

# Not a question, just an exclamation

January 3, 2018 | 10 upvotes | by [BoogC84](#)

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Been lurking around r/marriedredpill for a couple months, not ever really starting the process, but seeing the value nonetheless. Always an excuse to not buy in. Finally hit a point that I knew I needed to do something, but do it for me.

Started as directed with the prerequisites in the sidebar. First book, No More Mr. Nice Guy! Holy hell, does this guy know me or what?? I've never read anything that even came close to resonating with me like this book did. Really hit home and got me to the place I needed to be to realize that I desperately needed the help to get past the place I'm at.

Thanks to all the make this place possible and look forward to having many meaningful and enlightening conversations with all

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## Comments

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BobbyPeru • 12 points • 3 January, 2018 07:38 AM

That's a good book to start... but it's a small piece of the puzzle. Read the rest and complete the puzzle.

Many start, few persist.

Lift

Sidebar

Practice

redbeaux • 1 points • 3 January, 2018 06:53 PM [\[recovered\]](#)

See, this is why I love me some BobbyPeru. Takes what many make complicated and breaks it down to a simple formula. Not that hard folks.

BoogC84 • 1 points • 3 January, 2018 12:59 PM [\[recovered\]](#)

Definitely will persist. Was just feeling really dumb for not starting sooner. I think that if the course pre requisite is that spot on for me, then even the 101 courses and beyond will be a life changer.

RuleZeroDAD • 3 points • 3 January, 2018 04:56 PM

Don't ignore lifting to get your "man chemistry" kick-started and to also get more attractive.

You need Ethos, Logos and Pathos to be complete. All thinking and no doing is the major stumbling block for those in your position.

BoogC84 • 1 points • 3 January, 2018 05:43 PM [\[recovered\]](#)

Looking at a weight bench for the garage now, sold my old one years ago and never replaced. Want to get into a gym close to home too, have a Y membership, but because of distance I don't go as much as I should.

Any subs that y'all frequent that's aimed at lifting advice and tracking programs?

TheGoldenShroom • 1 point • 3 January, 2018 07:21 PM

If you have some additional reading time I recommend Starting Strength by Mark Rippetoe. He also has some great videos online where he teaches proper form and technique for the major barbell movements.

One of my biggest challenges when I got more serious about barbell movements was mobility. Kelly Starrett videos helped with that. Best of luck.

straius • 1 point • 3 January, 2018 08:34 PM

R/fitness has all that and more. Trainers if you want to get a guided program (dietary and conditioning/hypertrophy workout plans). Trainers are also good for developing good form habits for compound lifts. Learn to do it the right way at the start > unlearning bad habits.

470\_2\_700\_nm • 1 point • 4 January, 2018 12:59 AM

Your home gym needs three things:

1) A power rack so that you can lift to failure. You can buy one made of metal, or build one out of

wood (I did that and it has worked out well - plans are online). It's a little cheaper.

2). The cheapest 300 lbs Olympic weight set you can find. Craigslist or new. Invest in a better bar or plates when you need them.

3) a bench.

Use the StrongLifts 5x5 webpage by Mhendi, and install the app on your phone. Follow his advice to a T on the bench size and everything else for that matter.

Do this for 6 months, and report back. Don't fuck around with anything else. You will waste time. After 6 months where you have done 5x5 you will have the experience to adjust as needed.

I repeat: don't fuck around. You will get gains, but not near as much without a power rack, Olympic bars, the proper bench, and 5x5 StrongLifts routine.

I dicked around, and wasted time. Don't fucking do that, k?

Footnote. If you don't have a man space like a sports or some form of hand to hand training like MMA or jujutsu, go to the gym. It goes along way for dread and socialization.

[deleted] • 8 points • 3 January, 2018 02:43 PM

One month in and I already feel the pull to plug back in and get along with the system. Wife says last night: maybe if you ask nicely and be sweet, I might consider having sex with you. I was tempted to go along with her shit for the pity sex but kissed her goodnight and went to bed.

nightmancommeth • 2 points • 3 January, 2018 12:46 PM

Reading Models by Mark Manson right now. This might be the best one yet. This guy gets women and life in general.

SteelSharpensSteel • 2 points • 3 January, 2018 02:18 PM

You've got a long road before you sleep.

TRPIronJohn • 1 point • 3 January, 2018 10:05 AM

That book was my gateway to the red pill. Had I found the red pill through popular media's portrayal I don't think I've have given it a fair shot. But when you get a truth bomb dropped on you like that it's hard to deny there's something here that resonates.

Good luck on your journey. It's a long road with uncertain outcomes, but one way or another you'll be a better man for it.

thunderbeyond • 1 point • 3 January, 2018 10:41 AM

Keep reading - keep learning.

screechhater • 1 point • 3 January, 2018 11:06 PM

what about lifting ? Or, you got a fucking excuse for that ?