

# Building an Interesting Life (Example - Podcast)

26 upvotes | 20 May, 2017 | by resolutions316

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One of my favorite "emergent" concepts from RP and MRP (meaning that, it wasn't what I came here looking for - i.e., a blog post titled "3 Weird Tricks To Get Resolutions316's Wife To Have Sex With Him") is the idea of **building an interesting life**.

Much of what seems to underlie my (and many others, I assume) marriage troubles is just plain *boredom*. On the couch, watching the same shows, eating at the same restaurants, changing diapers...it's easy to forget that we used to have real **lives**. Hobbies, interests, dreams, passions - our MISSION - all incredibly fulfilling, as well as highly attractive.

Part of the reason starting up hobbies, hanging out with friends, finding your mission, etc, are on the MRP timeline is that they make us more *interesting*, re-connecting us with the sheer pleasure of a life well-lived.

That, and they get me out of the house so I stop suffocating my wife to death.

Anyway, I recently heard a great example of this principle - in an interview with Tynan on the Noah Kagan Podcast.

<http://okdork.com/create-interesting-life-tips-from-tynan/>

I was not familiar with Tynan at all, but some of you may recognize him as Herbal from the book *The Game*.

Tynan is an all around interesting guy: dropped out of college to pursue full time online gambling, studied pick up with some of the early greats, travels often, owns his own island (!), owns a home in Budapest, lives in an RV, makes his full time living off of writing, etc.

All this led me to think that he was quite well-off, but as it turns out, **he's living on roughly 60k a year**.

How the hell did he buy his own island, then?

*Found a deal online and split it with friends.*

What about the home in Budapest?

*Same deal.*

Why the RV?

*He just thought it was cool.*

What's his pick up style?

*He hates going out and partying, and filters heavily for similar traits in the girls he pursues.*

This conversation made me think more deeply about what "interesting" really means - and caused me to rethink some of my goals.

Where are YOU aiming too low - because you think your *real* desire just isn't possible, or realistic? Where are you setting goals simply because you feel like you *should* be setting goals in those areas?

Anyway, an interesting podcast that I hope others get some value from.

Cheers, everyone.

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## Comments

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RPJMRP • 10 points • 20 May, 2017 03:19 PM

Thank you, good podcast.

One of the problems I currently have is just too much on my plate to embrace building those cool, auxiliary hobbies and interests that make someone unique.

As an alternative to being able to do some of the things I love, like shooting, I've tried to make the things I do more interesting.

I do most of the cooking in my home. I usually cook a massive meal for the week. [I'm doing it currently as we speak.] We have 2 toddlers, so they are under feet constantly. To steal a word I saw earlier, I set out this morning to offset the drudgery of the process. Of course I have my first mate engaged in the process with me. To up the immersion, I've got some Motown on the speakers and mimosas and bloody mary's are flowing. A couple impromptu dances have been had in the kitchen, and the toddlers are joining in when they pass by. The whole house is operating in my frame at this point.

I guess the point is even if your life isn't conducive to doing everything you want, that isn't an excuse for the men here. We know better. We have to find ways to be interesting even when our responsibilities take precedence.

[deleted] • 3 points • 22 May, 2017 02:51 PM

I find being well read across multiple disciplines is helpful. I also ask questions to people I meet that demonstrate an interest in their opinions without judging them if I disagree. I am not always genuinely interested in their answers to these questions, I am more or less investigating their personality and way of thinking, a practice that is entertaining to me. This has led to many strangers warming up to me quickly since it releases dopamine to talk about yourself. They associate talking with me with those good feelings and boom I become someone they want to go out of their way to chat with.

RPJMRP • 4 points • 22 May, 2017 03:39 PM

Agree wholeheartedly with this approach and the resulting social dynamic. My wife will make comments about it. The other day her friend came over, and I asked her about a home project the wife had mentioned she was screwing with. The lady launched into this long story and I'd add antidotes here and there. After that she was "glad she met me and I'm cool and have a great sense of humor." It's pretty straight forward. People want to talk about themselves. Encourage it and let it go. Bonus points if you can recall factoids they drop, name and age of kids, hobbies, small shit like that.

[deleted] • 1 point • 23 May, 2017 04:35 AM

Amazing how simple but powerful it is.

[deleted] • 1 point • 27 May, 2017 01:57 AM

I believe the lack of an "interesting life" led to the demise of my last LTR. She was used to going out a lot, drinking a lot, and generally living as though this is as good as life gets.

I on the other hand was trying to get my body fit, was mostly eat the same meal all the time, was usually dead tired by Friday, saved my money like I might lose my job tomorrow (trying to build a FuckYou fund), etc.

It was like my attempts at bettering myself (and honestly us too if she was along for the ride) meant nothing.

She frequently complained that we needed a regular date night with real events that were dates (I think she just wanted photos of things she was doing to social media brag to her friends)...

I still need a whole case of bottles of red pills to cure what ails me.

resolutions316[S] • 1 point • 27 May, 2017 03:23 AM

Some people need a lot more excitement and novelty than others. You seem a bit more introverted. I'm the same way. If your woman needs those new experiences, however, she'll expect you to provide them.

[deleted] • 3 points • 27 May, 2017 05:48 AM

Yeah that's probably why she's my ex now. More fuel for the fire.

I'm actually not introverted, so much as driven by the pill to try and up my SMV. I feel like I'm behind by 10years and so im loathe the idea of taking too long to catch up to where I should be.

God pushing a monk mode down my throat.

Here's a little OYS:

my body fat is ~20%

my income is not baller

my game is weak

I often opted for porn over trying

I still am primarily validated by women

I don't really do any fun shit, everyone knows it and that's why I don't have any friends and have to go see a movie by myself on a Friday night.

Sad but true.

resolutions316[S] • 5 points • 27 May, 2017 07:03 PM

I get it dude. I am only a bit ahead of you. Still get frustrated every day that I can't get farther, faster.

A few things that have helped:

tracking progress diligently to show tangible results (I track sex, lifts, diet, BF, some basic measurements, income, etc, and review/analyze each week)

hiring coaches or trainers to lessen the learning curve in core areas

focusing on PROGRESS, not the desired end state (you need to be goal oriented, but focusing on how far you have to go can be demotivating. Focusing on how far you've come - for example, that your squat PR has gone up by fifty pounds, rather than the fact that you're only squatting 10% of your body weight - has been shown to improve overall happiness)

in terms of fun, I focus heavily on reconnecting, 1-1, with male friends. That's been hugely helpful, motivating, and fulfilling. If you've fallen off with folks, just inviting people out for a drink and catching up makes a huge difference. If you aim to start with 1-2 "man dates" a month you'll have a thriving social calendar in no time.