

# **[DISCUSSION THREAD] No More Mr. Nice Guy - Robert A Glover [FEB2015]**

February 2, 2015 | 10 upvotes | by [SE17](#)

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The second book of the year is here. Get reading and start discussion in this thread.

You can use the standard format for reviews below:

- The Good
- The Bad
- Your Overall Take and Opinion
- Rating and Recommendation

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## Comments

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truchisoft • 6 points • 3 February, 2015 12:34 PM

The Good

It really hits the nail in the head if you really are a Nice Guy

The Bad

Some of the psychological issues he brings related to how a Nice Guy is created sound... phony.

My Overall Take and Opinion

I never felt identified by it, but i have a friend who is a typical Nice Guy. He read the book and started changing some things in his behaviour, but man, do these kind of people really like to fight back.

Rating and Recommendation

If you find yourself thinking that going out is only to get girls.

If you find yourself thinking that asking a girl out like this "Tomorrow, Dinner, 21" is offensive or pushy.

You need to read this book and take it like the bible.

[deleted] 3 February, 2015 01:51 PM

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truchisoft • 1 point • 3 February, 2015 02:40 PM

I think The Rational Male is more attuned to Married life, but that's just my point of view.

[deleted] • 1 point • 4 February, 2015 08:49 AM

Some of the psychological issues he brings related to how a Nice Guy is created sound... phony.

could you go further on this? most of the things i read from the book i could relate to i can't say he was wrong it all made sense, like being egotistical as a kid that i felt left out and left to my luck, not meeting my needs did breed more dependency and seeking for approval tho. this book, i think nails it, for me, i was just a fucked up guy bro.

truchisoft • 1 point • 4 February, 2015 11:18 AM

I just say he is no real investigator that I know of (like the authors some other RP books i've read), and I find it funny that if it was that easy to detect we would be having more psychologists diagnosing that faults.

I know a couple of guys who do therapy and their phsycologists tell them they are fine, until I insisted on them telling them about the duality in their thinking, the covert contracts, etc. Only then they where diagnosed with psych issues....

I hope I made sense.

[deleted] • 2 points • 4 February, 2015 09:19 PM

(I know a couple of guys who do therapy and their phsycologists tell them they are fine, until I insisted on them telling them about the duality in their thinking, the covert contracts, etc. Only then they where diagnosed with psych issues....

so they were guys who were going to a psychologist but then they were fine yet you told them that they were 'nice' and so it was until then that they had problems? if i understood correctly.

i don't think robert is diagnosing, imo, but he is rather giving ways to stop seeking validation and do shit on your own,

like there is an activity where he says to do something with male-friends

there is an break free activity that pretty much says to do /r/nofap and stop watching porn,

there is also an activity where he says that to stop being such a kissass you have to practice solitude for a while and invest in yourself and stop being so needy.

i don't see him as diagnosing, but rather as ideas/ exercises you can do to have more self steems and stop seeking aproval from women and to stop being kinda too accomodating to people just to get your needs met, there are other ways to!

like the authors some other RP books i've read

which ones, what books bro, this books are awesome.

truchisoft • 2 points • 5 February, 2015 01:27 PM

The guys where doing "great" by their therapists, then I insisted to my guys that they talk about the covert contracts they use (that they don't really know themselves they do).

The typical contract is, *if I date a woman is because something is going to happen, I only date a woman for that, not because I want to go out and have fun*, and they believe everyone else is going theirs lives around thinking like that. The reality is that you date a girl with no real expectations and you only idea is to have a good time, if you can escalate, great, if not, whatever, you had a great time doing something you wanted to.

Once they started talking about this mental model, their therapists reverted to *"yeah thats not ok lets concentrate on that"*

At the beginning he tries to explain where the nice guy comes from, family abandon issues, etc. I felt that part was lacking some real investigation, unlike the rest of the book.

I liked the book, it was not for me (I am far from a nice guy) but some NC friends that read it felt it was enlightening.

Some books:

\* Predictably Irrational - Dan Ariely

\* Organized Mind \_ Thinking Straight in the Age of Information Overload - Levitin, Daniel

[deleted] • 2 points • 5 February, 2015 10:34 PM

i identified with the book a LOT, i was accomodating with this book, i did feel abandoned as a kid and if just felt i didn't fit in, i just felt i was living in fear, and a lot of fear based behaviours. i learned to stop seeking validation and that i can be the one to decide for myself.

i am currently reading MODE ONE by alan roger currie. i know i am reading these books fast as shit but this author, not sure if he read this book but he concludes one of similar things, what he calls nice guy syndrome, he calls it THE "DR. JEKYLL & MR. HYDE"

SYNDROME, basically it bases on the same principle, guys think that by being 'nice' they'll get reciprocation and needs met, specially with women. although mode one is more pick up related or dating book, so far it deals with a lot of direct game, and this book is also blowing my mind-the basic idea around it is that honesty and being genuine with women saves trouble, time, and prevents you from being a mysogonist eventually, i think this list is well compiled, i

think is also a MUST read for men, there is also a lot of innergame thoughts and mindsets in this book, one of them being dealing with subjective criticism from women, and not give a shit about it.

maybe you couldn't relate a lot, like i did, to the situations in no more mr. nice guy, but i swear of god, if you read mode one, that book deals with other things, it also has things that you can poke holes on it, but i swear i think that endorsing your self and needs in an honest genuine way will make you want shit better and avoid crap at the end. literally this book list is just a chain of mindblowing so far.

truchisoft • 2 points • 6 February, 2015 11:27 AM

That's the thing, I already accept myself and I am not dishonest with women. I'll add mode one to my reading list.

Thanks!

joshsoowong • 3 points • 7 February, 2015 03:15 AM

The Good - It can be a real eye opener for people who are growing up and trying to learn to mature in this day and age. Some of the things Robert Glover mentions in the book, I was unaware of and it really did influence my life in a positive way.

The Bad - Some of the things can get a little bit repetitive. I didn't know that. I also think that the examples are very "extreme" in a sense that it creates very distinguished behaviors.

Overall take and opinion - Really great book. I have it on an audio format. Listened to it 2-3 times since last year. I feel like every time I listen to it, I learn something new and I apply such things to my life. This book can really be a positive read. I must say that this book has influenced my life in a very positive way and I am very grateful.

Rating and recommendation - Highly recommend this book because of how influential it was in my life. Check this book out and apply it to your life. It will help guide you when things get rough.

[deleted] • 2 points • 4 February, 2015 08:46 AM\*

just read the book after i read the previous book being so good this club is fucking awesome. hands down thanks for the guys who had the idea to start this shit. anyway here it goes.

**the bad** um, the book is biased ,duh it says it in the first chapter or intro. the title is wrong in regards to the content,so it might be off-putting at first to even consider reading a book, spoilers this book is really about self esteem for men and reclaiming your masculinity rather than keep the bullshit.

**the good** this book might just change your life so don't hesitate and read it, skip to the 'rating' part of this post and if you relate to those then read the book, and stop being such a kissass.

**my opinion of the book** I felt this book was written for ME!!! hands down. i was able to relate to most if not all of the fucking examples, being an asskisser to women, not fitting in with men, watching porn like a fag so joined /r/nofap already guys!, hiding my true motivations and feeling like a lie in my life seeking approval specially from women, and being such a tool when around women, and also being influenced by my mom too much. i think this book should be read in pair with the previous book "the way of men" by jack donovan, because both the books base around the idea that women are too much of an influence on young men, because of the absence of male figures and femetards telling men what a 'real man' is, so like the jack's book post, really both this book focus on **being someone you respect, try to get influence by strong male figures, men who have strong identity, integrity, are manly, are honest, respected. who have mastery, honor, strength and courage and**

**its all up to you to find or figure out who those men are** surround yourself with men, because guess what, men will teach you how to be a man, its crazy i know! both this books reach a final decision to actually have a social circle of male-friends with strong manliness rather than hang out with emasculated men.

this book really tells you how to regain your masculinity and being a man, via exercises and drop the emasculation kissass bullshit from femenist ideas in society.

is a great book yet is not perfect though, again like fucking politics/government on this books. the only part of the book where i was like "what the fuck?" and disagreed was where fucking Robert started using the examples of pussified men not going to war in the vietnam war, and leaving their dads with the idea of not having honorable kids and not 'following their duties' this example is so flawed that i actually felt like kicking the shit out of rob. i mean vietnam is too complex and the context of it wasn't that people didn't want to fight because they were 'unmanly' but because they started gaining critical thinking skills to actually stop just the obeying and realize that it maybe it wasn't that smart to follow blindly the state because instead they should mind their own business at home. via this logic muhammad ali was a pussy because he objected the draft, yet muhammad ali was a really good example of masculinity, politics and fucking complex and hard to explain. this example alone is shit and has to back up like the bonobo vs chimpanzees examples from jacks book, they were just talking out of their ass in this. because we have more complexity as humans, and we have recorded history vs animals who just can't look back previous generations, we have politics which that itself is a major load of shit, stop using evolution to men, men are apex animals, they are out, and not only that but we could, if we wanted to, bend the evolution curve so please stop the bullshit on this parts politics and evolution are actually pitfalls when proving points for me, they are both just too complex.

**rating and recommendation** 10/10 this book is really about self esteem in regards toward masculinity so is only for men, how do you know if you want to read this book. if you have self esteem trouble, then is for you. if you seek approval from women, then its a book for you, if you don't feel like a foreigner when relating to men then is you, if you manipulate women by being nice and expecting them to reciprocate because you are 'nice' fucking read this book. or if you are spineless and you really are easily persuaded and taken advantage of then read this book already!! THIS BOOK is not a pick up book, but rather a self esteem book for men that applies a lot to relationships.

tldr of the book--stop bieng a pussy, and learn how to be a man and learn to endorse yourself and get your needs met.

also i want to give some input to the club, reading a book every month is too long, reading this two books i feel i am a changed me already why don't we do one book a week? that seems totally doable since this books are so fucking good!! i can't wait to dig the next book already, i swear of god, thanks to /u/ipumplikeamachine for compiling the list if i feel changed already i can't wait to finish all 12 books!

edit: spelling.+ some feedback for mods.

[deleted] • 2 points • 5 February, 2015 11:45 PM\*

i dropped the club already. is just that i had a discussion as to the book lists /u/se17 didn't gave a shit and just manipulated things without previous mention when we were in this together i just dropped it. he just didn't give a shit also the reding list is wrong. the final one was this one

jan-(way of men by jack donovan)

feb-(no more mr. nice guy by robert glover)

mar-(models by mark manson)

apr-(mode one by alan roger currie)

may-(possibility of sex by alan roger currie)

jun- (Pimp: the story of my life by iceberg slim)

jul-(the game: penetrating the secret society of pick up artists by neal strauss)

aug-(meditations by marcus aurelius)

sep-(48 laws of power by robert greene)

oct-(way of superior man by david deida)

nov- (rational male by rollo tomassi)

dec- (the might is right by ron mcwan)

but /u/se17 didn't gave a shit about anything and swaped the order, and the last book, of things and didn't give a shit about anything, didn't even care to get my input, granted it is his subreddit but we were going to direct things together, but he just didn't care. you seem to be reading mode one, read possibility of sex, it goes more in depth of how men get manipulated, is kinda like esther's vilar's "manipulated man" which is why i opted out of putting that book there. the order kinda mattered. this is probably going to get deleted, but i don't care my nigga. i just stopped caring.

also stop mentioning my name i don't want to come back anymore

SE17[S] • 1 point • 13 March, 2015 03:43 PM

I tried to make things right with you but you continued to sulk. I made some minor changes and you took it personally and got upset. I don't have a problem with you, you're welcome to post here but don't get so butthurt over little things.