

FAT MAN IMPROVEMENT

Why You Are Fat, and What to
Do About It

From:

[http://www.personal-development-for-
men.com/](http://www.personal-development-for-men.com/)

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<http://www.personal-development-for-men.com/index.html>

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Contents

The Problem Defined	4
1. Get Some Sun	7
2. Sleep More	9
3. Lifting Weights and Exercise.....	10
4. Facial Hair	11
5. Wear Correct Clothing.....	16
6. Buy Things for You.....	22
7. Do What You Want.....	28
8. Forget Others	31
9. Think Big, Not Fat	34
10. Improve Your Testosterone.....	37
11. Good Looking, Successful Big Men.....	41
12. Do What Lean Guys Do.....	45
13. Simpler Ways to Eat Less.....	46
Conclusion	48
About the Author	48

The Problem Defined

Are you fat? Do you have a huge gut? Are you flabby? Do you have a hard time doing what you want to do?

Yes, you are. You are too fat. Both you and I know it. But what I am about to share with you may change your mind forever about your life. My belief is that men get fat because of what is missing in their lives, not what is there. You do not eat because food is so readily available in large portions or inexpensive or junk. You eat because your life is amiss. There is something wrong. Some part or parts of your life are out of whack.

This is huge. In order to lose weight and keep it off you need to live your life your way. You need to make your needs and your wants your priority. You need to focus and concentrate on your life and forget everyone else.

No one can walk in your shoes. No one.

No one can feel your pain. You have to bear it alone. No one is able to cope with your problems except you.

No diet plan or exercise plan in the world will help you if your life sucks. And the heavier you are, the more it will suck. It is a never ending cycle of a sucky life then you eat to cope and then you get fatter and even less able to do what you want and on and on it goes.

Just look at your life honestly and with an open mind and you will see that the reason you are fat is that you eat to cope with life and the circumstances of it. Some men smoke. Some men drink. Some men take drugs.

You eat. A lot. And you keep on eating.

And eating is a much more difficult problem than drinking, drugs or

smoking. I know that sounds shocking, but it is how I see it.

The problem with eating and why it is more difficult to deal with than smoking, drinking and drugging is that you do not need those things to live. You do not need to smoke again ever, or drink again ever or drug again ever. You can quit those things cold turkey and never look back. You do not need those things.

But you have to eat. You need it to survive. You have just used excess food as a survival mechanism because in your mind you cannot survive without excess food. Excess food means survival to you.

I know it does for me. It is my vice. It is what I have turned to time and time again during times of stress. If I ever have any sort of stress or problems I turn to food, and lots of it. It is how I cope.

I know why I eat. It is not a mystery. I am working on it. I work on it every day. My life has sucked in countless ways and it still does. But the cure for me is to un-suck it. To make it better. To have some enjoyment without food.

I believe you have to start with thinking differently first. You change your thoughts and your actions will follow.

You have to do other things and find enjoyment without eating.

You have to quit thinking of yourself as a fat man. Your mindset shift has to be - I am a man. A big, powerful, in charge of my life; man. I am big, not fat.

Thinking fat is just like thinking anything else negative about you. Any negative thought you have about yourself only hurts you. One negative thought does not just cancel just out one positive thought. Negative thoughts are more powerful. One negative thoughts cancels outs countless positives. The more negative you think, the more negative you become.

So the more you say that you are fat; the fatter you become.

You have to break the cycle with your mind first. Your actions, then your body will follow your mind.

You are a person and you deserve to love you. You will never get anywhere by thinking bad about yourself.

I know this is true because I have spent a lifetime thinking this way. My thoughts tended to be negative and hurtful. The things I said to myself I would never utter to anyone on the planet.

Would you ever viciously ridicule someone because of their physical appearance in the way you talk to yourself?

I was my own worst critic.

Whenever I put in the conscious effort toward better thinking, my life improves.

Whenever I do not do this, for whatever reason, my life goes downhill fast.

I know the title of this book implies to continue to stay fat and not do anything about your situation. But that is not what I want for you and not what I want for myself. I want to get leaner. I want to get in better shape.

But what I really mean is that you are where you are right now. You have to live in the reality of your current state. You are not going to lose all the weight you need to lose that quickly

It is likely that you have been carrying excess weight for years.

You have grown accustomed to this weight and know how to handle it. Your body is used to this weight and holds onto it. Your lifestyle is built around carrying a lot of weight. You are living in a manner that works for you now. It may be mediocre, but it is your life the way it is currently.

You will need to make very large changes in your lifestyle to lose a large amount of weight quickly. You may have to change everything about your life,

even what you like.

But that type of lifestyle change is beyond the scope of this little book. The goal of this book is to help you do some simple things to look better now, feel better physically now and feel better mentally now about your life right away. Now.

Life is lived day by day and minute by minute. You need to enjoy those days and those minutes. You cannot wait to live until you lose a large amount of weight. You need to live now, today.

This book includes simple ways to do just that. If you start doing these things and living this way your life will improve. The more your life improves the more likely it is that you will lose weight.

Let's get started with some simple tips to improve your life now.

1. Get Some Sun

You cannot look good or feel good without some sun. The sun is life giving. We all need to spend time outside. We need it. You not only look better with a tan, you will feel better. Spending enough time outside to actually be somewhat tan is the key to your looking and feeling good.

Not baked in the sun for hours. Not getting sunburned. Not overdoing it.

But enough. It is up to you to decide how much sun you need. It is not up to the pale people and idiots who look terrible and pale and unhealthy. But what is obvious to anyone is that everyone needs to be outside. Your life will not be good if you are never in the sun. How can it?

Get some sun. Getting outside for 15 or 20 minutes a day with as few clothes as you can get away with is healthy. You are not going to die from a being in the sun for a few minutes. You do not need sunscreen to spend a few

minutes in the sun. The only ones who seem to benefit from all this sunscreen use are the sunscreen manufacturers. If you need to be outside for many hours, wear a big, broad brimmed hat, long sleeves, and long pants and get in the shade.

Where I live in the Wisconsin it is extremely difficult to get outside for very long in the winter, so I try to make up for it the rest of the year. But I get outside with my shirt off and my sweat pants rolled up as soon as I can in the winter. When we get those 40 degree days in February I go outside. I leave my socks and shoes on and just roll up my sweat pants over my knees. Then I take my shirt off and put something warm on the chair to sit back on. I keep my deck clear of snow so when those days come I can just get outside and not have to deal with the snow.

Get some sun. You absolutely have to spend some time in the sun to feel better and look better. It is not really the tan. It is the color and the look of a man who is not afraid of being outside. The mainstream media says to avoid the sun at all costs. It is almost as if you will die after being in the sun for 10 minutes. I do not believe in all that. Everyone looks better with a little color. Not leathery though, just tan. Even if you are fair skinned, the color and freckles you get from the sun will make you look better.

Think of it this way. What if some end of world event hits and you are stuck out in the desert. Wouldn't it be better to have been used to being outside before this event happened?

The problem with getting a tan is the boredom of sitting in the sun doing nothing. I get around this by doing something else while I am outside. I read, nap, make some calls, think, write, eat or drink instead of just sitting there. Most men have an incredible amount of things to do. Sitting in the sun takes too much time without doing something else. I do like to be outside at the beach or on a boat, but that just cannot be done all the time. The sun is free. There is no cost.

Give some thought to your housing to make sure you have easy access to

being in the sun. I live in an apartment now with a deck off my dinette that has full sun until nearly 5:00 p.m. If I hustle home from work I can be in the sun for almost an hour.

Once you start getting a tan people will annoyingly tell you about it. They are trying to make you feel guilty about it. Nosy busybodies have no place in my life. When I have to listen to their useless opinions and they expect a response I usually say I was golfing or working outside to avoid all their stupid comments about my tan.

2. Sleep More

Sleep more and sleep better by making sleep a priority. Sleeping more is absolutely critical to feeling better. You can do everything else right but if you do not sleep enough it will not matter. When I was married I never slept for 8 hours a night for more than 2 days in a row. My wife was a night owl and I had to get up early for work. My job started at 7. She always wanted me to stay up and do projects around the house with her. I would try to go to bed early when I needed to but she would be up late beating and banging on things and making too much noise for me to sleep. After I left her I spent nearly 3 months sleeping as much as I could in order to feel good again. If you do nothing else, make sleeping a priority. This is your life we are talking about.

Take a nap as often as you need to. You look tired because you are. You look worn out because you are. You look exhausted because you are exhausted. It is not eating better or taking vitamins. The solution is to sleep more by going to bed earlier and sleeping in longer and taking naps until you look and feel better. You may be so sleep deprived that it takes many months or longer to see the results. But the sooner you start the sooner you will look better. It is not your duty to die young from lack of sleep. You are not fooling anyone.

You will know you are starting to feel the effects of being well rested when you start getting up consistently before your alarm clock rings. The other sign that you are well rested is that you will wake up hard and you will be more easily sexually aroused. The more you sleep the more testosterone you produce.

3. Lifting Weights and Exercise

Exercise in a manner that you can handle. When you are fat, exercising a lot is very difficult. Excess weight makes exercising for long periods of time torturous. You hurt. You will hurt for weeks after a big workout session. You will get injured more easily. You cannot compare the time you spend exercising to that of an in-shape person or elite athlete. I know a man who was an Olympic athlete. It is not unusual for him to exercise for 6 to 8 hours a day on the weekend. He works out for at least 2 hours even on work days. But that is him, not me. Aside from the fact that my body could never handle that regimen, I would find that much exercise boring. I have so many other things I want to do.

My favorite exercise program for this time in my life is to lift weights very heavy and intensely only 2 times per MONTH at the most using The Static Contraction Training method developed by Pete Sisco. This method of lifting is hard, heavy but safe. You feel it for days and your muscles and strength grows enormously. You are a serious weight lifter and bodybuilder without letting it take over your life, sapping all your time and leaving you at risk for the horrendous injuries that big time bodybuilders endure. The best part is your body responds to this type of lifting by your muscles getting much bigger. You look much better with big muscles. You can learn more about the program here - <http://www.personal-development-for-men.com/pete-sisco.html>

I also walk as many times as I can each month. My goal is to walk 20 times per month. The lengths of the walks vary from 20 minutes in the days after a big lifting session when my body is still very tired and sore to a more normal 30 to 45 walk. In the better weather I will walk an hour or more in a scenic area. I will go on much longer hikes and walks when I am traveling. Since I love to travel, being in good walking shape is very important to me.

I sometimes do some sprinting. You may want to experiment with that. Sprinters have some of the best bodies in the world. I cannot recommend long distance jogging. It just seems to be too hard on a big man's body. I also cannot recommend biking. The hard seats on a bike will cause lots of problems with your testicles. Maybe a little bike riding for a change of pace or for fun. I think all the bike riding I did as a teenager affected my testosterone levels.

4. Facial Hair

Start growing some facial hair. Any facial hair is better than none. A mustache and chin beard is still the best look. All the most handsome celebrities are constantly experimenting with and tweaking their facial hair.

You need to get a beard trimmer so you can keep that beard nice and trimmed up and try different combinations. The big, bushy look is not what you want. If you have a job where they expect you to be clean shaven you can at least grow your sideburns.

Of course, if you have a job where you have to be clean shaven all the time, then you are basically a slave to your job.

Another way around this work/clean shaved problem is to not shave on Thursday through Sunday. Then you have the stubble that women love so much for the weekend and you are clean shaven Monday through Wednesday for work. No one will really notice your stubble on Thursday and by Friday no one will care.

I like having some type of facial hair. I enjoyed those first few wisps back in my early teens and then was always growing it during high school and college. It was just a fun thing to do. Something the guys were always working on and commenting about.

But I always shaved it tight whenever I was going to go out on the weekends. I mistakenly thought I looked better clean shaven. I guess I was following the tired old advice that people trust men who are clean shaven.

This idea is one of the stupidest ever.

You never see a politician, banker, CEO, military general or talking head in the media without a clean shaved face. Yet these guys are the worst liars and scum of the earth. If they are not directing the slaughter of innocents, finding ways to tax and regulate us out of existence, they are apologizing for the ones that do.

It is hard to believe that any rational person on earth can be swayed by a lying, clean shaven face, but it happens every day.

Now, when you look at one of the smooth talking, clean shaven faces you will see what I see, a liar who will do anything to increase his power.

Of course, facial hair does not make you honest.

All it does is make you look like a man. Since that is the essence of this book, that is what I am trying to explain.

The more you look like a man the more you will attract women.

Women love men with some facial hair as long as it is carefully groomed and not too overgrown. You need to carefully plan how you use your beard, mustache and sideburns to your advantage.

I think they love it because it makes you look like a man and they cannot grow one although I did spend a wild night long ago with a cute girl with a little stubble on her chin.

You need to be careful around people who insist that you not have a beard. This usually means the person is a control freak who will think nothing of insisting you look the way they want you to look and doing what they want you to do.

People like this are no fun to be around. People like this will make your life a living hell.

My high school basketball coach insisted we not have beards. You would not play if you showed up with anything on your face except a smile. To him, your skills on the basketball court meant nothing. Of course, I had no skills in basketball anyway and did not play, but I still kept a clean shaved face to satisfy his lunatic ranting's. But even the all-state starters shaved to keep him happy.

My wife also insisted I keep a clean shaved face. If I ever let it grow a little on the weekends she would get all upset and say it caused her face to break out.

One time I had a Thursday and Friday off from work. I let my whole beard grow during that time. She did not notice for some reason. On Sunday I shaved except for my mustache. We had a family get together with her parents that day. I just kept it for fun, planning to shave it Monday morning for work.

One hour into the drive to her parent's house she noticed my mustache and flew into a rage. She spent the next hour berating my thoughtless behavior and screaming how her father could not stand a mustache. I tried to point out it was my face, not his, but she wouldn't listen. She even told me that I should find a place to shave before we got to her parent's house.

One more reason I left her.

It was my face after all. I should be able to grow some facial hair when I want.

Go ahead and grow whatever type of beard you want. It is your face. Not only will you feel better, more like a man you will look better.

Grow your facial hair. You will not be mistaken for a girl if you have some facial hair. This is one of the easier fixes. You may have difficulty growing a really great beard, but you can just work with what you have. Having facial hair of some kind automatically makes you look more alpha. This is critical to you if you have a rounder, softer face because of excess weight or if you have more of a baby face. You need facial hair to toughen up your look. A man needs to have a tough look. Facial hair is a tough look. The reason it is tough is because it means you do what you want.

Only men who are afraid of standing out want to always be clean shaven. You want to stand out. You do not want to blend in. Be more alpha and stand out. Alpha males do not blend into the crowd. They do not look like young boys with a clean shaved face. It is your face. You can have it how you want.

Now a few words about body hair.

I know body hair on men is not what you want to hear. But you must. I do not really enjoy talking about it but if you have a lot of body hair this is something you need to read.

You have to keep it under control. Start with some trimming and maybe even shave some parts of your body.

You do not want to be one of those guys with extremely long wispy hairs sticking out of your shirt collar.

You do not want to have an unruly snarl of hair on the back of your neck or anywhere really.

I remember sitting on a beach with my brother years ago. It was a really cool day so no one was really swimming that much. We were talking when we saw what looked like a bear come wading out of the water.

It was not a bear, but a very hairy man. The hair on his back must have been nearly a foot long. It was incredible and not in a good way. We looked at each other and laughed. I mean it was totally ridiculous.

The best looking men take the time and effort to maintain everything, including the hair on their bodies. It is only the men without a clue who let it get out of control.

You want to have a clue. You want to be in control.

You are not a caveman anymore who needs the hair to keep warm. It doesn't even really do that anyway. Besides, in caveman days they did not have sharp razors or electric trimmers, now we do.

You shave your face and keep that tamed. You cut your hair so it looks nice. You wear nice clothes to look good. You brush your teeth. You clip your nails. You work on yourself in every area you can. You have to take that final step and trim, trim, trim.

Just get a decent clipper. They do not cost that much. I started out clipping with a scissors but finally broke down and bought a \$30 clipper. It works great.

Women like the look of less body hair. When you see a guy with a lot of long body hair you always wonder what he is thinking. It just does not look good.

A small amount of closely trimmed body hair is the most flattering look.

The modern clippers work well. It is not that difficult or time consuming to trim your body hair. The only real problem is trimming that part of your back where your arms cannot reach. You will need someone to do this for you. That part is somewhat embarrassing, but it must be done. I do as much as I can by myself and then have my teenage daughter trim my back. She complains a little but it only takes her a few minutes.

The best tip for doing this task with minimum cleanup work after is to do it outside. Then the hair just blows away. If you trim in the bathtub your drain will get clogged eventually.

I like to keep my body hair under maximum control in the summer. But

you are taking off your clothes year round, so you have to do this all year.

You need to especially trim and shave your private parts. The reports I have seen from women all say that women prefer your pubic hair trimmed close. Having too much hair around your genitals not only makes everything look smaller, it makes your penis and testicles smaller because the hair takes up even more room in your pants. A big, unruly mess of hair competes for room and it will win.

Trimming and shaving your body is easier for men than women. You do not have to be overly concerned with doing it perfectly or evenly. Just be concerned with getting it under control and reducing the volume. No one is judging you. This hair will grow back fast so if you trim it unevenly, so what. The main thing is to reduce the volume of hair.

You are lifting weights, eating better and your muscles are starting to get bigger and more defined. You do not want a bunch of body hair to cover up what you are working hard for. Get out the clipper.

5. Wear Correct Clothing

Throw away all your bad, ugly clothes.

Period.

Men seem to accumulate all kinds of ugly shirts over the years. Mostly as gifts, impulse buys and giveaways from events you attend. Do yourself a huge favor and just throw them away. Do other men a favor by not giving them to charity either. Throwing ugly shirts away is free to do but does cost more to replace your ugly clothes with good clothes. A better, easier, less expensive way to have a great wardrobe is to not have so many clothes.

You only want to have good clothes in your home that look good on you.

Tight Pants and Tight Underwear are no good.

If you are a fat man your legs and ass are large and take up all the space in your pants. The lack of room in your pants takes up all the material and squeezes your private parts. I believe that wearing tight pants for most of my life has put a tremendous amount of pressure on my genitals. I believe that this makes a man's genitals smaller and may decrease your testosterone production. The penis and testicles are basically bags of blood. If your pants are too tight, the material will force the blood from your penis and testicles and back into your body. Even if wearing tight pants does not lower your testosterone and makes your genitals smaller, it is a very uncomfortable way to live.

The solution is to never wear tight pants and underwear. This is more difficult than you would think. Pants are just not made right. You really need to spend time (and money) on the correct fitting pants.

What in the world do I know about fat men in tight pants?

I am a fat man and I have been searching and researching and studying testosterone for years.

I cannot remember if I was a fat baby or not. I think my baby pictures showed that I was fat. Maybe all babies are a little fat.

But I was fat all through grade school, most of high school and most of adulthood.

I think that being fat is a huge cause of low testosterone in men. Eating the wrong foods and carrying extra weight is not good for anyone.

But I think a totally misunderstood problem is that the clothing fat men wear contribute to low testosterone. It is not just eating too much of the wrong foods and getting fatter.

The misunderstood problem is that a fat man has to deal with too tight

of pants and underwear.

This tight clothing squeezes your testicles and your penis. These organs are just bags of blood. The more pressure that is on them for longer periods of time, the smaller they will stay and the smaller they will become.

Then the smaller they are the less testosterone your body will produce and the more likely it is that you will gain weight and make it even harder on your testicles and penis.

As you produce less testosterone, it becomes harder to get leaner and more difficult to build muscle.

It is a vicious circle that is never discussed.

But it is a valid hypothesis because I can see how this has worked in my life.

I was always dissatisfied with the size of my private parts. They worked. I have had lots of sex with different women, masturbated very often, and still do, and I even have children. An average sized penis and small testicles will not make you childless.

But it will cause you embarrassment.

It will make you less of a man.

You will already look smaller because you have a larger body. But part of the cause of your penis actually being smaller will be because your pants are too tight.

The simple immediate solution is to wear loose pants and underwear.

I am thankful that we never bought the tight white underwear for my son that I wore all the time up until I left my wife.

I even wore this tight underwear to bed for most of my life.

The first step any man, especially a fat man, needs to take to start to

increase his testosterone is to throw away ALL your tight underwear and probably your too tight pants. You need to wear loose fitting boxers. Not snug boxers, or boxer briefs, loose. Do not get the cheap kind at Wal-Mart of anything made with polyester. Get good kinds at the Department store or on-line with an elastic band on the top and all cotton. Make sure they are loose. I cannot recommend you go commando that much. This may be better for your penis and testicles but it is not good for the seat of your pants if you know what I mean.

This wearing of tight underwear is a real problem. I was even reading about how one of the giants of the penis enlargement industry experimented with wearing very tight underwear for a number of months and he actually lost many inches of size. I was not surprised.

Just as important as wearing loose underwear is loose pants. For some reason we want to squeeze into the smallest pant size we can fit into. Yes, you can squeeze into these pants but your penis and testicles will be squeezed way too much. They need room, they need space.

You need to have lots of room when you sit down and even when you stand.

I think that most fat men have been stuck wearing these tight pants all these years because bigger sizes of pants and underwear are not readily available in most stores. When I was growing up it was rare to find pants bigger than a 36 waist. So, that is what I got, a 36 waist. I could barely squeeze into these pants and they squeezed my private parts way down because there was just not any room. How could there be any room for my penis and testicles, the pants were already too small and my thighs and butt were huge from a combination of my massive leg muscles and extra fat.

Since I have been doing penis enlargement myself for a number of years, I am much larger than before. I am very careful to wear loose pants and to sit in a way that does not put pressure on my private parts. I really notice whenever I do not do this and am irritated at myself or the circumstances when

I cannot wear the proper clothes or take the proper time to sit correctly.

The way you look and feel in your clothes may be the biggest of the fat man challenges.

It is difficult to find clothes that fit at a lower cost. If you have unlimited funds you can get your clothes tailored or buy more expensive items. But this is not true for most men. I am working on earning more to make buying more expensive, better fitting clothes part of my lifestyle, but presently, what I want is not affordable.

Since you weigh more, your shoes will wear out quickly. They may look good on the outside but your feet and lower legs will tell you that the support is gone. Good shoes are very expensive. Even cheap shoes are expensive when you are replacing them very often.

Throw out the clothes that make you look bad. You have to do this. I know it is hard to throw out clothes you spent money on, but you have to. You will be tempted to wear the ugly clothes. It is easier than doing laundry all the time and cheaper than buying new clothes. But wearing better clothes is what good looking men do. You never see good looking men in ugly clothes because that is part of the reason they look good. Celebrities, entertainers, sports stars and male models all look better because they always are wearing good looking clothes. Women really notice how men dress. If you continue to dress poorly, they will continue to not notice you. They will not give you a look.

Wear boots. Think of it this way. You love to see women with the cute, small, sexy feet in revealing shoes. This is more thrilling to men. High heels, small slippers, sexy sandals all look great on women.

But small, lightweight, thin shoes just look foolish on men. It is a more womanly look. This is what you don't want. Buy boots from Timberland or a great store like that. They are expensive, no doubt, but how you look and how you feel is critical to looking more alpha.

I am talking about the ankle high, all leather boots. Not work boots, but

casual boots.

These boots should work year around, except when you are wearing shorts, of course. You should be able to stand for long periods of time in these boots. You should be able to walk for long distances. They should be very comfortable and very durable. They should look good, but more importantly, look tough. You should be able to walk through the toughest terrain, cobblestone roads, woods and trails.

You should also think that you can kick someone in a street fight. How will you do that in flip-flops or hush puppies? Be more alpha with your shoes.

Wear contacts. Men who wear glasses just do not look that tough. It is nearly impossible to find good looking glasses especially for larger men. The little glasses on your gigantic head look ridiculous. It even seems like a gayer look if you are still young.

Wear contact lenses most of the time. This is a very good way to automatically look better for anyone. I just cannot think of one movie I have ever watched where the leading man wore glasses, it just does not happen.

The reason is that it is nearly impossible to look good wearing glasses. The movies always have the men they want to look foolish, wear glasses. I know it is superficial, shallow and stupid to think this way, but it is the way it is.

My life turned for the better the day I started wearing contact lenses back in high school. My life always seemed to spiral down the more I wore my glasses.

Do not wait to buy nice clothes. What you do not want to do with clothes is wait to buy nice clothes until you lose weight.

You have it backwards. You need to buy now clothes now. Clothes that fit your body now. Buy clothes that look good on you now.

Waiting for anything never helps you. It only hurts you. You need to see

your life as good now.

Thinking that you will buy nice clothes when you have lost weight is not the way to do it. What if you do not lose the weight you want to lose? What if you lose some weight but still do not fit into the clothes you want? These are a lot of what ifs. This happens.

The better way is to be buying new clothes just for you that look good on you now. You need to spend money on your needs now and new clothes are your needs.

This does not need to be that difficult. You do not go out all the time. You do not need dozens of shirts and pants. You only need a few good clothes, not a closet full of bad ones.

If you buy something good today at the size you are today, it will still fit well after you lose 10 or 20 pounds. So you will get some use out of it.

What I hate about waiting for anything is just that - you are waiting to live. You do not want to wait to live. You want to live now.

Quit waiting. What are you waiting for? Death? Waiting to die is not living.

6. Buy Things for You

You need to spend most of your money on you, not others. If others want something let them earn it. You need to go after what you want and that takes money. Start spending the money you earn on what you want and need to improve your life.

Get a haircut. Too many men let what is left of their hair get bushy and unkempt. I know I let this go way too often in my life. I did not like the time it took to get a haircut or the cost. I figured that the less often I went in the more

money I did not spend and the more time I would have. I was really wrong. Once you get in the habit of getting a haircut every 3 or 4 weeks you will see that the way you look will be worth the extra dollars.

When you go in this often, it does not take the barber or stylist very long to cut your hair. Men look better with a nice tight to the head haircut especially as you get older. Unless you are in a rock band, long hair just does not look good.

The tighter the haircut you have the more manly you will look. It is just like how a woman looks better and better the longer her hair is. A man looks better and better the shorter his hair is. There are some men who do look great with long hair, just not that many. I prefer to go with what works rather than what may work. Getting haircuts often does not really cost that much. This is a technique that only costs a little more than what you are already spending.

It is pretty simple what an alpha male buys. It is whatever you decide you want.

This is not a complicated algorithm or a theory. This is not the only thing an alpha male does differently, but it is an important shift in your life that is satisfying and fun.

An alpha male buys whatever he wants, whenever he wants it.

A beta male spends the vast majority of his money on other people and what other people say he should buy.

You are the one working aren't you? You are the one spending your time, your energy, your life making a living. You are the one attracting money to you. You are the one people are giving money to because of your efforts. You are the one accumulating resources.

It is all you.

Why would you think that the money you acquire should go to someone

else?

But that is what happens to most men. But not alpha males. An alpha male buys what he wants.

Just look at what a typical man does. If you are married or have a steady girlfriend, you will be spending most of your money on her and what she wants. You will buy the house she wants. You will buy the car she wants. You will buy furniture and home furnishings that she wants. You will take the vacations she wants.

You will push all of what you want deep down inside until you do not even know what you want anymore.

If you have children, you will be spending most of your money on your children. Your wife will be the major cause of you spending all your money on your children. Private schools, camps, nice clothes, electronics, whatever your children want or whatever your wife thinks they should have.

Even if you are neither married nor have children, you will feel tremendous guilt for any money you spend. You will be pressured constantly to buy things you do not want or need. There will be a constant stream of people with their hand out expecting you to pay for what they say.

I know that even when I was doing well in the years prior to my marriage, I felt tremendous guilt buying what I wanted and often denied myself. I can still see the things I wanted and did not buy.

Instead of buying the car I really wanted at that time, which happened to be a new 4-wheel drive Ford Explorer. I bought the safe and lower cost Honda Accord. The Honda was a good car and served me well, but it was my second, safer and more sensible choice.

I had the money for the Explorer. It would have been cooler, more fun and more me, but I settled for the Honda. I could not spend my money on a great vehicle that I really wanted, even though I could afford it. I was not

thinking what an alpha male buys at the time. I only thought, what will other people think? That car is too much. The Honda will last longer, it is more practical. But you see even years later, I still regret it.

I put a lot of my money into savings, stocks, bonds and mutual funds. I then used all this money to buy my first house for my wife and have never been able to accumulate anything close to that since.

Like I said, I had quite a bit of money saved in various forms. I could have lived a little more lavishly at the time. But I was intent on stashing money away for the future. This future came and went with the money spent but not on what I wanted.

An alpha male does not think like that. An alpha male buys what he wants and will spend a large portion of his money on what he considers fun at the time. This could be a better, newer, cooler car that fits his personality and his lifestyle.

An alpha male buys the house, cars, furniture and home furnishings he wants. He travels where he wants. He does what he wants.

It could be a better place to live in a better location. When I was single I lived in a big City. I chose to live in a mid-range outlying area. The area was fine. It was fairly safe and fairly convenient. But it was not fun. There were bars close by but not the ones I would go to and not ones where women would frequent.

I chose this area because it was less expensive than the downtown areas that were more fun and offered more nightlife. Since there was no nightlife where I lived, I only enjoyed this once in a while. I would either take a chance on the drunk driving or make expensive arrangements.

The point is that if you are a single man who wants to meet women, it is better to live closer to where the action and nightlife is. It is so much easier when you can just walk to the best bars or if they are a bus ride or very short

cab ride away.

I rarely bought the clothes that I looked best in. I always was looking for something cheap. If I ever did buy something more expensive, and of course, a lot better, I felt guilty for it and did not wear it that much because I wanted to save those clothes for the future.

I did not get my hair cut very often. So I looked great after a haircut, but as the weeks went by when I really needed a haircut, I looked shabby and unkempt. I wanted to avoid the cost of the haircut. An alpha male buys an inexpensive haircut as often as necessary to keep looking good.

I did travel somewhat but I did do it on the cheap. I know there were lots of times when traveling that I did not do things I really wanted strictly because it cost too much. I ate cheaply instead of in nicer places. I stayed in cheap hotels. I did not let loose and drink a little more to save the cost of alcohol. I did not go on the side adventures, tours or spend on the admissions to see great things. I certainly did not tip well. Worst of all, I did not travel as much as I wanted because I did not want to spend the money.

You can see that spending money on yourself is not only what an alpha male buys, but how to improve your life in a massive way.

Why do you think that continually denying yourself things is a good thing?

It makes no sense once you really think about it.

What is the sense of working, making a living, spending all that time and all that effort and not buying what you want?

It makes no sense, because it is not sensible. It only makes sense if you think poorly of yourself or are a beta male and are thinking like massive amounts of people think.

This is not how I am living anymore. I write out my lists of the things I want. I go to a lot of effort to make a living and I want to see and experience

buying what I want. I want to buy what I want to buy and do what I want to do. I do not want to spend my money on other people. I do not want to defer my happiness to the future.

Of course, I do have children and care for them. It requires a lot of money. But along with taking care of their needs and wants, I also consider my needs and wants. I spend on all of us.

Besides, your children will grow up, make their own living and then buy what they want. If you give them everything when they are young, what will they do when they grow up? They will not have as much of an incentive to create a better life for themselves.

If they look to you as a model, they will feel the guilt to deny themselves also. They will continue down the path of feeling guilt for doing what they want with the money they earn. That is not right. But your children will learn from you.

My kids see me buying the types of things I want now and how happy I am when I buy those things.

As I earn money I buy things on my list. Each time I buy something I really want, I enjoy it thoroughly and am so grateful that I was able to cast off those old stupid, beta male, beaten down tired ideas of not getting what I want.

I am enjoying my life now. My life is great now. Each time I buy what an alpha male buys, things like nice clothes, information I can use to make my life better like looking better, a haircut, good food, a meal out, fitness club membership dues, my internet connection, rent in a nice place, gas, vehicle maintenance, drinks out, internet dating site access, dates and fun of any kind, I am happy.

It is not money gone anymore to me now. It is money spent on making my life better. Buying what an alpha male buys is one step to being more alpha and a huge step toward improving your life.

You only have now. You have to find a way to enjoy your life now. You need to be able to spend a good chunk of your money buying and experiencing things now.

7. Do What You Want

We are trained from an early age to ask permission. We seem to spend the rest of our lives asking for this and requesting that, raising our hand to do anything, even going to the bathroom.

But is this any way at all for a man to go through life?

No. If you want any kind of a life at all you never ask permission, you just do.

Instead of thinking that this is some ingrained habit that you were forced to endure, think of children in a school. If the teacher did not have the children ask permission to do everything, the teacher would have had to really work hard. Instead the teachers normally lazily sat at a desk and barked enough orders to keep the little ones in line.

You are not little anymore.

You are a man and you need to do what men do.

Men don't ask. They do.

You have to get out of that childhood mentality and habit. I was a victim of this when I was married. I let my wife take over until I was asking permission to use the bathroom. It seemed like I could never do anything without clearing it with her first.

If I didn't get her permission first, she would make my life a living hell afterwards. I learned that in order to get along with her I had better ask her

first to make sure it was okay.

Sometimes I would ask, get approval and then after I would do it, she would change her mind and still be upset for me doing what I wanted to do. It was me doing what I wanted to do that seemed to enrage her the most.

Just like a teacher who gets upset at her students who do what they want to do.

Is this the way you want to live your life? Is this how you want to be? Do you enjoy being told what to do? Do you like to ask permission? Do you enjoy groveling?

No.

I thought not.

You have to get back to being a man. You have to forget about asking.

It is not easy. The entire world is set up for you to have to ask. Ask for an interview to get a job. Ask for time off when you get a job. Ask for a raise. Ask what to do. Ask for more time to finish. Ask, ask and ask some more.

It is maddening. That is life until you realize that you can just stop asking. You quit asking permission and you start doing.

Try it. Instead of asking a girl for her phone number say give me your phone number. Instead of asking your boss for a raise; improve your finances by starting a small business. Instead of asking your girlfriend for sex, pick her up and carry her into the bedroom. Instead of asking your wife if you can do something you want to do, just do it.

Do what you want to do. You are not here to do what others want you to do. Forget others. No one will be that happy with you for doing what you want. They do not care about your happiness. Only you care. If you wait for approval to be happy, you will never get any.

Did your parents encourage you to go out and get wild with your

friend's? Or did they prefer that you stay home, watch TV with them and stay safe?

Did your girlfriend want to get into the crazy sex ideas you have or does she want to be more normal?

Does your wife support your business dreams or does she insist you stay in your normal boring job?

I know this is hard. Your whole life has been based on doing what you are told. But look at where you are. Are you living the life you want? You are fat and out of shape because you are trying to do what other people want you to do. You are in a job you hate, so you eat. You are married to the wrong woman so you eat. You grew up in a home where everyone ate too much. You learned to eat to cope. You were bored in school so you ate when you came home from school. You are in all kinds of groups, clubs and activities that you do not like so you eat. Your life is boring and when you are bored you eat.

Can you see why your life is not how you want it and why you eat too much? You eat too much because your life is not how you want it. The cure is to make it how you want it.

Have more fun, be more relaxed and do more of what you want to do. You do not have to carry the weight of the world on your shoulders. The world has been here a long time and has been fine. It will be fine long after you are gone. Your main concern is to enjoy your life. Be more of a man and have fun now, enjoy your life now.

Lose the guilt. If you are actually guilty of some terrible crime, just confess. But if you have done nothing wrong, then you are not guilty.

Gain more free time for yourself by being more organized so that you have more time to do what you want to do. Any time and effort you put toward simplifying your life will pay a ton of dividends with more future time. It is a productive task.

Actually go to places where the women are. Alpha males go to the women. You need to get out more. You need to spend quite a bit of time where women are, both on-line and in the real world. You can only attract more women if there are women to attract. No women equal no attraction and a nonexistent love life.

Act with more boldness. The more you start to act confidently the more you will actually be confident. The more you act like your life, your needs and your desires are the most important thing in your life, the more likely that you will get the things you desire and the more your life will improve.

Don't wait to do these things. Start now, today. You can be a fat alpha male, there is no sense waiting to lose weight, finish school or get through anything. Waiting for anything, anyone or any reason does not help you. You start getting a better life as soon as you start doing what an alpha male does.

All these methods are ways to change your behavior and your mind. You do these things to develop an alpha male look to attract women easier to you. Women are drawn to men who do these things to be more alpha. The more you do things and the more you change your ways the better all aspects of your life will be.

8. Forget Others

The easiest way, maybe the only way, to make massive improvements in your life is to find out what you need to stop doing. It is not always about doing something, sometimes it is about the stopping.

I have come to this conclusion because it has just become so obvious that the harm that a person does to himself and to the world is caused by doing things that are harmful, duh.

So why don't we just stop? Why don't we leave bad situations? Why do we stay and struggle and stay and fight?

That is what I am telling you, just stop.

It is very easy to stop once you start the process.

The problem is in the starting of it. We are just so conditioned to never stop.

It is a built in mechanism, ingrained in us to never stop, never quit, and just keep going. This is the idea that quitting is for losers. That winners never quit.

We are led to believe that in order to have courage we must never quit. Sometimes the most courageous thing to do is quit.

Do you remember No Mas? This was when Roberto Duran quit on his fight against Sugar Ray Leonard. He was ridiculed for this. In everyone's estimation he should have just gone back out to finish the fight.

Maybe he quit because he was getting the crap beat out of him and he did not want to risk getting his brains turned to mush or dying in the ring.

Maybe he thought of spending the rest of his life as a vegetable. Maybe he thought of his family seeing his lifeless body lying in the ring.

Sometimes the people you admire the most have quit some terrible situation or circumstance they were in.

What do you think about when you are doing something to yourself that is making your life miserable?

I know when my wife was giving me a vicious lecture that I was thinking of suicide. I was thinking that I just wish she would die.

I was not thinking that this is just such a great situation I am in and that I should just shut up and listen to her lectures and tirades. I wanted it to end.

This is what I mean by stopping. I stopped letting her slowly kill me by leaving her. My level of awareness of how the power of negative repetition was

harming me allowed me to make the decision to leave. This was the best decision of my life, and the hardest. I cannot imagine anything being more difficult.

This is what I mean by stopping.

Stopping smoking.

Stopping drinking or drugs if it is too much for you.

Stopping managing stress by overeating.

Stop the waste of time of watching too much sports and television.

Stop doing what you have always done. You are not your past, you can make massive changes for the better and you can start in an instant.

Stop waiting to lose weight to start living. Live now, even if you are fat. Work on fat loss, but more importantly, work on having a good life now. Start living now. Have enough self-respect to realize that enjoying your life now is the most important thing you can do for yourself.

Stopping the believing that the government is a good thing. My view on the government is that people live and prosper in spite of the government not because of it. If you are honest with your thinking you will agree with that.

Shifting your awareness from the government to yourself will automatically increase your freedom.

Say to yourself that the best things that have happened to you have been you're doing. My best decisions were things I decided on, not others. Other people had nothing to do with the best things in my life. Other people and groups have only served to hurt me and slow me down and fill my head with bad thoughts.

The only reason that the government does not have things any more screwed up is that decent people are involved and continue to do enough

decent things to make it right.

My view is that if government did not exist, the amount of good would be so great that the world be just be unbelievably great.

This world starts with you having enough self-respect to do what you know is right for you.

You want to be a normal guy but with an edge. Take the power back into your hands.

9. Think Big, Not Fat

It is not going to help you to think negatively about yourself. Quit thinking of yourself as fat. Think of yourself as big. As in big and powerful. As in big and strong. As in big and able to do what you want. That is the way you want to live your life isn't it?

You are in charge of it. You can choose to enjoy some big meals if you want. You are free to push around massive weights and have huge muscles. When you have had an awesome workout or have skipped some meals or ate lighter for a day or two, then you can indulge in a giant meal.

You can choose to be a man other men are afraid of.

Big men are powerful. Big men are strong. Big men can have a great life.

Big men can be with hot women. We see this all the time. Big football linemen are with very beautiful women. It is not just the quarterbacks and wide receivers who get all the girls.

You need to think big, not fat.

And as a big man, you do big man things, not fat man things.

A big man spends time in the weight room developing and maintaining

big muscles.

A big man does plenty of sleeping so he feels great all the time.

A big man does some walking and cardio work to be able to move around as much as he wants.

A big man does not continue to eat when he is full. He doesn't overeat all the time. He wants to do things and he knows that overeating all the time will not help that.

A big man is just a man after all.

Here are some big man advantages for you to consider:

- People will be afraid of you. You are not likely to get into fights if you are bigger than everyone. You can cultivate this appearance by wearing the tougher looking facial hair and developing even more muscle.
- People will assume you are strong.
- Some people will look up to you.
- People will not expect you to do things that small men do, like run, or work physically for really long periods of time. These types of things are not any fun anyway.
- There are sports that are for big men, like football, lifting weights, rugby, the shot put and the discus. Most people love football, so just being a part of it is good.

You have to use being fat to your advantage.

How might you do that?

Think of yourself as big and do what big men do. Big men play football. Big men work as bouncers at bars. Big men lift weights. Big men make people scared. Big men can be counted on. Big men can be fun. Big men are not thought to be smart. If you are, you are surprising. Big men get rich. Big men

live their life in the way they want to live it.

Do you get me? Be a big man, rather than a fat man. You act and come from a big man perspective.

Women like big men. Maybe not all women and maybe not all big men. But enough women like bigger men for it to be a trend.

As a big man you are not going to be expected to have six pack abs. Getting those is really difficult. Even the men who have them have a difficult time keeping them. Keeping six pack abs has to be your life. Everything else has to fall by the wayside.

You have to eat perfectly all the time and exercise constantly. It hardly seems worth it. What is worth it is eating less, exercising a little more and just reducing the volume of your stomach. Just getting it a little smaller will help your life.

A better, easier way to live is to just work on getting somewhat leaner than you are now. Losing a few pounds always helps you.

The classic example is when you are constipated. You feel all bloated and sluggish. Your stomach is full and rounded and your pants are tight. Then when you finally release all that waste and you have a giant bowel movement or two, you feel good again. You have lost maybe a pound of waste and stored water and you feel immeasurably better. So, just losing a pound of weight will help you. Find ways to eat less and be a little more active than you are now. Skip a meal once or twice a week. If you normally eat snacks, skip then. Cut back on a few meals. This will not hurt you.

A great way to feel a lot better and get a little slimmer is to go to bed really early. Sleeping a few extra hours will help you. You burn a lot of calories when you sleep. Plus you eat more when you are tired. Instead of eating a bunch of junk food at night when you are relaxing or pretending you are doing something productive, just go to bed. Think of how this will keep your weight under control.

You cannot continue to under sleep for months and years at a time and expect to be healthy and have any hope of losing weight. At one time doctors prescribed bed rest for obese patients. They just had people go to bed and sleep much more than they were. You would eat a lot less of course, not more.

It is so much easier, and cheaper, to eat less than it is to exercise more.

Exercise is important. But eating less is more important for losing weight.

I remember reading a bodybuilding article and the pro bodybuilder was saying that eating was more important than lifting for gaining muscle. Of course, that is pure nonsense. You will not gain any muscle without lifting in some manner.

But that is what is put out there. You need to turn the ideas around and examine them.

10. Improve Your Testosterone

Increasing your testosterone levels. Women with higher testosterone levels are not that desirable. These are the women who are more hairy, with deeper voices, larger chin, stockier bodies and who seem to be more aggressive and seem more like men.

But what is bad for girls, is good for you. The higher your testosterone levels the more of a man you will be. You do need to concentrate on this if you tend to low on testosterone. You will also need to work on this as you age. The world we live in now is very hard on men. All the things that are needed for men to increase and keep a high testosterone level are difficult to do. You might need to do more research on increasing your testosterone. One of the best resources I have found is - <http://www.boost-your-low->

testosterone.com/index.html

It is starting to become extremely apparent that the problems in a man's life are directly related to either starting out with low testosterone or losing it over time.

You can see the evidence of low testosterone in young men all the time. These are the young men who are very skinny, or what they call skinny fat. Meaning thin arms and thin legs with a flabby belly. Young men have to do enough resistance type training to be muscular. It is vital to your life. You also see this in feminized men who seem almost girlish. This is no good at all for a man. You have to recognize this and act to right yourself.

Low testosterone is easily seen in older men. Sagging and flabby guts, thin legs, thin arms, small chests and flat butts. Older men have to do what I am suggesting. Older men can look good and keep their testosterone levels higher as long as you make this a priority. Most men don't. They make everything else a priority.

This is your life. You can make these types of changes.

Many of these things I have discussed earlier, so here is a brief recap:

- Only wear loose boxer shorts. Tight, constrictive underwear does not help you. The penis and testicles are basically bags of blood. Your tight underwear squeezes these bags and forces the blood back into your body making these things smaller. The smaller your penis and especially your testicles, the lower your testosterone.
- Only wear loose pants. This is the same idea of the underwear. This is much more difficult. If you are a heavier man or have large legs it is very hard to get pants that fit that are loose enough in the area around your penis and testicles. There is just not enough material. You will have to try on dozens or maybe hundreds of pants and be ready to spend a lot of money on them.

- Sit in a way that there is no pressure on your testicles and penis. A combination of tight clothing and sitting for hours with your sex organs smashed up with no room will ruin you.
- Sleep more. The more you sleep the healthier you will be overall and especially in raising your low testosterone. If you want to lose your health as fast as possible, just sleep less. I know this is hard. There is so much to do, sleep just gets in the way.
- Eat better which is more protein, especially meat, and a lot, lot less carbohydrates. This is hard too. Meat is expensive compared to carbohydrates, but this is your health we are talking about. You have to spend the money on better food that improves your life. A lot of the health and testosterone teachers say to buy grass fed beef. You will have to decide. This stuff is much more expensive.
- Get rid of the excess stress. Find ways to relax. Think more about how to improve your life and do what you want rather than waiting for someone else to save you or make things better. There is no real reason to be upset about terrible situations in the world. There is nothing you can do. You can only improve your world. I think if you make efforts to do the above things your life will get a little better and you will be able to handle the normal daily stress better. How can you handle stress if you are chronically tired, overfed on carbohydrates and wearing too tight of pants? The whole world will seem against you.
- I think it is healthy to drink alcohol on an occasional basis. I love to go out drinking. Just not that often or that much. I prefer to have control over every aspect of my life. I do not do the out of control drinking that young men sometimes do. I drank a lot as a young man but rarely was I so drunk that I needed to be tended to. I was the one who tended to my

too drunk friends. Getting too drunk is not a good thing to me. But getting mildly buzzed and relaxing with a few drinks is. The problem is that the world is now set up to make it hard for men to relax in the normal old ways. In the old days men could relax with a few inexpensive drinks, a cigar or a couple of cigarettes. Now that way of life is dead. Drinks are so expensive it is difficult to rationalize the cost of more than one or two. You cannot smoke in a bar. Plus if you actually do go out for a few drinks you get stressed worrying about drinking one too many and getting stopped by the cops. More and more men are just staying home because it is not worth it. These are the men who cope with life with overeating. When you think of it when men were going out many nights a week it was easier to stay lean. You may have drunk a lot more and ate greasy bar food, but you also were more relaxed, had more fun and were more active. You would play pool, throw darts, and move around a lot and maybe even dance.

- If you have a major problem in your life like a bad wife, leave her like I left mine. My wife was the problem in my life. She prepared too much of the wrong food for me, even saying I ate too much meat and it was too expensive. She made it impossible for me to get enough sleep. She made it impossible for me to enjoy my life and pursue my dreams. She even bought me tight underwear and tight pants saying I should always wear tight pants to remind myself not to eat. She was constantly verbally abusive causing me enormous stress. I left her and have been putting my life back together ever since.
- Wear a zinger ring around your penis and testicles. You can Google it to learn more. This little device really seems to help. I love this little device. It really helps and makes you feel good. I wear it nearly every night.
- Perform a testicle health massage often. You can Google this to learn what to do. Basically it is massaging your testicles. Not only is this very

good for your testosterone production, it feels great.

11. Good Looking, Successful Big Men

James Gandolfini. He played Tony Soprano in The Sopranos TV series. The key to be a good looking fat man is to look tough. Big muscles and a big attitude. He is not going to let anyone push him around.

Rush Limbaugh. Whether you love him or hate him, he is a powerful, rich, famous alpha male. He is rich beyond comprehension and can do whatever he wants.

John Goodman. He was kind of a stooge during the Roseanne, years but he has been in countless movies and never plays the stooge in them anymore. He is usually the bold, powerful guy who does what he wants and doesn't care what anyone says. I was looking for some good looking photos of him, but I guess he does not really look that good as a younger man. Now, it looks like he lost a lot of weight and looks fantastic. The point is that he is a well-known and loved actor who has been working in great movies and TV for decades. He did not let being fat get in his way.

John Belushi. So funny. I wonder if his problems with drugs stemmed from not being able to overcome his hatred of being fat. I still get sad thinking of him overdosing on drugs. Dying young from whatever cause is such a waste. He provided so much humor, so much entertainment.

Jack Black. He is more of a cute fat, rather than a tough fat. I like to be cute, but it is better to work on being tough looking and masculine. But he is so smart and so funny.

Jackie Gleason. I am too young to really get why he was so popular, but I guess he was. They say during his prime that he was one of the highest paid entertainers in the world.

Chris Farley. Same tragic ending as John Belushi. He was just so funny. It

is hard to believe that a man that funny, that talented would hate himself so much to overdo the drugs to that degree. I believe that when someone gets so out of control with drugs it is because they are other deep-seated issues. The drugs are a way of masking the pain. I am not a real anti-drug guy. I am an anti-dying young guy. I am a guy who thinks everyone should live out there days as happy and healthy as possible. I do not see why anyone would want to take so many drugs so as to risk dying. There must have been a lot of issues with Chris to not only overdo the eating, but the drugs as well. I think if Chris had taken the time and effort to lift weights he would still be alive. It is difficult to let your life get too out of control if you are lifting weights.

Rex Ryan. He is just so brash and seems like such a fun coach, rather than like all the other the stoic coaches who are so dull and boring.

John Daly. What a golfer and fun loving guy. I loved reading about his partying, drinking and womanizing. These are some of my may favorite activities too. Usually golf is harder for bigger men. It is hard to work the club around your big gut, big chest and massive arms. I struggle with golf because of it. But I still like to golf with my good friends. We drink out on the course and joke around.

Most NFL lineman. A lot of these guys are just so fat, but they have so much muscle to go with it. They are just so powerful. If you have a big stomach and are a large man, the look you want is to get the massive arms, chest and shoulders of a football lineman. Those guys look like they can push over a wall even with their massive guts. The tight football uniform does not do them any favors except for the shoulder pads. When you see those guys without their uniforms they are usually wearing nice, well-fitting clothes, so they look sharp. You can learn from them. Of course, having bundles of cash helps on the clothes buying. Instead of complaining of the high cost of nice clothes, you should be spending your time making more money so you can easily purchase them yourself. Every time I am out in normal stores shopping for clothes it is so demoralizing. I can hardly ever find clothes that work for me and even if there is something, there are hardly any choices. You have to shop in big man stores,

not regular stores. You are a big man, not a regular person.

Dr. Joe Vitale. He is one of my favorite prosperity teachers. He is so inspiring. He admits he is working on his weight, but he does not let extra weight slow down his life. The amount of writing and products he has created is staggering. I cannot read his work and not feel better. He has a way of making you feel good and that anything is possible. . You can learn more about his philosophy at <http://blog.mrfire.com/>

Player Supreme. He is one of the dating teachers that I learn a lot from. I think it is sometimes better to learn things from people who look like you. I am not black, but I am similar in size to him. . You can learn more about his philosophy at <http://playersupreme.info/>

Blackdragon. He is another dating teacher. I have not seen a picture of him, but he does talk about being somewhat big and overweight. You can learn more about his philosophy at <http://blackdragonblog.wordpress.com/>

Kim Dotcom. This man created a huge fortune in a very short time period with his Megaupload business. Now the government is persecuting him. Hopefully he will be set free. The point it he is very large and very fat and very rich. I don't know if he got fat after he got rich, but he needs to lose a lot of weight. But he is not letting excess weight get in the way of getting rich.

John Wayne. He was lean when he was young but then got very big as he aged. But he carried the weight well and looked good.

These are just a few examples. The point is that your weight does not have to define you. You define you by how you think and what you do. IF you want to get rich and famous you can. You can certainly have a great life no matter how much you weigh.

Of course, these guys should lose weight for their health. But the point is that these men did not let being overweight get in the way of having a fantastic

career and a great life. They are famous and rich. They are powerful. They have had great times. And some of them have done great with women.

They are alpha males. Alpha males do not have to be lean. Sometimes just being a very large man will help you be an alpha male. People look up to big men. You can use that to your advantage if you are large.

Obviously, you should take steps to get leaner. You will look better, it is healthier. Certainly you will feel better.

But what I am really talking about is feeling good now. We all only have now. There is no point in waiting to live your life until you lose weight. You have to live each moment.

Far too many fat men let being fat stand in the way of enjoying life. They rationalize to themselves that they will do whatever it is that they want to do later, after they lose weight.

Have you ever said any of these things?

- I will look for a better job after I lose weight.
- I will change careers after I lose weight.
- I will start a business after I lose weight.
- I will end this dysfunctional relationship after I lose weight.
- I will do the things I want to do after I lose weight.
- I will go after women after I lose weight.
- I will travel after I lose weight.
- I will buy some new clothes after I lose weight.
- I will enjoy my life after I lose weight.

I thought all those things. I struggle with them still. But the point is that you only have now to live. You may or may not lose weight. You may lose some but not enough. You may lose some and gain some back.

But you will be living. If your job sucks, you need to look for something better. If what you are doing is in a dying industry or it provides no value, then

you need to change careers. If you really want to start a business, then start it. If your marriage is in shambles, you need to walk away.

What if you never lose the weight? What if you do not lose the right amount of weight? What if you come up short (or long) of your goal weight?

Will you mentally beat yourself up the rest of your life? You don't want that. You want to become one of the good looking fat men now while you are working on getting lean.

You do not want to waste your life not doing what you want. You need to engage in life what you really want to do in spite of being fat. You are a big man with a lot to offer. You matter.

12. Do What Lean Guys Do

If you are honest you will see that lean men normally do things a lot different than fat men. In fact, they do things the way I have described already. Just do these things and over time you will become lean. It is only when you slide backward and do not do those things that you will get fat.

Just think back to when you were a kid how the lean guys did things versus how you did things.

The leaner guys took their shirts off as soon as it got hot out and stayed outside all day to play, goof off and work. The heavier guys, because of being embarrassed about being heavy, kept their shirts on and had to go inside because they were so hot. Taking your shirt off is how you can stay outside longer because it is cooler. That is why people in hot areas stay cool, less clothes.

Lean guys cared more about what they wanted to do. They did not care so much about others. They did not care if their mothers called them in early. They just stayed out as late as they wanted. They were not nice little boys doing what their mommies wanted. They were naughty and did what they

wanted.

They did not always eat when it was a meal time. If they were doing something better, they kept doing it. They did what they wanted.

They kept going all day doing what they wanted to do. They felt no need to rest if they were happy doing something.

It is this doing what you want and living your life the way you want to live it that is the difference. This is the secret of leaner men. They are more into doing what they want rather than what other people want. They do not care very much, or even at all, what other people want.

Are you starting to see that the more you care about doing what you want, the better your life will become and the easier it will be to lose weight?

13. Simpler Ways to Eat Less

- Drink black coffee. Cut out the creamers and sugars. Just drink it black. Fresh coffee that is not overly strong is one of the healthiest, tastiest, calorie free snacks you can have. I quit the cream and sugar years ago. I only use cream when I go to a coffee shop and they have that ridiculously strong, poor tasting coffee.
- Avoid sugared soft drinks. I have to admit I love Diet Coke. But I limit this to enjoying on a long drive, for special treats and after a very sweaty walk, exercise or work session. It is not something I drink every day or even every week. On rare occasions I will get a sugared soda. But I think of it as I would really have some sugary food. That is more satisfying.
- Eat eggs for breakfast with nothing else. No toast, no pancakes, no cereal, no fruit, just eggs.
- Eat cold cuts and cheese for lunch without the bread.

- Avoid eating in the evening. If you feel the overwhelming urge eat, go to bed instead.
- Stop snacking. It is much easier to control the volume of food by eating less frequently. The old advice about snacking all day is from the old bodybuilding days where thin men were trying to gain weight. Fatter men need to eat less often.
- Eat more meat and cut out the carbohydrates. Meat is more filling and has fewer calories than carbohydrates. There is a point where you cannot eat any more meat. There is never a point where you feel full from eating carbohydrates. You run out of food before you are full when eating carbohydrates or it is embarrassing to keep eating. It is never a matter of being full. That type of food will never fill you. I only stop eating carbohydrate when I run out of food, or get sick or am embarrassed about eating so much.
- When you drink choose a less heavy option. There are many good tasting light beers available now. I love Miller 64, Bud 55, Michelob Ultra and Coors Light. These beers are fun to drink and you will not really get full. They are as refreshing as water. Plus, they have less alcohol than regular beers and drinks. If you are drinking with others drink for drink, you will get less drunk than they get. It is easier to stay in control. There are even lighter versions of micro-beers. To tell the truth, I drank so much Miller Genuine Draft as a young man I can hardly even look at it anymore. It is almost as if I am allergic to it. You can have diet soda or a diet mix with whiskey or vodka. Just because you are cutting back on calories does not mean you cannot have fun.
- If you are planning a big weekend filled with big meals, drinks and snacks, cut way back in the days before. Go into the weekend leaner and hungry.
- If you are bored, do something interesting to you rather than eating.
- Find other things that you give pleasure and enjoyment rather

than eating. This may be the ultimate secret.

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Conclusion

That's the end of this book. Use these ideas to start making your life better immediately. You can do it. Your life is worth it.

About the Author

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"The Organized Man"

You find this book at <http://www.organized-way.com/how-to-be-organized.html>

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You find this book at <http://www.organized-way.com/womens-fashion-made-easy.html>