

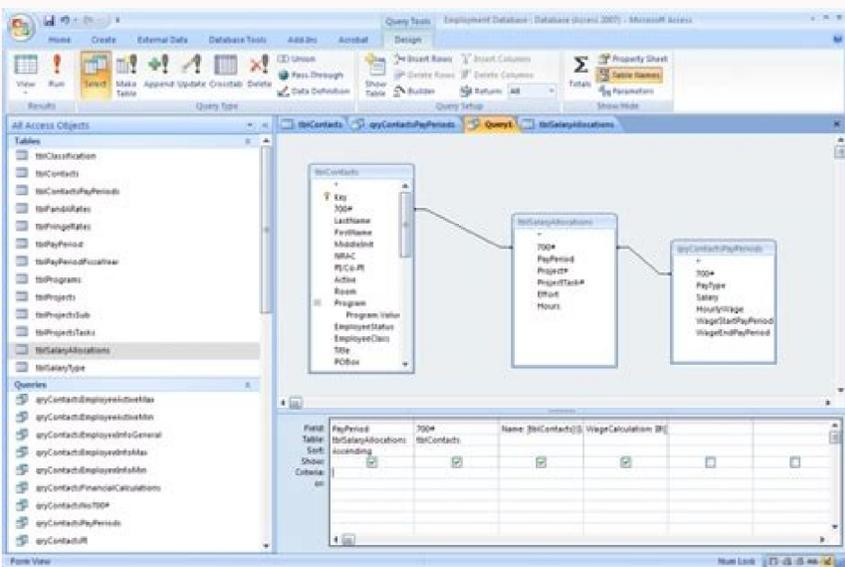
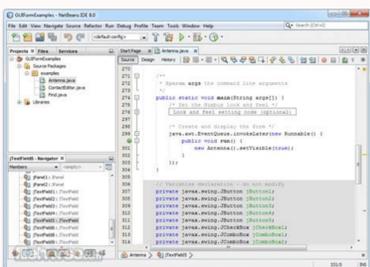
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Dr. John David Smith
Charles H. Stone Distinguished Professor of American History,
University of North Carolina at Charlotte

September 17, 2019 4:00 pm – 5:30 pm
The Summersell Room (251 ten floor)

Sponsored by the Charles G. Summersell Chair of Southern History
Free and open to the public. Light refreshments will be served.

If the trend continues you can say goodbye to all but a few masculine men, who will no doubt drift towards the thug and criminal variety. Don't train like the slob on the treadmill train. If you aren't living up to your potential it is because you chose not to. 59 BOLD&DETERMINED | VOLUME ONE Why Diets Don't Work Diets don't work. That will take you years to start pulling in enough income from your side gig while spending 50 plus hours a week making other people rich. Can you say the same? This will tear up your traps and your forearms and just generally make a man out of you. As it was, I didn't even know other paths existed. Testosterone is essential for muscle building. Either you will succeed and start doing what you've always wanted or you will fail. 23 BOLD&DETERMINED | VOLUME ONE Benefits of Early Morning Weight Training Early morning weight training is an excellent way to start the day. Snacks exist only to make you fat, they have no other purpose. Concrete ideas, plans and actions are how you get it. Each tribe had it's de-facto leader(s), the Alpha male and Alpha female, the followers, the Beta males and females, 6 BOLD&DETERMINED | VOLUME ONE and the weak, crippled, sick, and young, the Omegas. It's time to become an ass-kicking motherfucker, motherfucker. 33 4 Quick and Easy Tips to Burn More Body Fat..... Lesson: Don't say anything! Just stop talking and start doing. One thing that you have never done before. The wolves lead and you follow. The wolves lead you imaginary money so you can shop shop shop and then work, work, work so you can pay them back every last red cent plus interest. Your accountability partner holds your feet to the fire and makes sure you complete what you said you would complete. Did you strengthen your mind, body and soul this weekend or did you spend your time on the couch? Do you face your fears or are you a coward? If you're reading online about how to pick up and keep women I have the answer for you. Would you bet your life on it? You can eat not quite perfect and still lose weight at a comfortable rate. Just pack some clothes, a cooler, a tent, get in your car and drive into the great unknown. There is one absolute rule of the universe: People who follow all the rules never get what they want. Internet stars actively promote social networking for one very important reason – they earn from it. We have to make it count. Arrive at your destination with no plans whatsoever. Some people jab a vein for it. It's a great feeling. What is the solution? Advice given to you will be, without question, terrible. The rules are simple: pack as light as possible. "You're a sexist pig!" Uh huh. When I train early morning I can forget about it for the rest of the day – it's one less thing I have to think about. If you want to watch movies you can use torrent websites to "borrow" them from the internet. 12 BOLD&DETERMINED | VOLUME ONE How to Create Your Own Reality Would you like to create your own reality? He doesn't care about having the latest cool phone, he knows it doesn't matter. A generation of men raises by women doesn't know how to be masculine. You talk to me when I'm obsessed and baby we're on a different planet. 10 BOLD&DETERMINED | VOLUME ONE There is No Such Thing as Tomorrow Tomorrow doesn't exist. For a natural trainee high fat, high-medium protein, and low carb is the best route. If you go, you had better get a technical degree (engineering etc.), something you can't learn on your own. 50% percent of first marriages, 67% of second and 74% of third marriages end in divorce. Just about the only qualification is being a native English speaker, though some countries will require a college degree or a TEFL certificate. It is Monday. It's remarkably easy to do because men are born leaders and women are born followers, to reverse this order is akin to spitting in your own face. In some countries it is quite hard to stay for an extended period of time, teaching English will provide you with 6 months to a year and can be renewed every year. Once you get down to a respectable body fat it's easy enough to coast and maintain. 3) She is not your soulmate, your true love, the one or anything else. The choice is yours – 125 BOLD&DETERMINED | VOLUME ONE you can make anything happen. I have been known to eat some blueberry pie a'la mode in my day and when I do I always get my heart racing before I pig out. They are chock full of sugar and calories, they usually don't quench your thirst so you end up drinking more and just getting fatter. Eat this way for the rest of your life and exercise vigorously. Alpha simply means "to be selfish". 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. Time to do what you want, when you want without a permission slip from HR. Only bring necessities like a few pieces of clothing, toiletries, and money. That's what it's for and that's how a smart person should use it. If she was your soulmate or your true love you would still be with her and everything would be roses. Today we are going to focus on how to get all those small tasks done that we just don't have the desire to do. These things matter but they aren't #1. 6) Exponential increase of stamina and physical energy/strength. "Sounds like the guys quoted above had other social problems in addition to porn addiction, but even for the Average Joe quitting porn and masturbation has real benefits. Put on your thinking caps and figure out how you must be done and it must be done right now. Cut out the bullshit and start creating. When they've got you on credit they can up the price all day long and you'll still pay it – just over a period of years instead of all at once. If you say "Well, I didn't finish because of this and that..." your accountability partner is there to say "Brother, that's bullshit. The man before me finished his set and stepped aside. Be smart but don't be a wise-butt. You may be saying to yourself "well bodybuilders have excellent bodies and they barely eat any fat!". When we've taken the time to get organized, which is usually the hard part, it's very easy to get things done with speed and fluidity thereafter. A minimalist lifestyle is much more rewarding than the standard consumer lifestyle. A seemingly great idea without a way to monetize is a poor idea. Do you keep buying things on credit? Just don't let it become habit. Not to mention that even science has debunked the stupid cholesterol myth. I used to live in a tiny little one bedroom apartment. 4) Get in your car and start driving: There is no way I am the only one who has ever wanted to just get in my car and start driving. Ask her anyway. Commit social media suicide, get rid of all the Facebook nonsense and concentrate on tangible life experiences that actually make a difference. You could get yourself an expensive phone that will alert Facebook if you're stranded in the Australian outback or you could get a cheap phone that makes phone calls and sends text messages. Monday morning you should always hit the ground running full speed – and don't stop 'til it's Saturday night. These guys would unquestioningly inflict violence against anyone who harmed (real or perceived) a part of their tribe, or gang. Five years later you're stuck at that same job wondering where the time went and what happened to your ambitions. That horse-shit is how they test you, if you give in you fail. When you train early morning you start the day accomplishing something. Instinct is validated when I do eat breakfast and am sluggish, full and sloppy. Let's have a great time, and have some eye opening experiences. Today I did 200 (not all at one time). Skip dinner and have lunch and breakfast. – Where do you want to be in 5 years? You're either the lion or you're the sacrificial lamb. No one was ever depressed after a killer lifting session. Some people snort it. Stop buying with credit. Don't let it pass you by. It must be done and it must be done right now. Cut out the bullshit and start creating. When they've got you on credit they can up the price all day long and you'll still pay it – just over a period of years instead of all at once. If you say "Well, I didn't finish because of this and that..." your accountability partner is there to say "Brother, that's bullshit. You're obsessed!" Uh huh. People who cannot articulate how to be successful will say "do what you love". Aim for 30% of your total calories from fat. Whose say we are all not just dreams of ourselves and that nothing really exists. What you are when you are paid a salary is easily subjectable. Anyone who knows me knows that anytime I am in the vicinity of any sort of bar, pull-ups will be done. You will be much more alert training in a somewhat fasted state. That weight is mocking you. That's right, she is most concerned with her happiness. If you want fame and riches you have to break the rules. What will mainstream science tell us? If you read online about how to pick-up women you're always going to read about Alpha males and Beta males. If you are unable to get in the gym by yourself, get a training partner. Again, he escorts her to his automobile and drives her to the ice-skating rink inside the mall. Why are you toiling away when you don't have to? In Vince's own words: "You will also find that in this Alpha state that the passage of time no longer exists and that your former imagined limitations no longer exist. Let that sexual energy build up inside you. 53 The Strong Silent Type..... Next time you're in line at KFC or McDonald's I want you to take a look around at everyone else in line. Not merely passing your previous performance with a rep or 2 but completely blowing it out of the water. Your mind and your body are one and there is nothing else in the world. You should never listen to advice from friendly friends and family. Once you stop believing in that baloney it's
going to turn you into a testosterone machine irresistible to women and girls. Don't do that! Earn your cheat meals instead. All the patrons in the diner thanked him and clapped for him. We are in the midst of the worst depression in most of our lives and there has never been a better time to make a lot of money and do some good in the world at the same time. After you have completed all your tasks for the day first thing in the morning you have your whole day free knowing you have taken care of business already. 2 +2 = a fatter you. 1) Get organized – The most important aspect of overcoming laziness is getting organized. The length of time can be anywhere from a single evening, to a week, to much longer. Keep your precious seed for yourself. Guess what's not going to happen for you? She arrives at his apartment, he pulls off her coat, tells her to get on her knees and she eagerly complies, saying I wish to do that for thee. 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greatly exaggerated. 78 BOLD&DETERMINED | VOLUME ONE You could have a collection of 1,000 DVDs that take up a galactic amount of space or you could get rid of them and put a computer on an external disk. COME.” And never, ever be unprepared ever again. Going out on a Friday night for some beers: time to play. You need to take a break. 2) Women’s liberation – Women’s lib has taught men one thing: Women are right, always. You walk out the door and see how far you can run before you can’t breathe anymore. The dog is unhappy because it has no boundaries or rules. .142 How to Take Advantage of Bad Situations She will let him know tomorrow. Instinct, and my own eyes, will tell me that vegetarians are chronically skinny, malnourished, effeminate, pathetically weak and have a giant guilt complex. Complexity is often a waste of time. A man with a strong family is a man with a purpose. You are going to play the game. Make your own rules. The motivation from these notes is terrific. Who do you think women find more attractive? Concerned about the time, he asks her if she needs to go home. There are better women to be found who will be supportive and pleasant, making your work immeasurably more pleasant. Want to go into business for yourself but you’re afraid of failure? Does he enjoy paying the mortgage and taxes on his house in the ‘burbs? Will you finish your degree and put yourself into massive debt? 129 BOLD&DETERMINED | VOLUME ONE Always Be Ready to Do or Die From the darkness you hear “that’s a nice watch, friend-o”. Eat high protein, moderate to high fat, and low carbohydrate to boost testosterone. You don’t have to worry about constantly constantly working just to pay for something you bought two years ago. Maybe have my own entrepreneurial gig.” Hmmm. Become a cash business, and free yourself from the debt shackles. You are in your prime and if you don’t take advantage you will waste away like all the people you see who are dead inside. Therapy is an excuse to never actually do anything for yourself and a convenient way to blame others. If you’re too scared to ever take a chance... Then you don’t deserve any rewards. Even a lone wolf like me can sit back, relax for a day, barbecue some lamb ribs, steaks, shrimp, and duck legs and be thankful for every blessing, opportunity, and loved one who is still around and kicking. Building solid muscle mass with an adequate diet is the absolute best way to get rid of those love handles. 7) Realize that you will just be sad and lonesome for a little while and accept it. You’ll find you work way harder when you love what you do. After living in a foreign country you can never be the same person you were before. Will you go shopping for the latest gadgets that “make your life easier”? 2) Nutrition is queen: Nutrition is almost as important as lifting. If you’re paying \$600 a month on the cool new car sell it and buy yourself a cash car. There are literally millions of women as good, or better, than her. 62 Unconventional Advice for Young Men..... If you can’t digest it, you can’t use it. The reality is that modern woman has been spoon-fed completely unrealistic romance movies her entire life and she believes in them as much as she believes in anything. It’s upbeat and positive or it doesn’t exist. Any company we want to connect with we can find on the internet. He feels extremely passionate about it. When they bring the food back what does the Alpha lion do? That’s how they entrap young people into debt slavery. They are going to think you are an idiot because deep down everyone knows blueberries aren’t food. Unless you’re blind you have noticed a trend: American men are less like men and more like little boys, effeminate little boys stuck in a state of arrested development. Watching the clock forces you to work harder and faster to get everything done. Men are taught to be ashamed of their masculinity. The CIA has admitted to funding the advancement of women’s liberation with the stated goal of taxing 103 BOLD&DETERMINED | VOLUME ONE women, whom they could not tax when they were not working. The example I am trying to give is simply that if you limit yourself to any number of reps that is all you will do. When war is your destiny you are a warrior. Said the CEO to the employee: Hurry up and get yourself on the fire, I’m hungry and I like my lamb chops cooked rare. If you are that worried about feeling lonely you can bring a friend or a dog along. Accept the inevitable pain and hardship with fortitude and emerge stronger, tougher, freer and richer than you are right now. Sounds too stupid to believe. Eat plenty of saturated animal fat. It’s not as hard as it sounds. The busiest person in the world can free up three hours a week to exercise. “What about all that cholesterol?” – You have been lied to by the media and what you believe to be science. Just decide to not have any water with the meal. The game is in favor of the women. I was at a grocery store the other day and I heard a “man” literally beg his wife to get 2% milk instead of skim milk. For a while. Be obsessed. .151 Always Know Exactly What You Want I would have learned more in a year of traveling than I learned in 7 years of college (or 4, or however long it was). • Consciously use your sexual desire and energy and focus it into your business and life plan. Today the game is played for keeps – winner takes all. They can only see their own lack of it. Solution: For a man wanting to start a family I highly suggest going abroad and finding a woman who has not been indoctrinated into the hypergamous misandrous ways of American women. They just need to keep their heads down and power through. Never let women boss you around, and they will if you let them, it has a feminizing effect on you. Winners don’t give in and they don’t sacrifice. Is there a business you have been dying to start but “it’s just not the right time”? Instead of commenting on Facebook about some triviality you can accomplish something. Is it worth it? – When you purchase with cash you never have to pay interest. Japan is a notoriously porn friendly country. Get your hits in as fast as you can, subdue him as fast as you can, and get away as fast as you can. The best food is his. It’s meant to help you not break waves and go too far beyond the ordinary. Go to the gym and pick up some weights, go for a hike, anything but living like a social media zombie. Whenever you are ready let me know and I will be here for you. Limit conversations to 5 or 10 minutes. There were a few people watching, including my lady friend and this upped the ante. Extra butter. They would have had to present a unified front in the presence of danger – other tribes, large carnivorous animals etc.. Some people are born to be entrepreneurs, some people are born to be wage slave employees. She wants to date a selfish Alpha. Sleep at night or else you will mess up your circadian rhythm which leads to decreased T. One thing is for certain, it will be an experience you won’t forget. 10 minutes later she text messages him and says she is on her way. Will you ever even turn on your computer again? Start small at first, but once you get rid of the junk it can feel quite liberating and you may want to have that feeling again. The number of reps I usually did was 12. Don’t erase your to-do list items, put an X beside them or cross a line through them. Your whole life was preparation for this moment, even though you didn’t know it. Now is not the time to be wasteful with your money. The businesses that matter aren’t open on Sundays, most people don’t take phone calls or respond to e-mails on Sundays, and taking a lazy Sunday will let you rest and prepare for the most important day of the week – Monday. There is no better high than after an intense workout, no chemical substance can match the feeling of calm after a great workout. You need to hold on to that crummy J.O.B. (just over broke) because it pays and it’s hard to find a job right now. You may as well play to win. It isn’t desire that gets someone to train like an animal. A high-yield friend is a friend you can hit the gym with, train MMA or other activity with, learn something from, or accomplish something with. You can argue for or against the words as long as you want but it changes nothing about you as a person. If you have no blog ideas then you can blog about your progress on 30 Days of Discipline. I was only interested in working the muscle in good, slow, smooth form (balanced cadence). Jack took the 3 punks into the parking lot and dealt with each of them and went back into the diner to finish his meal. The starving wolf is obsessed with eating. The decadent over-indulgence in sex is a one-way ticket to Failure Village with a layover in Stagnation Town. BUT nothing. Did you go out to eat and drink last night? 90 BOLD&DETERMINED | VOLUME ONE 7 Reasons Modern Western Men Are Effete Weaklings (and What to Do About it!) Walking around and seeing weak guys following girls around like puppy dogs, or seeing guys eat tofu, or seeing skinny-fat guys jogging on a treadmill, or seeing guys whining and complaining is like a kick in the teeth and a punch to the stomach at the same time. That’s what an average person will do. We can see if you’re a lion or a timid little lamb. 6) Carry a heavy dumbbell or barbell overhead one arm at a time. Some days I eat only one meal, other days I go up to three meals. And how will you do it? Maybe not superman but a big provident in a couple months.” [Later] Today is day 50 without porn. When the problem is isolated – annihilate. She will always think that her perfect man, her soulmate, her white knight in shining armor is out there somewhere. That of the absence of limitations formerly imagined. Just let people think whatever they want and go on with your life. If every single day you do one thing extra that will add up to a whole lot over the course of your physical transformation. Ok. Good luck you fucking loser. How many e-mails do you send every day regarding your business? 1) You have an all-consuming idea, a vision, an obsession that keeps you awake at night. Go to bed an hour later: It didn’t matter what they were doing, or if they were fighting with one another, if one dog barked or sensed a threat they would all 3 jump in and immediately help their pack member. Yes. They take care of business right here and then. To hate Monday is a very clear sign you hate your work. She can become a part of your world or you can become part of her world. Working 50 hours a week with people you hate just so you can make someone else rich? You will likely still have food in your belly from the night before. I had a plan and nothing was going to stop me. But those little notes worked. Get up off your ass and go to the gym right now! Quit your soul-stealing job now! Paint a picture! Make a movie! Write a book! Do it right now! Go out for a jog! Go talk to the pretty girl that works at the coffee shop! Change the world! Change your world! 11 BOLD&DETERMINED | VOLUME ONE Sell all your worthless electronics, sell your house, buy an RV and drive across the country! Go to the airport right now and book a flight! Take your dog for a long walk, get your thoughts clear and figure out what you really want! Figure out who you really are and what your life’s purpose is! It certainly isn’t to work for someone else, come home to watch the idiot box, eating chips and soda pop. Would you like to become someone else, someone better, someone who doesn’t take orders all day, someone who lives life on their terms? All the smart ones, all the Bold and Determined motherfuckers, aren’t punching a time clock for someone else. I work from my home office and I generally wear a pair of black shorts to work. I know I do. More natural confidence without needing to adjust thoughts.



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