

# Master yourself and your impulses — Do NOT Fall for the Religion of Consumerism

October 29, 2019 | 223 upvotes | by [banned\\_by\\_cucks](#)

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It's important to understand that the 40 (more accurately, 50 or 60 hour work week) hour work week is designed to make you feel desperate, anxious, and in despair — it has little to nothing to do with overall productivity.

Why? Because these emotions in conjunction with restricted amount of free time causes humans to become stressed and impulsive. This creates an environment that primes us for the overconsumption we see especially in the West, which fuels corporate profits.

It's like when you come across an appetizing pastry. Your mouth starts to water. Now think about it if you were stressed and hangry, that cookie sounds like the best thing in the world. But realistically, do you actually NEED it?

Not at all! The cookie is filled with empty calories (with little to no satiation) that will simply spike your sugar, and you'll feel far worse for having it than not having it in a matter of minutes.

Similarly, when you see the average American. They are leasing German luxury cars, financing brand new \$1000 phones every year, buying brand new Apple watches, and mortgaging houses — none of which they can afford under very similar impulses.

Trust me! Nothing is going to happen if you drive a ten year old Corolla, use a phone that is 2-3 years old, and don't eat cookies. In fact, likely only good things will occur. Don't fall into the religion of consumerism that you see 99 percent of normies do.

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## Comments

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kriskros18 • 51 points • 29 October, 2019 11:15 PM

Valid point. But, sometimes I find myself alternating between minimalism and YOLO.

MGTOW gets you into saving \$\$\$. But also realize the unpredictability of life. You might not wake up tomorrow. So splurge a little. I also want to leave a small nest for my parents. I love them.

Then, the real question becomes, if you want your savings to outlive you.?

banned\_by\_cucks[S] • 27 points • 30 October, 2019 12:18 AM

Personally, I'd much rather have my savings outlive me if that nearly complete offsets the risk of me ending up in poverty. MGTOW makes it very easy to have a very high savings rate on a not incredibly immense income. I also am able to enjoy experiences that are nearly free.

xdrunkagainx • 1 point • 30 October, 2019 02:00 PM

Just make sure there are instructions for what to do with it after you're gone so it doesn't go to the state for welfare redistribution

banned\_by\_cucks[S] • 4 points • 30 October, 2019 02:15 PM

Most 401k programs require you to name a beneficiary.

blottingbottle • 11 points • 30 October, 2019 02:27 AM

Maybe if you become truly content with a minimalistic (or at least somewhat minimalistic) life, then you won't care about your savings outliving you. At that point, you weren't going to be happier spending all the remaining money anyways.

the-lone-squid • 7 points • 30 October, 2019 09:32 AM

As long as you invest during your minimalism, and don't go into debt during your yolo, i don't see a problem

darmy713 • 4 points • 30 October, 2019 09:16 AM

Exactly. Life sucks mostly and I want to partake in the inventions of modernity. Tech is one of the few things that gets me excited as humanity levels up.

I'm not going to live in a cave because society sucks. I'm going to exploit it for my benefit.

Dat\_Azz\_Spanker • 2 points • 30 October, 2019 01:32 PM

My Dad has worked his ass off his whole life. He came from abject poverty. He lived in a cabin with a dirt floor until he was 5. He did not have a inside bathroom until he joined the military. He used his time in the military to get an education and set up his family financially. Any time he was on land duty he worked two jobs. Once he retired from the military he continued to work. Hell he retired from a second job and started a third. He has multiple rental properties and spends almost nothing on himself. Although I have never talked with him directly about it, I know he wants to ensure that his boys will never be threatened with abject poverty again.

I could have gone to college and they would have paid for it but as my Dad was my hero, I wanted to do it his way, on my own. I am not the richest or happiest guy, but using my Dad's example I am proud of what I have achieved on my own.

To answer your question, yes I hope that my savings will outlast me and that I leave a legacy for my children and my community. Hopefully that's at least 40 years from now, LOL.

nonchalantfool • 34 points • 29 October, 2019 11:09 PM

Too many folk suffer from status anxiety - stress from how they are perceived from others'. The ultimate red pill is no longer giving a fuck what anyone thinks.

Hikethetrail • 4 points • 30 October, 2019 06:43 AM

The ultimate red pill is no longer giving a fuck what anyone thinks.

Preach ☐

Patricijaobjectdude • 2 points • 30 October, 2019 12:23 AM

Isn't that closer to the black pill or nihilism?

NietzscheExplosion • 1 point • 30 October, 2019 02:26 PM

That's believing nothing matters and you might as well kill yourself. Or refuse to be a slave to whomever and kill yourself.

Not giving a fuck what anyone thinks is just mental freedom.

machinerer • 21 points • 29 October, 2019 11:34 PM

My car is 14 years old. It is nice to not have a car payment.

Voltserino • 9 points • 30 October, 2019 06:39 AM

Mines 26 years old and still running

HitTheWall88 • 1 point • 30 October, 2019 06:45 PM

20 year old truck, and good to go. Just put on new suspension for less than the cost of one month truck payment.

MovieReviewMgtow • 17 points • 29 October, 2019 11:47 PM

I agree, when I was working full time in a stressful job I was always smoking and drinking as soon as I got home. It was this feeling of being trapped I hated, sure I had savings but it was always just never enough.

Well I downsized greatly, moved to a lower cost of living area, and now work a part time job that pays all my bills. Sure having more money would be nice but the level of stress reduction I have gone through makes me never want to go back to a full time ever again.

I no longer smoke or drink and am sober which has allowed me to pursue other hobbies and interests now that I'm not blowing it all away in pot smoke. My side hustles are doing good for extra income as well.

Mgtow saved my life I can guarantee you that, before I didn't think I would make it to 30, and now actually feel like I have a much brighter future ahead.

strainer123 • 17 points • 30 October, 2019 12:51 AM

I use 5 to 10 year old phones, only buy used cars, wear the same clothes since I was 20. I can count with one hand the times I went out to buy clothes.

LuigiC173 • 16 points • 29 October, 2019 11:29 PM

My 2010 Charger looks nicer than new cars anyways

SearchlightS0uL • 6 points • 30 October, 2019 01:56 AM

'08 Mustang GT for summer '07 Forester for winter (No I'm not a lesbian) Should get a pickup one of these days.

Googlepost • 3 points • 30 October, 2019 04:25 AM

I was in agreement with keeping cars forever until I rented one with radar cruise control. I go cheap on my smart phones, but having r2d2 as my co-pilot is pretty sweet.

NietzscheExplosion • 1 point • 30 October, 2019 02:45 PM

Charger? Disagree.

LuigiC173 • 1 point • 11 November, 2019 05:49 PM

Obvi just my opinion but I hated how the body styles played out after that edition.

teelolws • 8 points • 30 October, 2019 07:16 AM

I wonder that the 8 hour workday was designed around people having a five minute commute? These days most people have around an hour commute, which is two hours out of the day from relaxing.

drago8452 • 1 point • 30 October, 2019 04:44 PM

Many truck drivers work 14 hours days!

dovakin123489 • 6 points • 30 October, 2019 01:47 AM

Also don't stick your dick in crazy

Patricijaobjectdude • 5 points • 30 October, 2019 12:23 AM

I used to be strict as fuck with myself and money. Feeling guilty for going to see a movie with friends because I didnt need to.. and I couldnt enjoy spending money as a result.

It wasnt until I started tracking how much I earned each month and and gave myself 4 different categories to draw my money from.

I still don't spend a whole lot of my money but at least I beat my compulsion to hold onto every penny (ironically by tracking every penny) and it makes even drinking a bottle of ice tea 2 times a week feel fucking amazing.

banned\_by\_cucks[S] • 4 points • 30 October, 2019 12:31 AM\*

It's kind of like obesity vs. anorexia.

Both are on opposite extremes, but most people are at a far higher risk for one over the other.

You need a balance, but it needs to be a healthy balance.

Raygar21 • 6 points • 30 October, 2019 01:42 AM

That's why I try to consume experiences instead of products. There's a ton of great shit you can do that is either free or costs very little. You can have a great experience hiking or camping and your costs are basically gas, food, maybe a bit more for permit and gear. Fancy ass appliances, gadgets, clothes etc. usually mean credit card debt and anxiety.

linkinway • 6 points • 30 October, 2019 02:00 AM

you missed the most important one - alcohol.

o0perfect0o • 3 points • 30 October, 2019 12:25 PM

I just spent \$80 dollars and food and alcohol last night (out with a bunch of betas and a couple girls) for the first time in 6 months, and I fucking resented myself the next day. That is not shit worth spending \$80 dollars. That's like...almost 20 packs of guitar strings. lol

VlogIt • 5 points • 30 October, 2019 03:09 AM

But but but... Can't get any pussy with that old Toyota Corolla. And an old phone? Which bitch is going to want to touch that and save her number?

I'll eat all the cookies I want!

/s

If anyone want to improve their life, research ketogenic diet. Get rid of carb and sugar. Give it time.

FlintAustin • 2 points • 29 October, 2019 10:03 PM

Strong work bro.

It's not a secret but to resist pull for herdthink requires active mindfulness. The system has placed many subtle cues to force the masses to exist in a narrow spectrum of ideas, choices and trajectory of meager existence until it's time for pharma to make a profit of their decaying bodies.

It's almost become necessary to look at the masses and not do what they are doing.

CrustysockTheFirst • 2 points • 29 October, 2019 10:39 PM

I feel describing how to get out of a 40 to 70 hour workweek should be included in this post.

blasianbait • 2 points • 30 October, 2019 03:46 AM

I've owned the ten year old Corolla and older phone however I have started to enjoy newer tech a lot more lately. GYOW doesn't mean I need to buy the best from 2009 or 2015.

mgtowyear4 • 2 points • 30 October, 2019 12:48 PM

When I was with a woman, I despised my old car and wanted to buy new.

Now it is all about buying and restoring.

Also, MGTOW path is doubly rewarding - you don't spend to impress and your entire paycheck for yourself would mean an rapidly expanding nett worth.

TotesMessenger • 2 points • 30 October, 2019 05:41 PM

I'm a bot, *bleep, bloop*. Someone has linked to this thread from another place on reddit:

[/r/u\_richiesco12] Master yourself and your impulses — Do NOT Fall for the Religion of Consumerism

*If you follow any of the above links, please respect the rules of reddit and don't vote in the other threads. (Info / Contact)*

[deleted] • 1 point • 30 October, 2019 12:56 AM

idk man, I'm sure a lot of guys on here aren't really interested in being told how we should or shouldn't spend our money

banned\_by\_cucks[S] • 7 points • 30 October, 2019 01:37 AM

People are free to form their own opinions, but MGTOW is correlated with a lot of varying personality types/philosophies.

[Hyper]rationality, libertarianism, minimalism, freedom, and individualism.

The main reason men splurge on shit like luxury cars and brand new whatever upgrades ever year is to flex and peacock. If you're a MGTOW at heart, then you likely don't give a shit about impressing women.

The ultimate fuck you you can give society is owning your own shit and reducing the level of dependence you have on the system overall. Part of doing that is achieving financial independence, achieving financial independence for most people usually means a strong sense of discipline and chasing delayed gratification over instant gratification.

cjwisoxlwicisjwnsix • 1 point • 30 October, 2019 05:57 AM

My guns cost more than my car.

badaboomxx • 1 point • 30 October, 2019 02:18 PM

I like saving but also I like to buy stupid things, like games. I do not do that really often, but once a month when I know I can save a part and pay my expenses.

banned\_by\_cucks[S] • 2 points • 30 October, 2019 02:20 PM

Unless you're dirt poor, video games are not expensive.

badaboomxx • 1 point • 30 October, 2019 02:23 PM

You are correct they are not that expensive, that is why I buy those. I live in Mexico and my salary is not that great at the moment, but still is great for me, I just can't wait to get the new year to find a better job.

ValhallaBoundBoy • 1 point • 30 October, 2019 03:38 PM

I am trying to avoid a 40 hour workweek as long as I can. I spend a lot of time on creative pursuits and would like to keep doing that. I can survive off of 17 an hour at 6 hours a day, which is great, but it can be hard to find the exact match. My resume is amazing and I have an offer for 20 an hour right now, but it is full time and I just don't like the way your whole day becomes about work. If you aren't absolutely passionate about it then it makes life depressing. My roommate works 8 to 10 hours a day, comes home, gets high, and that is his life. Weekends are mostly spent in front of the TV because he needs to relax after a long work week.

I used to manage a small business in West Hollywood, but it was only at part-time. I'd work 5 or 6 hours a day and it was kick ass. I was able to make this business grow, watch the profits come in after every big decision I made, and still have time to go to the gym and work on a movie I was making. I worked full time for two weeks earlier this year and I hated it. I was falling asleep as soon as I got home. I wouldn't mind this if it was at least building towards something I love like television writing, but it was an insurance job so I quit fast.

As of now, I am relatively safe. I have a part-time job that is kind of a joke. It doesn't pay well, only 15 an hour, but I make enough extra money through YouTube to at least support myself each month, and then have other months like this one where I can net a couple extra k.

But its been months now and I am not getting offers at these nice places offering 17+ an hour at part-time that I would like, even though full-time businesses are throwing offers at me for much more. I have a 'test' session today at a new office to see how I mesh with the crew for an hour, and from there will likely get the offer, but it is full time and I'm not sure I want to take it.

banned\_by\_cucks[S] • 1 point • 30 October, 2019 06:41 PM

My biggest fear with part time jobs is many of them are low-skilled and thus not high paying and at risk of being automated.

ValhallaBoundBoy • 1 point • 30 October, 2019 08:08 PM

I tend to work in business roles with multiple duties that can't be automated too easily.

something\_thoughtful • 1 point • 30 October, 2019 03:56 PM

A friend of mine just did Sober October and it got me thinking about my alcohol consumption. Decided to do my own No Drink November but already started on Monday. I've still gone to the bars with friends to watch football and hockey but just drank coke and ordered appetizers. My typical bill is around 60\$ but the last couple of nights it hasn't even been over 10\$. Probably one of the best wake up calls I've had about how much money I waste.

drago8452 • 1 point • 30 October, 2019 04:42 PM

What's wrong with a cookie in moderation?

banned\_by\_cucks[S] • 1 point • 30 October, 2019 04:58 PM

How many people do you know will only take one cookie from a box of cookies?

Even then, most cookies are baked with industrial processed seed oils. The average man has a TDEE of about 1800 calories. Let's say 1 cookie is about 150-200 calories. You've spent over 10 percent of your allotted calories on something that is HORRIBLE for your health and makes you feel worse.

drago8452 • 1 point • 31 October, 2019 04:36 AM

You don't have to eat cookies with industrial processed seed oils. Make your own, buy from an Amish bakery, etc. I don't see the big deal with eating a couple (or more) on a cheat day once a week. Read the Cycle Diet by Scott Abel.

youloveboobs82 • 1 point • 31 October, 2019 06:27 AM

I buy tools. They help me make money.

The-Prime-Minister • -6 points • 29 October, 2019 10:42 PM

Mhmm I think I'll keep making big \$\$\$ save for the future, and buy all the things you mentioned :)

banned\_by\_cucks[S] • 5 points • 30 October, 2019 01:39 AM

As long as the budget balances man, you do you :)

I'd personally rather put that extra money towards investments to make me more money and save me more time.