

A Single Guy's Guide

By Me

I am not a writer....well not a good one. But I have truths, ideas, tips, and tricks I want to share with rest of the world. Please forgive typos and grammatical errors. You have been warned.

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I turned 30 and realized I haven't given anything to the world. What a waste to have invested myself into so much research and experimentation for it to just disappear when I die.

This is my contribution.

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The first few chapters are **boring** but **necessary**. The latter chapters have all the **cool stuff**!

Don't put tactics before strategy!

~ Chapter 1 ~
– Purpose –

What is your purpose in life? Simple. To be happy.

How do you achieve happiness? It is done through the different strategies and tactics you employ. These do not have to be cold logical ones. They can be emotional. For example, a woman that puts no deep thought or plans in her life can still achieve happiness and success simply by following her emotions. As a man, I would suggest logic instead.

-The first step in a logical strategy is to accept yourself.

You have strengths and weaknesses. You can improvement on them but you will never change your inherit weaknesses or strengths.

There is nothing wrong with you; you are who you are.

I always thought there was something wrong with me. I wasn't smart enough or out going enough. I did so much self-improvement over the last decade that it hurt. I can't count the number of books I've read. Then it hit me like out of no where. There was nothing wrong with me. My life suddenly just came together.

Once you accept this fact, you can plan your life most effectively and efficiently for your own happiness.

-The second step is to accept other people for who they are.

Do not try to change people or let yourself become frustrated when they will not see your way or improve themselves. This is pointless as it is time wasted away from your goal of finding happiness. A great example of this is accepting a parent that always tries to get you to “change” yourself. You must accept the fact that he/she will always try to “fix” you even when you are not broken. Do not try to change them.

-Next, remove those in your life who remove your happiness.

Even if it is a family member or close friend. Do not allow anyone in your life who is passive aggressive or is full of hate. Accept this truth or face the consequences!

-Finally, seek and serve those who make you happy. They are worth more than anything.

Once you understand that true happiness comes from other people, you should seek them out and treat them as your most precious possession.

~ Chapter 2 ~
– Planning –

Planning should be done in a logical manner. This mean take care of all your emotional problems first (eat, sleep, scratch your butt, etc.).

Once this is done start by working on your biggest goal (to be happy) to your smaller goals then to your steps required to accomplish them.

When working on your steps/goals make sure to take time out to enjoy yourself (feed your emotional brain) to prevent burnout.

There is no need, nor should you, reward yourself for doing your logical steps. This should be done naturally as completing the steps should be feeding your interests.

Finally, put your steps to a calendar to stay focused.

Remember, failing to plan is planning to fail.

*Side Note: any step/goal that is emotionally strenuous (diet, exercise, talking to a girl) should be done with a partner to help your over come those emotional hurdles

~ Chapter 3 ~
– Change –

You cannot change...yourself. But time and environment will change you.

Do not force things, let them come naturally.

I was a painfully quiet kid. Even when I had to say “here” for attendance I would have a panic attack waiting to be called. I tried everything to change myself. Signed up to debate class and made myself do speeches in front of the class. It only made things worst. When I got a job in customer service I had to talk to customer but in a none threatening way. After 2 years my confidence sky rocketed. There was no need to rush it. Just let it happen naturally. I'll always be on the quiet side, but thats okay.

Let change happen naturally and gradually. Surround yourself with positive people and you will become a positive person. Do it in a group setting/system that will keep you there. If you want to get in shape, then join a sport.

You are a product of your environment. Surround yourself with negative people and you will become one. Avoid this at all costs.

Focusing daily on staying positive and having fun in life is the best way to improve yourself.

Don't try too hard.

1.)

Have sex with your friend.

Or should I say only have sex with someone who is your friend first. :)

I had sex just to have sex. Some girl I barely knew. I was so old in my mind I figured just do it. It was rather depressing afterwards. I still remember the girl I loved back in high school. When I touched her it was like fireworks! We were great friends and would have been even better lovers.

2.)

Don't become perverted.

Perversion is being hung up with one part of your life.

You can become perverted in many ways in life. For example, women can become perverted when it comes to their children. It is all they ever think about....even when the “kid” turns 40 they keep mothering them. Men often become perverted when it comes to wanting sex and being obsessed with a lover. They get hung up on it.

A man without perversion will first focus as a kid on fun, then sex as a teen, then his future wife as a young man, then his children as an adult, and then in his old age the world.

Perversion does not lead to happiness.

~ Chapter 5 ~
- Work -

Money does not lead to happiness.

Money is probably required to live the life you want. However here is the trick to money: the happier you are the less you need of it.

I had saved \$5,000 dollars at the end of high school. That was relatively the most I ever saved in a period of my life. Not much, but I was making about \$35 bucks every two weeks working at the church's nursery. Between that and Christmas/Birthday money I had saved a ton. It was easy cause I was happy. I didn't have the need to spend. When I graduated from college and was earning \$50,000 annually I was living paycheck to paycheck. Spending everything I had cause I was so stressed out!

A \$100 for a happy person goes much further than a miserable one.

Finally, remember there is one thing more precious than money...your time!

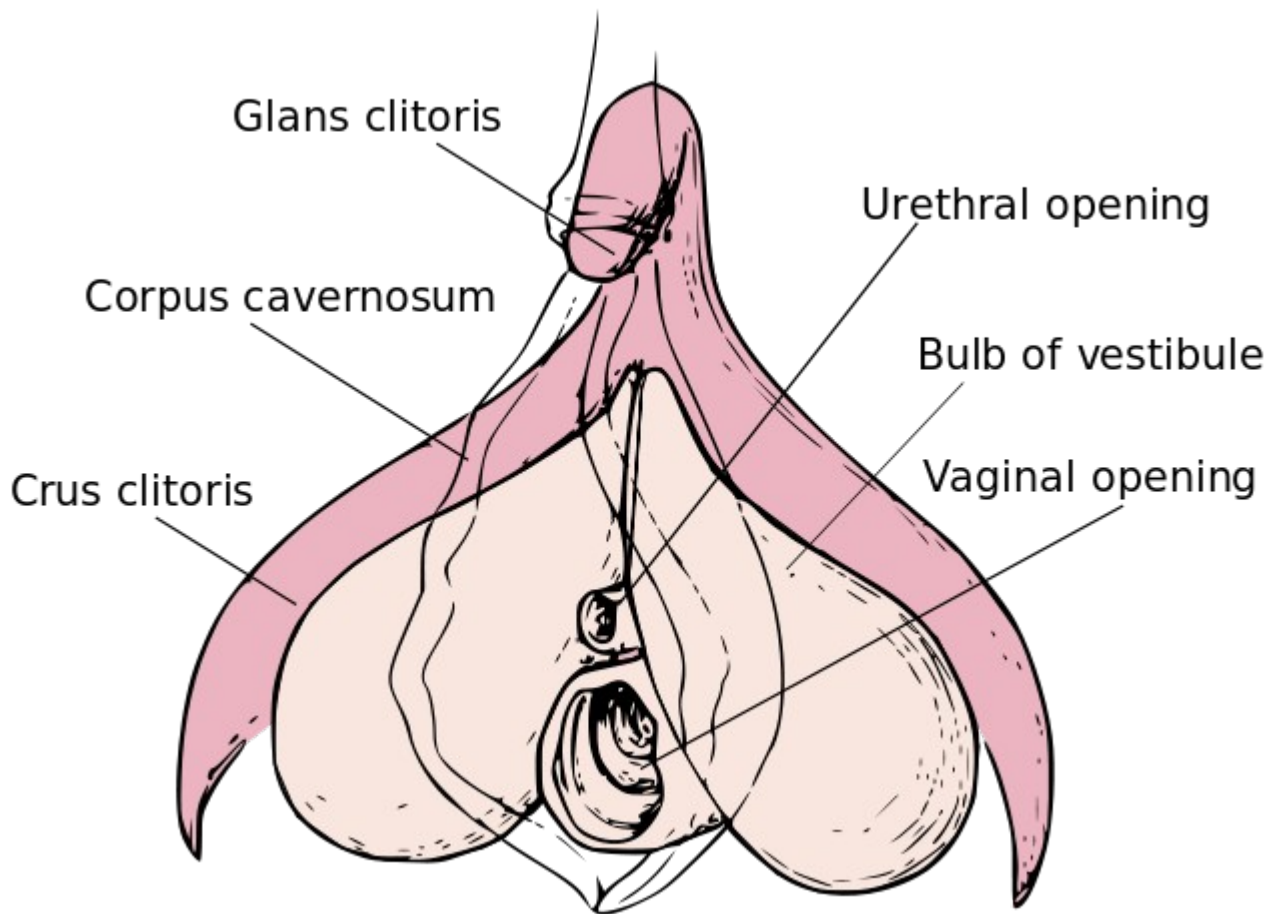
~ Chapter 6 ~
- Sex Part II -

Made it through the boring chapters? Good cause now it is time for the fun part. And what is more fun than sex! ...with the right person of course per my own writing.

Penis size does not matter. This is explained by the quote “the motion of the ocean baby!”

A larger penis does not necessarily stimulate the clitoris more. Stimulation which is virtually necessary for orgasm.

Here is the thing about the clitoris...it is larger than the penis! What?!? Ya, it is true. The head of the clitoris is the only part you can really see, but it is much larger. See the next page.



The image above shows why women prefer girth over length. But a girthy penis still isn't necessary. See the next page for the reason.

Use “adapted missionary.” Instead of thrusting, grind on her.

Think about it. The head of your penis is the most sensitive part. But if you only stimulate that part ...you will have a hard time ejaculating. You need the shaft to be stimulated. To give her that same stimulation you feel when you thrust in her, playing with the head of the clit isn't enough you need to grind. Another benefit is that you will last longer too since you aren't having your shaft stimulated as much in grinding compared to thrusting.

From an evolutionary perspective this makes sense. We only have excess hair to keep heat in (heads) or to protection against rashes from friction (underarms, pubes, etc.).

~ Chapter 7 ~
- Organization -

Don't waste your life like me just getting organized. But I will give you some hints and tricks to get things done.

After a life time, I've learned less is best. The simpler the better.

For your papers (personal and business) if you can't fit in the following container...you have too much.



Can be found at Targets and Walmarts

For your electronic files get, for the love of god, Dropbox:



Clothes: Organize simply by type...don't do color.

Dress shoes: Do they stink? I have a solution. First clean them. Use white vinegar to get the smell out (dilute it first with water first). Let them dry outside in the sun. Next take a little bit of bleach with water and soak/clean your shoes. Let them dry again in the sun (WARNING: this might discolor things like laces. Test an area first). Smell should be gone. Now to keep them from coming back. I find most dress shoes get that smell because of trapped moisture between bottom of the shoe insert (some are rubber or rubber like) and the bottom of the shoe. Replace the shoe inserts with ones that have holes throughout. This will let air circulate. They can be bought for 99 cents. You can get the odor eating version for \$3. Try Wal-mart or Target.

Laundry: Ah. This is a good one. Get just two hampers. I get cloth ones from Bed, Bath, & Beyond.



You want two. Ones for whites and one for colors (I actually have a white one and a black one). Remember the simpler the better.

When it comes to doing laundry do your whites first and use **bleach**. This is important to kill all the bacteria & fungus that will be on your socks and possibly the washer. If you don't do this after a few months you can get foot odor.

Next with your colors and workout clothes. Use the following to remove bacteria and odor.

Win or SportSuds



Had some synthetic underwear that smells to high heavens. But this stuff did the trick.

Electronic Folders and Bookmarks: Remember less is more. Don't have a 1,000 subfolders or a 1,000 main folders. **Keep it simple, simple, simple.** If you like to collect cool websites use Stumbleupon and like it. It will keep track of all your likes to view later. If you collect pictures on deviantart just favorite them and don't download them.

Computer: Don't waste your life finding cool themes, icons, or wallpaper. You'll end up not caring but you'll sink 100s of hours on it.

*Don't have a computer? Get a Chromebook. \$199 and it comes with a SSD hard drive (that means it'll be fast). Want more than a Chrome Operating System (it is just a web browser)? Install Croûton/Ubuntu on it (Linux).



Remember: If you are single keep it simple. You should be able to move to a new place without much work.

Science says: Go Vegan

There is WAY too much stuff for me to put on here. I would suggest going to Dr. Greger's site.

<http://nutritionfacts.org/>

<http://www.youtube.com/user/NutritionFactsOrg?feature=watch>

<http://nutritionfacts.org/video/uprooting-the-leading-causes-of-death/>

I will go over my supplements and the meals I eat to help you start out.

Supplements:

Omega-3 (Krill Oil): I eat flaxseed but your body can't convert enough of the ALA to EPA and DHA. Krill has antioxidants to protect the EPA and DHA which normal fish oil does not. Costco has the best prices.

Vitamin K-2: We get plenty of Vitamin K-1 through green plants. However like omega-3 we can't convert enough K-1 to K-2 in our bodies. You can't overdose.

Vitamin D: Depends if I'm in the sun for the day. I get the 1,000 ui pills. Two if I stay inside all day or one. None if I'm going to be hiking.

Vitamin B12: Goes without saying for a Vegan.

Zinc: Because I'm a guy and it is a mineral lost in exercise and ejaculation. Essential for health. Taken to be on the safe side.

Most of these supplements you can get super cheap. Don't a a multi as they tend to have things that are bad for you (like folic acid).

I also make sure my table salt has iodine.

If I have the money I'll do a protein supplement. I like the Sun Warrior stuff. The bio-fermented sprouted brown rice is my favorite

Meals:

Breakfast: Oatmeal with flax, cinnamon, date sugar, raspberries, cocoa powder, walnuts. Portobello mushroom sandwich (tomato, avocado, bread made from sprouts)

Lunch: Salad: Kale, spinach, mixed greens, carrot, celery, red onion, beet, broccoli sprouts, broccoli (they can be hard on the stomach raw...just add a little). Sunflower seeds, almonds, or walnuts. NO DRESSING (sounds crazy but you get used to it). You MUST have nuts (fats) for your body to absorb the nutrition, but you don't need much.

Dinner: Black Beans with garlic, herbs (parsley or oregano) cloves, black pepper, table salt, sometimes mustard. I would add brown rice (turmeric, salt, pepper) too if you are just stating out to fill you up. If I'm still hunger I'll eat some different beans (like Chickpeas or lentils)

Snacks: I'll eat fruits and vegetables through out the day (mostly vegetables). Or buy a bar with dates as the main ingredient.

Teas: I try to rotate teas. They are healthy but can effect other things thus the rotation. I do green tea, red roobios tea, hibiscus tea, peppermint tea, chamomile, and white tea. Make sure to add lemon to green and white tea as it makes the tea healthier.

Get nutrition through whole foods!!! Even probiotics (sauerkraut is the best way to get it...make sure you get it from the refrigerated section) Do not go crazy with supplements. I've lived to regret it.

Being a health nut, I took tons of supplements. Bad news. I took one supplement (Alpha Lipoic Acid). It is suppose to be a super antioxidant and removes mercury. After a month taking it according to the label, I ended up with stretch marks on my stomach even though I followed the directions and did not gaining weight. It removes

heavy metals like mercury but also zinc and copper which are essential for collagen.

I also used to take Benoitte clay to cleanse myself. Only to start having very loud stomach noises and pain. I went to all the doctors and took all the herbal remedies (like wormwood, cloves, black walnut oil, too many others to mention) I found online. This made things worst and I never really recovered. In the end I shouldn't have messed with those supplements to begin with.

But why should you take the supplements I already listed.

I have a simple theory. We are water gorillas.

Meat is so bad for us cause we evolved from gorillas who don't eat meat. Sure our DNA is closer to a chimpanzee (a occasional meat eater and cannibal), but we both came from gorillas and I believe our digestive track stayed closer related to them than chimps.

Given this we should eat what gorillas eat...vegetables, bugs, and poop. Only there is no need for the poop if you eat the bugs ;) Well it is definitely the lesser of the two evils. What bugs do they tend to eat the most? Termites! What nutrition do they get from termites? B12, K2, and protein. So you can eat termites or just supplements those nutrients. I would just supplement.

Wait! What about the omega-3 from the sea! Ah this is why we are water gorillas.

Compare us to the gorillas or other primates...what is our biggest difference besides intelligence...our lack of fur!

What other mammals don't have fur? Well the dolphins...hippopotamuses....whales...what else do they all have in common? They live in or go into the water a lot.

We have other characteristics that support this like the “mammalian diving reflex” and how fingers get pruney in water (it gives us a better grip in the water). Also this is why Vitamin D is optimized when you get sunlight and go into the water. A study showed that lifeguards on the beach had excess vitamin d. However the surfers had optimal levels. This has to do with vitamin having to be absorbed through the skin (takes several days in form of cholesterol/oil), the water helps to remove the excess.

Anyways, I believe we started to go fishing/algae and got a ton of omega-3 which increased our brain power (we have studies proving kids getting omega-3 are smarter than kids who don't). This led to us evolving to how we are today.

Our digestive is shorter. This means we extract less calories. This is probably from use getting more calories from cooking our food and our agriculture (compare calorie extraction of a cooked potato to a raw one). This means we should still cook our food even if we go vegan.

Healing: I imagine you are probably in your 20s or latter if you are reading this. One thing I will say I learned the hard way. Let your body heal. Tendons, ligaments, and cartilage take time to heal. Don't do weight lifting (including physical therapy, sprinting, and plyometrics) as this might interfere with the healing (resulting in loose tendons and ligaments). Cartilage can take **2 years** to heal. Best to back off if you get pain or even inflammation without pain.

Remember for all 3. Range of motion = good. Weights = bad.

Teeth: Simple here. Alkaline = good. Acid = bad. This includes **fruit!**

I never drank soda growing up. Candy only on occasion, but I always got cavities. Dentists would always say, “Have you been drinking soda?” “No!” I would say. They would shake their head in disbelief. But my mom would always buy oranges. I would and did eat 4-8 a day. The pulp would get caught between my teeth. When I got older the dentist told me I had tons of decay between my teeth... :(

If your teeth are in an acidic state your **toothbrush** can do damage when you brush! Make it alkaline first. Put a tsp of baking soda in a red solo cup. Fill half way with water. Hold it in your mouth. Don't swish cause baking soda is

like sand and like sand it can wear your teeth down (like sandpaper). Gently move it around in your mouth. From there do your normal flossing and brushing. Actually do it one more time after flossing cause the food you released could have been holding on to some acid. Then brush.

*Tip: Want an leg up on plaque? Try taking mouth probiotics. Now Foods OralBiotic Blis K12. When I took it at night without brush I woke up in the morning without any film on my teeth. Okay maybe I'm going "crazy with supplements" here.

Hair Loss: If you have hair loss I feel for you. Whether you choose to use chemicals or not is very personal. However, I promise it won't get any better without it and most likely keep getting worst. If you choose to fight back here are my recommendations:

Lipogaine: This is essentially rogain with other good ingredients. I take only once a day to save money. Studies show rogain to be virtually just as effect when taken once a day compared to twice. Make sure you do it at the same time each day so no more than 24 hours pass between applications. Use everyday.

Regenepure Shampoo: This has Ketoconazole. Use 3-5 times a week.

Reduce Stress: I started balding at 18 (started to notice hairs everywhere). It wasn't until I started a stressful job at 26 to 28 did people start to notice my thinning hair. Do anything to remove stress for your life. It will accelerate hair loss. Also the reason I believe I started to lose my hair at 18 was because of stress of being lonely. Avoid stress!

If you go to college, get in the dorms, but do only the ones that are apartment style. This means the ones where you have roommates but also your own room. Remember **the one thing that can stress you the most is other people**. Important to know for work as well. Excess masturbation can also stress your system and lower your zinc levels which can led to hairloss.

*Propecia: I don't take it. I took one pill and it effected my hormones greatly. I think it is simply too dangerous, but that is just my opinion.

Ejaculation: If you avoid ejaculating. for 6 to 7 days, there is a huge spike in testosterone (about 150% increase). Basically, you should save it for the weekends. While I have avoid masturbation & sex through pure willpower (twice in my life I went over 30 days), that is a foolish/very hard way to do it. Remember this, boredom & free time = masturbation. Keeping yourself busy is the best way to avoid it. Think of a time you went to summer camp. I bet you never masturbated because a.) you were always doing something & b.) you were always with other people. Try to mimic the same situation.

Don't waste your life reading books. But if you are really interested I would suggest the following:

Money

The Neatest Little Guide to Stock Market Investing

The Only Investment Guide You'll Ever Need

Business

The Richest Man Who Ever Lived

Street Smarts

Writing

The Art of Styling Sentences

Keys to Great Writing

The Elements of Style

Networking

The It Factor

Little Black Book of Connections

Misc

Yes! 50 Scientifically Proven Ways to be Persuasive

The Social Atom

Health

Saving my Knees

Kiss Your Dentist Goodbye

~ Chapter 10 ~
- Work Part II -

Final words on work.

Keep your commute short. 20 minutes or less. Think about it. If it takes you an hour to get there that's 2 hours out of each day. It is a stressor having to drive through traffic. Don't do it. Move closer or get a job closer to where you live.

But **make sure you like the people you work with first** before giving weight to anything else. If you don't like the people, quit before you become a bitter person.

Want to start a business? Don't do it alone! You will spin your wheels too much. But make sure you get a good partner/councilor.

~ Chapter 11 ~
- Friends & Lovers -

Here is a universal truth you should already know.

Whether people love you or hate you is determined before you meet them. They will let you know through body language or verbal clues.

Nothing you can do will change their mind. You might convince them to change their habits towards you for a few days or even weeks. But eventually they will go back to their old ways.

Women who are interested in you, will always be interested in you. A woman who hates/dislikes you will always hate/dislike you. You can succeed in sleeping with a woman who hates/dislike you, but such a desire is a perverted one. Remember, perversion does not lead to happiness.

Friends are the same way. People who want to be your friend will overlook just about everything (how goofy you were when you first met, forgetting something important).

An enemy will try anything and everything to hurt you and make you look bad. Don't waste time trying to get them to like you, show them up, or get their approval. They are a waste of time.

~The End~

Thanks for reading. I know it was some weird/interesting stuff for a singles' guide, but if this stuff helps one person...well it was worth it.

Remember: stay positive and have fun in life!