

Had a glow up and the result is shocking

March 3, 2023 | 16 upvotes | by [Romeo_RichBoy](#)

I'm a guy and a year ago I decided to stop whining and b!tching about my lack of success with girls and do something about it. I went to the gym regularly for about a year, cleaned up my diet, got a skin care routine, whitened my teeth, showered more and styled my hair and even ended up growing back some hair (the increased blood flow probably did it). I can't tell a difference personally just from looking in the mirror but people tell me I look much better and when looking at old photos I can't help but agree.

During this period of self improvement I put off social gatherings as I wanted to start over fresh. Yesterday I went to a party and I literally just sat down and did nothing. Hot girls started talking to me, showed interest, gave me high fives, asked if I was ok ect. One girl even gave me chips for no reason and when I offered to buy her a drink in return she said no.

And I was literally doing nothing, not even trying to run game or even engage with these random hot girls I've never even seen before. It really is shocking as before girls wouldn't even seem to acknowledge my existence unless I tried to talk to them.

So there it guys, it really was looks after all. Anyone who's struggling needs to hit the gym and/or the plastic surgeon's office.

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Comments

Rammspieler • 17 points • 3 March, 2023 07:40 PM

Blackpill remains undefeated. You are lucky enough to have Chad genes underneath the fat.

Lainsel • 8 points • 3 March, 2023 09:12 PM

Yup, reminds me of those guys on psl forums who did everything and every surgery touted yet still failed to make the minimum looks threshold for women. Those are the real ones, the real saints. The most recent one was Gaia, it was brutal.

Libah05 • 3 points • 4 March, 2023 06:54 AM

I'm so happy for the blackpill unironically. If I had never learned the importance of looksmaxxing I would've never been able to slay. I've had 4 dates in the past 9 days and two slays and I'm still about 8% from my peak.

reeeeadnendn • 1 point • 4 March, 2023 08:10 PM

Congrats. Get on snake juice and OMAD if you want to lose the last 8% body fat.

Romeo_RichBoy • 1 point • 4 March, 2023 11:01 PM

WTF is snake juice and OMAD?

TaxNegative161 • -7 points • 3 March, 2023 10:40 PM

Alternatively, they could have met the looks threshold yet remained an incel because they were terrible people.

Lainsel • 8 points • 3 March, 2023 10:59 PM

They weren't that though. The ones I'm thinking of didn't manage to get dates off apps to begin with because they were terrible people.

Not a valid reason for inceldom. There are people who are decent looking but quite autistic and I think that's a realistic reason to be incel for some people. But "terrible"? Lol, stop moralizing female sexuality. Just look at how many women simped for Jeremy Meeks

no_bling_just_ding • 1 point • 4 March, 2023 05:43 PM

writing a reply to this guy

TaxNegative161 • -7 points • 3 March, 2023 11:04 PM

Yeah I know you need to believe that the only reason you're single is because of the genetic lottery.

Lainsel • 6 points • 3 March, 2023 11:26 PM

It literally really is the only reason. Why aren't male virgins stereotyped as tall handsome chads instead of fat neckbeards?

mushirum • 1 point • 4 March, 2023 11:29 PM

why aren't "feminazis" stereotyped as stacies?

TaxNegative161 • -6 points • 3 March, 2023 11:34 PM

Nah. Social skills are skills. They need to be learned and practiced to perfection. You haven't done enough development to be successful. And I know this because you wouldn't be hanging out in places like this if your time was spoken for.

fatsackguy47 • 3 points • 4 March, 2023 02:24 AM

I'm curious who your trying to convince when you attempt to prove us wrong over and over again.

Is there something you want to tell us about?

TaxNegative161 • 0 points • 4 March, 2023 02:59 AM

Yes Dr Freud of course let me just get myself comfy.

....

OK so basically I just wanted to tell you all that very, very few of you are actually worth dating. You've played video games too much, and socialised too little, and now you're reaping what you've sewn. And by reaping I guess I mean that you don't reap it as much as yell at the vegetation while crying.

How well do you think you're hiding that you write fanfic about what women ACTUALLY say online when talking to a real woman? Because if you think women somehow can't pick up on the fact that you hold really fucking weird opinions regarding all women you are lying to yourself.

fatsackguy47 • 3 points • 4 March, 2023 03:28 AM

Imagine thinking someone is an incel because they are blackpilled. In fact imagine thinking someone hates women because they are blackpilled. I hate no one, I'm just willing to say how things are. Women are entitled to their preferences I don't care what they want or who they want. I'm just not too keen on being purposefully blind to it or lying to other about it. Telling dudes to fucking see a therapist when they should be seeing a plastic surgeon is the worst shit ever. Don't you feel ashamed at all for leading men astray? Your taking men who had a chance and throwing it in the garbage and for what? To appear more virtuous online? Disgusting. I hope you know your ruining lives, and destroying peoples chances at happiness.

How many examples of shitty people getting laid do we need to show you? How many times do we have to beat it into your head that your looks determine your success? How many studies and Chad fishes and how much data must we provide?

And are you really so unaware of the halo effect? Haven't you paid attention at all on these forums? Even if personality mattered your looks determines what your personality is. Even fucking normies get this with the whole sexual harassment/rizz meme.

I don't think your stupid, but you do remain willfully ignorant for no apparent reason and it's embarrassing. Again I ask, why stay on these forums just to get

proven wrong time and time again? Why stay here just to lie to men? What is wrong with you?

feelinlikeitsdecaf-1 points • 4 March, 2023 06:31 AM [recovered]

You haven't done enough development to be successful. And I know this because you wouldn't be hanging out in places like this if your time was spoken for.

What're you doing here lol

Glass houses

TaxNegative161 • 1 point • 4 March, 2023 07:15 AM

What am I doing here? Well I'm not looking for advice or pity.

BRUHHHHHHhohhmygod • 3 points • 4 March, 2023 03:39 AM

Yes, women have a specialized "personality sensor" that they use to sense a guys personality. It even works on photos of people!

TaxNegative161 • 1 point • 4 March, 2023 03:43 AM

Lol I notice how didn't even attempt to engage with my point but had to say something because I was so brutally correct.

Lainsel • 14 points • 3 March, 2023 07:55 PM

Fatcel is volcel. You can't claim to be "incel" unless you're lean tbh. It should be made a rule

Antisocial_Nihilist • 5 points • 3 March, 2023 08:52 PM

The current social climate preaches about "body positivity" and tells kids that they should be accepted at every size.

But what they are not telling young boys is that "body positivity" only applies to women. So they grow up thinking thier weight does not matter, only to get hit with reality when they try thier hand in the dating market.

For those who don't believe me about body positivity only being applicable to females, why is it that men are generally the only ones "chubby chasing"? Why do women not have dating sites completely dedicated to seeking out overweight and morbidly obese men? If "beauty at every size" applied to men as well, that's what you'd be seeing.

Lainsel • 5 points • 3 March, 2023 09:07 PM

Do you think it's body positivity and the culture surrouding it that makes those men chase those women or is it just the male libido and sexuality? I mean men are just attracted to all kinds of women whereas women are just attracted to all kinds of chad, instinctually.

Last-Post2085 • 1 point • 6 March, 2023 12:42 PM

I mean men are just attracted to all kinds of women whereas women are just attracted to all kinds of chad, instinctually.

To me men's scope of attractiveness is way higher than women's. How many women will be attracted

to a short pudgy man with a dadbod? Hardly any. But many men would be attracted to a short chubby woman.

Rammspieler • 3 points • 3 March, 2023 09:07 PM

No argument here. In fact, I thought that this was a well known and accepted fact amongst non-woke people.

sebasTLCQG • 1 point • 5 March, 2023 04:40 PM

Any Incels with Regular gym schedule?

Did you know there are public free Machines in cities where you can self-exercise without spending a dime on gym membership?

inkvell437 • 4 points • 3 March, 2023 10:59 PM

I've been skinny/ lean my whole life, but I'm still a khhv. I need over 50k to get all the cosmetic work I need done and then hope it will be enough.

Libah05 • 1 point • 4 March, 2023 06:56 AM

What surgeries are you planning to ascend with?

Best_Illustrator_137 • 2 points • 4 March, 2023 03:13 PM

Lol, you telling me you doin all that just for some p*ssy..nah y'all wylin, bro leveled up his my character just to get some used up fish..

sebasTLCQG • 1 point • 5 March, 2023 04:48 PM

Thats the irony people dont get, in society, men are treated as human doings and women as human beings, a woman just for being pretty can become a model but a man even if born capable has to compete with thousands of others to become a sportstar.

infinitofluxe • 1 point • 3 March, 2023 08:51 PM

Yeah I am gonna try this path too.

I am balding and things are getting worse.

orbstnedifnocdesab • 1 point • 3 March, 2023 09:00 PM

leanmaxxing is law hair is fair, skin is for the win

Head-Growth-27731 points 4 March, 2023 07:04 AM [recovered]

Here I am at 6 foot and 145 pounds with a six pack and I would be a kissless virgin if not for escorts.

flakybottom • 1 point • 4 March, 2023 07:29 AM

You should prolly bulk up a bit, 145 is a really low weight for that height.

Head-Growth-27731 points 4 March, 2023 07:50 AM [recovered]

I do plan on bulking up a little. I used to box and I preferred being taller than my opponents so I fought at lower weight classes so I am sort of used to being around this weight. However, 145 pounds at 6'0 isn't a terribly low as you seem to think. I think fitness influencers are heavily distorting people's perceptions of what is average. Even worse is the fact that so many are on numerous PEDs and either heavily imply they

are natty or just outright lie. Then throw in the fact that they take pictures with optimal lighting, covered in oil and after a post workout pump, and you get a lot of guys who look at fit shredded guys who work out regularly and think "Do ThEsE GuYs EVeN LIft? I bet I can get bigger than them in 6 months!" only to end up maybe the same size as them after 2 solid years, or they just get fat from too much bulking.

flakybottom • 1 point • 4 March, 2023 09:47 AM

Eh, Im just basing it off my build when I was 5'7 and 150lbs. I had a pretty slim runners build. I couldn't imagine being 5 inches taller at the same weight.

mushirum • 1 point • 4 March, 2023 11:08 AM

no shit captain obvious post.

FortniteAbobus • 1 point • 6 March, 2023 09:30 PM

Yesterday I went to a party and I literally just sat down and did nothing. Hot girls started talking to me "All I had to do is take a shower. Take a shower, bro".

crypto_druid • 1 point • 7 March, 2023 02:39 AM

Looks definitely make more women receptive to you. And definitely can garner attention if you're looking fit and healthy.

But attraction doesn't start and end with looks.

crypto_druid • 1 point • 7 March, 2023 02:42 AM

Looks definitely make more women receptive to you. And definitely can garner attention if you're looking fit and healthy. I'd definitely encourage it.

Being fit and healthy makes your brain produce more of the feel good chemicals, so not only do you look healthier but you will feel and look happier and more energetic.....which are internal factors of attraction.

NadaBeautiful12 • 1 point • 7 March, 2023 06:31 PM

Mans literally sat down and had people approach him, fuck outta here with "internal attraction" bs

crypto_druid • 1 point • 8 March, 2023 12:47 AM

You're not even attempting to have an intellectual discussion.

You just did the equivalent of putting your fingers in your ears and going lalalalalalalala

NadaBeautiful12 • 1 point • 8 March, 2023 01:14 AM

You believe in "internal attraction" when the fact presented says otherwise. I would say you're the one going "lalalala"

crypto_druid • 1 point • 8 March, 2023 01:51 AM

all I said was being fit and healthy makes you both externally and internally more attractive.

I'm obviously not going to get an intellectual discussion from you, you just want to fight