

The **MANHOOD** **SWITCH**



HOW TO GET ENDLESS SEXUAL STAMINA

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Introduction

Welcome!

The information you're going to receive in this training is going to make you the kind of man that naturally commands respect no matter where you go.

That's a bold claim I realize but it's true.

Now, before we get started, I just wanted to take a quick minute to congratulate you on getting this far. You haven't just taken action by investing in yourself... but in actually reading the first part of this work.

My numbers claim that slightly more than 60% of the people who invest in this course never actually even visit the download page. Which means that guys are spending money on something that they never even read. So since you're reading this right now... you're already in the top 40%.

Congratulations dude!

Now that we have that out of the way... let's talk a little bit about what this training is going to provide you. Basically, your status and dominance as a man is part of a delicate but critical feedback between your body and your perceptions.

I think at this point it's essential that I mention that when I say "dominance" here... I'm not referring to domineering or tyrannical. I'm not suggesting that you should become a douchebag that picks on people or only feels better about himself from putting other people down.

Instead, I mean that you embody a certain mastery over yourself and the world.

See, guys who move and act like they know what they're doing and have confidence in their abilities give off the impression that they are valuable and vital.

So as such they conduct themselves like it, they think like it, they expect to succeed and as a consequence THEY DO!!

Not necessarily all of the time of course, but far more often than they otherwise would. These are the kinds of men who move up the ladder in pretty much whatever domain they specialize in.

It's important to state here that the effect is likely to be small in comparison to other factors... so for instance, you aren't likely to develop into a world-class athlete by merely having more confident body language.

But that isn't exactly the point... because ultimately you only need to move the needle in the direction towards confidence and superiority a little bit for it to have BIG impact on the quality of your life.

It's one of those small hinges that swing really big doors in your life.

So with that in mind... let's talk a little bit about how this training is organized. First, I'm going to go a little bit into body language and why it is so important and powerful.

How it can change your body from your nervous system on up and why you would be wise to begin with your body language as a way to bolster your confidence and charisma.

Then I'm going to take you through the 3 different *Superiority Stances* that can radically change your self-perception for the good. See, it's really your self-perception that governs what you're capable of within the limits of your capacity.

We'll talk more about that when we get there but for now, just know that confidence and competence are not separate phenomenon but part of a continuous loop of feedback.

And lastly, we'll discuss ways to re-engineer your self-image so that you become a more powerful and efficient man. Ultimately, as a man, the way you will be perceived in the world is intimately linked to your efficiency and capability.

This is sometimes a difficult thing for men to accept so I felt it was important to help you develop a perspective of your place in the world that will allow you to thrive and get more of what you want.

Therefore, the final section of this training is designed to take this more appropriate world-view and build a new self-image out of it that will allow you to get more of what you want and less of what you don't.

The best part is that this is all designed to be practical and immediately applicable instead of relying on nonsense like "Manifestation" or "Law of Attraction." By the end of this training... you won't just be a guy with a giant manhood who pleases women in a very primal and profound way that no other man can...

But you're also a guy who is genuinely self-aligned... a Superior Man in every sense of the word, and the best version of yourself possible.

So with that in mind... let's get started!

PART 1: Body Language

The way you move is a critical window into your self-perception.

This might come off as a bit “woo-woo” but it’s actually very concrete.

Let me explain... I want you to look at the pictures below and tell me what you see from the two images below:

Picture 1:



Picture 2:



Notice anything?

Even someone with zero formal training in analyzing body language would notice the considerable difference in posture.

In Picture 1 the body language is somber and deflated.

In Picture 2 it's expansive and triumphant.

Our body language tells us a lot about what's going on inside of our brains.

Now, let's take a less obvious example...

Take a look at the following image:

Picture 3:



What do you notice about the two guys?

Take a second to really think about it... I'll wait.

Now, even if you've never seen the TV show *Suits*, you can probably pick out a few things about the guys above that speak volumes about their relative status.

The difference isn't as profound obviously... after all; both characters are dressed relatively similarly.

They both appear to be competent, well educated, and financially successful...

I mean just look at those suits, those alone probably cost at least a few \$1000s.

But look closer...

The gentleman to the left looks nervous and surprised.

He looks like he's not in control of his environment and he's reacting to what's happening around him...

Like what's happening isn't truly within his control and he's taken entirely by surprise.

Compare that with the gentleman to the right.

He looks relaxed, confident and in control.

What's happening in his environment isn't shocking to him at all.

His eyes are completely relaxed, his mouth is calmly closed, and his shoulders are square...

But at the same time, his body is also a little bit slouched.

His head is tilted down at a small angle like he's looking down at whomever he's speaking to...

Not in a way that shows contempt, but in a way that shows he's amused and totally centered.

He doesn't feel even remotely threatened by what's in front of him.

Again, this gives you a very powerful window into the internal workings of his mind and emotions.

Just like the old adage “which came first, the chicken or the egg?”

I would pose the same question, which truly came first, the mindset or the body language?

The reason I wanted to show you these examples and ask that crucial question is that I want you to really think about it.

Our mind, emotions, and body are intimately intertwined and there truly is no way to separate our internal perceptions from the outward manifestation in our body language.

Take, for instance, a study by a behavioral psychologist named Stack Fritz who wanted to look at the effects of stressing certain facial muscles on overall mood.

He took 2 groups of individuals and told the first group to hold a pen between their teeth.

He then told the second group to put a pen between their lips.

In the first case, holding the pen between their teeth stressed the muscles in their face that were involved in smiling.

In the second case, holding a pen between the lips involves stressing muscles in the face involved with frowning.

Then both groups read a comic and then rate how funny they found it on a scale of 1 to 5.

The group that stressed the muscles in their face involved with smiling found the comic much funnier than the group that stressed the muscles involved with frowning.

Now, I could go on and on... there are studies showing that using Botox – a nerve toxin that paralyzes facial muscles and erases frown lines in the face were able to overcome depression [1, Wollmer, M. A., de Boer, C., Kalak, N., Beck, J., Götz, T., Schmidt, T., Hodzic, M., Bayer, U., Kollmann, T., Kollwe, K., Sönmez, D., Duntsch, K., Haug, M. D., Schedlowski M., Hatzinger, M., Dressler, D., Brand, S., Holsboer-Trachsler, E., & Kruger, T. H. C. (2012). Facing depression with botulinum toxin: A randomized controlled trial. *Journal of Psychiatric Research*, 46 (5), 574-581.]

Some studies show that how a person walks impacts how our memory works, not just how well we are able to remember things, but whether the content of those memories is positive or negative. [2, Michalak, J., Rohde, K., & Troje, N. F. (2014). How we walk affects what we remember: Gait modifications through biofeedback change negative affective memory bias. *Journal of Behavior Therapy and Experimental Psychiatry*, 46, 121-125.]

But the point is that body language isn't just a window into our mood, mindset, and self-perception...

Body language changes our mood, mindset and self-perception, sometimes in very positive ways.

Just by taking on more dominant and expansive posture, we can alter the way that we feel and even the way that our mind perceives reality.

It's one of the most powerful and immediate ways to change the way we feel, think and act in the world.

The true point is that we don't often have direct control over our environment and despite our best efforts; things don't always go our way.

But one thing that we have 100% total control over is our body language. And of course, this means that we have a potent way to affect how we feel and think just by the way we carry ourselves.

So now that you know this and understand the power of how to alter your behavior to affect your self-concept...

Let's discuss a few ultra-powerful ways that you can actively put this idea to work to improve your life and flip your *Superior Man Switch*.

PART 2: The Superiority Stances

Most men will never dedicate even 1 minute of their lives to being superior...

In fact, in the modern world, I would be willing to bet that if you asked 100 men if they want to be superior...

Fewer than 1 in 3 will say “yes.”

Why is that? Well, I think the reasoning behind this is complicated and it’s a mix of different social and cultural conditionings.

But I also think that at the core it’s a decline in masculinity.

Masculinity is now a dirty word, which I think makes ideas like competition, superiority, dominance, and winning somehow wrong and not “inclusive.”

Which I think is true... being better is not “inclusive” because it naturally means that someone else is worse by comparison.

But there’s nothing wrong with this at all... there’s not just one game that you as a man can play and win.

There is an INFINITE number of them.

Think about where we were just a few years ago... when a nerdy kid who liked video games was pretty much an outcast who kept to himself.

Chances are you couldn’t have carved out a path to relative fame and respect by being a guy who spent most of his time playing video games.

There weren’t a lot of beautiful women that were “video game groupies.”

But today, things have completely changed!

Now, the same kid can make hundreds of thousands of dollars or even millions per year playing video games. There are even dedicated websites where people will watch you play video games.

For instance, look at this dude:



He broke up with this girl:



So that he could focus on playing the video game *Call of Duty* professionally.

I don't think 25 years ago anyone would have imagined a guy who plays video games for a living would be able nab a girl who looks like that.

Now, I'm not one for video games to be perfectly honest... I'd rather do my winning in 3-D.

But, it just goes to show you that being a *Superior Man* doesn't mean you have to be a quarterback jock or a rock star... you can just be a nerd who likes video games.

So don't for a second think that you don't have what it takes to carve out your own path and engineer your life to be what YOU want it to be and find unlimited success... because you do!

Okay, so in this chapter as promised, I'm going to show you 3 *Superiority Stances* that will allow you to literally switch on a superior version of your own masculinity inside of your body.

So without further delay... let's get to it.

Stance 1: Victory



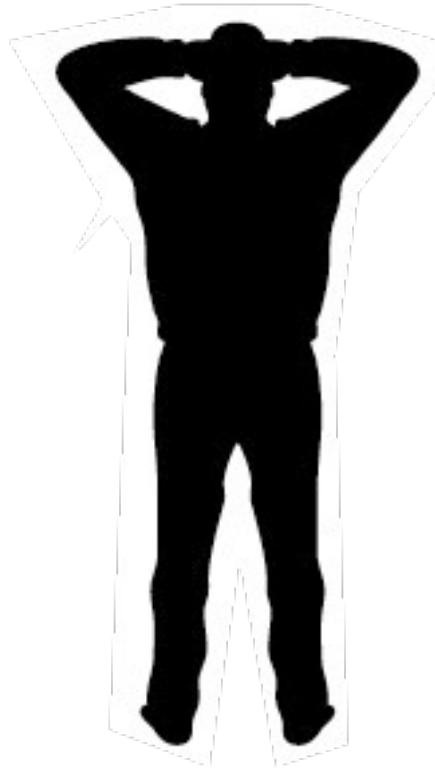
Stand with your feet approximately shoulder width apart.

Spread your arms out and lift them overhead.

The image above shows you everything you need to know.

This is one of the simplest and most powerful poses to hold your body in to expand your internal conception of your own power and to switch on your natural superiority.

Stance 2: Relaxed and Dominant



You can perform this stance while either standing or sitting.

I suppose if you're sitting it's no longer a stance... but you get the idea ;-)

The key to this posture is to truly feel your muscles relax and your mind calm down while you spread and expand your arms behind your head.

You shouldn't have to "work" to place your head in your hands... instead, your head should simply relax comfortably.

The minimal amount of tension required to firmly hold your head in place is a key to this posture whether sitting or standing.

Stance 3: Firm and Proud



Stand firm, feet planet, arms confidently relaxed at your side. This pose shows resolve and readiness without stress or fear. So now that you have an idea what these *Superiority Stances* are you probably think “what the hell, who cares?”

Well, like we discussed earlier, body language is a powerful window into your inner world. And it isn’t just a one-way street... so your body language affects how you feel and think... And your feelings and thoughts affect your body language.

The effect is subtle but quickly builds up to the point where you’ll start to unconsciously feel more powerful and think in more confident ways. Now, we have a way to affect change inside of your body... let’s move on to discuss the deeper element of your mind and put together a daily routine that can take just minutes...

That can permanently change the way you think and feel about yourself for the better... and flip your Superior Man Switch ON naturally and permanently.

PART 3: Changing Your Self Image

If you've never read [*Psycho-Cybernetics* by Dr. Maxwell Maltz](#), it's a book that you should read as soon as you possibly can.

It's one of the most powerful books ever written on the science of getting more out of yourself.

No matter what you want to accomplish, whether you want a larger and more powerful manhood...

You want to attract sexier women into your life...

You want to make more money...

Everything you want to accomplish is directly attributable to your self-image.

Your self-image is your underlying idea about yourself and what you're capable of. You hear a lot of self-improvement "gurus" talk a lot about confidence and strength... but really those are NOT the direct drivers of your capability.

Your self-image is.

Simple, but difficult at the same time because your self-image is such a well-practiced habit that your idea of what you're capable of and what you truly amount to is difficult to change.

And this is the TRUE reason why human beings often find change so difficult and often temporary. For instance, an overweight person diets and loses a lot of weight.

They look better and feel better about themselves than they ever have... but for some reason within just a few months, they gain all of the weight back.

What happened?

Well, quite simply their self-image didn't change and internally they didn't feel like the version of themselves that was right there in front of their very eyes was the "true" version of themselves.

Now, they feel frustrated and angry because they worked so hard to lose the weight and it just came right back on. So they have "proof" that permanent weight loss just isn't possible for them.

The point is... just changing the outward way that you sit, stand, and hold yourself, while powerful...

Is NOT enough in and of itself to flip your *Superior Man Switch*.

So you have to begin to change how you see yourself and what feel you're capable of on a deep level to create powerful change inside of yourself.

Now, the question is how do you do that?

I'm going to introduce you to a powerful exercise you can perform each morning that takes just a few minutes.

Do this every single morning after you wake up and you'll naturally flip your *Superior Man Switch* on, which will ultimately mean you'll command more respect, you'll be more influential and powerful, and you'll attract more success with less effort.

The Morning Ritual

As the title states, this is something you should do immediately upon waking up in the morning. The reason why is that your energy levels are at their height and you've got a clean slate in your mind.

Sleep is a natural way that your brain cleans out various “gunk” and consolidates memories so that you have a relatively clean canvas on which you can create a new image.

In this case... a new self-image.

When most people try and change themselves, they run into resistance because they usually try to “block” negative thinking. They also may try to suppress memories that are unpleasant.

Neither of these is productive because it relies on you trying to change things that you can't change. The goal of changing your self-image is just that... you have an “image” of yourself that might be limited or otherwise inferior to your true capability.

You can't change many things about yourself but you can change how you see those things and put in place something much more powerful.

Simply write 5 things that you want to include in your self-image. If you need help look for examples or role models that you want to emulate and be more like.

For instance, earlier I showed you an image of two characters in the TV show *Suits*.

Harvey Specter is a powerful and superior man... he wants to be the best, he wants to win and he does what he needs to do to make it happen.

He doesn't think in terms of limitations or barriers but in terms of breaking through them.

He is a powerful person to emulate.

Whatever you want to put into your self-image you should not hold yourself back.

As long as it's realistic and doesn't involve you needing to violate ethical codes or natural laws you shouldn't feel limited in how you want to see yourself.

And while at first, the outside world may not match your self-image... in the long run it will. The world always tends to reflect back to you how you see yourself on the most basic level. Okay, now that you have 5 things you want to include in your self- image you simply need to install them.

So set a timer for 5 minutes, hold one of the *Superiority Stances* from part 2 of this guide, and repeat those ideas in your mind over and over until time's up.

I know this probably sounds ridiculous but the concept is quite simple.

If you wanted to be a great basketball player you would practice the fundamentals of basketball over and over until you reached the limits of your ability.

What are the limits of your ability?

Well, you don't know... but that's not important.

The goal is not to worry or concern yourself with how far you can go... it's to not place artificial restraints on your ability by limiting yourself. The same is true with your self-image... you're not going to worry how much you can accomplish.

Instead, you're going to focus on developing the self-image you need to think, feel and know that you're a superior and highly capable man. Then you're merely going to let that self-image and the habits you develop take you as far as your natural potential allows you to go.

It's simple and it takes only 5 minutes per day!

You can choose any of the *Superiority Stances* that you want... and you can even switch them up.

So for instance, if you start with *Victory* and your arms get tired to the point where it's difficult to focus on your 5 powerful self-image thoughts...

You can simply switch to another one and relax.

Don't underestimate the power of this exercise.

It sounds simple and maybe even foolish but over time, it will allow you to naturally think, feel, and act like a *Superior Man*. Eventually, you'll simply become that man and you'll be able to move onto other aspects of your self-image that you want to upgrade.

Conclusion: Putting It All Together

So you now know why it's so critical that you begin to train yourself to have better body language. You know why having a superior self-image is the way to develop the correct mindset.

And you have a morning ritual where you can combine powerful body language with superior self-image ideas to flip your *Superior Man Switch* on.

This is going to make you a much more powerful and effective man and you'll find soon that you naturally command more respect and positive attention everywhere you go.

Now, unlike a lot of the popular self-help material available out there... this doesn't rely on "voodoo" like the Law of Attraction or magical "manifestation" to work. I actually developed a really strong dislike for these ideas because I don't see them as realistic or helping men actually develop the real skills they need to be more capable or get more of what they want out of life.

See, especially as a man, it's vital that you recognize that your capacity and efficiency to achieve in the world is directly tied to the respect you'll command. That's why body language and the new self-image you'll develop are so powerful... because they are a kind of competence all their own.

When you flip your *Superior Man Switch*, you don't just "fake" being a more competent man... you become one because your internal self-image bends around your core competence.

So you don't need "magical thinking" to draw things to you... you naturally embody the kind of powerful man that gets more done and gets more of what he wants out of life.

The most important thing is that you practice these things and that you be consistent. Simply thinking "positive thoughts" every now and again aren't going to change your self-image... you have to make them a natural habit.

And when you do they'll become as automatic to you as breathing. The last realization I want to leave you with is that the kind of man you ultimately become is up to you. As I mentioned earlier, many men have a natural aversion to being "superior."

Especially, if like me, you've had some experiences in your life that made you feel inferior... you often don't want to be a source for those kinds of feelings in others. But understand that there's nothing inherent in being superior that means you need to "lord it over others." A good analogy for this is to compare it to money, as it's something that most people relate to.

A lot of people have trouble making more money than they need because they have negative ideas about money. They think that people who have money are evil or greedy. Since they don't want to be bad people, they limit themselves from making too much.

In subtle ways, their psychology and their behavior sabotages them from making more money. In the same way, your past experiences may make you want to resist flipping your *Superior Man Switch* on.

The important thing is that just like there's nothing inherently immoral about having a lot of money, assuming that you made it honestly... So too, there's nothing inherently wrong with being a superior man. The kind of man you become, whether you use your power to bring other people down or build them up, is up to you.

So don't stand in your own way because being superior doesn't mean you have to be a bad person. Since you're reading this, I'm sure you'll use your newfound superiority for good...

And I look forward to hearing about how your life has changed for the better.

Cheers,
CJ Major (M9)