

ULTIMATE VULNERABILITY  
THAT'S MANLY

7

TRAITS  
OF  
MASCUINITY

JACKED AECUS

# LEGAL DISCLAIMER

The information provided in this guide does not, and is not intended to, constitute legal advice.

This book may not be copied, reproduced, given away, sold, or used to create derivative works without the publisher's expressed permission.

The sole motive is to educate, and there is no guarantee of financial benefits, sales or results implied.

Therefore, the author/seller is not accountable for adverse and harmful outcomes you may experience while implementing the methods stated in the book.

## FOR THE READER

This book is just for your personal use, and it comes with no further rights.

**All inquiries should be directed to**

aecus@jackedaecus.com

**Published by Jacked Aecus:** <https://twitter.com/JackedAecus>

# TABLE OF CONTENTS

|                  |    |
|------------------|----|
| INTRODUCTION     | 4  |
| Trait No. 1.     | 6  |
| Trait No. 2.     | 10 |
| Trait No. 3.     | 14 |
| Trait No. 4.     | 22 |
| Trait No. 5.     | 27 |
| Trait No. 6.     | 32 |
| Trait No. 7.     | 39 |
| Closing Thoughts | 43 |

# INTRODUCTION

**Do you know what a real man is?**

There has been a massive decline in role models for young men and men are now struggling to define masculinity.

You took the first step to become the man you always wanted to be.

But before we start, let me ask you a question...

**Are you a boy or a MAN?**

Sit back and give it a thought. If your answer is a boy, it's my responsibility to show you the path.

And... it's your responsibility to take or leave the path.

There are brutal realities when it comes to evolving from a boy to a man and age has nothing to do with it.

In this modern clown world, it is tough to be the real man as the society makes it harder.

A man's feminine traits will be celebrated while masculine traits will be labelled as toxic.

Perhaps you also have been infiltrated by this mentality that men should be feminine as masculinity is toxic.

But not anymore.

We are here to become the best version of ourselves physically, emotionally and mentally.

Let's dive deep and get our hands dirty...

# Trait No. 1.

# PROVIDE AND PROTECT

Remember the last time you turned around and admired a man...

Was he:

Skinny? Overweight? Muscular and strong?

The answer seems obvious.

If I blindfold you and take you to a random place on the planet...

And ask you to talk to random men about what they need or desire...

You will see common answers like:

*“I want to become strong”*

*“I need to build muscles”*

*“I want to fight anyone with no fear”*

I am not talking about men who identify as dogs.

I am talking about a normal man who is far away from all this BS.

Deep down each one of us has an urge of providing and protecting.

It could be our friends, our family, our pets or a random stranger on the street getting bullied.

The idea of "**Men are the protectors and providers**" comes from culture, history, and biology.

This idea has been passed down through generations.

Men have also been bigger and stronger in the past, which helped them keep their families safe and find food.

As traditional masculine values state...

It is a man's sacred DUTY to be competent and capable of protecting and providing for his family.

Let's look at it this way:

As a man, you may have wondered why some guys pay for content online when there is so much free porn available?

The truth is, it's not just about sexual gratification - it's also about feeling like a provider.

A man is biologically wired to become a financial provider. When he cannot provide for a woman in real life, he gives away his hard-earned cash to online streamers.

OnlyFans revenue was **\$900 million** in 2021. This is no joke.

A common misconception among men who pay for online streamers in the "sense of control in a woman's actions".

This can't be far away from the truth.

Since we as men have a masculine instinct to defend and take care of our loved ones as well as society...

We must provide and protect in the right direction.

# Trait No. 2.

F\*CK YES  
OR  
NO

***"As a man you have less time and more responsibilities."***

As you know...

Your most limited resource in life is time.

And when you say yes to things that you're not excited about but just do anyway you waste that precious time.

To respect time, you need to learn the art of "Fuck Yes or No".

**It states that if you're even 1% unsure about something, say a big fat NO.**

Every possible thing you do in life comes with a precaution in your head.

It is either: "Fuck yes let's do this!"

Or: Umm... I'm not sure... but if I say no to this, I might offend someone"

Listen to me...

You will offend a lot of people while you're on the journey of becoming the real man. This is going to be a part of your life.

Fuck yes or no applies to every decision or interaction we have.

Whether it's a small decision that won't have long-lasting consequences or one that will have a longer-term effect.

Even the small decisions matter because at the end of the day our most limited resource in life is time. And when we say yes to things that we're not excited about but just do anyway we waste that precious time.

How many hours of your life have you lost trying to make difficult decisions?

Or how many times have you found yourself in situations knowing the fact that you will never get that time back and shouldn't have gone in the first place?

Fuck yes or no stops this from happening.

Forget about maybe.

**Fuck Yes or No.**

## Trait No. 3.

**BECOME A  
MAN  
OF  
IMMENSE  
VALUE**

What do I mean by "A Man of Immense Value"?

And even before that... what is a "High-Value Man" for you?

A man who is successful, in good shape, and has rock-solid confidence?

A man with an immense amount of money?

A man with a beautiful family?

YES. You're right. A high-value man has most or all the factors in his life.

And the best part...

YOU can become a high-value man in less than 3 years if you start today.

Have you ever seen a video on diamond mining?

Diamond occurs in the form of rocks. Those rocks go through the mining process (which is harsh) and a beautiful diamond gets placed on a ring.

Consider yourself as a diamond stuck in a rock.

You need to go through the harsh steps (hardships in your life) and become a diamond.

I'll be straightforward...

Do you have the willpower to let go of the "DOPAMINE" you get from watching porn, playing video games, scrolling through TikTok, masturbation, and every soul-wrenching habit that you've developed to fry your dopamine receptors?

If yes, then you will watch your life go upside down in no time.

**The number one thing you can do as a man is to get your life in order.**

Let's talk about the steps to actually make the dream a reality.

**STEP 1: Make Up Your Mind**

STEP 2: Fitness

STEP 3: Your Environment

## **STEP 1: Make Up Your Mind**

Most men's minds are so weak and self-deprecating... that they can't hope to achieve any level of success.

They've labeled themselves as a failure deep inside their mind.

Your mind is like your muscles.

You can't expect your muscles to grow without putting effort into the gym.

You expect your mind to work in a certain way before training it.

Putting it in simple words...

IMPROVE YOUR MENTAL HEALTH AND BECOME  
DISCIPLINED.

## **STEP 2: Fitness**

A Fit Body Makes A Fit Brain.

Remember all the choices that you made on your diet in the last 6 months?

Look yourself in the mirror and find out.

Let's assume you're a man who wasted his entire day burning his dopamine receptors.

You might be young, you might be in your 30s or even 40s.

What's the ONE THING you need to do to fix your hell-like life?

**START TRAINING. GO TO THE GYM.**

Fitness teaches you discipline, time management, stress resistance and delayed gratification.

All in one bundle for success.

FAQs:

Problem: *I can't manage to assign time for gym sessions. I have a job and I am super busy.*

Solution: When Elon Musk, the busiest man on Earth has time to reply to some random tweet on Twitter, you can have time for the gym too.

Problem: *I want fast results. I have joined the gym before but left because I didn't see any progress in one month.*

Solution: Don't expect results for at least the first 6 months. Start small and be consistent.

Problem: *What about fat positivity?*

Solution: There is nothing positive about being fat. Get out of the mess.

## STEP 3: Your Environment

***"If you spend your time with losers, you become a loser."***

Do you know the people you surround yourself with have a phenomenal impact on your life?

Your Environment is more important than Your Heredity.

You will find as you improve the quality of your life and your thinking...

You're going to attract a different group of people into your life.

The people you're surrounded by, their thinking is going right into your mind.

Only mix with people who are making it happen.

And...

**GET RID OF PEOPLE WHO DON'T SHARE THE SAME DREAM AS YOURS.**

Let's look at it this way...

Take a look at the five people that you're with most often, and ask yourself...

*"If I have children, would I want them to grow up and be like them?"*

If the answer's no, you better start looking for some new friends.

Trait No. 4.

# DISCIPLINE

Discipline is one of the most important personality traits in everyone's life.

It refers to a set of rules and regulations which you must obey while undergoing any task or activity.

It is a way of being honest, hard-working, motivated, and encouraged while doing any task.

When you give yourself a task and you complete the task by the desired deadline, you have discipline in life.

Always remember...

**A goal without a deadline is just a dream.**

Life without discipline is like a ship without radar.

Discipline is the bridge between goals and accomplishment; hence it is the key to success.

There are some factors aligned with the art of having discipline.

## 1. OWNERSHIP

You need to take ownership of everything you do.

It is NOT your parents' fault that you're indisciplined. Don't blame your parents.

Don't blame your fate. Everyone has a chance to change their lives on their own.

If you don't take ownership of your problems, your problems are not going to get solved.

## 2. ENDURANCE

Once you're successful in adding basic discipline to your life...

The next big task you have is to maintain it.

You need to follow the exact same routine every single day.

Sounds boring right?

That's DISCIPLINE.

### 3. **MAKE THE RIGHT DECISIONS**

You and I are both aware of our surroundings.

We know what's bad for us. We know what's good for us.

Still, sometimes we struggle to act on something so simple.

STOP doing things that don't add value to your life. As simple as that.

People often ask me in the DMs, emails, etc...

*How do I stop eating sugar?*

I say "Stop Eating Sugar"

*How do I stop watching porn?*

I say "Stop Watching Porn"

*How do I stop fapping?*

I say "Stop Fapping"

The process is dead simple. You're the one who's at fault.

Take action and watch your life change.

Make a list of things you want to do in life.

And...

**START DOING THOSE THINGS.**

Make a list of things you want to cut from your life.

And...

**STOP DOING THOSE THINGS.**

I'm not saying it's easy.

I'm saying it's WORTH IT.

# Trait No. 5.

# TALK LESS DO MORE

Do you ever get a life-changing idea and get super stoked about it?

But when you tell a bunch of people about it and then somehow you end up never doing it?

When we have ideas and the intention to do something...

And somehow we talk about it to other people...

It changes our social reality.

It impacts our brain to the point where the brain thinks that we accomplished something without even doing it in reality.

This happens because of the dopamine receptors in the brain.

The more people you tell about your intentions, more unlikely you'll achieve your goals.

By announcing your goals before completing them, you're kind of crushing your own motivation.

Your brain feels like it's already got some things done and it can kind of lay back and chill out a bit.

You have this problem. I will tell you the solution.

When you decide to do something and you want to tell a bunch of your close friends...

### **PERFORM THE INITIAL STEPS.**

When you put in the initial efforts, it means that you've already started working on the goal.

The dopamine released will be legit.

To become a successful man, you have to become a great listener.

**Master the art of listening.**

I know that you have a lot of things that you can add to the conversation...

But...

**Only add value when you're asked to speak.**

Your words will carry the weight only if you remain silent most of the time.

Being silent gives you another advantage...

**NO ONE CAN READ YOUR MIND.**

The person sitting in front of you will know almost nothing about you. Why?

Because you don't reveal much about yourself.

**Let them think. Let them make assumptions.**

**Always remember...**

**LESS TALK. MORE EXECUTION.**

**LESS CHIT-CHAT, MORE RESULTS.**

# Trait No. 6.

# PRESERVE YOUR SEED

Ahh man!

I can write a 1000-page book on this topic.

Nofap helped me in ways I never imagined.

Leaving porn forever was one of the best decisions of my life.

And in this chapter I will teach you how you can do the same.

We will talk briefly about these topics in this chapter:

1. Porn is a sin
2. Why preserving your seed is important

Your body has semen for a single purpose:

## **“PROCREATION”**

Semen is the Life Fluid and you waste it for a few minutes of pleasure.

Isn't this a shameful act?

Have you ever looked yourself in the mirror after you masturbate?

Look straight in the eyes and you will feel the GUILT.

Unfortunately, it's now possible for young men to look at more beautiful nude women in one day than any man has ever seen.

Watching porn is not normal.

How on Earth you can believe that watching porn and fapping is normal and healthy?

It's all pleasure with no responsibility.

We know porn and fapping are not good for you.

Now what?

What's the solution?

Before jumping on to the solution, let's find out why men watch porn in the first place.

Men are biologically wired to find women to carry the process of procreation.

This is how our species survived 1000s of years and is still thriving.

We live in a comfortable world where we don't have to worry about food or shelter.

Hence, we don't want to do the hard work to get women.

The Solution:

**GO OUT AND FIND SOMEONE TO HAVE A  
RELATIONSHIP WITH.**

Don't substitute the False for the Real.

I know it's not easy for a porn addict to talk to women in real life.

And the reason for this is that you remove part of your drive with pornography.

You don't have that sexual urge to overcome that anxiety.

Imagine that you are in a room...

*A strong man and a beautiful woman are having sex...*

*You are sitting on the side of the room watching them having sex...*

*You put your wang out and you start fapping...*

*The couple looks at you and start laughing...*

*They make fun of you on how you're such a cuck.*

You watching other people having sex on the screen is same as you sitting on the side watching other people having sex.

Simple tips on how you can leave masturbation and porn:

**1. Avoid being alone**

You and I both know that the environment you watch porn in most of the time is usually alone, huddled in the corner of a room, in darkness, hidden away like some horny weakling.

**2. Avoid spending money on online 18+ creators**

Why do you think that with all the COVID Lockdowns, there has been a whopping 60+% increase in OnlyFans Subscriptions?

**3. Go out and start interacting with women**

The perception created by porn about women is unrealistic. Women are human beings like you and me.

They look for real love and real connections.

#### **4. Avoid scrolling for hours**

Soft porn is prevalent now days. Models will tease you with soft pornographic content and ask you to subscribe to their onlyfans.

#### **5. Gift yourself a Gym Membership**

Gym is the answer to all problems. You won't regret doing that.

#### **6. Keep yourself busy**

Don't sit idle. Keep yourself busy. Read books, listen to podcasts, or simply watch movies for gods sake.

**You're worth more my man.**

**Trait No. 7.**

**CONTROL  
YOUR  
EMOTIONS**

**“I don’t want to be at the mercy of my emotions. I want to use them, to enjoy them, and to dominate them.” ~ Oscar Wilde**

Do you get triggered by a normal stimulus like:

- politics,
- someone else's opinions,
- news,
- what other people think about you
- a sports game
- relationship status of your favourite celeb

Then you may be a slave to your emotions.

When you allow your emotions to gain control over your life...

It leads to

- anxiety,
- depression,

- negative impact on our health and relationships.

In today's fast-paced world, it's crucial for men to learn how to regain control over their emotions and break free from being enslaved by them.

Emotional resilience is important because it helps you feel better, have better relationships, and be more successful.

You must understand what triggers your emotions and how they manifest within you.

Suppressing emotions won't solve the problem.

One of the best ways is to practice mindfulness techniques, such as deep breathing or meditation.

Meditation alone will help you analyze what's going wrong.

If you can't meditate for 30 minutes, start with 2.

Becoming the master of your emotions requires dedication and practice.

By recognizing and understanding your emotions, developing awareness, challenging negative thoughts, regulating emotions, and seeking support, you can break free from emotional slavery.

**Embrace your emotional freedom and create a path toward a more fulfilling and balanced life.**

# Closing Thoughts

THE  
NEXT  
STEP

Before you go...

I want to thank you for making it to the end.

It means the world to me that you took your time to read the ebook all the way to the end.

#### **THE NEXT STEP:**

I have laid the entire game plan for you in my best seller ebook “THE CHAD MINDSET”.

**The secret CHAD traits that you can use today to become more masculine, and productive... and build a rock-strong discipline you need to win the GAME OF LIFE.**

## Here's what ambitious men who grabbed The Chad Mindset has to say:

Bro I was addicted for 8 years to porn and your ebook changed everything. I wasn't even aware of how bad it is for me until I quit thanks

12:44 PM

Thanks so much for the Chad mindset! You've helped me truly

Hey bro, just finished chapter one and mid way through chapter 2, so far it's been really good and I'm enjoying it. I normally don't read books and should be reading more to be fair but your book has been really clear cut and gets to point.

1:33 AM

And after reading I want to read more and especially books with the topics you went over in your book

1:33 AM

So as my first book ever, It's a eye opener and I do hope to put it in practice!!

1:34 AM

Thank you G 🌟 7:59 AM ✓

Your book saved my life brother!

I used to be scared of women but no longer.

Your tips didn't just increase my testosterone, some of my hair started growing back too!

Keep doing the lords work by spreading the good word of semen retention 💪. It is time to put masculinity back on the menu!!! 💪

Amen brother 🙏💪

12:35 PM

This world is trying to make us weak

I came to know this today and it has opened my eyes once and for all!

Thanks for the chad mindset my man

It literally made my thinking why I need to change the way I think and live

Let's start a new life 🔥



12:51 PM

Happy that it helped 🌟

12:52 PM · Sent

I Really Loved Chad Mindset

It's Amazing  
it Gave Me The Motivation i needed  
I hope Others Get To Read It Too 🙏

8:58 PM

Happy that it helped my man 🌟 8:58 PM ✓

You took the first step towards greatness by reading  
7TOM...

That is why here's a 20% discount link for THE CHAD MINDSET.

STEAL the DEAL and Change the Way you think about masculinity.

[Click here to get 20% off.](#)

If you have any questions, make sure to email me at  
[aecus@jackedaecus.com](mailto:aecus@jackedaecus.com)

Let's win it together.

Your Man

Jacked Aecus



Email for queries: [aecus@jackedaecus.com](mailto:aecus@jackedaecus.com)

You can follow me on [Twitter](#).

You can also DM me on Telegram by [clicking here](#).

[20% discount link](#) for THE CHAD MINDSET.