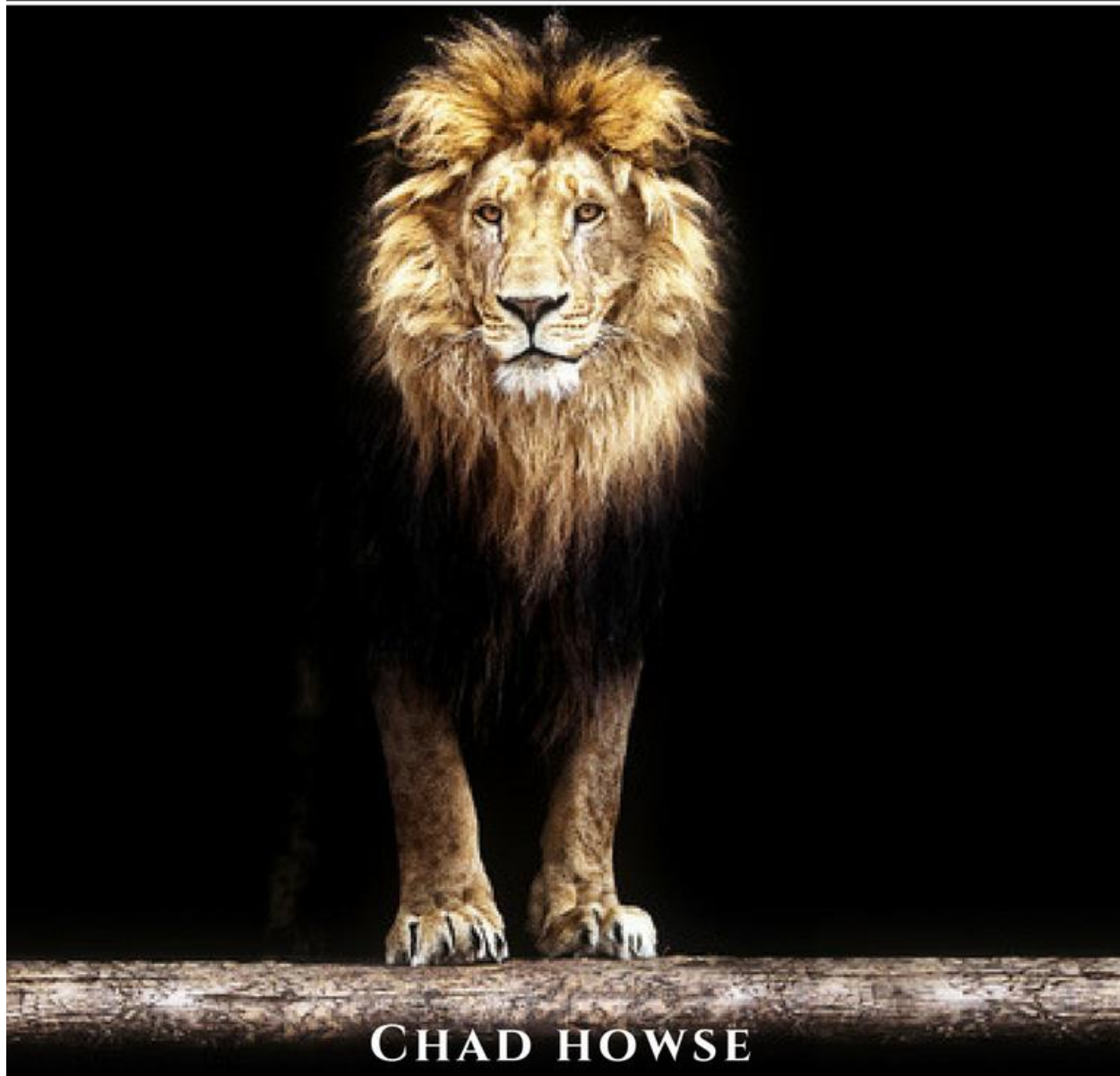


THE
ALPHA
MENTALITY



CHAD HOWSE

THE ALPHA MENTALITY

Dare Mighty Things Inc.

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MINDSET AND ACTION

We live in a society that glorifies participation, and actually *awards* it as something worthy of praise. It isn't.

Winning is what you want, it's what you need, it's why you're here.

You're not here to be a loser at life. This has to be reflected in your daily actions, which are a product of your mindset.

Being an alpha, however, is more than just winning – however you see it. An alpha male is a leader, and thus, he fights for and defends those under his care, or those who can't defend themselves.

As an alpha, then, you have to be a man in its most basic sense. You have to be able to defend and *willing* to do so. You have to provide for and protect as well. This forces upon you tough decisions that may put you in harm. It forces you to make choices that may go against what *you want* in life, so that others can have the freedom to chase *what they want*.

Being a Man.

Before you can become an alpha and think like an alpha, you have to get better at being a man – which is a life long quest, this isn't something you're going to master or own or have, but you being *being better at being a man* by making a decision, and then acting like one.

The logic goes as follows...

“Again, of all the things that come to us by nature we first acquire the potentiality and later exhibit the activity (this is plain in the case of the senses; for it was not by often seeing or often hearing that we got these senses, but on the contrary we had them before we used them, and did not come to have them by using them); but the virtues we get by first exercising them, as also happens in the case of the arts as well. For the things we have to learn before we can do them, we learn by doing them, e.g. men become builders by building and lyreplayers by playing the lyre; so too we become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts.” ~ Aristotle

You become who you want to become by acting as if you're already him.

What, then, is being better at being a man?

This is your foundation. You're not going to be an 'alpha male' if you're not first a damn man.

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Grit. Gameness. Mastery.

Men initially had one role, and this role existed for far longer than our now seemingly sea of endless options has existed.

We were put here to provide and to protect and to procreate.

Procreation aside, providing for and protecting – maybe even conquering – meant we needed a few virtues. Without said virtues, we were essentially useless.

The thing is, to be a man (a real man), you still need these virtues

1. Gameness.

Gameness is having the guts to step forward even if it means there's a chance you may get hurt or die in the process.

Gameness is the antithesis of cowardice.

Gameness on its own, however, isn't enough. If you don't have the courage to *endure*, to persist, to see a mission through, you're still useless. On top of that, if you don't have the skill or mastery to actually succeed, you're useless still.

2. Grit.

Grit is toughness. It's the toughness you need to persist, to see something through without quitting. This is what stands between most and their dreams or goals or the life they want to create.

They jump from job to job or pursuit to pursuit. In our ancestor's time, a lack of grit meant you'd crumble under the weight of a stressful, dangerous existence as a man tasked with providing for and protecting his tribe.

3. Mastery.

Both gameness and grit are necessary, but without the skills needed to win, what's their point?

It's the man who's *willing* to stand and fight for his family, but he's never trained to develop the skills necessary for him to succeed or win.

Even though you may be tough or game, you still need to work at acquiring the skills – fighting, weapons, self-defense, hunting – necessary to kill the animal that you want to be your food or to kill the bad guy trying to conquer your land.

Being good at being a man means you're able to solve problems with your own hands or with the aide of tools. It also means that you're able to be brutal in an increasingly soft society.

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As Theodore Roosevelt explains:

Over-sentimentality, over-softness, in fact washiness and mushiness are the great dangers of this age and of this people. Unless we keep the barbarian virtues, gaining the civilized ones will be of little avail."

Without the man at the helm, the softness, the finer, gentler qualities that we increasingly praise in our society, will be lost.

We need leaders, warriors, and defenders, and before you seek to become a leader, make sure that you at least know *how to handle yourself*, and have put yourself through that test more than once (i.e. learn to box and then actually fight in a boxing match, don't be one of those guys who hires a coach who shows him what to do but never actually enters the ring).

A Few Things You Can Do.

1. First, determine *what* and *who* you want to become, then take time to determine exactly what needs to be done on a daily basis.

Look at archetypes, guys who've, in part, become who you want to be. Look at their routines, how they act and dress and carry themselves.

Spend time thinking about this, then write down certain traits you need to possess, and act as if you already possess them.

2. Learn the art of being good at being a man, as in, learn how to fight and/or use a weapon.

Join a boxing gym and buy a gun. Simple enough. You're tasked with defending and protecting and providing for, both learning how to become skilled with a firearm and with your hands is a necessary step in becoming what you are.

3. Hunt.

Hunting is primal, but there are obvious health benefits to it. For one, you're out in the wilderness, which dramatically lowers stress and helps you find clarity. Second, animals you hunt are far healthier than the animals you buy at the grocery store. They have higher quality essential fatty acids because of what they eat.

I just started hunting, within a year of writing this, so it doesn't matter where you live or how you were raised, get back to being a man by doing what men did and should still do.

4. Solve your own problems.

A part of being good at being a man is leading, and as a leader you need to be as self-reliant as you can be. So rather than always bringing your truck to the garage to get fixed or hiring people to fix things or build things in your home, do it yourself.

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It sucks. It's going to be frustrating. But once you learn to do something, that knowledge is yours. Have the guts to acquire that knowledge in the first place.

We Don't Need to Improve Upon Manliness, Nor Do We Need Its Definition to Evolve.

One of the issues we're having today is that we think men should evolve, well, not 'we', but society. They, let's call them, think that masculinity is archaic, and that men should act more feminine.

I really don't think this is a majority, but a vocal minority of elites and academics who've labeled themselves as the moral authorities for our culture. Most women want a man. Most men want a real lady. We don't want an in-between, something balancing a fine line between the true masculine and the feminine.

This vocal minority, however, feels that men need to be less manly, ignoring the necessity not only for a society to have the barbaric virtues that *build* a free society, but also the necessity for the individual to do things like work with his hands, fix things, fight good battles and act in a manful way.

The individual is our focus, it's *my focus*, because if we as individuals live better, stronger, more manly lives, the society can't help but benefit.

If more men took stronger stances on what is real and what isn't, on what our values *are* and what they should be, we wouldn't have this outpouring of political correctness, nor would we have a society that aims to raise our sons to be more feminine.

Battle, be it roughhousing with pals or competing in a competitive environment, are necessary for men to find their place in this world, and to prove themselves in the process.

We do not need manliness to evolve, not in the slightest. What we need is a bringing back of the basic values and virtues that *is manliness*.

Don't forget, the Romans didn't call it manliness, but *virtus*.

From that wonderful site called Wikipedia:

Virtus was a specific virtue in **Ancient Rome**. It carries connotations of valor, **manliness**, excellence, courage, character, and worth, perceived as masculine strengths (from Latin *vir*, "man"). It was thus a frequently stated virtue of **Roman** emperors, and was personified as a deity—Virtus.

What about that do we not need? What about being excellent, courageous, of worth and filled with character do we not currently need in our society?

Manliness isn't something we need to change, but something we need to teach.

It is simply living a life trying to excel in a virtuous manner in all areas of life!

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We don't need to re-define manliness, what we need to do is to go back a thousand years and regain what it meant to the Romans, and still means to certain sub-cultures, like those who live in small towns or raise their own cattle.

Those who claim they have a moral authority shape their views in classrooms. They tend to hold more *modern* liberal views (true liberalism bore America, it is liberty and freedom, not social justice or political correctness). We need to take back the morality from this self-proclaimed authority that teaches things that produce no real morality at all.

Morality from a place of weakness isn't of any real value.

How is strength and honor wrong?

How is having character a bad thing?

How is striving for excellence, true excellence, *not* the most important pursuit for any human walking this planet?

To degrade such a thing is to deny that life is a gift and that it's *your duty* to use every waking minute in pursuit of giving your best back to the gift of life by becoming the best human you can become. That has to mean that, in some way, you benefit others around you, those who depend on you, and those who can benefit from your excellence.

The focus of this book is to help you to become better at being a man, with the alpha being who you can be in comparison to who you are now.

There is always room for improvement. Always. From a place of humility and manliness and grit, this quest for excellence in all areas of life can begin.

WHAT IS AN ALPHA?

I hold a personal definition for what an alpha is, just as I hold a personal definition for what a real man is. Your definition may differ, but on this site and within the articles we'll write and profile here it's important to understand what my definition is in relation to what most may *think of* when they here the term, "alpha male".

Thankfully, my old man introduced me to Westerns when I was young. I grew up watching guys like Roy Rodgers and John Wayne, Clint and Gene Autrey. The original Lone Ranger was a fixture in my house, along with Davey Crocket and many others.

I was also fortunate enough to have a strong and wise dad. As a wee one he'd read me the *Picture Bible* before I went to bed, almost nightly. I'd grow up seeing the mistakes of men like Samson and David, but also their courage and bravery. Christ, to me, was courageous, not meek or weak.

Yet, with so many good examples in my life, be it through books or movies or, more importantly, in person and constantly around, I strayed, and strayed often. It was this straying that would eventually teach me almost as much about what it means to be a man, an alpha, as the good examples I had growing up, and continue to have.

I learned that an alpha isn't just a pack leader.

A pack leader can be stupid, ignorant, often leading his pack in the wrong direction. He may lead through force but to be the alpha of alphas, how can you be ineffective at what you do? A CEO may be a CEO, but no one would call him a good CEO if he couldn't steer the ship in the right direction, often through turbulent times, to calmer seas.

I learned that an alpha isn't born.

No matter the talents you're born with, they must be developed, trained, and improved, or else they lie dormant and eventually die. It's why so many shining stars as youth end up nowhere near where their talent would have led them if they had also had the character to guide it and hone it. A leader, an alpha, faces the most arduous tests like a warrior, and to be able to thrive amidst even the worst tribulation you must develop toughness. Talent almost negates toughness, it doesn't necessarily strengthen it as you can often get by without it by relying on your talent.

Many of the talented guys I grew up with learned to coast on their talent – something I did from time to time. When the shit hit the fan, and it always does, their coasting ended up being a crutch that they could not recover from.

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Now, as a 30-year old, having spent my life learning, I'm forming what can be a unique outlook on what an alpha is and isn't.

It's an outlook, a definition, based on my experiences, but also the experiences of the great men I've studied – each of whom are alphas, whether we're talking about Christ or William Wallace, Martin Luther King Jr. or Captain James Cook. It's the living beyond and outside of the norm, while studying men who've gone much further than I, which I've begun to see how each man should aim to be an alpha in his own rite, not in comparison to any other nor in relation to those in his social circle.

This is why the name of this site is Average 2 Alpha. It's an admission that there is a potential far exceeding what you and I are currently living and attaining.

The power you hold within you, and that's a corny thing to say, is far greater than how you're living. It's to get them to align, this potential, this capacity, and the badass you already are. That's my own mission in life, and I've made it my mission to help others do the same in whatever way I am able.

Here's the thing, potential isn't something outside of you, but within you.

You are a badass, an action-taker, an adventurer, tycoon, businessman, family man, leader, and warrior. You do not have to change. Who you are is who you are meant to be, it's my mission to simply bring the alpha out into the world and ideally help you live your life as the guy who your deepest ambitions would have you live as.

The alpha you're trying to become is simply the potential you're aiming to realize.

It's you when you accomplish everything you set out to accomplish. It's you when you lead from the front and push from the back. It's you when you live with the liberating discipline that helps you achieve and thrive while others wish and dream.

You're already there, now let's bring him about.

9 THINGS ALPHA MALES DO

The entire basis for this site is to build upon who you are to become who you want to be.

The 'alpha', in average to alpha, is your ideal. It's not necessarily what the rest of society thinks of when they hear the term. We're not just focusing on the physical, but the mental and the spiritual as well.

I guess I could have called the site average to elite, but it didn't have the same ring to it.

Why are you average?

You may respond to that claim with a snicker, but it's true. It's true for all of us. We're all average in comparison to who we can be. By adding discipline, working harder, studying more diligently, becoming more self-reliant and so forth, we become what we could have been all along.

What's elite?

Elite is a higher end human. He's faster, stronger, smarter, tougher. How you become elite is what we'll cover in this article.

1. Determine what's good and what's bad.

Most people live life blindly accepting norms, ways of living, and habits that don't seem all that harmful. *We do what we do because it's what's done by people like me, living where I am, pursuing what I'm pursuing.*

What in your life is beneficial, right now, and what isn't?

Ask that simple question. You're not going to be elite if you're constantly on social media or watching TV. You'll be a dependent, lazy fatty always seeking more 'likes' and living to 'get likes' rather than living to *live*.

This is personal. You know what's good for you and what's bad for you. Have the balls to remove the waste.

2. Expose yourself to the elements of your ancestors.

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In his book, *What Doesn't Kill Us*, Scott Carney writes about how our ability to control our environment has made us weaker, fatter, and more prone to illness. By exposing yourself to the elements, namely cold and pain, you awaken a lot evolutionary strength that's been buried by an increasingly easy way of life.

Think about how evolution happens. It cannot occur in ease, it has to be carried out only under extremely stressful situations.

Thousands – even hundreds and tens – of years ago we were exposed to the elements. Thus, our immune systems had to work harder, our muscles did too. We were tougher, more resilient because we were more exposed.

Expose yourself to the elements. Take cold showers in the morning. Turn your heat down and shiver. Spend time outside in the cold in nothing but your shorts. Force toughness.

3. Be ruthless with your time.

Focus only on one thing at a time. Never try to multitask – it's a myth that leads to a lack of productivity and wasted time.

Focus only on things that demand your attention. Don't give your time to that which weakens you.

Being elite is being ruthless. You know what's good and what's bad and you're brutal about avoiding the bad at all costs. Read. Write. Study. Train. Embark on adventures. Do the things you dream about doing. Don't dare *watch* others pretend to do what you wish you were doing.

4. Hike and hunt and explore.

We're not meant to spend so much time indoors. It's unnatural. Men were once wild. We're bred to fight and defend and hunt and gather. We're not designed to sit on our asses. You can see the effects...

...We're fatter and weaker than ever before. Our suicide rates are the highest they've been in decades and yet our quality of life is at its height in our history as humans.

Quality, however, is subjective. True quality demands experience, it doesn't entail ease.

Get off your ass and get out there. Be a man. Do as men do.

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5. Figure out a routine.

I created a program called, ***The Lost Art of Discipline***, where we go through your routine, what you want from life, and how to plan how to get it.

Most people just exist. They don't exist with a specific plan or much of a focus. They just do as they think they're supposed to do.

As a result they fall into the trapping of society, both in their aspirations and in their routine.

Break free from this mediocre way of life. Figure out the routine that will help you become a success and live that routine daily.

6. Wake up earlier.

Winners rise early. Losers sleep in.

7. Train your hands for war.

Learn how to fight. Learn how to shoot. Train your body to be excellent at both.

You're not much of a use if you're weak. You're not going to experience the dangers and the wonders of the world if you can't hike 20 miles with a 40 pound bag on your back. You're also not going to venture into the exciting parts of the world if you're not at least a little bit confident that you can defend yourself if a situation gets hairy.

Learn how to do what men have done since day one, fight.

Our bodies are created for it. If you're overweight or weak, you've compromised your purpose. Turn the ship around.

8. If you're afraid, go forward.

Think about your real fears, the deep ones that don't get addressed.

I'm not talking about a fear of spiders or sharks (although both can keep you from doing some pretty badass shit). The fear of failure prevents too many of us from becoming what we can become because it's halts our most daring pursuits.

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If you're afraid to travel, travel. If you're afraid to go to a certain part of the world, go there. If you're afraid to write a book because of the sheer amount of work that could end up as a failure, do it.

Our fear is more often a guiding light than a deterrent. Use it. Don't avoid it.

9. Don't aim to be exceptional.

This sounds counter-intuitive, but if you look at those among us or in history who are elite, they were who they were or are who they are every day.

They were in it for the long haul, they didn't whine and wish things weren't as they are., They persisted and pursued a way of life every day.

They were their habits.

Be your habits.

Determine what those habits are, what that mindset is, who you carry yourself as, and be him daily. Not in moments when all eyes are on you, but in every waking hour and even in your dreams.

This isn't done so you can show people how good you are or post pictures about this incredible life you have. This is done because it's how to live, it's who you are.

Why would you be anything *but* elite when you have the choice to be great?

It's simple. Wake up early. Work hard. Be disciplined. And be this way every day.

21 THINGS ALPHA MALES DON'T DO

Our society's becoming emasculated. Our men are becoming soft, weak, and vain.

If you're offended by that statement then I'm likely talking to you. If you agree with it, if you see that the tides are turning for the worse, then I'm likely not.

If you're doing any of the things on this list, don't get your panties in a knot, just stop doing them.

Our society was literally built by the hands of strong men who did the work without complaint. It's being destroyed by men who don't know how to be men. Boys who aspire for fame above all else at incredible numbers. Males who aren't concerned about winning or losing, rather, about popularity, about finding themselves, about getting what they feel they deserve without doing the work to get it.

1. Stop taking selfies. It's weird. It's vain.

2. Stop thinking you're entitled to a single thing. You're not entitled to someone else's money. You're not entitled to a job. You're not entitled to happiness, only its pursuit.

3. Stop complaining. Men don't complain. They don't cry about how things are, they accept them and do what they need to do to make them better.

4. Stop comparing yourself to others. Social media has made this the norm. Stop it. Stop wishing you were in someone else's shoes. Stop wanting what someone else has. Stop looking over the fence and start looking in the mirror.

5. Stop watching porn. It makes you unable to have boners as, over time, your expectations change. It changes how you treat women, for the worse. It changes what you want from women. It changes your ideas of what sex is and should be. Go get a real woman, treat her well and with respect, and poke all you want. But stop with the porn, it's turning a generation into impotent, sadistic cowards who treat women like objects.

6. Stop watching TV. Read a book instead.

7. Stop worrying about your clothes. Clothes don't make the man. Take pride in how you present yourself, sure, but stop fretting over your appearance, thinking that appearance is the measure of a man. The content of your character is who you are and who you are to the rest of humanity. The clothes you wear mean fuck all.

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8. Stop being a little bitch. Stop hiding behind this idea that there is no right or wrong. Stand up for what's right. Fight what's wrong. Stop being a little bitch and take a stance. Fight for those who can't fight for themselves.

9. Stop letting your fear inhibit my freedom. Stop trying to take my guns. Stop trying to tell me what dog I can and can't buy. If you don't want to defend yourself or your family, if you'd rather have help be a phone call away rather than by your bed, so be it. But don't let your fear inhibit my freedom. Don't be a pussy.

10. Stop thinking you know everything. We dig our heels in now more than ever. We take a stance and we have no real idea why the stance is taken. Every single human on this planet knows something that you don't and has something to teach you. Go into every conversation with humility, not like you're the professor and class is in session.

11. Stop blaming other people and entities for your lack of anything. This life is on you. Whether you're happy, of value, and successful is on you. It isn't the result of anything other than your own choices and actions. Stop blaming others for your lack of anything. Start taking control of your life, your thoughts, and your choices or just shut up.

12. Stop waiting for the perfect job to come your way, take the next one available. Too many humans think they're destined for something perfect when they haven't earned it. They're too good to do this, they're above that. The reality is that you need a bloody paycheck, so take the next job and work your ass off, climb the ladder, be better than your wage, and reap the future rewards.

13. Stop being a dick. Smile. Be kind. Be good. Complement people. Help people. Open doors for women. Give your time to something other than your own benefit. Stop being an entitled prick, start being the good man you're capable of being.

14. Stop being insecure. Stop being so insecure that you can't rejoice in the success of others. Stop being so insecure that you can't be kind to your fellow man. Know that you're better than the insecure prick who needs to push others down to feel good about himself.

15. Stop being a bully. Strength is given not to punish but to uplift. Fight for others, don't pick on them. Defend others, don't make fun of them. If you're strong you have the chance to lead. If you're a bully you're going to get your ass kicked one of these days, if not by another human, by life as you end yours alone and without true, valuable relationships.

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16. Stop sleeping in. Stop being lazy. It isn't your right to be lazy. That's not freedom. Freedom is earned, it's won, it's appreciated. When someone else is taking care of you, you have no freedom.

17. Stop waiting. Start acting. Start chasing your goals, your dreams, and hunting down your fears. Stop waiting for a gift, a promotion, a helping hand, go out and get it. It may take years to get what you want, but persist. God didn't make you a quitter.

18. Stop quitting. Stop quitting when things get tough. Tribulation is opportunity, it always is and always has been. When the economy tanks, those who've saved their money, who've stayed disciplined when things were going well will have the chance to cash in. When the shit hits the fan you're given an opportunity to persist, to push through, to become tougher and stronger. Stop quitting when it's easier to quit, keep pushing.

19. Stop pouting. Life can suck. It's harsh. It isn't easy. Bad shit happens to good people all the time. But pouting is useless. CHOOSE to look at the bright side, to appreciate wherever you are and the opportunities you have.

20. Stop wasting your money. Spend money on experiences and other people, not on things, nor on yourself. Money can be a great thing. It can help others. It can open your eyes to new ways of living, different cultures, climates, and creations. Stop wasting it on stupid shit. Start using it to enrich your life and the lives of others.

21. Stop gossiping. Gossip is weak, yet it dominates conversations. Men don't do that shit. Talk about ideas, not other people. If you enter a conversation and it turns to gossip, excuse yourself from the conversation. Be better than that. Be about more than that.

5 WAYS WE'RE BECOMING LITTLE BITCHES

Success isn't merely an option, but a duty. It's a duty for every man, no matter his color, creed, religion, or birthplace.

It doesn't matter if you were born in slums or in your county's biggest mansion, you must do the absolute best you can do with what you have and in every case I've come across we have far more than we acknowledge because acknowledging our hunger, our talent, and our ability **would mean accepting responsibility for making the most of it.**

Few in our society want to do this. We'd much rather play the victim role. We'd much rather see the odds stacked against us and use them as an excuse for mediocrity in every facet of our lives.

Admittedly, the exception to the rule is guys like you; the guys who've connected here and on other platforms like this clearly have a desire to improve, a desire to stop making excuses, man up, and take responsibility for their lives.

However – and this is a big one – we can always do more, be more, expect more, and achieve more.

The state of manhood in our modern time is one of dilution. For those that don't know – and this seems to be a growing number – men and women are different. We are biologically different. Science shows us our differences very overtly and plainly. The masculine energy is also very different from the feminine. The masculine is colder emotionally, it sucks, but it's just how we are. Our thought process is more chronological and logical.

We experience an event and that's the end of it. We see what happened in cause and effect and in a linear fashion.

The feminine, however, *feels* far more intelligently than the masculine. Their emotional intelligence is greater, and their strengths are very unique. Take my mom and dad, for example. My mom's social intelligence in that she can read a person's intentions, is greater than my old man's. My old man's strengths are dealing with problems and people *without* allowing emotions into the fold. Both are important. Both are necessary. Both are unique.

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We're also very similar in that we're human. Men and women can be both masculine and feminine in how they deal with problems or find solutions or how we think, not, however, in who they are nor what they're biologically here to do.

Women are incredibly tough. Giving birth is a gift that only they possess possibly because men are bed-ridden at the slightest hint of a cold.

To think, however, that we're the same, and to expect the same from men and from women is ignorant. It flies in the face of thousands of years of evolution where each played a role in society, and because of their biology, each was asked to be and do different things within the tribes they existed in.

The Dilution of the Sexes Due to Innovation

If we were thrust back to a time before the home, central heating, cars, planes, and trains, men and women would once again have to fit into their roles for society to grow and thrive and for mankind as a species to grow and thrive.

When we *don't* have to fit into the hunter or gatherer roles that our hormones once dictated we take up, we're able to flow into whichever role we like. Men don't have to hunt and gather, nor defend and protect. We have supermarkets and we have police.

There is nothing wrong with this, it just is.

There is much good in innovation, clearly.

The world has never been safer. And thanks to things like capitalism, it's also never been wealthier and the wealth gap on a worldwide scope has never been so closely tied together. There aren't kings and surfs. We rooted out and destroyed communism and socialism, at least partially, giving each a way out of poverty. Though the rich are still incredibly rich in comparison to the poor, there are fewer deathly poor than there ever have been. More people have access to the things they need to have access to in order to survive largely because of innovation, though much work still needs to be done.

Our lives are also easier. They're likely easier than the lives that kings and queens once lived. We have to do virtually nothing to survive. We just have to show up, do what we're told, and collect money for doing it.

There is also a bad side to innovation, and we're not going to talk about war or the new nature of government control, yet, instead **we're going to talk about the soul of men and how innovation has, in part, allowed them to become little bitches.**

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It's in knowing and understanding causes that we can understand solutions in our own lives, if, that is, you're not a little bitch and you're fine with taking action.

The Liar, the Bitch, and the Coward

When I say little bitches, it's clear what I mean. The wuss, the sissy, the pussy, the complainer, the victim. It isn't a disparaging remark hurled at women, and it's silly that I even have to highlight that, but I do. So let's move onward.

For a species to thrive and populate, men and women have to have sex, make a baby, and then see that baby to adulthood. Hundreds of years ago, seeing that baby to adulthood was far from guaranteed. In fact, it was unlikely. It required much attention, affection, love, and a watchful eye from its mother.

It's in this beautiful gift, the gift of being able to have a child that we have the most necessary aspect to our species. Before daycare and nannies, women had to ensure the safety of their own child when it was at its most vulnerable.

The man didn't have an option as to what he would do, and nor did the woman. He had to provide and protect his family while his wife had to give birth to and raise them. It was a harsh world. If a man or a woman wanted to carry on their legacy, they had to do so as a team.

A woman, having to cook and take care of kids all day likely putting time in the fields as well, would not want to hear a man complain about whatever he had to do no matter how tough it was. It was and still should be off-putting and a massive turn off to hear a man bitch about having to earn and hunt and gather food for his family.

His role was his role. It was so because of biology. A complaint did no good. **To complain about the way things are is useless.** Options didn't exist so complaints had no place in a home.

In a societal scope things were different. Complaining wasn't rampant, but the desire to be free, was. Freedom has been a goal for men and women, forever. Some even fought and died in its pursuit. They wanted to raise their families on their own land and not have to pay taxes to a king or emperor.

The roles within a home were set, but the roles within a society could be contended if enough men rose up and fought for freedom.

The result of thousands of years of tyranny was, at the time, a free Scotland – thanks to men like William Wallace – and closer to home, a free America.

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What you have to know about America is that it was the *first* truly free society where men governed *themselves*. It wasn't that way before Europeans conquered the land and Native Americans had tribal leaders and fought and warred other tribes (I'm reading a book right now on Tecumseh, they too wanted a free nation of their own, but it's something that could never have happened so long as they and the Europeans saw themselves as living under different laws and rules. Anyhow, we usually gloss over how North America was conquered by saying it was "settled". It wasn't. It was conquered just like every other civilization before it, be it China, Japan, Egypt, Greece, Rome, and so on and so forth. In making it sound nicer, we make ourselves feel better, but we also put the Native Americans at an even worse place. As every society before assimilated those who they conquered and eventually lived with them, employing them, evolving with them, we've kept the Native Americans on the outside. Rather than including, we've paid them to remain on their own, and that's resulted in horrible consequences for what was one of the greatest warrior cultures the world had ever seen. Natives warred with other tribes who had chiefs, or kinds or lords. They conquered one another's lands for hundreds of years, but were eventually conquered themselves.).

This article's going off on a tangent of its own, fast. Back to America.

America was the first society without a monarchy, without a single ruler but rather a ruler that was at the behest of the people. It's even set up so that states technically rule themselves, with cities, towns, and county's also having a say over how they're governed.

In Canada, we're basically subservient to one single rule. We didn't fight for freedom and have always been a part of the Commonwealth. Our government does not reflect each region, but is centralized so that one body makes the same laws for everyone, no matter if they're in a small town in the mountains or a big city on the water. What's sad is that you're seeing a shift in America toward a centralized government and in the process the freedoms of the individuals and the individual states are being lost.

America was born from a people who wanted individual liberty over personal power. It's best shown in their first president, the man who could have been king but stayed in power for only a single term, setting the stage for leaders to follow his lead (I'm speaking of George Washington of course).

Freedom has always been something men have yearned and longed for. It's in our DNA to want to be free. Moses led the Israelites through a horrendous and traitorous march just for freedom. Cato died trying to keep Rome a nation for the people. William Wallace died for an idea, one that he was never truly able to experience. Christ died for a different kind of freedom and now 2 billion people follow his teachings for that same kind of freedom.

Freedom has been fought for up until we, the little bitches.

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1. We're Sacrificing Freedom Because of Fear

Men once knew why they were here, or at least what they had to do on a daily basis. They didn't complain because there was no reason for it to exist.

Men once also sought something more, something greater that finally came to fruition with formation of America, as we've already discussed. **Men now, however, would rather have less responsibility and as a result, less freedom.**

We don't want to be responsible for how we spend our money, nor what we spend it on. We're afraid of being taken advantage of, and averse to due diligence, and so we regulate. We allow one bad apple to be used to enact laws that prevent others from even attempting to start a business or provide a service.

We were attacked, the lot of us, the free world. And so we enact laws that inhibit the freedoms of the masses.

People shoot other people, and because of this, we want to remove one man's right to protect his home and hunt and stop others from taking what he's worked hard to build. And so, we want to disarm. **We're afraid, and rather than being responsible for our own safety, we want to give that responsibility to a governing body.**

Think about that point like this: America was born in defiance of tyranny. It was born in defiance of an entity that wanted to be the only one who was armed. When you have an entity that is armed and it alone is armed, you have a single entity that can rule. The Nazis and the communists of China and the USSR knew this, that to take control of a population, you must first disarm them. And today we allow our fear and our desire for safety to enable this same loss of freedom. We, the little bitches.

But it extends even further to the myth that is land ownership. Some guy, some time ago abused the land he lived on. And then it happened again. It could be 1 out of 1 million landowners did something wrong on their land that negatively effected others around them and in their community, and so we vote to take freedom away from *all* land owners. We're afraid. We're afraid that one guy will cut down the wrong tree or dig an illegal ditch. And so we create rules that, at least in North America, make land ownership a myth.

Another guy is a dick, and he has a big dog. The dog isn't innately evil, but after having spent years with this dick, *he* becomes a dick. The dick dog then attacks another dog or a human or maybe he eats a cat (good for him on that front, cats exist only to shit in other people's yards). Then there's another dick who gets that same dog because it's big and awesome. Another attack happens. **Rather than stopping dicks from buying awesome dogs, we stop everyone from buying awesome dogs, because we're**

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pussies. We don't want to be responsible for our own safety, nor the governing of our own neighborhoods, so we ruin it for the lot.

Men are little bitches.

We're little bitches because we're afraid of responsibility.

Another great example is the family. The family is fleeting. It's fleeting on the whole and within subcultures. Black Americas once had the highest family rates amongst every group in America. They now have by far the lowest, and people have the gall to point to external reasons for the decline of a once proud and good and increasingly successful tribe.

We vote like pussies.

Your ideology doesn't matter. Whether you're conservative or liberal is irrelevant. You cannot vote to inhibit freedom and still call yourself a man.

We do this because we don't want responsibility. We don't want to have to think. We don't want to have to defend. So we vote in laws that go against everything that men have fought and died for, be it William Wallace or Mr. Washington, we're unraveling everything that good, honest, strong, and free men have fought and died for.

We live like pussies.

We come home from a long day's work, and we complain. We cry about our boss or how we're being treated unfairly. Where we once had little option as to what we could do with our lives, we now have infinite options and with said options have come an infinite amount of excuses and things to bitch and moan about.

Where women once would tolerate a man's complaints, they now want their men to open up, to talk more about the feelings that none of us really have and have to make them up just to give the lady what she wants.

We live like pussies because we buck our responsibilities daily. We take everything we have for granted and yet we want more. We compare ourselves to others and we want what they have. We covet *everyone's* wife and house and dog, car, and job. We get fit not by living an active life, by hunting or warring, but in a gym where we're surrounded by mirrors and we wonder why our society is so vain.

We're seeing our pussification come about in wholesale movements...

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2. We're Leading Jealous, Envious, Lazy Lives.

Those lazy bastards we saw in the occupy Wall Street movement didn't understand that it is not their right to get what someone else has worked for, but it's their obligation to work for everything they're capable of *getting*.

Success isn't something that is nice to achieve. Success is something you *must* be for wasting what potential you have is a sin against your God, your parents, and the men who've died for years protecting the pursuit that you somehow feel you have the right *not to engage in*.

It's these same people who want to remove systems like capitalism and replace them with socialism and communism. Capitalism is a system based on merit. The argument they have is that it gives certain members an unfair advantage over others. **They're completely ignorant to the notion that both socialism and communism make wealth a birthright as well as mediocrity. Wherever you are born in socialism or communism, you're likely to remain.**

Capitalism is freedom. Freedom is what the little bitches now fear, no matter what the evidence points to. They want to restrict laws and take what others have earned because they're too lazy to earn it themselves. The inequality in our countries exists. The unfair inequality exists not because of too much freedom, but due to a lack of it. Every valid study of economic freedom shows that where it exists, equality increases.

Economic freedom correlates directly to greater equality. What sucks is that you actually have to work for what you want rather than camping around, chanting and crying, wishing for it to occur. The occupy movement was born out of both weakness and ignorance.

But what about taxes? Would a man who has a lot wanting to pay more taxes not be out of goodness and kindness and is this not more manly?

No, and for a number of reasons.

For one, the taxes we pay are largely wasted. A governing body who spends the money that others have earned cannot help but spend that money frivolously. If you have money and you want to do real good in your society, you'd best do it through the right charity, or by putting that money back into the free market and creating more jobs.

Second, increasing taxes isn't helping your fellow man, we've already noted that more help exists in charity or giving to your church or creating more jobs. Increasing taxes is telling another man what he should do with his money, and this is incredibly weak.

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3. We're Bucking Our Fatherly Responsibilities.

We have a way out for every action. There is no consequence for anything we do. We have sex. Make a baby. And then kill that baby because it's not the right time to raise it. We leave women alone to make that decision on their own. We leave the seed we planted in the hands of a killer because it would inconvenience our lives.

There is truth to the notion that the child will have a tougher upbringing if brought into the world at a tumultuous time. The woman's concern that a child can't come into the world without food or two parents to raise it is real. Who's fault is this? How can it not be the man's? How can food and security and direction be brought into the life of a child? Through parenting, and yet men are leaving or leading women to make the decision to kill their baby and society sees it as not only justified, but *good*?

This is clearly an article pointing men to their weakness, not pointing at women and exposing their faults. A man who walks his girlfriend to the abortion doctor isn't doing it out of love or compassion, but out of a desire to avoid fatherhood, or at least push it back a few years. He rationalizes it by saying it's done out of compassion, but we all know it's done out of a selfish desire to have things go as planned.

Your desire to abort would be justified if the deed was never done, if sex never actually occurred and the baby just popped out of nothingness – but even in the single case of this happening, Joseph stood by Mary and raised young Jesus. If Jesus were to come back in today's society it's likely he wouldn't make it out of the womb...

... Because modern men are little bitches.

4. We Pity.

Want to know who societies greatest feminists are? Soldiers. They're in Iraq or Afghanistan where women genuinely have no rights, they cannot vote, nor show their face, and they're fighting for the majority of the Afghans and Iraqis who want freedom. Men and women who start businesses and employ women and men based on merit are feminists not because they see the feminine as weak and needing a hand out, but because they see the intelligence and work ethic that they need in their company. Their feminism is about action, not pity. **Then there are those men who don't listen to statistics nor logic nor are they willing to *fight* for women.**

We call them male feminists.

The gender wage gap, for instance, exists, just not on a per job basis, and no matter what evidence you look at, male feminist's pity for the opposite sex gets in the way of logic. Rather than seeing freedom as a solution, male feminists want more racist and sexist laws to single out those they pity and see as incapable.

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They want women in the military or in firefighting to have a different set of tests to pass that are far easier than the ones that the men have to pass, not because they love women, but because they view them as a lesser being, a group that needs a hand out.

It's these same feminists who will walk their lady to the abortionist. It's these same feminists who won't open a car door nor pay for dinner nor protect and defend his lady – nor even call her his lady nor him her man. If these modern feminists were thrown back to a time without technology, they wouldn't know what to do, nor would they be able to fit the role that biology dictated they fit. Rather than seeing the uniqueness in women, the strengths that men don't possess, they see the success of the modern women judged by masculine rules.

In their eyes, women cannot be successful unless they're successful in ways and areas where men thrive. They want rules enacted to "help women", blind to the fact that the more economically free a society is, the greater the equality. They want rules to create equality when it's freedom that allows merit to determine who deserves what, and women and men being equally intelligent, end up being far more equal where freedom is enabled.

5. We're Becoming Hyper-Sensitive.

PC is rooted in weakness. It's weakness because it's a hypersensitivity that creates more division than it does bring people together.

We have different skin colors and cultures and backgrounds. We have different shapes and sizes. These things are important to notice and identify as our lineage makes us feel connected and a part of something. But, scientifically speaking, we have only a single race.

There isn't a group that needs a helping hand, nor another that needs to be punished. It's political correctness, however, that forces us to see how we're different, be it by sex or race, and to rush to judgement when someone is comfortable with our differences, even joking around about our various cultures and creeds.

Political correctness is the weak brainchild of the pussified male. It's what will destroy him as other cultures give a rat's ass about political correctness. We can't call a terrorist a radical Islamist even though he follows the religion. It's in this weakness and ignorance that we don't allow a religion to reform. Christianity needed reformation, as does Islam, yet it's political correctness that refused to see this reality and by the numbers, it's Muslims to are being slaughtered far more than any other group as a result.

To act with love you must also act with strength.

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Where there is no strength, love cannot come to fruition, and it's things like political correctness, borne of good intentions, that have allowed weakness to control them and turn them into evil.

The rise of political correctness has also brought about the rise of the sensitive male. There has never been a man I've respected who's uttered the words, "that's offensive" or "I'm offended". To allow someone to offend you with mere words or insensitivity is cowardly.

How to Stop the Pussification of Men

I just went over how men are being pussies not to point the finger but to open the blinds.

We're ignorant to this stuff. I know I am a lot of the time. I slide into being a little bitch when I complain or I look at another man's life with envy or I sleep in or I don't do the work that needs to be done.

There's a part of us that's always going to be a little bitch, but we're also bred warriors. Our ancestry is filled with warriors. Men like Washington and Wallace, Napoleon and Tecumseh. The Vikings, the Scots, the Anglo Saxons, Romans, Chinese, Samurai, and Maori. The Spartans and Zande and Aztecs and Persians and Arabs and the Mongols.

We all come from hunters and gatherers and are here only because some man in our lineage fought and defended his family better than the others.

We live in a society where we have to do very little. We can get away with laziness. We can very well thrive being little bitches. But we cannot truly experience the gift of life if we complain and quit, cower in fear and wilt under pressure. We cannot be free if we constantly succumb to fear.

Where men are strong and self-reliant, men and women are also free. Equality and economic freedom go hand in hand. Where an economy grows freely more people enjoy in the wealth.

Forget about society for a second, and focus on yourself.

Do the things in your own life, both the big decisions and moments, and the smaller, daily actions, that will make you tough. Get up earlier than you are now. Do your chores everyday. Keep your house clean. Work hard. Work harder. Set bigger goals. Push yourself. Persist. By God, persist. Don't you dare quit. Life isn't a race. It isn't a quick burst of hard work. It's long and arduous and often unkind. But you're a man for fuck's sake. You're a man and a warrior and the world needs you to act as such, to live as such, to vote as such, to father as such, and to be as such.

25 CHARACTERISTICS OF AN ALPHA MALE

The Alpha Male, the real man, a man's man, a warrior, a stand-up guy. It doesn't matter what you call him, he's a leader, the guy others look to for motivation, inspiration, and often with a hint of jealousy. He's the man women want, without intention the center of attention.

He's the guy, the man.

Here's 25 characteristics that make a man the alpha. Leave your additions (or subtractions) in the comments section.

1. The alpha male is persistent. There's no quit in this man. He's the tortoise not the hare. He's the last man standing.
2. The alpha male can defend himself and his family. He can handle himself with his fists, to put it another way.
3. The alpha male is in peak physical shape. He's strong and athletic as well as aesthetically pleasing to the opposite sex.
4. **The alpha male is courageous.** He doesn't lack fear, rather, he accepts that it exists and faces it at every opportunity.
5. The alpha male can entertain. He has a sense of humor and can have a group of people hanging on his every word – he's a good story teller.
6. The alpha male has stories to tell. He's lived – and is living – a unique life. He's made mistakes, but he's able to find humor in them. He's had adventures that everyone wants to hear about.
7. The alpha male can laugh at himself. This is an over-looked characteristic of an alpha male, but a necessary one. You can't make fun of the alpha male because he'll join in, no one can make fun of him better than he can.
8. The alpha male is humble. Some of this comes from his ability to laugh at himself. No matter what he accomplishes, his head will never balloon, and if it does, he has the ware-with-all to come back down to earth before it gets out of hand.

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9. The alpha male is learned, educated. A degree isn't a prerequisite, but a thirst for knowledge is. He wants to learn, and he does. This helps him relate to people from every social and economic standing. **He can converse intelligently with the business man and the preacher. The history buff and the sports nut.**

10. The alpha male is a man's man. He's a hard guy not to like or want to have a beer with. He's tough, often quiet, composed, but can joke and shoot the shit with anyone.

11. The alpha male knows the value of every word, he doesn't talk simply to hear the sound of his own voice. His words are chosen carefully. He respects their power. Whether he's writing or speaking, he doesn't speak to be heard, he speaks when he has something of value to say. **He's never the loudest one in the room.**

12. **The alpha male has a purpose.** This may be his most defining trait. Where many wander through life trying to find their Self, the alpha male is too busy creating his Self. Every day he does something to bring himself closer to his goal. He isn't a wanderer, he's going places; it's so obvious that everyone around him can see it.

13. The alpha male is a hard worker. He knows that nothing great is accomplished without hard work and a definite purpose.

14. The alpha male is a warrior not a worrier. He understands that certain things aren't under his control. He does everything he can to control what he can, but doesn't worry about what he can't. **He's not worried about tomorrow, he's too busy working for today.**

15. The alpha male doesn't pick a fight, but he ends it if he's in one. He isn't a bully. He isn't an emotional wreck that looks for a fight at every corner. But, if the logical thing to do is to fight because the situation calls for it, he will. He'll also never hit a man when he's down. **He isn't fighting to destroy, but to defend.**

16. The alpha male has style. He takes pride in how he looks and people respect him for that. He also knows how to dress like a man. You'd never call the alpha male a metrosexual.

17. The alpha male knows who he is, his values govern his life. He doesn't stray from these values, in fact he stands up for them. Even when he stands alone in what he believes is right, he digs his heels in and fights.

18. The alpha male knows how to treat a lady. He respects women, often because he's had some great one's in his life. He's chivalrous. He helps his lady at every chance. He helps her reach her dreams, all-the-while moving closer to attaining his own.

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19. The alpha male isn't a sucker. He isn't a clinger. He doesn't go out of his way to please everyone because that's a futile endeavor. He won't let a woman run his life. He's his own man. Though he worships the ground his lady walks on, he knows how to pick 'em. He won't be with a control-freak or a jealous woman. He has the social intelligence to see that storm before it peeks it's nasty little head.

20. The alpha male is a man of value. **“Try not to become a man of success, but rather try to become a man of value.”** Einstein knew that success is reached if you're valuable to others. The alpha male is a man of value and values. He makes the lives of others better by being a part of them.

21. The alpha male helps others, he's generous. He has his purpose, but he knows that life isn't merely about accomplishments, but about leaving a legacy. **That legacy is how he made others feel, and how he helps others accomplish their dreams.**

22. The alpha male is a leader who leads by example. He doesn't tell people how to live, but lives in the manner he sees as best to live.

23. Alpha males throughout history, Achilles, William Wallace, and Napoleon, saw opportunity where others saw failure. The alpha male will fail, but he won't see failure as the end. He's sees it as a necessary part of the experience, a stepping-stone. **Knowing this allows him to try things others won't, and to work harder when others usually quit.**

24. The alpha male is stubborn. When he starts something he's passionate about, no one can stop him or pull back on the reigns. He's in it until the end. He's also open-minded and willing to listen to other points of view. He knows he's flawed and stubborn, so he gives way and learns from people who are better than him.

25. The alpha male doesn't try to be an alpha male. That's where so many fail. He is interested in life, in living. He's fascinated by the world around him, in becoming the best man he can possibly become. He genuinely cares about people. He passionately works hard. He's excited by life, by the opportunity that each day presents. He's genuine in every facet of who he is. Each of the characteristics are possessed by him naturally, or will be as he grows as a man. Bred from curiosity, a genuine kindness, and a warrior's heart, he is who he is, and all others follow him wherever he will lead them.