

Rational Male

December 20, 2019 | 2 upvotes | by [DDronewar](#)

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[deleted] • 1 point • 20 December, 2019 03:10 PM

First piece of advice: quit nofapping.

FreedomReclaimed • 2 points • 20 December, 2019 03:19 PM

This. Post nut clarity will enlighten the mind...

[deleted] • 1 point • 20 December, 2019 03:20 PM

I read recently that for optimal testosterone levels, if that's a concern, you should fap about once per week.

That seems reasonable. Builds a bit of discipline without being ridiculous too.

Valor_X • 1 point • 20 December, 2019 03:19 PM

Free Agent Lifestyle: Men's Guide To Peace, Quiet and Freedom - Coach Greg Adams

[deleted] • 1 point • 20 December, 2019 03:21 PM

The Rational Male does a good job at explaining inter-gender dynamics and why men and women do what they do. It is geared toward pickup artists, but it has a lot of good information. It helped me understand concepts that I couldn't comprehend. I recommend every man reads it.

It's cheap in paperback, only \$10 USD on Amazon.

DDronewar[S] • 1 point • 20 December, 2019 03:27 PM

What about the way of the superior man?

[deleted] • 1 point • 20 December, 2019 04:12 PM

I have not read that one.