

Avoiding Burnout.

0 upvotes | 21 September, 2019 | by MeansToABenz

The red pill lifestyle requires a lot of actions to increase one's SMV, I find that I burnout occasionally though. How do you guys avoid this? I get the whole notion that our brains are muscles too so they need rest too.

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Comments

Earthonaturtle • 2 points • 22 September, 2019 12:11 AM

Meditation and keeping things in perspective. Enjoy the grind bc it pushes you in the direction you want to go

MeansToABenz[S] • 1 point • 22 September, 2019 04:45 AM

Thank you sir

kambian669 • 1 point • 11 October, 2019 02:24 PM

By the red pill do you guys mean the mythical Red Devils that are supposed to be 5 mg each which is probably bull shit or you mean something else completely???