

The Well Cultured Anonymous

October 12, 2007

The Well Cultured Anonymous is a collaborative project between /b/tards to make the biggest compilation of self help information that ever hit /b/. From advice on Girls to advice on Clothing, it is truly an example of how smart Anon is.¹

¹Everything you read here was stolen from Wikichan.org by the buttons 'Ctrl', 'C' and 'V'. I just compiled the text into this picture, maybe happened before and I didn't lurk enough but here it is, I give you The Well Cultured Anonymous.

Introduction

You have seen them everywhere - self help topics of Anonymous begging for help with his life. Some people have no idea how they should dress other than wearing a Pantera t-shirt with jeans that their mother bought for them five years ago. Some have no idea how to approach women and spend their time masturbating to loli. And some just want to know if they should shave their pubes.

Here, my friends, is your answer. Written by anon, edited by anon, and perfected by anon. Every single tip, trick, and barrel roll you will ever need to know without having to ask for help. The first chapters of this Wikibook will intend to enlighten and refresh your memory on the basics - how to look decent, how to keep in shape, and that kind of thing. Then, it will segue into other people - how to pick up women, how to handle other people, and how to have a dinner party where you don't throw food. Then, the miscellaneous things - college protips and tricks, and basically anything else you could ever want to know.

Read away. Edit away. Learn, Anonymous.

As proof that women are, indeed, on the Internets is on the increase, requests and edits may soon be made for a women's edition of the guide. As well, the "Uncultured Anonymous" may come soon as an alter ego guide for those of you looking for more "fun" ways of doing things.

DISCLAIMER

WARNING: The information in these chapters is not to be taken literally or be used in any way to commit any illegal acts. This information is for learning purposes only, and does not (directly or indirectly) support the topics discussed thereof. You take all responsibility for how you use any of these chapters, no matter what.²

²Disregard that, I suck cocks.

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Part I

Cleaning Yourself Up

1 Grooming

The Very Basics: Shower, Shave and Brush - every day We're going to assume you're a cave-troll and have never washed in your life so ALL the "obvious" things are mentioned. Fuck, you should know how to do this, but who knows.

1.1 Showering

Showers are absolutely fucking essential. Showers are basically your way of keeping yourself fresh and new without having to do much other than rub yourself over.

Stuff you need: Soap (either bar or liquid), Shower, Towel - srsly, that's everything that's absolutely necessary, don't believe it? Then read on.

Stuff you may want: Shampoo, Conditioner, (facial) Cleanser, Sponge/Flannel/Back-Brush/Bath-Mitt, anything else you can think of.

1. Turn on shower, get in.
2. Rinse - briefly rub all over before using the soap, get hair thoroughly soaked - this gets quite a bit of the dirt off (most of it if you're covered with mud or NOT MUD or something).
3. Wash - this should also be obvious, but start from the top and work your way down - this is so that you avoid rinsing washed-off dirt onto the parts you've already cleaned. Start with head/hair³, rub the soap (or whatever) in for a couple minutes then rinse - repeat until it feels clean. Now the face, again, SOAP IS FINE, you can also use a flannel or scrape (scrape, not scratch) any of the greasier parts with a fingernail. Like the hair, soap/rub/rinse until clean. Now continue working downwards; arms, armpits, chest, back, balls, penis⁴, asscheeks, anus, legs, feet including between toes. For washing the body, some abrasiveness may be useful - this can be "grainy" soap or the sponge/flannel/mitt mentioned above.
4. Rinse (again) - ensure all soap etc. is washed away.
5. Dry - Thoroughly, with a towel (or 2, unless you don't mind using the same one for your face and ass). Again, start with hair and work down to feet, pay particular attention to areas where skin rubs against skin (asscrack, armpits etc.)

Remember, remove everything you put on yourself that day/yesterday, meaning if you walk in smelling like cologne and booze, you need to come out smelling like soap.

Of course, use deodorant or antiperspirant. Unless you're one of the lucky ones whose BO isn't bad (get someone else to confirm this), pick one and use it. Go with sticks or roll-ons because spray wears off faster and covering yourself in it is worse than smelling like BO. Ax, Lynx or Tag will not get girls to jump you in the street, it's just marketing you dumb fucks, if you like the smell then use it in MODERATION!

1.2 Shaving

And then, the second most obvious task for you to do: Shave, unless you can grow nice facial hair that looks good on you. Horrible facial hair ruins a great face; great facial hair improves a horrible face. This doesn't mean for you to go out and grow a goatee- clean shaven men are usually preferred. The only exception to this is a "close but rough" shave, which some women find hot. That's just a five-o'clock shadow, so that comes with time, just shave it away in the mornings and let it come back in the evenings.

³Protip: YOU DON'T NEED SHAMPOO/CONDITIONER, soap will clean it fine, although you may prefer something else - go with what seems to work best for the money you want to spend; still, Conditioner is for metro-fags.

⁴That includes retracting the foreskin for cleaning if you're a Eurofag or not a Jew/Durkatard/AmeriKKKan.

Electric or Traditional/Safety Razor? While the bladed razor does give you a much smoother shave compared to an electric razor, the tradeoff is that non-electric razors require:

1. Sink full of hot water
2. Shaving cream
3. Shaving cream brush (you don't need this but it makes application and lathering much easier and more effective)
4. Aftershave lotion/gel
5. Lots of time and steady hands

So while the electric is quick and dirty, the straight edge takes time and practice, so if you don't have a lot of spare time and you do not want to look like a stuck tomato (shaving cut + razor burn), go electric.

1.3 Brushing

Then comes the obligatory that your mother always taught you- brush and floss your teeth. Brushing your teeth, as well as occasionally flossing, is essential if you want to be frenching anyone any time soon. Make sure you have brushed your teeth before you leave your house in the morning and certainly after breakfast.

Check your tongue for accumulated gunk (you should perhaps do this every time you go to a bathroom with a mirror), you can either brush it as well or scrape it all off with a thumbnail⁵. If you're in a situation where you're going to be talking to people, and you think your breath might smell, chew some gum. You might find it helpful to always keep gum with you in case you might need it.

The last thing is also important: brush your hair. Brushing your hair is necessary, no matter if you have short or long hair. For those of you with long hair, it gives it a sleeker and much more organized look- and for those of you with short, it keeps it from looking TOO messy. Then, if you feel the need, you can add gel or any other hair product to it. Just don't go overboard - if you look like you spent as much time as your date fixing your hair, there is a problem.

Handling Acne If you have really bad acne, you could probably benefit from seeing a dermatologist. Ask your Primary doctor, as they can prescribe various creams for various severities. If it's only mild, you can treat it yourself by using the right facial cleanser and acne cream. Acne occurs when pores become plugged with dead skin cells and then become infected by bacteria. When you are buying facial cleanser, look for something that has salicylic acid listed as the active ingredient. Salicylic acid is an exfoliating agent. It helps keep your pores from getting clogged.

Next, buy some acne cream that has benzoyl peroxide listed as the active ingredient. Benzoyl peroxide kills the bacteria that infect your pores. Wash your face and apply the cream two or three times per day. You should probably start out only applying it once per day, to make sure your skin doesn't have any adverse reactions to it.

If your skin gets too dry because of the cream, you can apply moisturizer.

1.4 The Less Frequent Things

Haircuts

Haircuts are like clothing in that they basically define who you are. This can be a good or bad thing - the right cut can make you look classy and stylish in even the shittiest situation, whereas the worst can make you look like you're going to fuck your cousin (would you feel that's a bad thing). While there is no really easy way to tell you how to get the right hairdo, keep the following things in mind:

- Short barbershop hair is generally stupid. What I mean by that is that those generic "white boy" haircuts the majority of men get need to die and burn in hell. If it involves cutting your hair universally one half of an inch short and just using a razor on your neck, don't even bother.
- Crew cuts are stupid too. See above.

⁵Sniff your thumbnail afterwards, did you really want to keep that in your mouth? Now wash your hands.

- Growing out your hair is good, but you still will need haircuts. Get a good stylist, they'll know what to do.
- Long hair is good, BUT greasy long hair is indicative of "I stay up at night masturbating to furry and playing D&D".
- Afros look cool only if you're black. And wearing a suit. Preferably obstructing the paths of others while dancing by a pool.

Actually, let's just make a list of what NOT to do. DO NOT DO ANY OF THE FOLLOWING:

- Crew cuts
- Bowl cuts
- Beatles-style looks
- Cuts requiring excessive use of a straightening iron
- Cuts requiring pomade
- Spiked hair that isn't razored
- Mulletts
- Ponytails, esp. greasy ones
- Pork chop sideburns
- Anything involving vivid colors (green, red, blue, etc)
- Bleach your hair that nasty yellow color.
- Dye a part of your hair and leave the rest natural (like, dying your bangs)
- Anything involving a "Swoop"
- Anything in patterns or designs
- "Cut around" your eyes

With that in mind, know your salon procedure. First, find yourself a SALON - not a barbershop. Salons are usually run by women, not by men, which means that they tend to look at men's hair more than what seems to be the style on CNN or FOX News. Call in early and schedule an appointment - and for god's sake, ASK HOW LONG THE HAIRDRESSER HAS WORKED AT THE SALON. Never let them place you with "the new girl" (they will want to). If they do, you will no doubt get a butchered haircut with horrible fashion sense, much like you would get a bad dinner if you asked a new cook to make you something he has never made before.

As for your hairstyle, the best thing for you to do is ask the stylists. Some of the best advice in the world can be gotten with the same line you can use while clothes shopping - either "What do you think would look good on me", or "What would you do if you were going to date me?". These lines work like charms - but do note that you need to make sure that your stylist isn't freaking crazy. One particular anon learned very quickly that one does not use such a line when in the middle of a small town full of hick girls.

If you have very bad acne, you should consider getting a short haircut.

Cut Everything

Stop being a fucking troll - cut your fingernails and toenails, clean your ears, pluck your nostril hairs, get rid of any "mole hair" (dark hair coming out of moles), make sure your eyebrows are decent and not bushy, and cut off any hangnails (cuticle that comes loose) before it becomes painful. In addition, try trimming back some of the huge bush you got, less hair = bigger looking dick and less shit to scare a chick away with. Less hair, more head.

The Shaving Thing: Guys

This is one of those topics that is up for debate virtually all the time. You, being a male, are probably prone to growing body hair. Some girls like it, some girls don't. It's all up to you to decide what you do and determine if you want to look like a bear or not.

Basically, think of it this way - leg hair and arm hair are not problems. Believe it or not, many girls really don't care if you have gorilla-like leg hair - though if you have a nice body definition, it's good to shave it off. You may be ridiculed for this, so do be careful.

But the real issue is your chest and most importantly, pubes. Your chest is another one of those "choose your own adventure" kind of deals - if you don't have shag-rug quality hair, there is very little reason for you to shave it. However, if you happen to have small light hairs that look stupid, shaving it might be a good idea anyway.

Pubes need to be trimmed. Always. Yes, it may be a little strange or arcane for you to do so, but getting rid of those things is the ticket into a woman's mouth and every other hole in between. This doesn't mean you should Nair the whole thing (though that does good if you like the bald look), it just means you need to keep it either trimmed or gone. And not like a mother fucking jungle. Hey, it's actually good for you - no unsightly pubes on the bathroom floor anymore, which is fucking disgusting.

The Shaving Thing: Girls

If you are a woman, on the other hand, most normal guys don't prefer to go to bed with Chewbacca. So, unless the guy you're fancying has a thing for girls that look like Zira from Planet of the Apes, you're going to want to shave. Key areas to watch out for:

- The legs. For a girl to have hairy legs is an instantaneous sign of lack of personal hygiene. A little leg stubble isn't something to become an hero over, but it is something to be wary of. Female leg hair can turn from tiny stubble to gorilla legs in a matter of days, so it's wise to take a razor to the leg hair every time you bathe, or if you're too chicken/inconvenienced by using a razor, opt for a depilatory cream instead. Nair or Veet work great here and the hair is gone for a longer time.
- The armpits. Armpit hair is not only unsightly, it serves as a collecting place for sweat, bacteria and dead skin cells, the cocktail of which can produce a nasty case of B.O. Shave your armpit hair, or as in the legs section, depilate it.
- The pubes. Yes, you heard correctly. You don't have to wax it like a porn star and trust me, you don't want to; This is an expensive procedure, not to mention it hurts like hell. It's your choice on whether you want to shave it or depilate it, but it's generally better to depilate. You don't have to bend like a contortionist to shave every nook and cranny. Whether you're being seen naked or in a bikini, grooming your pubic hair is a good thing. Nobody wants to look at a hot chick at the beach and see the Amazon Rainforest hanging out of her bikini bottom. At the same time if you're lucky enough to have a guy go down on you (and you have to be REALLY lucky for this one) he doesn't want to get hair in his teeth. You don't have to shave it all off either. Mostly watch the bikini line.

The Tanning Thing

Getting a tan, while usually frowned upon by most men, is basically your ticket from looking like a pudgy sack of shit. Be honest with yourself- girls with tans, especially nude girls with tans, look really fucking good. Thus, by inference, you will probably look pretty good if you get a tan.

Well, that's an odd statement, but it is true. Many pornstars purposely tan because they know the naked human form looks better with a bit of brown to it, rather than white. Unless you're going for that whole "Japanese waif" look, you need to try to at least go up in the pigment scale.

This can really tie in nicely with exercise. Go out to an outdoor pool every once and a while and just sit there and tan. Swim a bit. Then relax. Then swim. It's nice, relaxing, and you know you're becoming only that much more studly.

Tanning also helps if you have the aforementioned acne problem, particularly the varieties known as "rackne", "backne", and "crackne."

This is unless you are black, or any other race with naturally dark skin.

2 Dressing

Clothing is an essential part of life, mainly because the only time you seem to be allowed to not wear it is if you are a nudist, having sex, or in the shower. That's why most countries place a big emphasis on style and fashion - being able to take cloth that everyone wears and look good doing it.

Even though it makes little sense to some, wearing the right clothes with the right names can make all the difference in the world. Look at movie stars; some are insanely ugly, but with a little Grooming and some style, millions of people around the world are willing to kiss their ass. You don't have to have rock hard abs, either. The right fit for the right clothes can turn you from a computer geek into a gigolo.

2.1 The Very Basics

The very first thing you need to know about clothing is that for the most part, there are some things that everyone needs, bar none. This extends beyond underwear, too. So, before you even begin to look at yourself in the mirror and decide what you need clothing wise, realize you need at least the following basics:

- Underwear - anything but tighty whities and "joke" boxers.
- Pants - Jeans, Khakis, Shorts, and Dress pants.
- Shirts - Undershirts, plain T-shirts, styled T-shirts, long sleeved shirts, tank tops.
- "Overshirts" - Button down shirts, cheap suit jackets, etc.
- Accessories - At least one belt, possibly a necklace or a ring of some kind, a watch, scarf, etc.
- A Suit - a decent black or gray suit with normal conservative accessories- including a matching tie.
- Outerwear - One jacket (leather is good), one coat (preferably without "THE NORTH FACE" on it).

Everything above is obviously the basics, which means that you should probably have everything mentioned already. What may surprise you is that with the very basics listed above, you can probably look decent already, pending that the stuff you have is of decent quality. Guys have it easy so far as fashion goes in this realm, because the styles never change too radically much - which means that so long as you did some decent shopping 5 years ago⁶, you will probably do well today. Probably.

2.2 Your style

Time for some introspective bullshit - you need to find out your particular style and work from there. Believe it or not, how you dress is how you appear to other people- those wearing a ankle-length trenchcoat and backwards baseball hat looking radically different than those wearing Underarmor and running around with a football in their hand. With that being said, you need to figure out what you can pull off, and what you cannot.

This is remarkably easy nowadays, purely because you can always fall on looking generic and still looking good. However, the caveat to that is that you will look generic, meaning that standing out will be harder. That, of course, is a bad thing. You want to be the kind of guy that girls spontaneously orgasm over, not the kind that blends in.

So, let's first look at your primary deciding factor - your body type.

- Ectomorphs

Ectomorphs are your skinny people who don't gain weight, but don't gain muscle either. If you need a good example, look at the majority of emo bands. The nice thing about being an ectomorph is that you don't have to worry about hiding your body type, but the catch to that is the fact that you will probably never have a very developed body to show off anyway. This body type is nice for girls- but for guys, you will need to try to do something to at least look masculine. Thankfully, you can pull it off with a lot of styles - you're the kind of people that chains like Hollister, Abercrombie and Fitch aim for.

⁶Members Only jackets not applying

- Mesomorphs

Mesomorphs are your natural strength people. A good example of this is your average body builder or athlete- muscular, powerful, and generally triangle-shaped. Mesomorphs tend to build muscle easily, and tend to retain it more than other body types. As the showmen Penn and Teller said on their show "Bullshit", it's like winning the gene lottery. However, being a mesomorph is hard- you will have to get used to buying special cut clothing to accommodate broad shoulders and/or big body features. The other issue with being a mesomorph is that you are restricted in your styles- such trendy things as Goth and Emo are completely out of your range.

- Endomorphs

If being a Mesomorph is winning the gene lottery, being an Endomorph is losing it. Endomorphs are your naturally fat people - body types that, for one reason or another, have a nasty tendency to put on pounds at the drop of a hat. They are, ironically, close brothers with Mesomorphs in that the body type can build muscle quickly- but that muscle is usually accompanied with unsightly fat. Think of Jack Black or John Goodman - that kind of chubby. But, worry not - believe it or not, if you loosen up your personality and get the right clothing, you can beat out any Mesomorph or Ectomorph without even lifting a finger.

Once you have decided what you are above, you should already have an idea of what you can and cannot do. Mesomorphs should immediately begin focusing on weight training and building up their body - because if they do not, they can get pudgy and fat. Ectomorphs should look into taking advantage of their lack of any heavy weight, and try to wear clothing that looks good on them. Endomorphs, as I mentioned above, should focus on loose clothing, relaxed fit kind of things that make you look like a party kind of guy.

2.3 Shopping for Ideas

So, hopefully by now, you at least have this abstract vision in your head of what you want to be. However, that's not good enough to justify whipping out your wallet to get clothing. What you need is inspiration and ideas. And you're right on your top source: the interbutt.

The Internet is a great source for style ideas because you can get away with looking fucking everywhere for ideas and not spend too much time doing it. A great place to look for style ideas is, ironically, television channel websites. For those of us in the United States of America, we have a few key places we can check around:

- MTV <http://www.mtv.com>
- Fox Network <http://www.fox.com/home.htm>
- NBC <http://www.nbc.com>
- Bravo TV <http://www.bravotv.com>

Personally, I'm the biggest fan of Bravo TV. There is a simple reason- it tends to be the most style-conscious. Bravo TV is a kind of modern YUPPIE television station, which means that you can get an idea of those new city fashion trends. MTV tends to be a good place as well - but of course, the catch to it being that the majority of people shown in their shows being immature and dressing likewise.

Of course, if you're looking for something a lot more detailed, there are a lot of places you can go for straight out help. Depending on your age, you may find GQ <http://men.style.com/gq> a great place to check out. Men's Health Magazine <http://www.menshealth.com> also tends to be a great place to find style tips. While both of these magazines tend to aim to 30-something professionals, they definitely can give you a heads up as to what you can do to look mature and fashionable.

There are a few key questions you need to keep in mind as you browse. Those are:

- "Will I look good like this?"
- "Does this clothing look like it will be stylish for a long time?"
- "Will this attract the kind of girl I would be interested in?"

and of course,

- "Can I afford this kind of style without taking a third mortgage out on my house?"

And once you find it, you should know. Try to remember that something you see that you like may not look good on you. Nonetheless, you should at least find one idea from the above websites, even if it is "I have a lot of work to do". And that's good.

2.4 Shopping for Clothing

Shopping for clothing is like shopping for Video Games - you need to know what you're looking for beforehand and stick to your guns. When you walk into a store, you should be able to at least have a few things in mind - what style you're looking for, what you're specifically looking to buy, and how much you're willing to pay for it. See, as good old Anonymous (and presumably male), you can't allow yourself to buy something and then only later realize you fucked up. Failure sucks.

So, with that in mind, get an idea of the stores that are available to you. Stores do indeed send a message. Don't believe me?

- The Gap: Trendy, yet simple and clean.
- Hot Topic: Mallgoth faggots.
- Abercrombie and Fitch: Really trendy high schooler/university student with no sense of quality. They own Hollister, too, so basically it's just cheaper Hollister stuff.
- Hollister: Really rich trendy high schooler/university student.
- American Eagle: Trying to keep the trends of A&F and Hollister, but too cheap to pay the price for the real shit.
- Aeropostale: One step above Old Navy.
- Old Navy: The Gap, except much cheaper and much more generic. Basically what every single mother buys her 12 year old.
- Eddie Bauer: More conservative clothing, usually good if you're going for the more professional look.
- Lands End: Decent stuff, more outdoorsy. Nowadays, it's way overboard and tacky.
- The North Face: Dumbass coats. Dumbass coats. Dumbass coats.

You see, even the name/brand that you wear sends a message. It's not the message of WHO you shopped at- it is literally the style that they carry. Wearing something from Hot Topic is the polar opposite of wearing something from Old Navy, no matter how you twist it. I suppose the same thing could be said about Louis Vuitton and Giorgio Armani, but we're all too poor for that shit.

You're probably lost by now. Trust me, no-one in their right mind besides some sort of godly fashion columnist can figure this shit out. All you need to do is walk into any store and look around and get an idea of what's going on inside. Hell, check out the people browsing inside - they probably are wearing some of the clothing already, or at least want to be wearing it.

Super Cool Trick #121

At this point, you probably want an easy way to get clothing without having to deal with all of this different clothing bullshit. There is an easy way to do this - **rely on chicks**. Yes, actually, women tend to be the best people to defer to on these subjects, because they generally will be able to figure out what makes you better looking. If you have a girlfriend (or a girl who is just a friend), you can definitely ask them. But hey, you probably don't.

That is where you get up your balls and show off some testosterone. Wear decent clothing that makes you look pretty reasonable. Walk into a store with a female employee, and directly say to her "What could I wear that would make you want to date me?". Unless she's busy or a bitch, you will probably get a good answer. Or a phone number, which is even better.

2.5 Wearing Clothing

There are few ways you can fuck up wearing clothing, but no doubt you need to learn them. Some rules (such as "White after Labor Day") do not really apply anymore, while some (white socks with brown shoes) continue to live to this day. With that being said, these are just the general rules you need to know when picking out "what to wear":

- As mentioned above, No white socks with brown shoes. Just trust me on this one.
- Unless you are wearing formal or semiformal wear, do not tuck your shirt in ever.
- Do not wear your sweater around your hips, you will look gay.
- Do not wear a shirt and pants that match.
- Never wear a cell phone on your belt. That is geeky and stupid.
- Unless you're trying to scare off potential dates, do not wear a ring on the third (ring) finger on your left hand. That's where marriage rings go.
- Unless you are on the beach or in a very relaxed setting, do not wear sandals.
- Keep leather shoes clean. Brown leather shoes are awesome and can be used for a ton of things, but they get dirty easily.
- This is obvious: No pocket protectors, suspenders, or basically anything stereotypically geeky.
- This is less obvious: Try to wear something other than a t-shirt and a pair of pants.
- I will personally kill you if you wear your baseball hat backwards.
- On the topic of hats, hats are to be worn sparingly, otherwise you'll look like a trucker.
- Oh, speaking of truckers, trucker hats will make you look like a MTV tool, but they do fit in some cases.
- Belts should never be tighter than the pants you have on. Buy fitting pants.
- Do not ever wear a Hawaiian shirt and a undershirt/tank top. You will look like an idiot.
- Sweatpants and sleepwear are only for exercise and sleeping, respectively. Girls and guys who think otherwise are ignorant.
- Wear what you're doing. If you're going on a date, dress semi-formal yet relaxed. If you're going to a concert, band t-shirts are acceptable (However, do not be the tool that shows up to a concert wearing a shirt for the band playing, that is fucking lame). Just scale up or down depending on what you plan to do that day.
- Endomorphs, wear an undershirt, and tuck it in. not only does this make loose fitting-clothing seem as intended (loose-fitting), it also prevents several major social-deathtraps. Motion is contained within the undershirt, so "jiggling" is no longer a mortifying issue. Nipples are hidden as well, though you probably shouldn't be wearing a T-shirt that tight in the first place. Tucking in the undershirt (not the overshirt, unless formal) also keeps your ass-crack unseen if you bend over. Don't forget to re-tuck your undershirt after stops to the restroom, or if you start feeling a draft.

2.5.1 Suits 101

Unless you intend to work as a gas station assistant the rest of your life, times will come when you will need to wear a suit. A suit is the western world's way of signifying business and professionalism - and it's become so popular that the whole world operates wearing suits. We could indeed be all working in thongs and muscle shirts but suits are the preferred mode of fashion.

Rules of Suits And suits have rules. A suit, much like a fedora, has about three billion ways in which you can wear it and look stupid, and about 100 ways in which you can actually look decent. This limits your options to either following set trends and ideas and looking good, or looking like a complete dipshit and making everyone in your office/party/whatever laugh at you. So, with that in mind, follow these tips for safety.

- Stay conservative and classic. Obviously this means that you should stick to the basics of clothing. Wearing anything completely out of fashion or odd will immediately brand you as an idiot, so this is your basic method of "looking good". Find a black suit that fits you and accentuates your body, and you will be pretty much set in this realm- straying from it will be at your discretion, but the plain black suit is an absolute necessity.
- A suit is not a tuxedo, thus try to stay away from something geared as such.
- Three or two buttons is optimal. Three is only good if you are tall or thin, two is best if you're a bit round. Ask someone in a Men's Suit Department for help on this one.
- The lapels of the jacket should be normal - too long makes it look like a leisure suit, too short is very strange. If you need a good measurement, go grab a standard Male's sized tie and put it up against the lapels- they should be around the same length.
- The typical suit coat has a vent in the back (about a 10 inch long cut in the middle) that allows for your back, among other things. Some different suits do not feature this. Make sure to check and test which you prefer more - vents sometimes allow the suit to puff up, but an uncut jacket can be uncomfortable to some body types. Oh, and if you're wondering, the majority of Hollywood goes without them because suits less vents are more photogenic.
- Some black suits tend to feature odd fabrics, such as heavier weaves. Avoid this, as they are not only misplaced in many ensembles, but they also are a pain in the ass to keep clean and dry-clean them.
- A lot of a suit is the ability to accentuate the upper body and slim the lower. **DO NOT SIMPLY BUY A SUIT OFF THE RACK.** Most suit stores now come with cheap (or complimentary) suit tailoring. Use it.
- There is a debate going on about if men should wear belts with suits. In general, the historical thing has been to wear belts, thus it is generally good for you to do so. Much like leisure suits, fads like these tend to die out.
- Suits can be produced in two ways - being sewn, and being glued. Ask - glued suits (glue being used to hold fabric together) are HORRIBLE, and fall apart easily. Ignore what the man at the counter says about "advanced new technologies" - glue in a suit is as natural as your penis in your asshole. Don't do it.

And while you're at it, check the lengths of all of these key things:

- The length of the sleeve when you hold out and bend your arm (as if holding it out to a lady). It should be long enough to cover your wrist, but possibly expose a bit of watch or something- nothing more.
- The length of the actual coat itself. It should come down to about your hips.
- The drape of the fabric in the back. There should actually BE no drape. If you see any wrinkles in the back, there is a problem.
- The fabric under your arms. This, much like your back, should never have wrinkles that come from being stretched or pulled.

Suits should be AT LEAST \$200 or more for them to be of any reasonable quality. Good tailored suits (the ones that tend to last the longest) can go from \$1,000 and above. Don't worry about trying to pick up an Armani suit or something, they tend to be expensive and sometimes no better than average suits. While your average joe (e.g: you) will never need it, the top of the line in the monally detest this look because it tends to show too much fat on ugly guys, but skinny guys can pull it off. While your average joe (eg: you) will never need it, the top of the line in the market at the given moment is Hugo Boss, who will make you mortgage your house to afford his designs.

2.5.2 Where and When to Wear a Suit

One last thing you should know is that a suit is a powerful weapon in style. Suits are your average wear for men of power, and they have thus carried with them a majesty, something you can tap into if you wear them right. If you wear a suit to a car dealership, you will be jumped upon - wearing a hoodie and jeans will get you ignored. A suit will instantly attract women as long as you wear it right. People will treat you better, you will look more professional, and you will no doubt carry yourself better.

But you can just as quickly fuck up where to wear a suit. Wearing a suit can be better done in a public place (possibly without a tie, collar open) rather than in some corporate situations (since a lot of companies obsess about being their customer's fuckbuddy nowadays). Don't hesitate to wear a suit around in public, as it will get you attention. However, in some situations (such as working for some car dealerships, PR departments, and basically any buddy-buddy kind of organization), you will actually be considered "stuffy" for it. So play it carefully, as you never know what will come next.

The way to turn one suit into a whole week of wear

- Wear it without a tie. Collar open, suit either closed or open. This gives the allusion of relaxedness- ties are the ultimate in stuffy to some people.
- Wear the suit jacket with jeans. This is a kickass way to go on a date.
- Go without the suit jacket, wear the pants and the shirt. I personally detest this look because it tends to show too much fat on ugly guys, but skinny guys can pull it off.
- Use a vest with the pants. A black vest goes well with just the pants and gives a more European allure.
- Use the vest with the suit for a makeshift three piece suit. This actually is your most dignified/kept look, but it also tends to be a bit formal.
- Wear different ties or colored shirts. A black suit can have millhttp://men.style.com/gqions of combinations.
- Don't tuck your shirt in. While this only works in casual situations, it tends to be an interesting concept- but it is VERY VERY hard to pull off.

2.6 Misc Tips and Tricks

- Get women to help you. You wouldn't believe how many girls are willing to jump and assist you with your clothing. It may be a little invasive, but it helps.
- Exercise actually does help your clothing. T-shirts on people with a defined chest look better than someone who has a washboard chest. Having a little muscle makes things better.
- Re-wear jeans and some pants, never shirts. This really depends on how you sweat, but jeans and other "heavy" material pants can be re-worn safely. Just change your shirt - trust me, it will smell no matter what. Plus, you don't want to wear the same exact thing two times in a row.
- If at all possible, wash clothing before you wear it the first time. It gets the "store smell" out of it, as well as makes it softer.
- Wear clear deodorant. Especially with black clothing, white marks can show up. The same thing goes with dandruff - get it fixed. Especially with dark clothing, such things can be noticed.
- If it has an unsightly stain, get rid of it. Jeans do not apply here but for white shirts or anything formal, just accept that it died. You don't want to look like a greasy trucker.
- Try to avoid shopping online. You can't see the clothes in actuality, you may end up getting something that doesn't fit you, or simply looks dumb on you.

2.7 Clothiers - Store Brands⁷

- Abercrombie and Fitch

Abercrombie and Fitch is the main store brand of the company of the same name, who operates a long line of teen-savvy clothiers all over the United States. This company has spent the majority of it's time aiming toward the 14-25 demographic, though it has managed to pull in your older and younger groups with it's hip styling and sex-imbued advertising campaigns.

Abercrombie and Fitch is like MySpace. When you get so old (I personally would say 18 or so), wearing Abercrombie and Fitch makes you look childish, much like having a MySpace. The reason for this is because it makes you look like you're trying to pull off the "youthful look" - and anyone looking to look refined and decent is going to look like a fuckwad in expensive stone washed shorts.

However, you can pull this look off easy if you're just with a bunch of friends (ergo not trying to look too decent). While wearing too much of the logo will make you look cheap and stupid, a little bit of A&F can be worn by anyone under the age of 25 without causing too much of a ruckus. Just watch out- too much will make you look like a fuckwad.

- Aeropostale

Aeropostale is a clothier that aims itself at the 11-18 demographic that is looking for a cheaper version of trendy clothing. Because the company works so hard to remain cheap to the average consumer, the clothing itself tends to err on the cheap side- not insanely cheap, but not exactly wonderful either.

It would be my personal recommendation to simply avoid Aeropostale unless you're looking for teen style on a budget. Aeropostale shirts (like the one I'm wearing as I type this) are stupidly cheap, their shorts are ragged, and the clothing itself is just generic. While the clothing is no doubt cheap, it is also made cheap. Just save up extra cash While your average joe (eg: you) will never need it, the top of the line in the market at the given moment is Hugo Boss, who will make you mortgage your house to afford his designs. and skip this store.

- American Eagle Outfitters

American Eagle is another stop in the line of the big teen retailers (A&F, AE, Hollister and Aeropostale). Considered generally more "clean cut" than the other outfitters because of it's lack of sexual advertisements, American Eagle tends to target the more athletic demographic as a whole. This kind of clothing is seen often on those considered "jocks", as it is generally tailored to fit athletic bodies well- though the clothes, much like other brands, tend to be designed for the super skinny (so bodybuilders from our Exercise chapter will have to do some serious hunting for good clothing from here).

American Eagle makes decent clothing- sometimes. Much like other teen clothiers, the clothing quality tends to vary depending on what you buy. Buying a polo from American Eagle is by far a good choice, but buying something a bit more specific (such as shoes) tends to result in absolute failure. And, of course, this is a TEEN RETAILER- so if you're trying to look older or just are sick of seeming preppy, avoid this shit like the plague.

- Armani Exchange

Armani Exchange came out of the Fashion world and surprised the fuck out of everybody. A spiritual brother to Giorgio Armani (see below), Armani Exchange is a much cleaner cut teen-and-twentysomething retailer that has no qualms about charging you an arm and a leg for their designs. Armani Exchange clothing can be as much as double that of other retailers, which will certainly put a hurt on your wallet if you like their clothing.

Personally, I like Armani Exchange best of all of the teen retailers, but the price is just too much. Paying upwards of \$40 for a t-shirt is fucking stupid, no matter how rich you are. With that being said, Armani Exchange is a wonderful place to find ideas and concepts for your clothing, but never a good place to actually purchase the clothing. The Website⁸ contains a virtual dressing room that is like your core tool for designing decent clothing mixes - so play around with it, but never pay them for your time.

⁷All of this is aimed AT MALES. The whole layout changes for females. Girls, GTFO- I can't write something like this for you, so go she-fap to Yaoi or something.

⁸<http://www.armaniexchange.com>

- Banana Republic

Banana Republic was once a store and catalog business (somewhat like Sears Roebuck) that made quite a bit of money on playing the "safari" look of it's stores and catalog. Eventually, it was purchased by The Gap Inc, who transformed it into a "Casual Luxury" store - that is, relatively decent priced clothing, with a more refined look to it.

I've recently begun to like Banana Republic because they have done a fairly good job of managing their clothing and keeping things stylish. Banana Republic clothing is your step up from Hollister/A&F/AE so far as price and quality goes, as well as the general maturity of the clothing itself. You can get quite a wardrobe from Banana Republic and not go wrong, as most of their clothing is stylish and classy enough to be worn even into your late 30s.

- Big Dogs

Big Dogs is a clothier embarrassment of a company that primarily sells "funny" t-shirts and clothing, featuring graphic prints of dogs usually parodying pop culture or some other stupid shit.

This is the kind of shit that you see fat people wear to appear funny, but is such a train wreck that you want to break their beer bottle, take a shard of glass, rip their heart from their chest cavity, and shove it down their mouth. I'm not fucking kidding.

- The Buckle

Buckle is a company that originally started out as Mills Clothing, Inc in Nebraska. As the clothier grew, it slowly morphed into "The Buckle", a company that aimed at the teen demographic. The company rarely makes clothing of it's own anymore, spending the majority of it's time selling other popular brands (such as Polo Ralph Lauren, Dr. Martens, etc).

I've never really seen Buckle as anything but an extension of some of the brands it sells. If you like any of the brands it sells (PS: Volcom is fucking stupid), then by all means, go for it. However, do note that it really isn't the top of the top when it comes to sales or anything, and it's not exemplary when it comes to style either. Use your own judgment as to how this store fits you.

- d.e.m.o

d.e.m.o is a hip hop inspired brand by the people at Pacific Sunwear (Pacsun). It is generally a large outlet for men's wear such as Ecko or Sean John, and for all intents and purposes, mainly targets the African-American community. The clothing is generic and typical of your average gangster (or in this case, gangster-wannabe), and generally costs more than even higher end brands in other stores.

This is one of those things that you would only touch if you were into hip-hop and whatnot, and could actually pull this shit off. If not, just go to the website⁹ for two seconds and have yourself a good laugh at the white models on the page. Then get off, before that shit infects you.

- Eddie Bauer

Eddie Bauer is a clothing company mainly aimed toward 25-40 year old people. It's history comes from the original "Eddie Bauer's Sports Shop", where much of the clothing was designed for the outdoorsy- and that trend has generally carried to this day. Nothing of this style has ever really taken off in any insane way, however, the store continues to grow at a large pace as many search for reasonably priced clothing that looks decent on middle aged people.

Eddie Bauer clothing can be great but overdoing it is death. Eddie Bauer pullovers and sweaters are generally wonderful (Eddie Bauer did invent the first down Parka), but their pants and other clothing is a bit old-man-ish for me. Many can pull it off- just don't overdo it or you'll look TOO old.

- FOSSIL

- Gap

The Gap is a company that has been around for ages, always targeting older teens to about the thirtysomething crowd. The name itself refers to "The generation gap", the Hippie movement - which is kinda dead by now,

⁹<http://www.demonstores.com>

but the stores still remain. Gap clothing is FAR more urban than the majority of clothing in malls now (The Gap has yet to adopt the "Miami Beach" look- good for us, bad for it's stock value).

I actually like some of the Gap clothing, and a lot of more classical people do. The Gap is a very urban company (style-wise- and I'm talking about upper NY urban, not Gangster urban), so it looks decent on people trying to give a more tailored or refined look. The Gap clothing tends to vary in quality, which can be a problem, but their staples (Pants, shirts, etc) kick ass.

- Mens Warehouse

Hi I'm George Zimmer founder and CEO of the Mens Warehouse (insert copy-paste here) I guarantee it. Like it or not sometimes in life you need to dress to impress as they say. Mens Warehouse is nice because they offer the cheapest rentals out of all the mens suit stores. Also it's always nice to buy a suit or two for job interviews or other shit.

- Hollister

Hollister is a teen-oriented brand of Abercrombie and Fitch. This basically means that the clothes are the same in soul, but differ in that they tend to be a bit smaller, a bit less overtly sexual (to garner more parental approval), and to be affordable enough for the teen budget. This brand has taken off, much like A&F and Aeropostale, as people are moving toward the California/Miami Beach look.

Hollister can be good, and Hollister can be bad. If you are over 18 (you should be if you're reading this), Hollister is too young for you, get out. However, if you are younger (doubt it), this isn't something too bad to go for. Much like A&F, you'll end up looking like a carbon copy... but it works.

Also, much like AE, the clothing tends to fit more athletic bodies better. Fatties need not apply. Ever.

- Hot Topic

You probably know Hot Topic. Established in 1988, the stores are mainly based around any given music trend of the time, selling dark clothing, band merchandise, and anything that could possibly fit in between. As the store has grown to over 600 stores nationwide, it has slowly evolved to encompass "otaku" wear (Weeaboo shit), Emo wear, and basically anything that teens or twentysomethings would buy into.

Hot Topic is a no-no for any Well Cultured Anonymous and I'm fucking serious. Once you hit 18 or 19 or so, wearing t-shirts with bands on them goes from "haha cool" to "haha stupid". Let's be honest with ourselves - when you're looking for a job or dating, wearing excessively skinny pants and a haircut that covers half your face is stupid.

Look, just break the habit. Hot Topic may be music-related, but the entire world does not revolve around punk/emo music. Just like Hot Topic once was a big Goth retailer (and dropped it like a hot potato), they will with YOUR favorite style. Stick with more normal styles and you won't look like an idiot, and hopefully you will be able to keep your clothes for longer than two years.

- J.Crew

J.Crew is much like Polo Ralph Lauren in it's style, but is special in that it is a primarily catalog and internet based company. J.Crew is much like Lands End in this - it tends to stick to traditional styles, and simply do minor modifications whenever it is "safe" to make more sales.

This, by all means, does not mean J.Crew is a bad company. In fact, you may find some of your best stuff here. Go hunting around for the basics, even underwear and socks and just load up on the very simple stuff. I wouldn't really promote purchasing any kind of shirts or pants here, but I can imagi

- Nordstrom

Nordstrom is actually a department store more than an actual clothier. Generally stylistically better than your average department store (Macys, Dillards, et al), the stores tend to be much more affluent than your regular old clothing place. Much like many other upper class companies (Nintendo, Starbucks, Amazon.com), Nordstrom is based out of Seattle.

Nordstrom, much like any other mass clothier, has hits and misses across the board, so it's hard to define their stuff by any major definition or term. Personally, I think Nordstrom is probably one of your best stores for up-and-coming consumer trends, but it also comes with a slightly higher price tag than you would find in other stores. But this is fine: their service is absolutely phenomenal and their clothing is well made.

PS: Nordstrom is rocketing up in the stock market right now like a cat with a firecracker up it's ass.

- North Face

- Oakley

Oakley is a company that originally started out designing sunglasses and ski goggles. Their popularity has slowly risen for various purposes, namely the quality of the glasses. However, these glasses have recently taken on a small niche, and tend to all appear the same (The "Oakley Look"), with tinted (red or orange, typically) lenses and plastic/metal frames. The company has recently gone into other markets due to this popularity.

Okay, I'm going to say it. Oakley sunglasses are for retards. The same goes with their clothing. Oakley is far from being interesting or masculine, and rather reminds one of a dumb teenage dropout who tries to look "hardcore" as he flips burgers at McDonalds. I'm just saying.

- Old Navy

Old Navy is a company run by The Gap that aims specifically at lower and middle middle class people. While that sounds confusing, the translation is that Old Navy clothing is clothing similar to that found at The Gap, just a little bit behind the style curve and a bit cheaper. Other than this, the clothing is much akin to the stuff found at The Gap - albeit much cheaper and less sturdy.

Old Navy is too much of a gamble, style-wise, to even bother with. The clothing rarely, if ever, changes style in any fundamental way, and tends to be the same kind of stuff year after year. This would not be so bad, would it not be for the quality of the clothing, which is shitty at best. The Jeans tend to hold up fairly well, but anything cotton or linen (especially their chino pants) falls apart in a few washes. There are some good buys at Old Navy, just not often.

- PacSun

Pacific Sunwear (abbreviated to PacSun) is a California based retailer of California-inspired clothing - namely stuff related to surfing and/or skateboarding. For the most part, PacSun operates as a store full of existing brands (Volcom, Billabong, etc), rather than a clothier of it's own right- however, the clothes tend to come specifically from those stores rather than competitors.

PacSun is another Hollister/AE/A&F clone in that it's the same old bullshit: California or Miami Beach wear. Look, about 90% of the United States is "too far" from any major ocean to justify surfing in it (or in the case of NYC, no-one's stupid enough to jump in). Dressing like you want to be out grinding a surfboard is thus fucking stupid, especially when you carry the look of an urbanite. If you're into this, go ahead- but this looks neither mature nor original.

- Puma

Puma is a high end clothier for athletic goods (primarily shoes and running gear). Based in Germany, the company is largely based in Europe, however, it has slowly found it's way into the United States over the years, and has become a common sight on many people.

Puma clothing is obviously for sports, and should stay that way. For their intended purposes (soccer, running, etc), they do well. However, in any other circumstance, it makes you look as if you got lost from a gym- an actually very bad look. A lot of people in England tend to wear this look (from what I've seen)- so if you're a Brit you could pull it off- but I doubt you could in the USA.

- Tommy Bahama

Tommy Bahama is a clothier that makes high end Tropical-themed wear (thus the Bahama). The clothing is often seen either sold in special retail stores (rare in the US and Canada), and sometimes in various department stores.

It should be of note that Tommy Bahama stuff is aimed at older men and women, ergo not you.

- Wilsons Leather

Wilson's Leather is what it says it is- leather. It originally started as Berman's Leather, but eventually morphed into what is now known as Wilson's Leather, which operates a handful of stores nationwide. This company sells leather coats, handbags, shoes, and gloves- but also tends to dabble in other areas.

- For the most part, there is no good or bad about this company. Leather Jackets are fairly flexible beings, so they can work for many different kinds of styles. Just test their stuff out, but watch out- leather stuff is expensive.

Big Names in Fashion Big names in fashion are people or brands (such as Hugo Boss that are in the public view, but do not have stores per se). These people/brands may or may not be available in stores, or may only be in more upscale areas (such as bigger mall stores or something). Obviously, these brands are much more expensive:

Brooks Brothers

Coach

Giorgio Armani

House of Chanel

Hugo Boss

Ralph Lauren

3 Exercise

Working out is fucking hard. No, I mean it. Many people, especially women, exercise with a certain degree of fervor, excitedly trying to pump the most out of their bodies, to become leaner, faster, and more toned. But that doesn't always work - with bullshit diets and crappy workout machines all over America and Europe, it's hard to figure out what works. John Basedow had beaten the odds and made Fitness made Simple, but this has nothing to do with any of this.

But as a guy, you have it "easy" in that you can rely on very simple things in order to build yourself up. Women have nasty genes that inhibit weight loss for promoting childbirth (having a bit of fat makes you able to have children easier... nutrients and such). As a guy, all you need to worry about are the "Big Three":

1. Muscle Tone
2. Stamina and Energy
3. Weight and Overall Health

So with that, this section will be broken up in that way because every one of those three is key to building a strong body.

3.1 Muscle Tone

Muscle Tone is the size and strength of your muscles. This is increased by plain old weight lifting and exercises such as the Hindu Squat - no running, no swimming, nothing. Muscle Tone is what makes big "manly men" like Sylvester Stallone and Arnold Schwarzenegger who they are. Muscle Tone makes you big, bulky, and scary - but it can also make you look like an idiot unless you exercise right.

Know your Muscles

Your muscles are all over your body - not just in your chest, thighs, or biceps. This is a very important lesson, because much like a car, having one specific muscle insanely strong does not mean that your whole body will go better.

Basically, you need to do everything, from your shoulders to your legs. For those of you who need a literal count, that means that the following muscles will have to, at some point in your routine, be "hit" by an exercise and developed:

- Shoulders (Your deltoids and your Trapezius)
- Triceps
- Biceps
- Forearms
- Your back
- Your Chest (Pectorals)
- Your lower back (Latissimus Dorsi)
- Your ass
- Every single muscle in your legs.

It sounds scary, and it initially will. There are an insane amount of muscles in your body, especially considering each one requires more than one exercise to fully develop. So how do you deal with this?

The answer is to develop a **routine** and stick to it. A routine is literally a schedule of what-you-do-when: some prefer doing different parts of the body on different days, some do everything and stagger it along the week. No matter what, the most important thing about a schedule is giving your body the exercise it needs, but giving it

resting time so it does not kill itself trying to grow.

A routine really depends on what you want in life. Let us take, for example, a really skinny person who wants to bulk up. Bulking up is hard, especially if you have a thin body (your body obviously wants to be that way). This means that his focus will be on eating some "power foods", hitting the main muscles with low repetitions but high weight, and giving himself plenty of rest and time to bulk up.

But if you're a big guy looking to bulk up and slim down, you have almost the opposite job. You will do a lot of bulky weight lifting, but a bit more reps to give your muscles that extra edge, as they are probably ready to grow already. One important thing for most big people is eating right, due to the easy chance to gain weight as they build their muscles. That means a lot of vegetables and not much carbs or fat.

This means you need to do research. Go out on a limb on some good weight lifting websites and read what they have to say on the subject. Build up an exercise plan. Stick to your guns. Once you have one, just get to it- don't let yourself get lazy or easily distracted. Sometimes, it is best to do all of this with an iPod or something, just to distract yourself and let yourself build the energy up. You won't become Hercules in a year, but you will definitely see improvement if you stick to it.

Once you get this plan, find yourself a good place to go. And by "go", I don't mean "get 10 pound weights and come home". The problem with such a thing is primarily mental - you are at home, you can get distracted easily. As well, you probably can't afford the thousands of dollars worth of muscle-straining equipment you need. Go to a big gym in your area - Gold's Gym, a smaller joint, a spa/sports club, or anything like that. Try to avoid places designed for women - you can go to those once you HAVE the muscles, then you can pick up women like a lint brush picks up lint.

Avoid "Supplements", "Quick loss diets", and home weight machines

One temptation a lot of people have is using powders and supplements to augment their exercise routine. No.

Much like snake oil, supplements and powders are generally useless. Many people will tell you that you should intake a ton of protein which is true, except they may "forget" to tell you that the average American is already intaking enough for growth. This means that as long as you eat healthy and try to make sure you eat "good" food, having to drink a blend of whey and eggs will not really matter. This is really a bullshit scam to trick you into paying \$5 a bottle for a shitty little joke of a drink.

But hey, while we're on the subject, the weight lifting world is full of scams - and for good reason, it is by far one of the most competitive and hard-to-endure things there is.

There are two other main ways that people try to scam potential body builders - namely, Quick Loss Diets and home weight machines. The former is basically what is marketed at old women 24/7- losing 60 pounds in a week or something. These diets, while they sound fancy and sophisticated, only really work with exercise. NEVER will you see these tests ("I lost 30 pounds with this diet and exercise!") tested against a control sample, meaning that the 30 pounds of the example I gave may have been 100% exercise and 0% diet. Just don't do it.

The third and probably most tempting thing is the things known as home fitness machines, or whatever they call themselves now. From Nautilus to Bowflex, a ton of companies market these little strange contraptions to people, swearing to them they build muscle mass and burn weight.

The secret is that they DO give you a workout, but not a complete one. The Bowflex is a good example of this, being one of the most limited of them all. As well, it tends to be very dangerous due to the lack of controlled movements.

The truth is that if you want to do exercise, either get some real "Stack" weight machines and free weights, or go to a professional gym like Gold's Gym or a smaller joint. Those places tend to be more comprehensive, detailed, and definitely better- they usually even have fitness trainers to help you.

3.2 Stamina and Energy

Despite what anime or anything else tells you, you cannot gain energy by concentrating. That is not the way. So I, Java378, will tell you of my way. Why? I have had a 6-pack since 7th grade and am currently still growing in an

age where most people are gaining useless weight.

Stamina the Java378 way.

Like in video games, Stamina is like an energy bar. You have a set amount that can be used. This bar can be lengthened or recharged. The key to stamina is doing repetitions. Whether you are using weights or not, moving a part of your body will improve it's function. Your heart(cardiovascular) will improve as you use each of these parts. You must also breathe. Take semi-deep breaths and release them. This is important. The more oxygen your heart can pump, the greater chemical reactions will be in your body. This means you will gain more this way.

The best part if you do not have any equipment is to do pushups. Guy pushups. This is done usually by placing your hands shoulder length on the floor. Extend your legs behind yourself and keep your feet together. Lower your Upper Body to the floor until your chin is close to the group. Lift your upper body back up. Follow this plan:

1. Make up a number from 1-10.
2. Do this number of pushups in a row.
3. Get on 4chan.
4. Do the number of pushups you did in a row+1.
5. ?????
6. Profit.
7. Repeat.

You will be able to impress most chicks when you can do 40 in a row and 80-100 a day. You won't have big muscles that are highly visible, but you will be able to fight well.

Energy

Eat food. Each food has nutritional statistics on back. I do not know much about this. Pokemon is a good guide for this. (Ex. Calcium = bones)

3.3 Weight and Overall Health

Despite what rightwing nutjobs say, fat is something natural in the human body. If you go into any jungle and look for natives, you'll notice that instead of being the heavily muscled men that one expects, a lot are actually quite fat. Our bodies have been producing fat ever since food has existed - as a way to not only store energy, but as a way to keep ourselves warmer in colder climates. Many theorize that this is why Eskimo people tend to be more heavy set than others.

Our society has done something of a flip-flop in the last few centuries regarding fat. Originally, being fat was attributed with being rich - thus many kings and other nobles were intentionally drawn to be fat (but in the case of Henry VIII, it was just that he was a fat fuck). Being fat was considered being wealthy, as you could afford food that would make you fat.

On the other hand, nowadays, we consider being fat a weakness. Lower classes become fat very quickly (as cheap food tends to be unhealthy, such as McDonalds burgers), and the real show of athletic and sexual ability is to be skinny. So, in the long run, it's a "sucks to be fat" society and despite all of the "it's okay to be you" advertisements out there, you pretty much have to be skinny and athletic to be respected.

Why manage your weight and health?

A lot of times, people will ignore warnings about such things with arguments like "I'm skinny anyway" or "I can't lose the weight". Even if you're considered the skinniest person in the world, it doesn't necessarily mean that you can run off and eat anything you want and enjoy the slender figure- in fact, it means that you need to worry MORE about what you eat.

In general, there are a few reasons why you should worry about your weight/figure:

1. **You'll live longer.** Living fast and dying young is only promoted by those stupid enough to get killed in the process. As the line goes, "I'd rather spend an hour a day exercising than spend 24 hours a day dead".
2. **You'll feel better and be more energetic.** A strong indicator of a future success is someone who actually does exercise, because it gives them the energy to take on other tasks. Work becomes easier, play becomes more exciting, sex much more gripping.
3. **You will be stronger overall.** Your muscles require correct food to operate in a decent manner. If you're weak, it may be because of your diet.
4. **You will be skinny and much sexier.** I don't care how much TV tells you: if you're athletic and healthy looking, you will wet panties, no matter how much people say otherwise.
5. **You will have more self confidence and control.** Being muscular and tall means that you don't get fucked with. Because people will know you will snap their neck.
6. **You can get away with more geeky shit around girls.** If you aren't greasy haired and stupid looking, girls will be more likely to ignore your obsession about dryhumping a Suzumiya Haruhi doll. Seriously.

So obviously, there are some damn good reasons to be a good boy and take your vitamins and do cardio workouts, and build some serious muscle. With that being said, let's get down to the very basics.

The Basics: What you should do EVERY DAY

Every day, without fail, you should do the following. Even doing ONE of these is a major transformation- doing them all will change you in ways you never thought possible.

- **Take Vitamins** - Centrum or similar. Take regular multivitamins daily and your whole body will operate and heal better. Your hair and fingernails will grow longer, which is a sign of good health.
- **Rub lotion on your body.** Especially your arms and chest, ESPECIALLY when you weight lift. This prevents stretch marks from muscle growth, and also gives you supple man-skin. Shea Butter lotion tends to be the best.
- **30 minutes to one hour of cardio.** For example, when you get home, run on a treadmill (or just go to the gym). One hour of cardio will shave pounds like crazy.

Sysop testament: Not kidding about this whole cardio thing. When I started college, I weighed about 250-260 lbs (prone to fluctuate). After nearly 2 years of just biking to class each day; 5 miles round trip, 3 times a day (shitty class schedule), I'm down to 204 lbs, still dropping, and a lot of its now muscle mass. I'm no athlete, but when your body gets use to being required to perform (IE bike to class or flunk out) your body's own natural resistance starts to slip away. I'm not promising runners high, but it does get easier, and you will lose a TON of weight. plus not having to carry around an extra 20% of your body weight just feels great. -Sarafan

- **Drink 3 BIG cups of water** or flavored water or something, NO SUGAR. This will flush your system out, which is good for exercise as well as general health. It also gets rid of water weight.
- **Eat at least 2-5 servings of vegetables and fruits.** Many people don't do this anymore. This is also a good source of vitamins.
- **Fucking sleep.** Getting 5 hours of sleep each night will kill your routine, and make you weak instead of strong.

I know this is a lot. In total, this is about an hour and a half of work a day. One hour of this (the cardio) is the only thing that will drastically change your schedule, everything else is really up to your discretion. This is easy routine stuff, and if you can get it down, you will save yourself a lot of trouble in the future.

The Food: What to eat- and what not to eat

WHAT TO EAT/DRINK

- Salad and other greens. This is the cheap and easy staple of ab development.
- Lean meats and cheeses. These give you protein and vitamins.
- Wheat bread and other wheat products. Including granola. This stuff rules.
- Fruits. Naturally sweet and easy to procure. They make great breakfasts.
- Sugarless Cereal. Such as plain Chex or something like that.
- Asian Cuisine. If you can avoid eating too much rice or noodles, this is extremely healthy and tasty.
- Artificially sweetened drinks. Splenda is the magic sweetener of all sorts of tasty things.

WHAT NOT TO EAT/DRINK

- Refined flours and sugars. This includes ANY sugar, white flour, crackers, toast, or anything that's not 100% whole wheat.
- Fried foods. Grease is bad. Grease is very bad.
- Soft Drinks These put pounds on faster than you will ever know.
- Heavy sauces and pastas. Drop the Fettuccine Alfredo for the light pasta with garlic. In general, pasta is bad anyway- so eat it sparingly.
- Desserts. Dessert is a very American creation, and has made us all fat. No, you do not need sweets after every time you eat.
- Candies, cookies, and other snacks. Just stop snacking. If you have to, eat granola or something.
- Starbucks. My own personal weakness. It's sweet, it's tasty, and very expensive. Pry yourself away from the coffee counter.

Further Reading <http://www.exrx.net> **ExRx** - Best Resource for everything workout related.

<http://trainforstrength.com> **TrainForStrength**

<http://bodybuilding.com> **Bodybuildingdotcom**

<http://www.intense-workout.com> **IntenseWorkout**

<http://www.shapefit.com> **Shapefit**

4 Manners

Everyone needs to get out of their house eventually. Unless you're some sort of schizophrenic person who orders all his stuff online, you need to go places to get food, supplies, or even just to enjoy yourself.

4.1 The Walk

When you're walking down the street, inside a store, etc, there are a few rules you need to keep in mind.

1. Walk at a reasonable pace. No one likes to be stuck behind a person that is shuffling down the sidewalk at a pace that would make a snail blush.
2. Unless it's cold out, don't walk with your hands inside your pockets
3. Straighten up and keep your eyes on the horizon, or at least where you want to go. If you have a terrible posture and stare at the ground when you walk, you do come off as strange. Plus you can't oggle the free boobs that come by you occasionally. Broaden your shoulders and walk confidently.
4. If the sidewalk is crowded and someone is coming toward you, step to the right in the USA, Canada, Mainland Europe, any country that drives on the right, or the left, if in the UK, Australia, any country that drives on the left.
5. If you come up to a person that doesn't walk too fast (Old ladies, small children, teenagers with their pants at their ankles.) Try to walk around them without elbowing through them.
6. If you're a friendly person, when a person passes you, there are a few options you have:
 - Nod and smile
 - Say "Good morning/afternoon/evening"

NOTE: This is restricted to only when a person is coming at you, when you can make eye contact. If you cannot make eye contact, do not say anything.

4.2 Standing in line

You're not going to be the only one in a store that wishes to buy something. If it's in a grocery or Best Buy, you need to follow the rules.

1. Give people some space. If you can give them a bear hug without taking a step or leaning in, you're standing too close.
2. Breathe through your nose. No one likes to feel a warm breeze on the backs of their necks.
3. Don't make conversation unless someone is talking to you.
4. For god's sake, don't fidget. No foot tapping, chewing fingernails, sucking in the snot in your nose, adjusting yourself, etc.
5. Make sure you don't stink (See Grooming guide). Nobody likes to be behind a person that has killer BO.
6. Pay attention. Keep in mind when someone goes ahead of you so you can keep the line moving.
7. Don't stare at anyone if they can notice it. Keep your gaze moving, skip it around the ceiling, around the shelves, etc.
8. No talking or muttering to yourself.
9. No singing, you can hum, but that's it.
10. No whistling.
11. Get your shit together. As you stand in line, get your wallet out and make sure you don't have to fumble around in your pants for a minute to get it out.
12. No messing around with what you're buying. No flipping it around, tossing it from hand to hand.

4.3 Conversing with Others

It's a little strange for a person to not say anything when they pay for something at a store. If you're really shy or can't talk to people that well, there are some basic rules you have to follow.

1. Be polite. Say 'Thank you' or 'Have a good day/evening' as you walk away.
2. Greet them. As you walk up to a register, for example, you could say "Hello".
3. Ask them about their day. Not a full in depth question, something simple like "How're you doing?" You'll get a one-word answer like "Good", but its a nice thing to do.
4. Smile.
5. If someone asks you for the time/for directions, again, be nice. And if you don't know how to get there, admit it. Don't give them bullshit directions.
6. Know what you want. If someone asks you "Want fries with that?" or something to that effect, don't sit there drooling trying to decide. Rule of thumb, use about five seconds in your decision.

4.4 Eating at a Restaurant

If its simply a McDonalds or a sit-down restaurant like Sizzler's, there some rules so you don't come off as an asshole and get your food spit on.

1. Be nice to your waiter/waitress. They're usually busting their ass trying to make a living, and they don't need to have another asshole on their hands.
2. Smile and thank them when they bring you the menu.
3. In fact, thank them whenever they do something for you. Taking your order, taking the menu, refilling your coffee, etc.
4. Speak up when you say your order. Don't mumble out what you want, enunciate clearly.
5. Don't be a slob with your food. Don't slurp the soup, chew with your mouth open, etc. Stuff that little kids have already nailed should not apply to you.
6. Tip them. 15% is usually standard, but if they were extra helpful or something, reward that. If the meal was fifty bucks, give them nine bucks instead of 7.50. Conversely, if they were a total shit job, undertip them as a sign that they need to do better.
7. Be patient. If the restaurant is busy, they might not get to you as fast as you might hope. Don't start shouting at them to hurry up, they got other people to attend to other than you.
8. If anything spills or breaks, don't get too worked up over it, and don't try to take advantage of the situation either. If they offer your meal free, take it. Don't demand your next five meals free of charge.

4.5 At The Theater

1. Try and sit about 7 seats away from another person, and if you're tall, don't sit in front of a person if there's room otherwise. However, if the theater is crowded, you might not have a choice.
2. If you're meeting a group of people there, don't be late. Nobody likes having to rush to buy popcorn and drinks, and you won't get good seats.
3. The best place to sit is in the middle, between the third and fourth sets of surround-sound speakers. Just for future reference.
4. Turn your goddamn cell phone off or put it on vibrate. If you absolutely have to take a call, leave the theater and talk outside.

5. Don't talk to people. They're just trying to enjoy the movie.
6. Don't make a mess with your food. Someone else has to clean that up.
7. Throw away your shit as you leave, don't just leave it there.
8. Allow other people by when you're on your way out.
9. Try not to go to the theater by yourself. It creeps people out seeing some nerdy guy alone in a children's movie.

5 Eating

I used to get the looks. You know what I am talking about. People look at you when you walk by or enter a room and give you this look of contempt, of disgust, of repulsion. When you walk a flight of stairs, your head becomes a ripe Dutch tomato, and you're almost collapsing. You have to sit down to avoid a blackout.

Now you look like a sardine in a tin box: rolls of fat are stretching your clothing. You can't turn to any side because your body fat is blocking your muscle movement. You can barely face someone when they talk to you, because you're ashamed of yourself. Everyone takes notice of you, but not in the way you would like. You don't have any emotional relationships, scared of hurting someone with your massive body.

Instead of enjoying it, your body is the way. Food is the only refuge. It makes you feel good. No one can tell you what and how much you should eat. Finally home. Time to eat, time to feel good. Eat. Feel Good. Forget that nobody will ever love or care about you. Eat. Feel good. Eat. Cry about how pathetic you are. Eat. Masturbate. Eat.

The first step towards becoming a well-cultured Anonymous: Don't lie to yourself. I hope that by the end of this page, you'll understand that the only person that can change you is yourself. It's not your parents, it's not your personal trainer, it's not peers, it's not your pet, it's not McDonalds, it's not the Internet, it's not your car. Only you can change yourself. It's hard to come to grips with that. I know, because I went through the same delusions. I lied to myself. I blamed my weight problems on my mother's cooking. Later I realized that it's me who took seconds, it's me who lifted the spoon to my mouth, it's me who chewed, and it's me who swallowed. My mother didn't do these things. I did.

This guide won't change you. There's only so much advice to be dispensed from a wiki trolled by a couple of /b/tards. You can take this advice to heart and still not change. It's up to you to do.

5.1 Dieting

Your body is a machine. You take in food and drink and your body breaks it down into energy to make you function. If you are more interested, Wikipedia has a detailed discussion of this process. Energy contents of foodstuffs is measured in kilojoules. Every person requires a different amount. It depends (roughly) on genetics, gender, build, height, age, and rate of metabolism.

You are fat because your intake is higher than your burnrate. So basically, you need to cut down more on your intake. That usually means eating healthier foods... to most people. Technically, whether a food is "healthy" or not, it contains a certain energy content that your body will take and store as fat. You must simply input less energy (if you only match your needs, you'll remain the same weight, not lose any.) One might say you're just a big-assed rubber bag.

You have to eat healthy if you want to lose the pounds. I don't expect the average /b/tard to completely change the way they eat. You don't need to go Granola-Fag to get healthy, it's just about making the right choices. This means making yourself a real dinner at night instead of going to get fast food. It means cooking a well balanced meal with protein, veggies, a portion of carbs, and something to drink THAT'S NOT SODA. It's about making the right choices for what your going to eat. It means not going for the greasy mushroom swish with onion rings/Fries and a Coke for lunch, and instead going for that Chicken Caesar wrap. It means eating a small healthy breakfast with some fruit and a muffin instead of going with a Egg McMuffin and hash browns.

Also, don't try too hard to begin with. Starting a crazy diet, and quitting after a week achieves nothing. There's actually a really simple diet that you can do. Let me explain it. Right now, your weight is pretty stable. If this is the case, your caloric intake and burnrate must be pretty comparable. Now, let's say you start eating a tenth less food. Now, your caloric intake is 9/10 of of your caloric burnrate. You'll lose some weight. Now, you won't lose all of your fat, but you'll lose some. One step at a time. This is a really easy diet too. Eat the exact same foods as normal, just eat less of them. Leave a few fries behind, get the Whopper instead of the Double Whopper, etc. Now, this isn't the ideal goal diet, but it's a nice stepping stone into the dieting world.

It is important to remember when dieting that cutting back on foods does not mean skipping meals, not eating regularly will do damage to your body's metabolic rate and you will find that no matter how much effort you put into exercising you will not be losing weight as your body hastily stores the energy taken in through eating in fat,

unsure of when it will next get a supply. Most dietitians recommend eating 5 meals a day, the standard 3 and 2 snacks in between, each of which should be consumed approximately 3 hours apart. By eating more regularly you avoid overeating due to excessive hunger, keep your metabolism working more efficiently, and allow the body to process energy better.

5.2 What To Eat.. And What Not To Eat

The easiest way to learn how to eat is to learn what not to eat. The whole problem with the majority of the world (See: America) is that we have gotten used to eating certain foods, confused as to what is "healthy" and what is not. Your average person associates foods such as white bread with healthiness- even though White Bread is the worst kind of bread you can eat. So, what is bad for you?

Stay Away From...

- Sodas and "Soft Drinks"

Sodas and soft drinks are probably the fastest way to fatten yourself up. Full of sugar and carbs, even diet sodas can mess with your body. For you southerners, sweet iced tea is pretty bad for you; not only does the sugar in it make you fat, the tannins in the tea if consumed regularly can give you kidney stones. If you don't like the feeling of having your kidneys pulled through your pee-hole, cut back on it. Instead, go for sugar free flavored water or something- you need to avoid heavy sugar intake. Milk is great to have around, as it's not only incredibly good for you, but can be used in a variety of other things.

- Candy and Desserts

Sugar was generally discovered by the majority of the world during the Colonization of America. And, no surprise, people began to get fat at that very point. Candy and Deserts are absolute no-nos. Some are okay (The occasional cookie or candy bar), but eating them on any kind of regular basis is detrimental. It makes you fat and ruin your teeth in ways you only thought possible on television.

- Refined Flours

Refined Flours are flours that have been processed and bleached, removing the majority of "good" carbs and injecting it with bad. That especially includes "white flour", which is used in sandwich bread, most baking products (pie crusts, etc), and crackers. Stay away. Pillsbury and other companies make pretty damn good real wheat breads. Use those instead. Another alternative are multi-grain breads and rye breads, including Jewish rye. The best part of a ham sandwich on Jewish rye is the irony, trust me. The extra fiber from these breads will also keep your bowels in good shape.

- "Heavy" Meats and Cheeses

Eating too much cheese or meat or other products along those lines is problematic, especially when fried or otherwise coated in something fattening. Eating meat and cheese is healthy, just not in excess. Remember to keep track of how many different "fats" are in a meat or cheese (Saturated, etc.). Generally the more processed something is, the more crap is in it.

- Some "Meal Bars" and Diet Drinks

These actually contain an assload of sugar. Stay away.

And Eat A Fuckton Of...

- Lean Meat

Lean meat is anything that has been slimmed down, the fat removed. You can even do this by hand by taking a sharp knife and just slicing off the extra fat. Lean meat is filling, full of protein, and doesn't put on much weight at all.

- White Meats

A general Rule of Thumb about meats, is that the smaller the animal it comes from, the healthier it is for you. (some exceptions are made, but in general the rule holds). So in the grander scheme of things, you will notice that meats range from unhealthy to healthy in this order: Beef, pork, lamb, chicken, fish, and shellfish.

What do you see to the latter parts of the list? They're all white meat. Fish contain a fuckton of proteins as well, as well as omega-3-fatty acids, which prevents memory problems later in life, plus fish is delicious, and not fattening at all. Shellfish contain a fuckton of zinc, (mostly oysters actually) which is necessary for men to maintain a healthy sex drive. Eat some oyster, fap, repeat.

- Wheat Bread

Wheat bread is VERY filling, and it doesn't even touch you so far as fat goes, as it has complex carbs. Munch away.

- Dried Fruit

It's a lot better than it sounds and it's very healthy. Stick with things like dates and apricots, and only occasionally dip into the high sugar area of dried pineapple and mango slices, or the high fat area of dried banana slices. Judge accordingly.

- Vegetables

Yeah, they're hard to eat for us too. Generally they can be made palatable through boiling, healthy toppings, or a variety of sauces (again aim for the healthy side). Good cheap veggies include carrots (big and finger size), broccoli, asparagus (or better yet fuck both of those and go with the Hybrid Broccoli-Asparagus), peas, cauliflower, and those prepackaged bags of salad at the grocery store.

- Nuts and Berries (And NO Cream) (Including Granola mixes)

So long as there is no added sugar, nuts, berries, and granola mixes are incredibly filling and lean. This is the perfect snacking food.

- Sugar Free Drinks

From sugar free lemonade to sugar free Tang, it's an all-you-can-drink buffet¹⁰. Also, if you look hard enough, you can find some pretty good store made stuff such as Arizona Diet Green Tea with Honey and Ginseng. If you're willing to spend a lot of money, "Natural drinks" at "health" stores can be a great way to get your drink on so long as you don't fool yourself into buying over-priced goods. That said, you should check the nutrition label beforehand, because even those healthy looking tea drinks can hide a shitload of calories.

- Eggs and Milk

This is really good, especially if you're into bodybuilding. Never eat too much but a little each day is the perfect energy boost that never touches your waistline.

- Green Tea

Green tea is really fucking good for you. Not only does it have many health benefits such as anti-cancer, anti-aging, and anti-Alzheimer's properties, it is also good for your skin, and keeps your metabolism running at an all time high, enabling more fat burn. Proof: there are substantially fewer fat fucks in Asia than there are in America, and they eat babies and other shit Americans would consider fattening.

- For The Of-Age /B/tards: Red Wine

Wine has a very rich history and perhaps even richer variety, its hard to find two wines that taste exactly the same, and even in the same label, each year's wine will taste different from another year's. Simply put - you cannot be a cultured Anonymous without knowing at least a thing or two about wine. Read more books about it to learn more. Red wine in particular is filled with anti-oxidants and tannins. Both of these are really fucking good for your heart. Just look at French people. I know, I know, they're a bunch of war losing pussies but think about it, the French are known for being heavy smokers, and eat more meat and cheeses than Americans do, and yet, their annual rate for heart disease is paradoxically low. This is not a coincidence as French people produce and consume an ungodly amount of wine per year.

¹⁰Kust make sure you avoid some "artificial sugars". Not all of them are bad for you, but there are certain types which quite possibly could be less than healthy for you. Research and read the ingredients list if you're paranoid.

5.3 Easy Stress-Free Ways To Cut Down On The Pounds

One of the hardest things to do in dieting is to cut foods you love. Well, there are some easy substitutes you can pull off to get around those nasty little splurges, as well as curb your appetite. Try some of these replacements if you ever feel in the need:

- Stay away from fast food, all of it is terrible for you and I shouldn't even have to tell you this. Even Subway, whose commercials spout its healthiness, can be as bad as McDonald's unless you get your sandwich without mayo and cheese (in which case it may be worthwhile).
- Avoid artificial sweeteners and "Diet" sodas like the plague. Though many believe that they are "better" for you, they actually take longer to be broken down in your body. If your going to have a soda or sweeten your iced tea, have a regular soda or use normal sugar.
- Drink at least 2 quarts of water a day, not including drinks at meals. Water weight is a large part of fat for most people. Convince your body that you have enough water and the water weight goes away.
- Replace chips and dip with Triscuits and Hummus. Hummus is a bean-like dip that tastes damn good and has no high level of fat. Your friends will make fun of you, but it's good all the same.
- Eat Thin Crust pizza rather than hand tossed. Thin crust has about 10 grams of fat less per slice, making it actually pretty healthy for you.
- Don't drink alcohol. No, seriously. Alcohol is very fattening, especially beer. You can exploit women better when you're sober anyway. More simply, alcohol will be burned before fat when your body needs to do an effort, so the more alcohol in your blood, the less fat will go away. But you will be sober.
- Use wheat pasta rather than normal pasta. It tastes the same, and it doesn't have the bad carbs.
- Try to buy organic things. Organic sauces such as Spaghetti Sauce have less sugar, and are thus healthier. It's not like they're sweet anyway.
- Try to avoid game food such as Duck (Rabbit, however, is a completely fat free meat, eat away). They are much fattier. You only run into them in fancy restaurants- and though they are good, they are incredibly fatty. You won't be eating much of these foods anyway, trust me.
- Stop eating ramen and Cup Noodles. They contain an insane amount of fat. Rather, go for spaghettis or leaner stuff, which are just as filling and up to five times less fattening. And ease up on the butter and olive oil when you cook the noodles.
- Don't eat crackers with soup or salads. Even Saltine crackers contain fat.
- Skip the Fries or Onion Rings when you get a fatty meal. If you're going to have something unhealthy, don't kill yourself entirely while doing it.
- Eat before you go to the grocery store. You will have less incentive to buy fatty foods.
- Eat before you to go to parties or on a date. You will have less incentive to chow down, and more incentive to talk.
- Make your own lunch for work/school/others. not only can it be cheaper, but at least you choose what you will eat and you can monitor what's in it, while some selfs have some evil food in stock for you.
- Never keep enough cash on you to buy some junk food, sometimes having money makes you want to buy something, and if your stomach happens to be insulting you, you'll get some crap.

5.4 Moderation

1. **Think before you eat.** Seriously, before you cook up a nice big dinner, ask yourself "Do I really need all this food?" and "Hell, am I even hungry?" Many people make the mistake of eating too much, and more often the mistake of eating when they're not even hungry. For hundreds of years, people have been stuck in this habit of eating at certain times of day. While this may have had a logical purpose back when people were laboring all day, it doesn't serve much purpose now, when most people sit on their asses all day. Having these set eating periods leads to people eating too much at mealtimes, believing themselves to be hungrier than they are/wanting to "tide themselves over" until their next meal; or causes them to eat when they aren't even hungry.
2. **Don't pig out.** I know it tastes good, but god's sake, show some self control and only eat what you need. A lot of the time, it's because people can't do this that they're so fat. I know it feels better to blame carbs or the type of food you eat, but this just isn't the case a lot of the time.
3. **Do not eat just because you're bored.** A lot of people do this, and often aren't really aware of it. Try to pay attention and stop your hand from reaching for the Doritos while playing video games.

Part II

Getting Cultured

6 Culture

So, you've cleaned up everything else. You've got a handle on your manners, your clothes, and your diet. What else needs fixing? Your hobbies.

6.1 Developing broader interests

Some cheap ways to become a more balanced and refined Anonymous;

- **Be Curious** - curiosity is your one way ticket to knowledge, and to culture, just fight your fear of the unknown, and try. You'll learn a freaking lot about many things just by being curious and asking a few questions, people love to talk about what they know.
- **Read moar** - not just your usual trashy fantasy and bad sci-fi, but mainstream fiction and nonfiction. You'll probably even like it. Neal Stephenson, Irvine Welsh, Nick Hornby and Kurt Vonnegut are good writers to start with and have a tinge of the /b/ sense of humor about them. Short story collections (like the kind used in creative writing classes) are also a great way to discover stuff you like.

Between your local used bookstore and Amazon you can stock up on interesting reading material for very little. Having normal books around improves your image and makes your geekiness less threatening. If you are in to the human transcendence thing (becoming more and more in vogue, and Anonymous could think of worse ideas to gain popularity), go read Prometheus Rising by Robert Anton Wilson.

This book will help you understand yourself, and perhaps as importantly, help you understand other people. Reading the classics never hurt anyone as well - there are masterpieces out there, things everyone can relate to, such as Herman Melville's Moby-Dick, or Hunter S. Thompson's Fear and Loathing in Las Vegas. Stuff that's surprisingly fun to read, and an amazing cultural reference point. Or you could just watch the movies.

- **Draw moar** - it's a good hobby to pick up if you can't. You'll suck at first, but get the fuck over it and keep going. Drawing pads and pencils, charcoal, pastel, etc. cost very little and last a long time. There are plenty of books to help (Drawing On The Right Side Of The Brain is as good a start as any), but the only way to get any good is to keep practicing.
- **Learn to appreciate art** - Art is everywhere and shit. Understanding and appreciating it will set you apart from losers and make you feel better about your understanding of the world as a whole. get an art history book and flip through it to get a feel for various styles impressionism, surrealism, neoclassicism etc. while looking at a work, ask yourself a couple questions.

"What's going on here?", "What visual evidence do I have?", "What is the artist trying to evoke from me?", "What is the artist trying to say to me?". Learn the following terms as they relate to art: Form, line value, shape, texture, color, value, harmony, variety, unity, balance, proportion, dominance, movement, economy.

- **Learn to Cook** - cooking is a sexy skill. Find a cookbook you like (Anonymous recommends The Joy Of Cooking by Rombauer & Becker, as well as On Food and Cooking by Harold McGee, which is like a cookbook/food reference guide for nerds.) and test out some simple recipes to start. As you get better you can experiment, but to begin stick to the recipes as written.

This is especially something to look into if the purpose of this exercise in self improvement is to do better with women. Women love their food, most would be content to eat themselves unattractive and once they're married a hell of a lot do. If you've got cooking skills you're set for life, as not only will an attractive women be more willing to come round to your place if you offer to cook her a meal, but should you ever wish to settle down and get married, if you've got control over what she eats then you can prevent her from fulfilling what seems to be all married women's ambition of becoming a fucking moblin.

- **Write** - All you need to become a writer is to have something to say and a way to say it (an opinion and a form of media). Whether you write it in a blog post, on a random piece of paper, or contribute to The Well-Cultured Anonymous, writing is a great talent and can lead to you getting familiarized with a broader spectrum of words, phrases, and slang terminologies. This comes in handy during conversation.

Writing will also help you with women. Every woman loves it when a guy can write a poem to her, no matter how shit it is. If you can tell her that her eyes are like stardust in iambic pentameter, she will stab her best friend in the face for a chance to sleep with you. Shakespeare can help you here, read the romance scenes in Twelfth Night or something. Just ignore Romeo and Juliet, that shit is contrived and you know it.

- **Play music** - let's face it, everyone loves music, trust me that even if you suck at it, girls loves to see a guy playing the guitar (just taking classes is enough). Just make sure you are actually getting better, it doesn't matter how slow you are at learning, as long as you are, many girls will be interested in hearing you playing the guitar even if you can only play the first part of Smoke on The Water, but remember to keep practicing; just like in Mega Man, the more you practice, the better you'll become.

For someone who's never played a guitar in their lives, it's actually a lot easier than you probably think. It's something that everybody is capable of so long as they put in the practice, and eventually it'll become like a habit to practice everyday. You can buy a cheap acoustic guitar for \$100 when you are starting out (do NOT start out with an electric, as it will not make your fingers any stronger, and will teach you bad habits if you ever want to get into acoustic.

Start with something easy, yet something that you've heard enough times that it shall interest you, and teach yourself to play most of it, like Stairway to Heaven. Guitars are considered the coolest instrument by your average musically apathetic women, they're attracted to the fantasy of their own rock star. Whilst you may find other instruments cool, from personal experience

I've found that most women only ever completely enjoy your mad violin skills once you've shown you can use a guitar too. So if you're getting into music for image, anonymous suggests going for a guitar as a first instrument. They're also the most commonly used instrument, so once you get good you'll have a chance to show your worth should some prick whip out his guitar and try to attract all the female attention.

Don't boast about your musical skills either, that way you won't look like a prat when it turns out you're not as good as you've made yourself out to be and it'll look even more impressive if it turns out you can play like a devil. Don't rely on being able to play a mean guitar to win over the ladies though. Unless you're in a band who often does public gigs it definitely isn't a ticket to funky town, but it helps impress them and helps you one up non-musicians, and avoids you from being one up'd by other musicians.

Women who play musical instruments (particularly guitar or other string instruments - nobody gives a crap about your clarinet) are however onto a major winner as most women seem to do fuck all other than look good, talk for hours, shop, etc... so if you have that special niche of playing music guys will definitely be interested.

- **Enjoy Fine Cinema** - Let us all face it: Some movies you just cannot go through life without watching, such as Taxi Driver, Saturday Night Fever, The Godfather, Reservoir Dogs, The Wall and Pulp Fiction. These movies make such good cultural reference points, and you will seem like an uncultured bitch if you haven't seen at least some of those. As an added bonus, watching documentaries, particularly environmental, military and political documentaries, will make you seem like an intellectual and educated anon - regardless of whether that is true.

- **Tinker** - Tinkering is your basic skill to surviving, if you put two people on a desert island, one who knows his way around things, and the other who's been spending his life calling customer service, you can be assured that one will live much longer than the other. Tinkering will make your whole life easier and faster.

Fixing things by yourself will also make you think about how stuff works and you will learn and get smarter. It also is a sexy skill, for many women will think you just fixed their "life and death" issue in the blink of an eye, and you'll be a hero. That's also why SMB still exist, because all women get horny just hearing them ya-hoo!-ing. Frankly, even if you can't make much conversation with it, it'll always be a good thing, helping friends and yourself, you will look/be much better than you objectively are.

- Some may say that tinkering isn't culture, that it is too practical and not enough knowledge, but tinkering will give you a good knowledge of materials, processes of working them, procoesses of working on them,

etc. If you're not too much of an idiot and are a little curious, you will learn many things by just asking "How is this done?"

6.2 Why bother?

Let's face it, geek stuff doesn't give you much common ground with other people. Hell, the sheer life span of most geeky shit (for example, your average YTMND joke) is too short to bank your personality on. If you add to your range of interests, you'll be able to talk to more people, and statistically fifty percent of those people are women. The more you know that you don't feel ashamed to talk about, the less you'll feel awkward in conversation. And then hopefully you'll be reading the Sex chapter for a reason.

Please note that this doesn't mean you should stop being interested in the things you already like. You don't have to give up your animu and your /b/ surfing, just tack some other interests on so you don't seem so single-minded.

But let's face it - culture is sexy. Culture is the kind of thing that very few people have. When you can listen to a Wagner composition and enjoy it just as much as you do "My Chemical Romance" (you tasteless fuck), you have a kind of control of yourself.

People who can play musical instruments (see: Not Guitar/Bass/Drums) naturally seem more collected than those who can not. Hell, even appreciating good art can make you that much more intriguing - you'll be considered interesting and mature to your peers, and intelligent to your superiors. Why not go for it?

Being "cultured" also feels damn good. It's one thing to beat all your mates at Mario Kart even though they always seem to get blue shells on the last lap. That may feel good temporarily, but you'll know that most people IRL don't give a shit so you won't feel proud of it. Not like you're proud of yourself when you hang a painted canvas on your wall, or write the daddy of all chord progressions. You'll be less inclined to self loathing now that you've justified to yourself that you have talents and skills most other can't do, and you'll feel more confident because of it. Having "culture" will back up the confident swagger this guide has advised with something of actual worth.

6.3 Everything is Culture

And by "everything" I mean it, the problem here is that not everyone likes the same stuff, the best thing to do is to try to find something that popular with the people you are gonna talk with (try some small talk at first, even if you limited yourself to "that sounds interesting" or "I'd like to try that", you'll get info at what you should learn about), but then again, if you just hate yaoi, you won't go to /y/ just to get info about yaoi stuff to talk with a yaoi fangirl, there will surely be many other things that interest her, either try to find common interest or GTFO, in some cases, you can even proudly talk about the video that you uploaded in Youtube where you beat Mega Man in record time, try to expand your culture, even a line or two about a theme may be enough (however, don't pretend to know every theme or to know everything about a theme, that just makes you a pretentious faggot).

Let's take a good example and say you are going to get into the college party scene at your local educational dumping ground, and you want to know how to not look like a damn fool. The best way to do this, simply put, is to immerse yourself in their world. Listen to some shitty Nickelback tunes, go to Abercrombie and Fitch, and try to understand their mentality. Culture doesn't have to be all about Christianity-inspired art and music - it can simply be culture of ANY subgroup, just translated into artistic forms of some kind.

However, there is a difference between a culture and a fad. For instance, there is no doubt that in 10 years the Miami Beach inspired MTV-christened Abercrombie and Fitch look will die. From there, if you are caught wearing this clothing, it will look roughly equivalent to you wearing a leisure suit: Fucking stupid. The same goes for a lot of clever Gothic art, and Emo music: One day, it will be stupid. However, Classical music, intellectual literature, and beautiful renaissance art will never be stupid. That's why so much of culture is rooted in such things: Because no matter what, your knowledge of them (and appreciation of them) will never hurt.

Also, never back out on new things, as unpleasant as they might look, as long as you haven't tried them, you have no right of having an opinion about it, being curious about things and trying to know about them will give you a boost in knowabitofoverything-ness, little knowledge of everything is sometimes better than deep knowledge of a few things, especially in that matter. Being knowledgeable on something is good, but once the topic leaves that something aside, you're fucked, you can of course focus on a few specific things of your interest, but knowing a bit about everything will help you out greatly in conversations, which are, by experience, pretty random (though very organized, chaos theory?).

7 Books

OH SHI-, LITERATURE!

So, you've cleaned yourself up, probably gotten yourself the standard issue McJob and are most likely starting to feel the onset of Loli-lust. Now that you can just barely pass for trailertrash, it's time you get cultured. Hard.

This entails you **READING**, something you should have started doing a long time ago, but were probably too stoned to bother with at the time. Obviously, I'm not going to assume that you, the average Anon, is going to bother reading War and Peace just because Wikichan told you to. We understand that your brain has limited space and that you'd rather reminisce about Azumanga Daioh than the rocking fury that is The Collective Works of Shakespeare. However, should Anonymous begin to pursue a (hopefully) lifelong acquaintance with books, he may come to discover that the powers of his imagination, heretofore only set to work analyzing the myriad of positions two lolis can take in the sack, are far more entertaining and illustrative than television and magazines could ever be.

Where to start?

Obviously, where to start depends entirely on what kind of books you like. I'll allow myself to assume that since you do frequent /b/, you're probably tickled by anything featuring small girls, shiny things and pretty fucked up humor. Thusly, I'll permit myself to recommend you Neil Stephenson's Snow Crash, which luckily enough, happens to feature all three.

How many books must a man read...

Reading isn't something that you finish. Much like alcoholism, at best you'll just be inactive, waiting for the day when you fall backing into the habit of turning tricks for used copies of Annie On My Mind or anything by Sarah Waters. On a slightly more serious note, there is no set number of books you have to read to become cultured. Obviously, the more you read, the better, but try to pace yourself or your excessive culturing might just turn you British-British, complete with Yorkshire accent, bad dental work and complete lack of sex drive.

You expect me to buy these?

The easiest way to get yourself a book is of course, by visiting a bookstore or raiding your local library. The best part is, most famous works of literature were written by people who are now dead, making the price somewhat lower without all those pesky royalties. Many thrift stores and usually your local library will have yearly (or year round) sales on old books, this way you can find yourself a large sum of fat old books for practically nothing (one dollar for Moby Dick? Fuck Yeah). Because lets face it, it's impressive to the ladies and intimidating to other guys to come into your place and see a towering 15 foot wide bookshelf packed with classic thought evoking literature. But suppose for a second that you're shit-broke (As the majority of Anonymii are) or you don't have the balls to check out Vladimir Nabokov's Lolita, for fear of Party-vanning, What then are you to do? Fret not, for Anonymous has come up with a genius solution for this simple problem. Behold the glory that is, Bookchan.

Bookchan is exactly what it says, a *chan that caters for the niche of people that are literate human beings. But occasionally, helpless /b/astards wander into Bookchan without knowing what the hell to do. This is how to use Bookchan **THE RIGHT WAY**:

1. Search the Archive threads for your book before whining about not finding it.
2. Copy or Save As the actual IMAGE, not the thumbnail.
3. Add .rar to the end of the filename and run it. (with Winrar, ofcourse)
4. Obligatory "???" post.
5. Reap the Profit, AKA your newly acquired book.

7.1 Hook me the fuck up, doc

Now that you have access to a VAST amount of .jpg based literature, you'll probably want some recommendations. Behold the list of books worth reading, by order of Genre. Do it faggot.

Classics:

A word about the classics - these are books that you have to read sooner or later, there is a reason that they endured the test of time, because they are so fucking delicious. Put down the fucking fanfics and hit the fucking library, fatass. Here are a few interesting ones, because a lot of classics are admittedly boring crap.

- Anything that came out of Ancient Rome, Ancient Greece, Ancient anything.
- Victor Hugo: Les Miserables, The Hunchback of Notre Dame
- Fyodor Dostoyevsky: Crime And Punishment, The Brothers Karamozov¹¹
- Leo Tolstoy: War and Peace, Anna Karenina (both are heug thousand page epic novels)
- Shakespeare: everything you can get your hands on. (PROTIP: Juliet is a loli)
- Chaucer: The Canterbury Tales
- Emily Brontë: Wuthering Heights (the only book she ever wrote, but it's a delicious read)
- Machiavelli: The Prince (read: how to be a douche)
- Mario Puzo: The Godfather (rape, drugs, raids, racism, an hero, even anonymous, this book has all of this and more)
- Marquis de Sade: Justine, Incest (alternately titled Eugenie de Franval)¹²
- Hemingway: The Sun Also Rises, For Whom The Bell Tolls (Contains tits and shooting)

Nonfiction:

- Adolf Hitler: Mein Kampf. It is actually impressive to talk about the strong points and good qualities of someone so universally hated.
- Karl Marx: The Communist Manifesto. A great fucking read, but don't act like King Shit or go Bosnian/Anarchist because you read it.

Fiction (Uncategorized):

- Kurt Vonnegut: Cat's Cradle and Slaughterhouse Five
- J. D. Salinger: Catcher in the Rye
- Vladimir Nabokov: Lolita (read: instruction manual on poopering a loli, written in prose)
- George Orwell: Animal Farm, 1984
- Joseph Heller: Catch-22 (read this one multiple times, its fucking good)
- Stephen King: Dolores Claiborn (explains why murder is sometimes the best option.)
- Koushun Takami: Battle Royale (unusual concept worth looking at)
- Oscar Wilde: The Picture of Dorian Gray (Wilde describes the typical /b/tard strikingly well)

¹¹And learn to pronounce his fucking name, people. Doss-toy-YEV-skee. There are few things that will make you look like more of a prick than talking about the "Dustovskoy" or "Dostivskay" or "Dasti'mashitfucker" novel you're reading.

¹²Anything by this author is rated "/b/tard only", written mostly in the 1700s, some of his works are considered fucked up even by today's standards.

Fantasy:

Note: Getting too heavy into reading fantasy is a quick way to turn yourself into a neckbeard-sporting D&D troll creature. Having said this, there is a ridiculous number of extremely great fantasy novels out there. Just remember to diversify, people.

- Terry Pratchett: Night Watch, Small Gods..., pretty much the entirety of his Discworld series.
- J.R.R. Tolkien: Big fucking guess (Also: Tol-KEEN, not Tol-KEN)
- Clive Barker: Abarat

Science fiction:

The same rules for fantasy apply to Sci-Fi; there is a stigma against some of the nerdier bits in this genre. If you stick on the classy side of this literature, you'll be in fine shape.

- William Gibson's Sprawl Trilogy; Neuromancer, Count Zero and Mona Lisa Overdrive. Bonus points for short stories like Johnny Mnemonic.
- Neil Stephenson: Snow Crash and The Diamond Age.
- Aldous Huxley: Brave New World.
- Frank Herbert's Dune series. **The original, not the one by his son. I CANNOT STRESS THIS ENOUGH**
- H.G. Wells: The War of the Worlds. The movie is similar to the original book in only two things: AIDS and humans being surprise buttsecksed, everything else is different AND better in the book
- Robert A Heinlein: Starship Troopers. Forget the crappy movie and the meme, this book kicks ASS
- Isaac Asimov: I, Robot. Again, forget the movie, Will Smith needs to get his fresh ass back to Bel-Air and refrain from raping good books
- Douglas Adams: Hitch Hiker's Guide to the Galaxy and Dirk Gently books¹³

Lesbian Fiction:

- Nancy Garden: Annie On My Mind and Good Moon Rising.
- Sarah Water: Fingersmith (Granted, also a Victorian crime novel)

Gonzo Journalism:

- Hunter S. Thompson: Fear and Loathing in Las Vegas.

Warhammer 40k:

- Dan Abnett's Horus Heresy series. (Disclaimer: This WILL NOT earn you much respect with most people, but fuck it. It's a great read.)

Fun Stuff

- Max Brooks: The Zombie Survival Guide, and World War Z: An oral history of the zombie war

¹³You need to read the Dirk Gently book a couple of times to actually get it all as it contains a lot of nice details that come out on successive readings

8 Drawing

Introduction

So, Animu has finally sold you the dream of being able to shit out quality artwork like a fat man on laxatives? Well, tough shit. You're not going to be a famous mangaka that makes a one hit wonder and spends the rest of his days hitting jailbait in Western Japan. You're not going to make a profitable career out of your drawing like (immense fucking hack) Tim Buckley. Your drawings are going to be utter shit. You're going to rip apart your drawing pads, snap over 9000 mechanical pencils and it's not unlikely that at some point, you'll lose your mind and become an hero.

So what, I have no hope at all? Oh, there is hope but you first you need to understand that you suck. Over time, you will get better. Much like dieting, improvements to your artwork will be small and you probably wont notice them right away. It'll take a long time before you're able to produce fapable artwork.

Fuck this shit, it's not worth it! Being able to draw is SO worth it, you'll probably be hitting yourself for even thinking about quitting once you get good. Not only does it give you something to do when you've got time to kill but you'll also be able to impress fellow /b/tards and possible GF's. Women love art, though it might be advisable to tone down the "endowment" so as not to provoke an unfavorable reaction.

8.1 Getting started

Now that you've come to terms with this masochistic hobby, it's time to get cracking. First you're going to need some supplies. Not all paper is equal, but for now you'll be ok with printer-grade or paper arks, aka drawing pads. A drawing pad, some charcoal and some graphite will run you about seven bucks.

Mechanical or non-mechanical pencils each have their ups and downs but it basically boils down to this: Mechanicals are easier to control, but non-mechanicals wont break and feel more natural. Pick which ever you like better.

The usefulness of drawing books is to say the least, highly debatable. A lot of these books, ESPECIALLY the ones focusing on Animu, are shit. Avoid them like a horny FBI agent. The only one this Anonymous can truly recommend is Loomis's guide to drawing. I don't care if you're not into his style, that thing can teach you valuable skills.

A quick note about Wacom's

A Wacom is a digitizer tablet that allows you to draw straight into your computer instead of scanning your drawing and then tracing it with Photoshop or the Gimp. The following is mythical-grade truth and is never to be questioned:

NO TABLET, NO MATTER HOW FUCKING EXPENSIVE, WILL EVER IMPROVE YOUR ABILITY.

If anything, you'll have a harder time using a tablet, since you'll have to calibrate the pen to get a consistent line that doesn't change from 12-120pts every thirty pixels. Until you've got some skill, don't even think about buying a tablet. Same for pen-mice, they suck, barely usable for redrawing over manga edits.

What a tablet will enable you to do, is just to have clean drawings straight out, because you can modify the picture as much as you want. But it will in no way make you "better" at drawing. You will be better when you can make a relatively clean drawing, then scan and modify it. Using a tablet like that will just remove the hardships of making a proper drawing, which means all the drawbacks (no pun intended) and so you will not get to learn how to do a good drawing by yourself, and once you're out with only a pen in your hand you'll be stuck.

8.2 Actually drawing

The best way to start is by drawing objects in your immediate environment. Any object can be simplified into basic shapes: squares, circles, ovals and triangles. Practice this and it'll make realistic drawing a hell of a lot easier.

Investing in some basic drawing courses at an art school or some such will more often than not pay of massively.

It might also pay off to trace images. Yes, I said it, tracing. It's dirty, cheap and looked down upon by everyone worth the lead in his pencil. Which is why you don't go around putting your traced shit on the net, you asshole. Trace it, learn from it, then BURN it.

Another point of view: While tracing might do the trick, copying other works as accurately without using any handicaps is most likely to pay off more once you've grasped the basics. The odds are that your copied stuff will look like shit and it's not going to change easily - this requires patience and time more than anything. Just copy, copy and copy some more stuff. The same rule applies as it does in tracing - never put your copied shit on the net. Copy it, learn from it, burn it, start from the beginning.

For those who are going to draw environments - which most of us are going to do sooner or later anyway - learn perspective drawing. It's not all that difficult, but it's a fucking must if you want to create realistic looking environments where everything is in proportion.

8.3 Scanning

After toiling for hours upon hours, you've finally got something you want to show the world. Of course, the world doesn't give a shit and would probably put a Cuban cigar out in your eye if it had the chance, if only to ensure that you don't get any ideas that assume otherwise.

First you need a scanner. Simple enough to acquire, you can pick one up in any good computer or office store. The only thing you need to keep in mind is that you're going to need something that can do 300dpi (That's Dots-per-inch). More is better, by the way. Any drawing you scan should be AT LEAST 2500x2500+. This way, after you've traced your original lines, everything will be crisp and clean when you scale it down to something that won't fry your retina if you watch for more than 10 seconds.

When you're done scanning, you will have to remove the "dirt" on your drawing by making use of levels, (Ctrl+L for PS, Tools->Color Tools->Levels for Gimp), this will enable you to select the threshold of what is white, and what is black, anything that is whiter[blacker] on the original image will be white[black], which means if you choose a light gray to become white, everything lighter will be white.

Once you've leveled the picture, you can remove the smudges with the eraser, clean up the edges, sharpen them or any spot you find blurry or add some blur where you want a more continuous filling. You can also crop and rotate to have the angle you desire. and use the dodge/burn tools to correct shades.

When you're done cleaning up, and I mean it, cleaning is half the work, you can think about making the drawing better or coloring it.

Gimp tutorial <http://www.gimp.org/tutorials/>

Photoshop tutorials <http://www.tutorialized.com/tutorials/Photoshop/1>

8.4 Inking and coloring

Sweet Longcat, there are so many different ways to color a picture, the amount of ways can only compare to the amount of incestuous siblings in the southern United States. To save this article from becoming 9000 pages long, we'll just post links to some tutorials depicting how to color and ink. I will however give you this handy protip: Abuse layers like a catholic altar boy.

Watermarking No, you don't need it yet. So don't. A republican-red-tape stamp across your drawing only serves to make it look like shitty. Not that it needs the help, by the way.

So, now what?

Rinse and repeat, Anonymous. Once you've done that, DO IT AGAIN. When you've gotten a little better, break out the jpps¹⁴.

¹⁴Fail, if you want quality work, use a lossless filetype, the simplest of which is **png**, it can also handle transparency, so it's perfect for embedded pictures; you can also get some constructive criticism online. It sounds simple, but getting laid over the internet is easier than getting thirty words of worthwhile criticism. And Yes, stay the fuck away from DeviantArt, ShezyArt, StormArtists, VCL (If you know what this is, you're beyond redemption anyway) and anything in this vein.

9 Cooking

Like most Anonymii, you've probably been living on Microwave food, take-a-way and pizza for the majority of your life. Well, the time has come for you to learn how to make proper food and preferably the kind that won't clog up your arteries tighter than the sphincter of a violated catholic school girl.

9.1 What you need

Whether you're living on your own or still living out of your parents basement, you're going to need somewhere to prepare your food, and unless you're living in Japan, where the average apartment leaves less than two meters between the toilet, the kitchen and your bed, you probably have ready access to a proper kitchen.

Excellent cooking skills are handy at attracting women, making them food is a very romantic gesture. Your kitchen should at the very least have the following:

- A stove.
- One shallow pot and one deep.
- One pan.
- One cutting block, so you don't carve up your counters.
- One long knife for cutting meat.
- A spatula, for flipping burgers, eggs and such.
- A fridge, for obvious reasons.
- An oven.

If you aren't shit-broke, you can also splash out on some less-than-essential but still quite useful items, such as:

- A blender.
- A toaster (you can actually substitute for this with your pan, if you're strapped for cash)
- A sandwich grill
- Coffee machine
- George Foreman Grill
- Rice Cooker (for you fucking weeaboos and real Asian people)

Here are some ingredients that most foods will require, you seriously NEED these

- Salt, to make foods salty
- Sugar, to make foods sweet, (replace with splenda if your girl is of the harpoons persuasion, also useful for hiding coke)
- Black and White Pepper, they taste different, experiment.
- Oil, you uhh put it in the pan and stuff so your shit wont stick to your pan, also adds flavor of its own
- Vinegar, useful in salads and anything that needs a hint of sour, also produces a delicious aroma when adding while cooking meat with wine, (carboxylic acid reacts with alcohol to create esters, which are sweet and delicious smelling organic compounds)
- Various condiments, ketchup, mustard, etcetc
- Various spices, cumin, oregano, etc..., look it up somewhere. They are generally not that expensive and will last you a long time.

Why you should learn to cook Cooking is sexy. No woman, be she large, tall, short, small, tight or loose can resist breakfast in bed after a night of what was probably pitifully short (Pun strikes you for massive damage) sex. It can and probably will at some point save your relationship. Not only that, but you can only survive on instant noodles for so long before your arms start eating themselves out of malnutrition. If you don't want to break out a sweat every time you pick up a book (an unlikely event, I know), you would do well to listen.

9.2 Getting to it: Protips

Cooking is fun, in the sense that the rules are very basic, and everything else is up to imagination and experimentation. Without further ado, Here are some basics rules to live by:

- Overcooking is mostly bad, carcinogens a-plenty. When you've overcooked something, kill the stove, put it out with water to kill the smell and throw away whatever you screwed up. If it is a slight burn or if it is situated in one place, it may be salvageable, cut the burned part off, feed it to your neighbors cat, move the fuck on.
- Undercooking is mostly bad, it doesn't kill all the bacteria properly and they can regroup and make you shit chocolate rain. Plus undercooked food is not heated properly and/or taste like shit. Undercooking meat is obviously moar dangerous.
- Certain foods, such as steaks, are often much better tasting if not cooked entirely through. In restaurants, most people order their steak medium or medium-rare. If you've heated your pan correctly, it should only take 38 seconds on one side and 36 on the other to make it medium-rare. Be careful if you don't know if you have quality meat or not. See above.
- Cleanups are not best left until last. If you haven't had the pleasure of finding a bowl of corn flakes that hasn't been touched for weeks, and subsequently, breaking both your arms trying to scrape that shit off and eventually passing out due to toxic fumes, I suggest you keep it that way by cleaning the fuck up. It doesn't have to be surgically clean, just clean enough for a human being not to get food poisoning from just entering your kitchen.
- Get some small containers. These are great for storing leftovers, which you should never throw away if the food was edible to begin with. Keep in mind when you first cooked it, though, as food does eventually go bad no matter how well you seal it.
- Take good care of your fucking cookware. I can't stress this enough, cookware is expensive, you would know if you went and bought some instead of stealing from your parents. Wash regularly, BOTH SIDES, store them in a way that if they wont be dented or misshapen, take extra care of the lids since if you dent the lids, its practically impossible to put back on the pot or pan, this is the most important one: NEVER touch nonstick cookware with metal objects. This will defeat the purpose of nonstick cookware. (If it is non-stick by way of Teflon, the metal object will scratch the Teflon coating.)

9.3 Occasions when you MUST cook

Like it or not, there are certain occasions where you can't just order Chinese or god forbid it, pizza. These include:

- Thanksgiving (For the Amerikkans): You'll be expected to prepare a turkey, which includes cooking, basting and stuffing, probably not in that order. May god have mercy on your soul if you fail to carve it the right way in the presence of your guests.
- Christmas: Varies from place to place and can be anything from pig to lamb to quail. Putting some effort into matters more than what your actually serving.
- Spouses/Girlfriend's birthday: just do it, actually, just the fact that you remembered their birthday puts you in the fucking safe zone, making food for them is just going the extra mile.
- Anniversary: do it if you want to get laid.

9.4 Setting a table

Anyone who's been in an even mildly fancy restaurant can tell you that there is a certain way to set a table. Dumping knives and forks in the middle and blinding jabbing your hand into the pile hoping to pick up the right utensils is NOT going to impress the parents. The fact that you know how to set a table also says something about yourself, mainly that you're not a sorry waste of thousands of years of human evolution. Back to the point:

Plates go in front of the chair (duh), forks to the left, knives to the right and spoons above the plate. If you have more than one pair of knives or forks on the table at the same time for each guest, they are to be arranged by size, with the largest knife or fork or spoon being closest to the plate and the smallest the farthest. If you have any skill folding napkins, which is an essentially faggish skill, you can decorate with them. If you don't, congratulations on your heterosexuality and just put one on every dish. Alternatively, just fold them into a rectangle and place under the largest fork.

9.5 Wine, serving and tasting thereof

Pairing food with wines or liquors is an art of itself, picking a good food and wine pair for a dinner party or dinner with your girlfriend will impress your guest(s) and make you appear moar sophisticated. Food and wine have distinct taste of their own, your goal is to find a pair where the tastes complement each other, instead of overshadowing.

Example: an aged red wine paired with steamed crab legs, bad pair.

A quick word about wines Buying an expensive bottle of wine without knowing anything about wines not only is a waste of money but will make you look like a noob in front of others. there are good wines at all price ranges, in fact if you look hard enough, you can find a very tasty wine for about 2 dollars, thats almost cheaper than bottled water. The only way to remedy this is to read a book or two tutorials regarding wines (these will introduce you to production, what region produces what, what taste like what, etc. recommended: the wine bible, by some guy, will poast later) after indulging in reading material, fuckkin trial and error. get some wine, make some food, try it. Below are some general guide lines and examples.

Rule of Thumb: Red meats go with red wines, white meats go with white wines, red sauce goes with red wines, white sauce goes with white wines. This rule is absolutely golden, in the sense that you can't yield a bad pair following the rule, but breaking it wisely can yield pairs that are unbelievably good.

Pairs that are instant epic wins:

- Steak: Cabernet sauvignon, merlot, Shiraz, chianti (something heavy and red)
- Pork chops: pinot noir, Shiraz, young fruity Cabernet or merlot goes very well with pork chops, a few aged white wines might work, depending on how the pork chops are prepared, (try it out) anything that might work with steak should be approached with caution when it comes to pork, since pork is a lighter meat than beef.
- Spaghetti with tomato sauce: red, red, red. anything red. though if it is not equipped with meat-age (the pussy spaghetti), lighten up on the wine, go with a young fruity cabernet or pinot
- Anything Alfredo or with a light white sauce: chardonnay, pinot grigio, Riesling (Protip: any white wine that comes out of Germany is an epic win when taken with Alfredo sauce)
- Seafood (in general): any white wine will do, avoid heavily aged chardonnays
- Pizza: beer. lots of it. gb2/the TV
- Mac and cheese: listerine. what are you, underage B&? GTFO.

10 Drinking

Despite what you may think, there is some method behind the madness of drinking. After all, humans have been doing it ever since wine was discovered in ancient times. Your parents may have given you the huge drugs and alcohol talk, but it really is no big deal in the grander scheme of things, your parents without a doubt has gotten shitfaced themselves, and now they are passing the torch on to you. However - not all drinking means getting shitface and powerspewing on your best friends couch and carpet. You, my dear Anonymous friend, must learn the etiquette of drinking.

Proof Of What? Alcohol can be measured in either Proof, which is how much Ethanol is in the bottle, or by ABV, which is Alcohol By Volume. $\text{Proof} = \text{ABV} \cdot 2$. $\text{ABV} = \text{Proof} / 2$. Easy peasy.

This isn't need to know stuff, but it's good to keep behind the ear.

10.1 Biological Factors

First we need to define a Standard drink. A Standard drink is defined as any amount of liquid with about 14 grams of pure ethanol, this translates to either one beer, one shot of hard liquor, or one glass of wine. Your body takes about an hour to digest one standard drink.

Ethanol is an intoxicant, which means consumption of ethanol will impair your motor skills, judgment and cognition, (read: shitfaced) **NEVER DRINK AND DRIVE, DOING SO WILL GET YOU FUCKED¹⁵, B& AND V&, AS WELL AS PUTTING YOURSELF AND OTHERS IN MORTAL DANGER.**

Ethanol is mostly absorbed and broken down in the lower intestines, though traces of it maybe absorbed it in your stomach and large intestines, and if you are really fucking stupid, the lungs. It is a centrally acting drug, tolerance to it varies from person to person, though that doesn't matter to law enforcement, if they find it in your system, you're fucked no matter how sober you feel.

Now that we are done with the disclaimer stuff -

How Much Is Too Much? How much a person can drink before they start launching chunks depends on a few factors. One, is body mass. A skinny guy will get drunk on the same amount of booze as fat guy MUCH faster. Interestingly enough, the muscle laden jock in your class will hold out longer than the fat tub of lard that is your team mascot. This is because body fat percentage is also a factor. The less fat you have, the longer it'll take for alcohol to take effect. Genetics also come into play, but that's complicated shit. Basically, asians lack some protein or gene or whatever the fuck, which causes them to get hyper-fucked up on relatively minuscule amounts of alcohol. Also, the stereotypical drinking races (Irish, Polish, Russian etc.) can exhibit higher alcohol tolerance than most. However, this is hardly a huge factor.

A common misconception is that drinking moar will increase your tolerance, this is largely untrue once adulthood is reached, though psychological factors will come into play and make you *think* that you have a higher tolerance, but there is no biological proof. A general rule of thumb is to stop drinking when you start falling off the floor. If you want to avoid blowing chunks, that is.

BAC record holder BAC (Blood Alcohol Content) level record holder is a pole (a Polish person). Tadeusz S. in 1995 was driving a car under the infualnce of alcohol and caused an accident near Wroclaw. They tested his blood for alcohol and then retested it 4 more times because they couldn't believe the result but all the results were the same - 14,8 permile. The man died a dozen days later from injuries suffered in the crash not from the alcohol dosage. If you're wondering what's the mortal dosage of alcohol content in your blood it's usally quoted to be 4 or 5 permile. Does not apply to poles and ruskies.

10.2 DUDE, LETS GET WASTED!11

No. Only tweens drink to get WASTED!!11. Have some respect and grow the fuck up. That isn't to say that getting wasted is something you should avoid. Quite the contrary, it is an an experience that everyone MUST go through in order to have properly lived, but like most things, it has a time and a place. Instead of drinking for the sake of drinking, drink for the sake of drinking with people. Often the best friends you'll ever have are those who

¹⁵i.e., Big Bubba's girlfriend fucked

you throw back a few cold ones with. Be aware that if one of your drinking buddies is Anon, he WILL eventually pressure you for Mutual Masturbation after he's got you drunk enough. Pimp slapping is justified at this point.

Learning to control how much you drink is just as important as learning your own limits. We all know the guy who dances around after ripping shirt off after shotgunning a few beers, or the girl who gets 'totally trashed' off a couple glasses of wine. Don't be like them.

Partying

For those of you in college, the above is a major factor. Even in the highest colleges in any country, partying is a big damn deal and we're talking "wake up the next morning with some ugly gay guy" deal. Thus, it's important to know how to handle your shit. 99.9% of partiers in College are the "I just got my leash off" variety. By that, I mean overly hardcore fuckheads who mess up their lives via doing too many shots of Everclear, pull a rape train on some dumb college slut whose dad happens to be the state capital's DA, and get kicked out after one semester. Don't ever become these people.

First of all, know your fucking limitations. For example, if you're around 100 pounds of skinny failure, you may be able to hold one beer in your system before you get tipsy. Those of us blessed with German genes who weight lift can do about three max before we get "the feeling"- it's all up to you.

But let's be honest here, Mr. Anonymous. You should NEVER be more drunk than the girl beside you. And I'm not fucking kidding, either. Being more drunk than your date/target is tantamount to being an immediate failure, the kind of thing that'll ensure you have blue balls forever. This, obviously, is never good. Don't ever give a shit what those fratboys say: If they were able to get women, they'd do it instead of playing Beer Pong all god damn night.

10.3 Alcoholic Anonymous

When alcohol and culture meet, worlds collide. In between, strange new drinks are made. Humans have been consuming alcohol for centuries and granted - alcohol isn't exactly ambrosia and nectar, I will even go as far as to say that I would rather put shit in my mouth than drink Everclear with nothing mixed in. Think of mixed drinks as the sugar coating outside a very bitter pill. There are thousands of drink recipes out there to lubricate the intoxication process - and people are inventing them everyday, no harm in getting a little creative yourself now and then, this article will cover the basics and the rest is up to you, cultured anonymous.

10.3.1 General stuff

First, a warning. If you have been drinking, do NOT drive or operate heavy machinery, or put the lives of others in danger. Being caught drunk driving (especially if you are underage) will incur heavy fines, possible revoking of your license, possible jail time or having to go to court, as well as damage your reputation immensely and if you did end up hurting someone, the guilt will follow you a life time. Just look at Leif Garrett, and where he was in the 70s and where he is now. DO NOT WANT.

Now then, knowing how to mix all sorts of drinks is a definite sign of class and refinement (read: attractive to women), being the bartender for a shindig makes you one of the centers of the party, everyone will flock towards you to get drinks. It is a VERY sexy skill to have. Or if alone - knowing how to mix a proper drink for a proper mood or setting will add to your appreciation of that mood or setting.

10.3.2 The Kit



First you need to buy or assemble a bartending kit, usually they will look like the one in the picture above, fancy kits go up to about 50 dollars but if you wash it and take good care of it, its good enough to last a lifetime. (Luckily alcohol, mixers and juices are all water soluble, soap isn't necessary, just a good rinsing and drying). Here is a brief description of what each item is and what they do:

1. Large Shaker - This is what you will do most of the mixing in, you add the ingredients, ice (if required), shake, and pour.
2. Small shaker - While not completely necessary, it is handy to have a spare lying around, also useful for making smaller amounts.
3. Speed Pourer Caps - This handy device is meant to be fitted on top of a bottle of liquor (Hard liquor only, NEVER put on top of a wine bottle or beer bottle), allows for fast pouring, and minimizing the mess.
4. Ice Scoop - Self explanatory, can be used for other things.
5. Handheld Strainer - Apply to fruits, get fruit juice.
6. Mixing Spoon - Self explanatory as well - DO NOT USE FOR ANYTHING ELSE. And do not substitute it with a regular eating spoon, there is a reason for this, will poast once I remember.
7. Bottle Opener - Self explanatory.
8. Corkscrew - For wines.
9. Mixing glass - Use instead of shaker when required.

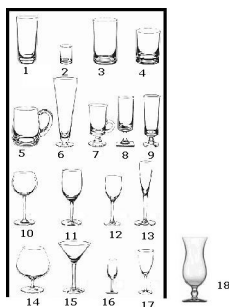
Some kits contain other items but these are the basics, whatever else they include is likely self explanatory.

Other useful items to have:

- Drink Recipe Book - Its good to know the common ones by heart, but just for reference.
- Blender
- Specific bar glassware (moar on this below)
- Colorful bendy straws - Women seem to dig these.
- Knives - Protection from drunks and to cut fruits
- Measuring cups and volumetric conversion table - Usually included with most bar sets, very very useful to have.

10.3.3 Glassware

First of all, picture this: You are at a college frat party, partygoers include morons, and whores, while this may be a very fun party, it is not very classy and cultured. The same plastic red cups are used for water, beer, other alcohol, beer pong, urine, and puke, there probably isn't a bartender, just pour it yourself, creating a huge mess, and having to clean it up the next morning while sporting a sharp hangover. The cultured anonymous does not embrace this style of drinking. As a bartender, it's important to uphold the classiness of the social gathering. It may be impractical to buy all the glassware listed, but it certainly wouldn't hurt to know them, just for informational purposes.



1. Collins - Tall and slender holding 10 to 14 oz, used for the drinks with the greatest liquid volumes. Sometimes frosted.
2. Shot - The common shot glass holds 1 1/2 oz. An actual "shot" glass may vary from 1 to 2 oz. A "pony shot" glass is 1 oz. A VERY useful container to have, as a lot of drink recipe manuals ask that you measure the liquors in shots.
3. Highball - Similar shape to the Collins glass but shorter and fatter of 8 to 12 oz.
4. Old-Fashioned - The short, wide "on the rocks" glass holding 6 to 9 oz. Used for drinking various unmixed drinks with ice.
5. Beer Mug - The standard mug holding 12 to 34 ozs.
6. Beer Pilsner - The tall, wide beer glass holding 16 ozs.
7. Irish Coffee Glass - The common 8 to 12 oz coffee mugs.
8. Pousse Cafe - A narrow glass essentially used for Pousse Cafés and other layered dessert drinks. approx. 6 ounces.
9. Parfait - This glass comes in various shapes. The stem keeps the ice cream from melting quickly. approx. 12 ozs.
10. Red Wine - A stemmed round bowled 9 to 14 oz glass. Typically has a larger bowl than white wine glasses, to trap more of the wine's aroma.
11. White Wine - The standard 6 to 8 oz "white wine" style glass.

12. Sherry - This small narrow stemmed glass is the choice for Aperitifs (Dessert Wine), Ports, and Sherry, approx. 2 ozs.
13. Champagne Flute - 4 to 6 oz stemmed specialty glass.
14. Brandy Snifter - Usually 3, 6, 10 or 12 oz. The 6 oz size is most common. Can be used as substitute for the drinks that call for a shot glass.
15. **Cocktail - Very versatile stemmed glass used for "straight up" drinks like the cream drinks and martinis. Sizes range from 3 to 6 oz but the 4 oz is the most common size. The larger 6 ounce saucer style is used for margaritas and frozen drinks. The 4 oz "V" shaped ones are commonly used for martinis.**
16. Cordial or Pony - About 1 to 2 oz for some shot type drinks, liqueurs and layered delights.
17. Whiskey Sour - This is a stemmed, wide opening glass, alike to a small version of a champagne flute, approx. 5 ozs.
18. Hurricane - A tall, elegantly cut glass named after it's hurricane-lamp-like shape, used for exotic/tropical drinks. Size: 15-16 ounces.

Note: In the United Kingdom, the standard measure of beer is one imperial pint, which is 20 oz. (versus the 16 oz. American pint). You will be viewed as a lightweight for ordering half-pints without good reason (such as driving)

Mixing Basic Drinks

- Martini: One of the most basic mixed drinks in existence. Pour gin, add vermouth (dry white), receive Martini. Garnish is commonly an olive or lemon slice.
- Vesper¹⁶: For all you Bond-wannabees who will ask for a vodka martini, shaken not stirred, this is the real name. It is traditionally made with gin, vodka, and Kina Lillet. The latter is now replaced by Lillet Blanc due to it's unavailability. Use a lemon slice for garnish.

10.3.4 Protips for the host or bartender

- Designated driver is a must, for taking people home or going on liquor runs if your stuff goes dry.
- If you are the one serving others at a party, exercise best judgment when serving, keep a mental tab on how many drinks everyone had, stop serving a person if he or she is stumbling around on the verge of passing out.
- Maintain order if possible, if it is your place, you have every right to demand a person to leave the party if he or she is (including but not limited to) pissing off the other guests, breaking shit on purpose, or being a gigantic douchebag, BUT make sure that person has some way to get home safely, call a cab or enlist the services of the designated driver.
- Keep bottled water handy, thirst is a natural part of alcohol consumption.
- Like thirst, puking is a very normal part of drinking alcohol. Keep trashbags handy for pukers.
- If a person requests to crash at your place, let them. Better safe than sorry.

10.3.5 Protips for guests

- Don't drive to a party where you know you will be drinking.
- When ordering drinks, be patient, you will get it.
- Some people turn into angry drunks, avoid the angry drunks. If you know you are an angry drunk, try to keep it in check.
- Smoke outside if you enjoy a nicotine kick along with alcohol

¹⁶Useless Fact: Ian Flemming, of Bond fame, invented the Vesper in the Casino Royale novel.

11 Writing

Writing, dissected Essentially, writing is an extension of the art of storytelling. As all good /b/tards know, writing is also a huge part of *chan culture. Everything from incest to the unbelievably hilarious to cospasta, all of it is a product of the writing process. This process can be incredibly simple at some times but also incredibly complex at others. However, this process will vary depending on what you write. In explanation, writing cospasta is very much different than writing a book, and will invariably require a little less thought than a full blown novel.

11.1 What makes a story good

The difference between an excellent story and a horrible story, is the same difference between JB and CP. Just like CP can be JB, an excellent story can be horribly written or a horrible story can be excellently written. One may fall within the category of the other, but in between is a world of difference.

In general, there are very few real rules in writing. The only real thing that can doom a story is blandness. People want to be interested, not read a page of two near identical characters talking. Thinking of polar opposites will help a lot. If a character is meant to be a bitch, make her the bitchiest bitch that the world ever saw. If someone is caring, show it with detail. Love it or hate it, just so long as the reader doesn't feel indifferent to the characters, a story still has a shot.

Details are incredibly important. Remember that when you are writing, you must paint a picture for someone to see just by reading the words. Choose words and write descriptions that evoke emotions, create mental imagery and are interesting. However, don't be overly thorough. Nobody wants to read about how that leaf was brown for half a page, but giving a setting with details or a few extraneous movements that a person makes can be all the difference.

Action and drama is a close second to detail. Things are more interesting when they're moving, whether it is an epic duel, a love scene or a robbery, conveying that action and motion to the reader will keep them interested and on the edge of their seat. This is especially true around the climax, where the action reaches its peak. This will make or break a story, but try not to overdo it.

Symbology increases the depth of your book, leaving little nuggets of information for a closely watching reader to find. Whether it is a blatantly obvious lucky charm breaking as a close friend dies or some light foreshadowing, symbology leaves the intelligent reader making their own predictions. This is good, because it means they will turn the pages and read more excitedly to find out if they are right. Just a sprinkling of this will increase your writings mental worth.

Double Scening works well to keep a reader interested as well. Eventually you will have to face the fact that your reader will get bored. However, if you somehow manage to split the characters apart and have two separate ongoing stories that are intertwined and will fuse together later on, then by all means do so! This keeps your reader turning those pages to find the next scene and increases suspension and curiosity, something none of us can resist. However, any more than two separate stories and it becomes more difficult to pull them all together later on. This may also confuse your reader as to what is going on if you do not have their rapt attention. Use this with caution.

11.2 Advice on writing

There are a number of ways you can give your story a better chance of being liked. Using proper grammar, for example, will make your story readable. No one will sacrifice their eyes reading 200 pages of leet no matter how much you've pimped it.

- Avoid clichés, because reading about the vampire with a soul taking the names of other bloodsuckers at night in a trenchcoat with a goatee is only fun if you've been living in a mayo jar under twelve feet of dirt of the past thirty years. You can never create original content, because despite what you may think, every idea, every different take of a particular subject, every twist, red herring, plot device and McGuffin has been done before. You can never create original content, you can only get infinitely closer to it.
- Make a skeleton script. Pencil down how you want to begin your story and how you want to end it. It doesn't have to be precise, just in the general direction. Once you have a beginning and an end, it's only a matter of laying the tracks between the two. Read over the completed skeleton script and ask yourself "Why?" every time one of your characters does something important to the story. If at some point your characters are sacrificing live chickens to appease the dark lord after making out romantically in a café, your readers are

going to go "WTF, screw this shit" and drop your story cold. Every reaction is the result of a prior action. Make sure your characters always have motive.

11.3 Violence

Rule one about writing violence: **Don't go fucking overboard.** There is no better way to sound like some snot-nosed middle-schooler than by trying to put as much HaRdCoRe gutsplattering violence as possible into your story. This is not to say that violence is bad, or you should shy away from any amount that is necessary. Just don't spend 7 pages describing how Dirk McToughguy kills Generic Soldier Henchman #3235 with his akimbo Mac-10-Ar-15 Assault-machine-shot-rifle laser-model telescoping sight extended-magazine bullshit launcher. For examples which it would pay to emulate, or at least contemplate, see: All Quiet on the Western Front, Dune, Black Hawk Down. To see what NOT to do, peruse some Tom Clancy.

Dealing with writers block Yes, it happens to everyone and it will eventually happen to you. One day, you'll find yourself unwilling or unable to write, either because you lack interest or because you've written yourself into a corner and can't find a way out.

There are a myriad of ways to deal with this, though the best is generally considered to be starting a new story. If all comes to all, you could even tempt the fates and write up a juicy incest story for /b/tards to fap over. Also, seek inspiration by watching a shitton of movies, anime (you fucking weeaboo) or any other form of media that may spark some creativity in your flaccid, desolate mind.

11.4 Getting published

Probably won't happen, but it never hurts to try, amirite? Many magazines publish short stories (ones that are under a certain word count) and accept admissions through either Email or snailmail, although snailmail is generally preferred. For the love of god, SPELLCHECK before you submit. Editors can only endure so many typo's before they chuck your shit in the bin and call it a night.

Easier still, is submitting online. Look around for writer communities such as Critique Circle. Keep an open mind for critique and don't go apeshit when someone tells you your story sucks. It's gonna happen and you might as well learn from it.

12 Music

Introduction *sigh* So, the Well Cultured Anonymous wants to learn about music? Music is emotion. A lot of things can be surmised from a person's musical tastes (including how shitty and generic you are.) Let me put it this way, certain girls like certain music, and seeing as this book is about becoming a date-able fuck lets get to it.

Break this down into the broad genres (rock) and then break these down into smaller genres (classic rock.)

Main Genres:

- Punk.
- Rock.
- Hip-Hop.
- Electronica.

Everything else is pretty much a sub category of one of those three, the lines between each get pretty fucked up some times (just like a Southern family tree.)

12.1 Punk

What happens when Reggae/Ska fucks around with rock? You get Punk, that's what. Early punk started way back in the seventies, with The Ramones, The Clash and The Sex Pistols. Some songs were harder (Anarchy in the UK), some softer (Rock the Casbah), and it split off into groups in the eighties, New Wave, Hardcore Punk, Punk Rock. There was also the 3rd rebirth of ska around that time, which infused with some Punk and Hardcore Punk, creating Ska Punk and Skacore. Then, the nineties came around, turning the focus mostly on Punk Rock and Hardcore Punk. Since the beginning, punk is characterized by powerchords, simple musical structure, repetition, usually about the government, the establishment, anarchy, etc.

- **Rancid** - A pretty popular Punk Rock band from the nineties, also infusing some Ska elements to it. **Recommended Albums:** Out Come the Wolves
- **NOFX** - Also very well known, mostly for Punk Rock and Hardcore. **Recommended Albums:** Seperation of Church and Skate
- **Operation Ivy** - A Skacore band originating from the west coast, very little is known about them in the mainstream, they only put out a few albums. **Recommended Albums:** Energy
- **Sex Pistols** - The original Punk Rock band, writers of classics like "Anarchy in the UK" and "God Save the Queen". Look them up for some real punk history. **Recommended Albums:** Never Mind the Bollocks
- **The Ramones** - Awesome Punk Rock band from the late seventies, notable for "I Wanna Be Sedated", "Rock and Roll High School", "Blitzkreig Bop" and "Do You Wanna Dance" **Recommended Albums:** Greatest Hits
- **Green Day** - Before you say anything, listen to their earlier work. Holiday isn't bad, but before the year 2000, they had a much more Punk sound. **Recommended Albums:** Nimrod, Dookie

12.2 Rock

Rock is pretty broad, it includes everyone from Fallout Boy to DragonForce to The Who to The Suicidal Tendencies to the Grateful Dead to Nile to Nirvana to Rush to Lynyrd Skynyrd...

12.2.1 Classic Rock

Rock music that spans from the late 50s to the early 80s, this genre evolves as time moves forward. There are certain bands that are of disputed genres, but here are the big classic rock bands that most classic rock fans (read: potheads) identify with:

- **The Beatles** - the four Liverpudlians who revolutionized music, no introduction necessary. The Beatles have an incredibly diverse discography, many solid Rock n' Roll numbers, poppish numbers, a few proto-metal tracks, and lots and lots of experimental shit as the result of them doing tons of LSD. Many Beatles songs feature exquisite, deep lyrics, while others can stray into sentimental puppydog tripe. **Recommended albums:** Sgt. Pepper's Lonely Hearts Club Band, Revolver, Magical Mystery Tour, Abbey Road, White Album.
- **The Who** - Heavier than the Beatles, started with solid track based albums, and moved on to concept albums. While many of The Who's songs are familiar as easily accessible pop numbers, all of the band's members were talented musicians and consequently a certain level of technical skill, and even progressive elements, present themselves. Two of the original members are still alive and the last time I checked, they are still touring under The Who name. **Recommended albums:** Tommy, Quadrophenia, Who's Next
- **Led Zeppelin** - Arguably the most influential band in the history of rock, Zeppelin revolutionized everything; the music, the stage antics, the backstage antics, management style, concert booking, and fucking lots of hot women. Zeppelin songs range from heavy, galloping rock, to soft acoustic numbers. They are a particular favorite of douchebag pot-smoking highschool freshmen, but this should not discourage anonymous from giving them a good, long listen. **Recommended albums:** Presence, Led Zeppelin 4, Houses of the Holy, Physical Graffiti
- **Pink Floyd** - Psychedelic rock at it's most easily defined. Pink Floyd shares some similarities The Beatles, but generally more experimental and with darker overtones, while still keeping with the deep lyrics. Pink Floyd is usually divided into the Syd Barret era, Roger Waters era, and David Gilmour era. The Barrett Era is considered to be more acid-y, but still heavily maintained pop sensibility. This era lasted the shortest, but Barrett's work with Floyd influenced Pink Floyd for the rest of their collective careers, as will as millions of artists worldwide. The Waters Era is characterized by political messages, deeper lyrics, and discussion of quasi heavy issues. The albums in this era are the most well known, and every casual Floyd fan (read: pretentious college fuck) has listened to these albums. The Gilmour era albums were considerably lighter, and slightly less psychedelic. Albums from this era are often the most neglected, but contain some sick guitar work. **Recommended Albums:** Animals, The Wall, The Division Bell, The Darkside of the Moon.
- **Queen** - Queen have some of the world's biggest hits ever and not essentially created the "Rock Opera" with the epic song Bohemian Rhapsody. Their music is probably the most likely music you will hear in a pub as a lot of their songs have become instant pub classics. Queen is highly definitive of the Arena-Rock style, with a bombastic, highly-wrought feel about the music, heavily harmonized vocals, and easily accessible music. The majority of their songs are upbeat tunes that will want to get you moving.¹⁷ **Recommended Albums:** A Night At The Opera, Jazz, Innuendo, Greatest Hits
- **David Bowie** - David Bowie's career has stretched from the 60's to now, and has stretched and accomodated every decade and major genre out there at least once, You may not like his most recent work as much as his older work, as it has stretched into electronic music and hearing an aging rock star singing to a techno beat can turn people off. **Recommended Albums:** Ziggy Stardust, "Heroes", Aladdin Sane, Best of Bowie(2-Disc)

12.2.2 Modern Rock

Anything that's not classic rock. This isn't a genre per se, moar like a time period. There are many genres and sub genres of modern rock, a few examples are as follows:

- **Nirvana** - (Grunge Rock) Older /b/tards will remember the 80s as a time when powerballads and hairbands ruled the charts. It was good in the beginning until bands started cypypasta-ing every KISS and Van Halen song there was, and hair metal towards the late 80s was filled with faggotry, shallowness, 30 minute guitar solos, etc, with each band sounding and looking much the same. Nirvana is pretty much the reason why these bands are no longer around. Nirvana started the Grunge subgenre (AKA the Seattle sound, its dead now guys!!), with moar simplified guitar tracks, less emphasis on guitar solos, faster rhythms, more ferocious

¹⁷It is law now that if Bohemian Rhapsody is played, during the first guitar solo you must drop everything, including your new born child and play the air guitar. Then, during the start of the metal segment, you must head bang. Failure to do this will invariably result in death.

vocals about the bleaker aspects of society, crazy people, etc, a welcoming change from some guy in tight pants singing about his wives. Recommended Albums: Nevermind, In Utero

- **Weezer** - (Alternative Rock, "geek rock") Weezer is one of those bands that do one good debut album then put out shitty albums for the rest of their career, but once in a while you hear a rare b-side or unauthorized recording and wonder why it never made on any of their official studio records. Very catchy, well composed music that combines the liveliness of punk rock, but also has some tight guitar riffage and solos too. A lot of their songs are funny and nonsensical, and a lot of songs are about girls, love and all that, and a LOT of songs about randomass stuff. An important upside to Weezer's music is that their catalogue (their collective recordings, including those rare b-sides and stuff) is very diverse, they do songs that incorporate elements of almost every genre of rock, while adding their own touch of melody and punk. Recommended Albums: The Blue Album, and every b-side or rare recording you can get your hands on. In fact theres a torrent floating around somewhere thats about 1.3 gigs big, includes all the studio albums and rare recordings, worth the download.
- **Muse** - (Alternative Rock, New Prog) Muse is a trio that hails from the UK, a favorite of /b/tards, has a surprisingly big sound for three people. The music of Muse combines fast, ferocious guitar lines with rock steady basslines and drumlines, while incorporating elements of dance and electronica, and most importantly, classical music. Lyrical subject matters usually include conspiracy theories, end of the world, that kinda stuff. Recommended Albums: Absolution, Origin of Symmetry
- **The Strokes** - (Alternative Rock, Garage Rock Revival) The Strokes is a much hyped band from New York, but found initial success in the UK. Their music is very raw, energetic, and sometimes simplistic, but the songs sound like you've known them all your life. Lead singer Julian Casablancas brought the band and writes most of the music and lyrics. Recommended Albums: All of them
- **Foo Fighters** - (Alternative Rock) After Kurt Cobain became an hero, Nirvana's drummer, Dave Grohl, traded in his drums for a guitar and a mic to surprisingly good results. The band has everything from hard hitting rock to some of the most soothing tunes around. Sometimes it will appeal to everyone in the room, other times it will come down to personal taste, but either way these guys have some of the best current music has to offer. Recommended Albums: In Your Honor, There Is Nothing Left To Lose
- **At the Drive-In** - (Alternative rock) Hardly anyone has heard of these guys, and yet they are possibly the best band ever. Their sound ranges from spaced out electronic songs. To power hungry rock and roll. Youtube their songs 198d then Catacombs to best see the diversity. Best albums are: Vaya (EP) and Relationship of Command (LP)
- **Pearl Jam** - (Grunge Rock, Alternative Rock) One of the biggest bands from the grunge scene along with Nirvana, Pearl Jam kept the bleak outlook and dark lyrical themes, but took a lot of influence from '70s rock, with a more polished production, lots of catchy choruses and prominent guitar solos, at least on the first few albums. Their stuff goes from angry hard rock (Once, Go, Even Flow, etc) to slower, more emotional ballad-type songs (Nothingman, Black). Recommended Albums: Ten, Vs., Pearl Jam
- **Emo**: Just slit your wrist. Emo is a trademark of faggoty suburban kids who love to cry about their nonexistent problems. Given that this is 2007, there's not really much point in going into (read: bitching about) the emo culture. At the basic level, just think Pop-Punk shit with vocalists who can't stop BAAAAAAAAAWWWWWWWWWWWing.

Recommended (well, definitive) Bands: Fugazi, Rites of Spring (earlier, infinitesimally less shitty emo), Fallout Boy, My Chemical Romance (WHEN I WAS), anything you hear when you turn on the goddamn radio (incomprehensibly horrid modern emo). Emo is characterized by fast and somewhat catchy guitar hooks, unimpressive basslines, fast but weak drumming, and a singer that alternates screaming with singing in high registers, usually subject matters include parents, girls, etc.

12.3 Metal

Metal is a mess. There's just too much of it. Go to /mu/, and you'll learn more than you ever needed to know.

- **Black Metal** - Black metal is an atmospheric form of the metal genre that arose mostly in Norway during the mid-80s to the early 90s. It's characterized by fast tremolo picked guitars, generally mid-ranged to high-pitched screams/grunts, and (In most band's cases) piss-poor production. Some bands to look at as a beginner: Mayhem, Gorgoroth, Darkthrone, Emperor, Burzum
- **Death Metal** - Fast, rhythmically intense metal music that involves death grunts. The instrumentation is not unlike thrash metal, save the music is more intense and dark. Key bands include Morbid Angel, Immolation, Suffocation, Decide, Cannibal Corpse
- **Doom Metal** - Slow, ominous metal meant to induce feelings of foreboding and dread. Highly atmospheric at its best, and often strives for a sense of crushing power. Eg: Agalloch, Candlemass, Pentagram, Sleep, The Sword, and My Dying Bride.
- **Power Metal** - Probably the first thing that comes to your mind, if you hear "Metal" as such. The focus is often on fantasy and there's clean lyrics (that means: no grunts). Stuff like DragonForce, and Gamma Ray is considered Power Metal. But then again, it's very broad. Can range from fast, energetic, engaging and entertaining music (i.e. Blind Guardian), to tired, cliched wankery (i.e., DragonForce).
- **Progressive Metal** - Progressive emphasis on the technical aspect of Metal music, songs features over-the-top solos, general pretentiousness and epic length. Dream Theater is the most recognized name of this scene, but there's more to it, such as Queensrÿche, Pain of Salvation, Fates Warning, Symphony X, Gordian Knot, Atheist, Cynic, Pagan's Mind, etc.
- **Thrash Metal** - Thrash Metal takes the blisteringly fast feel of Speed Metal, slows it down a tad, and introduces more melodic elements. So, in a nutshell, Thrash Metal gives you extremely fast songs that are still able to carry a tune. Megadeth, Metallica, Anthrax and Slayer are often considered the "Big Four" of Thrash Metal. Other lesser known bands of the style would be Dark Angel, Sadius, Sacred Reich, Overkill, and Hiram. More well-known albums to check out include Megadeth's Rust in Peace, Peace Sells... But Who's Buying?, Metallica's Ride the Lightning, Master of Puppets, and ...And Justice For All, and Anthrax's Among the Living.

12.4 Electronica

First of all, it's not all fucking "techno". If you want to establish credibility with anyone who has half a clue about electronic music, you will know this.

Sub-Genres

- **House**: This genre nabbed it's name from the warm cozy sound that often can be heard from the speakers of a House party. All of that electro rock crap and Mr. Timberland get their playthings from House. It's obviously the most human sounding, and it's main stay, the 4/4 beat is still catchy after three decades.
- **Techno**: Techno came out of Detroit in the late 80's. For those of you who don't know or give a fuck, Detroit was the entire US' bitch for cars at the time. so naturally a gritty electronic beat came forth from their greasy garages. Not long after everyone and their cam whore of a sister called EVERYTHING ELECTRONIC FUCKING TECHNO!(please see the above statement)
- **Trance**: The one genre that has a reputation for shoving the emotional essence of itself so down your throat that it will actually pump your blood for you, via the bass line coming from the woofer. It is by far the easiest to listen to and by fucking far the best way to get laid, this and house.
- **Breakbeat**: occasionally a good album come from here but over all it sounds waaaaaaay to much like hip hop beats
- **Happy Hardcore**: Imagine your girlfriend on her fucking period. Either she hates your fucking guts or wants your cock real bad. Happy Hardcore is kinda similar. Some of it is horrible noise you'd find coming out of a untuned radio, and some of it is just so candy coated it makes most people with taste sick. This is the Emo Rock of the Electronica world.

- **Drum and Bass(DnB)**: Eva' seen a nigga on a drum? maybe a white guy close by with a bass? your pretty close to this genre then. Or better fucking yet, remember the sweaty dance scene in the second matrix? yeah, yeaaaaaaaah... that's DnB.

Artists

- **Prologue**: Anyone who recommends Tiesto, Oakenfold or Ferry Corsten should be killed on-site immediately (lol wut have fun trying to kill 98% of the trance community).
- **Dj Sammy** - a horrible fucktard of a DJ who remixes classic 80's tunes and has hit mainstream acceptability, anyone with any kind of experience in this genre will instantly know your full of shit.
- **Darude** - If I fucking hear Sandstorm, hell if anyone even fucking mentions it I will personally slip out from under your bed, shove a fucking K-Bar through your dick and into your gooch, and take a fucking defibrillator to your computer. Read me?!.

Fact in life, you will never rise to the awesomeness of Paul (or even Armin), but us at WCA don't expect you to be that awesome we just want to help you get laid. If you do not know of Paul van Dyk, go for fuck sake and get his music.
- **Armin van Buuren** - one of the more skilled DJ's out there, while known extremely well in the Trance community as being a god of trance along with Paul van Dyk no one else in the world outside said community even know about him, fuck go look him up on Youtube and listen to some of his stuff and look up A state of Trance his radio show, it fucking wins.
- **Dash Berlin** - behind one of the biggest hit's in the trance community at the moment "Till the Sky Falls Down" (Dub mix is better btw) they have some other great trance hit's out there as well, look them up on MySpace as well (free music ftw).
- **Daft Punk** - do these guy's even need an introduction, god of house, that simple, if you haven't heard their work go get Discovery Album or even the movie Interstella 5555, They are proof that robot's are better than humans in near every single way. Some of their hits are One more time, Harder Better Faster Stronger, Digital love, Technologic which have all spent their time in the top ten charts somewhere in the world.
- **Justice** - Do the D.A.N.C.E 1234 fight, They are pretty much the biggest thing right now in House, they are behind the hit "We are your friends" and "D.A.N.C.E" recently "B.E.A.T" was released which has sparked discussion if Justice is trying to become the next Daft Punk, and it's fucking obvious yes, who the fuck doesn't want to be Daft Punk?.
- **Paul van Dyk** - one of the only artists in the electronica community where you actually have to pre-order your tickets months in advance, along with Armin this man is considered a god of trance. The guy fucking smuggled music into East Germany during the soviet occupation - that's how much more awesome he is than you.
- **Basshunter** - Some guy from Sweden, his music is aimed at gamers so the only times his music should be played is at LANs (or at shitty "Pop" Nightclubs), if the video to "Vi Sitter Här I Venten" is correct if you play that song during a LAN you will be swamped by a bunch of some of the hottest horny Swedish girls.

12.5 Classical

There are many different styles of music that are put in the "Classical" category, one of which is called classical. Oftentimes classical music is interjected into modern productions, to the effect that certain melodies are instantly recognizable, even if you don't know the title or composer. The purpose of this section is to get you at least passingly acquainted with the true musicians and their works.

What we consider Classical falls into several chronological periods:

1. Renaissance Music
2. Baroque

- J.S. Bach

The standard in Baroque-era music, and surprisingly popular and recognizable. Highly structured and organized, Bach's music is undoubtedly Baroque, characterized by a lack of winds in the orchestra. Works that would be most familiar to the Well Cultured Anonymii would include the *Goldberg Variations*, the *Tocatta and Fugue in D Minor for Organ*, and the *Brandenburg Concertos*. As one of the first of the great composers, Bach is essential in a classical collection. For you Evangelion nerds, Bach's music is featured prominently throughout the series.

- Pachelbel

Pachelbel is a composer whose sole claim to modern fame is his work *Canon in D Minor*, his only canon work and entirely unrepresentative of his talents as a composer. Often overshadowed by Bach and his contemporaries, Pachelbel is still an excellent composer and well worth listening to if you have a little extra money in your wallet after payday.

3. Early Classical, High Classical, and Late Classical

- Haydn

Haydn's work really began the musical change from Baroque to Classical, and his work is marked by several periods of change that make his style difficult to accurately judge (a notable feature of Classical composers). While Haydn's works are often overshadowed by his contemporaries, the passing Anonymii should be able to recognize his Surprise Symphony, his Creation oratorio, and his collection of string quartets.

- Mozart

Mozart remains the optimal example of a Classical composer, whose works throughout his life were purely and unmistakably classical in nature. His music is popular in modern culture, resulting in the prevalence of his work in the media today. His opera *The Marriage of Figaro*, serenade *Eine kleine Nachtmusik*, and the *Requiem* mass are instantly recognizable to people who may never have heard of these works. Mozart is a must-have in a classical music collection.

- Beethoven

Undoubtedly the most recognizable and powerful of the Classical composers, Beethoven's most famous works include his *Fifth Symphony*, *Sixth Symphony*, *Ninth Symphony* (the Ode to Joy), *Fur Elise*, the *Moonlight Sonata*, and his string quartets. Powerful and grand, soft and emotional, Beethoven remains one of the few composers able to cross the emotional spectrum successfully. You can't go wrong with a collection of Beethoven in your CD lineup.

4. Romantic

- (a) Schubert

Schubert led a life that most Anonymii can sympathize with. He died young and poor, an accomplished composer but not recognized as such until well after his death. A background composer that few outside the music community have heard of, he still maintains his fame with the familiar tune *Ave Maria*, a common fixture among Italian restaurants and fake opera singers. Having a Schubert collection may single you out as a classical nerd, for better or for worse.

- (b) Schumann

5. Modern Classical

- (a) Stravinsky

Stravinsky pretty much kicks ass more than any other 20th century writer, cept' maybe he was on par with Schoenberg. Oh what's that? You want tri-tones. He's got your ass covered. 12 tone writing. Way the fuck ahead of you. OH, and what's that. TONANLITY?!? Well guess what nig? He's fucking got it. Everything about Stravinsky kicks ass. When one of his ballets premiered, it was so awesome that it got a bunch of old people to start fighting. It was so awesome, he had to flee to avoid getting beat up. People of his time didn't appreciate him, but we know how truly kick-ass he was.

- (b) Schoenberg

- (c) Dvorak
- (d) Debussy

13 Fine Cinema

Anonymous Goes to the Movies Unless you actually are one of those Anonymii who spends every single waking moment masturbating to loli porn chances are you watch movies. That said, there is a huge difference between being a movie patron and being cultured in cinema. Being in the latter category takes effort than simply knowing what movies came out last Friday. It does take a certain amount of effort in order to hold your own in a conversation about film. After a certain point, however, the effort should be minimal and naming obscure directors and writers should be like second nature.

1. Watch some fucking movies

One of the cases where the first step is actually the easiest. Get off the internet and go to a movie theater. Also, if you have any, bring a friend. A good conversation is always the best way to help solidify your opinion of a movie.

2. Broaden your horizons

The world does not begin and end with Harold and Kumar Go to White Castle. All foreign films are not gay (Battle Royale being a good example). If you want to become cultured in cinema you need to understand that a good movie doesn't necessarily have to have shit blowing up and people fucking. Documentaries and period pieces are just a couple of the genres that generally elicit groan but surprise people in the end. Don't forget: 300 is technically a period piece.

3. Don't just stick to megaplexes

While the quality of megaplexes has increased dramatically over the last decade, don't forget your local art house theater. Many of the years most talked about films are limited to art house theaters. Make sure you find the one nearest to you in your local paper's Film/Art section. They also usually serve alcohol and that fucking rocks.

4. Pay attention. Don't just be there to be there

Unless you're trying to score with a girl/guy/trap, it shouldn't be that hard to pay attention to a 20 foot tall movie screen. Still, you'd be surprised by how many people leave movies without noticing important aspects of what they just saw. Pay close attention to the little details such as dialogue, cinematography, set design etc. Unless the movie was complete trash, somebody put a lot of effort into making sure you noticed their contribution to the movie. Note: Try bringing up these aspects of the movie in a conversation. Chances are good that you'll be able to add some useful knowledge to your mental movie data bank.

5. Stay for the credits

Remember when I told you to pay attention to aspects of the movie you liked (of course you did. It was, like, ten damn seconds ago)? Well, those scrolling letters at the end of the movie aren't just there to tell you when to leave the theater. If you really liked the costume design, park your ass and wait a minute and you'll be able to attach a name to that talent. Also, a lot of directors show teasers to sequels or added bonuses during the credits. If you enjoyed the movie, it would be in your best interest to stay put until the lights turn back on.

Recent Examples:

- The Simpsons Movie
- Kill Bill Vol 2.
- Transformers
- X-Men 3

6. The internet is for moar than porn and 4chan

If you skipped Step 4, fuck you. That said, you're probably still wondering who did the kick ass make-up or who was the composer of that kick ass sound track. Even though you were a complete tool for skipping Step 4, you'll be alright. The Internet Movie Database is the playground of the world's film geeks. Just search for the movie you saw and you'll be able to view the cast, crew and production staff in seconds.

7. Talk about what you saw

Like I said before, the best way to expand your knowledge of movies is to have conversations with other people. Sharing information in a public forum has been around for centuries. No reason why you can't use the same principle to find out more about films by a director you liked.

8. Rent movies

Most of the greatest movies ever made are sitting on the shelf at your local Blockbuster or Hollywood Video. Don't hesitate to pick them up and watch them. If you enjoy it, pick up more work by that director. Your mental movie database can only benefit from it. Also, if you're lucky enough to live near one, check out the artsy fartsy video stores. They tend to carry a wider selection of both classic and foreign films.

9. EVERYTHING IN MODERATION

This step is very important. If you're like most Anonymous you have a tendency to obsess. While its great to know the works of your favorite writer, its not okay to know the birth date of everyone on the catering staff of his movies. Being obsessed with movies is no different than being obsessed with anime and that's like Lex Luthor stealing 40 cakes. Terrible.

10. ????

Actually, this is the most important step.

11. PROFIT!

No wait, this is.

The Finest Entertainment

If you're not a complete death metal douchebag, you may want to pick up a copy of your city's weekly entertainment publication, or just check the local section of the newspapers. This is a treasure trove of entertainment information that can potentially land you in the sack with a chick at light speed, provided you use it right. Your city's symphony, if your city has one, will print what they're performing that week. Other things, such as concerts, charity dinners, festivals, block parties, operas, and plays will be in here as well. Try and find something you're interested in, or something your date-potential is interested in. Tickets to these events can range anywhere from \$25 for nosebleed section seats to \$500 for the best, but generally such tickets are fairly affordable. Pick something in your price range, buy some tickets, and enjoy yourself. If you can't enjoy that, at least enjoy dinner afterwards.

14 Avoid Like The Fucking Plague

Now What?

If the rest of the manual was tldr, at least read this section, you won't be completely cultured but you won't come as a fucking retard either, this section is mostly don'ts. Again, avoid the following like the plague.

14.1 Bad Habits

- Scratching your ass/balls/any part of your body in public
- Plucking snot in public
- Yawning during lame conversations
- For smokers: smoking around hordes of nonsmokers, its their air too, granted some of them are douchebags about it.
- Littering
- NOT TIPPING (Unless the service really, really sucked, or you're in Iceland). THIS IS COMING FROM SOMEONE WHO BUSTED HIS ASS WAITING TABLES FOR A WHOLE SUMMER. If you don't tip, we will remember you, be prepared to try our special ingredients the next time you come.
- Being a loudmouth
- Talking loudly on your cellphone in a quiet environment
- Getting involved with others problems, seriously it's annoying to have to deal with "Oh yeah, I've had that happen too! IT SUCKS SOOOOO BAD! LOLLOLOLOL!" or anything else coming from some 16 year old girl.
- Bitching a lot. No one, I repeat, NO ONE wants to hear your shit. If your parents divorced, don't be a bitch, if that's what they want, that's what they should get. If you suck at life, become an hero, just STFU about it.

14.2 Don't let these statements escape your mouth

- "G.W.Bush is right", "George Bush is Wrong", "Go Nader", or pretty much anything else involving politics unless you are prepared to back up your statements with reasoned arguments
- "In god I trust" or anything else pertaining to religion. Period.
- Any meme, or references to /b/
- "LOL XD, so I was totally like in the house LOL..." ← For wimmenz
- "I'm gonna do something with my life, you know be someone..." ← For drunks

Part III

Work and Play

15 Coworkers & Friends

15.1 Interacting with coworkers

If you have a job, it's pretty important that you stay on good terms with your coworkers, seeing as you have to see them every day. It's not hard to make your coworkers think you're a decent person. When you see them, make eye contact and give them a friendly smile. When you come into work, smile and say "good morning" to them. If you are going to talk to them, try to avoid saying creepy things. Your coworkers probably do not care about lolis or memes. Instead ask them about their family and things like that. People love to talk about their kids, if they have any. Even if you have very little in common with someone, you can almost always carry on a conversation if you ask them about their kids. However, don't ask them about their kids too much or else they'll start looking at you funny. Try to avoid being annoying. It's better to talk too little than to talk too much.

Store information on everyone and find some simple yet recurrent topic (such as, as previously pointed out, family friends, issues etc.), this will enable you to, when the need be, make people feel like you're not talking just for talking, but you have a real interest in them or in what happens every day. Said information might also be helpful in case someone starts being a pain, as you will have some material that they won't want to be known, and hence shut up (They just need to know that YOU know). A calm workplace is always best.

Also, try to avoid workplace drama. Mind your own business. Don't talk shit on anyone, even if you really want to. Yet another Anon's perspective: Actually, no. Don't get INVOLVED in workplace drama, but pay attention to what's going on, who is getting shit on during coffee machine chit-chat. You don't want to be(friend) the circle jerk.

15.2 Making friends

Friends are important. Friends, especially good friends, are pillars of support in times of need or whatever. They're your partners in crime and members of your proverbial team. Even lone wolves/Anons cannot go on without a few friends.

Friends are also beneficial when browsing members of the opposite sex. Women tend to congregate in groups, making it harder to single someone out to strike up a conversation with. Therefore, when you approach a group of 3 to 6 women with a marginally equal number of friends, the situation becomes a lot easier.

So it's paramount that you have some. You can have all the arrogance and pizazz in the world, but if you're a loner that can all be canceled out quickly.

Picking friends

Coworkers and fellow students (if you're at high-school or college) are great for making friends with, especially those in the same or similar classes to you, as you're much more likely to get on with each other. There are some things to look for in potential friends. One important feature is Common Interests.

Assuming you've had friends before, you may already know that groups/circles of friends tend to be composed of people with at least one common interest or ideal, or with similar artistic/musical taste. Most of the time, this won't matter as much, since unless you and your friends are obsessive nerds that concentrate solely on one subject at any given time, you'll have a lot more to talk about that isn't necessarily relevant to your interests. Therefore, it might be a good idea to keep an open mind when approaching new people. Everyone has at least one thing interesting about them, it just takes time to figure out what it actually is. You'll just have to muss up the courage to talk to someone.

15.3 Maintaining friendships

Inevitably, you will encounter differences with your friends over time; or they might do something that bugs you. Consequentially, you could do something that bugs them, as well. There are a few rules to maintaining a friendship:

1. **Communication.** If there's a problem or uncertainty, talk about it. They're your friends... if you can't talk with them about problems, then they aren't good friends and you should drop them like a hot potato. Well, maybe not, but you should push the issue vehemently. Also, it is important to talk to them on a daily basis. Friends like attention, and talking is the best way to give them it. Whether it is simply some side conversations, brushing up on current events in your life or a simple hello as you pass by, a bit of talking now and then makes friendships infinitely more maintainable.
2. **Reciprocation.** If you borrow a dollar here and there, don't be stingy if they need to borrow one. Nobody likes to be the guy everyone hits up for money and never pays back. Believe me, it sucks. "But I gave YOU a dollar yesterday" should never have to even be mentioned if your friends are worth keeping. Your friends need to know they can trust you and that you're a reliable good person, not the guy who asks for someone to cover a shift for them and then refuses to do the same.
3. **Memory.** Remember things that your friend deems important. Birthdays, their anniversaries, inside jokes; all of these things are important to remember. Saying 'Happy Birthday!' to your friend is important. It reminds them that not only are they important to you, but that you are considerate enough to remember birthdays and are a good person. Buy a small gift, offer to pay for a friendly dinner or to cover a shift for them so they don't have to work that day. They'll appreciate it.

There is a proverb that goes roughly like this:

"Strike back equally, then forgive and make peace"¹⁸

When a friend does something that displeases you highly, you may reciprocate, but then both of you will have to forget about it and start anew, it will show them that you are forgiving, but that you can be firm, they shouldn't start screwing with you afterwards. However, do not gloat and continue after your counter. This can create an enemy, instead of a friend who knows their limitations.

15.4 Not being abused

Being the nice guy anon is (proof enough: you don't have a girlfriend), people will not hesitate to abuse of you, whether it's asking for services, being late on appointments with you, not doing what they told you they'd do, etc. Basically you're their "toy", they can use you whenever needed without having to do anything in return, inviting you to a party just because they don't have anyone else to call up to make it look like they have friends, asking you for a hand when they're moving stuff around, but when you need something, their cellphone is off, they're not answering on chat or house phone, have very elaborate excuse not to do a thing.

One solution, is to do just like they do, arrive late and blame it on them for being early, "forget" stuff, ask them a lot etc. The second they complain, you have every right to beat them up because they'd been doing the exact same thing to you for months, if not years.

Of course as a nice guy it'll be hard, because you don't mind helping out, but it's a complete lack of respect toward you, a proof of how little they care and simply shows that they are not real friends. So you shouldn't really care about them, should you?

If you want them to understand what the problem is, you can simply tell them straight off, in which case, there will be a few possible consequences:

- Acknowledges the problem, apologizes and all becomes fine.
- Same but doesn't change. Try again or cut off the bridges.
- Denies it all with examples of how they helped you and all that kind of crap. A worthless egoistic person whose only care is about what they get. Suggest you kill it with fire.

¹⁸Sorry I can't remember the exact proverb nor the author

16 High School and College

16.1 High school

High School is like boot camp: You pretty much have to go if you want to shoot your gun. The whole concept of high school is to give you a very basic working knowledge that will allow you to do entry level jobs, and thus get a job immediately out of high school. There isn't much that needs to be said about this topic- partly because you should be graduated (or close to it) if you're a /b/tard or simply someone who goes to *chan boards (as all boards are 18-and-up).

Unless you were a superstar or in denial, high school was a total shit time for all of us. Ask any college student, current or graduated, and they'll agree. High school sucks. Do not let any of it get to you. After you leave, there's a good chance you will never see the assholes and skanks at your school again. You can pretty much start over in college. Were you a dork in high school, and never got any women? You can change that all around in college.

A good example of this is a town that (I) live in. Being a small town, everyone is exactly the kind of people you should not be - those people who live here forever, keeping the friends they made in high school. The result of this is that virtually every single soul here is uninteresting, uneducated, untalented, and generic. The glow of high school, with it's football quarterback and head cheerleader, dies down quickly into a messy soup of shit. That guy that's playing linebacker for your local team will probably find himself flipping burgers at McDonalds. That "cute" girl will probably end up getting pregnant and having 30 illegitimate children.

Seriously. Don't let any of the crap that happens to you in high school get to you. Just smile, kick back, and suck it up. It's only four years.

Reasons to graduate high school

- Freaks/Goths/Emo: Generally you view school with something below pessimism. It's stupid, it's idiotic, etc. Well, just think of the incentives of graduating. First, no repeating grades. Why wait till you are 18 to drop out, spend time getting a GED and working at McDonalds/Wendy's? Graduate, have a high school degree and get a better paying job. All that shit the counselors tell you about making more cash with a HS Degree is true.
- Nerds/Geeks/Dorks: Generally you view school with either borderline optimism or borderline indifference. You already know the benefits of graduating, so I won't preach about those.

Handling high school (for those with issues)

Being a /b/tard, you probably find yourself in a love/hate relationship with the entire concept of Highschool. The majority of /b/tards are insanely smart, and you're probably part of them. However, the caveat comes with the fact that most /b/tards aren't exactly A+ material, look or personality wise.

With that being said, "Handling high school" is something of a must. While, as we mentioned above, you should "put up" with high school, trying to find an easy way to have fun there is a bonus. If you have the energy, go make some friends, even the "loser" kids have friends. Don't join any kind of clique or nerdy club, but just enjoy yourself. Remember, in 10 years, no-one will really give a shit what you did anyway.

16.2 College/university entrance exams

Check to see if the college you want requires ACT or SAT scores. These are little numbers that mean absolutely nothing except how well you can memorize and pump out selected answers for either test. It's incredibly stupid, but for the average /b/tard, it is ripe for abuse.

Tips and tricks

- Buy an advanced Texas Instruments calculator. Then program cheat programs on it. This is how most "geeky" kids get high scores. These programs can be stupidly simple things (such as a program for figuring out quadratics or something), or fucking complex (calculus thingamajigs).
- The "New SAT" doesn't require analogies. Don't even fucking study them.
- Take SAT prep courses, but don't do it too often.

- Practice the test alone, and time yourself. Free time at the end gives you time to access programs on your TI, including cheats.
- Allow yourself time to retake the test if you don't do well on it the first time.
- Buy a study guide for the tests if you feel you're way over your head. 10 Real SATs is pretty decent and is fairly inexpensive from online retailers.

Penis size

Please keep in mind that your SAT score \neq Penis size (OP score for Australians). You will no doubt find people enthralled by their 2400 "Perfect" on the SAT. That's wonderful for them, but for the "rest" of us, it means absolutely nothing. Scholarships tend to frown on such things sometimes, because people who obsess over such tests tend to be very one-track-minded. Even with a score of 1000 out of 2400 on the SAT, you could get into a very prestigious University if you have achievements and extra credit activities. Nonetheless, some little dickwad in your school will probably try to obsess over the SAT. Trust me, everyone else is laughing at him too.

Paying for it all

Check the universities you're applying for to see if they had special university wide scholarships. There are usually major specific scholarships (ex. science, business, etc.) that one can look into. Most scholarships require you have at least a GPA of over 2.5. Check out scholarship website searches like Fast Web to see what you qualify for. If you can't find a scholarship that fits you, try looking into student loans.

16.3 Tertiary Education

Trades Become a plumber. Check the finances if you doubt this advice. The only downside to becoming a tradee is smelling like shit if you don't wash, and missing out on four years of sex less impressive than that in Rules of Attraction. The upside, though, is that you can use Mario-related pick-up lines legitimately.

16.3.1 College

Before getting into all the administrative stuff be sure to bring these with you:

- Identity card
- Driving license, if you have it
- A United States Passport is considered the gold standard of identification; get one and keep it handy.
- Birth certificate
- Every single school attendance certificate, letter they sent you, or anything related
- An address verification paper, such as a recent electricity bill or bank statement.
- A brain
- A freaking LOT of calmants
- No weapon whatsoever, would be the best way to repeat Colombine.

Administration is the worst thing you'll ever meet there, it can take 3 days just to have a paper signed or simply put in your file.

College/Junior College is a Septic name for an adult day care centre. SRSLY.¹⁹

¹⁹This, for us Amerikkans, refers to Community College and (some) Colleges. No matter how you twist it, a normal college is much under a University nowadays. The majority of reputable schools are now Universities. That means that unless you're going into a smaller major (such as Education or something), going to a bland state college is four years of waste. This ESPECIALLY applies to "party schools", such as (debating) Florida State. Universities, however, as you can see below, are your ticket to money.

16.3.2 University

University is the name for an institution which offers degrees in a variety of fields. Usually you can do a degree which is enjoyable, or financially viable, or neither. It is impossible to find a degree which is both. However, university is really an opportunity to develop nepotism networks which will result in your future employment.

For those of you who believe you'll go onto research, read phdcomics.com. If possible, do well at university. Do not spend every night plastered in some random spot. Do take advantage of the fact booze is often free and girls will likely outnumber guys by a substantial margin. Furthermore, half-decent grades result in the possibility of a master's degree, often a one year program, which in the US is something like an extra twelve grand a year in earning power.

How to make Friends/Meet People One of the biggest issues all Anons complain about is making friends in college. This is understandable- those who have poor social skills generally have a hard time adjusting to living with tons of people, not to mention doing so in a way that doesn't force them to go out and meet people. Thus, a Well Cultured Anonymous needs to learn how to deal with this shit and actually get outside.

1. **Get the fuck off the computer.** No, seriously. Stop fapping to /h/ (which is bad to do constantly anyway), stop wasting your time on /b/ or on video games. WoW is right out, and makes you look like a tard. In general, people are cool with you being on the PC occasionally (like, for chatting, studying, etc), but if all you do is sit in your dorm room, no-one will want to hang with you. Ever. If your college is in a rural area, or even a suburban area, go sit outside, get some sun, and talk to some of the people that walk by. You'd be surprised how quickly this simple act can improve your reputation or image on a college campus. For an urban college, sit at a cafe, coffee shop, or some such place to achieve the same results.
2. **Keep your door open.** Once you have no reason to hide (fapping), keep your door open and hang out with people. One of the worst things you can do in any college/uni is be secluded- so just kinda relax in public. Going to any Uni is partially about sucking it up and learning to live with a bunch of people and lose your privacy- so you may as well accept it instead of go kicking and screaming.
3. **Party.** No, seriously. Get outside and go to some parties even if you don't drink, just bring a soda and chill out with people. If you go to the right parties (as in, not "let's all get hammered and have gay sex" frat parties), you'll meet lots of people. For the most part, you'll quickly realize that most people (girls) are kinda slutty and annoying, but that's part of the experience: learning about people you hate.
4. **Don't overdo it.** Nothing spells "I just got out of Highschool" out faster than someone who goes nuts, parties all day, doesn't study, and hits on girls obsessively. One bit part of most Universities (especially the higher end ones in the US) is learning the delicate balance of the MTWRF grind: that is, you work your ass off on the week, then party your ass off in the weekend. Dumbasses will marvel at your ability to stay out till 5 AM on Saturday, yet pull straight As on the week. Professors are actually wierded out if you study TOO much- so learn the balance.
5. **Learn to handle women correctly.** Just because she flirts with you doesn't mean you have a sure thing- just play it cool. Too many Anon go fucking nuts in college because of the amount of women, which is crazy. While this doesn't mean "ignore them", you can do more damage by being stalker-ish creepy than you can by just being cool and relaxed. Just like angsty 4chan threads say, you don't actually NEED a girlfriend immediately.
6. **Never say no** (if you can get away with it). For example, if someone asks you if you want to go out to dinner, go out to dinner, unless you're swamped with work. Learn to do stuff like this on a whim, so long as it doesn't kill your schedule. Don't get into a habit of scheduling your whole day out with stuff like "Go exercise alone, go eat alone, sleep a bit" and that kind of thing: be flexible and make more friends.
7. **Get in with the right crowd.** NEVER hang out with the kiddies who party all day, it will hurt your grades. You can enjoy yourself with them, but don't get too involved. The same goes for people who obsessively study, do pot, or any of that shit - getting too involved can kill you. This also includes really insanely heavy student unions and that kinda stuff like Debate teams that practice 10 hours a week.

How To Do Well In Class Here's the part where we tell you how to work it all out because you suck.

1. Just damned **listen** to what your teacher says!

This will normally be so efficient that it will cut down on your personal work a lot. Some can even understand it all properly just by listening, which means nothing to do later.

2. **Think**, don't just listen and write down, try to understand it, even a little, on the spot.

Again, this is for the best. Trying to understand right away will make it simpler because your mind will be into it. And on top of that, the moment you understand, writing it down and remembering it will be much easier.

3. Do your freaking work.

Do I even have to tell you why?

4. Do **MOAR!**

By getting into it and trying to get a bit further in each topic by yourself, not only will you kill some time, but you will learn a lot more. The key to learning is to enjoy it, no one really likes to work, but if you find a way to use your lessons for something, do so, it'll be much better for you than just learning without getting it.

5. Go get a teacher **the second** you have a problem.

This is a hard part, no one likes to ask for help, especially from teachers, but it'll be another way to learn well.

6. Quit going to /b/.

Cannot stress this enough (for obvious reasons), though I know most people can't just quit cold turkey, so at least limit your visits. Once you've (possibly) topped the class, go right ahead and brag on 4chan... not that anyone will care; you will most probably be going toe-to-toe with internet tough guys trying to increase their e-penis size.

7. In general, just quit the Internet.

- You may not notice how much time you waste on the internet. I personally remember spending my days on IRC, doing nothing but watching empty chatrooms being filled and emptied. Since I quit IRC, I have so much free time on my hands, that I get hella bored (and that I ended up on /b/ too); but now I can spend some time on productive stuff, I had many projects on hold that I was able to work on. I even started coding again, I hadn't done that since my finals. I'm working and it takes a lot of time, so I don't see most of the free time I gained, but I know I've gotten more productive, less lazy, cleaner(mind wise), etc.

So, for **your sake**, 'reduce' your internet time.

Acting like you have some sense Okay, let's face it. In University/College/whatever, European or American, you will drink. You will party. That's part of the fun of going-,you're able to get away with a lot of shit on the basis that everyone wants to get away with it just like you.

However, learning control is a zen thing of being in college. Remember, you are a Uni student first, NOT a partier first - that basically means that despite your best wishes, you are there to study.

The best way to understand this is to just act normally. Don't go out and party every night, especially on weeknights, even for "hump day" shit, unless you know you can afford the hangover the next day. Barhopping nightly may be fun for one week, but it's not only expensive, but it's also incredibly detrimental in the long run.

Still, with that being said, have fun and do what you want. Just learn how to manage your life or else you'll fuck up.

16.3.3 Girls in MY University?

It goes without saying that most Anons can find awesome girls at Universities. However, for those of you who are excessively slow (Read: geeky), there's a few pointers that will help you out in your quest for ass:

- **Don't jump on every girl who gives you the time of day.** I'm serious. Just because she's a girl it doesn't mean she's into you in any kind of relationship way. It sucks, but if she isn't interested, you're fucked.
- **On that note, dancing and a beer≠relationship.** Don't expect her to be in love with you after a party.
- **Don't be creepy.** Stalking around the girls dorms/halls/whatever is creepy.
- **Be nice.** Just be polite and stuff: don't be a kiss ass, but don't be crude either.
- **Never hide in your dorm room.** You will never meet people that way. Ever.

Oh yeah, and one note on a personal side: No one is ever impressed by a guy who can get laid with a really drunk girl. Even really dumb guys can do that (and they often do). The real skill and awesomeness is getting a sober girl.

17 Finance

The Basics The truly tl;dr version of economics boils down to one very simple statement (which is basically what you'll find in any Economics 101 textbook minus the fancy words:

You have limited goods, which buys you things. Try to get more to have more things.

Seriously. In all of your Economics classes, this is the main concept: You, as a human, will never have enough money to cover every single want you will have in your lifetime. You have already lost that ability. You know that Power Ranger you wanted as a kid? You didn't get it, thus your (unlimited) wants were not satisfied, thus you no longer have the ability to say "I got everything I have ever wanted in my life".

The **REAL** goal of life is to take what you do have (current possessions, incoming money, etc) and turn it into things you do want (fun things, like hookers). This guide will teach you the very basics to managing your money right, so maybe when you're 60, you'll have a Taiwanese hooker on every arm. And maybe one will be like giving you a rimjob or something.

And for the love of all things, spending more than you earn regularly is **FUCKING STUPID YOU USELESS DOUCHEBAG CUNTS. DO NOT REGULARLY SPEND MORE THAN YOU FUCKING EARN.** If you don't think that creating a nice deficit for yourself is crippling then it's time to skip the rest and become an hero.

17.1 LESSON 1: Budgeting

Budgeting is the act of taking what you're making (your income) and breaking it up in a way so that all of your bases are covered. That is, you can pay everything you have to pay (electric bills, phone bills, interbutt bills) and then having some money to spare for hookers and beer, and actually knowing you have that money. How do you do it? It's fairly simple.

How to Budget: The Dummies Guide

1. Write down **EVERYTHING** you have to pay for.

Write down everything you have to pay for, this includes electric bills, gas bills, cable bills, internet bills, water bills, rent, you name it. As well, figure out a general area of how much you pay for these. For example, if you tend to use from \$200-\$250 on your gas bill (which makes you fucking stupid), write down \$250.

2. Write down a generalized list of what you want in the future, broken down by priorities.

Basically, go write down some shit you want in a year to two years. Start off with "small things" like "A cup of Starbucks coffee every week" to "A new PC" or something of that nature. Write down the price for each of those, too.

3. Figure out your monthly income.

Most Anonymii should be able to get this easily, as most people, even on a corporate level, are paid every two weeks. Just figure out how much you earn on average every month. Add all this up **AFTER** taxes and the like. Basically, what your "take home pay" is.

4. Figure out what percentage of your paycheck goes to your bills.

For example, if I'm making \$1000 every month (lol), and I pay \$400 in bills, 40% of my income is going to bills. That means that I have 60% "Free" money to play with. This is just a bit of math, suck it up.

5. Account for your IRA and that kind of crap.

Protip: Figure it out where you can contribute the full \$4k to your IRA. I'll go into more detail why in another lesson, but the long story short is that you need to be putting a substantial percentage into your long term savings account(s). This includes IRAs and 401-ks. Going with my example above, I'd maybe put in 10% toward my savings, like \$70 into my IRA and \$30 into savings. This wouldn't hit my \$4k limit on IRA contributions, but considering I'm only making \$12k a year in this example, that's a fucking lot.

6. Have fun with the remainder of the money.

Feel good about yourself! By budgeting that out and figuring out percentages, you just happily (and guilt-free) allocated yourself a percentage of your paycheck to do anything you want with. You've got your future covered, your electricity, and now you can go buy a 12 year old boy off the street to wear girl's clothing and suck you off. In my example, I did 50% - that's pretty big just for "lol spending" mone. Hey, \$500 can be used to do a lot of things.

What We Just Did Like I said above, budgeting is cutting your income into little bits and pieces to make room for all your miscellaneous expenditures. By doing it, you allow yourself to grab control over what you're making, and actually get an idea of what you're actually making and spending in life- instead of finding yourself strapped for cash every so often. It sounds kinda geeky, but trust me- by budgeting even for a year, you will find yourself in better financial situation than about 90% of the world, thus making you that much better.

But of course, your experience is going to be much different than that I mentioned above. So, to make life easier on you, I'll break budgeting down into a few key points, in which you can run from there:

17.1.1 KEYS TO BUDGETING

- **Allocate your bills first.** Remove what you automatically pay first. It won't go away anyway.
- **Try to cut out stuff you don't need.** You'll probably realize with budgeting how much extra cash you spend on stupid shit, like MMORPGs or something like that. If you don't need it, cut it out- it'll free up cash.
- **ALWAYS save money in both a long term savings account and an IRA.** An IRA, as I will explain later, is basically free money (especially if you're low-income and you're using a Roth IRA, blah blah...). A savings account is **ABSOLUTELY** necessary because it will save your ass if you come into trouble. If not? Use it for a vacation.
- **Avoid underestimating costs.** You will probably use no gas for heating in the summer. Expect to use a fuckton in the winter. Always give yourself some elbow-room in your budget for your bills- and if you have extra cash, party!
- **Keep to it.** This is the biggest deal. Getting lazy WILL end up throwing you into financial hell. Don't do it.

17.2 LESSON 2: Banking Institutions

Angry threats from an ex-bank employee Okay, let me get these things out of the way. Your experience will be much better banking if you **DO NOT DO THE FOLLOWING THINGS**:

- **Walk in with a check expecting tellers to figure out where to deposit it.** Even the smallest of banks have hundreds of thousands of customers. Most mistakes are made when you don't know what you want.
- **Threaten bank employees.** Trust me, the ladies behind the teller windows are fucking evil and will "get" you.
- **Keep less than a minimum balance in any account.** Banks will charge. And they will charge often, just because they won't like you.
- **Write a NSF check post-dating it.** Just because you THINK you will have the money in two days does not mean you will. Most tellers will not notice a post-dated check, and the check will bounce. And then, you will be torn apart limb from limb with fees.
- **Attempt to draw money out of a CD or IRA.** Just don't. You may be able to depending on the CD/IRA, but it will essentially destroy any interest you will have ever earned.
- **Open a checking/savings account without checking competitor rates.** Trust me, if they don't tell you their competitor rates (usually to show off their better rates), most likely they are getting their asses kicked.

- **Hold over \$100,000 in a checking/savings account in one bank, especially if it's a small bank.** The FDIC will only cover you up to \$100,000, so if you have more than that, split it up into different banks. The FDIC will rarely, if ever, cover anything above that. The only times they do so are when they are feeling generous or something.
- **Bank with any kind of bank that is obviously dying.** The best way to tell that is a bank that is giving insanely high rates for no reason, or just one that is situated in a damn back alley. Avoid them.
- **Accept checks from the mail from strangers.** This is a basic one. If you don't know where the check is from but it's made out to you, don't deposit/cash/anything it. If they ask for money back, RUN.

17.3 LESSON 3: Saving Up For Stuff

Buy the book *The Richest Man in Babylon*, or find a copy online. It's a good book that's been around since the 1920's, and will drill into your head the basic outline of becoming wealthy:

1. Earn more than you spend
2. Save the remainder (preferably a managed fund, Roth IRAs are good and the only decent thing to come out of Delaware)
3. Live off the interest of your savings

If you get a big enough stash of savings, you'll be able to outpace inflation and live comfortably, and maybe pass some on to your children, who will probably spend it irresponsibly.

17.4 LESSON 4: Stocks, Bonds, Mutual Funds and Hedge Funds

DO IT FAGGOT

17.5 LESSON 5: How Not To Be A Fucking Idiot

TIPS FOR THE STUPID

- **Anyone who promises you lots of cash from work-at-home deals is lying.** 'nuff said.
- **Credit Unions ALWAYS > Banks, if you can get in.** Credit Unions are much better and tend to offer better rates when it comes to CDs and Savings (and even interest-collecting Checking accounts), but you have to be eligible, among other things. Kinda a pain sometimes. Sometimes your place of employment has an agreement with a local credit union. Do some research.
- **If your employer has a 401k matching program, FUCKING TAKE IT.** A 401k matching program is where your employer puts the exact money you put into your 401k INTO YOUR 401K. Meaning? If you put in \$200 and they put in \$200, you get \$400 in your 401k. Do it.
- **If you get an e-mail about a hot stock, it's most likely a pump-and-dump.** Even CNBC's boytoy Jim Cramer has admitted to artificially promoting stocks. Don't fall for it.
- **If you have a low tax bracket and are eligible, go for a Roth IRA (instead of a Traditional).** In the end, you will cheat the tax man, so long as you make more money in your 60s than you do right now.
- **Ditch your credit card.** Credit cards are made to make you spend more than you can afford: otherwise, the banks make no money. Therefore, if you have one, keep the limit extremely low and use it only if you have to. Debit cards are superior, so long as they are accepted wherever you go (most function as credit cards anyway, just hit "cancel" when it requests you to enter in your PIN).

18 Your own place

First Things First You must be able to answer yes to all of the following before you can live on your own.

- Do you have a source of income suitable to live on your own?
- Do you know how to clean up after yourself and do laundry?
- Do you own enough furniture to not look completely poor?
- Are you of the legal age to live on your own?

If you passed, congratulations, you can live on your own. But nobody else gives a fuck.

18.1 Getting Ready

You should also call up the local companies that take care of utilities and get an estimate on your total deposits for them. Once you've got that, get a phone book, and look in the yellow pages for apartments. Call up every place and ask them how much the apartment size you're looking for costs, then go around to the ones you're interested in and see which ones look like shit and which ones are decent enough to live in. Keep in mind that while you may not mind living in a shitty place, you won't get laid nearly as much, and you may get your stuff stolen. Once you've found a suitable place you can afford, find the people in charge and take care of business. Be sure to ask if the water heater and stove use gas or electric, since that may or may not be another bill you'll have to pay. You should call up the utilities companies shortly after this and get everything set up, like electricity, cable, and internet. You may also want a phone line, but it's generally better to just get a cell phone.

This is an important point to remember: Certain rentals have certain utilities included, even in a major city, in my case. At my current place, everything is included except for electricity and internet. And that includes cable TV, water, sewer, pool and barbecue fees, parking, and security. Call and check to see what utilities may be included and save yourself the headache later.

When you're checking out the apartment always make sure to check behind everything, my place looked so clean it was sparkling when I first moved in but when I looked under my bed the for the first time... Lets just say I was less than pleasantly surprised.

Another thing you should always ask is to see if there are rat, insects, homeless people, etc. infestations in the house. Trust me, there are many people who sell apartments and leave the tens of thousands of cockroaches living in their walls a secret. On the topic of insects, if the apartment has a tiny hole that may seem harmless, it's not. Keep an eye for these holes and ask the landlord to do something about them. Cockroaches and other small insects do indeed live in them and yes, they will fucking bother you. Worse case scenario, get some spackle and patch that bitch up yourself.

Another thing homeowners don't tell you is the age of the house, the type of paint the house uses, etc. I would ask to see the deed of the house before going ahead and renting it. A friend of mine had some serious health problems because his house was old, and still used lead paint. Note: Many City Halls make the deeds public (Well, at least the one I work at anyways)

18.2 Moving In

This part's fairly straightforward. You shouldn't move in without your utilities turned on. If you have a bunch of stuff that won't fit into your vehicle or the vehicle of anybody willing to help you move, you'll need to rent one, or hire a neighbor. Just take all your shit from your old place to your new place, it's not hard. Try not to bang up walls while moving, since you're on your own now, and damages come out of your pocket. You may also want to check to make sure the windows are all locked, since the last 2 apartments I've moved into had them unlocked and I didn't notice for a week.

If you live in/are moving into a condominium or apartment building with elevators, check and see if you have to make reservations to use the elevators. Often the maintenance workers will put up padding and carpeting in the elevator to keep you from fucking it up with your stuff. It would be a real bitch to truck a bunch of stuff over and find that you can't move in because you didn't let them know you needed an elevator.

If by chance you're a rich fucker who can afford to have a moving company come in and take care of everything, make the reservations anyway, or at least call and confirm them. If you don't, your shit may end up in the company garage gathering dust, or on the side of the street. I've seen both happen.

And for the love of God, **PACK A FEW DAYS SUPPLIES BEFORE YOU MOVE.** If your shit gets lost in transit, or stolen, or misdelivered, or rained on, etc, you're going to need the spares you have on you. That includes things like basic toiletries, a cell phone charger, clothes, your important papers (passport, Social Security Card, birth certificate, copy of the lease, etc), and some **MONEY.** Don't get blindsided by accidents; they're more likely than you think.

18.3 Living

You will almost always have a landlord, remember that it is his job to make sure the water isn't brown and that the boiler is working. If you have a problem, call him instead of trying to fix it on your own unless you are 100% sure that you can fix it on your own easily and ask someone else about this first, if you end up making it worse you're liable to be billed and you will piss off your landlord by making him work for an hour on something that would have taken five minutes to fix. On the subject of landlord, pay your fucking rent on time dumbass! If you miss rent for as much as one month and your landlord, or alternatively the person who owns the building if he hires a landlord, doesn't like you it will be that much harder to get apartments in the future because of shit credentials.

Make sure you buy the expensive cleaning products, you do not want your bathroom or your clothes smelling like shit for a month because you were too cheap to spend a little extra. Some examples of top-quality cleaning products are Clorox Clean-Up, Windex, Drano, and Dawn Concentrated. Clorox Clean-Up comes in bottles and spray bottles, which makes it perfect for cleaning out just about everything. The chlorine will kill anything it comes into contact with, excluding you unless you're stupid enough to drink it. Got a smelly sink, or a bathroom that you just can't get the funk out of? Flush the affected areas with some of this, and you'll never smell that stench again. Some clinics and most hospitals use this for sanitation purposes; follow their example. Windex is particularly good for cleaning glass and metal surfaces like stainless steel and chrome. The active chemical is ammonia, which brings up an important point. If you're using Clorox and Windex in the same room, for fuck's sake have some ventilation going. Ammonia and chlorine create a gaseous chemical compound called phosgene, which is deadly enough to warrant extensive use in World War I. Don't mix the two unless you're going to become an hero. Drano is useful for unplugging clogged drains in your shower and sinks, however don't get any on you. It's incredibly basic, and will burn the shit out of you if you're not careful. Dawn Concentrate is great for washing dishes, if you don't have a dishwasher. A little bit on a scrubbing pad, and you can eat off it once you rinse it.

On the subject of doing dishes, here are some basic steps. First, use **HOT** water. Cold water won't kill bacteria that have settled on the scraps left on your plate. Don't be afraid to use plenty of soap, either. Food poisoning will make your life hell, if for no other reason than the feeling of pissing out your back and front while you puke. Start by rinsing the dishes under the hot water first, to loosen up all that crap. Then take your soaped-up scrubbing pad, and scrub it **ALL OVER.** Don't miss a spot, even the underside. You wouldn't eat off a toilet seat, would you? Well, if you scratch your ass and then pick up a plate, you might as well be eating off the toilet seat. So scrub them well, until there's no trace of food or whatever left on them. Rinse the dish well, and make sure to get all the soap off. It won't hurt you, but it will make your food taste funny the next time you eat. If you were lazy and left a cooking pot or pan unwashed for a few days, fill it with hot water and soap and let it sit for an hour or so. Then come back and scrub the shit out of it. When all is said and done, scrub the sink out too, so it doesn't smell. If you have a garbage disposal, run it with the water on to make sure that all the scraps get flushed down the sink. If not, empty the drain screen into the trash and replace it. Should your sink start smelling like your father's socks, either dump some baking soda or Drano down it. That will kill the stench.

And now, for the rest of your apartment. On this note, don't be a dipshit and postpone cleaning. When you get an unexpected visit from the hot girl next door you do not want your floor to be littered with old trash, nor do you want your toilet to smell like shit and be covered in it. When you start cleaning, clean from the top to the bottom. It makes no sense to vacuum before you dust. Take a broom and get the cobwebs out of the corners of your ceiling, and dust from the top of the room down to the lower bookshelves. Scraps of paper, receipts, empty food wrappers, etc. are pretty common trash on the floor of an apartment. Just make sure you throw shit away instead of dropping it on the floor, otherwise you'll attract cockroaches. Make sure to go over your floor with a Hoover once a week or so and for the love of God change your fucking bedsheets and pillowcases as often as possible. Under and behind things is not as important, but shit will start stacking up back there before long so try to at least stick the Hoover back there once a month to keep new kinds of E. Coli from breeding.

When it comes to hosting parties in your new fancy pad, don't. You will either get too drunk and wake up to a completely destroyed apartment and be in debt for years for repairs and will have to spend weeks cleaning to even make it look decent, or you will be a complete bore running around making sure people put their beers on coasters

and don't play with your prized vase and as such attract the scorn of basically every person in the area you live. It's a shitload of work, so just leave it to the professionals or at least people who are dumber than you to do it. Entertaining a small group of guests for a poker night, or LAN party is fine; but rollicking parties like the kind that get the SWAT teams called? Just save yourself the trouble and don't.

18.4 Neighbors

You can't get away from them, no matter what you do. Even if you have a townhouse, you're going to have to deal with your neighbors sooner or later. Only if you live in the middle of Bumfuck, USA will you get away from this problem. First and foremost, don't have gigantic parties, as stated above. Try and keep the outside of your residence clean, though if you have an apartment this is pretty much a non-issue, balconies aside. Don't steal their mail, and don't fuck with their property unless it is impacting yours. What this amounts to is basically "hands off". Leave them the fuck alone, and generally they'll leave you alone. In the event that you have a nosy neighbor, meaning one that likes to look through your mail, take note of what time you leave and come back, who you go out with, what visitors you have, etc, just ignore them. Unless you're doing something to get V&ed and B&ed, they can't bother you. If it is really starting to get on your nerves, don't go reaching for the bag of dogshit and a lighter. Talk to their landlord and file a complaint with them, or their rental company, hell, even the police if it can be considered harassment.

If you get a neighbor that complains about every little thing, though, don't hesitate to bring out the big guns. "/b/ is not your personal army" aside, find ways to make their life a living hell without getting caught. This is especially effective if you never strike in the same place twice; ergo, car, mail, landscaping, windows, flaming dogshit, etc.

19 Tinkering

This is where you learn about screwing things. Of course not in the sense "sticking it in their pooper", but in the sense "doing random crap and fixing stuff by yourself to save a lot of time and money".

Be aware that, even if you are very good at it, some matters need professionals, you wouldn't want your whole heating system to be down in December because the leak you tried to fix in July actually got bigger instead of stopping.

Trial and error This principle has been nature's basic one for hundreds of millions of years. And it's good, that means that first, you have to try, if it doesn't work, which means there is an error, that means the way you did it is likely to be a dead end, and so you have to try something else.

1. Try, fail⇒try something else.

Something else you need to have, is an idea of what you're doing, or of what you plan to do, if you just want to fix it not knowing how it works out you'll fail, hard; the second of the failure, you will hear "Za Warudo!", then everything will break down on you in an instant, a steamroller will fall on you from the sky, and WRRRRRYYYYYYYYYYYYYYYYYYYYYYY. It is close to impossible to work it out on your first try, but once you've caught a glimpse of it, you'll be able to manage.

2. No plan⇒fail.

19.1 The basics

1. Glue: variable

Considering the many different types of glue that exist, they can virtually be of most uses, but if you want your stuff to hold, you'd rather use them as a support and add something else. Some glues are actually pretty strong, and can be used alone, but unless you know them very well (which means you've gone through hell), better ask for confirmation. Holds in most directions.

2. Nails: clean, low-medium efficiency

- That's where I tell you not to go cry to your mother when you've (stop!) hammer timed your finger.
- Fastens in normal to axis plan.

3. Screws: relatively clean, medium-high efficiency

Better than nails in most cases, enable to fasten in the axis direction and in all normal plans.

4. Bolts: least clean, best efficiency

Bolts are often used to keep two parts of a same work together, usually in 2(4) parts, it can be used with only 1(2) depending on the material you're working on.

5. Tools and Devices:

- The minimum: a multi-grip plier, a ruler, a set of screwdrivers, a hammer or two, a set of hex keys, one of wrenches, and of course a magnificent collection of nails and screws.
- The most useful devices for you will be a portable drill with a set of bits, a wood saw, and a metal one, hand wield, if you plan on more serious use, better get a jigsaw at least.
- When you're using alimented tools (no battery), NEVER forget to, after unplugging them, turn them on to get rid of those nasty residual electric charges, which could, if accumulated, run the device by itself and chop an arm or pierce an eye.
- Of course, if you take low cost tools, they'll break up fast, so if you plan on using them for what they are done, put some money in it.

19.2 Materials

1. Wood:

For bolts, screws and nails, be careful that the effort given to the fastening system is not given in the "grain" of wood if you are working on some, the grain is the direction all visible lines take and it is the weak point of it.

2. Metal:

The hardest and toughest material to work on, almost impossible in some cases, and making a mistake on it will not always be correctable. Requires specific drill bits, saw blades, bands and disks. Much more likely to project fragments, so it's dangerous.

3. Others:

- Anything rock related, such as concrete, is one BIG hassle, it'll require, just like metal, special tools. After a material like concrete or clay sets, it becomes nearly impossible to work with; it cracks and chips when being shaped. Concrete can only be shaped using a cast, which in itself is difficult to make. Before clay sets, however, it is quite easy to make complex shapes, although it can create a mess. Creating a lot of designs requires a potter's wheel, which can be very expensive. If you're working on these, that means either you have an annoying problem on your hands, or you want to become an artist. Which is your problem.
- Plaster is weak, anything heavy will break it up, same for any non-soft hit, so just use it carefully. nails are fine as long as properly done, screws will have to be put in very carefully, and you don't want to bolt or glue anything on plaster.

19.3 Basic working

1. Gluing:

- Always wash away any drooling glue before it dries, some glues are expansive and will become horrible looking when dried if not cleaned up.
- Always keep the two parts you want glued under pressure, again, when using expansive glues, a lot of pressure will be applied onto the interface, and it may move parts off and create problems. Some glues are, on the contrary, quick dry and non-expansive, these can be used to keep parts together so you can apply expansive, more powerful glues to them.
- Always check what material you are using and what kind of glue you need, some of them are corrosive, I remember using a PVC glue onto my webcam clip, and it resulted in a bunch of holes, which are not much appreciated.
- Don't sniff them.
- If there's any glue anywhere near your eyes or mouth or nose, wash it.

2. Nailing:

- If you are using on massive nail, you should first drill a hole just a little tighter than the width of the nail. If the hole is too wide the nail will slip out, if it's too little, it may break the surface under the pressure.
- First you have to put the nail's tip on the point you want the head to be later, as close to the angle as you can, beginner or not, stick to right angles, because it's much easier to make a mistake when you're not perpendicular to the surface.
- Then take your hammer, hand it as close to the weight as possible at first, and slowly, with little hits, put in the nail; of course holding it with your fingers.
- Once a good part of it is in, I'd say more than one third, remove your fingers, it should stand by itself, if it doesn't do what you just did again. You can now start holding the hammer from the tip of the handle, it'll give each hit much more strength, and that way you can finish nailing it in, if you're not sure what you're doing, don't nail it all the way, leave a small space between the surface and the head of the nail, so you can slip in something to remove the nail if necessary.

3. Screwing:

- Same as for massive nails, if the screw is wide, drill a hole of the width of the screw's core part. If the hole is too wide the screw will slip out, if it's too little, it may break the surface under the pressure.
- Again, make sure the screw is perpendicular to the surface, try to put the tip of it by hand so that it doesn't go wild afterwards. Then slowly use your screwdriver (clockwise for screwing in) to secure it in, and finish it once you're sure it won't go wild.
- When using any screwdriver, if it does not fit the head of the screw perfectly, you may experience a few "jumps", so you will have to apply a lot of pressure on the screwdriver to make sure it doesn't damage the head of the screw, which would be a critical problem if you plan on removing a reusing the screw later.

4. Bolting:

- You will have to make a hole of at least the width of the core part of the bolt, making it exactly of that size will making the fastening stronger. A bit wider is fine, as big or bigger than the head of the bolt will be fail, and you'll have to fill the hole with either putty or glue to make it fit.
- If the hole is a perfect fit, you might not want to use a counter-nut, but in most case you should.
- If the material you are working on is a bit weak, or that you just want a clean bolt, use washers.
- Use the right wrench in priority, gripping tools only when needed, or you might damage the head and it'll be a hassle to remove.

5. Drilling:

- Absolutely assure that you are perpendicular to the surface, if you are not it will cause problems later, sometimes even big ones.
- If you plan on making a hole with a certain angle, you can either tape something over the spot you want to drill to have a normal plan, or find a way for bot the drilled, and the drill, to remain at the same angle while you are making the hole.
 - Put some ruler you can get the drill to slide on/next and fasten the piece you want to work to something sound, well now that's real tinkering, Mac Guyver would laugh at you if you didn't know. You'll just have to improvise, a couple of boards to get the right height, another to limit the ruler on the horizontal axis, fasten it all together and start sliding.
- Like with everything else, you have first to make a "print" for the hole, use a pen and make a cross where you need it, then make sure the drill bit will get right there, prevent the drill from moving at all when you enter, because it might slip away a bit and screw a lot of preparations, once you have secured a correct depth into the material, you can go faster, the most important part is always the first, because it will condition whatever happens next.

6. 6. Sawing:

- Use a pen a draw the line you want to cut on.
- Don't put your fingers on that line. You know you want to, but don't, believe me, it's not good for you.
- Don't try to saw half the length from one side, and half from the other, saws often bend in a very specific way, but they always bend, so if you don't do all the work in the same direction there will be some heavy imperfections, especially at the point where both paths will have joined.
 - Only cut from different positions when you have no other way around.
- Use the right tools, using a back saw when you have to cut into something wide will only result in the inability to pursue once the material touches the steel arm. Back saws are useful for thin pieces, use normal (full) saws for thick ones.
- Jigsaws are for thin pieces, be sure the check that the blade is for the right material, and that the settings correspond to what you need (straight or curvy).

19.4 Cleaning up

Here you will require a set of little tools that are actually pretty handy in many situations:

1. A cutter, useful to cut off little bits of everything hanging about.
For metal use a saw or a flat screwdriver to hemmer it away.
2. Some Sandpaper, that's to remove splinters and clean off edges or just little imperfections.
There exist several different grits in order to go from heavy sanding to refined abrasive work.
3. A vacuum cleaner/broom to remove all the crap that's laying on the ground, there always is.
4. A box to put your tools into, ordered if possible. You don't want to spend an hour looking for the key of 6 because your roller wheel axis is coming off.

20 Miscellaneous

Owning a Car If you live in an area where public transportation is readily available, then getting a car may be an unnecessary financial burden. However, in a rural area, owning a car is a bare necessity.

- The matters of learning to drive and getting your drivers' license are dependent on local laws.
- If you go to buy a car, and you are not mechanically inclined, you should bring a friend or family member who knows something about cars. This will prevent you from getting screwed. If you have no one you can bring and you are worried about making a poor decision, you can always have the car you intend to buy inspected by a professional mechanic before you buy it.
- Make sure you have enough money. You not only have to pay for the car itself, but for car insurance, and you need to have enough money that if your car should break down at any time, you would be able to have it repaired.
- Make sure you stay on top of your insurance, car inspection, vehicle registration, etc. Failing to do so will possibly bring on the wrath of law enforcement officials.
- You **MUST** have your oil changed regularly. The usual recommendation is to have it changed every 3000 miles. This is not optional. Your car will stop working eventually if you don't do this. It's also a good idea to wash your car regularly to keep it from getting rusty, and to make sure your tires are filled. Gas stations sometimes have coin operated air pumps that you can use for filling tires if you don't own a pump.
- **Wear your seatbelt.** It's rare for someone who is wearing a seatbelt to be killed or seriously injured in a car accident.
- If you do live in a town but are too cheap to pay for transportation, you should invest in a bike. True, it's a bit annoying to keep up, but you will save a lot of time in transportation, I get to university almost thrice as fast riding my bike than when I take public transportation. If set properly, it can give you a superhero's legs, and you can even work out your arms. If you (don't) want to keep your lazy nerd habits, you should definitely take a bike.

Part IV

Sex and Relationships

21 Girls

Women, in general, are selfish whores. They want all the attention they can get, yet can't realize we cannot be there for them whenever they feel like to and put up with their bullshit when they don't want us around. - Anonymous

Women get coddled and carried their whole lives as long as they aren't complete fucking mutants. From daddy's house, to the frat house, to hubby's house. - Anonymous

(This article will not tell you how to find a tolerable woman. It will, however, tell you how to get women in general to sleep with you.)

21.1 How to Behave

Remember, Anonymous - the mentality of a woman is that you should be all that she wants and that she chooses you. Many of us are intelligent, nerdy, philosophical, etc. but you cannot, REPEAT cannot expect a woman to like you for these things. She needs to be put in her place because in her opinion it's about who is in control. It doesn't even matter how much money you make or if you are a male model (fag), it's about how you handle her bullshit. Just think: in a burning house, how many men would run back in and die trying to save their wife v.s. how many women would jump out the back window and hide in the backyard. Women have no qualms about switching to another man if the opportunity cost of switching is less than the new benefits. They claim to feel attachment but never so much that they would stand by a man that they feel isn't meeting ALL of their needs. With that said...

21.2 Go ahead, /b/ arrogant

Girls are attracted to funny AND arrogant men. Not funny or arrogant men. that's all you need, find a funny line that boasts yourself as arrogant that they will laugh at, get their number and the rest is easy. Afterwards do your best to give them an orgasm. Once you've given them their first orgasm, they will never leave you if you treat them right.

This is truth. Many very popular womanizers are both cocky and a little bit on the self loving side. It sounds stupid, but it's the truth- no matter how kind you are, women are not going to fawn on you unless you have a little bit of an edge to you.

This is why "good guys always lose". Good guys, also known as your typical kiss ass, always work hard to please the woman and make her feel special in a slightly facetious way. This is wrong for two reasons - one, it's obviously a ploy to get into their pants, and they know it. But the second and by far most important reason is that it sends a message to girls: **I have this guy. I can use him as I like. I don't have to work for him**, NOT "Oh, what a sweetie".

Take, for example, film hero James Bond, especially the version played by Sean Connery. James Bond did not go "You're beautiful baby, I love you so much I wrote a poem for you". Hell, James Bond slapped women on the ass, told them what to do, and generally just manipulated them. And you know what? Onscreen and offscreen, that works. Believe it or not, there is a little vein of submissiveness in most women, generally equating to the desire to be controlled. It comes from nature. While this is by far not a license for you to put a collar on her and call her "Doggie", it does mean that you need to display some balls before she's going to want to see them, hold them, suck them, and fuck them.

Another thing, the Minbari say

"Claim victory in your heart and the universe will follow"

This proverb can be pretty much used for what you are trying to do here, by claiming victory, as in believe you already got her and you can do whatever you want with her, you will become rougher and probably give more orders, which has been proved to be characteristics liked by women, and so it might help you win them.

Sum-up: Act like she is already your girlfriend, AKA be an asshole, uncaring, and order-giving guy, and she will come to you.

21.3 She is always coming to you. Never the other way around.

One thing that commonly kills men is that they allow themselves to be trapped into letting the woman believe that they are something wanted and that you are working for them. This gives them the reins to the relationship, and will easily allow her to dictate what you do, when you do it, and how hard.

Let's take a theoretical situation - calling for a date. Your average "good guy" loser kind of character would pull something like this:

- Guy: Hey, would you mind going on a date?
- Girl: Well, I don't know.
- Guy: I'll take you out to so-and-so's.
- Girl: Well... all right...

And then our Casanova - James Bond meets Sylvester Stallone or something:

- Guy: Hey, how does a date sound tomorrow night?
- Girl: Well, I don't know.
- Guy: Come on. Don't tell me clipping your toenails is more important!
- Girl: Not at all! I'll be glad to go.

The difference here, while I obviously made it overboard, is how the request is handled. Take a look at the underlined portions of the discussions above. In the first discussion, the guy obviously is asking permission for her to go along, already setting her "I'm a princess" gears into motion. In the second one, it is obviously a pseudo-request, pseudo-demand.

Keep in mind that this in no way is inciting you to go out and command women or demand they come with you. God, that is probably the worst thing you can do. However, you cannot let yourself get into the habit of automatically making yourself subordinate. Many popular pickup dating teachers often go so far as to say that you are "jokingly pushy" - meaning you don't let them push you off to the "maybe", you get either a yes or a no. It may sound mean, but it's called testosterone.

Protip from BSC: A great way to use this principle so vividly illustrated here would be the use of the word should. You can use it for everything that you want them to do, because its a socially acceptable way to command people. After swapping numbers, "Can I call you sometime?"=pussy. "You should call me" and "You should let me buy you dinner" appeal not only to her sense of submission to authority but also cause her to feel as though it would benefit her (literally - what she SHOULD do).

21.3.1 Things to be

And now we hit the things that you should be. Just remember, these don't apply all of the time - but for the most part, they really help out.

- Be classy. Nothing turns women off more than burping, farting, bad table manners, or that kind of shit. Swearing included, god fucking dammit.
- Be Sophisticated, but not braggy. This especially helps if you're into bookworm or smart chicks. Bar chicks don't care about this.
- Be playful. Think Brad Pitt playful, not Jim Carrey playful.
- Be slightly arrogant. If you act like you don't like yourself, you'll make her not like you as well. Love yourself.
- Be adventurous. Harrison Ford as Indiana Jones went through a lot of panties back in his day. You can too.
- Be attentive. Listen to what she says. She may give you ideas, just be saying something interesting, or give you hints to make a move.
- ...but be indifferent. Don't let her think she "has" you. That borders on being clingy (see below).

- Be sexual, but not desperate. Innuendo is okay. Going "I'm fucking horny" is not.
- Also, for fuck's sake, stop fapping so much. If your body thinks it's fucking 3 times a day, it doesn't need to try its best to find mates. Once you stop fapping so much you'll have a lot more energy and more of a drive to meet women.
- Stop going on /b/ for a bit. It rots your brain. Girls, typically, are not interested in the internet. Resist the urge to talk about it. Not going on /b/ for a few days will condition your brain to focus on other topics and things you enjoy so that you will be interesting, and not come off as a nerd.
- Be confident. Make sure she realises that she needs someone like you in her life.

21.3.2 Things to absolutely never do

Because these are pretty obvious on their own right, do remember these absolute "do not do or else"s -

- **NEVER** become clingy, including calling her often or just hanging onto her. Be protective, but don't be obsessive. If she asks you to call her "sometime", do it one or two days after, not the second you get your greasy hand on your cell phone.
- **NEVER** show off. They can tell when you're doing that now. Be honest, but still be flirtatious.
- **NEVER** use pickup lines, unless it's intentionally bad, and you're using it as an ice-breaker, and even then it's not the greatest idea. Most of them suck, and can be seen a mile away.
- **NEVER** become excessively emotional or weak. That includes talking about exes, crying, or that kind of shit.
- **NEVER** defer to her for minor choices. If you ask her to go out to eat, ask her if she likes a certain restaurant, not where she likes to eat.
- **NEVER** fake it. You aren't a ball player or a famous actor. That shit collapses on you fast.
- **NEVER** ask to stick it in her pooper. If you already asked, you're fucked.
- **NEVER** pee in her butt. Or that will be the last buttsecks you have

Quotes from actual living and breathing women

The following are some miscellaneous quotes from girls that generally validate my claims.

"Jim Carrey funny" (clownishness) is good, but use it in moderation.

Grabby is ok, same with excessive kissing as long as it doesn't get annoying. the other stuff, such as sex will have to wait until the time is right...

21.4 Be Romantic (not a dipshit)

Being romantic is like driving a very expensive sportscar on a racetrack. You need to be able to do it well, without crashing and burning because you tried to go too fast, too slow, or just didn't know when to make the right moves. Being romantic is being **spontaneous, yet controlling** - which is a feat in and of itself.

21.5 Going out on a date

Inviting her home If you're so lucky as to get her into your home/apartment/dorm room/cardboard box, feel special- she's almost given you the keys. Keep in mind though - this does not mean "Let's have sex" - often times, she really does mean she wants to see your pad. That means that, no matter what, you're going to have to worry about appearances - not only of yourself, but of your entire house. That being said, take the following tips as some good advice:

- **Always have the place clean.** Yes, it may be hard, but it being clean shows that you are reliable and clean. Women also don't really like getting into a dirty or messy bed.

- **Pets are great ice breakers, but be wary.** Having your 300lb gorilla of a dog run and jump on your date's lap equals problems. Hell, she may even be allergic. Cats and small dogs, however, seem to be good ice breakers- and it shows you're responsible.
- **Hide the porn.** This is for two reasons - you don't want to look like a pervert, and it may be a little embarrassing or degrading. It would be the same thing as if you walked into her place and saw a poster of a heavily ripped male model.
- **Alcohol may scare her.** I don't care what you see on television, too many girls are paranoid of date rape nowadays.
- **You are not Austin Powers.** Do not pull out a rotating bed, a soul CD, turn on the fire, give her a velvet blanket, or any of that bullshit. No really, don't. It won't work, she WILL insult you.
- **Try to at least look respectable.** Being anonymous, you no doubt have many geeky things in your house. At least try to seem deep, don't make her have to stare at your Warhammer 40000 collection for hours.
- **Turn OFF the Computer.** If she walks in your room, and the first thing she sees is your giant WoW (or even worse, loli) Wallpaper, she's bound to get strange ideas about you.
- **Keep your internets life UNDERCOVER.** Don't start talking about how high your combat skillz on Runescape are. Unless you brought home a weeaboo (in that case, GTFO), she won't care. Lastly, for the love of GOD, don't try and incorporate memes into your conversation. She has no fucking idea what you're talking about (no really, she doesn't know who Richard C. Mongler is).

21.6 Being more than just a friend

A woman has a close male friend. This means that he is probably interested in her, which is why he hangs around so much. She sees him strictly as a friend. This always starts out with, you're a great guy, but I don't like you in that way. This is roughly the equivalent for the guy of going to a job interview and the company saying, "You have a great resume, you have all the qualifications we are looking for, but we're not going to hire you. We will, however, use your resume as the basis for comparison for all other applicants. But, we're going to hire somebody who is far less qualified and is probably an alcoholic. And if he doesn't work out, we'll hire somebody else, but still not you. In fact, we will never hire you. But we will call you from time to time to complain about the person that we hired".

Let's say you are a straight male and you have a male friend. The two of you are friends for awhile, you have fun hanging out. Then one day that male friend says he's always had a crush on you and asks you out. How would you feel? You never saw him as a potential date, only as a friend.

This is the same way it is for females with male friends. If you aren't put into the potential date category pretty quickly after meeting them, you probably never will be or will have a hard time getting into that category which will only result in a short relationship. If a girl views you as a friend, you are the same as a female friend to her and therefore NOT a potential date, and finding out you are attracted to her will just make her feel awkward (and maybe sad, because she realizes you are a person with feelings but may be sad she can not return your feelings) towards you.

Thinking becoming friends with women first will get you lots of dates is a mistake many men make. DON'T do it, it only leads to heartache and blueballs. Get to know a woman before officially proclaiming yourselves boyfriend & girlfriend, yes, but do that through things like 1-on-1 dates, NOT friendship.

21.7 Types To Stay The Fuck Away From

1. The Slut

This is a no-brainer. Slutty girls are easily distinguished by the fact that they are willing to fuck ANYTHING that moves, regardless of emotional interest. While this sounds nice to the average /b/tard, the truth is that these girls are rather dangerous. Not only do they generally carry sexual diseases, but they have a nasty tendency to have emotional problems which make them the slut they are- leading you into the pit of hell.

These emotional problems generally fall into one of a few categories. The girl can either be attention deprived (As in she was ignored as a kid or something, including the lack of one or more parents), just stupid, or a

genuine nymphomaniac- and all three of those things are dangerous, especially when it comes to after the sex. Getting a quick lay can be done with your hand- handling these girls is extremely dangerous.

2. The Emotional Whore

This somewhat falls into the category of slut, so I'll be brief. Always try to avoid excessively emotional girls. Those kind of girls tend to create a shitload of problems for you, including those with your friends and everyone you know. These are the types of girls who will go out and go apeshit on you if you offend her, or get far too involved in a simple relationship to the point of obsession. Unless you want calls at 2 in the fucking morning about how much she wants to know you love her (through her tears for no apparent reason), don't bother.

3. The Arrogant Pain In The Ass

Before I even begin, take a look at this quote from a girl I interviewed while writing this section. When I asked her what kind of person would be her ideal guy, she loaded me up with this:

"...long blond hair but not in say a mullet or in a pony tail it has to just hang down and look neat, muscular athletic build like he doesn't just let his body go to hell (exercise) he must be a complete gentleman and treat his ladies with respect, I shouldn't have to remind him to open the doors and stuff, we would have to have common interests but different interests as to make him not boring to talk to, I shouldn't have to pay on dates if he asks me to go on a date, and he shouldn't expect anything (sexual or sensual) I will let him have it if I feel the same"

And when I asked her how she would "sell" herself to a guy like this,

Well, that's the thing. I shouldn't have to sell myself, if a guy wants me he has to sell himself and I'll decide.

For as long as they have walked the earth, women have been given deference due to their physiological weakness against men. This spanned hundreds of years and now, in our "equal" society, they carry the distinct advantage of demanding this deference. No matter what feminist groups will tell you, women tend to have more power over men because they know they can. They are universally considered to be "catch"es, whereas men are simply a bunch of "suitors".

So, what do you do in the case where you find a woman who thinks she's in control? There are a variety of options. Some guys will just ignore them. Some guys will secretly lust for them. Your stereotypical loser "nice guy" will roll over like a puppy dog, possibly showing off and trying to get her admiration.

All three are wrong. The right answer is to push them back in their place. I'm not saying to get violent or rude with them, but nothing is able to calm a woman down more than someone who pushes back on her harder. If you don't, she will barrel you into a corner and rip you to pieces. And that sucks, especially at a bar.

The whole key here, as many dating books and /b/ threads have said, is being the Alpha Male. This term comes from animal society, where a certain male dominates the rest, getting more of the female animals and usually forcing the others to work. That is your job: to rip the chains off of you and dominate wherever you go. And that post will be attacked but you're the fucking Alpha Male, you know what the hell to do.

So, when you experience a really bitchy woman, you need to remember a few things:

- (a) She probably is doing it as a shield. Most women like this have insecurity issues, much like bullies.
- (b) She can be broken, but sometimes it's better just to smack her back and move onto more entertaining girls.
- (c) She will make your life a living hell, especially in a party/bar situation, because she will literally cockblock you from the other girls she is (presumably) friends with.
- (d) She will go ballistic if you just ignore her or blow her off.

Which means you have a lot of shit to handle. Many guys have come up with ways they figure works in this case- some end up literally going "You can't fool me", some just ignore the girl, and others have a "wingman" to get this girl out of the picture. No matter what, this kind of girl is a cancer to you, and will cause problems.

So, what do you do? While there is never really a good answer, here are some ideas you can try:

- Try pulling the knight-in-shining-armor thing. Go off and pull one girl from her group or something and keep her away. You "Saved" her.
- Literally blow the girl off by saying something to the equivalent of "Sure", or "Whatever you say, princess". Believe it or not, being snippy can work wonders.
- Ignore them. Completely.
- Pull out a wingman²⁰ and have him deal with her. That's kinda sacrificial and mean, but it works.

4. The Liar

You're a fucking moron if you have to have this explained to you. If you find out she lies to you about things like who she is, what she looks like (in the case of an online relationship) or anything that would make a difference in your decisions with her if she hadn't lied, don't go near her.

21.8 A girl's tainted perspective based on her poor experience

Okay, here's a lesson on what to do if you've had sex or whatever with a woman, and she suddenly can't stand you. If she says that or hints it, or asks out right to be friends... TAKE THE OFFER. From personal experience, after I had done a little "play-time" with an ex, I began to not stand him, and I told him so and said I wanted to just be friends, he refused. But after a few days of not talking or seeing him, I stopped being unable to stand him and began lusting for him again, but then he insulted me. So, a lesson from me to you...take the offer to be friends and be nice, cause she could get a flame for you again.

A guy's perspective on a girl's perspective

While I may agree with some points of it, I'd warn you to be cautious. You don't wanna be her pet, staying around and being nice for the POSSIBILITY that she'll one day want to have something with you again. If you REALLY liked her, and it hurts to be around her after it's all over, then the best thing you do is to cut all means of contact with her. Delete from your instant messengers, myspace, etc, make sure you won't bump with any sights of her face often. What your eyes can't see, your heart can't feel. She may go "You just wanted to be near me when we made out and stuff, and now you don't wanna be my friend, way to be like every other man!", but women are generally attention whores who can't comprehend that sometimes we need time to get over feelings.²¹

But then again, if she didn't mean jack and you just liked the sex, then yes, keep her on your book, always remembering the other lessons found here.

Also, for fuck's sake, stop fapping so much. If your body thinks its fucking 3 times a day, it doesn't need to try its best to find mates. Once you stop fapping so much you'll have a lot more energy and more of a drive to meet women.

Another View from A guy

You don't have to just cut all ties, but don't be the "Friend" who is best buddy. That don't work. That is a one way road to being completely whipped without the sex. Talking every now and then, being able to hang out when you both happen to be in the same place or with mutual friends and parties... That's fine. Chat every now and then online NOT CONSTANTLY IMING THEM EACH TIME THEY ARE ONLINE!

²⁰If you take this approach, please make it worth the wingman's while. Get him a few drinks or something.

²¹Note, it may be the case that she will "get the flame for you again" simply because she can't get something, in this case, this will be you. GIRLS WILL WANT TO FUCK WITH YOU just to stoke their egos, and coming crawling back to them is one way to ensure they can. Trust your instincts Anonymous, not your penis. Women NEVER really know what they want, but if they go for anything, its usually what they can't get.

But yea. You don't have to cut all ties. If they were important to you, you should do this, they may come around and come back. Just if they throw the hints, don't throw yourself at their feet. It makes you look desperate. If you enjoyed being with them for reasons other than just sex, you can work as friends. Cutting all ties could hurt them. And it is always good to avoid making enemies. Hurting a girl not only makes her your enemy, but many people that she knows become your enemies as well.

Another problem with talking to them at a constant rate is the fact that as they become closer to you, they seem to think of you as someone they will not date/fuck/etc. They worry about the consequences of what would happen if anything above the realm of friend took place. They want you there and to be the one who they spill their soul to. All the boring things you can imagine that take place woman all result from trying to be the best friend. Also they may tire out from being around you and then cut ties with you, and with that it is all over. So try to keep a distance if the friend route is being attempted. Acting overly interested gives them the higher ground and you are no longer exciting to them. But if you keep a distance they will be the one that is working towards you. The cloud of mystery is mighty enticing to them, sometimes this could be the key to victory. The battle is one by the one that brings forth contact the least.

Protip from SJ: If you're ever in the position to be a wingman, your job is to keep someone occupied for as long as possible. If you're one of those retarded /b/-tards who can't keep a conversation going with a paid hooker on acid, then you're probably shit out of luck and should relegate yourself to being ready to buy shit for your own wingman. Learn to know how to make people talk to you. "Oh hey, that's a nice shirt; where'd you get it? Oh I love that place! How much of your stuff do you get there? Hey, do you know of a location close by?" Be painfully interested in everything about everything they're interested in or about them and turn it into a full-fledged discussion. This is small-talk on crack. If it's a girl or a guy with fashion sense, talk about their clothes. If it's a frat guy, mention the local football team. Eventually you will instinctively know how to weave a tapestry of lies around those who need to be contained, and to come to the rescue with social saves in the taa-daa nick of time.

A good example of a "save" you can make while being a wingman happened to me recently. The fellow I was wingmanning was curled on a seat with his prospective lay, and she made a snide comment about him. He replies with:

- Fellow: Screw you
- Third-Party Bitchfaced Whore: That's the problem, she's not!
- A moment of awkward silence follows. I jump into the middle of the conversation and say:
- "Heeeey! It just got more awkward in here!"

The group laughs, the bitch's comment blows over, my fellow continues his courting of this lovely lass resembling a loli.

22 Guys

For The Female Anonymous, Who Exist, Despite All Claims Being Anonymous, one of the following is likely true:

- An interest in Anime/Manga, or Video Games ranging from a passing curiosity to borderline insane otaku.
- Overweight
- Nerd/Geek/Bookworm

Take note that it is quite possible for all three to apply to the same person at the same time.

Romance And Things Associated The life of dating and romance is far easier for you, even with all three of the above, than it is for any male that has happened to stop by /b/ once.

I left the first line alone, because it is in fact true. If your goal is sex, and that is all you want, you stand a good chance of getting it. But be honest with yourself: If you aren't the best catch yourself, don't be disappointed when the football player turns you down. Some guys can afford to be picky; most Anonymii can't.

There are plenty of males, many of whom are residents of /b/, who would be hard pressed to turn down a chance at sex, regardless of your appearances.

With sex on the line, you will not hear a mentioning of harpoons.

If You, Female Anon, Are Looking For A Relationship Your problem is not as much talking to the male form, but finding a decent guy.

It seems that the more 'popular' a guy is, the more likely he is to be arrogant and uncaring. Sweet and romantic? Less likely to be physically outstanding. Don't let this discourage you.

You need to take a good look at what your strengths are, if indeed you have any, and play to them.

Some of you may have had bad experiences with men in the past. This cannot be laid entirely at the feet of the men alone. If you chose to stick by a guy even though he was a jerk, you're a fucking idiot and deserved what you got. Don't be stupid, female Anon. If this indeed is your story, this is most likely because you don't know what motivates men.

Men have a very small collection of basic needs. Food, Sleep, Sex, Glory, and whatever their hobby is (unless that's also sex). That's all. Men don't usually think about things that don't relate to these. Men do care somewhat about emotions, but not nearly to the same degree as women, and if they're open enough to talk about them to you, then you most likely already have a good relationship going. Nearly all men desire to be the alpha dog. That is, they want other men to respect them and hold them in awe. Sex and hobbies (and, in some cases, food) are often what they use to chase this goal.

22.1 First, The Physical

- For All Body Types

Just like the guys, proper grooming is a must. A recent haircut, trimmed nails, *A LITTLE* makeup. Don't pancake the shit on, lest you end up looking like some of the horrid abortions only found in /cgl/. You're a woman, so for Raptor Jesus's sake, have some pride in what he gave you. Accentuate your features with makeup, clothing, and hairstyles, don't try to radically alter it.

Exercise never hurt anyone in moderation, and is good for every type of body. For the smaller Anon, it will help with muscle tone and definition, and with the larger Anon, it will increase muscle while decreasing other unwanted types of tissue. Dance Dance Revolution seems to be an increasingly popular form of "exercise" among the types of women described above. Keep in mind that while it does give you a good cardiovascular workout, it's not likely to build much muscle tissue: it's good for losing weight, not gaining it (and in some cases, you'll want to work out to avoid becoming too underweight).

While it is not something that can be given, it is worth noting that self-confidence is the difference between a female wearing clothes, and a female making the clothes she wears look good. You can take a female with sexy clothing, and if she doesn't have self confidence, it will not look good. You can take a female with self confidence, and the things she wears will look good. Always. You don't have to dress like a whore either.

While a low-cut shirt is nice, something less revealing may in fact be more appropriate, even attractive to certain male Anons.

Believe in yourself, because if you don't, who will?

- Larger Body Types

Wear clothes that accentuate your best features. Some tips from the guys section can apply to you too.. Wear a skintight shirt, and then a larger shirt over it to 'absorb' a bit of movement and/or size.

Dark, solid colors are often said to have a slimming effect, though you want to avoid stripes, especially horizontal, with a passion.

- Smaller Body Types

Sexiness, contrary to popular belief, is not defined by breast size. Tall or short, a close-fitting dress shows the curves you do have better. It doesn't have to be low cut, or revealing in the least.

22.1.1 Mental Aspects Of Dating, For Female Anons

Ah, the mental aspects of a woman. To many male Anon, it seems to be filled with confusion, to others, nothing.

If you have any male friends who have not explicitly told you they're in a relationship with someone else, ask one of 'em the fuck out. Because if you're the kind of female who reads Wikichan for relationship advice, the guys you know are probably too shy to ask you out even if they want to.

Also, guys in general have much lower standards than girls. As long as a girl is pretty, smart and kind, a guy will usually take a liking to her. It is up to you, female Anon, to decide what to build on that.

22.2 On Exercise And Working Out, Extending Into Dieting

Exercise is medically proved to give positive health effects, including the release of chemicals like endorphins which improve your mood, attitude, and outlook on life.

In other words, exercise will help your self-esteem by improving your mental opinion of yourself.

Also, exercise will help your figure, helping your appearance. This actually applies to all Anon, regardless of figure or male/female.

Now, for dieting.. A change in a diet, leading to all food groups being represented in smaller amounts, is far superior to any quick weight loss plan you read in a magazine or online. Why?

Most diets have this major flaw The weight that is lost is actually water weight, and as soon as the diet is stopped, the weight returns. Even worse, while dieting you usually have an electrolyte imbalance because of all of the lost water, leading you to become irritable and have trouble sleeping and concentrating. This is true to all diets, and happens to both men and women Anon, and even tripfags sometimes. The *best* system, if your current eating habits are fine, is to reduce portions while still maintaining all food groups, and exercise.

If you are intent on losing weight and keeping it off, you must have exercise in your diet plan. Anything else is a quick fix, and the weight will come back. Don't quit exercising after less than a month with no results; it's something that you have to stick to and work into a regular routine in order for it to be effective.

Now, research is still being done, but it is suggesting that a person's weight is decided more by genetics than anything else, giving a valid reason for why larger people's bodies revert to being large, and skinny Anons that gain weight promptly lose it. Remember that Anonymous wants to fuck Kiera Knightley and Scarlett Johansen. To many Anon, the best weight is not just fat or skinny, but that which matches the natural structure. Samoan girls shouldn't be super skinny, and Polish chicks shouldn't be fatties. However, all Russian chicks should be hot. It's actually part of the Russian constitution.

22.2.1 Dating A Male /B/tard

First off, a lot of us are just regular, easy-going guys who happen to browse the myriad of *Chans and have a delightful sense of what's funny, right and wrong. However, about 45% of us are totally batshit loons who you wouldn't touch in a billion years (well, unless you're into that kind of thing)

Advice: Depending on what you're looking for in a guy (sex, serious relationship, friendship etc.) you'll have to **MAKE IT VERY CLEAR TO THEM**. Srsly. Ask for pics, talk about mundane things. His responses WILL

give you a rather proper image of his personality, unless you're "just" an airhead. If you're both into meme-ing up your environs, keep it simple at first. Don't go overboard, remember that you're dating a /b/tard. While you might find taping up a "POOL'S CLOSED" sign in front of the local pool is chuckle-worthy, he'll possibly think burning the image of a loli getting torn apart by 12-inch cocks into the retinas of the whole goddamn city is a pretty funny thing. It would be a good idea to find this out BEFORE meeting him for coffee.

23 Seduction

Seduction is the art of enticing to do something - be they willing or not. Seduction typically is done in the realm of sex and sexuality, where both women and men aim to seduce the opposite sex into relationships, sex, or other activities. For example, seduction can get an unmarried girl into bed on the promise of marriage (this is/was actually illegal in English common law) - or even just getting a number.

“There is a very fine line between rape and seduction.”

Seduction is notably hard for men now. Women are now accustomed to the average pickup lines, and generally (unless drunk off their ass) shield themselves from what they perceive to even be close to seduction. Thus, it is the goal of the Well Cultured Anonymous to find ways to seduce and entice women without being blatant. That, for all intents and purposes in this article, is the true art of seduction.

23.1 What is Seduction?

As mentioned above, seduction is the act of convincing people to do things, namely date you or fuck you. This is nothing new- seduction has been around since men have had penises and women have had somewhere to stick them. Because of that, it is important that you not only know HOW to seduce- but you also understand what exactly you are doing in the process.

23.1.1 Historical Figures

If you thought your grandparents were clean and didn't stick it in until marriage, you're a fucking retard. Despite what ultraconservatives will say on television, the past was virtually built on the art of seduction and sex. A lot of English Monarchical history was built on the relationships between varying countries - all tied along with who fucked who. It was like Hollywood, except if someone got drunk and flipped off the camera, you had a war.

Of course, there have been key figures in history who have been masters of seduction. Be they simply legendary in their ability to have sex with women or just famous for being womanizers (or man-izers), some of the most famous people in history were equally famous for sticking it in (or having it stuck in).

- Cleopatra VII

This is the Egyptian woman who fucked Julius Caesar, dated Mark Anthony and convinced him to go berserker on Gaius Julius Caesar Octavian (Technically named Augustus, Julius Caesar's great-nephew) and fight for the Roman throne, then killed herself when Octavian got pissy and decided to have both her and Mark Anthony's head. It is generally speculated that she had indirect control of both the Roman Empire under Caesar and the Roman armies under Mark Anthony, and seduced both into doing things detrimental to the empire. Of course, she did eventually learn that Octavius wasn't one to fuck with, but she nonetheless is considered a famous seducer of two powerful men.

- Don Juan

While completely fictional, the story of Don Juan has been around in Spain since around 1620. In the "first" rendition of it, *El burlador de Sevilla y convidado de piedra*, Don Juan was a womanizer who slept with women on the promise of marriage or disguising himself as their lover. Oh yeah, and in some stories, he raped a noble and killed her father. Totally /b/.

- Giacomo Casanova

This is the granddaddy of seduction as it is today. Giacomo Casanova, known to most as just Casanova, was famous for pulling the Don Juan of promising women to marry them - and then banging the living shit out of them. He was so good at this shit that he was even able to write a book about it (*Histoire de ma vie*), and STILL continue tricking women. While it is unknown to the extent that he was able to continue this path (though it is noted that he was famous for chronicling his life by what venereal diseases he contracted because of his sex life), but it is cool to note that in his book, he was able to name at least 121 women BY NAME who he got into bed with him. His efforts have generally been the inspiration for a lot of men, and has been in many sex filled movies. Of course, a lot of these movies have been very shitty, including one particular film (Referred to the film "Casanova") featuring one particular faggot (Referred to Heath Ledger) that no-one cares about.

23.1.2 The Mind at the Root

Behavior is the key factor in seduction. When men or women interact with one another, they send signals- from physical signals to mental signals. Everything counts in seduction- you must sweep the woman off her feet, but also make sure you have the muscle to carry her where you want. The whole concept is to indirectly (or sometimes directly) lead a woman (or a man, yeah yeah) to do something that you want her to do.

When you seduce, you need to aim for control over the woman's mental state. When you control a woman's physical state, it's really nothing but rape - you are not making her willingly follow you. Much like *The Pied Piper of Hamelin*, your goal is to entrance your targets into willing obedience - not force them down and rape them as they cry. Some of the most masculine men in the world have mastered this ability, and you should too.

When you're reading these tips and tricks, then, you need to think of two things:

1. How will this affect her (being your target)'s mental state?
2. How can this get her toward my goal?

When you think of these things, then, try to avoid things that would fuck it up. In the middle of a passionate kiss, scratching your ass is something that will fuck it up. Ordering three Coronas and sucking crumbs off the floor as you drunkenly lay on it is not the way to make a woman want you. The way to make women want you is to be classy and cool and control all things.

And trust me, women want to be controlled. Not in the "please bend me over and fuck me like a caveman" way, but they like to have a man tell them how things are going to go. Just like in our Girls section of The Well Cultured Anonymous, women prefer you telling them where you are going to eat rather than going "Well, you decide, I want you to feel comfortable". It's good to be accommodating of her- it's bad to be a pansy. Pansies get shoved on the "Friend" ladder, which means you'll spend more time at home masturbating than you ever will making out with her. And that's bad, if you didn't figure that out yet.

23.2 Key Things that Turn Women On

- **Adventure** - Being adventurous. That's why it's best, even on dating sites, to take pictures of yourself doing high adventure shit- even hiking or biking or something.
- **Exclusivity** - Women tend to like guys who are hard to get, or at least play that guy. That's why women fantasize about marrying princes. Make yourself exclusive, and the desire grows.
- **Humor** - Most chicks like to laugh. Being un-funny or overly stupid makes them feel bored. Be real and be cool, just don't try to be a Jim Carrey ripoff.
- **Money** - Yes, I'm serious - women tend to like guys who have money. Part of it is because of the goodies that come with it - but much like the "Safety" point below, they also find it reassuring that you aren't poor and you could support them. Like you would.
- **Mystery** - Being mysterious is a big plus, as evidenced by the majority of Yaoi shit on the internet nowadays. Play this with being standoffish (see "Exclusivity") - leave some things unsaid.
- **Romance** - The sheer chemistry of being together. This just means heating things up a bit - and I'm sure you'd want to get to this point anyway.
- **Safety** - Much like money, women do not attach to men who's futures involve "working at a coal mill". If you appear secure in your future and look like you have some cash on hand, they will be more likely to trust you.
- **Testosterones** - Show the manliness you have a bit. Get angry sometimes. Don't get pushed around. Have some muscles. Even though girls say they want a "nice" guy, they get wetter faster for someone who is willing to prove they have a penis. That's why a lot of "jerks" are more likely to get laid than a "nice guy".

23.3 Seduction Techniques

23.3.1 Playing a Part

Believe it or not, being stereotypical can be good, because it makes you easier to swallow for most girls. Let's be honest here, if you walked into any given social situation acting like Hunter Thompson, it would no doubt be awesome, but the majority of women would be off put. This is because, much like your average guy, they look for personality types they can understand and accept. It applies to guys too - you're looking for generally acceptable girls, so this should not be TOO MUCH of a surprise for you.

So, with all of that in mind, here are your **generally accepted personality types**:

- **The Bad Boy** - Tattoos, high adventure, and badassery. If you're like this, you can be pushier and expect more sex- but she's likely to use you as a fling more than anything.
- **The Artist** - Emo, faggotry, creative, and the like. This is best for skinny and artistic guys, but you have to sacrifice your testosterone. However, sex also comes easy.
- **The Cool Rich Man** - Money, power, and stability. This requires that you're something of a good looker with cash, and that you have a high status in society, as well as a relaxed and good personality. Sex comes easy, but you may pick up too many gold diggers.
- **The Lover** - The kind of people you see in romance novels for overweight married women. This requires the utmost of seduction and good looks, and gets you loads of sex. However, much like the bad boy, this doesn't translate into an actual relationship, and you'll tend to pick up "too" desperate women.
- **The Greenpeace Fuck** - Believe it or not, there are a lot of wet (anorexic) pussies in the ultra-green world. Sound concerned about the environment and about how the "evil right wants to stop the little man" and girls tend to like you. But only greenpeace-esque girls- this isn't really something to play at a bar.
- **The Foreign Guy** - Look foreign? Play it up and pick up some women with a taste in the wild side. These tend to be one night stands, though, and it's hard to pretend for very long.
- **The Frat Fuck** - This is when you are unoriginal and stupid, and you have no talent. Generally, your average frat fuck will get laid, but only to desperate or slutty girls. This is to only be used in absolute desperation.

23.3.2 Types to Avoid

- **The Potential Husband** - The potential husband is someone who NEVER gets laid and generally gets pulled around on a leash, a kind of support for a girl who feels her biological clock ticking. Basically, she's going to go fuck everyone but you, then use you as her husband when she's not feeling wild anymore. If this happens, just tell her to put out or get out.
- **The Good Friend** - The good friend is someone who is used as emotional support, not romance. This kind of stereotype is fine if you actually just want to be friends, but it's romantic suicide (you're basically put on the wrong ladder, as explained below).

A woman has a close male friend. This means that he is probably interested in her, which is why he hangs around so much. She sees him strictly as a friend. This always starts out with, you're a great guy, but I don't like you in that way. This is roughly the equivalent for the guy of going to a job interview and the company saying, "You have a great resume, you have all the qualifications we are looking for, but we're not going to hire you. We will, however, use your resume as the basis for comparison for all other applicants. But, we're going to hire somebody who is far less qualified and is probably an alcoholic. And if he doesn't work out, we'll hire somebody else, but still not you. In fact, we will never hire you. But we will call you from time to time to complain about the person that we hired".

- **The Fat Funny Guy** - Are you overweight? Do you wear Hawaiian shirts? Do you joke with people a lot? Do you secretly lust for girls skinnier than you? **Give up.**

23.3.3 Being Self-Confident, not an Arrogant Asshole

Arrogance is good. In fact, arrogance is part of being a guy. When you start talking to a girl, your ability to seem self-confident and powerful is a turn on to them, because it shows them that you are "complete". Saying "I'm not sure of myself" or any variation thereof is the quickest way to becoming "a good friend" - something you don't want. Because of this, you need to remember that as kind as you may be, you need to be masculine.

Let's take a classic example: James Bond. Women get all wet for James Bond. But if you watch the movies, he is actually quite misogynistic- to the point of being sexually harassing. The thing about James Bond is that he doesn't really fuck around with women, nor does he ask them questions - he just does. I'm certainly not saying to run off and force yourself upon the closest girl to you - but girls don't want someone who is wishy-washy or uncertain. They want to be swept off their feet.

So, for all real purposes, stop hesitating and using excessive deference when speaking. "Um", "Uhhh", and "Well" is completely out. Try to avoid terms like "should" or "maybe" - try to be more definite. This isn't to say you should be crude or too blunt - just be more strong.

Also, try to be a bit more polite. This comes out of left field in this way, but it's a bitching way to show them that you also care. Or something. Long story short: If you say "Thank you" or "Ma'am" or whatever, you tend to look much more refined - but still retain that masculine edge. A good thing.

23.3.4 Flashing the masculinity

In general, women like to be dominated. You may disagree because you've been brainwashed otherwise, but just trust Anonymous for a second- most girls want to be held down and forced rather than asked for a "good old mutual sex" session. So, how do you let that kind of attitude off?

First off, feel free to be somewhat blunt and pick on her. Be masculine, after all you're not the bitch in the relationship. Telling a girl to do things, commanding her around, the works- so long as you aren't an asshole, you will handle this fine. For example, many girls absofuckinglutely love the concept of being held against a wall and kissed- because it's being forced, and it makes them feel naughty.

There are many ways to do this, but the most generic ones involve the following:

- Hold her tight. Not in the supportive way. In the "I'm going to have my way with you" way.
- Guide her around. Have dates planned and things to do. Don't defer to her.
- Tell her what you want. This generally only works in more sexual situations, but telling her to do certain things (bend over, et al) works.
- Demand things of her. Tell her you want her to wear a certain dress or something. This is just enough command to make her enjoy it.
- Push In the right situation, being pushy and perverted is actually a GOOD thing.

Keep in mind you can fuck this up pretty fast. Being hyper masculine or misappropriating any of this could easily crash your date/relationship. Use common sense, the idea is to be subdued, not to be Mr. He-Man-Woman-Hater.

23.3.5 Flash your wit

Don't be a humorless tool, use forms of subtle humor and flirting to pull her in. There's plenty of ways to make it look like you're funny, sexy, and more without coming off as a douche. Here are some tips from an anon's personal experiences:

- Girls love smart guys, just don't go overboard. Show her that you have a firm grasp of the English language (or whatever the fuck you speak) by dropping "high-brow" words every now and again. Just don't over do it or you'll make her feel dumb.
- As stated above, being subtly and playfully perverted in moderation is a GOOD thing. Use words like "cutie-pie" (that has never failed me. It's so goofy and cute that they love it) and other friendly compliments.

- Don't be afraid to acknowledge that cute girl across the room. If you lock eyes, give her your best smile and a nod, then go back to what you were doing for a bit. Just make sure you can keep watching her with your peripheral vision, just to see if she's sneaking another peak.
- Winking should be used in moderation. Don't do it every time you make eye contact, you'll look like you have downs syndrome, though if used in moderation it can be an effective lure.

There are plenty of "playful" ways to seduce a girl, and once you've broken the ice you can begin flashing your masculinity, just don't forget to switch it up to the "funny, smart guy" method every now and then. Girls really do love men with brains.

23.3.6 Flashing the support

Women look for men who can support them. This basically means that you need to provide a kind of "service" to them, even while still controlling them. The most obvious of this is money, a lot of girls almost exclusively look at jobs and cash as a way to find good men. And hey, let's face it. It is a pretty good way to find "responsible" men, even though it will bite you in the ass.

This is really up to your own abilities. You can't magic up money, nor can you create responsibility. Don't ever spend too much money on a woman, nor do you ever go with her on the cheap, simply try to find a happy balance between money and the relationship. Even though most women do consider status as a factor in a relationship, throwing money at something doesn't make it better.

Some ideas include the following:

- Pay for dinner. You probably will anyway, but make sure she notices.
- Try to support yourself as much as possible. Eating TV dinners isn't exactly the best. However, smart people can do this to pull in a motherly woman- otherwise, you look needy.
- Don't always answer her phone calls or messages immediately. Make her come to you and beg for attention.
- Have a pet or something. Prove you can take care of more than yourself.

23.4 The Social Ladders

Basically, you have you two ladders, which some brightfuck shrink came up with, the relationship ladder, and the friendship ladder, also known as the "I'm gonna get Fucked" ladder and the "I'm Fucked if I want to get Fucked" ladder, respectively. There are two approaches to the ladder theory, the Male and the Female. For guys, it goes thusly: Richard meets Sophie. Richard thinks, "hmm, Sophie is attractive, I would like to fuck her." Richard then meets Louise. Same thing happens, Richard thinks, "hmm, Louise is more attractive than Sophie, I would like to fuck her more. thus his relationship ladder looks thus

1. Louise
2. X
3. XX
4. Sophie

And so on, so forth etc.... Infinitely less complicated than what you are about to read, I'm sure you'll agree.

Women have two ladders, explained below.

1. The Relationship Ladder

Also known as the "I'm about to fuck this broad/bint/bitch/etc." ladder. Do not be alarmed, not all guys on this ladder are in for a relationship, so it's more of a guys she'd like to fuck. Sophie has met Richard, as was mentioned earlier, and she assessed him the same way he assessed her. She decided she liked him, and placed him on this, the good ladder. Richard is of course never told this, and is left his own devices to divine on which ladder he clings for dear social life. Events inevitably occur which give him clues, however, and he figures out he is on the fucking ladder.

2. The Friend Ladder

His problem though, is where he clings on to the ladder for dear social life with Louise, as he likes her more. Unbeknown to him, he has been placed on the death ladder, the completely undesirable ladder to be on. She wants to be friends with him, and nothing more, so, not knowing this, he pursues her, and gets rejected.

Conclusion Richard realizes Sophie likes him, but does nothing about because as far as he is aware, is still in with a chance of having his way with Louise. Having realized she has been rejected, Sophie asks another guy out, or accepts an offer off someone else, and they live happily ever after until he becomes an hero or some shit. Richard then works up the courage to ask Louise out. She rejects him, saying its easier for her at the moment not to date. As far as he is concerned now, he's on the friends list, the "we ain't going to fuck list", with her. Even though he may not be, but as far as we're concerned, he is. He has no idea where he is in relation to the other guy on Sophies list, so he decides to give up, become an hero, try and simply walk to Mordor, etc. The moral of the story, don't hang about for the #1 on your list, is a girl who is high up on your list offers you a piece of ass, take it, and run with it, like a little dog with a ball.

23.5 Sticky situations

23.5.1 Stalkers

A picture of you in her possession before you've stuck it in her pooper is the first warning sign that you might have a stalker on your hands. Extra points are awarded if it's a headshot and you don't remember a camera.

These are the kinds of bitches that'll cling on to you for as long as they can and suck you (financially) dry to the bone. Anonymous recommends burning this fucking bridge as soon as humanly possible.

Dealing with this particular kind of girl is tricky. Since these nutjobs are usually in a world of their own, breaking their perverted image of you is top priority. A very effective method to accomplish this is copiously applying donkey punches to your would be stalker. Alternate methods include aggressive relocation (read: kidnapping and dumping in the countryside) or, in extreme cases, 50. caliber aspirin.

Another idea is to fart while she's blowing you.

To recap: Stick it in her pooper, apply the donkey punch, exfiltrate and move on.

23.5.2 Crazies

Crazies are the type of girl who are fun to seduce until the second week. That's when comes, the fucking "I love you". Stick it in her pooper, and GTFO! Run like crazy. This bitch will find you, rape you, and then shit in your nostrils. But seriously, DO NOT mess with this kind unless you're the kind of guy who enjoys entirely dependent and attention-starved women.

23.5.3 Hardasses

"You don't fucking OWN me, bitch! Who do you think you are?"

These are some of the bitches you want to avoid. The Hardass tends to be a feminazi, or a quasi-butch chick. Most men won't bother with this kind of woman anyway, they're usually reputed to be lesbians. They are prone to have more male friends, and are more comfortable with men touching them, but rub them the wrong way and they are more likely to get physically offensive with you. The Hardass is notoriously difficult to get close to, and you probably shouldn't try anyway. Once you do, you may be exposed to their insecure, whiny-cry emo interior depending on where you sit with them on the ladder. More often than not the hardass facade won't hold if you push back and find some of the chinks in her armor. Get to whatever she's trying to protect, and she'll either fall in on herself, go running to you for support (which may or may not give you the opportunity to stick it in her pooper), or become a lesbian.

23.5.4 Mother Hens

"Tell me what you think our children will look like."

FUCKING WOAHH. Mother hens aren't as bad as crazies, but they're scary in their own right. These are the kind of women who sink into such a sense of security when they have a long lasting relationship that they think it'll go on forever. They want to get married, settle down, have your babies. Fine and dandy, except that's not what you're looking for. They usually aren't very wild fucks, sex with a mother hen can get boring fast. She's another one of those girls who's either "well what if I get pregnant" or she's a fucking biological time bomb. Best advice: Don't stick it in her pooper. Run. GTFO.

A mother hen can also be classified as a woman with several infatuated guys following her like little chicks after a hen. She plays with them all with no intention of a serious relationship/teh sexings. Don't even bother getting involved unless you're really smooth, and then all she's good for is an occasional slow fuck.

23.6 When you absolutely fuck up

Who cares? There are at least 3 billion other women on the planet. Do you really care if some lame girl doesn't want to have sex with you? If you really care that much you can employ this alternative strategy: Become an hero.

24 Sex

24.1 Foreplay

Why foreplay? Foreplay is like using a cold wine glass for a good glass of wine, or shining your shoes. It makes everything that much better. Actually, one of the worst things you can do during sex is NOT do anything like foreplay: it will make it that much harder to get your partner off. Foreplay is like warming up an engine, and if you don't warm up the engine, it will mean that your penis will have to do the entire job: something most people are going to find it hard (or near impossible) to do.

Foreplay is as simple as it sounds. Before sex (the fore part), you need to be stimulating your partner in ways that don't involve your penis (the play part). This can involve tickling his/her sexual organs, kissing them, licking them, or virtually anything you can do to "warm up" their body. Foreplay should never take TOO long, just enough to get everyone rock hard and/or dripping wet.

24.1.1 Techniques and tricks

- Licking and nibbling

Licking can be very stimulating as well as arousing. Try to focus near or around sensitive sexual locations, before actually making contact with sexual organs. Remember, as in foreplay, licking and nibbling serves to raise the level of sexual suspense and excitement, and with the exception of direct, oral sex, is not intended for anything else.

- Kissing

Kissing is a kind and gentle act that is the most prolifent form of foreplay. Kisses can range from a light brush of the lips on our partner's, or a tongue-ladden barrage into our partner's mouth. It is likely you'll begin slowly at first, the intensity of your kiss building to higher and higher levels. You may consider kissing other part's of your partner's body aside from the lips, but it is important to use more force when kissing in this manner, as most parts of the body are less sensitive than the lips.

- Touching and feeling

Touching and Feeling are excellent ways to heighten "the mood" as it were, but it is important to note a few guidelines:

1. Do NOT get grabby: Remember that caressing your partner is meant to arouse them further, not to satisfy your urges, so resist the desire to grasp at a breast or grope at the groin until the mood is right. (In some occasions this may be immediate)
2. Start strong, finish smooth: When stroking through clothes, use more pressure and a wider base to account for decreased sensitivity through fabric. Once your partner and/or you are nude, use teasing, light brushes, and use fingers rather than your whole hand.
3. Top to bottom: Starting a sweeping motion from the base of the hip or middle of the thigh is extremely awkward. Begin by touching a cheek and slowly working down.

24.2 Sex

24.2.1 Positions and techniques

Note: These information are suitable for male/female intercourse; male/male intercourse can happen with similar positions, as well as female/female sex, if partners are provided with devices like strap-on dildos, etc. To further eliminate distinguish between the sex of the participants, the penetrating partner will be always referred as to "A", while the receiving partner will be always referred to as "B".

Note: Suggestions section helps giving some advice on possible variations and tricks to make the positions less schematic and helping in varying them. Pros and Cons sections advice on what may be the merits and flaws of such a position.

Note: All techniques mention "thrusts"; the thrusts may be performed in any way possible, i.e. simple pelvic thrusts, or full thrusts with a "push-up" movement to use the partner's weight, etc. pretty any kind of thrusting enhances friction (which is the main source of pleasure during all kind of intercourse).

1. Missionary position

The most basic position for anyone (and the most likely you'll get when you have sex for the first time with a girl) is the missionary position. Technically, the missionary is executed by having B lying in supine position (belly-up) with thighs and legs opened and A kneeling or standing in front of her/him (if he/she is on an elevated surface), frontally penetrating the vagina (or anus).

- Suggestions: B may lift her/his legs wrapping them around A's waist, or join them while being penetrated (tightening the vaginal/anal walls), placing one or two legs on A's shoulders, bending the legs at the knee and pushing them towards the chest, or lift the pelvis to follow through the thrusting movement. A pillow could be placed under the receiving partner's waist to heighten it up and achieve deeper penetration (especially for anal sex.) Lifting up the torso and supporting with elbows/hands puts stress on the neck, but may be useful to get closer.
- Pros: Easy access to vaginal penetration: though other positions are available, it's one of the most common and one of the easier when starting sex. B can lie and relax the back muscles. Due to its front-facing nature, this position enhances eye contact and helps to create a feeling of intimacy; it's also easy to kiss, talk and hug during sex. The technique, unless required by special variations, requires no hands, therefore they can be used to further stimulate the partner, i.e. touching the clitoris or nipples.
- Cons: When trying it with a B that has tight vaginal/anal walls, the penetration may occur with difficulty in the first moments of intercourse. Depth of penetration in this position is limited, and for a normally endowed A it's hard to join vaginal stimulation and G-spot massaging. The strain is principally on A, who has to control thrusting speed and depth. This is commonly seen as a "boring" sexual position, because its usage was recommended through centuries of sexual repression.

2. Side position

Though technically it is a penetration from behind, the spoon technique is actually obtained by having A lying on one side and on the side of B, who lies in supine position (face-up). From such position, a frontal penetration of the vagina/anus is possible, with the penis head rotated of 90° on the navel-anus axis.

- Suggestions: See missionary position, keeping in mind that a leg is already bent in the most majority of cases. A T-square variant involves A's body being perpendicular to B's.
- Pros: It's easier to achieve penetration when missionary position is ineffective. Also allows A to hug B from a side position to keeping B firm in place and compensate the thrusting movement. It's a decent, yet "tame" alternative way to the missionary position. It allows eye contact, and a free hand may be used to stimulate the receiving partner.
- Cons: The penetration depth is limited, and usually lifting the nearest side B's leg is necessary to allow contact. Lying on one side usually restrains movement of A's relative arm, that loses part of its functionality, unless used to hug/restrain B. Lips kissing is actually difficult unless B is flexible enough to endure a fierce bending angle on one leg.

3. Doggie/doggy style

The doggy style penetration is the most common penetration from behind. It usually is achieved by having B on all fours or bent forward creating an angle of 90° between torso and legs.

- Suggestions: B can bend further, forming a narrower angle; spread the legs or clench them; or have A grab own's wrists and gently (or not) pulling backwards arching widening the angle. B can also lie on the side and receive the penetration from the front, with A kneeling, or standing (if the receiving is on an elevated surface), or lying belly-to-back.
- Pros: Allegedly easy penetration, as the sexual organs are fully exposed. B may "go with" A's thrusts, and A can hug B's torso, bend forward or arch backwards to achieve extra depth during penetration. Doggie style has the highest penetration depth for sexual intercourse, save cowgirl and reverse cowgirl positions. When particular conditions are met, it can also lead to G-spot stimulation.
- Cons: This position hardly allows visual aid and the risk of touching anus when searching for vaginal contact are far higher than other positions. Though being inherently better for sex, the doggy style position has widely been seen as demeaning and humiliating for the receiving end, due to the difficulty to achieve eye contact and kissing, all the while exposing the receiving end's bare buttocks to the penetrating end and showing "embarrassing" regions of one's body to the partner's eyes. It has been seen in popular culture as a "dirty sex" position, and associated with violence and rape conducts; males are "usually" enticed by the back perspective, while women are "traditionally used" to dislike it. Nonetheless, it's one of the most widespread positions and the one that still generates most controversy.

4. Prone penetration

A variant of the penetration from behind consists in having B lie prone (face-down), and having A enter from behind the anus/vagina by lying on the B's back or kneeling by placing the B's legs between A's open knees, and bend slightly forward, placing the hands approximately at shoulder's width, like in push-ups.

- Suggestions: It is advisable to put pillows under B's waist to lift slightly the pelvis and help the penetration; while A should avoid taking uncomfortable positions if possible.
- Pros: The receiving end is lying and therefore can relax the whole body muscles. If the receiving end keeps the legs joint, the penetrating end may experience a tightening of vaginal/anal walls, causing higher friction. The thighs may provide further stimulation and (if the size allows it) thrusts can be alternated with strokes between the gluteuses (unofficially known as an "assjob", in analogy to other practices involving the penetrating partners rubbing their penis on/between various parts of their partners' bodies.)
- Cons: Achieving penetration is difficult due to the lack of space and, if particularly angled or bent, a penis may not be suitable to try penetrating with little space. Kissing is extremely difficult, and the same happens with eye contact. Thrusting and regulation of depth are once again in charge to A.

5. Cowgirl position

The cowgirl position (or girl-on-top as it is commonly known) has B facing A, and kneel above A's pelvis, achieving penetration by inserting the penetrating object vertically placed. The receiving end can squat or bend in forward/backward motion, "grind" on the frontal walls of vagina/anus by arching the back, move to the side, etc. It is used widely in pornographic movies.

- Suggestions: Virtually any placement of the legs can create different sensations for B, therefore any variation may include straightening the legs towards A while arching the back while supporting the weight with arms and hands; or, while squatting, the rebound produced by an elastic surface can be used; B can push up the pelvis enhancing the force of thrusts. During vaginal intercourse, a bent-forward B's anus can also be stimulated by the penetrating partner with A's fingers.
- Pros: B is in control, regulating depth, speed and force of thrusts and generally guiding the intercourse. A can easily reach any B body part, and the position allows eye contact between the partners, sexual stimulation (by manipulation of clitoris, anus, breasts and erogen zones) and kissing.
- Cons: It usually wears both A and B really fast, and - unless the vaginal/anal walls are so tight to produce continuous friction, a male partner most likely can keep an erection for a limited time while in this position, due to the blood flowing towards the body and not towards the penis.

6. Reverse cowgirl

The reverse cowgirl position is the penetration from behind equivalent to the cowgirl, and many considerations done for the cowgirls are valid for the reverse, too. The reverse cowgirl has B facing in the opposite direction of A, and kneel above A's pelvis, achieving penetration by inserting the penetrating object vertically placed. The receiving end can squat or bend in forward/backward motion, "grind" on the frontal walls of vagina/anus by arching the back, move to the side, etc. It is used widely in pornographic movies. It is one of the most prominent positions in pornography, because it frontally exposes the genitalia of the receiving end during anal and/or vaginal penetration in many of its variants.

- Suggestions: Everything described for the cowgirl position still applies; additionally, during vaginal penetrations it is possible to have the receiving end bend forward, almost like in a doggy style position, and having A stimulate B's anus with the fingers, having a frontal view. For both vaginal and anal penetrations, a range of stereotypical pornographic-oriented positions are obtained by having B change the legs' position and sit on the penetrating's pelvis, thus enhancing the penetration's depth.

To obtain this, B's legs can be: spreaded and lifted in the air, supported by A's hands - that also gives the thrusts and/or moves in a cradling motion; or spreaded and bent at the knees to place the feet on A's thighs and "bounce" on A's pelvis; or closed between A's spreaded thighs.

- Pros: see cowgirl position; add that, like any other penetration from behind, the depth reached is relevant.
- Cons: Disadvantages are: the relational difficulty in achieving eye contact and kissing; many positions based on reverse cowgirl are rather exotic and visually enticing for men, but require both strength and flexibility; therefore, are hard to keep and slightly unappealing for women.

Cowgirl and reverse cowgirl are often used as positions for double penetration.

7. Sitting positions

Quickly said, sitting positions are obtained when the penetrating partner is sitting and the receiving sits on his erect penis. Penetration can be vaginal or anal. Any position of legs and any angle of penetration is therefore possible.

- Suggestions: While it is possible to simply sit with legs straight or crossed, or kneel on a surface and begin penetration, in the long run it may wear the legs pressed by the receiving end's weight and the eventual bounces. This can be partially avoided by sitting on an elevated surface (such as a chair; it is advisable to choose a chair that allows to comfortably, fully touch with the feet plants and put the weight on the ground.)
- Pros: The receiving partner controls depth and speed of penetration, while the penetrating one can relax the back muscles, much like cowgirl and reverse cowgirl positions. Depending on which direction is he/she facing, the receiving end may kiss, have eye contact; in any case, he/she can be hug by the penetrating partner to enhance the thrust.
- Cons: see Suggestions, and cowgirl/reverse cowgirl for further information.

Standing positions are also possible, with the same modalities described for sitting ones (but the partners will be standing instead.)

24.2.2 Tips and tricks

Here are some "tricks" regarding specifically sexual intercourse. They may or not work with you, but are actually used pretty often and may help when needed. They're under the form of easy commands that you can remember yourself when you're down having sex and encountering problems. For obvious reasons (author speaking is male), I can only give some insight to women, I have yet to experience how being a woman is - and I guess I'm not going to know it soon.

For men

- **Go easy.** Sex could be a wild ride, but you actually will have to start smooth. Life isn't a porn and you don't have to positively hump furiously from the first second you're in. Try to slowly work inside the walls, pushing gently and making lighter, short-range thrusts. Especially girls love this softer approach, since if they're pretty tight penetration will hurt them until lubrication kicks in and this will make them soaking wet. Even if you're using lubricants, starting smooth is the best way to do it. Concentrate on the pleasure and warmth you feel when with every push a growing part of you gets inside.
- **Keep it up.** Once you started, sex becomes a wild ride; your girl/partner, when lubed enough, will allow you to go faster and deeper. Faster still means you don't have to go full throttle from zero hour, because your muscles are subject to wearing pretty much and you'll be physically spent when your partner wants more. And you'll insta-cum, which is so bad for you. So, keep a decent rhythm and thrust fiercely without being a raving madman; it must be enough for you to keep pumping for ten minutes at least.
- **If you're tired, go deep.** Ok, you didn't follow me before, or you calculated wrong and bang! now you can't hump anymore, your back muscles hurt and you're in a pool of sweat and panting right when she was starting to moan carelessly. And you're far from coming. Then, that's time to buy time and use a slower, and deeper penetration. Arch your back to push any centimeter of you inside. Slowly pull out until you're almost outside and then suddenly rush in with force. You'll feel sucked in, and this means absolute paradise. And your partner sure will, too. Note that this probably will make you cum faster than almost anything else.
- **Try not to come fast.** This may be a no-brainer and debate on the subject may go on forever, but you actually should try your damndest not to come until you can't resist anymore. Egoistically speaking, if you restrain your ejaculation for a bit it will be awesome. No shit here. Moving to more serious questions, if you're without a condom, you're already getting a risk you should not take and coming inside your partner may worsen the situation to skyrocketing degrees. Anyways, you can force yourself not to cum by compressing the urethra muscles really hard (as if you're keeping from pissing - I know it's an horrible comparison, but the urethra is one and cum flows from there as well); by pressing hard with two fingers on the penis base, ideally on the point it joints with the scrotum (though this has no scientific correctness and may or may not work with you); or by pressing hard on a nerve that is located on the center of perineum (the zone between your anus and your scrotum.) This can buy you some more time, but keep in mind: you won't last much anyway. Fapping around 1~2 hours before sex is one of the most frequent advices, but it zeroes your libido and may taint the experience.
- **Trust your body.** The pre-cum is designed to fuck you when you're playing and trying to pull out in time well, maybe not, but at its arrival you'll feel a wave of pleasure similar to orgasm. This is the signal that you absolutely have to stop. You're near to cum and in less than ten thrusts you'll feel the cum rushing off and then you'll be done. None of the methods that have been stated in the previous paragraph will buy you time. Pull out, ask your partner where to cum and if you don't have any answer decide by yourself. Don't get in again, even if begged - if you must not come inside, you're up to drown yourself in shit.
- **Don't get it unnecessary long.** Remember that it's ok and perfectly natural to cum if you're above 7~10 minutes of intercourse if you're not circumcized - if you are, you may resist more but no insurance. Remember you're not shooting porn and you don't have to resist one hour straight; if your partner's muscles aren't relaxed as fuck (i.e.: fisting-addicts and the likes) sexual intercourse will hurt more than give pleasure after 20~25 minutes. Women complain often about having "fast" men but they actually don't like to be prodded for long periods.
- **Don't stress yourself.** If an accident happens and you cum pretty fast, don't outrage completely, don't blame yourself, don't panic. Talk clear and straight to your partner that yes, you've cum, and it mostly doesn't depend on you. If you have followed the advices given before and didn't hump like a berserker you don't have anything to blame on yourself, and your partner shouldn't too. If they complain and snide you when you fail, it's a flashing sign they don't respect you. By the way, if accidents happen the most majority of the times you try, and you can't last at least 5 minutes even if you struggle with all your might, it'd be nice if you look forward going to your doctor. No shame issues can counter the fact that you don't want to live a shitty sex life and be content with it. You want to fuck, you want to feel good: decide to do something about it.

For girls

- **Active part.** Missionary? By Jove Almighty, you must do something. As a woman, if you're not horrible you have any kind of charms to make the blood rush through the veins of the average male, and if someone wants you, for heaven's sake, wants you to get an active role in what you're doing. Staring blankly at your partner looking serious and silent will beat the most good-spirited folk into Dramaland, asking himself what is he doing wrong. Participate and say what you want, voice your pleasure - you don't need to fake it, just be natural and don't freeze like a deer in front of truck lights.
- **Relax and let yourself go.** Tensed body=tensed muscle=pain. Unless you're gifted by deities or have a considerable amount of sex (you shouldn't read this if you do) it does hurt any time you start, you feel like someone is pushing a steaming hot golf stick up your pussy and you know it. Try to distend muscles and feel the penetration as it goes deeper. Burning hotness filling you may eventually become pleasurable. Slow your man, pushing him physically back when you feel him too deep, don't expect for him to go easy naturally because he won't unless you tell him. Then, when pain is over and you like it, make him know you want more. And if you're too tame to say it aloud and moan, grab his hair or his mouth and give him a tongue-laden barrage or bite him gently on the neck. This will do wonders, and if it doesn't... go with the thrusts until you lose control.
- **Try to come.** Sex is good when you come. It's like eating the cherry on a whipped cream cake - you should feel the sudden contractions, the hot flush on your cheeks and the waves of pleasure pushing inside of you. Try playing with your clitoris during sex, if you can't have vaginal orgasms, or better ask your partner to do it if he seems multi-tasking enough to try it.

For both

- **Change.** Try to change positions when you feel sore with one. Don't rush or transform your sexual activity into a fitness routine, because in the end you're there to have some pleasure and not to sore your wrists by passing 20 minutes straight having them support you in a missionary or the legs hurt by staying with the legs spreaded over the human possibilities.
- **He's coming.** When a guy is about to come, a decision should be made on where the cum should go. It can't be stopped and most likely spillage will get a mess everywhere, so together with him you'd better think about cum's destination. I know many women that don't like being ejaculated upon, and I won't question their reasons (since anyone has motivations that I can't fathom) but you have to decide beforehand.
- **Come together.** If you can. Try delaying it a bit; if you can't make in time or are the one to come first, offer to your partner to finish off with oral sex or manipulation etc.
- **Don't fear saying no.** If you want or do not want something, remember that you're not a 1950s housewife / a donkey and you don't have to endure pain or a finger in the ass for your partner's entertainment. The standard scheme is: man want to fuck. Female wants too, but pretends she don't and, when obliged, feigns pleasure or denies at all. Break the scheme: if you don't like what your man / woman is / is not going to do, you better speak when you're about to do it, not to martyrize yourself and then complaining that you don't have a true sex life, that you're always hurt because your partner is pushy / rejective and doesn't care about you. Men and women can both be actually disponsible to understand you, if they are so full of shit they don't, all they deserve is to have the bird flipped at them and ditched. Don't exaggerate: you can say no if something hurts you or you do feel against with a reason... don't deny always anything that you simply can't be bothered to do. Concede something sometimes as a special extra, something that could be expected or not, and reserve it for the times you feel adventurous enough. Your partner might want it hard, and leaving expectations always undone is a sure fire way to make sex a good argument to fight over.
- **Play solo.** Experiment.
 - For guys: try to apply some methods to restrain ejaculation. Do something useful with your fapping, and make it work to develop control on your penis and your muscles. Have you ever tried prostate massage? I agree it may sound a bit gay, but according to who tried, you'll feel heaven. Didn't you know your nipples are sensitive?

- For girls: you can't possibly think a guy can help you cum if you don't know how to. Learn pushing your fingers up to the G-spot, and then you'll be able to have your partner make you scream like a banshee. Ever tried to initiate anal penetration with a finger? If you start slowly it doesn't hurt so much, and it may be pleasurable if you do it during masturbation.

24.3 Various kinds of sex acts

- Anal

Straight: The Key to Straight Anal sex is to massage the "G spot" through the ass.

Gay: The key is massaging the prostate through the ass.

For both: For god's sake, have the fuckee use an enema about one hour beforehand. This consists of having them basically squirting water into their ass until it gets uncomfortable, jumping around, then letting all that crap/sludge/water out of their ass (INTO A TOILET, FOR GOD'S SAKE). Remember to use LOTS of lube. If it's the person's first time, ease into it. Once your cock is all the way in the other person's ass, wait until their muscles relax, and then slowly proceed with the thrusting.

Lube: DO NOT use silicone lube. Trust me, all that can happen is badshit. KY (liquid) is pretty good, and ASTROGLIDE is the best lube around, go get yourself some (both are condom-compatible).

- Oral (on Him)

It's not that fucking complicated. Use your tongue, not your teeth.

- Oral (on Her)

Begin with the inner thigh, switching sides and moving inward extremely slowly. This serves to raise your female partner's level of arousal. With luck your partner's clitoris should become engorged, and extend ever so slightly from the clitoral hood above the vagina. If this does not occur, your partner may be insufficiently aroused or have a smaller clitoris than normal. If the latter is true, pull back the hood of the clitoris, but do so VERY, VERY GENTLY. (Try pulling your foreskin down to the scrotum and you'll get a feeling similar to that of a rough exposure of the clitoris.) Now, with the clitoris exposed begin broad, gentle strokes across the surface, gradually speeding up with time. Take note at the pattern of your partners breathing, a sudden gasp indicates a positive response to the previous action, and it is advisable to repeat said action.

- Other

- Titfucking

Recommended Bra Size: At least a 34C.

Ah, Titfucking. While it is something that is enjoyable, and different, if your female friend doesn't have breasts that are large enough.. Dont even worry about it. You aren't missing *THAT* much.

There are two ways of doing this, and all that really changes is who is doing the most work. If the guy is going to be doing the work, (Or you just said to her "Hey, have you ever titfucked a guy?" Yeah, you're gonna be doing the work there). Have her get onto her knees, and get into a position where you can place your penis in between her breasts, and thrust lightly.

Any kind of lube is useful here, whether it be saliva or warming lotion (highly recommended, as it gives her a bit of a sensation as well.. Titfucking doesn't do very much for a girl. It's more to get the guy to cum, or keep things interesting.)

Place your hands on her shoulders, and have her support her breasts and put pressure around your penis as best as she can.. Her bra size is important here.. The larger her breasts, the more she has to hold to put pressure on your member.

Thrust until one of you gets tired, and then move on to something else as needed.. Whether it be sex, a blowjob, or anything else.

The other main position is with the guy sitting on a bed or chair, and have her kneeling. The guy remains still as she does her best to titfuck him.

Again, if your current female does not have breasts large enough to do this.. Don't even worry about it. There are plenty of things that feel better and are more enjoyable for both of you.

- Thighfucking

Thighfucking is the act of using a woman's thighs (generally that little triangle area where her vaginal entrance is) to pound away, in lieu of actually fucking her. Done correctly, this can provide pleasure for both parties (if you hit the labia well), and really be quite a bit of fun. Of course, to do this, you're going to have to have a reasonably sized penis and a girl with some meat on her legs, so no stickfucking.

To do this, just get yourself some oil and rub it in her legs (anywhere you'll be rubbing: friction causes blisters) and just pound away. It may take quite a while (as it can get boring quickly), but you will cum, and cum hard. Remember to keep rubbing up against her erogenous zones, as this isn't just for you.

On a side note, this was somewhat "invented" because sometimes you might just be incompatible - like if the girl is 6 years old or just really really tight.

24.4 Sexual issues

24.4.1 Keeping it up

Okay, we've all had it happen, you're sitting there looking at some nice hot porno when something "bad" happens (gay porn pops up, your computer crashes, someone knocks on the door) and the next thing you know your once raging beacon of manhood is a floppy little sack of shit. It's natural, your body is trained to know when it's time to fuck and when it's time to act. So how do you get that switch on when you want (and not lose it in the middle of a hot and steamy fuck scene)?

1. **Know your limits.** The male refractory period was designed to allow both parties to rest and cuddle, and then fuck like animals again. You may have a one minute or one hour period- no matter what it is, it is generally ill advised to try anything then, as it will be incredibly difficult. If she still wants more at this point, try eating her out or more foreplay. Or something.
2. **Eat healthy.** Your body is an incredibly complex mechanism, and eating nothing but chips and chasing it down with Mountain Dew will kill it incredibly fast. You'll get fat and you'll also get flaccid. The most virile bodies will always have the most raging erections- so go weight lift, get some exercise, eat lots of good food, and cum like a racehorse.
3. **Stop looking at porno.** If you have sex with someone constantly, masturbation can desensitize you to what's generally hot. Try stopping your little fap habits and see how great you do then.
4. **Get regular condoms.** Some guys have issues with numbing condoms, which reputedly make you go flaccid if you don't try really hard. Get some normal, non-stun-gun-like condoms, and pound away.
5. **Calm the fuck down.** If you are nervous, your mind will take over your body and make it go limp. Calm down. Seriously.

24.4.2 Getting off

For guys: You may think you are the God of sex because you have managed to make your partner moan, scratch at the walls, or even meow. However, don't let that go to your heads! Most women can and will fake orgasms, simply because it can be harder for us to get off than it can be for you. Don't despair however; the more noise and response you get, the more likely it is that you're doing things right. This brings us to several contentious points: First of all... Orgasm is not necessarily the end-all be-all that it is for guys. That doesn't mean we don't want! Hell, if you're an expert at using your tongue and fingers with a strong follow up, that's great. But focus more on pleasuring your woman, than stopping every ten minutes to ask if 'she came'. Trust me, it's not nearly AS important for us as it is to you.

Again, however, that does not mean you shouldn't try to ignore your female companion, or give her an orgasm, even multiple ones. Far from it. At the very least, consider it an insurance policy. Women are more likely to brag to close friends about good lays they have, and news like that travels fast. And hopefully, you'll at least have some connection to the face you're fucking. But, enough talk; let's get to the act of getting your partner off.

- Although it varies from girl to girl, it's generally true that women cannot get off from simple vaginal penetration. If you want to make your partner come begging, breathless, to your door, and beg on bended knee for more sex after giving you one hell of a blowjob, than it's best to give as good as it gets. Foreplay will

really help your partner immensely, and the more time you spend on pleasing and teasing her, the more she'll react. Often, your girl will have a couple of small things she really likes... Being licked on the neck, having the ear nibbled, soft kisses, fingers caressing near the thigh... Things like that. Learn what she likes, and then IGNORE THEM. Play with the rest of her body until she thinks you've forgotten her little kinks... And then surprise her suddenly.

- If this is someone you're having sex with regularly, don't get hung up on the same techniques. You don't have to change what you do every time, but even subtle new motions, or just fucking on a different surface or place can really add a new atmosphere to the mood.
- Once you have her naturally lubed up and wet, don't just jam it in. As much as /b/ would cheer you on, if you're aiming to get laid again, this is not what you want to do... Just yet, anyway. First, tease her some more. Sliding your tongue down your partner's body, slowly caressing them with your fingers and tongue will really help. Then, perform some awesome oral sex, which is also a great way to tell how aroused she truly is; if she isn't wet, dripping, and engorged when you're done, then she isn't really enjoying herself. Fingerbanging is good too, depending on your skill at the former.
- Since women don't have to wait in between orgasms, when she's truly begging for you, then is when you should mount her against the wall, slap her ass, and fuck her until she can't move, or whatever kinks your thing. If you've done your duty right, she'll be panting and moaning your name, completely and utterly spent, and you'll have made a name for yourself in the hall of Male Sex Legends. If nothing else, she WILL fuck you again, in a heartbeat.

24.4.3 Penis size

This debate is going to go on forever in the world. Guys with nice sized penises will always be rather arrogant about shoving this into other guys faces, and guys with smaller ones will always secretly be insecure and post on forums asking women "does it really matter????". Long story short, it's a debate that is a bunch of crap being thrown from both sides.

In that matter, let's boil down some simple things, the facts:

FACTS ABOUT PENIS SIZE:

- **Length is inferior to girth.** Thicker penises always do better than longer ones, due to how nerve endings are in the vagina. this does not mean a 5x5 penis is the best, it simply means that thicker shafts provide more pressure, thus more pleasure.
- **Women tend to be picky.** For the most part, the more sexually promiscuous prefer larger penises, as the female cunt does stretch out (thus requiring more attention). Tighter women tend to hate large penises. Trust me, there's a lot of blood. Some don't care. Some have specific requirements. It's all random, and there is no exact specification.
 - Subnote: However, general straw polls tend to show that women prefer around 6-8 inches with 3 or more inches of girth. Incidentally, this is considered the low end of average.
 - Subnote 2: They really don't care. Most indicators show that women really don't have a "thing" for a penis like we do for their breasts or ass. You know how we try to explain above that foreplay can be more important than sex? That's why - sex to them is not like sex to us.
- Gay men tend to care more. Yes, I said it. Tit-for-tat, gay men care more about penis size than women, possibly because they care more about "the competition" more. That is why a lot of gay manga aimed specifically at gay men features oversize cocks, where a lot of boy/boy manga aimed at girls actually discounts it.
- Don't change it. Might as well get used to it. Penis enlargers and supplements do not work. If you'd like to change it... Well, how much do you trust your doctor? How much do you trust your doctor with a knife? How much do you trust your doctor with your penis? Here's the real one: How much do you trust your doctor with a knife and your penis? (Success rate for this operation is abysmal.)

So there. If you have a larger penis, enjoy it and don't feel like you have to assert it online. If you have a smaller penis, my condolences, but realize that we're absolutely sick of hearing you whine about it or trying to justify it. As many people have posted before, if you have an issue with your dick (be it too large or too small), just fucking learn how to eat pussy well. Or fuck an Asian chick. They're all used to small dicks anyway. Of course, they're also used to shitting on their partners, so it's an equally good reason not to.

25 Conversation

If your intention is to stick it up the pooper more than once with any particular girl, conversation can be of the utmost importance. You're going to have to, at regular intervals be able to say what's needed. Conversation also helps you get a general feel for that insane maze that is a woman's brain. Interpreting her words correctly can also give you warnings ahead of schedule on when to GTFO.

Conventional conversation As in just for talking, no hitting on the other person. See the Style section of this article, as well as the overall Culture section of the The Well Cultured Anonymous.

25.1 For guys

25.1.1 Style

Often what you say is way less important than how you say it. As mentioned in other chapters, you have to be sure of what you say. You never doubt your own words, and always doubt hers. "I guess it could be..." better refer to something she said, and it better be followed by a "but it's much more likely that..." showing that you know what the fuck you're talking about, and she's just guessing.

Very important, when following this, is to make sure you don't land in the middle of a discussion on DNA and she's a Biology major. Politics are always a good topic where you can't lose. Generally women don't know shit about it, and you can defend any position, while getting to use expensive words.

Of course, what all of this does mean, is that you DO actually need to know shit about shit. She will not be impressed that you know what number Pikachu has in each separate Pokédex! (no she does not "liek Mudkipz", either.) If you're not very knowledgeable, read a newspaper before you talk to her, or make sure your conversations are short. Tell them you have some important research to do for work/school/personal, and just set up a date for the next time you want to stick it in her pooper.

25.1.2 Listening

"As much as possible - avoid. Repeat exposure can lead to numbing of the head, a common cure for which is repeated force to aforementioned area. However, such 'cures' often lead to head trauma, and if said female's head is used as brunt of force, trauma to both parties is possible.

A pair of earplugs these days is not that expensive, and when considering the hospital bills, money spent on gas to drive down to the local cemetery and shovel-fees, it is a relatively inexpensive item to purchase. Caution must be taken however: if she becomes aware of your plan, you must make use of the nearest possible escape route. Failing that, defenestration of her, the dog or any object will be adequate distraction, and at the very least, a change of topic in the conversation."

Don't be this asshole up here, he has no idea what the hell he's talking about. Listening and pretending you give a shit about what she's saying is VERY important in conversations. Never talk more than your company. Listen to what they have to say and add on to it, but be brief, talking too long will lead other to believe you talk way too much²².

DO NOT:

- Talk longer than your partner.
- Talk down to your partner.
- Make your partner feel stupid.
- Bring up the three TABOO of conversation (Religion, Politics, and Income) unless they bring it up first.
- Be overly insulting.
- Shift your eyes constantly.

DO:

²²Even if they just had a 10 minute rant about how pretty their new top is.

- Answer their questions
- Nod when appropriate
- Have an opinion (whether it be a real opinion or a faked one) on the subject matter.
- Compliment them when they bring up their clothes (they inevitably will, just make sure they're talking about what they are currently wearing).

Example:

- Girl: Oh and then I bought this totally adorable shirt!
- Anon: It looks great on you.
- Girl: Thanks!

- Pretend you give a shit.

Follow these basic rules, and it will look like you actually care.

25.1.3 Topics

Topics to avoid

- 4chan: womenz don't know about interbuttz
- Computer games: even if she is an elusive gamer girl, the way to a woman's heart is NOT through the joystick. Unless it vibrates strongly, of course.
- Other women: If you don't get this, you are dense. Actually, this may be an acceptable topic, because if you talk to a woman about other women, she won't feel special, and it may draw the attention whore in her, and may even go to great length to prove her superiority. Because you are a nice guy you won't talk about it, but in fact, you may have to.
- Sport crap: have you even seen one woman who cared about how your football team is doing?
- Anything you don't know jack shit about, that you can't fake: And you better be good at faking a lot.

Acceptable topics

- Politics: Just say something positive about vegans. Most will latch onto that like a lion latches onto to a clumsy gazelle. Can be a dangerous topic in certain situations.
- Food: This and the above could work good together. Read some PETA shit. You'll have plenty to say.
- Culture: **THIS IS PROBABLY THE ONLY TOPIC SHE'LL KNOW ANYTHING ABOUT.** Movies, music, or even theater. Start slightly obscure. If she knows what you're talking about, good, continue down that road, if she has NO IDEA what the fuck you're saying go for safe and stick to Hollywood movies and top 40 music, or abandon altogether.
- Philosophy: This should be in the topics to avoid unless you want to bore her with your eccentricities. However, if you fake this well, you'll be on the fast track to brown-eye city. Just google some quotes from some famous romantic artists and sprinkle the moderate, non-creepy ones on the conversation in appropriate spots. It'll make you look like you're actually worth a commitment.

25.1.4 Usage

Conversation is not for every situation. Conversation (as discussed here) is NOT FOR PICKING UP CHICKS. It is for getting through a period involving repeated sexings, without them getting bored. It is to be applied with great caution and only when necessary.

Some situations that warrant conversation:

- She calls you: You can't have sex with her right now, or vice versa, but she wants to talk, and you want to be able to fuck her next week
- You call her: You want to fuck her, and want to schedule it. You do NOT schedule a fuck, you schedule a meet. But first you converse to prove you're interesting enough.
- You're out to dinner: Sometimes choosing food as a topic can lead to a date. This is GOOD. but you need dinner conversation.

Situations that absolutely do NOT warrant conversation:

- While sticking it in the pooper
- At the discotheque, when talking to intoxicated women
- While enjoying some music together

25.2 For Girls

25.2.1 Style

Remember not to talk too much. Talking too much isn't just annoying to guys, it's annoying to everyone. So shut the fuck up for a second. Remember that he probably doesn't liek mudkips. And he probably doesn't care about how cute your best friend's shoes are. Pretend you know everything, because it's cute. And if he's sexist like most guys, he will LOL and proceed to stick his tongue down your throat.

25.2.2 Listening

Listen to everything he says. Boys don't listen to anything, so you'll look smart if you actually know what he's saying instead of thinking about Jessica Simpson's hair extensions or stupid girly shit like that.

25.2.3 Topics

Topics to avoid:

- Your brushing, nails, shopping sessions, depilation, etc.: nothing better than that to bore a guy to death, if you've got some luck he'll be nice and fake listening to you, but as a matter of fact, guys don't give a fuck about those.
- Other men: same as the other way around, men hate when they're not the center of all your attention, but it may lead to them wanting you even moar for you to talk about others.

'Acceptable topics': Sports, games, computers, sciences: if you want to talk about those, fine, but guys will jump onto the occasion and won't stop talking afterwards.

Part V

About this book

Contributors The following is a list of authors, editors, and helpers who have done work on The Well Cultured Anonymous. These are people who have contributed in some way to making this e-book thing a reality, and have worked hard to pull in information from websites like 4chan and 7chan to ensure that you have a singular source of information. Thank these people at your own discretion.

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- Achan
- Andreas
- Anonymous
- Aphextwin
- Appelation
- Awkner
- Berserker
- Bluith
- Cosa Nostra
- Copy pasta Baker
- Cyber Pope
- Danguy
- DerWelt
- Eaglewolf
- Femme Fatale
- FH Regulus
- Frostleaf
- GG
- Harbl
- HowIShoopWoop?
- Java378
- Kuroboushi
- Laniac67
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- Mikey
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- Nessunome
- Ninja337
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- RKERONESKE
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