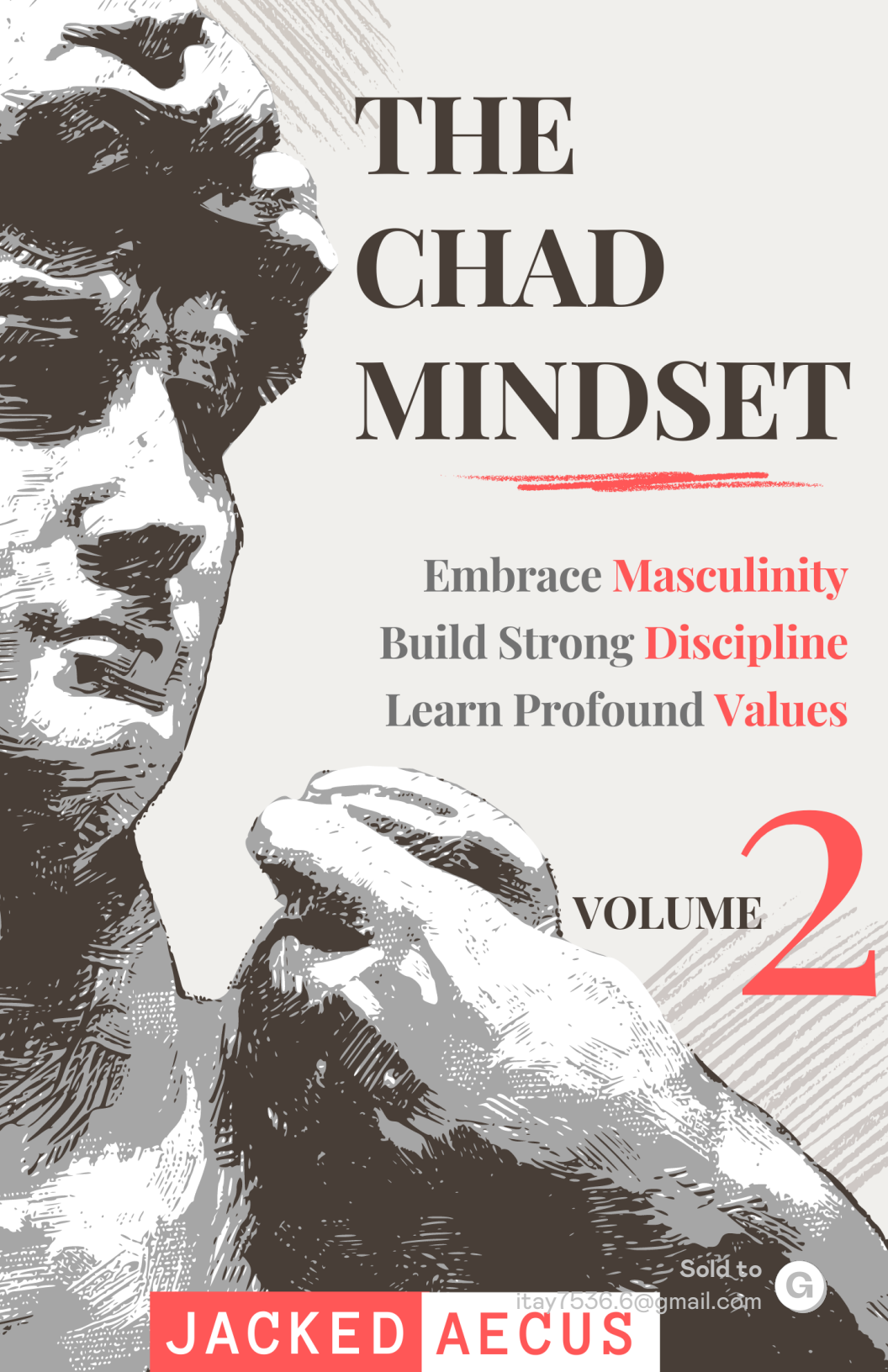




THE CHAD MINDSET

Embrace **Masculinity**
Build Strong **Discipline**
Learn Profound **Values**

VOLUME

2

Sold to

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JACKED AECUS

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CHAPTER 8

WHY PORN IS MORE DANGEROUS THAN YOU THINK!

If you ask me to mention the most dangerous thing on the planet for men, it will be pornography.

There is a very big problem with internet porn.

Internet porn is a succubus whore from hell intent on draining you of your vital seed, your testosterone, your energy, and your desire to succeed and conquer.

Or, to put it in simple terms, masturbating while watching online porn is bad for your body.

Internet porn is comparable to drug abuse.

You are continually looking for the "ideal" scene because of the unlimited variety of porn available to you.

This causes the brain to be massively overstimulated, which releases dopamine (dope) into the brain (your fix).

It feels like you're coming down off a narcotic after having an orgasm.

Your body just turns out and you become a lazy piece of garbage after all that excitement and constant cerebral stimulation.

How often have you been ready to do something and decided to just have a "fast one," only to find that 30 minutes later you were completely unmotivated?

I know, I know: A lot of times.

Here are 10 reasons to stop masturbating to internet porn:

1) Internet porn saps you of precious energy:

When you give up the porn and the endless masturbation sessions you have a lot more energy and drive.

You want to get out and take care of business.

You want to make money, you want to hit the weights, and you want to go and talk to that cute little girl.

2) Internet porn can lead to erectile dysfunction:

Keep at it and eventually you will only be aroused by internet porn.

Right now guys in their TWENTIES and even guys in their TEENS are having trouble getting hard without porn.

They have to keep finding more and more disgusting and outrageous porn scenes to satisfy their hunger.

Eventually nothing will do it except outrageous scenes you'd never watch normally.

That's serious business.

Keep up with the porn and it will happen to you too.

3) Internet porn will make you want to stop having sex:

Why bother with sex when you have every fantasy in the world available at one of your hands?

Japan is a notoriously porn friendly country.

Japan is saturated with porn.

In Japan there is an entire culture of young guys called "Herbivores".

These herbivores have no desire for sex.

All this porn and now the guys don't want girls, they want sex with their hand, or sex with robots or nothing at all.

Japan now has the lowest birthrate in the world.

Can you see the connection?

4) After you stop masturbating to internet porn your voice may become deeper:

Straight from the horse's mouth, this is what guys who have stopped masturbating are saying happens.

5) After you stop masturbating to internet porn you will have more self control and will power:

You just plain feel better and stronger and more masculine.

It's the opposite feeling after masturbating to internet porn.

6) After you stop masturbating to internet porn your testosterone will rise:

Testosterone is slightly higher when abstaining from orgasm and it does rise slightly during sexual activity, before dropping back down to normal.

Having sex with a real life girl increases your testosterone while having sex with your hand and sitting in front of a computer with 5 different pages open decreases it.

7) After you stop masturbating to internet porn you will become calmer, more rational, and less anxious:

No explanation for this.

8) You will become more attractive to women:

Let's assess the situation.

Who do you think women find more attractive?

A) Guys who spend their time in the dark, jacking off to endless streams of porn, finish after about an hour, take a nap, finally make it out in the sunlight (or not) and can't even look them in the eye.

Or

B) Guys who don't spend their time playing with themselves for hours, are full of testosterone, not having spilled their precious seed twice that day, have a deeper voice, and have the ability to make eye contact.

Easy answer.

9) You can stop getting viruses on your computer:

Viruses are a pain in the ass and can sometimes take days to deal with.

Most computer viruses come from porn.

Eliminate the source, eliminate the virus.

10) It will change your fucking life (I'm talking about a man's life):

Again, no explanation.

Instead of leaking it every day, let your testosterone and confidence grow up inside of you.

Give it to a girl rather than a screen when you do give it away.

Winners don't idle away their time. Of this, I'm certain.

Try it for 30 days, then make your own judgment. You might only enjoy the outcomes. I am sure I do.

CHAPTER 9

HOW TO HARNESS YOUR SEXUAL ENERGY

“Sex, alone, is a mighty urge to action, but it’s forces are like a cyclone-they are often uncontrollable. When the emotion of love begins to mix itself with the emotion of sex, the result is calmness of purpose, poise, accuracy of judgement, and balance.”

- NAPOLEON HILL - *THINK AND GROW RICH*

Men are motivated by sex, which may make them do anything.

All powerful and brilliant men utilised their sex urge as fuel.

The method of converting aggressiveness and sexual energy into production is known as:

Transmutation of Sexual Energy

Sex transmutation is the most powerful tool in existence when it comes to creation, invention, accomplishment, creativity, advancement, and achievement.

There are few principles that should be taken under consideration:

1. Sex should involve love with a woman

Most men and women out there have sex after they saw each other in a random party. Most of them don't even know each other's names.

This is a wastage of your sexual energy.

Your sexual energy is precious.

With too much un-focused sexual energy a man has no purpose or direction.

Civilisation itself exists solely because of monogamous marriages and the directed focus of sexual energy.

Every time you use an indoor toilet, get running water from your sink, cook your food on a stove, turn on the air conditioner on a hot day and get food out of your refrigerator you are enjoying the benefits of men who used their sexual energy in a productive way.

It is common understanding that over-indulgence in drink and drugs lead to ruin but it is uncommon for people to understand that over-indulgence in sex can lead to the same thing.

Let that sexual energy build up inside you.

This energy is sensed by other people and draws them into you like a magnet.

Being highly sexed (i.e. having sexual energy) but not giving in to any and all desires is the key to success.

Transmutation of sexual energy is the process of turning sexual energy and aggression into fuel for something bigger.

Sex is the number one reason we, as men, do anything.

It's always for sex.

It is our biology, our DNA.

There is nothing wrong with that.

But if we want to accomplish something grand, something great, we have to transform our sexual energy into fuel for something else.

Use sexual energy properly; it's the best fuel there is.

Save it and experience an energy explosion.

Here's a short summary:

1. Don't engage in sex with anyone.

Because it is what scumbags do, they will continue to act in that way.

You can still engage in sexual activity, but avoid making it your main priority

2. Avoid watching regular internet porn or masturbating.

You lose crucial vitality as a result of this.

Giving up this can result in significant, beneficial changes in your personality, happiness, and mood.

People are drawn to you when you keep your seed contained; yet, when it is frequently spilled, people are turned off.

3. Utilise your sexual arousal and energy consciously in your work and personal goals.

Given the right direction, sexual energy is practically boundless and can make any man into a money-making machine.

4. Get a good woman

She will take care of all your needs (not just sexual) - this will free your mind from having to even think about these thing and you can focus completely on your goal at hand.

The love and support of a woman is essential for success - most successful men had a good woman behind the scenes.

Let's make it a reality king.

Hail high!

CHAPTER 10

HOW TO GET RID OF DEPRESSION ONCE AND FOR ALL

Depression is a major issue in today's world.

But you know the fun part?

Depression is caused by leading a lazy, slothful, gluttonous, pointless, unnatural existence.

Boredom is probably the leading cause of depression.

“But my depression is caused by genetics, chemical imbalance or any other excuse that takes the blame off of me!”

That's bullshit.

If you're depressed it's your responsibility to fix it.

Having pills down your throat isn't a solution, it's part of the problem.

Our fathers and forefather never whined over being depressed.

Imagine how would you feel if you grandfather, instead of working hard for the family, said that he was going to lay down on the bed all day just because he is depressed?

Thankfully my grandfather had a machinery workshop in which he used to fix tractors, big agricultural machines through his bare hands.

I am taking the legacy further by not putting the blame on others and writing this book for my fellow brothers who want to become better in life.

Now, let us have a look on the possible causes of depression and how we can solve it:

1. Lack of physical activity:

It makes sense that your insides are just as messed up as your outsides if you spend all day in a cubicle without getting your blood circulating or sweating away toxins.

Anyone who has ever engaged in physical activity is aware of the simple truth that you feel fantastic after engaging in some intense physical activity.

You most definitely don't feel down.

Solution:

Get physical. Go to the gym and lift your heart out.
Go out to the garage and build something.

Do some yard work.
Mow the lawn.
Go for a run.

Keep yourself busy somehow, idleness is a soul-killer.

No one was ever depressed after a killer lifting session.

No one was ever depressed after building a house with their own hands.

No farmer was ever depressed about working on his farm all day.

He wouldn't have time to cry about it.

2. Eating garbage in the form of junk:

You eat garbage = You feel like garbage

Depression is more common among the obese.

You see the connection?

Solution:

Eat whole foods.

Eat fruits.

Eat meat.

Drink milk (from the farm if possible).

Avoid fried items.

Avoid junk.

Avoid eating from your favourite burger chain.

3. Working a dull, lazy job

It is obvious that a job that makes us feel unfulfilled and where we spend the majority of our time might be a key contributor to this feeling.

Solution:

QUIT.

Find something fulfilling.

A LIFE PURPOSE is fulfilling in ways a job can never be.

4. Too much dependency on entertainment

The average American watches 5 hours of the TV every day. It's impossible to not be depressed when constantly bombarded with advertising for stupid bullshit you don't need.

Video games are no substitute.

Movies are no substitute.

The internet is no substitute.

Solution:

Find some better, more meaningful hobbies.

Try woodworking, martial arts, weight-lifting, start a business, anything that gets you off the couch and actually doing something.

Get rid of that TV!

5. Low testosterone

It's hard to feel like a man when you ain't producing your man chemical.

Solution:

Get it checked.

Get it fixed.

6. Listening to depressing music, watching depressing movies etc:

Do you listen to depressing music because you're depressed or are you depressed because you listen to depressing music?

Depressing music has a depressing effect.

Stop listening to it.

Solution:

Listen to music that pumps you up and makes you feel alive.

Don't watch depressing movies.

Don't read depressing websites.

Cut out the bullshit.

It's upbeat and positive or it doesn't exist.

Some additional tips to remember:

Don't drink too much:

Drinking every now and again is fine.

Having a couple with dinner is fine.

Getting sloshed every day is a recipe for acute depression.

Know any happy alcoholics?

You see the connection?

Don't masturbate at all:

Internet porn is free and everywhere but masturbating constantly comes with a hefty price: depression, lack of testosterone, obvious loneliness.

Work on finding a girl(s), at the very least it will get you out of the house.

Spend your days with a purpose, a mission.

When you have no goals or desires all that's left is boredom and depression.

CHAPTER 11

SHAME IS YOUR BEST FRIEND

Shame will light a fire under you better than any desire.

It isn't desire that gets someone to train like an animal.

It isn't desire that deadlifts 900 lbs.

It isn't desire that gets someone in the boxing ring and kills opponents left and right.

It is the revenge of shame.

A bully kicked sand in your face.

Everyone laughed at your frail body.

The love of your life cheated on you.

The jock punched you and everyone laughed at you.

Your stepdad beat you up.

Everyone saw you cry.

Your friends mocked you for being poor and weak.

They showed your cowardice to the world.

You let these things motivate you.

You say to yourself “*That will never happen again*” and you mean it.

You mean it every bit as much as you mean to breathe air and eat food.

And believe me my man, you will make it!

Just like I did.

Just like every other successful chad out there did.

CHAPTER 12

HOW NOT TO BE BROKE

Being broke affects millions of men every year.

One unfortunate side effect of this disease is that it causes men to whine like little babies instead of taking action.

We will correct that and it will be quite harsh.

Broke men need slaps on their faces.

They don't deserve cuddling.

If you want to stop being broke as a joke you've got to do the following:

You should be spending all your free time either

A) Learning

B) Doing

Start learning:

To learn your industry you should read every book you can get your hands on, every blog you can find, every forum on the subject, every success story you can find, and talk with as many experts as you can.

You should be reading and learning about your industry night and day.

First thing in the morning and last thing before bed.

If you have a regular job you should be learning about your industry when your boss isn't looking.

Start doing:

To make shit happen all you've got to do is start and not give up.

You don't need to learn your industry for longer than two months before you dive in head first.

Some broke as a jokesters will say things like

"I've been learning for two years so it's time I get the ball rolling" or

"I've been learning for two years and I just can't seem to make anything happen."

If you want to get in shape you can't read a bunch of goddamn books on physical fitness and expect to get into shape.

Same with business.

You gotta learn all you can, cram it into a month or two, and then get that ball rolling.

Take the first step, and then take more steps every single solitary day.

Start spending money to make money:

If you have ever said this statement:

"I'm not going to spend any money to learn this. It should be free. I refuse to spend any money to learn my industry"...

Then you should slap yourself in the face because that's the mentality of a loser.

If you aren't willing to spend a dime in your industry you will never, ever make a dime in your industry.

Forget the loser mentality of never spending any money and hoping to somehow make money.

You will have to spend money so just accept it.

Like you purchased this book.

At first you may want to just buy books and other information but as time goes on you will need to spend more and more money.

Chronic broke as a jokesters will always say the same two things –

“I have not made much money”

and

“I don’t have any money to purchase any information or services which will help me.”

On the opposite end of this spectrum are the people who will spend countless thousands of dollars in their desired industry and never take action.

These people are the information junkies, the seminar junkies who will wait in anticipation for a new product they can buy instead of taking any action.

You are not one of them since you’ve already read this far in the book.

They’ll do this for years and years, just buy products and wonder when it’s going to be “their time” to get started.

There are people who wish to be in the real estate industry who go to 18 paid seminars over a 3 year period and haven't ever bought a house.

Tips:

Cut down on your expenses so you can spend on what is important.

What is important?

Buying information or services which will help your business.

Get off of Facebook, Twitter and all the other social media sites (until you have a business on these sites), get off the porn sites, cut out the TV watching.

You're just wasting your time when you could be doing something much more valuable.

Your time should be spent either eating, shitting, lifting, learning or doing.

Stop waking up so damn late.

Some of you broke as a jokesters wake up at 11am and then wonder to yourself when you're "going to catch a break."

You aren't gonna catch shit, you gotta make it happen.

START no longer than two months after making the decision about your industry.

Spend one to two months learning only and then make the first step.

You are going to learn infinitely more by doing than you will by reading.

You will need the knowledge base that reading gives you but you must get your boots on the ground and actually do.

CHAPTER 13

HOW TO WAKE UP EARLY LIKE A BIRD

Waking up early is probably the best thing you can ever do if you're trying to become wealthy or jacked or trying to improve in life.

I would say waking up early should always be the first step in a man's life if he is willing to improve his life.

Mornings are distraction free. You can do the deep work which demands top notch focus.

You will be building your fortune when losers will be sleeping till 11 am.

4 hours of work per day is more than plenty to get started.

Imagine waking up at 5am and having all of your work done by 9am. You have the entire rest of the day to enjoy as you wish.

The day is in your hands.

The best way to wake up early is to have a reason to wake up early.

I started waking up because I wanted time for deep focus.

I wanted to list out strategies and I wanted no disturbance.

I started waking up early because I wanted to.

The morning is when you have no disturbance, you are completely free to create and work as you wish.

The whole world is sound asleep in their beds and you're wide awake ready to kill it.

Eventually they'll all say to you *"Oh, I wish I could do what you do. I just don't have the time."*

You won't do anything but silently laugh at them.

How to wake up like an early bird?

As I already mentioned, you need a reason to wake up.

That reason could be anything...

Gym, walk, running, deep work, etc.

Make the decision to become an early riser.

Have a reason to wake up early (i.e. have something to work on or have a gym partner waiting for you at the gym every morning).

Be in bed at the same time each night.

Now most of us struggle with waking up early because we sleep late at night...

Here's the catch

Going to bed on time and falling asleep immediately is not in your hands.

But waking up early is in your hands.

You just need to push yourself to wake up early and in less than a week your body will ask you to sleep at 9 or even 8 in the evening (or night).

Make the decision and force yourself up at 5am the first day.

That night you will likely be tired earlier than normal.

That's good. You will need to start going to bed earlier, and preferably at the same time, each night.

To be able to be up at 5am every day and be refreshed you must go to bed earlier than normal.

Sleeping from midnight to 5am will not leave most people feeling refreshed.

But sleeping from 9pm to 5am will leave most people refreshed and ready to start the day at 5am.

It's a good idea to be in bed by 9pm every night.

The amount of sleep needed varies by person, but you should know how much sleep you need to function at your best.

CHAPTER 14

DRESS LIKE A WINNER

When you look like a winner, success is inevitable.

If you consistently look like a winner, people will always take notice of you and hold you in high esteem, which is exactly how you should be viewed.

It is always preferable to dress for success, regardless of whether you are trying to acquire a job, attract clients, get a date, grab lunch, or run your regular errands.

Everyone wants to work with a successful person.

Nobody wants to conduct business with a slob.

Those in positions of influence and power pay attention to these things.

They accurately point out that sloppiness in attire is a physical representation of sloppiness and apathy in daily life.

It is one thing to go on vacation and wear shorts and a tank top.

It's one thing to make a run to the market or to the post office in lazy clothes.

It is another thing altogether to go each and every day wearing garbage in place of fitting and proper clothing.

Chads, take some pride in your appearance.

Leave that *"It's what's on the inside that counts"* business to the dirty and unemployable.

Your outward appearance is a complete and total manifestation of your inward mindset, attitude and pride.

If you wish to be perceived as a man of value, start advertising yourself as a man of value.

TO BE CONTINUED...

Congratulations Chad Man!

You've made it to the last of the volume two of The Chad Mindset.

Volume 3 consists of 7 chapters.

As said in the introduction, you can read any chapter at any time, whenever you like.