few minutes ago. Helped me figure out what I needed to do today.

[deleted] • 1 point • 15 October, 2015 05:09 AM

Interestingly enough, the same advice applies to starting running as I've been finding. I did 5x my personal record much above my normal speed by breathing a certain way (2.5mi @ 5-7.5mph, over 0.5mi @ 5mph a few weeks prior). When I feel my heart pounding, I can meditatively think about what's distracting me to the point of messing up my breath.

Nudity\_Is\_Freedom • 2 points • 13 October, 2015 11:57 AM **[recovered]**

Like most things, meditation can be more rewarding as you progress. Take that as an invitation to make sure you give it a fair chance.

Block off twenty minutes a day, where you remove all outward distractions. Find a quiet space where you



won't be bothered and turn off things like your phone ringer. You can use various guided meditation at first if it helps. I used some by Jon Kabat Zinn, such as this: <https://youtu.be/o5ssKPoKQzY>

Give it a fair shot. You didn't learn to ride a bike or any other skill your first try. Meditation/mindfulness is health focused, but not passive like a massage. It's a skill, an active process, and requires effort.

kk31 • 2 points • 13 October, 2015 04:01 PM [recovered]

Do you have any advices for someone who has trouble breathing? I can't breathe properly due to mucus, and it bothers me when I pay attention to my breathing. Because of this I can't even sleep properly.

MotchGoffels • 1 point • 13 October, 2015 09:35 PM

Cystic fibrosis? Maybe white noise? A fan?

Blaat1985 • 1 point • 13 October, 2015 03:02 PM

Meditating with a goal in mind is doing it wrong.

RichieFinn • -5 points • 13 October, 2015 12:03 PM

i looked up some beginner shit and some woman started telling me i was a butterfly and all that shit, i dont need that hippy sounding horse shit. is this one anyone like that?

MarvelousWhale • 11 points • 13 October, 2015 12:21 PM

Whatever you do, just post your ignorant question on here and wait until someone gets back to you instead of clicking the link and figuring it out yourself.

RichieFinn • -4 points • 13 October, 2015 01:50 PM

currently at work had a few minutes spare to post not 40 mins to listen to a full meditation.

[deleted] • 3 points • 13 October, 2015 08:24 PM

Browsing TRP at work tends to be a pretty bad idea.

RichieFinn • 1 point • 14 October, 2015 08:36 AM

i work for a very small company and on my own. im not worried

adam\_varg • 3 points • 13 October, 2015 12:24 PM

Look up mindfulness (no hippy shit - cant stand that too, this is just clearing your mind).

There are some good posts about starting meditation here on TRP.

[deleted] • 1 point • 13 October, 2015 01:24 PM

Ignore that stuff.

All you need is a timer and a place to sit. Doesn't even have to be quiet, but that helps. Eventually you'll find that your mind quiets just before the timer goes off. When that happens sometimes I just shut off the timer and continue to sit there.

MrGudmoore • 3 points • 13 October, 2015 10:50 AM

Being able to clear your mind for mediation isn't too hard. But it is tricky and requires discipline.

You have to teach your mind not to wander. Sometimes it will take a lot of time and practice to achieve it. But it's definitely doable, just keep working at it. Always work towards bettering yourself.



VectorBoson • 5 points • 14 October, 2015 05:22 AM

The goal is not necessarily to teach the mind not to wander, rather it is to notice when the mind is wandering and bring it back to the present moment. Doing this repeatedly will eventually reveal to you that your thoughts are no different than your breath or your physical sensations, i.e. they are something you have no control over so you shouldn't get caught up in them and just accept that they are there. Most people think that they ARE their thoughts which causes a lot of anxiety because thoughts are usually self-conscious. This is simply not true though, you can observe your thoughts as they arise just like any other type of sensation.

neocelt • 2 points • 13 October, 2015 01:02 PM

Close your eyes focusing on your breath take large belly breaths push , expand your lungs with as much air as possible and allow your mind to calm down . every time it wanders gently pull it back. Do this enough and you will have trained yourself to calm your mind

RichieFinn • -2 points • 13 October, 2015 11:30 AM

ive always wanted to try it, but feel like actual meditation and relaxtation and such is a bit of a myth thats why i wanna look for some methods.

[deleted] • 20 points • 13 October, 2015 09:16 AM

"Success is what you attract by the person you become." - Jim Rohn

Good post.

WilsonSelf • 29 points • 13 October, 2015 08:54 AM **[recovered]**

Eureka! Good post. I'd add ice cold showers for increased testosterone, muscle recovery & will power. And own your pain. You will fall, fail, whatever. It's part of the game. You'll be a conversational wizard some days & a distant wallflower on other days. You will hit gym plateaus. You will feel independent some days & lonely on others. Kill your ego and go with the flow. No one is exempt. Be proactive not reactive

adam\_varg • 16 points • 13 October, 2015 10:22 AM **[recovered]**

I do cold shower for couple years.

They have many benefits like better immunity, better mood and helps with discipline.

But muscle recovery and rised testosterone was never proven by some study.

MaInStreaM • 3 points • 13 October, 2015 02:52 PM **[recovered]** **[recovered]**

According to a 1993 study by the Thrombosis Research Institute in England, cold showers increase testosterone and white blood cell production in men.

Enhanced muscle recovery is an effect of increased test.

adam\_varg • 3 points • 13 October, 2015 03:27 PM **[recovered]**

Thrombosis Research Institute in England

Have you seen that study? Send me link via pm or here, i am really curious.

I did not found it. All i found is citing this study, repeated ad nauseum at every other selfhelp web. And it mention correlation not causation only. Only studies i did found was on rats or inconclusive.

IMHO cold showers will raise T (insignificantly, unless you are depressed and spend majority time

overheated), indirectly just because due to lowering cortisol (proven), which helps with T levels.

MaInStreaM • 10 points • 13 October, 2015 03:35 PM [recovered]

I emailed the institute directly, I'll let you know what/when I hear back.

reigorius • 3 points • 4 November, 2015 10:38 AM

me too please. Curious as to what and how the tested it.

reigorius • 1 point • 4 November, 2015 10:38 AM

neither is immunity conclusively proven.

adam\_varg • 1 point • 4 November, 2015 10:48 AM

Nope.

Something with white blood cells change to better state (dont remeber exactly what) the more you are adapted to rapid temperature changes, cold showers is one way to get this adaptation (ice baths, outdoors time, sauning are just more effective).

Playsz • 1 point • 13 October, 2015 12:51 PM

I read somewhere cold showers stop inflammation, so I stopped taking them. Maybe I should start again.

adam\_varg • 2 points • 13 October, 2015 01:36 PM [recovered]

Why do you think its bad thing? Maybe i dont understand you..

afaik to recover from muscle strain and inflamations for some people helps cold, for other its heat.

Personally i cant use icepacks, muscles get tight as fuck, hotpacks helps, but cold showers are okay.. on contrary - friend has fibromyalgia, baaad idea to take cold shower.

For sure cold showers significantly lower cortisol levels, so it should help body to recover (inflamations too) whatever it needs as other effect.

IMHO unless you have some medical condition, there is no good reason not to take them

[deleted] • 3 points • 13 October, 2015 03:23 PM

Could you prove more information about cold showers? Any hard evidence or is this primarily anecdotal? Not doubting your experience with, just curious about the source of this practice.

[deleted] • -1 points • 13 October, 2015 10:03 PM

Look it up, there are tons of information about it out there. Consensus being it's pretty good for you, though some of the specifics are still being debated and researched.

getRedPill • 2 points • 13 October, 2015 06:20 PM

Literally ice? I have bad time with just ambient-cold. Can't imagine ice cold.

[deleted] • 2 points • 13 October, 2015 10:04 PM

Doesn't have to be icy, just cold. Little to no warm water, full cold.

getRedPill • 1 point • 14 October, 2015 05:56 PM

I'm gonna do it. i've been trying with relatively cold water, until I can go full cold.

[deleted] • 2 points • 14 October, 2015 07:31 PM

First few seconds suck but then it's not too bad. You got it.

newpua\_bie • 1 point • 13 October, 2015 12:25 PM

I recommend ice swimming instead of (or in addition to) cold shower. Most showers can't produce properly cold water, thus making the whole practice a bit *meh*, and the heat transfer is much stronger when you're fully immersed in cold water.

VladymyrPutin • 9 points • 13 October, 2015 01:37 PM [recovered]

And where do you do this if you don't live in Alaska?

qpinto • 2 points • 13 October, 2015 02:30 PM [recovered]

usually you can find an olympic sized pool where swim teams train. these are usually colder pools so you can do laps.

newpua\_bie • 1 point • 13 October, 2015 04:36 PM

I live in northern Europe so I have access to natural frozen lakes, but all of the local swimming pools also have small 4-6 Celsius pools.

adam\_varg • 2 points • 13 October, 2015 03:39 PM

Yeah discipline part is over for me after 5-20 days after start (or restart). Shower is not cold enough to be challenging or uncomfortable after that period. Actually i look forward to it and am annoyed when i don't have time to take one.

If you have bath tub and easy access to ice, i strongly recommend icebaths (or swim if you live in siberia).

redestofthereds • 1 point • 13 October, 2015 10:40 PM

I heard, and I mean only heard about it, that it's part of the navy seals training regimen.

elevul • 12 points • 13 October, 2015 09:58 AM

For meditation i highly recommend headspace. First 10 days/lessons are free, after that it's paid. While I usually prefer free stuff, this is the thing that finally, after over 10 years of dabbling in Meditation, has pushed me to be consistent with it and now I'm nearly 3 months in, meditating every single day.

Perhaps it's the sunk cost fallacy, I'm not sure, but it had worked, so I recommend it to others.

monobrauw • 9 points • 13 October, 2015 10:47 AM\*

Keep it going! I'm on my 93rd day in a row, can't stop since day 1, those little badges are addictive.

My road hasn't been perfect, a couple of days ago I finished my daily session at 11:59 pm, some days I just make the 3-minutes SOS, but I've managed to keep a 93 days (and counting) streak.

I feel SO much difference on my whole life, physically, business, relations, can't recommend it enough.

Coupon codes for anyone interested (I guess they're only valid for 1 person, so only redeem if you plan to really use it):

REW90-9ONKNG

REW30-6RQNMZ

REW15-GRV0VQ

elevul • 2 points • 13 October, 2015 11:49 AM

Yeah, the achievement thing was really addicting at the beginning. I'm happy to see those gaming tools used for a good purpose.

monobrauw • 2 points • 13 October, 2015 12:21 PM

I think it's a great tool to compete against yourself, sometimes I just don't feel like doing it, but that stupid pixel badge has something that makes me want to keep it.

Which series did you started? After the foundation I went with creativity, which I just finished last week and yesterday started with self-esteem.

MortalSisyphus • 2 points • 13 October, 2015 07:56 PM [recovered]

"Meditation is the discovery that the point of life is always arrived at in the immediate moment. And therefore, if you meditate for an ulterior motive, that is to say, to improve your mind, to improve your character, to be more efficient in life, you've got your eye on the future and you are NOT meditating." -Alan Watts

elevul • 0 points • 14 October, 2015 10:05 AM [recovered]

If works, that's what matters. It's a tool like any other, let's leave the philosophy to the people whose job that is.

DionysusfromOlympus • 5 points • 13 October, 2015 04:06 PM

I may or may not have used a very famous Sweedish web-site to obtain the collection for free.

elevul • 1 point • 13 October, 2015 07:35 PM

As long as you stick with it.

MrGudmoore • -28 points • 13 October, 2015 10:45 AM

...You paid someone to teach you to meditate? Really?

It's something so simple that you can do it on your own... Yet you pay someone to teach you to calm and open your mind?

He's laughing at your beta ass all the way to the bank.

elevul • 8 points • 13 October, 2015 11:46 AM

I paid someone to put me on a schedule, which I afterwards followed.

[deleted] • 5 points • 13 October, 2015 03:19 PM

Same thing as getting a personal trainer at the gym, isn't it?

MortalSisyphus • -9 points • 13 October, 2015 06:35 PM [recovered]

Nah, personal trainers have knowledge and experience. Meditation requires neither.

[deleted] • 1 point • 13 October, 2015 01:21 PM

This is a great point and should not be downvoted. Exercise will power and ability to schedule, commit to meditating on your own.

ShounenEgo • 2 points • 13 October, 2015 06:48 PM

Ever heard of guided mindful meditation? It's great for new people who hold the wrong ideas about meditation in general.

sorceryofthetesticle • 7 points • 13 October, 2015 11:43 AM\*

Your post reminds me of a quote from the great Sri K. Patthabi Jois, "Yoga is 99% practice, 1% theory."

It's true for everything. Endless theorizing doesn't mean shit.

Thanks for the post.

GasStationCoffee • 5 points • 13 October, 2015 02:07 PM

You need to understand your own fucking mind. Daily meditation will bring you clarity, focus, and impulse control. When you meditate you are training your mind to be present and to better observe and exert conscious control over your own thoughts. It makes you feel a greater sense of well being. It makes you quicker and wittier. Meditation is lifting weights for the mind.

Or do something that's just as good. Meditation doesn't work for me. Running does. It's my moving meditation. If meditation works for you, good. If it doesn't, **find something that does similar stuff.**

Kubomi • 4 points • 17 October, 2015 10:08 PM

Note that meditation is a broader concept than simply sitting in zazen or lotus position. Walking meditation has been around for just as long as these. Meditation is more a mind state (or no-mind state) one brings to normally mundane tasks.

GasStationCoffee • 1 point • 19 October, 2015 02:29 PM

Agreed. Sometimes people (including me) think that meditation has to be the Buddhist monk you see in movies. I've gotten into a Flow state in many a different way.

tag2man • 3 points • 13 October, 2015 08:47 AM

Great, practical and relevant. The funny thing is that you've underscored all the elements of a healthy lifestyle; the physical, social and intellectual. The proverbial eat, pray, love sans 'feels good' bullshit. OP, simply if you've maintained all of these or are working towards so, you are a badass. Thanks for the content.

B\_uckets • 11 points • 13 October, 2015 03:06 PM\*

Just fucking do it

The most useless advice ever given.

You already said yourself that **everyone here already knows what they should be doing:**

You know what's wasting your time. You fucking know. If you really haven't the littlest clue what's good or bad for you, go play WoW in a puddle of your own sweaty shame.

And yet here you are, reiterating all those things as if hearing them for the 10th time will magically motivate people to get off their asses. News flash: It won't.

Why are so many doctors fat? Why are so many fitness experts skinny, weakass bitches? Why are we as a society in worse shape than ever despite the fact that we have more technology, more fitness books/videos/websites, more gyms, more food, and better access to all of them than ever before? It's because **the problem has nothing to do with a lack of knowledge or awareness.** There are mountains of research on self-sabotaging behavior. If the solution were as simple as telling people *"just stop doing those things and start doing*

*better things*", don't you think they would have figured that out by now?

There was a thread on here about over-tasking yourself that offers far more useful advice. I can't link to it because auto-mod is a piece of shit that deletes links even if they're to this sub, so you can use the search feature. Chances are this comment will be buried anyway because people are too busy hopping on the "JUST DO IT" hype train.

rpscrote • 7 points • 13 October, 2015 06:56 PM

good post. Is this the post you're talking about? <https://archive.is/50Qy5>

[deleted] • 5 points • 13 October, 2015 07:24 PM

Did you also see the reply to that thread about your perception of the tasks being more important than the quantity?

This list is what got me off my ass because *I stopped thinking about what I needed to do*. It was concrete and full proof in my perception. I needn't do any more or any less. Its simple enough to carry around in your mind, or on a postcard.

I decided these are things I wanted to do, and I stopped thinking about its importance, and rather thought about it as a framework for my day.

Also, get rid of bad habits is at the top for a reason. Get rid of all your distractions and you will have the most boring week of your life. But guess what? You'll eventually start doing other things to fill that time. Its much easier to do things out of boredom than obligation.

At the end of the day though, there's really nothing else you can do, than to just do it. Sorry if that's not what you want to hear.

[deleted] • 1 point • 2 February, 2016 03:21 AM

What's the passion that you developed? How did you find it and how did you go about it?

[deleted] • 1 point • 2 February, 2016 06:52 PM

I have a few, but my main is music production. I loved music to a great extent all my life, and my friends always told me I had great taste, and that I should make music, so I did. Been going hard on it for three years.

I also love fantasy fiction, so I started writing.

I love visual aesthetics, so I started making digital art.

What do you love experiencing? Start making those things. That's how I found my passions.

[deleted] • 2 points • 3 February, 2016 12:07 AM

I have a passion for listening to music, just like you mentioned of yourself, but getting into a hobby like making it always was too daunting, specially when i was lacking discipline in all other aspects of my life.

What I'm wondering is:

How important was it to you to develop a passion for that?

Because imo i would place "hobbies" as the least important of that list, having a hobby belongs to "self actualization", which is nice and good but i feel like all of the basics must come before it.

Thoughts?

Even though I do plan on trying to get into hobbies because it's nice, I'm afraid i wont be able to

be passionate about it, to me passion is the same as when you feel motivated all of a sudden but then the motivation leaves and you are only left with discipline to keep doing whatever you felt motivated to do.

[deleted] • 0 points • 13 October, 2015 10:09 PM\*

How else will you ever do anything if you don't "JUST DO IT"?

It takes discipline to get started and to stick with it, and that's what "just doing it" is.

You've gotta stop looking for the secret, the one thing that will let you finally succeed, the right book, the right supplement, the right article, etc. You've got everything you need and now it's time to just fucking do it. Action and success are self-reinforcing cycles, but to kickstart them you've gotta take your discipline and "JUST DO IT".

Talking shit on just doing it is saying you need external factors to get you off your ass. That's weak.

Why are so many doctors fat? Why are so many fitness experts skinny, weakass bitches? Why are we as a society in worse shape than ever despite the fact that we have more technology, more fitness books/videos/websites, more gyms, more food, and better access to all of them than ever before?

Because most people are undisciplined fucking wrecks. That's no excuse. If you're shit, don't blame society. Blame yourself.

Goldfulgore • 3 points • 13 October, 2015 11:36 AM

That's the "sugar" in life in order to get rid of the bitter taste of the red pill. This should come with a warning though:

Should you become sick in the future, it's time to take the pill again.

[deleted] • 2 points • 13 October, 2015 07:18 PM

This is important. I say "stop reading TRP" for effect. What I really mean is stop reading it *so much*.

In a world that is constantly trying to bring us down, it's important to compensate with information that brings us up.

Izzenw • 2 points • 13 October, 2015 10:42 AM

Respect is also non-negotiable.

I always say this in every business contact I do. "I'm here to sell my services, not my respect".

Be a Gentleman, but be ready to become a crazy dog if someone abuses your politeness.

realmisc • 1 point • 13 October, 2015 02:19 PM

Did something happen in the past regarding respect?

Izzenw • 1 point • 13 October, 2015 04:33 PM

Not at all. I always pay close attention to what older men say. And this is one of my old business professors catch phrases. He always used "Respect is not negotiable". At least once during his classes.

He was a great professor. He started as a substitute professor and ended as rector of my university. Got fired because he was too much traditionalist in his methods.

He also used another cool catch phrase. "Channel your sadness in into effort". He also got divorce rapped and got a heavy depression. Managed to beat it by teaching. He was not the best professor in the world.



But he had so much "masculine wisdom". He used to teach TRP concepts to his students, he learned then during his life, thanks to all the shit that his divorce brought him.

OHXXXXXXXXXXXXXXXXXXXX • 2 points • 14 October, 2015 03:45 PM

Last two days, some deep fundamental shit is being posted on trp. Things that make you pause for a minute, and reflect.

Nearox • 2 points • 14 October, 2015 10:55 PM

This is what makes life worth it.

Redasshole • 3 points • 13 October, 2015 12:41 PM

I'm addicted to reading TRP. It's the only sane place I have in my life.

648262 • 2 points • 13 October, 2015 02:39 PM

Step 1. Make your life sane.

Redasshole • 1 point • 13 October, 2015 03:25 PM

I went MGTOW, currently monk mode. No relationships with the other gender. Life is as sane as it can be.

drummmmmmergeorge • 2 points • 13 October, 2015 01:42 PM

The problem isn't enough to know the problem, one must be able to alleviate the dreaded symptoms of the problem. People do not drink, watch, waste time solely for that purpose alone, there is a deep psychological hindrance which causes said problem. I myself struggle with some issues, and I am a scholar academic with in depth knowledge in psychology and I myself fall victim to myself. Let's first look deep into the "why's" and go from there. Why do you masturbate? Why do you watch 5 hours of TV everyday? Once we understand our triggers we can tackle the problem instead of artificial advice, such as this.

[deleted] • 1 point • 13 October, 2015 01:32 PM

I'd also recommend joining a martial art class.

nantucketghost • 1 point • 13 October, 2015 01:42 PM\*

deleted

[deleted] • 1 point • 13 October, 2015 02:16 PM

How does one escalate in an interaction, aside from using kino?

htbf • 1 point • 13 October, 2015 11:04 PM

1/ Fuck her with your eyes.

2/ Sexualise the conversation.

Fafner2 • 1 point • 13 October, 2015 02:45 PM

I'd add being successful to this list. Too many bottom-feeding losers these days who don't try to achieve anything substantive with their lives, and instead work low-end white collar or retail jobs their whole life just to get by.

getRedPill • 1 point • 13 October, 2015 06:18 PM

Post deleted. So bad, this one was gold

[deleted] • 2 points • 13 October, 2015 06:40 PM

It's back now. Not sure what happened.

sourpuss\_ashkenazi • 1 point • 13 October, 2015 08:44 PM

This is just the introduction...the rest you need to figure out for yourself.

DriftingWithTheTide • 1 points • 13 October, 2015 09:21 PM **[recovered]**

Could you suggest some solid biographies and a couple more male-oriented fiction?

[deleted] • 3 points • 13 October, 2015 09:55 PM **[recovered]**

Richard Bransons biography "Losing my Virginity" is excellent. He is one of the most impressive and inspiring people on the planet right now, imo.

Elon Musks biography is equally inspiring.

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All Quiet on the Western Front by Erich Remarque is intense and powerful and will practically leave you shell shocked.

Walden by Henry David Thoreau is a must read IMO. He was the George Carlin of the late 1800s, and his prose is beautiful and rule breaking. This is easily one of my favorite books of all time.

RedPillduNord • 1 point • 14 October, 2015 03:39 AM

Hemingway is some pretty good male oriented fiction. I'm biased though because "For Whom the Bell Tolls" is among my favorite reads of all time.

tallwheel • 1 point • 14 October, 2015 04:20 AM

What do you like doing? What do you love doing?

Playing video games and watching TV. :)

[deleted] • 2 points • 14 October, 2015 04:36 AM

I'm glad someone finally said this. Was fully expecting it.

RationalKing • 1 point • 14 October, 2015 02:36 PM

I bookmarked this so I can come back to it if I slipp!

[deleted] • 1 point • 15 October, 2015 04:53 AM

Lessons Learned: That it's this fucking simple. Stop making it so difficult. Stop making it more complicated than it needs to be.

I told one of my co-workers something similar earlier this week when we were talking shit and it turned into lifestyle stuff and he used the phrase 'just how I am' or similar. I said to him something like 'you aren't just like anything. You can be however you want, you can make that choice and I don't judge you, but it's a choice...' and he said 'this is why I love hanging out with you' ... it was tight.

Just fucking do or don't, own your shit.

Smoke weed every day if it's legal where you are.

Context: recent post history, hella lifestyle changes pre and especially post TRP in the last 3 years.

[deleted] • 1 point • 15 October, 2015 09:34 AM

Lovely guide.

Great for beginners to have a checklist/starter-pack. Also great for intermediates/advanced to reevaluate their weak areas to improve on (e.g. mine's talking to people, because I usually get so consumed by my passion/work that I am detached from society/friends).

Sidebar-worthy, I'd say!

[deleted] • 1 point • 15 October, 2015 09:34 AM

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Great for beginners to have a checklist/starter-pack. Also great for intermediates/advanced to reevaluate their weak areas to improve on (e.g. mine's talking to people, because I usually get so consumed by my passion/work that I am detached from society/friends).

Sidebar-worthy, I'd say!

FamineX • 1 point • 11 February, 2016 01:56 PM

Very good summary. I'm curious: What are your favourite books by Hunter S. Thompson, Jack London and Hemingway?

Thistookmedays • 0 points • 13 October, 2015 01:30 PM

I drink, I smoke, I binge-watch. I don't meditate. Because I enjoy these things.

I eat healthy, I have a successful business, I've been lifting for years. I'm social. I get plenty of sleep. Because I enjoy these things.

I'm in that 10% you mentioned. Probably top 1%. This list is perfectly negotiable.

Ferguson\_Curly • 2 points • 13 October, 2015 07:38 PM

If you wrote a post detailing how you got there and why you believe these things, it would be much more concrete. I'd be interested but without proof I am skeptical

[deleted] • 1 point • 1 February, 2016 06:26 AM

This is not negotiable unless you are already very well in control of your life and how you want to live it. Most people, are not there, and this is non-negotiable if they want to improve.

de\_schanel • -1 points • 13 October, 2015 03:23 PM **[recovered]**

This is probably the most pathetic kind of read I encounter on this subreddit from time to time. You seem to bitch about alphas, you definitely bitch about women digging alphas, but for you the "red pill" and "independent" lifestyle is STILL emulating or imitating an alpha life and conforming to notions which are so cliché that they make my head hurt.

To me, true independence might be more about watching TV until 4am, because it challenges society in general, to which women are an integral part. By waving around heavy things (which, for OP, seems to be almost the only one way of self-improvement, how fucking dumb that is), you still subconsciously conform to the social

norms which somehow have pushed you to the margins of life. You still choose activities, which every Chad out there invents to impress women, HOWEVER you claim your motivations are different. They are not, because those pathetically limited notions of self-improvement come subconsciously from the same root which is the need to impress the other sex.

Plus, things mentioned by OP as "bad habits" are relative. There is no objective set of both enjoyable and acceptable activities in life, just clichés and neurotypical notions of "the life"(r)(Tm) apparently blindly followed and imposed on other people by OP, because it's "mature", "masculine" or conforms to any artificial notion you invent or adapt from normies.

So thank you very much, let me stick to my "bad habits", respect my way of enjoying life (not everyone is self-satisfied because they lift stuff or read some really bad literature on women and being HURR MASCULINE), stop imposing Chadprovement ideas on people and generally get rid of stupid notions of "masculinity" or "maturity", which consist of doing things in life which actually are the sublimation of sex drive and belong to the vicious circle of impressing the other sex whether you consciously state they don't.

What\_The\_Shoe • 3 points • 13 October, 2015 08:30 PM [recovered]

Still trying to justify being a lazy, socially inept fatass? Good for you. No, really. I hope you get a lot more bliss out of your life than someone who actually makes something of themselves, because otherwise you're not only worthless, you're an idiot.

de\_schannel • 0 points • 14 October, 2015 04:26 AM [recovered]

I'm amused by the assumption that someone who adheres to red pill philosophy is a fat, sexually frustrated, pasty white basement dwelling WoW-nerd primarily sustained by doritos and mountain dew. Please go back to waving heavy things around, failed Chad.

What\_The\_Shoe • 2 points • 15 October, 2015 01:03 AM [recovered]

Okay, keep watching TV 'till 4 AM. That will surely make you a better person because it challenges the status quo. Yup. Follow the horde and just pretend you don't give a fuck, never doing anything to improve yourself. Seriously. Do whatever the fuck you want. But don't attack OP for explaining how to improve oneself. Wallow on your own.

ShounenEgo • 1 point • 13 October, 2015 11:08 AM

I'm stuck in the "develop a passion" stage for ages. At this point I'd much rather do something interesting that's profitable than keep looking for feels.

[deleted] • 3 points • 13 October, 2015 12:11 PM

[permanently deleted]

ShounenEgo • 1 point • 13 October, 2015 01:00 PM

I'm not saying they are. I'm saying that finding *both* on something is hard for me.

[deleted] • 1 points • 13 October, 2015 01:20 PM

[permanently deleted]

ShounenEgo • 1 point • 13 October, 2015 01:46 PM

I'm checking it out right now, was watching the Tedx talk. At the beginning he mentions that "taking jobs to build up your resume is the same as saving up sex for old age" and guess who

laughed in the room the most (protip: it wasn't men).

But I sat through the whole talk and I enjoyed it. I'm checking the tools now.

[deleted] • 1 points • 13 October, 2015 06:06 PM

[permanently deleted]

ShounenEgo • 1 point • 13 October, 2015 06:56 PM

Same thing. I have dailies which I complete, some days I progress a bit while others I progress a lot. But I stopped having zero days a few months ago and this week I'm finally progressing with learning programming (after procrastinating for literally forever).

I decided to focus on loving the process, the goal is something that fluctuates (goes with abundance mentality).

[deleted] • 1 point • 13 October, 2015 01:11 PM\*

deleted

ShounenEgo • 1 point • 13 October, 2015 02:59 PM

Then I guess I'll either become good enough to develop it as a passion or ditch it for something different.

[deleted] • 1 point • 14 October, 2015 02:14 AM\*

deleted

lycanthr0py • 0 points • 13 October, 2015 10:26 AM [recovered]

I enjoyed the post. Good starting material and inspiration for newbies. Like 12 or 13 times 'fucking' was used as an adjective which I found hilarious. This is how I fucking know you fucking meant the fuck out of it you fucking alpha fucking male.

alphabet49 • 2 points • 13 October, 2015 03:18 PM [recovered]

Well... that certainly demonstrates the diversity of the word.

halfnakedraise • 0 points • 13 October, 2015 02:31 PM

"Stop binge watching fictional lives on Netflix."

-Really? Im just gonna Netflix and chill, literally.

[deleted] • -37 points • 13 October, 2015 08:21 AM

TLDR; stop doing everything you enjoy doing in life just so you increase your chances of sticking your penis in a woman's vagina.

Syggie • 8 points • 13 October, 2015 08:33 AM

I get the point you're trying to make, but to be fair, this list is pretty basic. I mean, anyone can do with their lives whatever they want, but I'm sure you'll be better off reading a book than masturbating for the same amount of time.

This is the thing: you don't need to improve because of future possibility of sex, that will most likely lead you to angst and depression. You need to do it because using your time wisely is the best you can do for

yourself. I dread the possibility that maybe in 30 years I look back and say "I wish I could have another chance at life, I want my youth back". That's what keeps me moving, granted, I don't have the discipline to apply this everyday, but i'm getting better for sure.

You don't do it because of the pussy (or, at least, you shouldn't). You do it because it will most likely make you a better person, a stronger man, and that will also most likely bring quality pussy along.

Unless you have lots of money, if you do disregard all this and barely hit the gym.

Ferguson\_Curly • 10 points • 13 October, 2015 08:34 AM

I'm not sure staying up until 4 am browsing the internet and jerking off + watching a lot of TV should be "everything you enjoy doing in life"

Reworking • 8 points • 13 October, 2015 08:34 AM

Alternatively, so we don't end up like you.

[deleted] • 9 points • 13 October, 2015 08:33 AM

[permanently deleted]

[deleted] • -11 points • 13 October, 2015 09:10 AM\*

I don't think I have. I read the post again to make sure. I have trouble interpreting it as anything else but 'your lifestyle is wrong and here's what you do to make it better'.

Don't you agree there's a certain (probably non-intentional) arrogance in this? Also, it's somewhat hypocritical to state here that you shouldn't lift to get more pussy but to feel better. That's exactly what women say when we call them out on their vanity and narcissism - it's got nothing to do with improving their SMV, they just want to feel better (because of male attention/validation, but they hate it when you point this out).

How is this any different?

EDIT: How about you try to explain the difference instead of downvoting me hmm?

[deleted] • -3 points • 13 October, 2015 11:30 AM

It's an arrogant assumption of OP to claim that he has the key to happiness. Achieving happiness is different for everybody.

Here's an example. I think meditation is for dimwits. Yes, let's sit uncomfortable and very quiet for periods of time. What are you supposed to gain from that? Newfound insight in the Cosmic Truth? How is that *not* wasting time, something OP professes passionately against?

The irony here is that doing what OP tells me *not* to do - staying up late browsing the internet, say Reddit - would have been a more productive and intellectually stimulating use of my time.

adam\_varg • 3 points • 13 October, 2015 12:30 PM

Meditation can be hippy thing for dimwits and leftoid freaks, but it can be tool to better your self too.

It helped me to learn how to really be in present moment and calm my thoughts as nothing did. Result is i appear more confident and aloof in social settings.

Only thing i do is focusing my mind on breath in and out for 15min a day.

No hippy stuff needed.

MrGudmoore • 3 points • 13 October, 2015 10:52 AM

I think you're looking for bluepill. These are things we do for ourselves, not to impress the cum buckets.

[deleted] • 4 points • 13 October, 2015 11:47 AM

Just like women claim they like to dress and smell nice, so they feel better about themselves, not to improve their SMV at all, honest.

MrGudmoore • 1 point • 13 October, 2015 09:15 PM

I won't lie, it's a perk. But the focus is to make yourself happy and maintain your own happiness.

Not to stake your happiness on someone or something else. Man up, go out and enjoy this crazy thing called life. Find your passions, make yourself healthier because you'll feel better without that slab of fat around you. Getting real, home cooked food in your gullet will also increase your energy and happiness.

I'm speaking in generalizations here, but you get the gist of what I'm saying. In the end, the trim is only bonus. Not what TRP is about.

[deleted] • 3 points • 13 October, 2015 09:47 PM

I'm amused by the assumption that someone who adheres to red pill philosophy is a fat, sexually frustrated, pasty white basement dwelling WoW-nerd primarily sustained by doritos and mountain dew.

Really, I'm not interested in being lectured. Are you? I totally found my passions in life. I have found them decades ago. I'm truly genuinely happy with who I am.

MrGudmoore • 2 points • 14 October, 2015 04:47 PM

What the hell are you talking about? I said I'm making generalizations. I'm not calling anyone what you described.

They only key to being happy is taking care of yourself in body, mind and spirit.

Redasshole • 3 points • 13 October, 2015 12:40 PM

He included a "passion" section.

Unless your passion is jerking off to video games, then doing what you enjoy is still included in OP's list..

RP\_is\_mainstream • 0 points • 13 October, 2015 02:32 PM

One thing I'd like to add is reading Sex God Method. This book transformed sex and female attraction for me more than anything else I've found on TRP.

It's seriously the only book that correctly frames sex, what it is, and the different corners of sex we didn't realize we were utilizing (and since it categorizes them, you can actually make practical use of them).

Vasallo7G • 0 points • 13 October, 2015 03:09 PM

I would add having a mission.

Like beyond money and pussy, something you can spend your lifetime achieving, something that you can say: before me the world was less awesome because I did X during my lifetime.

akjolttoy • -15 points • 13 October, 2015 11:45 AM\*

I love playing video games. They aren't a waste of time. And I firmly believe that my life is richer than the lives



of those who don't play them.

Also meditation is a huge waste of time. I'm way too interested in my field of study (physics) to spend hours clearing my mind. I want it full all the time with what I'm into. I feel like meditation is a form of controlled brain damage. And I think only people with low intelligence will enjoy it because it gives them an excuse to do what they already tend to do: shut their brain off. Mine is *never* off. When yours is off meditating, mine is on, chugging gleefully along, learning and imagining things that many people will never experience. Because they don't want to be challenged.

RedSugarPill • 9 points • 13 October, 2015 12:20 PM

Is. . . is that sarcasm? Because it looks like sarcasm.

ShounenEgo • 3 points • 13 October, 2015 07:01 PM

We can't even tell if they're fucking stupid or they're just shitposting anymore.

akjolttoy • -1 points • 13 October, 2015 10:30 PM

That's an easy recourse when someone points out your way of thinking is flawed.

Keep telling yourself video games aren't amazing and worth your time.

20 years from now you'll understand.

[deleted] • 4 points • 13 October, 2015 12:15 PM

[permanently deleted]

Spiral-knight • 1 point • 13 October, 2015 12:39 PM

Not every form of digital entertainment is as brain-dead as this outdated model of thinking suggests. If you have to weigh in on the digital age I would say keep phone activity to the absolute minimum necessary. Take and answer calls/texts. No timesink apps/games or browsing unless you're actively looking for something.

As for video games? since we're on the "turn your brain off" point here. Suggest that if you want to keep playing, then challenge yourself as you would elsewhere. Enter competitive space. Build more hand-eye coordination, play things that force you to think and react, and hold yourself to a limit. Given 2 hours in the evening you will find yourself driven to improve and wring the most from that time

akjolttoy • -2 points • 13 October, 2015 10:31 PM

I don't turn my brain off when I play video games.

A. they're usually heavily engaging

B. if they're not, I'm probably thinking about something else at the same time like most people do

[deleted] • 3 points • 14 October, 2015 12:03 AM

You don't understand what meditation is and how it effects the mind.

akjolttoy • 1 point • 14 October, 2015 12:08 AM

Do you forcefully clear your mind of thoughts and calm yourself down?

[deleted] • 1 point • 14 October, 2015 04:49 PM

No. Forcefully doing something mentally is the opposite of meditation. It's about observing your

mind and its natural tendencies.

akjoltoy • 1 point • 15 October, 2015 07:22 AM

That's something you do your whole life. Learning how you think and feel about stuff is a completely normal part of growing up.

Being introspective is a natural thing for genuinely intelligent (hence introverted) people.

Meditation is completely pointless for them.

I could see it being useful for the bubbly extroverts who exist primarily as streams of consciousness; whose thoughts flow straight from instinct to the mouth.

[deleted] • 1 point • 15 October, 2015 03:33 PM

Lol no it's not simply being introspective. There's a reason why being introspective and meditation are two distinct things.

I suggest you read up on meditation and try it out. You might learn where your need for superiority comes from.

akjoltoy • 0 points • 15 October, 2015 04:25 PM

I haven't expressed a need for superiority here.

But what a surprise that you pass that kind of judgment on someone who disagrees with you and sees little to no value in something that's important to you.

Maybe you should take some time to figure out why you do that. I think I outgrew that type of knee jerk behavior when I was a kid.

On a basic level though, as humans, meditation isn't required to gain an understanding of why any individual might want to feel or genuinely be superior. You only need to understand evolution.

[deleted] • 1 point • 15 October, 2015 05:26 PM

Dude... are you serious right now? Let's look at some of your comments.

I think only people with low intelligence will enjoy it because it gives them an excuse to do what they already tend to do: shut their brain off. Mine is never off. When yours is off meditating, mine is on, chugging gleefully along, learning and imagining things that many people will never experience. Because they don't want to be challenged.

So because you don't understand something it must be because it's only for stupid people.

I could see it being useful for the bubbly extroverts who exist primarily as streams of consciousness; whose thoughts flow straight from instinct to the mouth.

And here you imply extroverts are just a conglomeration of instincts with no ability for deep thought.

It's apparent you don't have much awareness of how you come across.

akjoltoy • 0 points • 16 October, 2015 05:41 AM

Hmm... I don't care about your opinion at all. You can keep going like an autistic if

you want though

[deleted] • 1 point • 16 October, 2015 05:53 AM

A socially unaware physicist calling me an autistic. The irony is off the charts.

MrJugsMcBulge • -2 points • 13 October, 2015 11:20 PM

I think this is mostly a good list, but a couple of comments:

Personally, I wouldn't put meditation in there. I've attempted meditating a few times, even running through the entire trial period of Headspace, and took a really good honest try at it. However, I found meditation to be completely ineffective and I could have used the time for better things. Even with only ~10 minutes per day, that's still ~10 minutes that I could have devoted to writing, reading or even just getting some extra sleep. Having given it a good shot and found it wanting, I look at meditation as being one of those things like being vegan or doing Crossfit: There's an almost cult-like mentality and people who are *super* into it completely oversell the efficacy. Personally, I consider meditation to be less "lifting weights for the mind" and more "mental masturbation".

Concerning talking to everyone, I'd agree that it's good to get as much practice as possible talking to people. However, in my experience, the overwhelming majority of people out there aren't really worth actually talking to. I think it would be better to find and join a like-minded group of individuals and get more practice having actual intelligent conversations, rather than just building skill at superficial conversations with random derps out in public.

crigusin • -4 points • 13 October, 2015 12:38 PM

I go to the gym every day.

When I'm not at the gym, I'm at work.

When I'm not at work, I'm working on my own business.

I drink maybe once a week.

Moderation is for the weak.

darthmarth • -3 points • 13 October, 2015 12:31 PM

Sleeping 7 hours a night has been shown to correlate with the longest life expectancy, so your 7.5 minimum isn't the best advice.

648262 • 2 points • 13 October, 2015 02:43 PM

How on earth do you do a controlled study on stuff like that?

And it depends what your goal is. Do you want to grow muscles and stay sane? Then 7.5 isn't a bad idea. Want to live long? Maybe 7. And want to code the shit out of something? Get modafinil and never sleep.

darthmarth • 0 points • 13 October, 2015 02:58 PM

Like this: <http://archpsyc.jamanetwork.com/Mobile/article.aspx?articleid=206050>

648262 • 2 points • 13 October, 2015 03:29 PM

It has a good sample size, but that's not a controlled study. It's a survey with extrapolation, with a high degree of uncertainty, especially regarding what happened before 1982.

darthmarth • 0 points • 13 October, 2015 03:30 PM

It's still pretty compelling.

648262 • 2 points • 13 October, 2015 05:34 PM

It gives an indication, but there is so much uncertainty that a claim of 30 minute difference is irrelevant in my opinion. So sleeping 7, 7.5 or 8 hours would still put you within a "good" area supported by several sources.

[deleted] • -5 points • 13 October, 2015 08:55 AM

[permanently deleted]

[deleted] • 2 points • 13 October, 2015 09:05 AM

Only bitches bitch about feminist bitches bitching about the 'evil' patriarchy.

madrealworld • 1 point • 13 October, 2015 11:08 AM

unfortunately we have a bunch of people bitching in this subreddit about women instead of trying to focus on themselves