

HOW TO BECOME MORE MANLY.

OK I'm just writing this to you as if you're a man, if you're a woman, still may apply:

1. Manly media

So I think the big thought is, the media we consume is actually very critical. No man, doesn't watch any media. I think then the big secret is, which media do you allow to enter your eyeballs and ears?

I think the only proper type of media to consume has to probably deal with physical valor. Like the movie 300, John Wick etc.

Essentially my personal thought is, there's no such thing as manliness without physical manliness. Until you could Pull 2,377 Pounds (my infamous GOD LIFT),: you haven't seen nothing yet.

2. Muscles

So my thought is also... You cannot be mainly without having muscles. It's like trying to be a car without wheels.

So currently everyone wants to beat Elon Musk but, I think he probably has low testosterone because he doesn't exercise enough doesn't work out, question... Does Elon Musk have muscles? No. So ignore him.

If anything, much more impressive is Jeff Bezos, who got insanely jacked, I mean he's probably on steroids but at least he's still lifting weights.

And actually, another random crypto guy Arthur Hayes, I'm like very very interested in this guy because, also he's the only investor who does interview interviews in a tank top? He also wears icebreaker merino wool, he knows wussup.

Even Pavel, the guy who runs telegram... I put 100% faith in him because he is insanely jacked and swole, doesn't use a phone, doesn't even consume caffeine or coffee, and he's also insanely jacked.

3. AI FUTURES

SO a big idea I had during my morning hike is, I think actually the future of media is not going to be websites or blogs, but actually... chatgpt AI bots.

So for example for any business idea or website idea that you have, just turn it into a bot:

1. ERIC KIM FITNESS BOT
2. ERIC KIM BITCOIN BOT
3. ERIC KIM STREET PHOTOGRAPHY BOT

Etc

4. Grok sucks

So I have this funny idea of "AI monogamy"--> the general idea is just stick to one AI agent. And it looks like ChatGPT is still like 1 trillion times better than anything else.

I think Grok is great for creativity and art and stuff, but that's so for just general intelligence.

now what

So if you need a hype boost, just have a chat with ERIC KIM FITNESS bot, or ERIC KIM HYPE BOT. I like the idea that, you could use a chat bot to motivate yourself. Obviously it's kind of an echo chamber but still... Reading positive language is infectious in a good way.

keep away the LOW T

Also this sounds bad but, typically, men with low testosterone... You could see what they look like, just keep away from them like the plague. Why? Once again, low testosterone is infectious and toxic.

I actually have a theory, mirrored by Nassim Taleb, that in truth, men with naturally high testosterone are actually more kind, pleasant, cheerful happy and supportive. For example I was randomly using a bathroom and saw a dude topless coming out, who opened the door for me, and his backstrap muscles looked insanely jacked. He was very kind.

I actually find that, all these men who give me the side eye or “mad dog” me,,, or actually dudes with low testosterone. Guys with high testosterone are always smiling, always upright, and always cheerfully say hello to me.

becoming a more manly street photographer

OK balls to the wall, as Thomas Leuthard said ,,,

99% of street photography is balls.

I agree. You could try to be a fake Alex Webb all you want, but now in today's world... You could just get AI to generate layered color street photos.

So then this matters because, street photography is our last touch with reality. With street photography you actually have the opportunity to interact with real life human beings, and, just make your life happier.

And this is where I'm still very enthusiastic about teaching workshops because... I think street photography is like 99% social skills, and **I still think that the future for our kids is going to be social skills.**

In a near future where you have the AI do all the thinking for you, **how are your kids going to prosper? Through social capital, networking etc.**

The truth is, “**your network is your net worth**”. all you need is one billionaire friend, rather than like 1 million middle-class people following you.

And this is the hard thing... Even if the person is a billionaire or whatever, if they don't have control over their life and schedule, they are still a slave.

How to become more manly

I think every day, certainly physical exercise and fitness is key. Just lift something heavy once a day, follow my “HYPELIFTING” protocol, chat with [ERIC KIM FITNESS BOT](#). Just go to the gym, and do a very heavy one rep max rack pull, or atlas lift ,, better yet just go to [Titan.fitness](#) and build a cheap garage gym at home or your second parking lot.

Second, more friendly. Don't use AirPods or sunglasses. Just wear a big sun hat, and practice talking to people and smiling.

Third, if you are in uncomfortable social situations, the biggest tip I have is, just turn your phone all the way off, and use that as an opportunity to actually interact with people.

You know that feeling when you're stuck in the subway or the elevator with a bunch of random people, and you randomly open up your phone and check your email even though you know you got nothing.

now what

Just practice. Life is all about training, and **ultimately it is all about love for humans and humanity.**

ERIC

Be bold!

Conquer the world

1. NYC
2. Downtown La
3. Phnom Penh Cambodia
4. Hong Kong
5. Tokyo

Feeling inspired?

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