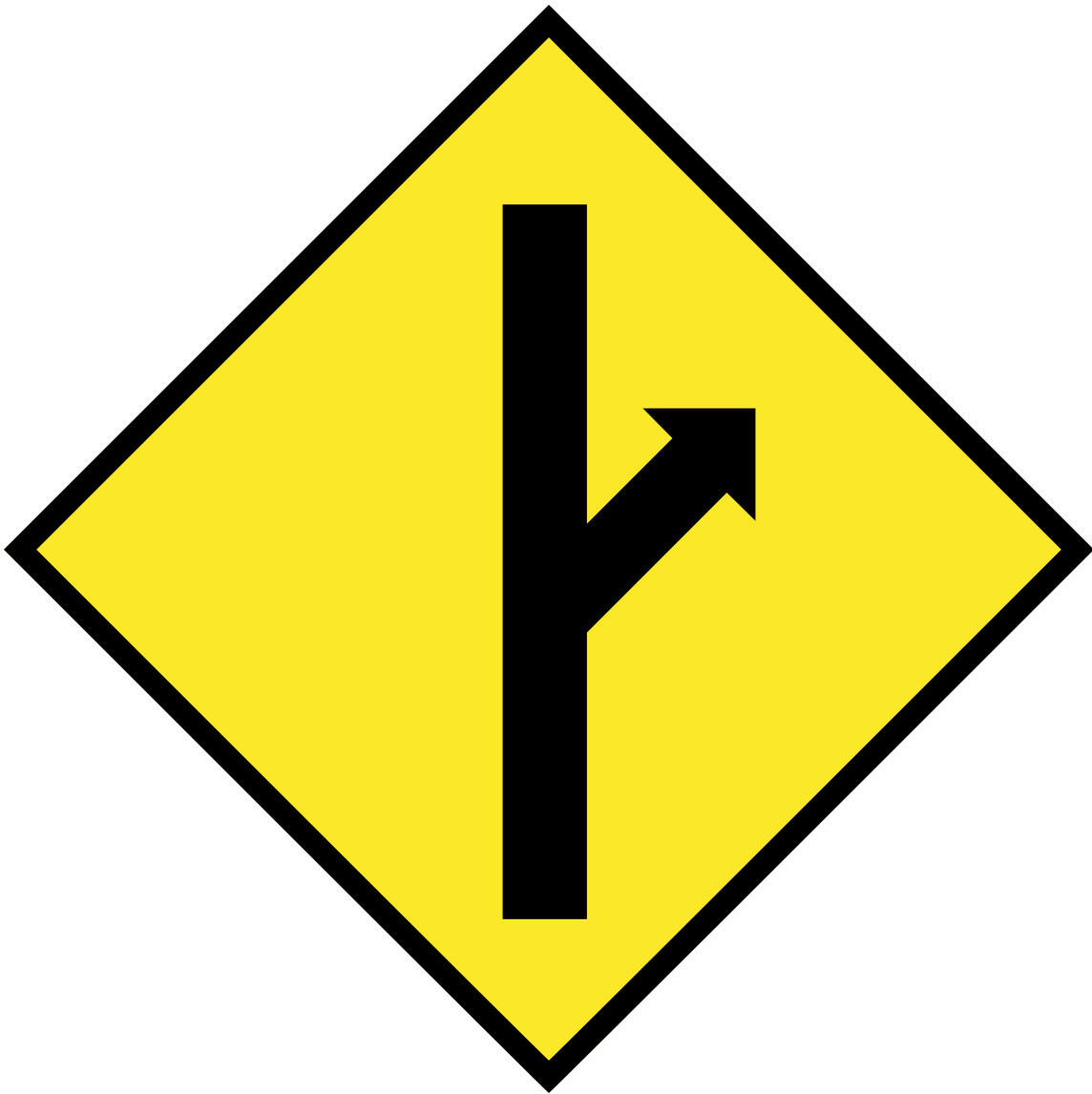


The MGTOW Solution

Reclaiming your life, your happiness, and your freedom



Men Going Their Own Way

Dirk Lerxst

The MGTOW Solution

By Dirk Lerxst

© Copyright 2017 – Dirk Lerxst Publishing

All rights reserved. This book is protected by the copyright laws of the United States of America. No portion of this book may be stored electronically, transmitted, copied, reproduced or reprinted for commercial gain or profit without prior permission from Dirk Lerxst Publishing.

Dedication

This book is dedicated to the MGTOW content creators who are making the world a better place for men, and who showed me that I'm not alone.

Table of Contents

Chapter 1: Introduction	4
Chapter 2: Feminism	12
Chapter 3: Accepting Reality	21
Chapter 4: The Bio-Psycho-Social Construct	30
Chapter 5: Love, Marriage, and Children	37
Chapter 6: Women in the Workplace	42
Chapter 7: The Backlash	48
Chapter 8: Taking the Off Ramp	53
Chapter 9: MGTOW Miscellaneous	57
Epilogue	63
The Part of Tens	65
Appendix: The Evolution of a MGTOW	69

Chapter 1: Introduction

This book began as a simple exercise in self-evaluation. My initial goal was merely to review some of my history by writing it out journal style, for my own benefit. However, this quickly grew to include topics beyond my personal story. I soon realized that I had a lot to say, and before I knew it my little project started to resemble a book.

I had been exploring the online community known as the *manosphere* for some time and realized that while most of the content online was excellent, I wanted to dive a little deeper into topics I personally feel are important for men to understand. Stories such as mine may be helpful, but they don't go far enough in providing practical information that others can put to use.

I also realized that there is a lot of information out there. You can get the equivalent of a bachelor's degree in MGTOW (Men Going Their Own Way) from YouTube alone. This has been a godsend for countless men trying to figure things out; namely, *what the hell is the deal with women?* However, there is so much information that it can be hard to sort through it all, and the content is organized in a decidedly non-linear fashion.

I thought it might be helpful to provide a more linear approach, with enough information for you to develop an understanding of the basics from a single source. I also know that people have different learning styles, and that some may enjoy reading books on topics of interest, as I do. However, at this point there aren't many useful books on the topic of MGTOW. So here we are.

My intent is to supplement the information already available, and to provide my personal perspective. If you want more information, or prefer a different style, by all means seek out the resources that suit you.

My history with women is fairly lengthy, given my age (54), so I thought I'd provide an abbreviated version of my story here, in a simple timeline format. The full story is in the appendix, and probably worth a read if you're new to the MGTOW world. After all, I've turned my back on some aspects of society, and it may prove useful for readers to understand why.

Then again, if you've read other men's stories, mine will be similar: Bad experiences with marriage and women in general, leading inevitably to MGTOW. Here's the short version:

1978-1985:

Serial monogamy and one night stands leading up to my first marriage. I was a typical young guy, chasing women as young guys do.

1985-1987:

First marriage, ending in divorce. We had a son, and my ex was awarded custody while I paid child support and had visitation. She *monkey-branched* up to a wealthy real estate guy, but I didn't care...I was just happy to be free from her. (She ran that guy through the wringer 10 years later.)

1987-1992:

More serial monogamy and one night stands. I didn't know it at the time, but I was in *Pump and dump* mode, which is just what it sounds like. This approach is common amongst MGTOW who are willing to take some risk in order to continue having sex with women.

1992-2000:

Second marriage. I thought I had simply married the wrong woman the first time, but this marriage also ended in divorce due to her materialism and *princess complex*, among other things. She tried to ruin me in the divorce but I obviously survived. I knew with certainty at this point that I would never get married again.

2000-2005:

Pump and dump mode.

2005-2010:

Lived with a girlfriend, ultimately leaving mostly because I was the only one making any sacrifices in the relationship. This was an easy exit, thankfully.

2010-Present:

Pump and dump for a while, ultimately leading to *MGTOW monk* mode. Going monk means no sexual relations, but it's not as bad as it may sound: Not when you factor in all the drama and hassles that usually accompany simply getting laid. To say nothing of the risks, which will be discussed shortly. I probably won't stay in monk mode indefinitely, but it's working very well for me in my current life circumstances.

Some MGTOW may consider that last statement inconsistent; either you're a monk or you're not. But it's not Men Going That Other Guy's Way, it's MGTOW. My way happens to include adapting to changing situations. For those who disagree, I recommend they avoid going my way and find their own path.

I'm retired Navy, with a masters degree in exercise science. At present I live in upstate New York, land of the free-roaming, chlamydia-infected wildebeest. (Partly why I'm in monk mode.) Seriously, I've been around the world a couple of times and can honestly say that I've never seen so many flat out disgusting women in one place. It's common for them to be carrying an extra 100lbs. If a local girl is 20lbs overweight, she's considered a hottie.

Let's look at a definition of MGTOW, this one from MGTOW.com:

“M.G.T.O.W – Men Going Their Own Way is a statement of self-ownership, where the modern man preserves and protects his own sovereignty above all else. It is the manifestation of one word: “No”. Ejecting silly preconceptions and cultural definitions of what a “man” is. Looking to no one else for social cues. Refusing to bow, serve and kneel for the opportunity to be treated like a disposable utility. And, living according to his own best interests in a world which would rather he didn't.”

It should be noted that this is not an official definition because there is not an official MGTOW website, headquarters, or governing body. Ask 10 men who identify as MGTOW what it even means and you will get 10 different answers. The community is as loose knit and diverse as you could imagine. There are no rules. There is no charter. Each individual follows his own path, as the name implies.

Doing so is a radical departure from how most men think and live. The vast majority of men simply carry out the behaviors dictated for them by society, because they've been socialized from a very young age to perform to certain standards. For example, men still get down on one knee before a woman and offer her diamonds in return for the *privilege* of being her man. And they don't give it a second thought.

This demeaning custom is seen as romantic, but it clearly puts the man in a subservient position from day one. Yet, there they go, bowing before the Great One while offering her material goods, with the promise of continuing to do so for the rest of their lives. This sets the tone for the duration of the relationship. We (MGTOW) don't do things like that.

When someone asks me what MGTOW is, I usually give them my own definition:

"MGTOW is the opposite of being pussy-whipped."

Simplistic yes, but put in those terms, most men immediately understand.

I am not a psychologist, sociologist, or men's rights activist. By trade I'm an Exercise Physiologist, currently working with some of America's finest combat troops, not coincidentally, *all men*. But it doesn't take any specialized training or advanced education to see what's going on in the world. In fact, you couldn't get such specialized training even if you wanted to. Just try to find a graduate program in men's studies.

Most of us who have chosen this path did so after years or decades in the school of hard knocks. We learned through direct experience that we are better off simply not participating in the established program: Get married, have kids, work as hard as you can for as long as possible, then die.

In my case, this realization took longer than I'd like to admit. I can't claim to have 30 years of experience as a MGTOW, but I do have 30 years of experience *becoming* a MGTOW. The way I figure it, my liberation happened in 2010, after my last real relationship ended.

Prior to that, I was in the aforementioned school of hard knocks. Call it...30 years of research. Maybe I was a slow student but in my mind, if I had gone MGTOW at age 20 then I wouldn't have much experience to draw from, and wouldn't be enjoying the life I have today.

Why did it take me so long to see the light? Because I bought into the notion that the key was simply to find "the right woman". That's what everybody told me, and like many, I believed it. So I kept looking. Most of us probably did that, at least for a while.

Although I had a lot of trouble with women during my younger years, I don't view that period as a wasted portion of my life. On the contrary, I had a lot going on besides women, and have been fortunate enough to do a lot of interesting things along the way. That said, I could've been spared a lot of grief if I had the MGTOW resources that are available today. I simply didn't know any better, because nobody explained to me what was really going on. That situation is changing, much to the benefit of men.

The underlying concepts of MGTOW are nothing new. Men have been choosing to live their lives outside of traditional roles for as long as there have been traditions. They used to just call us *confirmed bachelors*. What *has* changed is the number of men taking this route, largely due to two factors: The Internet, and feminism.

Online, men are able to share their experiences with other men around the world instantly. This has resulted in the rapid growth of MGTOW. It's impossible to estimate how many men consider themselves a part of this community because there is nobody tracking it. Plus, there are a lot of guys out there who have figured it out for themselves while not even being aware of the MGTOW phenomenon.

That was the case with me for many years. I didn't initially "go MGTOW", I just made a decision to stay single. The thing is, it doesn't matter. You don't need to join anything. There is no rank structure or hierarchy. No solemn oath, secret handshake, or rulebook. We are not a lobbying group. We are not a political action group. We are simply men who have decided to look out for own well-being.

Some of our opponents argue that this way of life is selfish. I disagree. Most of us spent our prime years (or decades) being incredibly selfless in marriages because we were socialized to believe that was our role. In many cases our efforts only resulted in escalating demands to be even more selfless: *Earn more money. Work harder. Make more sacrifices. Be a good provider.*

We're not going to get those years back.

All of these demands came from women whom we thought would at least appreciate us, if not actually love us. They didn't. They took us for granted; operating under the assumption that making them happy was our purpose in life, the natural order of things. If we're going to talk about selfishness we should probably look at the women who drove the evolution of MGTOW in the first place.

And what sacrifices did the women involved make? In most cases few to none, unless you count being faithful, which may or may not have been the case. We gave; they took. Sound familiar?

Ironically, as we worked overtime in a vain attempt to satisfy our spouse's material needs, the complaints shifted from "I want more stuff" to "You're not around enough" and "All you do is work". Unless you are wealthy, this puts one in a true no-win situation: Work more and you'll fail to meet her emotional needs. Work less and her materialism won't be satisfied.

It's almost as if it would take two men to make most women happy: One to earn the money, and one to tend to her emotional and social needs. So we end up with what amounts to two full time jobs. Is it any wonder that most guys are overworked and completely stressed out?

Men tend to put up with this for a very long time in the hope that we can finally give her what she wants and make her happy. We demonstrate incredible patience in this regard. Marriage is hard work, we are told, and we must fulfill our obligations. Yet, we never get to the point where she is truly satisfied with her life. The demands are never-ending.

This has driven many of us to the point where we say to ourselves; "You know what? I'm not going to do that anymore."

This is an entirely logical, reasonable reaction. When I look back at the things I used to put up with I am appalled at my own inability to recognize how much I was

willing to tolerate. It took me a long time to figure out, but it's not because I lack intelligence. It's because I was trying to do the right thing, according to somebody else's expectations. In hindsight, that was a mistake.

There are countless horror stories of men being taken advantage of, if not outright abused by women, the social system, and the legal system. I have personally seen this over and over again not only in my own life but in the lives of other men. Honorable men. Honest men. Men with integrity, courage, and an unstoppable work ethic. I will provide some examples of this, but all you have to do is a web search for "men and divorce" and you will quickly see the extent of the problem.

I believe it's important to understand these issues, while at the same time not letting them dominate our thinking. It isn't healthy or productive to dwell on past mistakes. After all, I have my freedom now! *The problem is solved*. It is infinitely better than the life I used to live. Most MGTOW would agree that freedom is the driving force behind this lifestyle, and so we are moving forward while never forgetting where we came from.

You do not have to jump through hoops just because someone put a bunch of hoops in front of you. Walk away. Sure, some people will chastise you, but they do not have your best interest at heart.

Forget about finding your soul mate, someone to "complete you", or other such nonsense. You are already complete. Anyone who tells you otherwise is either ignorant or attempting to manipulate you. It's a fantasy. It's a lie; a lie that is used to get you to behave in a manner that will benefit others, namely women.

Women like to proclaim, "I want it all" while tossing their hair, as though it's their birthright to have everything they want. But then they treat their men like shit and are subsequently baffled when they don't have one anymore. It's as though they honestly don't understand why we don't like being taken advantage of.

You don't have to participate in this if you don't want to. And your life will probably be better if you don't. You *might* not get laid as much some of the time, but you also may get laid a lot more, if that's what you want. Think about all the married guys that aren't getting laid at all. They have no freedom, AND they're not having sex, AND it's costing them a fortune. This was illustrated nicely in a comic I saw years ago:

A bride and groom are standing at the altar. The guy is thinking, "This is great! I'll get to have sex whenever I want!" The woman is thinking, "This is great! I won't have to have sex anymore!" Yeah, it's funny because it's true, but it's also disturbing because it's true. Women know that men need sex, and that this can drive a man to make some very bad decisions...including getting married. They use this to their advantage, as we'll see.

And it's directly proportional to their hotness. It's no secret that hot chicks are higher maintenance than not-so-hot chicks. Think: *trophy wives*. It's also no secret that attractive women can get by on their appearance. Just look at the info-babes and weather girls, hired in large part because they look good on camera. Pretty girls also make better pop stars, regardless of talent, or the lack thereof.

If a woman is attractive, she'll usually get a pass in life, because she will automatically be perceived to have value. She may be uneducated, unintelligent, lazy, and self-absorbed, yet when she meets a guy's friends or parents they'll proclaim, "She's a Keeper!" As long as she has aesthetic appeal and is reasonably pleasant, that's enough.

You don't see many dumb but pretty women working for a living at fast food joints, at least not for long. Either they hook themselves a man or get a cushy job in an office somewhere.

In fairness, pretty boys can get by on their looks also, as evidenced by actors and male models, but it's far less common. The traditional gold standard for men to be considered "Keepers" is to be a Doctor or Lawyer, in addition to being handsome. This is because you have to be intelligent and disciplined to be a Doctor or Lawyer, but mostly because they tend to make a lot of money.

Then again, any wealthy guy will do. We don't usually hear the term *wealthy* though. *Successful* is subtler, and helps camouflage the fact that this arrangement is in reality, a form of long-term prostitution. That's right; when a woman marries a man for his money *she is a prostitute* by definition.

This is of course, the Gold-digger phenomenon, which used to mean an exceptionally attractive, young woman hooking up with a much older rich guy. The term has been expanded to mean any woman who is looking for a free ride from a man. Gold-diggers are everywhere these days. Ironically, most aren't even attractive.

Take any woman out on a date, and she will immediately begin evaluating your potential, not based upon your character or personality, but on your financial status. She'll note what you drive, how you dress, where you live, and what kind of watch you wear. She'll inquire about what you do for a living, not because she's interested, but to estimate your income.

This is done under the guise of "getting to know you". If you've ever been brushed off after what you perceived to be a successful first date, chances are it was because you didn't pass her screening test. A lot of men figure this out and actually decide to play the game. They know that if they have a nice car and expensive clothes they'll do better with the ladies. Hell, everybody knows this. So they purchase those things that will give them the edge they need to be successful with women.

When women see this behavior, they know that the man in question understands the rules: "He's driving a nice car to impress me, and he recognizes the importance of status symbols. Those are good signs."

Of course, we often hear that not all women are like that, which is a common argument. So common in fact, that it's a MGTOW acronym: NAWALT. Women are quick to claim they are different, as though saying so makes it true. But their actions speak much louder than their words.

When a woman proclaims, "I'm not materialistic" you have to wonder why she feels compelled to say it. You can't rely on what they say; you have to look at their behavior. This behavior has dragged so many men down for so long that we've stopped listening to their endless denials and doublespeak. We're opting out of getting involved with people who are either delusional or lying to themselves.

Doing this is a huge relief! It's on a par with graduating college, completing your military service, or paying off your debt: A true *load off your shoulders*. When you realize that less than 1% of women are NAWALTs and that the good ones have already been snatched up, you can abandon the pointless search for a needle in a haystack.

It may be true that you can't paint all women with the same brush: Not all women are like that. But all of the women *I've* been seriously involved with have been. *All of them*. If one had not been, I might still be with her.

A friend once suggested that perhaps I was attracted to crazy women. But I didn't know they were crazy in the beginning and neither did anyone else. It would be more accurate to say that I'm attracted to women, and that most women are crazy. Today I accept that, while also acknowledging that there are some exceptional sane women...just not very many.

So why go MGTOW? Well, maybe I'll take a nap today. Then again, maybe I won't. Maybe I'll get up early and go to the gym. Maybe I'll go to a movie. Maybe I'll play my guitar for two hours. Maybe I'll buy a new guitar. Maybe I'll take up a new sport. Maybe I'll go out with the guys. Maybe I'll move to another state. Maybe I'll pursue a new career. Maybe I'll do whatever the hell I want, without getting permission first.

That's MGTOW. And while it may seem that we focus on the negative, it is actually a very healthy, positive approach to life. All the negative stuff is just what got us here. It's true that if you peruse the MGTOW forums, you will see an overwhelmingly negative attitude towards women. But this is because they have demonstrated overwhelmingly negative behavior, not because we have a shitty outlook. On the contrary, we're just calling a spade a spade. Stories like mine are the rule, and men are now discussing that fact.

Guys often need to vent in the beginning, and the forums provide a venue to do so. It's hard to ignore the sense of injustice and unfairness when you've just been burned in divorce court, and getting it off your chest is a probably good idea. Those of us that have been through it understand. Once you're past the rage stage and can clearly see reality, women's antics become little more than a source of entertainment. Just Google "woman temper tantrum" for examples. Or check out the women that are actually marrying themselves.

Once you've confirmed that things really are as bad as you had feared, it's easy to flee the plantation and move on. I suspect that for every guy ranting on the forums there are probably a dozen or more simply enjoying the freedom that comes from being single.

The idea that a man must be in a relationship or there is something wrong with him is outdated as well as insulting. My ex once told me in a condescending tone that sometimes I acted like I would be better off alone. Which was true, because she was being a miserable bitch and driving me into debt. She was right, though. I am *far* better off alone.

I get this confirmed by married guys almost daily. "Let me check with the wife" usually means NO: No, you can't do something that doesn't revolve around her. No, you can't buy yourself something with the money that you earned. No, you can't express your instincts. No, you can't just be a fucking man. These men often confide in me that they envy my lifestyle. Can't say I blame them; I've been in their shoes.

All things considered, women are most useful for sex, and they know it as much as we do. So once a guy "earns" the privilege of accessing a woman's golden vagina by committing to her, she'll continue to exploit that asset to get what she wants. Sex will be doled out as a reward for appropriate behavior, kind of like dog treats.

If he wants to get laid, he'd better toe the line regardless of what sacrifices he's already made to give her a better life. Over time the sex becomes less frequent despite his loyalty and hard work. At the same time, she'll increase her demands on him until the negative consequences of the marriage outweigh the consequences of divorce.

I know countless men who have been thoroughly screwed over in divorces. That's the expected outcome. If you're willing to take that chance because you think you've found The Right One then go ahead and get married. Just understand that you're putting your balls on the chopping block. You'll be walking the high wire without a net.

I have a better idea: Go MGTOW and control your own life. You can still have sex; just don't get married. You can even be honest with women and tell them you're not looking for anything serious. You don't need to lie or manipulate them. They'll still fuck you because in their minds you'll fall madly in love with them once they do. Just be prepared for some drama when they realize it isn't happening. Then move on. And don't get sperm-jacked along the way.

Or, go monk. Find a philosophy that works for you.

This isn't rocket science. In fact, it's just common sense. But as you'll see, common sense is uncommon when you're talking about a guy doing what's best for *him*. The very concept is so foreign to most people that they scratch their heads and say, "What? You mean you don't want to have a woman to take care of? You're just going to do whatever you want?" Radical concept, I know. But yes, that's exactly what we're going to do.

After a brief review of feminism, I'll address several topics that I feel are relevant. I put feminism first because it's the underlying cause of so many problems, and understanding those issues will put subsequent information in the proper context.

I want to acknowledge upfront that others have already covered much of the information presented here. I, and all men, owe a debt of gratitude to them. There are a lot of knowledgeable men out there spreading the word, and it's having a marked effect. I hope to expand on the many topics that frequently come up in the community while making some new points.

If somebody misses an important issue in other formats, then I hope they find it here...and vice versa. If I can help even one man realize that he has a real solution, then it will have been worth the effort.

Chapter 2: Feminism

I won't delve too deeply into the history of feminism, as the topic has been thoroughly covered, and you don't need to be an expert anyway. I'll just touch on some key points, and then focus on where things stand today. If you want to understand MGTOW, then you must understand modern feminist thinking.

The first wave of feminism is generally accepted as the period between the late 19th and early 20th centuries. The focus was on education, legal rights, working conditions, and ending gender double standards. (More on double standards later.) Perhaps the two most significant events of the first wave were the criminalization of prostitution, and women being granted the right to vote in the United States.

Second wave feminism ran roughly from the sixties to the eighties. This was the *women's liberation* movement, where women sought further advances within society. The general idea seemed to be that traditional female roles were unacceptable in the modern age, and that women were truly equal to men in all ways. There was a lot of bra burning and complaining about housework. As we shall see, the reality is that many feminists believed, and continue to believe, that they are not only men's equals, but our superiors.

A significant development of the second wave was the advent of reproductive rights in the form of contraception. Birth control pills provided women with a measure of control over when they would bear children, regardless of their sexual behavior. At the same time women lobbied for and received access to abortions on demand. And of course, *no fault divorce* made it easy (and profitable) for wives to leave their husbands.

The early 1990s marked the beginning of the third wave, in which women sought more sexual freedom. This included having multiple partners, lesbianism, and the ability to express sexuality without judgment.

We are currently in the fourth wave of feminism. Depending who you talk to, this period began around 2008. The focus has shifted to accepting obesity and transgenderism, as well as fighting against perceived *misogyny*, or hatred of women. The Internet plays a key role here, just like it does in MGTOW.

The fact is, feminism has been a continual process of imposing the agenda; there were never any breaks between the waves. It has been relentless. And it probably started at some level long before the "first wave". The key takeaway is that feminism is embraced with the same fervor by many women that jihadism is embraced by many muslims.

Chief among the countless feminist complaints is *patriarchy*, defined by Merriam-Webster as follows:

"Social organization marked by the supremacy of the father in the clan or family, the legal dependence of wives and children, and the reckoning of descent and inheritance in the male line."

The thing is, patriarchy is no longer the way western society is organized, and it hasn't been since the fifties. Second wave feminism succeeded in basically destroying it, so what's the problem? The problem is that many women still blame the non-existent patriarchy for their imagined unfair treatment.

Not enough female CEOs? Patriarchy. Women aren't cutting it in traditionally male careers? Patriarchy. Male athletes earn more than female athletes? Patriarchy. Feminists don't win elections? Patriarchy. It's a convenient excuse for almost everything, but it's not a valid argument.

Still, some families do happily choose to operate under a patriarchal arrangement, but most don't: Certainly not families with feminists in the mix. The very concept of patriarchy is so abhorrent to feminists that many refuse to take their husband's surname at marriage, opting instead to keep either their maiden names or to adopt some hyphenated compromise. Even when a man provides the vast majority of the resources and all of the protection and security, he is still not afforded any status, even though he's earned it.

An assumption is made that all women are opposed to patriarchy by default, but I suspect that this is not the case. Some women, believe it or not, might actually *like* the idea of being a stay at home mom. For them, having a hard working, capable husband ensuring the family's financial well-being is actually a good thing. Let him go fight traffic, toil in the workplace, deal with difficult bosses, and work his ass off.

Was this really such a horrible deal for women? No, it wasn't. It was about division of labor within the family. Now, women are expected to have a career despite the demands of motherhood while men are expected to take on many of the roles traditionally performed by the woman so that she can do so. This does work in a lot of cases, and is actually considered the new normal.

But if a modern woman chooses to focus all of her efforts on taking care of the kids and home, feminists will ridicule her. In this way, feminism has been harmful to many women. They are expected to do it all. If they don't, then they are considered a part of the problem, and are setting women back...back towards the dreaded and terrible patriarchy.

Let's look at another social construct; *matriarchy*, defined by Merriam-Webster as:

"A family, group or state governed by a matriarch. A system of social organization in which descent and inheritance are traced through the female line."

A matriarch is defined as:

"A woman who rules or dominates a family, group, or state."

Would this be a better way to go? The answer of course, depends on whom you ask. Feminists would immediately respond in the affirmative, given their misperception of women as superior. (e.g., If women ran the world there would be no war!) Suggest matriarchy to a MGTOW and you will probably be met with laughter.

Yet, matriarchy is common, at least at the family level. There might not be many female world leaders, but there are definitely a lot of women in charge at home. This is one of the driving forces behind MGTOW. When a man earns the majority of the money but the woman insists on having the final say in all purchasing decisions, the man has a choice to make: Either accept it, as most men do, or reject it, which will lead to some serious problems.

Women also tend to control men's time and insist on making the important decisions. They decide what the weekend's activities will be, what color the house should be painted, what cars will be purchased, etc. Men allow this, excusing it with the platitude, "Happy wife, happy life!" Guys like this are known as "Simps", short for Simpleton. They are too ignorant to even recognize their own stupidity.

No reasonable person would dispute this gynocentric set up, but we're expected to believe that patriarchy is the real problem. Many feminists cite the preponderance of men in politics as evidence. After all, we still haven't had a female President, they argue. Proof of patriarchy, right?

When Hillary Clinton lost the 2016 presidential election, feminists saw this as evidence that the system is still rigged against them. During the campaign, anyone who opposed Hillary was immediately branded as a sexist, just as those who opposed Obama were labeled racist. Both were cases of playing the victim card, a common tactic among feminists and social justice warriors.

Clinton's defeat resulted in deafening cries of victimhood across the country. It was simply inconceivable to her supporters that she could have lost because well, she lost. Surely there must be other more sinister forces at work.

So what's the solution, some kind of affirmative action? Should we have different standards for female political candidates so they are better represented? Of course not: Not if we're striving for equality. Let them run the political gauntlet just like men do.

Or, perhaps the feminists could...I don't know...field a candidate capable of winning the election?

Whether you're talking about patriarchy or matriarchy, it helps to think of it in terms of macro and micro levels: The macro level being society as a whole, with the micro level being the individual family.

As a self-proclaimed MGTOW, I don't spend a lot of time trying to change society because I have very little control over it, if any. I choose to focus on the micro level. That is, my own life. I can control that.

That doesn't mean I don't care about society. In fact, I have made far more contributions to society than most feminists. (Military service, volunteer work, taxes, writing this book, etc.) And I know that I can achieve more at my level than I can at the national level. Besides, what action could I take to change society? Lobby politicians? Argue with militant feminists? Appeal to women to be reasonable? All are losing propositions.

Instead of beating my head against those walls I choose to live life the way I want to, and maybe share some of my experiences with other men in the hope of sparing them some trouble. A lot of men are doing this, and I suspect that collectively we may have more impact on society than we think, whether that's our intention or not. Either way I am better off by far, staying out of the mainstream.

Despite all of the successes of feminism, women continue to claim that men are oppressing them. The facts however, do not bear this out. Today's woman has the opportunity to do virtually anything a man can do. It's the law. That doesn't mean she can do it, but the opportunity is there.

One recent example of women achieving equality is in the Armed Forces. In 2016, women were authorized to serve in combat arms positions in the U.S. military,

including Special Forces. Whether or not they excel in that arena remains to be seen, but again, the opportunity is there.

There are minimum standards for physical fitness that must be met in order to serve in these important combat roles. The standards are there for a reason, and it's not to keep women out of the ranks, as some have suggested; it's to ensure mission success. If you don't meet the standards then you don't get to be there, regardless of whether you are a male or female.

However, there is a problem in the military; Outside of combat arms positions, women are held to a much lower physical standard than men, and this has been the case for decades. To illustrate, let's look at the Army physical fitness test. Here are the current minimum standards for 17 to 21-year-old male and female Soldiers:

Pushups: Men 35 / Women 13

Sit Ups: Men 47 / Women 47

2Mile Run: Men 16:36 / Women 19:42

Bodyfat: Men 20% / Women 30%

What's wrong with this picture? The only place women are equal to men is when performing sit-ups. Why is this? Are women not as capable as men? And why has this situation been allowed to continue for so long despite over a century of continuous feminist activism? Have they quietly conceded that women are physically inferior to men?

Of course they haven't. But if you held women to the same standards as men then women would be under represented in the Armed Forces. And of course that would be unfair. Right? On the one hand we are supposed to accept that women are as capable as men. On the other hand, we have to cut them some slack so we don't notice that they aren't.

Here's an even simpler example: Why is it that men's heads are shaved in boot camp while women are allowed to keep their hair? I was told in Basic that they shaved our heads for hygiene reasons, and to strip away some individuality in order to develop more of a team mentality. I always understood that. Don't those reasons apply to females? Apparently not. This is another example of gynocentrism. There can be no other logical explanation.

This privileged status helps to explain some statistics from the men's rights documentary *The Red Pill* by Cassie Jaye:

99% of wartime deaths are men.

93% of workplace deaths are men.

80% of suicides are men.

Men are sentenced to 63% more prison time than women for the same crime.

81.6% of child custody cases are awarded to women.

You could attribute the first two of those stats to the male's willingness to pursue dangerous occupations, including military service. Men tend to step up when required for the safety and advancement of our societies. To validate this, just research the history of the Congressional Medal of Honor.

As for the suicide rate, how do we explain that? Testosterone? Or could it be that more men than women find themselves trapped in what they feel to be hopeless situations? Is there a correlation between the suicide rate and the stats cited for prison time and custody battles? Could it be that men, being more likely to have their lives ruined by the opposite sex, are thus more likely to see no other way out?

These are troubling statistics, and clearly men and women are not the same; certainly not equal, when you consider those stats. Still, feminists continue to argue that women are *at least* men's equals.

No, men and women *are* different, if you apply even a modicum of common sense. It should be obvious that men generally have higher physical work capacities than women do. Yet, feminists will deny this and point to the rare exception to the rule, but that doesn't change reality. Just hold a pull-up contest, if you have any doubts. If women truly are men's equals in the physical domain, let them prove it rather than simply state it as though it were a fact.

The fact is that while women have achieved equal rights with men in those areas where it's to their benefit, they've conveniently avoided *equality* in those areas where it would be inconvenient: They have achieved equal *rights* while avoiding equal *responsibilities*. The physical fitness double standard is just one example.

Perhaps the most glaring one is Selective Service, where men alone are required to register for the draft. We don't see anyone lobbying for equality on that particular issue, and certainly not feminists. Why not? Shouldn't they also have the *right* to be drafted?

Women should be outraged. The implication is that they are incapable of serving in the military, and of course we have already seen that they are, so long as we hold them to lower physical standards. It's either that or they are simply more valuable than men, in which case they are not arguing for equality but for superiority.

And then there's divorce. Who usually gets the short end of the stick in that scenario? Without question, men. Everybody knows this, and it's accepted as just the way things are. But why is it assumed the children will go with the female while the male pays her bills? Why does she have the "right" to continue living at "the standard to which she has become accustomed" while the man is expected to get by in a tiny, crappy apartment to which he is unaccustomed?

It's because feminism isn't about equality.

The disparity explains why women are generally much more eager to get married than men are. It only makes sense. They are getting a better deal, and it's the same in the dating world. Men must treat women as equals but are expected to pick up the check on the first date, and every date thereafter.

How would the average woman react if the man suggested splitting the dinner check on a first date? It would not go well. Why is that? In this scenario the man would be considered a loser. He would never get a 2nd date with that woman. Why? After all, he was simply treating her as his equal, just like he's supposed to.

Their answer is usually something along the lines of, “Well of course I want equal rights, but I also want chivalry”. Well guess what, Gold-digger: You can’t have it both ways. After all, chivalry is the act of treating women as special. Stating that one wants to be both equal and special simply confirms that many women believe that they are in fact better than men, and therefore entitled to special treatment. So they insist on a different set of rules. And they have them.

You see examples in the media as well. If there is a news report on some kind of disaster that resulted in fatalities you might hear something like “24 people were killed, including women and children.” The implication is that if all of the victims were men it would be less of a disaster. I would agree that children being killed is more tragic than men being killed, but is the death of a woman a bigger loss than the death of a man? It shouldn’t be, if we’re equals.

In the entertainment world, we see men portrayed as incompetent buffoons who would fail completely in life if it weren’t for their smart, capable wives. This probably started with Homer Simpson but has become a successful formula for countless bad sitcoms. The men are overweight, not very bright, and are basically lazy slobs. The women by contrast, are attractive, confident, and capable of picking up the man’s slack. This may pass for entertainment in today’s idiocracy, but it also reinforces the idea that women are more competent human beings.

And so today we have a situation where women have all of the opportunities that men do, but when they fail to excel, they still blame men. After all, it couldn’t possibly be their fault. *It must be the glass ceiling.* If you point any of this out, you’ll be labeled as sexist, or possibly accused of hate speech.

Gynocentrism even permeates the most mundane aspects of life, such as toilet seat etiquette. Virtually all men have been chastised for leaving the toilet seat up, a perceived grievous breach of protocol that irritates women to no end. But why is “down” the supposed default position? Because it makes women’s lives slightly easier. It also serves as a subtle reminder that her needs must always come first.

Want to have some fun testing this theory? Next time you’re at a social gathering, when you come out of the restroom, feign irritation and ask the group, “Who left the toilet seat down?” Glare at the women accusingly and see what happens. You will soon have every woman in the room correcting you, hopefully while seeing the humor in your point. (Though don’t count on it.) More troubling, you’ll probably have some men taking their side. “You have to go along to get along”. Simps.

Let’s take a closer look at gender roles at home:

For decades we’ve been told that doing housework like cooking, cleaning, and laundry is somehow demeaning, and so men should share in those responsibilities. But there’s another point that nobody seems to ever talk about.

It is automatically assumed that when the roof leaks, the car breaks down, and the grass needs mowing the man will take care of it. He’ll paint the house, build fences, and fix anything that breaks.

Then, when he comes in out of the heat after say, scooping up all of the dog shit and pulling the weeds, there will still be dirty dishes in the sink because domestic chores should be *shared*. Somehow that principle doesn’t apply when we’re talking about digging a septic system or even taking the trash to the curb.

Would it fly if a man suggested that she go change the oil in the car while he puts the laundry in the washer and pushes the button? Or if he expected her to move the big pile of rocks while he vacuums the living room? His very manhood would be questioned.

This is an example of using gender roles when it's convenient and disparaging them when it's not: Cooking dinner? "You can do that just as well as I can!" Roof leaking? "You expect a girl to go fix it? What are you, a pussy?" Women will demand you "do your share" when it comes to washing dishes but fall silent when it's time to chop firewood or shovel snow.

In a perfect world we would have some kind of sensible sharing of chores within a given household. That was kind of the idea behind the old model. Everybody does what they're best at, and everyone pulls their fair share of the load for the benefit of the family. But we don't live in a perfect world.

In my experience, housework isn't a big deal unless you live with a slob. Since I'm single, I don't spend much time on maintenance, cleaning, and all the domestic stuff that needs to get done. This is partly because I don't live in an enormous house, and partly because once I clean things up they tend to stay clean. I have no problem doing my own dishes, laundry, and cooking. I honestly don't understand why women have such a hard time with it, given all of the modern tools that have been provided for them. (Provided, I might add, by men.)

It's taken quite awhile for men to wake up to this reality and decide to take action. Why did we tolerate it in the first place? Mostly because men have a strong desire for sex, and are willing to put up with a LOT to satisfy that need. However, we seem to have reached a tipping point, which is summed up perfectly by one woman's comment during a recent divorce proceeding: "I guess I just pushed too far." Well, yeah. People have limits. We're at a point now where men are simply realizing, "It's not worth it".

The marriage rate is plummeting, divorce rates are up, and we're starting to hear some blowback. Women are complaining and asking, "Why can't I find a guy to marry me?" *It's because you're not worth the trouble, and men are no longer willing to put up with your bullshit in order to gain access to your vagina.*

It simply costs too much. Women have in effect, priced themselves out of the market. They expect men to provide everything that they could possibly want, and in return the man gets...what? Sex? Maybe? For a while? When she decides? Not a good return on investment.

Most men would probably agree that they'd prefer a woman who takes care of her health (isn't obese) and isn't looking for a free ride. Maybe she should also be nice. Sounds reasonable. But those women are so rare now that in MGTOW circles they've come to be known as *Unicorns*. So, instead of searching in vain for a nonexistent unicorn, we've opted to get on with our lives and focus on more productive activities.

This usually happens after a guy gets raked over the coals during a breakup. Most of us have at least a bit of experience in relationships, if not marriage. Some of us have a lot of it. When things turn bad, as they usually do, the man will pay, and continue to pay.

It's common for the embittered woman to seek to "take him for everything he's got" and she will usually succeed. Her girlfriends will encourage her in this. It doesn't even matter if the woman was the cause of the breakup. She can still play the victim card and will almost always come out ahead because the laws are stacked in her favor. This situation is the result of feminism run amok.

Now, after decades of this, men have come up with a very simple solution: *Don't play the game*. We've realized that it's just too risky and so have moved on with a different outlook that doesn't include sticking our necks out for the *privilege* of being with women who don't appreciate us in the least.

Today, if you search for MGTOW on YouTube you'll find hundreds, maybe thousands of videos on the topic. Most are simply men sharing their experiences. Some illustrate the flawed logic or emotional instability of women. Others point out society's bias in favor of women. But underneath it all you'll find a positive message as well as a sense of humor. After all, when a woman punches a man in the face repeatedly and then screams "What are you gonna do, hit a girl?" it helps to see the humor in it.

These days when the topic of relationships comes up and it becomes known that I'm not married, the conversation can get interesting. For some reason, people always want to know why a person is single. When asked, I usually reply with something like, "My standards are too high. I won't date anyone unless they can walk a mile without being sore for four days."

This is because I like active people, and don't have much in common with sedentary types. Where I currently live, most women couldn't walk a mile if they had to. Those that can are already taken, because women who are not lazy are rare and valuable. Unicorns.

Occasionally, when discussing women, someone will state that I sound bitter. So I have to explain that there's a difference between being bitter and being realistic. I live in the real world now, and after 35+ years of experience with women I can provide hundreds of examples of women manipulating, cheating, lying, etc.

I don't have some kind of character flaw that makes me inappropriately bitter. I just have a good measure of caution born of experience. How many times are you supposed to put your hand on the stove, get burned, and keep going back for more?

You could say that I'm jaded, but I wasn't born that way and I didn't just wake up that way one day for no reason. I don't suffer from some kind of innate personality defect. The way I see it, I'm simply paying more attention to my survival instincts than I used to. So yeah, it's true: I don't trust women. They haven't earned it.

My current philosophy grew out of decades of interactions with women, and they continue to prove my point to this day; that they utterly fail any form of cost-benefit analysis. This is especially true if you're talking about subjecting yourself to legal action and severe financial penalties, as is the case in marriage.

What better way to prove your love and devotion to a woman than by saying, "I love you so much, I'm willing risk legal action and financial devastation to be with you." This is exactly where women want you...vulnerable. They refer to it as *commitment*. "Marriage is about trust" they say, the implication being that if you don't participate then you are incapable of trusting anyone; *There is something wrong with you*.

Marriage is clearly a risky proposition for men, but what kind of risk do women face? Virtually none. Worst-case scenario is she ends up divorced, but even then she will be better off than when she started...often far better off. She has a guaranteed exit strategy, backed up by the courts and the State.

We are told that there's supposed to be some shared sacrifice in relationships, and feminists will point out that women often sacrifice their careers in order to have children. Really? Having your maternal instincts satisfied through the efforts of a man is a

sacrifice? Not going to work every day so you can be a mommy is a sacrifice? Are we supposed to believe that this is a selfless act? When in fact all parental rights are virtually guaranteed to her, while the responsibilities land with the man?

That doesn't pass the common sense test. It's just a way of putting things into terms that sound acceptable. Shared sacrifice usually means that you, as the man, must sacrifice.

The good news is that you don't have to participate in any of this, and it's perfectly OK to live life outside of society's norms, despite what people may say. Think about it: Those norms include serving women's needs to the point of being owned. Been there, done that. No thanks. I put a lot of effort into "making relationships work" and all it ever got me was a ton of debt and emotional turmoil.

Things are definitely getting better for men, as more and more of us realize that we have options. The word is getting out, and it's great to see the younger guys avoiding the mistakes many of us old guys have made. There is a lot of activity online, including a lot of debate, but I think there are two key pieces of advice that we can all agree on:

- 1. Don't get married.**
- 2. Don't cohabit with a woman.**

In other words, remain single. Everything else is up to you. You don't have to take a vow of celibacy. You don't have to struggle in vain to change the system. You don't have to avoid all interactions with women. Then again, you can do those things if you want to. It is your decision how you live. People may question it, and even some MGTOW may imply that you are not doing it right, but it's entirely your call. *Your way*.

This will minimize the negative impact of feminism in your life, at least your personal life. Use the MGTOW resources available to you. Learn from others. Then you'll be better prepared when you do find yourself dealing with difficult women. More importantly, you'll know how to avoid being in that situation in the first place.

Chapter 3: Accepting Reality

If you've seen the film "The Matrix" then you may recall the scene where Neo takes a red pill and can subsequently see reality as it is. Prior to this, his reality was a construct of the Matrix, a computer program designed to keep humans in a state of perpetual ignorance. He was also given the option of taking a blue pill, which would ensure that he'd remain oblivious to the true nature of things...clueless. Of course, he opted for the red pill and the rest is history.

This Red Pill idea is common in the world of MGTOW, and it is an apt analogy. The premise is that we have been sold a bill of goods by society: We've been told that women are constantly oppressed by dubious men intent on keeping them down to preserve the patriarchy; That the world is inherently unfair to women; That sexism is rampant, and that women are always the victims; That women are equal to men in all ways and are capable of everything that men are; That the world would be a better place if women were in charge; That men have all the advantages while women must struggle in an unjust world.

Accepting these ideas is known as blue pill thinking because if you buy into it then you do not have a grasp on reality. "Taking the red pill" simply means that one rejects arguments and distorted "facts" that they know to be false. You could also call it a reality check or a paradigm shift. Whatever you call it, the idea is to see things as they actually are, as opposed to how we've been told we're supposed to see them. It's based upon verifiable facts, as opposed to propaganda and appeals to emotions.

For example, we continue to hear complaints about the completely debunked 77% wage gap, wherein men earn more than women. A blue pill male might respond:

"Wow, that's really wrong. I didn't know that was still a problem, but it obviously is. No wonder feminists are so upset. We really need to fix this. It's totally unfair."

A red pill male, by contrast, wouldn't automatically accept this at face value. Instead he might inquire:

"How did they arrive at that number? Oh, they simply compared all women to all men, regardless of education, job responsibilities, and performance? That's not very scientific. Perhaps part of the disparity is due to career or education choices. Most engineers are men while most social workers are women. Perhaps if more women went into computer science or some other relevant field instead of art history and gender-studies they'd make more money.

Maybe taking maternity leave has something to do with it. A lot of women work part time, and that's probably a factor. Men perform most of the dangerous jobs, and those tend to pay well. They should probably evaluate this based on performance in similar jobs, so we're comparing apples to apples.

I'll bet two college professors with equal credentials but different genders earn the same. Or two retail clerks, for that matter. Looks to me like that number is based upon some seriously flawed studies, or it's deliberate statistical manipulation. I don't buy it."

When you look at reality objectively, it quickly becomes clear that things are not as they once appeared. The claim that the system is rigged against women doesn't hold up when you consider what happens in divorce court. The argument that women are more

creative than men falls apart when you look at the history of composers, inventors, and architects. Think women are smarter than men? Take a look at the key figures in science.

Since we don't literally have a red pill to swallow, how do we know when a man, or woman for that matter, has taken it? Through their behavior. When you see a man jumping through hoops in a vain attempt to keep his nagging wife happy, that's blue pill behavior. When you see a man ignoring a woman seeking his attention, that's red pill behavior.

I suspect that the gradual process of awakening that I experienced is the norm. In other cases a single interaction with a woman may be all it takes to trigger a wake up call. Either way, once you start to see clearly, it can be disheartening to recognize how bad things actually are. This realization often results in what is known as *Red Pill Rage*. (I also half-jokingly refer to it as Post-Dramatic Stress Disorder.)

Red Pill Rage is (hopefully) a temporary condition that commonly occurs during a divorce. It's a normal part of the process of coming to terms with reality. After all, it's difficult not to experience anger when a woman who claimed to have loved you is attacking you, taking possession of your children and resources, and actively attempting to ruin your life.

The situation is even worse once you realize that the State is backing her up. It is a hard pill to swallow, but it often leads to the solution, which is MGTOW. Men tend to be problem-solvers, and once they get past all the drama the solution becomes clear and they can move on to a better life.

At this point, the education process really begins. Most of the information about MGTOW is online, much of it on YouTube. There are content providers of all types, taking many different approaches, so it's easy to find something that you can relate to. You'll find everything from deep philosophical discussions to stand up comedy.

Whether you adopt the red pill analogy or simply consider yourself better informed, you will begin to see things differently. This is apparent in the forums, where men share examples of how MGTOW philosophy has enabled them to cut through the clutter and see the world as it is. A good example is from a meme I saw on a MGTOW site:

There are 3 frames from the film, *Forrest Gump*. In frame one, Forrest and Jenny are standing together while he is still a Soldier. The caption reads, "Gets friend-zoned".

In frame two, Forrest is the wealthy owner of the Bubba Gump Shrimp Company. The caption reads, "Gets Rich".

In frame three, Jenny returns, with the caption, "Guess who comes back?"

Most people would completely miss this, but some observant MGTOW was able to see what was going on in that film from what you might call a red-pill perspective. This kind of situational awareness serves us well because it helps us spot attempts to manipulate us or influence our perception. So, when a pretty girl bats her eyes and flashes some cleavage because she needs help moving or something, we can see it for what it is and go fishing instead.

This is important because women attempt to take advantage of men all the time, and most guys let them. But it can be very entertaining to see how women react when it doesn't work. They usually get a startled, deer in the headlights look, but some times just confusion.

Let's say you're at a little get-together and some single woman starts discussing how stressed out she is because something is broken in her house. She's expecting some guy to step up and offer to fix it, at no charge and with no expectation of anything in return. (A guy who falls for this is known as a White-Knight.) When you simply state, "That sucks" and change the subject or walk off, she'll probably be dumbfounded.

There are countless examples like this...all the result of women's behavior. They have insisted that they are at least as capable as men, yet when they get a flat tire they just stand there and wait for a man's help. MGTOW drive on by. We have better things to do than bail out some chick who claims to be a Strong Independent Woman™ but isn't. Or, to quote one of the forum posts, "*If you rescue a damsel in distress, all you get is a distressed damsel.*"

Open your eyes. We are constantly bombarded with messages about how we're supposed to act, and shaming tactics are often employed when we don't comply. Ignore these tactics. They are intended to control you.

The most common tactic is to question your manhood, as in "If you were a real man then you'd (insert desired behavior here)." These attempts at manipulation are easy to spot when you're paying attention. And they don't work with MGTOW guys, which drives women nuts. Especially when we actually laugh at them for trying.

One situation where it can be challenging for men to keep things in perspective is when the woman in question is highly attractive. I think it's safe to say that beautiful women are better equipped for manipulating men than less attractive women are. They know this, which is why most women put so much effort into maximizing their visual impact. Hence the use of make up, cosmetic surgery, and fashion to make the most of a female's appearance.

Overweight chicks with big boobs hide their asses while trying to draw your attention to the boobs. Flat-chested skinny girls wear yoga pants to emphasize their asses. Older chicks use make up (aka fake up) to appear younger. Stockings are worn to hide cellulite. Surgery is endured to help a woman be more sexually appealing. Does anyone really believe they are doing this for their own benefit? To feel better about themselves, as they often claim? No. They are doing it to attract men or to exert more control over men. Period.

This is no different than a man pretending that he makes more money than he does, or lying about what he does for a living in order to garner favor. Men are attracted to physical beauty; women are attracted to resources. In both cases the individuals are misrepresenting themselves. The only difference is that the man will be called out as a liar while the woman won't.

In the case of women who really are attractive, they can get away with MUCH more than other women, as long as guys are willing to put up with it, which most of them are. That situation isn't likely to change, but you probably don't want to play that game anyway. Unless you are Brad Pitt handsome and rich, you'll be in a subordinate position in her mind. In fact, you'll probably be in a subordinate position regardless.

This is because women tend to have a greatly inflated sense of self-worth. On the attractiveness scale, 5s think they're 8s and 8s think they're 10s. It's so prevalent that this has become known as the 80/20 Rule, where 80% of women believe they are deserving of the top 20% of men. They vastly overestimate their sexual market value. You can confirm this for yourself on any dating site.

Just look up an unattractive, overweight woman of any age and read her list of demands. She'll be asking for a handsome, fit, tall, educated, successful guy with a great sense of humor who knows how to treat a woman.

If you're on board with the red pill analogy, then you probably recognized the code in that message: "Knows how to treat a woman" means "Willing to spend lots of money on me". In fact, the spending money part is a deal breaker with virtually all women. They claim it's because they consider generosity to be a desirable character trait, like honesty, but they really just want your money.

And where did this inflated sense of self-worth come from? I believe that it starts in childhood, where they are treated as princesses. After years of being referred to as Daddy's Little Princess they internalize the idea that they really are special.

The problem is that they often fail to outgrow this. Boys, by contrast, come to grips with reality at a fairly young age: "I'm really not a fucking cowboy." A young female may admit that she is not literally a princess, but will often still feel entitled to be treated like one. Then, when boys and young men start pursuing them, they take it to the next level. They mistake male lust for confirmation that they are special, and therefore entitled to special treatment.

And guys go along with this. They're just trying to get laid, but every time they hit on a girl her perceived value goes up. It's no wonder that we have women with out-of-control egos. They learn very quickly that by virtue of having a vagina they have a distinct advantage over men, though they will rarely admit to exploiting this. If they're pretty, they'll have guys lined up for a shot at being with them, yet will still cry about being disadvantaged as a woman.

Red pill men see right through this. We're impervious to it. But mostly, we just don't care. Our lives don't revolve around getting laid, even if that was once the case. We can appreciate a hot female physique and pretty face as much as the next guy, but we can also see the dark side. Blue pill men can't, and so are drawn in by the pretty stuff. As long as they are willing to make the sacrifices demanded by the Keepers of the Golden Vagina, then things aren't going to change. At least not for them.

It may help to think of it as similar to an addiction: You know you want it, but you also know it isn't good for you. Compare it to cocaine. Yeah, it would be great to partake, but when you come down from the high you're going to be much worse off. Better to skip it.

The problem is that while you can avoid being around cocaine it's hard to avoid being around attractive women. Granted, that's becoming less of a problem with the land-whale movement, but it still happens. In my experience, and from what I've seen in the manosphere, the frustration and craving tends to diminish over time. Once you realize that a chick in a short skirt is just a woman trying to use her *only* asset to manipulate you, it becomes almost humorous.

Just say to yourself, "Yep, there goes another gold digger, in denial about being a whore. Let her find some other chump." Shake it off and go about your day.

Whether women like it or not, the modern world was created mostly by men, while women just take it all for granted: The lights come on when you flip the switch, there are roads to drive on, the grocery store is full of food, there are buildings to live and work in, you can fly anywhere in a matter of hours, etc. Life is pretty good if you compare it to say, the 19th century.

None of these things just happened. They are the result of sharp minds and hard work. The payoff is the unprecedented level of safety, comfort, and convenience that we enjoy today. Keeping it all running smoothly is also the result of sharp minds and hard work.

The electrical grid doesn't run itself, nor does the Internet. Life in the 21st century requires massive infrastructure, which usually goes unnoticed until something goes wrong. But even then it's usually just some minor inconvenience like a delayed flight or lost cell phone signal.

We should acknowledge the fact that virtually *all* of this is due to the efforts of men.

Sure, women give birth to men, which is obviously important, but for the most part that's where their contribution ends. And yes, they've contributed other things, but not all that much, if you do an honest appraisal.

Who built the Hoover Dam and the Golden Gate Bridge? The railroads and interstate highways? The ships that transport goods in and out of our country? Who fixes the power lines in a storm, fights wild land fires, and works the oil rigs? Men, with only rare exceptions.

Sure, you'll find the token female in male-dominated professions, but men perform most of the truly important work of keeping everything functioning. That's not to say that this is a problem, though. Men enjoy building things, fixing broken stuff, and solving difficult problems. We like adrenaline and physically challenging tasks. This kind of work suits us. It's just to acknowledge a fact: *Men keep the world running smoothly*. Yet, most women seem completely unaware of this, and continue to regard us as useless imbeciles.

You could argue of course, that things aren't running smoothly. We have wars, poverty, and a lot of other problems. But at the same time you have to admit that at least in the developed world, things are pretty good. It's hard to take someone seriously as they complain about world poverty when they own a nice house and a BMW. Or fretting about alleged global warming from their private jet.

This kind of hypocrisy isn't limited to women, but is very common among them, and it often shows itself when they are discussing men. They'll sit in a house literally built and paid for by men, and with a straight face state to their girlfriends that men are useless, and that they don't need us. The cognitive dissonance is staggering.

You may notice as you gain knowledge that you start seeing validation of MGTOW ideas everywhere. For example, someone pointed out years ago that whenever there's a woman on a road crew, she'll be the one holding the sign while men perform the real work. I just saw that again today, confirming that this is still the way it is. You'll probably notice it too the next time you pass a road crew.

You'll laugh at Hollywood every time they try to advance the feminist agenda through female heroines. You'll spot the bias in the media, hear it in song lyrics, and see it on magazines in the check out line. You'll be able to recognize propaganda instantly, which has the added benefit of rendering marketing ineffective against you. When people have been selling you a lie for most of your life, it becomes difficult for sales people to sell you things that you don't need.

I recently had to call my cell phone provider over a billing issue. Once that was resolved, the woman tried to sell me a new phone. I declined, but she kept pushing. She

had a well-rehearsed counter for every objection I made. Finally, I told her, “I said no, and if I wanted to be manipulated then I would’ve stayed married.” Had to hang up on her.

While much of MGTOW philosophy is considered new, we can look back in history for examples of similar thinking long before the Information Age. A prime example is Briffault’s Law, because Dr. Briffault appears to have taken the red pill decades before it was even conceptualized. Some may disagree with his theory, but you can’t say it isn’t interesting.

Dr. Robert Briffault (1876-1948) was an English surgeon, anthropologist, and author. His ideas are highly relevant to MGTOW, and so worth consideration here. Briffault’s law states:

“The female, not the male, determines all the conditions of the animal family. Where the female can derive no benefit from association with the male, no such association takes place.”

In other words, women do not love men unconditionally. They will only enter into relationships with men when such relationships are beneficial. This should come as no surprise. I would add that the female must not only benefit, but benefit to a sufficient degree, in her mind.

All else being equal, whom will she choose, the guy earning \$40K a year or the guy earning \$150K? Even if all else isn’t equal, and the guy with the bigger paycheck is kind of an asshole, she’ll still choose him. This also partly explains why wealthy men often get away with being assholes: They still get women.

There are three corollaries to Briffault’s law, which we’ll look at one at a time.

Corollary 1: *“Even though a woman has accrued past benefits from her relationship with a man, this is no guarantee of her continuing the relationship with him.”*

This translates into “What have you done for me lately?” (This is a distinctly female question. It’s very easy to imagine a female asking it, but not a male.) It has always baffled me the way women in my life seemed to forget all of the good things that I did for them. You can buy them houses and cars, make career sacrifices, give them countless hours of your time, and it is all quickly forgotten.

It doesn’t usually work that way with men. For example, if you help a buddy with some project, it’s automatically accepted that he’ll step up in the future, should you need help with something. It’s not so much that he owes you; it’s just that this is the correct way to behave as a civilized human being. You don’t hold it over the guy’s head, but he’ll remember that you did him a solid. It’s just a basic spirit of cooperation, or doing the right thing.

Women’s minds simply do not operate this way. Hence, you can work for years providing resources to a woman, but you’re not actually making deposits into what Steven Covey refers to as her “emotional bank account”. As far as she is concerned, you’ve simply done what is expected, and nothing more. Once your good deeds are in the past, they no longer matter.

This explains why women are so often dissatisfied with life in general, and with their men in particular. They have no gratitude. If you've been married for 20 years, whatever sacrifices you made in the first decade are completely irrelevant. (Ironically, if you fucked anything up in the same timeframe, those things will most definitely NEVER be forgotten.)

This represents a lack of loyalty on the part of women, and explains why they are capable of such cruelty during a divorce. They literally don't remember all of the things you did right. All they see is whatever perceived shortcomings you have. At the same time, men *do* remember the good things, which is what makes divorce more painful for men. They are often genuinely sad to be losing the woman they fell in love with, and perplexed to see her morph into a selfish, spiteful bitch, intent on harming him as much as she can.

How is it that women are capable of transforming from unicorns into raging bitches from hell? Guys have been trying to figure that one out for a long time, but this theory provides a possible explanation: They don't have the same moral compass as men. Remembering your positive actions and attributes does not serve her purpose, so those things are dismissed. This may be a little hard to understand if you're a man because our brains aren't wired that way. But you have to admit, it explains a lot.

Corollary 2: "If a woman promises a man to continue her relationship with him in the future in exchange for a benefit received from him today, her promise becomes null and void as soon as the benefit is rendered."

By way of example, I interpret this to mean that a woman may pledge to be faithful to a man if he agrees to marry her, but once he does so she is no longer obligated to be faithful. Which may explain why women feel justified in cheating. They simply do not believe they owe it to him to be faithful, because his end of the deal has already been met. It's history.

I can hear it now: "*But men cheat too!*" OK Screeching Harpy, that's true, but it's for entirely different reasons. I would venture to guess that most men cheat out of sexual frustration because they aren't getting sex at home. This is actually the opposite of corollary 2. To clarify, let's flip things around a bit.

Suppose the "benefit" being rendered to the man is sex. Corollary 2 states that the "promise" (being faithful to her) becomes null and void once the benefit of sex is rendered. For the corollary to fit, it would *require the woman to provide adequate sex and then for the man to cheat anyway*. Those aren't usually the conditions when a man cheats on his wife, so the "men cheat too" argument isn't valid in this context.

To clarify:

When the wife cheats, it's because the man *has* provided her with the benefit: Marriage. This is Briffault's Law.

When the husband cheats, it's because the wife *hasn't* provided him with the benefit: Sex. Thus, this is NOT Briffault's Law.

Note that the cheating in both cases is the result of the woman's behavior. Of course there are exceptions, but men with healthy sex lives at home are probably less likely to stray than men who are ignored sexually, often for years.

Corollary 2 also explains why women feel no remorse when monkey branching. If you have fulfilled all of your obligations to her, including providing the material goods that she expected from the beginning, that doesn't compel her to stay with you. Everything that you provided just makes you even...she owes you *nothing*. So if a "better" guy comes along that she can latch onto, chances are better than average that she'll do it.

You could also apply this to sex, in that women will provide lots of sex in the beginning of a relationship, implying that this will continue to be the norm as long as the man makes a "commitment" to her. As virtually all married men know, once that commitment is made she will no longer feel obligated to continue providing sex with the same frequency. The *promise* of sex (to you) is rendered null and void because the *benefit* (to her) of marrying her has already been rendered.

The issue seems to be that women fail to grasp a concept that most men readily understand: *Honor*. They simply don't have any, and so hypergamy reigns. The very word honor immediately conjures up images of men. Think of a woman who exemplifies honor. Go ahead, I'll wait. (Fictional women don't count.) Not easy, is it?

Corollary 3: *"A man's promise of a future benefit has limited ability to secure a continuing relationship with a woman, and his promise carries weight with her only to the extent that the woman's wait for the benefit is short and to the extent that she trusts him to keep his promise."*

An example that comes to mind is from the old movie "An Officer and a Gentleman." In this film, two girlfriends are trying to land Naval Aviators as they go through their initial training. (Pun unintended) The idea is that the men will go on to become successful Officers and so provide many benefits to the women.

SPOILER ALERT! One of the women was desperately trying to get a proposal out of her victim, and even tried unsuccessfully to sperm-jack him. The guy dropped from the training for some kind of medical reason. He then finally proposed to her, explaining he has a solid plan: They can move back to his hometown where he has secured some kind of retail management job. She declines his proposal, because that isn't what she signed up for.

The guy is crushed, because he thought she loved him. Turns out he was just the utility that she was counting on to provide the lifestyle she wanted. The bitch didn't even hesitate or think about it. She immediately dumped him. The former Officer Candidate ultimately committed suicide.

This is an important thing for the young guys to understand: If you're in a relationship with a woman, and your career trajectory looks promising, don't expect her to stick around if you change your plans. If you change majors from business to music, your potential income just dropped, and she's probably going to go find another business major. That said, if you end up becoming a rock star down the road, then she'll probably be looking you up.

Some of this may be controversial, but it seems to me that Briffault was onto something. Analyzing female behavior is always difficult, to say the least, but Briffault's

Law gives us one possible explanation for why women behave the way they do. Consider it another tool in your MGTOW toolbox. Or reject it: Your choice.

At any rate, it's probably best to embrace reality, even if it kind of sucks at first. Regardless how much tragedy, drama, and heartache you've endured at the hands of women, you can go forth confident in the knowledge that it will never happen again. There are thousands of examples of this on the web. If you've been MGTOW for a while then you already know this. If not, then I'd recommend doing your research. Then, hopefully, you'll become one more MGTOW success story.

Choose the red pill.

Chapter 4: The Bio-Psycho-Social Construct

In the field of healthcare many practitioners are acknowledging that health is not simply biological: An individual's psychological status has a direct impact on their physical health, as does their social support network and environment. This is not an entirely new concept, but it appears to be going mainstream.

There is a lot of research coming out to support the notion that things like stress can result in cardiovascular disease and high blood pressure, and may even contribute to cancer. The concept is that you have to consider psychology and sociology when evaluating a person's biological health status, and vice-versa. It's all inter-related. In the medical world, this is referred to as the *bio-psycho-social* model of medicine.

In the United States, I would argue that we do not have a *healthcare system*. Rather, we have a *disease management system*. Most of those diseases are the result of poor lifestyle choices. People live completely sedentary lives and eat garbage for decades but are then surprised when they are diagnosed with diabetes or heart disease. Only then do they think about their health, and even then they look to others to solve the problem for them. They are completely reactive.

In addition to such *lifestyle errors*, people are subjected to chronic stress from work and relationships; sleep deprivation, and sensory overload from technology. All of these factors are having a profound effect on the health of modern humans. Some of this is unavoidable, but much of it is.

Constant use of technology leads to inadequate sleep, leading to systemic inflammation, leading to heart disease. The continuous barrage of advertising and compulsive interactions with smart phones results in people living in a state of continuous partial attention. How many times have you been in a face-to-face conversation with someone only to be interrupted? "Wait a minute I just got a text". Their gadget is more important than the human being standing in front of them.

Modern life provides countless advantages, but it has also created some new problems. Fortunately, people have started to figure this out. They are beginning to understand that it's probably a good idea to step away from the technology and go for a walk in the woods once in a while. The main benefit of this is a reduction in psychological stress, leading to a reduction in other health problems.

Like this new model of healthcare, interpersonal relations between men and women have biological, psychological, and sociological components. We have different biological instincts and different psychological outlooks, which are influenced by our sociological environments. Those environments are continuously evolving, at an exponential rate in recent decades. Life was very different 100 years ago, let alone 1,000.

Men and women have always had different roles in society, based mostly on their natural capabilities. Generally speaking, men have performed the role of warrior-hunters while women have performed the role of nurturer-mothers. This is still true today, though there are many exceptions. But there can be no question that combat is still almost entirely the domain of men, while caring for children is mostly the realm of women. Just compare the gender makeup of an infantry unit to a day care center.

This is because men and women are in fact, different biologically, psychologically, and socially. Feminists may deny this, but that doesn't make their

fantasy a reality. And it doesn't necessarily mean that one is superior to the other, it's just that our bio-psycho-social make up is not the same.

For example, I've known several women over the years that work with autistic children. They all have stories of being bitten, spit on, yelled at, and physically assaulted. These women are angels as far as I'm concerned. I could never do that job. I simply don't have that level of patience. I doubt I would make it through a single day. Does that make these women superior to me? I don't think so. They just have different psychological qualities.

By contrast, working the fishing boats in Alaska is a job that few women excel in due to the physical and environmental demands. We are simply suited for different tasks, and there's nothing inherently wrong with that.

As far as biology goes, I believe that men are driven by two primary instincts: survival and breeding. Both of these are strong, primal instincts that ensure the perpetuation of the species. We are genetically programmed to fuck females so that hopefully, our genetics are carried on. We are also programmed to survive as individuals.

If you look back to our hunter-gatherer days, most of our time was devoted to those two things. We looked for food. We found shelter. If somebody threatened our lives or resources we killed them. If animals attacked us we killed them. In between, we sought females.

This was the way things were for an extraordinarily long time. All of the modern things we take for granted now are recent developments, as is feminism. But that doesn't change our primal instincts, which remain strong. The reality is, they've hardly changed at all.

So what we end up with is we have the primal urge to procreate but also have a desire to look after our own well-being. Modern society has put these two things in conflict by creating negative consequences for getting involved with females. And while being married might not actually threaten our survival, except in cases of suicide, it does threaten our well-being.

Women are also driven by instincts, the primary one apparently being to find a mate that will ensure *her* survival and the survival of her offspring. In other words, she wants a man with resources. That used to mean a guy that could hunt and fight and provide shelter. These days it means a guy with money; Preferably lots of money.

Despite living in the information age, those primal instincts still explain a lot of our behavior: Pick up artists are simply acting on their instinct to breed. Gold diggers are obviously seeking resources. It's not that different than it was 10,000 years ago, unless you consider the scale of things.

It used to be simple: A woman would hook up with a man, and he would provide food, shelter, and protection while she provided sex. This model still exists: men still want physically attractive women and women still want men that can provide resources. The difference is that most women do not consider food, shelter, and protection to be adequate resources. They want McMansions, luxury cars, diamonds, and a never-ending supply of status symbols.

MGTOW is at least partly a result of women exploiting men's resources to the point where it is simply not in the man's best interest to continue providing them. The payback isn't worth it. *We were never intended to expend ALL of our efforts and*

resources to gain access to a woman. So, many of us have decided instead to provide *none of them.*

Back in the day, if a woman had a mate who provided her with food, shelter and protection, then that was enough. If she didn't like it she could get the fuck out of the cave and see how she does on her own. But now, the demands are endless, and the male can never work hard enough or do enough to keep a woman happy. And if he does throw her out, he'll probably have to actually pay her just to get her out of his life.

So maybe we go our own way. That's great, and it improves our survival/well-being situation, but we still have that other pesky instinct telling us to go find a vagina. This is the MGTOW paradox. We still want to get laid, but don't want to make the extreme sacrifices modern women are demanding in order to do so.

I think the turning point for a lot of men is reached when they get to a place where their survival, or resources become more important than vagina access. It's really just a question of how much are you willing to put up with for sex? What price are you willing to pay? What is an acceptable level of risk?

You don't have to sacrifice decades of your life by getting married just because you hooked up with a hot chick and think you're going to get to fuck her every day for the rest of your life. You're not. It doesn't work that way. Once she has your resources locked in, sex will become increasingly infrequent. Just ask any man who has been married for any length of time. Besides, show me a beautiful woman and I'll show you a guy who's tired of fucking her.

Your biological instincts have a direct impact on your psychological outlook. And your breeding instincts aren't going to go away just because you've gone MGTOW. In fact, this is probably the biggest challenge that men face. So you need to remember your survival instincts the next time you're thinking, "I have to fuck that chick no matter what!" No you don't. Think it through. Is she really going to be worth it?

Female psychology is much more complex, not because women are more sophisticated but because they are driven by emotions more than men are...much more. Many women consider this as evidence of their superiority. They claim to have more of what has become known as *emotional intelligence*, a ridiculous term intended to equate emotions with intelligence.

But emotions and intelligence are two completely different things, which should be obvious to anyone with a reasonable level of actual intelligence. It's quite a stretch, to say the least...verbal gymnastics. I mean, we don't hear jocks bragging about physical intelligence.

Given the emotional-dominant nature of women, it should surprise no one that they are far better at manipulation than men are. (Maybe we should call this manipulative-intelligence.) Manipulation after all, is about changing another person's behavior by arousing emotions in *them*. A good example is the woman who praises and compliments her man excessively not because she feels genuine respect for him, but because she's trying to convince him that she's nice to have around. Appealing to his ego in the belief that this will make her appear more desirable.

The flip side to that example is in questioning his masculinity rather than reinforcing it. If a man falls short of the woman's expectations, usually by failing to perform some desired behavior, then she may question his masculinity. This is a common and surprisingly effective tactic: "Be a man and go ask for that raise!" Put in

those terms, if he doesn't ask for the raise, this proves he's not a man. We've all seen this.

But it's not always so obvious. She may instead opt to be subtle to the point that the man doesn't recognize that he's being manipulated. Women are extremely good at this; it seems intuitive for them. Even stupid chicks can do it.

To illustrate, if a man doesn't make enough money for her tastes, she may point to her girlfriend's husband as an example: "Mike just bought her a new car. What a great guy, don't you think?" She won't actually say it, but will imply that Mike is the better man. This is intended to result in a push to earn more money so as not to appear inferior to another male, in this case Mike. The woman comes off as simply complimenting a friend, but her motivation is entirely self-serving. She too, wants more resources.

Women commonly portray themselves as *complex* in order to excuse their own irrationality. When a guy doesn't understand what she's doing, or talking about, it's because she's too complex for a mere male to understand. This places the problem on the man's shoulders. If he had the fabled intuition that women supposedly possess, then perhaps he could grasp the subtleties.

We hear meaningless phrases such as *feminine mystique* and *women's intuition* all the time to gloss over all manner of inconsistencies and flat out bizarre behavior. And when she changes her mind about something for no apparent reason, well that's a *woman's prerogative*. Men have no such prerogative.

Of course, there are other terms more associated with men: *My gut instinct*, for example, tells me that all this feminine mystique stuff is bullshit, and that women are simply irrational, unreliable, and flighty. They have proven this to me over and over again. Yet we are told that we just don't understand. I'm going to go with my gut on this one.

The sociological aspects are equally relevant. In this age of political correctness, entitlement, and victimhood, it appears that western society is beginning to implode on itself. Things have gone to ridiculous extremes, and hypocrisy, it appears, knows no bounds.

We have social justice warriors embracing the jihadists that have vowed to kill them while loathing the soldiers who have vowed to protect them from this very real threat. Immigrants arriving and hating the country that took them in. Career welfare cases crying about injustice despite not having to work for a living. Attacks on the first and second amendments to the constitution. Social experimentation in a military whose mission is to break things and blow shit up. Safe spaces and puppy dogs for college students with hurt feelings. The very concept of being "triggered".

The prevailing attitude seems to be, "*Ask what your country can do for you.*"

You may have gathered that I am not a socialist, and you'd be correct. I live in the real world, and understand that lofty ideas mean nothing if you don't have the means to pay for them. We can draw some correlations between socialism and feminine thinking.

Socialism: "*All Americans should have free health care.*" This of course, sounds great, until you ask who is going to pay for it. Nothing is truly "free". Free healthcare simply means that somebody else paid for it. Yet socialists insist on pursuing this pipe dream despite the reality of economics.

Women: “*I should have a nice house and a new car.*” Just because you feel you *should* doesn’t mean you *can*. Does being an attractive female entitle you to that? (The answer is no, in case any women are reading.) Maybe you can only afford a decent house and an older car. Your idea of “should” might not match up with reality.

When asking, “Who is going to pay for it?” the answer for both socialists and women is always “someone else”. For socialists, that someone else is hard-working taxpayers. For women, the someone else is men.

This explains why females appear much more open to socialism than men, just like welfare recipients are more open to it than those of us working for a living. Conversely, men going their own way also tend to *pay* their own way.

While we can’t possibly hope to solve the socialism problem here, the solution to the problem with women is simple and should be obvious at this point: Don’t be an ATM for them. Women are extremely expensive, and offer little of real value. They are like diamonds: nice to look at, but definitely NOT worth the exorbitant cost.

Taking this simple step will save you a fortune over time. I’m no financial advisor, but I’ll bet this advice provides far greater returns than any advice from a financial professional. In fact, this gives me an idea for a business:

I could offer a solution that will save thousands, possibly millions of dollars. It’s easy to implement, has no upfront costs, and will begin increasing your net worth immediately. When people send me a payment for this secret to financial freedom, I’ll just send them an e-mail that says:

Stop spending money on women.

I’m fully aware of the fact that if enough men did this it could lead to higher taxes. I mean, who is going to pay for the women if men refuse? The State, through taxes, paid mostly by men. But a moderate tax increase, while wrong, would still likely be much cheaper than actually having a woman in your life. Just do the math:

How much would you spend on her, even if you never lived together?

If you did move in together, how much more would that cost you every month?

If you did the unthinkable and got married, what would that cost compared to living life on your own?

Just to be thorough, estimate what a divorce would cost you, given that this is the most likely outcome of marriage.

Figure it out over years, so you get a total cost of ownership.

If she’s really hot, double your estimate.

Whatever you came up with, you can pocket that money. Most guys probably have no clue how much having a woman is costing them. It starts with a ten-dollar drink from the get-go, and it only goes up from there.

Any way you look at it, women are a bad idea from a financial perspective. The only way most guys can afford one is to work in the highest paying job they can get, and those jobs are often far less enjoyable than lower paying jobs. But this is exactly what most guys do.

Of course, financial stress affects your health, which brings us back to the psychological and biological aspects. And the financial stress will be compounded by high stress work routines, carried out for years. This takes a definite toll. Men become worn down, physically and mentally.

You end up developing a dad-bod. Women claim to like dad-bods, and that may be true, but not because they find them sexy. It's because having such a physique means you're doing everything you're expected to do, namely working so much that you don't have the time or energy to take care of yourself. Plus, if you're fat you'll have fewer options and so will be less likely to leave her. But sexually, she'd still prefer a guy like *Chad*, with a six-pack.

It doesn't have to be this way. Let's look at an alternative:

Suppose you work in a difficult job. But what if, instead of coming home to even more demands, you could come home and chill out every day? Have some peace and quiet? Maybe hit the gym or go for a run to shake off some of that stress? Go to bed early if you'd like, or stay up to watch a movie? That's MGTOW.

You would be better prepared for the following day, don't you think? Or, would you be better off spending 4-5 hours after a full day's work catering to someone else's needs, and maybe enduring a bit of nagging? That's marriage.

I suspect that much of the stress in men's lives isn't due to work itself, but from the lack of time to decompress from it when the workday is done. Men are resilient, and capable of incredible workloads. But when you move from one stressful environment to another, with no time to yourself, it's a recipe for disaster, health-wise. You simply cannot spend every waking moment performing to someone else's expectations, whether it's your boss or your spouse. At least, you can't do so indefinitely. Not without consequences.

Having time to one's self, having peace and quiet, and having a sense of control over your own life are common themes in the MGTOW community: "It's so nice not having that constant babbling in the background." "No more screeching harpy!" "I feel like I can breathe again." "I no longer feel like an intruder in my own house." "I love being able to do whatever I want without being judged or tasked with something else." Such statements are the norm.

We don't have to deal with the unpredictability that's so common when living with women, wondering what the evening will be like as we drive home from a hard day's work. Many men describe getting home after a positive, productive day on the job only to be greeted by an angry woman. Invariably, she is angry over something the man did, or didn't do. Or, she just wants to hand off some problem that she's incapable of handling herself. Either way, she ends up either making a good day bad or a bad day worse.

Living that way is optional. The reduction of stress in the home...*your home*, by going your own way will enable you to deal with any stress on the job, leading to better psychological and physical health. Your social needs are better met through other people, as opposed to having a full time Supervisor at home.

In short, all aspects of your life are likely to improve when you're not answering to anyone but yourself, at least outside of work. Your psychological health will improve due to the removal of a primary stressor...her. This will have a positive effect on your physical health, as will the fact that you'll have the time to take proper care of yourself. Since your social network will no longer be limited to a single person, as women frequently demand, you'll likely have a much healthier social life. In short, you can achieve a level of *balance* in your life that you'd likely never achieve while shackled to a woman.

It really is a much better way to go!

Chapter 5: Love, Marriage, and Children

From early childhood we are all taught that the key to happiness is finding your true love and starting a family. This ideal actually still works out in some cases, albeit rarely. It's only natural for both men and women to want this. Having a happy, healthy family is a big part of life for many people. Hats off to all the happily married couples out there...and their children.

I know one couple that first met when they were six years old and have been married now for over 25 years. They are a wonderful couple, and they both seem sincerely happy. Their kids are grown up, and the two of them are constantly exploring new places and doing fun things together. Just a glance at them and you can see that they are still crazy about each other. The man in this case, found his unicorn.

Children too, bring a lot of joy into the world, and fatherhood can be one of the most rewarding experiences that a man ever has. Of course, it's the same for motherhood. This goes back to our basic biological instinct to procreate. The problem, of course, is that very often things don't work out as we would have liked. When that happens, the man involved is at a distinct disadvantage, as we have seen.

Does that mean we shouldn't even try? That is an individual decision, and one that shouldn't be taken lightly. There are few life events that match marriage and parenthood in the scope of their commitments. Some men view the risks as far too great and opt to go their own way at a young age, which of course is fine. Probably a good move. Others make (hopefully) an informed decision and take a shot at the whole happy family thing.

If you think about it, MGTOW is probably your best resource for making an informed decision. If you only listen to women, pop culture, and government sources you'll only get half of the information...the rose-colored glasses half. You will be assured that having a wife offers countless advantages, including the ability to have children.

MGTOW, by contrast, will also provide you a glimpse of the darker side. You already know that most marriages do not end well, and it is not a good idea to gloss over that fact and simply hope you'll be the exception to the rule. When there are children involved, the stakes are even higher.

Many opponents to MGTOW paint us all as diametrically opposed to families, but I don't think this is the case. Personally, I have no issue whatsoever with a man getting married and starting a family if that's what he wants out of life. I wish such men well. But I also recognize that he's taking a calculated risk, whether he acknowledges this or not.

The question of families and children is something that every man is going to have to work out for himself, and a lot will depend on where he's at in life. A 40-year-old guy coming out of a bad 15-year marriage with children is in a far different situation than a 20-year-old single guy who just discovered MGTOW.

The fact is that currently, if a man wants children then he needs a woman. There's no way around it...yet. If you're not willing to take the marriage plunge, then you really only have a couple of options. You can either accept not becoming a father, or become a single parent through surrogacy or adoption. I have no direct experience with either of

those, but I do know that some men are exercising those options. Reach out to the MGTOW that have done it, if you think this might be an option for you.

In the future, we may see the emergence of artificial wombs, unless of course the government deems such scientific advances somehow immoral. Predictably, there are already women vehemently opposing such ideas, because it would render their primary function of childbearing irrelevant. What it would *really* do is render *women* irrelevant...unless you count their bodies being used for pleasure. This is making them nervous, understandably.

And what about the argument that a child needs their mother? I would counter that they also need their fathers, but that women and the courts appear to believe this is not the case. Remember, 81.6% of custody battles end with the children living with the mother. The father's access to his own children is in ALL of those cases limited, and in many cases eliminated entirely, even if he's paying child support.

It's very common for women to use children as weapons in divorce proceedings, either by attempting to turn them against their own father or by denying him access. In her mind, they are her kids far more than his, because she carried them for nine months. Unfortunately courts usually concur with this assessment. I suspect that many women would deny the father's right to see his own children entirely, if it weren't a condition for receiving child support.

The only way the "kids need their mom" argument holds up is if you believe that moms are more important than dads. And that's exactly the situation we are in at this time, as reflected in the custody statistics.

Given this fact, it would probably make more sense to hire a surrogate because that's a case where you will get full custody right from the start. Of course, being a single parent is no small undertaking, especially when you're not receiving financial support from other people or the State.

Most single parents are either divorced or they are women who got pregnant while single. Which begs the question: How does living in a single-parent household affect kids? Divorce is a difficult thing for children, at any age. But I think the answer to the question is...it depends.

If an abusive, alcoholic father loses his kids, they are probably better off. If the mother is a pill head psycho, they'd probably be better off with the dad. However, if dad has his act together but mom doesn't, and they are awarded to her anyway, then those children suffer needlessly. Unfortunately, this exact scenario plays out every day.

To ensure this outcome, scores of women have gone to great lengths, lying to judges and manipulating the children in the hope that they'll choose her side. They completely ignore the welfare of the kids, most of whom love their fathers. The children are told what a bastard their dad is, and are subjected to constant complaining. This is not in the child's best interest; to be fed lies; to be manipulated; to be forced to choose between two parents.

It's emotional abuse of children, plain and simple, but women can't see it, in part because they are trying to convince themselves as well as the kids that they're doing the right thing. It's another example of logic and reality being thrown out the window in favor of irrational, emotional decision making. The women who do this are amongst the most vile of human beings.

Single moms are everywhere today, while single dads are outliers, the proverbial exception to the rule. I've known a few single fathers over the years, as well as a *lot* of single moms. In my experience, how well the children do is more a function of what kind of people the parents in question are rather than gender. After all, some men are assholes. But it's gender, not character, that determines the outcome in custody disputes, with only rare exceptions. Women have to screw up royally to lose custody, whereas men just need to be men.

The single man desiring to be a parent will have a lot of hurdles to clear. I would expect that if a man goes through the process of hiring a surrogate mother to have a child, then he's probably pretty serious about wanting to be a parent, and is therefore likely to do a good job of it. He's also likely to be financially able to do so, given that surrogacy isn't cheap.

All a woman has to do to get a child is let a guy fuck her.

The difference is that the woman will concurrently seek resources from others whereas the man will seek to *provide* resources. She'll get knocked up without even having a real plan, because she knows she has a big safety net. Even if she doesn't win child support from the poor schmuck who crossed her path, she'll still get financial and other support from the State.

If a man decides to solo-parent, it will probably be after careful consideration and planning. You're not likely to see a guy pursuing this path while he's unemployed or in a low-paying job. He knows that he'd better think it through and be completely prepared.

Not so with many women. The "baby-rabies" that so commonly afflicts women makes them even more irrational than they were in the first place. And it gets worse as their biological clocks continue ticking away, getting louder and louder with each passing year. They become completely obsessed.

We're currently seeing something of an epidemic of this phenomenon, because women have insisted on spending their 20s focused on their careers and "having fun" sexually. (You know, doing feminist stuff!) Then, in their 30s, they wonder why nobody will marry them and have kids. *It's because you're hitting the wall. You are not as valuable as perhaps you once were.*

It's no different than some overweight sedentary guy suddenly deciding at age 40 that he's going to win the Mr. Olympia. *Uh, sorry but you've kind of missed your window of opportunity.*

So these women start to panic, and the baby-rabies can lead to sperm-jacking. Either the woman will lie about birth control, or stoop so low as to dig a used condom out of the trash to impregnate herself. (Always flush the condom!) There are even cases where women perform oral sex, then spit everything into a cup for later transfer to her vagina.

The used condom trick has happened enough that some clever MGTOW have devised a good defense: Flush the condom, but then open another one and unroll it. Insert some horseradish, and throw it in the wastebasket. If she pulls this stunt, she'll be in for a rude awakening. From what I hear, horseradish in a vagina is not pleasant. But what's she going to do, call you out for it? If she does, then she's admitted to being a spermjacker. Just a thought.

As far as kids and families go, most MGTOW with children probably had them in their blue pill days. If that's the case, then all you can do is make the best of whatever

situation you find yourself in. For the younger guys who want kids, you'll have a lot to consider. This is somewhat uncharted territory at this point, but there are options for parenthood that don't require subjecting yourself to all the difficulties of marriage.

Life is rarely perfect for any of us, and sadly the dream of a happy family is largely a thing of the past, thanks to feminism and the gynocentric society that supports it. The chances are good that most men will take a shot at it anyway, hopefully with a good appreciation for what's at stake. It's a gamble, and the odds are ever in her favor. If you get lucky and it works out, great! I wish this were a more common outcome.

But of course, the safest option is to not get married in the first place. There are some downsides to this, but not many, when you look at the big picture. Loneliness is the most common thing cited, but there are a lot of lonely married guys out there...and they're trapped. Besides, you'll have a lot more friendships without someone monopolizing your time and controlling your social life. Being single does not equal being lonely.

The tired old "you'll die alone" argument doesn't carry the weight that it used to. Men have come to realize that they'd much rather die alone and free than shackled and enslaved.

The fantasy of having a loving, supportive wife at home is exactly that...a fantasy. It may start out great, but it's a rare woman who doesn't evolve into something completely different from the one you met.

I realize this sounds pessimistic, but I've seen little cause for optimism, and things appear to be getting even worse for men. With about 3 out of 4 marriages ending in divorce, and with men getting a raw deal in most of those cases, it's a good idea to consider alternatives. There's a reason that the majority of divorces are initiated by women: They have less to lose and much more to gain.

Of course, you *could* live with a woman, and not get married, but you'd better know the common law statutes in your state. If you stay with her long enough, you could end up facing the same penalties as if you were married. These laws are expanding as the marriage rate declines. It appears women simply must be provided with a golden parachute if they spend any length of time with a man. It's wrong, but it's reality. Protect yourself.

Here's something else to consider: There have always been men who opted to live as bachelors for their entire lives. This used to be rare, but it's becoming much more common today. I'll bet when those guys hit 40 they are much better off than guys like me who took the marriage route. The good news is that you are now aware of your options, and so can make better decisions at a younger age than many of us.

But don't be surprised if even your own mother disapproves of your decision to remain single: "When are you going to get married and give me grandchildren?" I hate to break it to you, but this is just another example of women looking at men as utilities to provide them what *they* want...even their own sons. Never mind how your life will be affected, dammit, she wants babies to play with!

If she's used to getting what she wants from a man, she'll apply the same thinking to you, unfortunately. You may be her son, but you're a man, so expect to be treated like one. That is to say, as someone who provides things for women. And she may go so far as to use shaming tactics, implying that you're immature, refusing to grow up, and maybe even not a real man. Sad but true: Mothers are women, and they think like women.

Historically, men haven't spent much time talking about relationships. However, women have...at length, and this has given them a distinct advantage. They have been sharing information on how to get what they want from men and relationships for a very long time. Men have mostly shrugged and said, "Can't live with them, can't live without them" without giving it any more thought.

This is changing. We CAN live without them. And we're discussing these issues, largely through the MGTOW community online. Women aren't happy about this, and I've devoted an entire chapter to that fact. I plan to continue spreading the word to any man who will listen, and I hope others who have seen the light will do the same.

There is a sense of brotherhood amongst MGTOW, because we've suffered through the same trials. When I see guys going through hell in a divorce, I can empathize, because I've been through it too. No longer do men have to endure that painful process alone. We've got your back.

As the rift between the sexes widens further, it's important to remember that we are not the cause. Men have bent over backwards trying to make their women happy, and have made considerable sacrifices. Women have not reciprocated. They have become entitled, arrogant, and ungrateful...not unlike spoiled children. So our collective conscience should be clear as we head out the door.

We're just speaking the truth, and if more of us are declining to execute the plans laid out for us by others, then that represents progress. No one has the right to stop us from reclaiming our freedom. And we won't let them.

Chapter 6: Women in the Workplace

I'm not going to attempt to tackle all of the issues surrounding women in the workplace. There are far too many of them to cover here. I'd like to instead offer my personal observations over the course of a long and varied career. I have been in organizations that were mostly women, and others where there were literally no women at all. Most were somewhere in between.

During my 36 years in the job market I have worked with some outstanding women, and I'll point out a few examples. I can even report numerous cases where women have outperformed men. Those women earned my respect, and they still have it.

That said I'm also going to look at the numerous problems I've run into. These, unfortunately, were far more common.

Work life began for me when I joined the U.S. Navy at age 17. My first assignment was aboard a Destroyer Tender out of San Diego. A Tender is a repair ship, a non-combatant. As such, this was one of the first Navy ships to have women assigned. I initially thought this would be an advantage, and of course, it did have its perks. But I figured out pretty quickly that there were a lot of problems with this arrangement.

What do you suppose happens when you put a bunch of young men and women together, send them to sea for months at a time, and forbid them to fraternize? They have sex anyway, and some times they get caught. When this happens, they both go to Commanding Officer's Non-Judicial Punishment (NJP), where the Captain doles out appropriate punishment, such as restriction or extra duty.

This happened constantly. In fact, you could find out who was fucking whom in the Plan of the Day, a daily document that included results of NJP. When you see a guy busted for fraternization, and a girl busted for the same thing, it's pretty obvious. What you end up with is a breakdown in good order and discipline, with people focused on getting laid instead of the mission.

A bigger problem though, was pregnancy. Pregnancy was an instant ticket not only out of deployments, but off of the ship entirely. A lot of women took advantage of that, and they still do.

So, as a deployment loomed, we'd have women getting knocked up at the last minute. They would be transferred to a cushy shore billet somewhere, and wouldn't be replaced. Those who remained ended up carrying their load.

Other women would start the deployment, decide they didn't like it, and so get pregnant halfway through. They would be transferred back to the States at the next port of call, again leaving a gap in the ship's crew. This was very common.

My 2nd assignment was aboard a battleship out of Norfolk. Being a combatant, there were no women aboard, so it was a very different experience. When we were at sea, we didn't have female distractions, so the crew was far more disciplined and professional than the mixed crew aboard the tender ever was. As a bonus, nobody ever had PMS or had to go lie down because of cramps.

We'd hook up with women in port, but at sea focus entirely on the tasks at hand, just like the Navy always did. If a guy wasn't pulling his weight he was called out, to put it lightly. And there was no getting out of deployments, barring some kind of serious injury. Therefore, we put to sea with a full crew. And we returned with a full crew.

During this tour, there was one example of superb performance by a female that really impressed me. She was a helicopter pilot, whom I never actually met. I worked the flight deck, signaling helos, and we were on-loading ammunition from an ammo ship somewhere in the Caribbean. Carrying 2,700lb projectiles with helicopters and setting them down on moving ships is a delicate business, and this woman was outstanding. She handled her CH-47 with finesse and control all day long.

This kind of flying is always impressive, and she was a pleasure to work with. If more women in the military performed to the same standard, then we wouldn't be having ongoing debates about women in the military. But they don't.

My next tour was at an Assault Craft Unit in San Diego, my first foray into what is known at the "Gator Navy", referring to amphibious operations. The unit was comprised mostly of men, with only a few women assigned to support billets. I can't speak to their performance as they were in administrative jobs, and I was at sea.

One thing I did notice was the favoritism shown to attractive women. They tended to be assigned to high-visibility admin duties, often reporting directly to senior leadership. Less attractive women were generally relegated to back offices. Thus, the hot ones tended to advance more rapidly.

My shore duty as a Recruit Company Commander in San Diego involved very few women. I only trained male recruits; female recruits all went to Orlando at the time. Some classroom Instructors were female, and they were as good as anyone else. I really don't have much to report on regarding this tour, other than to say that my all-male recruit companies were very well disciplined.

I transferred back to sea duty at another Assault Craft Unit, this time at Camp Pendleton as a Craftmaster operating amphibious hovercraft. This would be my longest tour, lasting 5 years.

My first deployment with the unit was Desert Storm, and both ship's company and my detachment were comprised entirely of men, as were the embarked Marine Corps units. Needless to say, that operation was a resounding success, militarily. I won't get into the specifics, or the politics, other than to say that the U.S. military and allied forces performed superbly. I'm sure that women had an impact on that operation, but I wasn't in a position to see it.

After that deployment, and about halfway through my tour, some of the rules about women in combat units began to be relaxed a bit, and female Sailors started reporting in. At the same time, they were reporting aboard combatant ships, everything except submarines.

So, my second deployment from this unit included women. There were only 2 of them in my detachment of 60 Sailors, and it wasn't a problem at all. Both were gas turbine techs, and were good at their jobs. I was overall in charge of the Det, and these two women fit in as well as any of the men. It really wasn't an issue.

The ship's force however, was not so fortunate. About two months into the deployment, while we were in the Persian Gulf, women started playing the pregnancy card to get off the ship. The people most affected by this were the Combat Information Center (CIC) team. These are the radar operators who track surface and air contacts and basically coordinate fighting the ship.

The problem was that half of the CIC team was female, and all but one got knocked up in the Gulf. That left 6 men and 1 woman to do the job of 12 Sailors. So, they

ended up standing double watches, and over time became sleep-deprived zombies. It didn't do a lot for their morale, and it didn't do a lot for mission-readiness.

It has always astonished me that women would take the drastic measure of having a baby in order to avoid a few months of hardship. The only explanation I can think of is either (a) they wanted babies anyway, or (b) they weren't thinking long-term. At any rate, this is still a very real problem with women in the service. Pointing it out is politically incorrect, so it isn't likely to be solved any time soon.

My final assignment was with the SEABEES in an Amphibious Construction Battalion in Coronado. We had maybe 25% women, half of whom were dead weight: Either they couldn't deploy due to various medical conditions, they couldn't hack it in the field, or they simply got pregnant to avoid the difficult tasks.

The latter issue got so bad that we had what came to be known as the "maternity ward", which was an office where the pregnant Sailors did busy work, or just checked in before going to medical appointments. There were usually about a half-dozen of them in there at any point. It was a revolving door.

During a training exercise in Australia, over half of the deployed females ended up in sickbay, either feigning injuries or suffering from actual dehydration. We were in the jungle for 6 weeks, and it was hot. Operations tempo was high, and we were working our asses off. Well, most of us were.

The issue with many of the women was that they didn't like our primitive restroom facilities. So, they would avoid hydrating despite being ordered to do so. *They didn't want to have to pee.* So they'd end up chilling out in the sick bay tent for a day or two, drinking water while the remainder of us did their work. I couldn't help but notice that ALL of the Sailors in sickbay were female, and there were a lot of them.

None of this is to say that every man performed well. Far from it. But when you look at percentages, we had a lot more problems with females, per capita. In my mind, the bottom line on women in the military is, can they do the job or not? And will they continue to do it for as long as is required? It doesn't matter if you're good at your job if you can't complete a deployment.

After retiring from active duty, I went to work for a small systems integrator in Oceanside, CA. It was a small family business, and my first job in the private sector. Quite a different world than the military, but I adjusted. I eventually got involved with government contracts, and learned that the company had a special status as a woman-owned, minority business.

Turns out the husband in this little mom and pop management team turned over 51% ownership to the wife in order to gain a competitive edge in bidding wars with the government. This, despite the fact that she did nothing, as far as running the business went. Still, all else being equal, if a woman owns a business, chances are she'll get some contracts handed to her by virtue of simply being female.

They both turned out to be backstabbing assholes, but that's another story. I'll never forget one thing he said: "We all sing and dance for someone." He was referring to his wife, who was making some unreasonable demand. Trying to save face, clearly pussy-whipped. We all saw right through it, and he was wrong: I don't sing and dance for anyone. And you're not likely to see much of that in the MGTOW ranks either.

I moved around quite a bit after that, and found myself in a lot of different jobs. One of them was as a backpacking guide in Yosemite. It was actually my first work experience after going MGTOW.

During a particular 4-day trip I was leading a group comprised of a nice young couple from Spain, a Marine Lt Col, and some 40 year old chick and her teenage son, both of whom were useless in the wilderness. At our first camp she announced that they couldn't possibly go on. They were exhausted, totally unprepared and completely out of shape.

I weighed my options, and decided that rather than cancel the trip, we'd continue, with me carrying much of their equipment. The Marine also stepped up, as is characteristic of Marines.

The next day we set out with me and the Marine carrying about 80lbs each and the pathetic mom and son each carrying about 15lbs. Everyone ended up having a great trip. The thing is, when you're a Guide, you get paid crap. It's customary to tip your Guide, assuming they do a good job. *The bitch stiffed me.* After carrying her gear for 3 days she stiffed me.

This is a woman who, two days prior at a camp, explained how much she was enjoying her unemployment benefits, which were extended under Obama. Well yeah, you don't have to work and can still go on vacations? Must be nice.

This trip raised my awareness of a few things: First, I don't like babysitting weak, incompetent people. Second, females are often completely self-centered, oblivious to their own parasitic nature. *They actually don't care that they are useless.* And finally, that I prefer the company of military guys to lazy, entitled people.

So I set about getting my master's with the goal of working with the military as a civilian health and fitness guy. After graduating, I went to work as a gym manager/fitness coach for the Marines. I ended up in North Carolina, reporting to a woman. I have no problem reporting to a woman, if she's competent. I had a female boss at Camp Pendleton and she was great.

But this woman was horrible. She was a morbidly obese "Fitness Programs Manager" who had a mother complex. She literally referred to her employees as "my kids". I told her not to do this in my case, given my age and the inappropriateness of it, but she couldn't seem to stop. She was a classic control freak and micromanager, clearly convinced that the organization was a matriarchy, and that this was best.

I loved training my Marines, but eventually had enough of her and took a job with the Air Force, working in a Physical Therapy clinic as an Exercise Physiologist. Things were pretty good at first. Then we got a new Flight Commander; a female who was about to make Lt Col.

I can honestly say that in all my experience with the military that she was the worst officer, by far, that I had ever seen. She was an excellent PT, but a terrible leader and manager. She was attractive for a 40-something, and would come into the clinic in catch-me-fuck-me shorts to work out, while also prominently displaying her boob job. Now, I like the Crossfit Slut With a Boob Job look as much as the next guy, but this was totally unprofessional for a commissioned officer. That was just for starters.

It quickly became clear that she was only interested in interacting with young, attractive men, and people who could help her career. Everyone in the clinic noticed that when she had a handsome young patient she'd see him 3 times a week for months. If you

were an older guy, or a woman, she'd transfer you to someone else or simply discharge you from treatment; unless of course, you were a senior officer that she could "network" with.

This applied to the staff as well. She'd take the young male Airmen out on her boat on weekends, and always seemed to get along with them at work. We used to call such behavior fraternization, and it would often end an officer's career. Somehow she avoided that, which I attribute to a lack of leadership at higher levels.

She treated the women working in the clinic with outright hostility, along with the males such as myself who were in an older demographic. It was blatantly obvious, and had a severe adverse affect on morale, which was in the toilet inside of 6 months.

We had a civilian Physician put in his retirement papers, while 2 civilian Physical Therapists took other jobs, as did an Occupational Therapist. Even one of the front desk receptionists bailed out. The active duty Airmen counted the days until they could transfer.

My co-worker, a Kinesiotherapist, also left, followed by yours truly. In short, she left that clinic in a shambles. Yet, because she was a politically motivated master manipulator, she was given a Squadron Command. Was she sleeping her way to the top? I don't know, but it wouldn't surprise any of us who worked with her.

Currently, I work with professional combat troops. These guys are world-class bad-asses, and they are all men. The field is open to women now, but they haven't exactly flooded the ranks since being given the opportunity. We have none, though we do have 3 females in support functions. One just got pregnant, taking our female deployability rate down to 66%. Just sayin'.

The bottom line is that in my experience, men are generally more productive, reliable, and professional than women are. Notice I said *generally*. There are plenty of capable women in the world, as I've pointed out. I can think of several women that I'd be glad to work with again, as well as a lot of useless men.

In many cases, the problem may not be a gender issue at all, but that people some times pursue careers they aren't suited for. If you're a physically oriented, masculine man, then you might not be happy working as a flight attendant. Likewise, if you're a quiet, feminine woman then you might not want to work in construction. Some men are better suited for tech support than law enforcement, just like some women are better suited for assembly lines than administrative work.

When you try to force square pegs into round holes in the name of diversity, you're going to have problems. This becomes immediately apparent when you put physically weak individuals into jobs that require physical strength. Doing so is akin to putting a guy who sucks at math into an accounting job. *He isn't qualified.*

At any rate, most of us will have to interact with women at work, and there's something else to consider besides performance: Sexual harassment. This is a hot topic, as we all know from attending the ongoing sexual harassment training mandated by the State.

It's true that there have been a lot of assholes in the past harassing women, hoping to get laid in exchange for favors at work. Not cool. But I suspect the problem isn't nearly as rampant as we are led to believe. There's been a knee-jerk reaction, and now the vast majority of guys who would never do such a thing are continuously subjected to training reminding them not to be Neanderthals at work.

From what I've seen, the pendulum has swung too far, as it often does. The definition of sexual harassment has been expanded to include any behavior that a woman *perceives* as inappropriate. Forget about complimenting a female coworker, and you'd better be careful even looking in her direction. Someone might feel threatened if you simply carry yourself with confidence, accusing you of intimidation.

This sexual harassment campaign has provided women with yet another weapon to use against men. If they aren't happy with a decision made by their male supervisor, they can claim he harassed her. The default reaction is usually that he probably did it. Guilty until proven innocent, as is the case in false rape accusations. This can ruin a man's career and reputation, even if the charges are never proven and he is found innocent. Men are aware of this threat, and so are avoiding women at work as much as possible.

In today's workplace we have to be careful to never be alone in a room with a woman, and to be extremely thoughtful with our language. It doesn't really matter if what you say is inappropriate so much as if she *says it is*. There have been cases of men losing their jobs because a woman simply claimed that he made her feel uncomfortable, with no specifics provided.

Furthermore, the statute of limitations regarding sexual harassment has recently been lifted. Now, you can accuse a man from 20 years ago, and women are taking advantage of this, mostly when the men involved are wealthy. That way, even if the charges are false, the women may still be able to benefit if the man agrees to "settle" in order to shut her the hell up and protect himself from further slander.

The bottom line in my experience is that fewer women at work equals fewer problems. Men don't take maternity leave, have fewer medical absences, and aren't as easily offended. Some will dispute these facts and dismiss me as sexist, but that's been my experience.

My guess is that most men reading this will say to themselves: "Yep, I see the same shit in my job." All we can do is be careful and make the best of it. Pursuing a line of work with few females will save you a lot of hassles. Having done that myself, I can say that it's well worth the effort.

Chapter 7: The Backlash

MGTOW is still a small community, but it's growing, and that growth has resulted in some fairly hostile backlash. Seems some people feel a need to weigh in on the issue, even though it's none of their business how individual men choose to live. It basically comes down to "How dare you challenge the status quo!" Then comes the name-calling and insults. Here are a few examples, along with possible counter-arguments:

"You're just a bunch of basement dwelling losers who can't get laid."
Interesting theory, but most MGTOW are in fact hard working, successful men.

"You're gay."
Maybe some, but not many. Otherwise, we wouldn't have ever gotten burned by women and gone MGTOW.

"You're selfish."
No, we're just not as selfless as women would like.

"You're misogynists."
True in some cases, but women caused it.

"You're racists."
Guys from every race are going MGTOW all over the world.

"You're a hate group."
Desperate argument used by people who can't make an intellectual one.

"You're not real men."
Not by your definition, which is men doing what you want.

"You're a bunch of quitters."
Only fools continue to play a game that is completely rigged.

"You're compulsive masturbators and doll fuckers."
I'll bet you own a dildo. Is this going to be another double standard?

"You're afraid of women."
True, because they are dangerous. Most of us also avoid cobras and crocodiles.

"You're afraid of vaginas."
Sometimes, but only because they are all connected to female brains.

"Your outlook is very dangerous for society."
Not true, and we don't really care anyway.

“Man up.”

You mean do as we're told? No.

“Shut the fuck up about it and go your own way already!”

We are, but also want to spread the word to save other guys from all the grief.

“If you had your way the human race would be extinct.”

That would require all men on earth to go MGTOW Monk. Not a likely scenario.

Clearly we have hit a nerve.

It's hard to understand why anyone would care, actually. Is it because we have some unkind words about women in general and feminists in particular? Do people disagree with the YouTube MGTOW guys? If so, then I would suggest they go elsewhere on the Internet. I mean, I'm not a socialist so I don't spend time on socialist websites and then complain about it. I know where they stand.

Perhaps they feel threatened by the idea of men putting themselves ahead of women. But in the grand scheme of things there really aren't that many of us. How threatening can we be? The vast majority of men still follow the party line, taking their daily blue pill.

Could it be that women fear MGTOW will grow at an exponential rate if allowed to continue? Maybe shut us down before any real damage is done? Or maybe they just hate men; especially independent men who don't want anything to do with them. I don't know what their thought process is, and it doesn't really matter.

What I do know is that MGTOW didn't just emerge out of a vacuum. It evolved out of a century of feminism that formed the gynocentric society we live in today. It's a solution for the man who finds himself having to decide between devoting his life to meeting that society's expectations or looking out for himself. It's an incredibly simple concept. *Put yourself first*. Women do it all the time. Why the hostility when a man does the same thing?

It's about money. Men Guarding Their Own Wallets really rub women the wrong way. The system was working just fine for them, despite their constant complaining, but now we're screwing that up. Well, too bad. Men simply opting to stay single shouldn't even be perceived as a problem considering how strong and independent modern women are, right? They told us straight up that they don't need men, so what's the big deal?

All the name-calling and emotional meltdowns in the world won't change anything. It actually just reinforces MGTOW as a viable alternative to life on the plantation while illustrating that many women behave like petulant children. That, and it raises awareness of MGTOW, so perhaps all the criticism is actually a good thing and will spur further growth. They're not going to like it when they figure that one out.

In my mind, if you are attacked for your beliefs you should stand your ground and fight back. That doesn't mean you have to go looking for a fight, though. I mean sure, you could go to a feminist rally and try to get your point across, but logic and reason won't get through to them because they are driven entirely by emotion.

Feminists tend to take this to the extreme. They shout, stamp their feet, chant slogans, and basically throw temper tantrums. Reality and data have no effect on them, so

it's pointless to argue with them. *Never argue with an idiot; people might not be able to tell the difference.*

Personally, I prefer to live my life free from all that drama. If someone questions my philosophy, I just shoot them down with facts. A good example is the NAWALT argument. I can easily counter that one by citing my personal experience, and the experiences of other men. I gave a lot of women a lot of chances, and so have other guys. So I simply point this out and then ask them, "If you were in my shoes, would you continue to stick *your* neck out?"

If you find yourself having to defend your philosophy, it's good to be armed with facts, even if those facts fall on deaf ears. The end result may be some name-calling directed your way, but you can count that as a victory. This is why it's important to understand the issues. The online MGTOW community can provide a valid response to any anti-male rhetoric. Use those resources to educate yourself.

Women frequently complain about the state of things, even if they are not referring to MGTOW, per se. There is currently a lot of interest in the alleged "shortage of eligible men" for example. It's a common human-interest story in the media. The focus is usually on some woman who has a degree, and maybe even a good job. Her problem is that she cannot find a man with equal qualifications.

The assumption is made that of course she should never have to "date down" and maybe go out with a guy who doesn't have a degree. If this issue is addressed, it's presented in such a way that we're supposed to feel sorry for her for having to lower her standards. This comes across as saying that men simply can't measure up.

If the tables were turned, would there be any interest? If educated, successful men insisted on the same qualifications, would this be seen as an "eligible woman shortage"? Maybe, but it wouldn't get the same ratings due to the woman-as-victim narrative preferred by the media. Besides, we'd probably just hear about all of the other wonderful things that she brings to the relationship. Plus, educated men marry uneducated women all the time without complaint. (At least until said women reveal their true colors.)

Furthermore, we already know that there is an eligible woman shortage; it's just not related to education or earnings. It's because a lot of men have a simple "not-greedy or obese" requirement that few women can meet. I, for one, would love to see a talk-show host tackle that particular issue. Hell, I'd even volunteer to be a guest.

A quick Google search turns up the following results:

"Where have all the good men gone" turned up 333 million results.

"Where have all the good women gone" turned up 79.6 million results.

This proves the man shortage is the bigger problem, right? Well, yeah, if you think like a woman.

But may I suggest that perhaps it shows that women need men more than men need women? Or, that men aren't looking for women as much as women are looking for men? Or, because men have MGTOW while women have no equivalent philosophy?

At any rate, there is clearly a lot of animosity towards the very idea of men going their own way. We can probably count on that animosity growing as MGTOW continues to grow. The name-calling and negative press are merely the desperate measures of frustrated women who see their reign of power weakening, one liberated man at a time.

The lashing out is simply a self-defense mechanism. We are, in effect, depriving many women of resources that they feel entitled to. Of course they don't like it. However, we're not actually taking *anything* from them. We're just keeping what is already ours.

Let them rant. It's just another group of entitled lazy people crying about victimhood. The truth is, MGTOW harms no one. Sure, it may result in some women having to take care of themselves, but that's a good thing. If you think about it, we're giving feminists what they want. They're constantly stating how worthless men are, and that they don't need us. OK then. We'll go away and leave you to fend for yourself.

MGTOW is simply one aspect of a series of changes in society:

1. Feminism was a backlash against patriarchy.
2. MGTOW is a solution to feminism.
3. Feminism is now in a backlash against MGTOW.
4. MGTOW are saying, "We don't care what feminists want."
5. Feminists are saying, "Oh yeah, well..." and trying to figure out how to respond. They are confused by the fact that we genuinely don't give a fuck what they think.

We're sort of in a loop, with MGTOW and feminists both claiming to have the correct philosophy. The difference is that feminists need us to change our behavior in order to claim victory, while MGTOW can claim victory without even engaging with feminists, let alone changing their behavior. All we have to do is say, "Screw you, bitches" and subsequently ignore them as irrelevant in our lives. It really is as easy as that.

The simplicity of this is one reason why MGTOW appeals to many men more than the Men's Rights Movement does. Our solution provides immediate results, while MRAs struggle in vain for years trying to make a broken system work. Many women claim to understand the MRA message, and state that they desire a collaborative effort in order to solve the complex sociological problems and transform the institution of marriage into something that will work for both men and women. *Yeah, sure you do. It's not at all because you want us to fall back into line.*

If a man decides to dedicate his life to improving the plight of men within the dysfunctional institution of marriage, I'm not going to try to stop him. However, I'm not going to dedicate my life to his cause. I believe marriage is an outdated, broken, dangerous construct that has devolved from a religious imperative to a purely legal one designed to benefit women only. It used to be about commitment in the eyes of God, but now it's in the eyes of lawyers and the State.

There is simply no benefit to men in getting married. None. NONE! If I'm wrong, go ahead and name one. The only reason most men get married is their mistaken belief that it means guaranteed pussy, and we've already seen that this is a myth. It's nothing more than bait for the trap.

Even if a man's religious convictions dictate marriage before sex, he should probably consider whether or not his chosen bride will abide by his religious dictates. (That she honor him, be faithful, etc.) If not, then his marriage will be a sham. If you marry a slut, then you will be married to a slut. She won't change. I've seen many men marry whores overseas, thinking that they were only whores because of poverty, but

guess what? When they got to the States they still conducted themselves as whores. Leopards don't change their spots.

One entertaining development of the backlash is an attempt by women to create WGTOW. Yep, Women Going Their Own Way. *Oh no! Whatever shall we do? Let's abandon MGTOW so they don't do it! Maybe if we apologize profusely they'll let us back on the plantation.* Personally, I'd encourage more women to embrace this. By all means, go your own way and stop trying to find a man to serve as your lifelong provisioning resource. Be the strong independent woman® you claim to be, as opposed to being a parasitic leech seeking the best possible man (men) to exploit. You have my unequivocal support. You go girl!

Women have also attempted to infiltrate the manosphere, posing as men in the forums and comment sections on YouTube. The results are often hilarious because these attempts to manipulate enlightened, red-pill men in their own domain fail miserably, and they are immediately called out as the desperate wenches they are. You simply can't enter a group of MGTOW and attempt to shame them by questioning their masculinity. You'll be shut down faster than a liquor store in Saudi Arabia. Still, it does have some entertainment value.

This would be the equivalent of me, as a MGTOW, going onto a feminism website and saying, "I'm a feminist, but you've got it all wrong. Men are useful, and nice, and you should compromise to get along with them." Right.

The beauty of MGTOW, and what makes it unique, is that you don't have to change anything other than those things that you actually control. You can modify your own behavior, and don't need to expend any effort changing someone else's. If you decide to live free, and someone else insists on imposing their beliefs on you, you can simply tell them to fuck off, you have your own belief system.

I believe the simple concepts of MGTOW are making the world a better place. When a man frees himself from his chains, *his* world certainly becomes a better place. Rather than adapt to someone else's world, we create our own. This puts us in a decidedly positive state, as opposed to the *compliant* state required by marriage. When you consider all of the facts, the choice is a no-brainer.

Chapter 8: Taking the Off Ramp

Most of us hope to find some kind of meaning in life. This can take the form of careers, religion, philosophy, sports, hobbies, travel, parenthood, philanthropy, volunteerism, music...the list is endless. All of those things can flourish when not interfered with by some demanding female. Once free, you can pursue whatever is important to you.

Our limiters are usually money, time, or both. Fortunately, you will have more of both as a MGTOW...a lot more. You have in fact, removed your biggest limiter: The one that demanded most of your time and your money. With those resources now entirely under your control, you can create whatever lifestyle you want.

I know that in my case, I do a lot better when a couple of standards are met in my life: First, I know that I need regular, steady state cardio. This is actually more for my psychological health than my cardiovascular health. I'm simply in a better mood when I get the cardio done. Research backs this up, so if you're prone to stress, anxiety, or depression, try it! Go for a run, even if you presently believe that running sucks. You may be surprised at the results.

Second, I need at least a little adrenaline on a regular basis. I've been that way my entire life, starting when I got my first skateboard as a kid. It's just a part of my personality. I'm not very good at sitting still for extended periods, and I easily get bored. So I find things like skiing and mountain biking very rewarding.

My outlook is much better when those two simple conditions are met. When they're not, I just don't feel...right. So I pay attention to these things, and make them a priority. It will probably be something different for you, but whatever it is that keeps you healthy and happy, make it a priority.

Everyone has different interests, and I believe it's important to pursue them. If you love fixing up cars, doing woodwork, or playing golf, then do those things. These are the very activities that tend to fall by the wayside when your life is entangled with a woman, but that's over! Now, you can do whatever is meaningful for you.

I don't consider any of these things to be mere hobbies, intended only to pass the time. I have some friends that are absolutely *driven* to build and operate dirt bikes and dune buggies. They get fulfillment turning wrenches and making things work. Other friends go skydiving, while others live for fishing. These are the things that life is all about. They are all important, and they all fit nicely into the MGTOW lifestyle.

Something else you'll gain by escaping the plantation is the ability to have friends. It's very common for a newly married man to find his friends drifting away. This happens mostly because the wife wants it that way, and the process usually begins immediately. Women, for some reason, seem to be threatened by a man having any kind of relationships outside of the one with her. So they monopolize your time, criticize your buddies, and try to mold you into a person whose life revolves entirely around her.

Since you're not doing that, you can go out with the guys whenever it suits you. Go grab a beer, or climb mountains for that matter. No permission slip required. You don't have to wait to be let off your leash because *you aren't on a leash*. Of course, some of your friends still may be. All you can do is try.

For example, I took a lot of my Soldiers catamaran sailing this summer, and we had a blast. *Not one of them was married.* The guys with wives were invited, but apparently married men aren't allowed to go sailing.

I suspect that as more men reject women in favor of freedom, we'll see a lot more of them out doing the things they love. The most important thing about it is that it's improving individual lives, but if things keep going the way that they are, then we're likely to see some shifts in society.

For example, golf club and gun sales will likely go up as jewelry and flower sales go down. There are already reports of many jewelry stores going out of business. Same for bridal shops. Hallmark, See's Candies, and expensive restaurants can all expect slumping sales on Valentine's Day.

A lot of guys are talking about investing in cat food companies in anticipation of future demand by future cat ladies, and they're only half joking. Any product appealing to lonely women is probably going to do well: Chick flicks, romance novels, vibrators, and wine may become very lucrative commodities.

Books on how to land a man, or better manipulate the one you already have are already ubiquitous on Amazon. If you just read the product descriptions you'll be aghast at some of the tactics proposed. It's straight up pathetic, as well as kind of scary. Be careful out there.

We're likely to see fewer minivans and family sedans and more trucks and Harleys on the road.

In the area of finances, rather than a redistribution of wealth, we're seeing a reclaiming of wealth. We'll always have to give some of it up in the form of taxes, but I'll bet most men give up more to women than they do the IRS. The former is optional...and we're exercising that option.

The fact is, men do much better alone than women because we are more independent. We generally don't have the same need for validation that they do, and we don't suffer from the same level of insecurity and lack of confidence. Nor do we have an obsession with being needed, as is the case with cat ladies and all those chicks with little yapper dogs.

I don't know of any men who were better off financially when they were married, even if it was a dual-income household. (Once they recover from the financial penalties of divorce.) They may have appeared better off, due to the material possessions, but those things were usually purchased on credit. When you have a \$400K mortgage on your house, you don't own a house: You just have \$400K of debt.

Given the propensity of women towards materialism, many men choose to go in the opposite direction after they escape that trap, and keep things simpler. *Minimalism* is an entire movement in it's own right, and it seems to resonate with a lot of MGTOW. Rather than seeking status symbols and acquiring possessions we don't need or even use, we prefer to live within our means, spending our money only on things that are actually important to us. And a lot of us choose to stay debt-free. Imagine that!

As men, we are encouraged to earn and spend more by nearly everyone. More income equals more tax revenue. Consumer spending is good for the economy, we are told. Therefore, it is incumbent upon us to earn and spend as much as we possibly can for the greater good. The ideal system is to have individual men financially supporting not

only women, but also the State, which in turn can financially support others through entitlements...mostly women, ironically. Do you really want to support all of that?

There is a direct relationship between time, money, and freedom. If you want to buy a big house and fancy cars, then you are going to have to spend more time working to pay for them. In the case of a mortgage, we're talking about 30 years. With your time committed to work to pay that mortgage, you have less freedom. By the time you realize the dream of having a paid off mortgage, you're going to be way past your prime years. This is the *deferred living plan*; where you hope to some day enjoy the fruits of your labor.

Meanwhile, you'll have less disposable income, as well as less time. A big house with a big mortgage means higher costs across the board: Property taxes; utilities; property insurance; mortgage insurance; maintenance; repairs; homeowner's fees; these all increase as the size and "value" of the property increase, and most of them continue after the mortgage is paid off.

It turns out that most people only use a small fraction of their immense houses, because they don't spend much time there doing anything other than cooking, sleeping, or watching TV. They are too busy working to keep up with all the bills associated with the house.

If you keep your expenses low, then you don't have to work as much, so you gain more time and ultimately freedom. One of the best ways to do this is by controlling the costs associated with your residence. If you live in a small house or apartment, you'll save money while also gaining time, because you'll spend less of it on upkeep, cleaning, and maintenance.

You may even be able to work less. In fact, many MGTOW have been able to not only avoid working second jobs or overtime, but to start working part-time by keeping expenses low.

Society doesn't want you to do this. Banks make more money if you buy a big house, and utility companies would much prefer you pay a higher electric bill. About the only person who doesn't benefit financially from you living in a big house is you.

This is the same society that puts you at a disadvantage in divorce court and insists that you register for the draft, among other things. Wouldn't it be nice to deprive this system of your income as much as possible while also improving your quality of life? That's exactly what you do when you reject materialism and move in the direction of minimalism

A lot of guys discover how little they really need after they get divorced. Chances are the ex got the house while the man started over from scratch. Eventually, as he recovered from the financial consequences of getting married, he realized that he'd rather hold onto his money than play the game of "moving up" and going back into debt.

Most of us learned about living beyond our means when we were married, and see it for the bad decision that it is. We don't want to live paycheck to paycheck, barely getting by, mired in debt. We'd rather enjoy life now, and make better financial decisions, like buying a house we can pay off in 10 years instead of 30.

The solution is simple: Get rid of things that you don't use, and then downsize. Most people aren't even aware of how much junk they have that they never even use. Things like boats in the yard that just sit there costing money, clothes that are never worn,

etc. Everything you own takes space that you need to pay for, and it all takes some kind of maintenance, costing you time and money.

When it comes to possessions, the only real question is, does it add real value to your life? If so, keep it. If not, get rid of it.

Along with financial health, I would expect the physical health and fitness level of men to improve as a natural outcome of putting their own lives first. Women will probably continue becoming obese. This is because you'll have more free time, while women will have less. You will have less stress, while women will have more. After all, life is hard when you're a parasite without a host. And how do women tend to deal with stress? Food.

I could be wrong on that last point. Women may realize that if they want to compete for a man they'd better let go of the *Big Beautiful Woman* delusion and get fit. I don't think that's likely. The land whales will probably win out. They're already like an invasive species...they're everywhere, and it just keeps getting worse. You know it's getting bad when Sports Illustrated puts out a swimsuit edition featuring fat chicks.

Meanwhile, what about sex? All I can suggest on that topic is that if you do decide to have sex with women, be very careful. Don't trust her if she says she's on the pill. Always use and then flush the condom. Don't fuck drunk chicks, as this can lead to false rape charges. Stay away from single Moms and anyone who seems desperate or emotionally unstable. I know that rules out a lot of women but trust me; you need to be selective in order to minimize the threat.

The truth is that the safest route is to go monk. Anything else will be a calculated risk. The decision is yours to make, but taking a risk-management perspective would be prudent. As we've seen, women are very unpredictable, and they usually have ulterior motives beyond having sex with you. Proceed with an abundance of caution.

MGTOW philosophy has few constraints beyond avoiding getting screwed over by women. I know what works for me, and that knowledge has provided me with a lot of freedom. My future plans include things that would literally be impossible if my life included a woman, which is just one of about a thousand reasons why I don't have one, and don't want one.

The unofficial MGTOW logo is a traffic sign indicating an off-ramp. You can continue on the mainstream highway like most people do, or you can take the off ramp and see where it leads you. In my experience all of the best places are reached via the roads less traveled; beaches, mountains, etc.

I strongly recommend taking the off-ramp...without even signaling.

Chapter 9: MGTOW Miscellaneous

The umbrella term *MGTOW* covers a lot of ground, delving into psychology, philosophy, politics, sociology, economics, and many other aspects of humanity. There's no way to cover it all in a single book, but this chapter will focus on a few issues that I hope will prove useful.

Voting Rights in the U.S.

Many MGTOW believe that women being granted the right to vote was the first step in the rise of feminism and concurrent demise of society. That may be, but does anyone expect that the right to vote will ever revert back exclusively to men? Not likely. But here's what may be an even better idea:

Temporarily suspend the right to vote for any citizen who is receiving public assistance, in any form, regardless of gender. This way, career welfare cases wouldn't be able to vote to maintain their own entitlements. It just so happens that the majority of these cases would be women, but that's not the point. The point is that if you are not contributing to society, then you should have no say in how that society operates. Once you get back to work, you can vote again.

Currently, you forfeit your right to vote if you don't register for Selective Service, even if you work and pay taxes. And we know that this law only applies to men. Yet, if you're a non-tax-paying deadbeat living off welfare, you can still vote. Perhaps we should temporarily suspend that "right" to discourage making welfare a viable long-term career option.

This would do a few things: For one, it would provide an incentive for people to work for a living instead of leeching off of taxpayers. For another, it would reduce women's impact on elections, given the preponderance of women on welfare. As a bonus, it would also cut down on disruptive and violent protests because those protesters would have to go to work instead of playing social justice warrior all day.

This seems fair and logical, but will probably never happen for two reasons, both based upon principles of gynocentrism: First, nobody cares if men lose their right to vote, as in the selective service example. Second, it would be unacceptable for women to lose their right to vote under any circumstances.

Prostitution

As ludicrous as this sounds, Canada passed a law in 2014 making it legal to *be* a prostitute, but illegal to *hire* one. That's right, you can sell sex, but you can't buy sex. So, in the case of a transaction between a prostitute and a man, he is breaking the law while the whore isn't. Maybe if I were Canadian I'd understand this. It makes about as much sense as making it legal to sell alcohol but illegal to buy it.

In the US, prostitution is illegal for both parties, with the exception of Nevada. When people agree to this transaction, we have a true victimless crime. The man is being deprived of a service he is willing to pay for, and the woman is being deprived of her right to earn a living. Nobody else is even involved, making such laws pointless. It would be no different to make it illegal to hire someone to mow your lawn.

In some countries prostitution is legal and regulated, and that system seems to work. Doing the same thing here would offer several benefits, including potential tax

revenue for the State. It seems to me that there is a huge potential to not only grant men and women their right to freedom, but to stimulate the economy as well. You could tax it, the same way other services are taxed. I suspect that this would be a booming industry if the laws were changed.

What's stopping it? Women, who feel that having this option would make men less likely to get married. They may be right, but so what? It's not the government's place to coerce men into marriage. If a woman wants to get married, let her earn that *privilege*. Marriage is not a right. If she's worried about having some competition, perhaps she should put a little more effort into being marriage material. (e.g., don't be a fat, lazy, greedy, psycho hose-beast)

A "pay as you go" model would be much more economical for men...and women know it. So they are opposed to the idea. The potential financial gains from marriage and divorce are too great for women to give them up. You could argue against prostitution on moral grounds, but then you're forcing one's personal or religious beliefs upon others, which is prohibited under the constitution. It's really nobody's damned business what two consenting adults agree to.

Rape Culture

Let me preface this section by stating that I believe rapists should have their balls cut off.

This is a hot-button topic, and we are supposed to believe that rape is now at epidemic proportions. Statistics are cited, supposedly demonstrating an upward trend in the incidence of female rape perpetrated by men. However, the term *rape* has been redefined.

Now, a woman can get drunk, have consensual sex, change her mind retroactively the next day, and then report being raped. They can even make the same claim if they were sober, resulting in false rape charges. They can also change their minds in the middle of sex, and if you don't pull out fast enough for her, she can charge you with rape.

These cases are included in the stats, making it appear that the incidence of rape is on the upswing. Hence the term rape culture. However, it's really more of a *false rape culture*. It's gotten so bad that some men have taken to using concealed audio and video recorders to document the female's consent, just in case.

Having personally been the victim of a false rape allegation, I can attest to the fact that there is no way to know if a woman will do this. The woman in my case was friendly, nice, and appeared completely sane. I never saw it coming. Nothing came of it, because she was lying, but this was a long time ago. Today, the outcome might be different.

The fact is that women have the power, so you need to be careful. It's sad that we need to employ James Bond spy gadgets to cover our asses, but fooling around with women these days is dangerous. There is actually a growing market for hidden camera devices precisely to address this issue.

If we're going to talk about rape culture, perhaps we should include the statutory rape of boys by grown women, very often female teachers and their male students. This is becoming commonplace. These women are not prosecuted to the same extent as when the tables are turned. A 30-year-old man having sex with a 15-year-old girl is in deep shit compared to a 30-year-old woman fucking a 15-year-old boy. There have also been cases

of statutory rape of boys where the woman got pregnant and the boy ended up paying child support once he turned 18.

It's no wonder that many men are going into MGTOW monk mode. The risks of sex used to just be STDs and pregnancy. Now, we have to weigh the prospect of being brought up on criminal charges and sent to prison. In a he-said she-said situation, whom do you think the courts will side with in this day and age? The bottom line is that so-called rape culture represents an increase in men being charged with rape, not an actual increase in the incidence of rape.

Socialization of Boys

Modern classrooms and curriculum are gynocentric. Mostly women staff them, so this isn't surprising. Think about it: Who is better at sitting still all day, girls or boys? Girls. Boys have much higher energy levels, so when you stick them behind a desk and tell them not to even fidget, you've created a problem.

But the problem isn't that there is something wrong with the boys. There's not. They've just been put into a situation where they are expected to adapt to conditions that are contrary to their nature. We don't force girls onto a football field and insist they be aggressive do we? Why do we do something similar in the case of boys?

When boys don't adapt to this environment they get labeled as having behavioral problems, and this has led to the current over-diagnosis of ADHD. The boys are often medicated as a result, leading to still other problems.

What's the solution? Adapt the classroom to the needs of boys as well as girls. One simple fix that's being explored is the use of stand up workstations, and this shows great promise. Just being able to stand up and move around a bit appears very beneficial to both sexes, but especially boys. Ensuring adequate breaks for physical activity would also help.

Having high energy levels is not a medical condition, but many teachers feel justified in diagnosing ADHD even though they lack the credentials to do so. If girls can sit on their asses and pay attention, why can't boys? Doctors go along with this. The problem is epidemic, and the solution is not to medicate kids to make them more manageable. It's to stop insisting that boys and girls are the same, and that therefore boys should be able to adapt to an environment that is better suited to girls

Boys will be boys. Accept it.

MGTOW Is Not Feminism For Men

Some have described MGTOW as feminism for men, a simplistic and ignorant misunderstanding of the concept. The only commonality between the two is that feminists are focused on making life better for women and MGTOW are focused on making life better for men. Any similarity ends there.

Feminism is an entrenched and organized movement backed by the media, the State, and the majority of society. They have clearly defined objectives, including the transformation of society into a system that primarily benefits women, which they've already accomplished. They are very well funded, carry a lot of political clout, and have a very long list of demands that they expect men to comply with.

MGTOW has no backing outside of our own community, and our objective is to simply live free. We're not striving to transform society, nor do we have a list of

demands for women, because we know they would never meet them. (You can't even get most women to make you a sandwich.)

The opposite of feminism would entail efforts to turn the tables on women: We'd have to insist that men be exempt from the draft while requiring women to register instead; that men receive alimony, child custody, and child support in divorce settlements; that women pay for dates; that chivalry be redefined to mean women must defer to men and treat us as special, simply because we have penises. And we'd have to dye our hair blue and organize big marches where we could throw temper tantrums, scream and yell, break shit, and demand to get our way.

We're not doing any of that crap. Feminism is a political movement; MGTOW is a personal philosophy. A lot of people don't get it yet, but that's liable to change in the near future as our ranks continue to swell.

What Do Women Want?

Following one of my breakups, I was so baffled by the ex girlfriend's prior behavior that I decided to read a book titled, "What Women Want". I honestly wanted to understand what the hell they were thinking. It was a pretty lengthy read, and at the end I was still scratching me head. It was like when you read a paragraph then realize you weren't really paying attention and have to read it again, but for the whole book: *What the hell did I just read?* The whole thing was very nebulous. If you ask women what they want, you'll get the same result: vague philosophical rambling about being cherished, empowered, understood, appreciated, etc. All of which is bullshit.

If you want a straight answer to the question, better to get it from the mansphere. Rollo Tomassi provides a good explanation in his book, *The Rational Male*: What women basically want is to have sex with a strong alpha male, while also having a compliant beta male to ensure her long term provisioning. (Alpha Fucks and Beta Bucks) She'll be attracted to a beta for his resources, but would prefer to fuck an alpha. Of course, as an individual man you can't be both, any more than a woman can be both an innocent virgin and an nymphomaniac slut.

This explains why women will go fuck a Bad Boy despite being married to a loyal, hard-working beta. She won't leave her husband, because she wants to retain his resources, but he may not turn her on, so you end up with the all too common sexless marriage with a cheating wife.

Women insist on having the best of both worlds, so they consistently attempt to change their men, molding them into some idealized balance of alpha and beta traits. If she starts with an alpha, she'll encourage him to be more sensitive. If he takes it too far though, she'll lose desire for the wimpified man she created. If she starts with a beta and encourages him to be more assertive, and he takes it too far, he'll be labeled a callous asshole. You can't win.

What they want also changes over time. Women in their 20s gravitate towards alphas, riding the cock carousel for as long as possible. Then, as they approach the wall, they start looking for betas, because betas are more useful for long-term provisioning. They know they'd better lock one in before reaching their expiration date. Realistically, women have no respect or sexual desire for these pussy-whipped men, but they are attracted to them as disposable resources.

Everyone knows that women commonly try to change their men, but it's interesting to note that men don't usually set out to change their women. On the contrary, we are far more accepting of them as they are, and would generally prefer they *not* change all that much; certainly not when the changes include becoming fatter, lazier, and bitchier.

These days, we're expected to accept them no matter what, even as they demand we actually *modify our personalities* to suit them. They can be Big Beautiful Women with psychological disorders while we must maintain our physiques and also achieve the perfect blend of alpha and beta traits that they desire. (Note: There's no such thing as a Big Beautiful Man.)

And women wonder why men are only interested in them for sex.

Princesses and Goddesses

Part of the feminine imperative is to embrace one's own specialness simply for being born female. Young girls are socialized to believe they are princesses, but even mature women have a need to validate their self-worth. So, we're seeing a new trend: *Goddess Parties*.

WTF is a goddess party, you ask? It's just what it sounds like; a bunch of self-obsessed women wearing white and reassuring each other that they are beautiful, even if they aren't, because they all have vaginas; magical, powerful, mysterious golden vaginas. Google it if you think I'm making this up. It's a real thing.

These delusional egomaniacs make Barack Obama look downright humble. This is yet another example of the childlike nature of women. Sure, maybe they're playing make-believe, but these are grown-ass women. Not surprisingly, many of them are post-wall women, desperately clinging to the notion that they are still desirable.

We're supposed to accept this as empowered femininity, but how ridiculous would men look if we held *God Parties*? If we all got together wearing superhero costumes and praising each other, chanting "I am a God" while lighting candles or maybe smashing something as part of a ceremony. The very notion is so ridiculous as to be unthinkable. Yet, somehow women proclaiming themselves goddesses isn't all that surprising, despite its absurdity.

Apparently this is becoming a popular format for bachelorette parties. As if the bride isn't being worshipped enough in the wedding ceremony as it is. Now, she's being primed to think of herself as an actual goddess before becoming the center of the universe in her wedding dress. And this all starts with some chump kneeling down before her, humbly making his proposal. It seems women just can't get enough of the "you are truly special" message.

How will all this affect a woman's psyche? What thoughts will be running through her pretty little head after all the self-indulgence? How will she view men after so much feminine-centric celebrating? And what do you suppose life will be like for the man who marries her? These bitches are so full of themselves that they actually believe they are worthy of being worshipped.

Just wanted to throw this one out there in case you need one more reason to go MGTOW.

Men's Rights Activists

Whatever you think of her, Cassie Jaye made a good point when she described MRAs as wanting to *change* the system, and MGTOW as wanting to *leave* the system. Given that both groups are focused on the problems with women, there is some slight overlap between the two, but they are two very different outlooks. To illustrate the differences, allow me to provide an analogy:

Let's say you have a boat, with the boat representing society. And let's say that it's an old, broken down boat that has been subjected to a number of poorly conceived "upgrades" that don't work as planned. There are lots of patches in the hull, rusty fittings, and other signs of disrepair. Over the years, incompetent people have continually modified the boat in an attempt to make it better.

Maybe the engine was swapped out for something smaller to get better fuel economy, but now the boat is totally underpowered and slow, plus the engine always overheats. Maybe someone changed the propeller for a bigger one thinking that'll make the boat faster, but all it does is overwork the engines even further. Maybe a bunch of electrical appliances were installed and now the generator can't keep up. These modifications represent feminism.

All of this adds up to a totally worthless boat. It doesn't perform well, barely floats, and would cost a lot to repair and maintain. MGTOW won't purchase such a vessel. We'll look at it, realize how hopeless it is, and walk away. If this is the only boat available, we'll probably go invest in something else, like perhaps a new 4WD truck. The truck in this case, represents the freedom brought by MGTOW.

Back at the dock, MRAs look at the same boat and see potential. They hold onto the *dream* of having a nice boat. They believe this boat is worth fixing up, and so will purchase it and set about working on all the things that are wrong in the hope of one day enjoying smooth sailing. But every time they fix something, something else breaks. At the same time, people keep sneaking aboard to make more asinine modifications, creating entirely new problems. (Feminism) Still, the MRA presses on, convinced he can persevere.

Personally, I'd rather be driving that new truck. I have no problem with MRAs. Live and let live. I just think they're wasting their time.

Epilogue

In closing, let me emphasize again that this work was just one man's opinion. There is no one-size-fits-all *MGTOW program* that will work for everyone. People are too different, and much of this is in the realm of philosophy, so there aren't a lot of hard and fast rules. You'll have to develop an approach that works for you. Hopefully this book has at least served as a convenient starting point

Let's review the two most important points:

Don't get married.

Don't cohabit with a woman.

In other words, *stay single*. When you think about it, *staying single* and *going MGTOW* are essentially the same thing, arguably. I made the decision to remain single long before I discovered MGTOW, and my life hasn't changed all that much since then.

That said, I do have a much greater understanding of the issues and the extent of the problems that modern men face. I've gained a lot of insight from the online MGTOW community, especially the YouTube guys. The more that I learn, the more I'm convinced that I'm on the right path.

As of this writing, most people have never heard of MGTOW. However, people are noticing the dropping marriage rate and wondering why it's happening. That's leading some in the media to discover our community, though we are usually labeled a fringe, radical group by most of them. I find it amusing that men staying single would be considered radical, but perhaps it is more because we call it like we see it regarding female behavior. People really aren't used to seeing women knocked off of their pedestals.

When you refer to a gold digging whore as a gold digging whore, or a manipulative bitch as a manipulative bitch, some people won't like it. But there aren't any sugar-coated alternatives with the same descriptive value, so I for one plan to keep using the most concise terms available. That includes my personal favorite: *screaching harpy*. (Thanks to John at MGTOW is Freedom for that one.)

At any rate, re-claiming our independence appears to be rocking the boat, so we can probably expect the backlash to continue. At the same time, you know who *won't* have a problem with MGTOW once they finally find out about it? The millions of men who have been thoroughly screwed over by women and the gynocracy. They will find a solution, and if others don't like it well...fuck 'em.

As I stated at the beginning of this book, if my experience proves instructive for even a single man, then I'm happy to have made my small contribution. I hope that many more men get the message through whatever means, not so that we become a large powerful group, but so that we can make men's lives better on a scale commensurate with the problem.

As an independent man, you are in charge of your own life, just as nature intended. Contrary to popular opinion, your purpose is not to devote all of your energy and resources to improving the lives of others, with little or no benefit to yourself. YOU control your life; not society; not government; and not some parasitic wench who views

you as a utility to be exploited. Whatever path you take, I wish you the best of luck in your journey. **Live Free!**

The Part of Tens

If you've ever read any of the "For Dummies" books then you're familiar with the Part of Tens, where topics are distilled down into ten points to close out the book. I thought it might be interesting to do the same here.

Ten Comparisons Between Marriage and MGTOW.

1. *In marriage, your sexual activity is controlled entirely by the woman.*
In MGTOW, your sexual activity is limited only by your own capabilities and desires.
2. *In marriage, another person will judge your performance in all aspects of life.*
In MGTOW, you alone determine whether or not your performance is up to par.
3. *In marriage, you will be allotted a limited amount of time to yourself.*
In MGTOW, all of your free time will be spent as you see fit.
4. *In marriage, your home environment is greatly influenced by your wife.*
In MGTOW, your home environment is whatever you make of it.
5. *In marriage, you will be expected to maintain two cars.*
In MGTOW you'll only have to maintain one.
6. *In marriage, your only refuge at home will be the man-cave, and then only if you've been allowed to have one.*
In MGTOW, your entire home is your man-cave.
7. *In marriage, you will have little privacy.*
In MGTOW, you'll have all the privacy you want.
8. *In marriage, your financial future is largely dependent on whether or not the marriage continues to survive.*
In MGTOW, your financial future is more predictable, and under your control.
9. *In marriage, your choices of where to live and what career to pursue are limited.*
In MGTOW you have no such limitations.
10. *In marriage, you will make few decisions on your own.*
In MGTOW, all of your decisions will be entirely your own.

Ten Woman-Speak Interpretations

Women sometimes speak their minds. Unfortunately, those minds are often entirely focused on getting what they want, as opposed to say, making sense and communicating effectively. As a result, their statements must be interpreted, if not outright translated. Here are ten examples:

1. "I just want to be happy."

This is intended to suggest that her needs are simple, but begs the question, "What will it take to achieve this?" As we know, it usually takes quite a lot. She's trying to sound reasonable, but if she were reasonable, then she would simply choose to be happy with her current life. Since few women ever feel satisfied, making them happy is unlikely.

2. “Men don’t understand women.”

This one is an attempt to transfer the underlying problem (her irrationality) from the woman to the man. If you don’t understand her absurd behavior, that’s your problem: You’re not sophisticated enough to comprehend her mystique and complexity. This complaint often comes up when a man fails to read a woman’s mind about something.

3. “You only care about yourself.”

A simple shaming tactic suggesting that by doing something for yourself, you are being selfish. Remember, your efforts are supposed to be directed at achieving happiness for *her*. And what do you get out of it? Well, maybe she’ll be less bitchy, or possibly even in a good mood. Happy wife, happy life.

4. “You don’t really love me.”

Nothing more than a guilt trip requiring you to modify your behavior in some way, or to simply purchase something for her. A common response to the word, “no.”

5. “All you care about is sex.”

This is used when she doesn’t want to have sex, obviously. To prove her wrong, you’re supposed to stop wanting to get laid. Ironically, this is often exactly what happens, because her being a bitch is usually a turn-off. She’ll think she got through to you, when in reality she just made herself undesirable.

6. “Relationships require compromise.”

Of course, this means that *you* must compromise, and if you don’t, that proves you’re being an asshole. This one is used when there is a conflict between what she wants, and what you want. Sims usually buy into this, believing that it demonstrates that they are being a good partner.

7. “Men are afraid of commitment.”

This is probably the most common complaint from women trying to get married. A more accurate statement would be, “men are afraid of putting their balls into a bear trap.” Easily countered by citing men’s commitment in other areas, such as jobs or military service.

8. “You don’t appreciate me.”

There may be some truth in this statement, because in a lot of cases there isn’t really much to appreciate, beyond her golden vagina. This reflects the inflated sense of self-worth so common in modern women. If she’s even slightly attractive, then in her mind, that should be enough to get whatever she wants at all times.

9. “Man up.”

Most guys have heard this enough to recognize it as a simple attempt at manipulation. When you hear this phrase, it should trigger your bullshit alarm, not your need to prove your masculinity by doing whatever it is she’s trying to get you to do.

10. “I just want to find a good man.”

Sounds like a reasonable statement, until you look at her definition of what a good man is. Honest, hard working, and faithful are great, but they certainly won't be enough. What she really wants is the resources that a man can provide: safety, security, strength, and above all, money.

Ten MGTOW Quotes

1. Just ignore everything women say and nothing will annoy you ever again.
Cu Chulainn
2. Most whores are just honest women. Most women are just dishonest whores.
AVFM
3. When men get older they look like Sean Connery. When women get older they look like...Sean Connery.
Raindog
4. To learn who rules over you, simply find out whom you are not allowed to criticize.
Voltaire
5. No man should ever marry a woman who hates him enough to actually let him go through with it.
Dick Masterson
6. I do not think you can name many great inventions that have been made by married men.
Tesla
7. A man without a woman is like a fish without a hook.
Unknown
8. All your life you are being told by others what it means to be a real man. And you are told how worthless you are if you don't measure up.
Paul Elam
9. Behind every successful man ~~stands~~ appears a woman.
Unknown
10. All the men who have vanished, the men you hated, yet dreaded to lose, it is I who have taken them away from you. Do not attempt to find us. We do not choose to be found. Do not cry that it is our duty to serve you. We do not recognize such duty. Do not cry that you need us. We do not consider need a claim. Do not cry that you own us. You don't. Do not beg us to return. We are on strike, we, the men of the mind.
John Galt

Ten Feminist Quotes

1. The nuclear family must be destroyed... Whatever its ultimate meaning, the break-up of families now is an objectively revolutionary process."
Linda Gordon
2. All men are rapists and that's all they are"
Marilyn French

3. I feel that 'man-hating' is an honorable and viable political act"
Robin Morgan
4. To call a man an animal is to flatter him; he's a machine, a walking dildo."
Valerie Solanas
5. Feminism is the theory, lesbianism is the practice."
Ti-Grace Atkinson
6. In a patriarchal society, all heterosexual intercourse is rape because women, as a group, are not strong enough to give meaningful consent."
Catherine MacKinnon
7. We are, as a sex, infinitely superior to men."
Elizabeth Cady Stanton
8. The male is a domestic animal which, if treated with firmness...can be trained to do most things."
Jilly Cooper,
9. Heterosexual intercourse is the pure, formalized expression of contempt for women's bodies."
Andrea Dworkin
10. Men who are unjustly accused of rape can sometimes gain from the experience."
Catherine Comins

Appendix: The Evolution of a MGTOW

I can't provide a specific date when I "went MGTOW". I didn't pay my dues and get a membership card. For me it was a gradual process, a process I refer to as my *awakening*, where ultimately I made the decision to simply remain single. It's not like there's some formal ceremony welcoming one to the brotherhood. There is also something of a continuum, with a bit of controversy over what should be considered "True MGTOW".

At one end of the spectrum would be the married guy who considers himself MGTOW, (awakened while married) while at the other end would be the MGTOW *Ghost* who has not only sworn off women completely, but has withdrawn from society as much as possible. Only you can determine where you should be on the continuum. After all, if your goal is to do things the way some other guy says it should be done, then you're not exactly going your own way, are you?

This is my story; what led me to MGTOW. I am fully aware that there are readers out there who will consider me an idiot for making some of the decisions I've made. I agree. I *was* an idiot when it came to women, despite showing excellent judgment in other aspects of my life. I've gained some hard-won wisdom, but had I not experienced the things that I have, I would not be where I am today, liberated and free.

Being in my fifties, I've been around long enough to know what I'm talking about. We are all the sum of our experiences, and I want to share some of mine as it may prove instructive. My story is not unique, but it does provide one answer to the question, *why MGTOW?* Here's how I came to my current way of thinking.

Leading up to Marriage

I'll keep this section brief, but a little background is in order. I grew up in San Diego, the son of German immigrants. I had two older sisters and we lived an average middle class life. My parents divorced when I was 11 or 12 and we kids lived with Mom, doing the usual every other weekend at Dad's thing. We did some sailing, which I loved. I was also heavily into skateboarding and did a little surfing.

I dropped out of high school at 17 and joined the Navy, mostly because I hated school, loved the ocean, and figured the Navy would make good use of my skillset and interests. I went straight to sea duty in a tough job, serving on a wide range of ships and completing many deployments. I dated various women whenever possible, though that was difficult given the demands of the Navy. In the end I served until retirement.

Wife #1

After four years at sea aboard two different ships, I transferred to a new unit and met a girl. She was hot, young, and sweet. So I married her when I was 23. We had a son about a year later and settled into a routine. After two more years of sea duty in an Assault Craft Unit I was transferred to my first shore tour where I served as a Recruit Company Commander, Navy terminology for Drill Instructor. To say that this was a tough assignment would be a gross understatement.

With a baby at home and a brutal job, life was pretty hard. The wife also worked full time as an office manager in a real estate office. We juggled daycare and tried to

make everything work, but my job often demanded 16-hour days for months at a time so it wasn't easy.

One particular statement by my wife pretty much summed up how things were going. I had taken up scuba diving previously, but I hadn't been diving for nearly a year. I finally set up a dive with a friend for one Sunday morning. I felt like I had kind of earned a few hours to pursue something I loved.

That morning, I sensed a bit of hostility from her. So I asked for an explanation, to which she replied, "It's fine. If you'd rather go hang out with a buddy than spend time with your wife and son that's perfectly OK". Classic manipulative guilt trip. She was a master at that. God forbid I should have even a few hours to myself.

The rest of that short and doomed marriage found me accounting for every minute of every day of my life. It was stifling. After about two and a half years we agreed that it wasn't working and got divorced. Of course, she had primary custody of our Son and I paid child support for the next 16 years. Under this arrangement, she had far more influence over our Son, and made most major decisions in that area because that's the way it works. My influence was limited, legally.

This raised my initial awareness of *gynocentrism*, though I didn't know it at the time. I just knew that something wasn't right. It quickly became obvious that she held all the cards, and that I would only be granted whatever rights the courts deemed appropriate. She knew this. It was as though she had taken a class in working the system.

As we were co-parenting, I noticed something interesting: Whenever she felt that she had to assert herself, she would refer to our Son as "My Son", as in "I know what's best for My Son". Whenever she wanted something from me she would refer to him as "Your Son", as in "You need to pay for this. Aren't you willing to take care of Your Son?" This is an example of the female's natural instinct to manipulate men in order to get what they want. It's so natural for them that I don't think they're consciously aware of it.

About 2 months after the divorce, I found out that she was dating someone, and I would've been fine with that since I was dating as well. However, she was dating her boss of the past two years, a very successful...and married...real estate guy much older than her. She had used me as much as she could and then monkey branched up. So now she had two men providing her with income on top of her job.

Ultimately, the guy left his wife and married my ex. That ended very badly for him as well about a decade later. Meanwhile, it was interesting to observe her behavior. As soon as she married him she got a new Lexus and a luxury home in an affluent neighborhood. Then began what can only be described as the Great Cosmetic Surgery Binge. That included 2 or 3 boob jobs, multiple lipo treatments, lip implants, facial reconstruction and God knows what else.

What was strange about it is that she was very sexy in the first place. I didn't understand it. But it was clear that this guy could provide more than a lowly Enlisted Guy, and she was going to make the most of it. I suspect she was also preparing for her next monkey branch in case things didn't work out with her new husband.

And so ended my first marriage.

Lessons Learned:

1. Getting married can be a disaster.

2. Getting married young increases the odds of disaster.
3. Women lack loyalty and frequently look to trade up.
4. Men usually get a much worse outcome in divorce than women do.

I had gotten my GED, and after the divorce I discovered that not only could I do college level work, I could excel at it. I busted my ass training recruits and doing night courses when I could. I also got into triathlon and discovered that I really enjoyed the training.

I dated a lot of different women, doing what is known as the “pump and dump”. That is to say I’d date a chick for some time, but when she started talking about commitment I’d bail.

Women complain about this a lot. They claim they are being used because the guy isn’t willing to take risks to continue being with her. But she’s enjoying the sex as much as the guy is, not to mention all the free meals, entertainment, and gifts. Yet somehow she’s still a victim. Even when you tell them up front that you’re not looking for anything serious and they agree to keep it casual and just have fun, it still gets dramatic.

They complain that “men only want one thing” as though that’s a problem. Women typically want *hundreds* of things...really expensive things. Seems to me that by only wanting one thing men are being pretty generous. Especially when that one thing is free.

I’ve developed a simple theory about this: In a man’s brain you have a left and right hemisphere, right? Well, in a woman’s brain, you have a *shopping hemisphere* and a *need for commitment hemisphere*. This theory explains everything. By commitment, she means guaranteed money. When the need for commitment hemisphere kicks in all bets are off. All previous discussions and agreements are rendered null and void. It’s hard-wired into their nature. Her needs are all that matters.

This was proven to me again just last week. As I casually walked past two women talking, one of them said to the other, “You just need to get your hooks in that man!” and then drove the point home by making little hook fingers and lunging forward like a gargoyle, with a snarl on her face. It sent shivers down my spine. But that’s how they think. It’s terrifying.

Girlfriend #1

(As far as girlfriends go, I’m not including the short-term casual ones unless they had a significant effect on my outlook on women.)

One day I was at work, teaching recruits about water survival. I’m standing on the diving board, instructing about 180 young men on how to stay alive if they find themselves in the water. Suddenly, I had this stomach pain. I tried to shake it off, but in about 10 minutes I was seriously sick. Someone else took over while I went off to puke.

It got worse fast, so I was put in an ambulance and transported to the Naval Hospital. I had appendicitis. Long story short, my appendix ruptured and I almost died. I was in the hospital for 17 days. One of my Nurses was an attractive young blonde who showed an interest in me. When I was discharged I got her number and we started dating. For the next year or so we had an on-again off-again relationship.

Sexually, she and I were made for each other. Things were very intense. But outside of that she was your classic female psycho. So I’d get sick of it and break up with

her. A few weeks later she'd call and convince me that she really could just have sex with no strings and like an idiot I'd believe her. I wanted to believe her. But the problem was that she had zero respect for men in general, and me in particular. She referred to men as "life support systems for penises" and I'd put up with it for a while so I could keep fucking her. She'd push me too far, I'd bolt, then we'd do it all again.

She was one of several women I've known that get off on trying to make a man feel inadequate. For example, I played a little guitar, so she would talk about what a truly accomplished and brilliant guitarist her brother was. I was a middle of the pack triathlete, so she would tell me about how her ex boyfriend would win Ironman races. I suspect that most of it was bullshit but the point is that she felt a need to continuously point out how other people were better than me. I'm not certain why women do this, but I suspect it's some kind of twisted control or power thing.

Eventually, I had enough and left for good. She kept calling of course, but had driven me to the point where I was willing to say, "no fucking way". She perceived herself to be so valuable that I would be willing to put up with anything. To this day when I hear the term "head games" I think of her.

Lessons Learned:

1. Crazy women really are good in bed.
2. The crazy outweighs the sex.
3. Women are often unpredictable, illogical, and manipulative.
4. Women are fully aware of the power of their vaginas.

In hindsight, these lessons were early indicators that there would be something along the lines of MGTOW in my future, but I was still holding onto hope that I could find "The One". This was the late 80s after all, and we didn't have a bunch of MGTOW channels on YouTube. So I kept learning, slowly, through the school of hard knocks.

Wife #2

After some more time in the dating scene, I met the woman who would become Wife #2. I can't say that I didn't have some reservations, mostly because she was about 10 years older than me. I was 26 and she was 36. But she was a very attractive 36, was a lot of fun, and had no kids. The no-kids thing was important to me. I had dated some single moms and figured out pretty quickly that when you do that you're dating her kids as well as her. I for one, didn't want more kids, mine or otherwise. My Son was great, and I simply didn't want to have more children.

That was a sticking point with her. She expressed that she'd like to have children, while also claiming to accept that it probably wasn't going to happen, given her age. I was very honest with her about it. I told her early on that if she really wanted kids then we weren't a good match and she should find someone with the same desires.

I told her point blank that I did not want more kids, and that I would not change my mind on the topic. It was crystal clear. She agreed, and seemed to reluctantly accept it. Besides, I had a totally fun Son already, and the two of them had a great relationship. She loved being a stepmom, and my son brought her a lot of joy.

That marriage lasted 8 years. When we started out I had advanced into the Chief Petty Officer ranks and was about to be assigned to a Hovercraft unit as a Craftmaster. I

graduated from the training pipeline and returned to sea duty in another Assault Craft Unit.

While we were engaged I had returned from a few weeks at sea and she confided that she had filed for bankruptcy and wanted to be honest with me about it. It was clear she was worried that I might call off the marriage, but now I realize that the only reason she told me was because she knew that I'd find out anyway. I gave it some thought and had a talk with her. I told her that as long as she would be financially responsible we'd get married as planned.

Bad call. I ignored a major red flag, thinking that a woman might change herself for the better. It turned out to be the biggest mistake of my life. There were other red flags as well. She was a classic Southern California Princess, obsessed with appearances and status symbols. I didn't know how bad it was, but the signs were there and I ignored them. I figured that because she was working in a full time job, and a good job at that, things would be OK.

The first thing we did was buy a house. It was a brand new development with four different model homes to choose from. I liked the smallest one because it was affordable and would be more than enough for us. She liked the biggest house because she "needed an office and a guest room". I reluctantly agreed in the name of making her happy.

The next thing we did was buy her a new car. A brand new Jeep Cherokee, the deluxe model with leather seats and all that. Of course, she had no credit because of the bankruptcy, so everything went in my name. We both had great jobs, but we were starting to live beyond our means.

I would've never done it on my own, and at one point I called her out on it. I suggested that she really wanted to be rich, or to at least live like she was rich. She denied it vigorously, stating that she just wanted to "be comfortable" and have "security", both of which are code for lots of money.

I was a moron. I agreed to co-sign on a credit card for her, supposedly to help repair her credit. And she had access to my credit cards as well. I know, I know. How stupid can a guy be? She ramped up the shopping, arguing that she needed nice clothes for work because she was a high-powered career woman. So we racked up a lot of debt.

I was scheduled to deploy to the Middle East during Desert Storm, where for six months I'd receive sea pay, hostile fire pay, and be exempt from taxes. So we developed a plan to chip away at the debt. I'd send almost all of my money home so she could pay it down. I literally kept just enough money to buy things like toothpaste.

Six months later I get back and not only is the debt not reduced, it's about \$6K higher. Apparently her shopping hemisphere had kicked into action while I was in the Persian Gulf. We fought about it, both knowing that this could lead to the end of our marriage, but decided to move ahead.

We got by for a couple more years. The straw that broke the camel's back happened once I retired from active duty. When I got out of the Navy, I didn't jump right into a great job. In fact, the opposite happened. I ended up taking a pretty big temporary pay cut as I transitioned into the private sector.

Meanwhile, she had advanced in her career and so was making considerably more money than me at the time. I worked 60-hour weeks trying to make up the difference in overtime, but it soon became clear that she had lost all respect for me. Eventually, she suggested we separate and I agreed because my fun meter was pegged.

It was supposed to be a separation in her mind, but I knew I wanted out and told her so. Turns out she was bluffing and wanted me to fight to keep her. Hah! This is actually very common, where women want confirmation that they are invaluable and we'll put up with anything to be with them. And so began the kind of drawn-out, ugly divorce you always hear about. She tried to ruin me. I barely got out of it with my ass intact. Lots of Lawyer's fees and lots of drama.

After 8 years of marriage she felt entitled to a portion of my retirement, even though she was making more money than me. The State of California agreed. The only way I got out of it was by giving her everything else, and I do mean everything. That included about \$200K equity in the house, as well as the expensive furniture in it. I was willing to do that because I just couldn't see sending her my hard-earned money for the rest of my life.

I moved into a tiny, run-down apartment in a bad neighborhood while she stayed in the house, ultimately cashing out and moving on. I'm pretty sure she blew it all on shoes. As the smoke cleared, I learned that she had actually considered hiring a hit man to take me out. She told people that she wanted to destroy me, and to make me suffer as much as possible for as long as possible. This, because my income went down temporarily as I embarked on a new career.

She spoke of me in the most disparaging terms to my Son in an attempt to turn him against me. She even collaborated with my first wife to strategize on how to best fuck me over. Which leads me to an interesting thing that happened in the marriage:

I was, by most measures, a successful man. You don't get rich in the military, but I had advanced rapidly and we should've been doing great. But remember, Wife #1 had monkey-branched up to a truly wealthy man, and Wife #2 was intensely jealous of that. The cars, boob jobs, and jewelry were just too much. An obsession with diamond tennis bracelets developed, because Wife #1 had one and Wife #2 didn't. She talked about diamond tennis bracelets constantly from that point on because she felt entitled to one.

But you have to keep in mind that despite her materialism, or perhaps because of it, she was reckless with both money and possessions. I had brought her opal necklaces and earrings from Australia that were absolutely beautiful. I thought it was a nice gesture, and they weren't cheap. But they weren't as expensive as a diamond tennis bracelet, so it didn't really count in her mind. She lost the earrings within a month. Hence, buying her a \$10K tennis bracelet didn't really seem like a good idea, and she never got one. This frustrated her to no end.

It's a great example of the common female thought process, "I'm pretty and I have a vagina so I should get whatever I want!" If it doesn't work out that way it's perceived as a grave injustice, almost a crime against nature.

And what did I get in the divorce? I got to keep my old Ford Ranger, a \$200 guitar, and my clothes. That's it. Then I got to spend the next 5 years trying to protect my credit because all of the things she insisted we buy were financed in my name and she'd blow off the payments.

But here's what really takes the cake. While we were married, she went off the pill without telling me in a deliberate attempt to get pregnant against my wishes. It turns out that even though I was honest with her about that from day one, she was hoping I would change my mind. When I didn't, she just decided to go ahead anyway, because she knew that one way or another I would pay for a big part of it. My own wife tried to

sperm-jack me. I got lucky on that one. If she had succeeded then I'd still be paying child support now, 17 years later.

So, in January 2000, as the divorce proceedings commenced, I paddled my kayak out through the surf in Carlsbad California, and held a little burial at sea ceremony. My wedding ring is at the bottom of the Pacific. It was only worth a couple of hundred bucks, and the symbolism was worth it. I wouldn't have done it with her ring though. That rock cost me eight grand.

Lessons Learned:

1. There is no "right one". Trying again will result in a similar outcome.
2. Follow your instincts.
3. Women will lie, deceive you, and do anything to get what they want.
4. Sense of entitlement is directly correlated to a woman's attractiveness.

At that point in time, all I could think was "Never again". And I haven't gotten married again. But this isn't the end of the story. I knew I didn't want to put myself at risk, but I still wanted women. So I used the pump and dump technique. I never lied to them. I always told them I didn't want anything serious. The thing is, they always seem to think you'll change your mind. Or perhaps more accurately, *they'll* change you mind.

I had learned a lot at this point, but I still wasn't finished. I figured I could take my hard-won knowledge and put it to use in a last ditch effort at a meaningful relationship. I know what you're thinking: "Don't do it!" Alas, there was one more trial in my journey towards MGTOW.

Girlfriend #2

After being divorced for about four years I had tired of the Southern California rat race and moved to Oregon, mainly to ski and rock climb. Those are things I had dreamed about for years but had never done because my military career took precedence and because I simply couldn't afford it due to being involved with women.

So I sold my condo and moved to a ski town. Paid cash for a humble little house and a used Jeep. A couple of years into that I met a girl, and ultimately sold my house, using the profits to put an addition on her small house so we could live together. But we didn't get married, despite her desire to do so. At least I had learned that much.

For the most part, she was great. Worked hard and played hard. It lasted about 5 years. There were a few key issues that ended that one. First, she didn't climb. That wouldn't have been a problem except that I ended up not climbing either because we spent all of our free time backpacking, which she loved. So again, we have the male making sacrifices while the female gets what she wants.

Second, I was working jobs I didn't like for low pay because that's just how it is when you live in a ski town. So I volunteered with Search and Rescue, which I took very seriously. Worked with some great people on that, and we saved lives. I found it immensely rewarding, not unlike the military. And it helped offset the lack of satisfaction in working meaningless jobs.

She didn't understand that, and felt it was a waste of time because I wasn't getting paid for it. The irony is, this very same SAR team had saved her life the previous winter when she had broken her leg in the backcountry. Without them she would've died of

hypothermia. They came in, treated her, and carried her out. Those were the very same people I was volunteering with, and they were my friends. You'd think she'd support that. She didn't, and actually became resentful whenever my pager went off.

Another thing that I couldn't understand was that she felt playing the guitar was a waste of time as well. Most women, in fact all of the other women I've ever been with, liked that I was a musician. She didn't, and I'd get a subtle bit of stink eye every time I picked it up. It's just a part of who I am and she wouldn't accept it. I found that pretty strange, and it took the joy out of something I loved.

So I had three things that were important to me: Climbing, music, and SAR, and she had a problem with all of them, because they took time away from tending to her needs. I refer to this as mission-creep. In the beginning, taking care of a woman isn't that hard, but over time her demands on your time increase until there is nothing left. Happens all the time.

I decided to leave that town in order to get some kind of career back on track, and she stayed where she was. Fortunately, it was easy because we weren't married. There was very little drama at the end of that one, thankfully.

Lessons Learned:

1. All women are high maintenance in some way, if not money, then time, but in most cases both.
2. If things are important to you, that doesn't mean they're important.

I no longer suffer from the delusion that I might stumble across a unicorn, and I'm totally fine with that. In fact, I know that I'm better off without one, because unicorns almost always evolve into something else entirely.

Other Women

There were other women along the way, though most of them had no real influence on me. There were a few that helped me to see reality. For example, back when I was getting my masters in exercise science, I did a 6-month internship with the Coast Guard in Northern California. Against my better judgment I put a profile up on a dating site just to see what would happen. I got a message from a woman who suggested we should meet. That was a red flag. Women who initiate contact probably have an agenda. But I figured, what the hell, I'll go meet her for a bike ride.

Before we slept together I laid all my cards on the table. I told her that I was not looking for a relationship, and it would be fine if we were just friends. I told her I'd be leaving the area in a couple of months to find a job somewhere. She replied that she was totally fine with that, wasn't looking for anything serious either, and suggested that we should just have fun while I was there.

In my mind it was clearly a "friends with benefits" situation, but the day came for me to leave and everything suddenly changed. She actually wanted to sell her house and go with me. When I told her I didn't want that she pretty much lost it, crying and babbling on about how she gave me a piece of her heart. I reminded her of the discussion we had, where she had agreed we'd just be two consenting adults having a good time for a while. She argued that things were different now, and she thought we had a connection, and how could I be so heartless?

Lessons Learned:

1. Most women are too emotional for a friends with benefits arrangement.
2. Women usually have an inflated sense of self-worth.
3. Even with pump and dump tactics, it will still be a hassle.

The fact is women are potentially dangerous. Want more proof? I was in Australia with the Navy once and hooked up with a local girl. When U.S. Navy ships pull into any port in Australia, the women come out of the woodwork to party with Sailors. It's a long tradition, and one reason why American male Sailors love the place.

I slept with this chick that I had picked up in a bar. It was as obviously a one-night stand as you can get. But about our third day in port I get informed that the local police want to talk to me. I go meet with a couple of Aussie detectives and they tell me this slut cried rape. They informed me that this wasn't the first time this woman had done this. In fact, every time a U.S. warship pulls in, she does the same thing. Been going on for years. False rape was her hobby, apparently.

The cops knew she was full of shit, but had to do their due diligence. They were clearly annoyed at having to waste their time once again, because this little slut wanted to play games. Hats off to the Aussies though. They were able to tell me that she was a psycho-hose beast without actually saying it. Good diplomacy.

Lessons Learned:

1. False rape accusations are a real possibility any time you have sex with a woman.
2. Exercise extreme caution, even during casual encounters.

Want another, albeit less dramatic example? I took some friends sailing one day and they brought a single girl. She was at best average in the looks department, and I went out with her two more times. She never tired of talking about how rich she and her family were, how exceptionally intelligent she was, or how exceedingly beautiful she was.

In fact, that's all she talked about: "It's hard keeping track of all your investments when you have so many of them." "I'm so tired of men always hitting on me and only judging me on my looks." "Some times I wish I didn't understand things as well as I do and could just be more average and simple." But honestly, you wouldn't give her a second look, and she was a history major. Not gorgeous. Not a Physicist. Maybe she was rich. I don't know because I paid for everything.

Lessons Learned:

1. Even without having sex, women are usually more trouble than they're worth.
2. The female ego has no limits.
3. Women never tire of talking, especially about themselves.

All of these experiences have led me to the conclusion that pursuing women is at best, a serious waste of time. Over and over again I tried different approaches, with different women, and always with the same result. So I had to ask myself...is it me? Am I choosing the wrong women? Am I the problem?

I honestly don't think so, because I've known many good men who have been through the same thing. One of them is going through it right now. He is a professional military officer. Young, successful, good-looking, athletic, and exceptionally motivated.

He got back from his second deployment to Afghanistan, where he saw combat, only to discover that his wife had decided to leave him. She's keeping the 2 kids of course, and is attempting to turn them against him to deny him access to his own children. What kind of person does that to a man who just literally put his life on the line to protect her?

A selfish person does that. I don't want to be around that kind of person.

Today, my focus is on pursuing my own professional and personal goals, as opposed to trying in vain to make a woman happy. I work with some of the best Operators in the world, maintaining their physical fitness. I participate in triathlons, study music, sail catamarans, and continue my education. I am focused, driven, and happy. I'm achieving far more than I ever did when I had a woman squandering my resources. Life has been steadily improving for me since I ended the last relationship in 2010, and there is no end in sight.

I love being in charge of my own life, and am amazed that I was once willing to sacrifice that for sex. But none of this was ever taught to me, so I had to learn the hard way. All things considered, I've come out of it just fine.

A lot of roads are leading men to MGTOW, and it's a global phenomenon. Don't think for a minute that the problem is just American women. Lots of guys have tried pursuing Asian, Russian, or other women, always with the same result. Men in other countries report the same things we are seeing here, and are reacting in the same way...by going MGTOW.

We have been patient, accommodating, and supportive. But enough is enough. I for one have given the benefit of the doubt to more women than I should have. And though it may have taken me longer to figure out than I would've liked, there is not a doubt in my mind that I'm doing the right thing. Direct experience has taught me that while women may have their place, their place is not in controlling my life.