

## Summary:

1. Learn about the differences between masculinity and femininity
2. Listen carefully and keep an open mind
3. Tell the truth
4. Face conflict with conscious deliberation.
5. Spend more time outdoors
6. Be aware of how your pride operates in your life
7. Be humble
8. Do the right thing, even if you're doing it alone
9. Learn the Founding Principles of the USA
10. Don't be afraid to be different
11. Pay for your girlfriend's food.
12. Don't have a personal "brand."
13. Don't have a bucket list
14. Find out how to be physically lean, strong, and healthy; then do it.
15. Eat meat
16. Do only things that are necessary, so that you can become less busy and tired.
17. Stop watching sports
18. Make virtue, not happiness, your ultimate goal
19. Let romance happen without manufacturing it
20. If you can tell your best friend something, then also be able to tell your wife or girlfriend
21. Take the best possible care of mothers and babies.