Man’s Guide to Making Male Friends

Cultivating Male Friendship & Making Friends as an Adult for Men

By Cairo Copeland

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# Also By This Author:

Cairo Copeland is the author of multiple books for the red pill consortium. If you are a male that is not getting the results he wants out of life, you may wish to consider reading the following:

 ![Don't Give a Shit & Succeed: Stoic Meditations for Men to Design an Easy Life (The Missing Manuals to Male Success Book 7) by [Cairo Copeland]]()

[How to Talk to 9’s & 10’s: The Social Intelligence to Connect Emotionally with a Woman](https://www.amazon.com/How-Talk-10s-Intelligence-Emotionally-ebook/dp/B08S3LRRJP/)

A step-by-step guide on how to effortlessly start a conversation with any woman you want, move right past small talk, make an emotional connection, secure a date and get the phone number all while making her incredibly excited and impatient to see you again.

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[Don’t Be Simp-Pathetic: The 12 Step Program to Slaughter the Simp Within](https://www.amazon.com/gp/product/B08QVC2PDK)

Never again will you feel powerless around the women you desire. This 12 step program assures that you will never have to prove to her what a great guy you are to get the girl.

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[Reinvent Ideal: What to do When You’re Depressed and No One Cares Because You’re not a Chick](https://www.amazon.com/Reinvent-Ideal-Youre-Depressed-Because-ebook/dp/B08HY7B25K)

Do you believe that if you stopped putting an effort to socialize, date and stay connected, no one would notice? If you died, no one would know? You may have noticed that women seem to have happy, fun lives with lots of friends and it comes so easily to them. Can you say the same?

How do you find happiness again after becoming red pill aware?

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People pleaser? Stressed out? Overbooked? Not getting the life experiences you wish? For many good-hearted people, their empathy for others and their causes weighs them down and holds them back in life.

What if much of the worry in life is 100% unnecessary? Imagine being able to go about your day without carrying the weight of needless stress and worry.

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[Rise Above Rejection: Invincible Self Confidence for Men](https://www.amazon.com/gp/product/B08WYQ7XWG?notRedirectToSDP=1&ref_=dbs_mng_calw_8&storeType=ebooks)

The fear of rejection not only cripples many men. It has them opting for avoidance tactics that lead them to greater long-term problems, like settling for single mothers and emotional blackmailers.

Never fear rejection again after reading this.

[Get it for Free on Audible with Free Trial](https://www.audible.com/pd/B08Z4FQNPK/?source_code=AUDFPWS0223189MWT-BK-ACX0-244916&ref=acx_bty_BK_ACX0_244916_rh_us)

[The Road to Wrinkled Bedsheets: How to Get Laid Fast & Often](https://www.amazon.com/gp/product/B08WH8KQMW?notRedirectToSDP=1&ref_=dbs_mng_calw_7&storeType=ebooks)

Are you tired of having to go on 7 dates before you finally get what you were originally after? Are you tired of being hit with rules about when sex will happen? Women only make those rules for simps but they will break them for certain men.

This book shows you how to become one of them and a step-by-step system to getting to the act in as little as two dates.

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[The Financial Red Pill: An Awakened Man’s Guide to Money](https://www.amazon.com/Financial-Red-Pill-Awakened-Guide-ebook/dp/B085BBD8WY)

The Bible when it comes to money for men, this book will give you the sage guidance for every financial decision that can arise in a male's life. From career choices, wage negotiation, rent vs buying a home, investing in stocks to pursuing financial freedom.

This is no mere personal finance “feel good” book. The explicit mission of each chapter is to bring you one step closer to financial freedom after reading it. This book will give you the straight, no BS advice on what to do during life's most complicated and important decisions.

[Man’s Guide to Making Male Friends: Cultivating Male Friendship & Making Friends as an Adult for Men](https://www.amazon.com/Mans-Guide-Making-Male-Friends-ebook/dp/B094T6T4WR/)

Heterosexual males today are the loneliest demographic. Tragically, they are the ones that would benefit the most from friendship as they suffer from higher cases of depression and suicide. It’s often awkward to go talk to another guy you don't know and try to be his friend. But this book will show you how to do it step by step.

[Get it for Free on Audible with Free Trial](https://www.audible.com/pd/B095DWYT74/?source_code=AUDFPWS0223189MWT-BK-ACX0-258903&ref=acx_bty_BK_ACX0_258903_rh_us)

All are available to buy as one, big series here: [The Missing Manuals to Male Success](https://www.amazon.com/gp/product/B08QVPM1DF)

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# Intro: Why Men with Many Male Friends are More Successful in Life

Want to know a little secret? Something that will drastically improve your life and make it much easier to enjoy? There are plenty of products and services out there being sold to you under this guise, but this one thing is something that legitimately does the trick. Best of all it doesn’t need to cost you anything.

Doing this one thing will also greatly reduce your stress and make you much less likely to experience depression. Doing this one thing will also help you stay in shape and avoid obesity. Doing this will allow you to maintain a higher standard of health. It is scientifically proven that it will also help you live longer.

As if you needed another reason, doing this one thing also makes you a lot more appealing and attractive to women.

So what it is it?!

Having male friends.

A big part of what makes you a high-value man is other men respecting you. Women notice this. They are more attracted to a guy that's friends more so with other guys than a guy that's friends with mostly girls. Being friends with girls is easy. All you have to do is give them attention. Being friends with guys is difficult because you must be respectable enough to get them to suppress their competitive nature and egos to give you attention.

Don’t let women be the only motivation for you though.

When men do this, the quality of their life skyrockets. They report being happier and more satisfied with their circumstances. They feel less like an unwelcomed inhabitant of this world, which this world is so good at making males feel.

Instead, they feel like they have a place here and a purpose to continue living.

I had meant to include this idea in the book [*Reinvent Ideal*](https://www.amazon.com/Reinvent-Ideal-Youre-Depressed-Because-ebook/dp/B08HY7B25K), since it was all about finding happiness as a male, but that book was just getting way too big. However, in that book was a list of tools for reinventing yourself with the red pill. One of those tools is “Never call your woman your best friend.”

Now, of course, you don’t want to be that guy that calls his wife or his girlfriend his best friend, but there’s more behind that bit of wisdom. The meaning behind it is that you want males to be your best friends and closest confidants.

The gist of it isn’t just “bros before hoes.” There is real scientific backing for how a male best friend can be of greater benefit to you than assigning that role to your significant other.

Many of the teachings and wisdom from the [red pill consortium](http://www.reinventideal.com/lingo/#red-pill) highlight that women will not fill voids in your life. In fact, they’ll more likely create them. You cannot attain emotional fulfillment nor expect unconditional, emotional support from them. With all these voids left after absorbing that wisdom, where then can a man go to get these needs fulfilled?

The best resource is guy friends.

Side note, a guy that calls his wife or girlfriend his best friend is someone I can’t be friends with. Because I know deep down, he’s only saying that to score points with her, because he always says that when she’s right by his side and he’s introducing her. “This is my best friend and girlfriend,” he says. And when he does that, she looks right at my girlfriend by my side and with eyes that say, “Yeah, see how good I got my guy cucked? I bet you wish yours was like this too.”

This guide was made so you won’t be that guy.

In the movie, *The Wedding Ringer*, (which I highly encourage you to see and please don’t let me spoil it for you by reading on without seeing it) Josh Gad’s character, Doug, has no male friends. He’s about to get married but has no best man. Not wanting to look like a total loser in front of his soon-to-be wife and her family, he hires Kevin Hart’s character, Jimmy, to pretend to be his best friend and best man.

While Jimmy pretends to be Doug’s best friend during the entire wedding week, Doug realizes what he’s been missing his whole life. As a child, his parents often bounced around the globe, dragging him with them, so it was impossible for him to keep friends and he ceased trying to even make them. While pretending to be Jimmy’s friend, he gets to see what the party animal and bachelor life could be like and he gets hooked on it.

Jimmy tries to keep their relationship strictly business. “I’m your best man for a price, but I’m nobody’s best friend,” he says. However, Jimmy himself starts to see the value in the comradery and gives in. By the end of the movie, Doug values his new best friend so much, he isn’t even phased by the fact that his fiancé was just a gold-digger and he had no trouble walking out on the wedding, despite how beautiful she was.

This guide was created to help you create similar friendships. And have similar fun in your life.

In the lives of men where such friendships are non-existent, you will find greater cases of stress related illnesses, social isolation, violence, a decreased lifespan (possibly due to a higher likelihood of Alzheimer’s), less productivity, experiencing a lack of resources in times of crises, and poorer connection with immediate family members.

Many child therapists will tell you that when boys stop sharing their intimate feelings, it increases their rates of depression and suicide. While the [social imperative](http://www.reinventideal.com/lingo/#social-imperative) thrust upon these boys is to just “man up” and “be tough”, this carries over all the way to adulthood, as wives cite "emotional unavailability" as their reason for divorcing these men.

On the flipside of this is nothing but pure positives.

- Male friends will legitimately be able to relate to you. The problems you experience with women and the cold shoulder of the world are ones they experience too.

- Males do not bullshit with each other, nor need to walk on eggshells with their words. You can tell the straight truth and be appreciated for it. And you will certainly appreciate being told the straight truth by them.

- Other guys will not waste your time, calling you up just to talk or hanging out just to talk. They always want to be doing something. They will never bore you.

- There's something beneficial to your future well-being and growth as a person that you can learn from other men. Rarely will you ever learn anything useful from a woman.

- A study found that men are far [more satisfied from their "bromances"](https://time.com/4978727/bromance-male-friendships/) than they ever are from their romantic relationships.

- Your male friends will never nag you, get pissed off at you for being insensitive, attempt to police your life, stick their noses where they do not belong, nor will they ever #MeToo you.

- Being around males does more for your attractiveness to women than being around women. When around males, your testosterone increases. When around women, it decreases. Women prefer masculine men. They are repulsed by girly [simps](http://www.reinventideal.com/lingo/#simp), white knights and male feminists.

- Contrary to popular belief, you are safer being vulnerable with your guy friends than you ever will be with a female friend or romantic partner.

The magic of male friendship is so powerful that veterans of wars actually find themselves missing the war they fought in and wishing they were back in it because of the bonds they formed with their brothers in arms. There is nothing quite like war to force guys to connect with each other. It forced them to trust each other as they often had their lives in another man’s hands, as well as one in their own.

In life during the information age, there’s plenty of advice for young men on dating, choosing a career, making money and an impact in the world. But it has little for creating authentic male friendships. Even just on the subject of friendship itself, the internet has so little advice.

This is despite the fact that in this same information age, there is so much validating evidence that males benefit from being close to other males. Grant and Glueck in a [Harvard study](https://www.inc.com/melanie-curtin/want-a-life-of-fulfillment-a-75-year-harvard-study-says-to-prioritize-this-one-t.html) found a direct correlation between male friendships and male happiness.

More specifically, that study emphasizes the depth of those friendships, advocating for quality over quantity. But today’s social media world pushes for the opposite with its encouragement of racking up friends and followers on social networks where relationships are often shallow and interactions are inconsequential.

All the data we have on how beneficial this is must be falling on deaf ears or perhaps it’s being buried under a rock. Because heterosexual men have [the fewest friends of anyone](https://www.npr.org/sections/health-shots/2020/01/23/798676465/most-americans-are-lonely-and-our-workplace-culture-may-not-be-helping) in America, according to an analysis of [two decades of data](https://www.jstor.org/stable/30038995) published in the American Sociological Review.

Of all the miracles He was said to have done, no one seems to ever mention the greatest miracle Jesus ever pulled off: Having 12 close male friends in his 30s. Friends that would follow Him anywhere, even into the lion’s den: the capital city of a government that named Him as public enemy #1.

Where and how can today’s men create tribes like this on their own?

The answers lie ahead.

# How Did Men Become So Isolated?

It has become more difficult for a 30-year-old guy to make male friends than it is for an 18-year-old guy to find a girlfriend.

Growing up, the boys often played with other boys while girls played with other girls. It was a natural occurrence out of shared interests. The boys don’t want to play with dolls and the girls weren’t interested in dinosaurs and trucks. Since this socialization starts at an early age, you’d think it would continue as we get older. But it doesn’t. At least not for men.

Women seem to have no trouble at all making friends with other women. It seems like every woman on earth has her own social support group. You notice this every time a woman goes out in public, she’s hardly ever alone. Or even when she goes to the bathroom, she has a support group with her for that too.

Further, women that are total strangers to each other seem to be able to talk about anything together like best friends. They even have their own subtle forms of communication, like when a woman is on a date with a guy she turned out to not like, she can look at the waitress with those “Help me” eyes and the waitress does something to distract the guy while the woman escapes.

It’s the whole Sisterhood Alliance. Deep down, every woman is her sister’s keeper.

These additional levels of safety have helped usher in the female primary pecking order of today’s society. This order comes at the expense of men’s comfort and happiness. Some say it’s “social justice”, namely social justice warriors, because in past history, the social order was male primary. But those days are long gone.

It is more likely that society has over-corrected itself in the manner of equalizing the statuses of the sexes. Males are often made to feel unwelcomed in social gatherings, private and public.

I can speak from experience as the many adult parties I’ve attended and clubs I’ve gone into charged more than double for single guy entry than they charged for women and couples. The message was clear: if you’re a guy, you better have a woman with you to vouch for you, otherwise we really don’t want you.

Worse yet, it is not a female conspiracy acting in the shadows to make guys feel so unwelcomed. It is actually other guys that are doing it to us. Just like how in the mating and dating market, a man’s greatest foe isn’t the women the fleece him for free attention; his greatest foe is other guys.

Because other guys give out free attention and validation so easily to women like foolish simps, the single women expect to be treated like queens by all men as a result. The problem originates from the competitive nature of males and while in the mating and dating market, we see each other as competitors.

The result is that we turn against each other over women. This is true not just with the dating world, but in many aspects of our lives. While the women of the world seem to march together all in unison, the men seem to spar against each other more often.

There is a world-wide sisterhood alliance. But no brotherhood.

Why can’t guys have a similar bond? What is it that has caused us to become isolated from one another?

Cultural conditioning of the [blue pill](http://www.reinventideal.com/lingo/#blue-pill).

The blue pill has done yet another disservice to men by encouraging them to disconnect from each other. In my coaching practice, I always asked my clients how many male friends they had, and many of them had none. Some of the reasons they’d tell me as to why were statements like:

* “I’m just not comfortable with other guys. I don’t relate to them very much because I’m not into sports, or cars, or video games, or whatever.”
* “Most guys are douchebags.”
* “I used to have guy friends, but after I got married, my wife made me feel guilty for spending time with them, so I stopped.”
* “Women are more interested in getting to know the real me. Guys just aren’t.”

Every group of adult friends today is just a bunch of people who almost dated, it seems.

While all these guys grew up playing with the other boys their age, they seemed to have grown apart from them as they became adults. Not in the relationship sense of growing apart, but rather felt as if they didn’t belong in the same categorization as other guys their age.

What happened between childhood and adulthood to cause this?

A few things. First, there was the government run education system that pushes the [Fempowerment Mandate](http://www.reinventideal.com/lingo/#fempowerment-mandate). The teachers in this education system are often female, so the boys learn early on that its more important to win a woman’s approval than it is to win the approval of their male peers.

Second, many of these boys were raised in single-mother households. They were born in the era of “No Fault” divorce and were often disconnected from their fathers. With just a mother left in the home, the idea that they must do all they can to win the approval of a woman was reinforced here.

Other times, if there was a father present, most likely divorced and living away, the mother often had the greater custody. Perhaps she often complained about the failures of his father and made it explicit to her son that she was going to raise him to be nothing like his father. Or the boy saw how much his father distressed his mother and decided on his own to be nothing like him. Either way, the boy learned to prioritize a woman’s bond in favor over a man’s.

Third, the way that many boys are raised today is as if they are defective girls. They’re taught that their masculine nature is toxic and should be resisted. They’re told that they should be more feminine in the sense that they should share their feelings and be vulnerable more often. The boys falsely assume that they are safer doing this with females than with males, because they’re afraid other guys will make fun of them for having feelings.

Often, the blue pill conditioned male believes he is different from other men, even superior to them. Of all the things that the blue pilled male is, an asshole is not one of them. “I’m nice guy,” they’ll say. “I’m one of the nicest guys you’ll ever meet.”

They believe themselves to be exceptionally nice and good charactered to their core, like Captain America Steve Rogers. And this becomes a pride point for them, that they are not like the asshole boyfriends their female friends complain about nor the bad fathers their mothers complained about. They intentionally try not to be like these guys.

Also, many guys believe that most other guys are inherently bad or just losers. They think that all other guys want to do is drink beer, play video games and watch sports.

Where does this perception come from? It’s not from real world observation, but rather from media depictions. Every sitcom and most of those teen comedy movies show young men to be exactly like this.

And as for the older guys, just about every mature guy on TV is portrayed as a total moron. Who would want to be friends with that?

Women find it easier to bond with other members of the same sex because talking about their feelings is in their nature. Men, however, tend to bond together during experiences, not just talking. Female nature seems to suggest that women are more interested in people while male nature suggests that men are more interested in things. Dr. Geoffrey Greif seems to have confirmed this in his book, *The Buddy System: Understanding Male Friendships*.

In it, he points out that most male friendships are formed when males are standing “shoulder to shoulder”, sharing an experience, as opposed to the female bonding that occurs “face to face”, sharing feelings. Guys make friends with each other playing sports, or playing in music bands, or getting work done together.

This implies they must be doing something to bond with others. This is the same evil premise of the blue pill world: that we're only loved conditionally. That the only thing that makes us valuable to others is what we can do for others. This inferior style of thinking and gravitation to be service-oriented, becoming less so others can become more, is what makes many males unsuccessful with women. It should be no surprise that it also makes them unsuccessful with other males as well.

As we grow into adulthood and take on more obligations at work and home, men typically have less time to partake in such shared activities, like sports teams and music bands. As a result, they get more isolated.

And while they don’t have time to go out to create experiences, they sure aren’t going to substitute it by spending hours on the phone catching up with their bros. That is what women would do, but men have no desire to do this. And it has nothing to do with cultural conditioning because they’re like this when they’re young kids.

A study conducted on 2,000 young boys found that males believed talking about their problems was “weird” or a “waste of time.” This is due to the deductive-problem-solving nature inherent in all males. We understand that in the time we spend moaning about our problems, we could have easily solved them, so we don’t bother. However, this doesn’t help us with problems that aren’t so easily solved.

Another contributor to the social exclusion of males brought on by blue pill conditioning is the encouragement and at times insistence that they make sacrifices. Sometimes, such sacrifices that they are encouraged to make is the forsaking of friendships to focus on marital and work-related matters.

There are just too many hats for said man to wear. He has a job to do, a wife to please, and children he feels guilty about if he doesn’t spend more time with them. Then whenever he does get to spend time with guy friends, they may make him the butt of some jokes about him being “pussy-whipped.”

The male mind is also much different in the area of communication than it is for female minds. A male may have stronger neural connections in the area of the brain that takes responsibility for making observations and moving to act. But the female brains have greater connections in the neural pathways responsible for interpersonal connection.

This is purely evolutionary carryover from the hunter-gatherer days. Males had to be better hunters in order to survive out in the wilderness. While women had to be better communicators in order to create a greater community of support while their males went out to hunt.

Finally, perhaps the greatest hindrance for males in making male friends is that admitting you’re lonely feels a lot like admitting you’re a loser. Many would rather suffer in silence. Just like how they don’t seek out help with getting better with women, because it’s expected of them to just know how to get women, and admitting they don’t would make them the targets of ridicule.

An unspoken, unwritten law of being a “real man” is that a real man needs nothing and no one. Some of the thoughts they have are:

- “I can't ask another guy when I need help. They will think less of me.”

- “I can't cry in front of other men. They will tell me to turn in my man card.”

- “Asking another guy to just hang out with me feels awkward and they might think I'm gay.”

All these obstacles stacked up together form the perfect storm to keep men isolated apart from each other. Thus, bonds are never formed and brotherhoods never emerge. With men not coalescing together, with them feeling so isolated and powerless, the Fempowerment Mandate has all the free space to enforce its will without resistance. That’s why the blue pill conditioning keeps men apart from one another.

Even the guys that reject the cultural conditioning of the blue pill end up in isolation. In many cases, guys that embrace the wisdom of the red pill consortium, intentionally separate themselves from others with a sense of superiority derived from their red pill awareness. This is an easy trap to fall for.

The “Alpha Male” myth has infested its way throughout much of the conglomerate of male knowledge available online as well as into the red pill consortium. Like the Fempowerment Mandate, all it has really done is pit males against each other. Even the awakened ones are at odds, like Morpheus and Commander Lock, battling over what is the right way to resist the machines and their ensuing slavery.

Instead of trying to “out-white-knight” each other, as they did while plugged into the blue pill world; they now try to “out-alpha” each other in their liberated red pill world.

Even if we take awareness of true inter-gender dynamics out of the picture, a competition to out-do each other still exists. Or at least an inner-driven push to separate from each other exists. There's a trope of the lone wolf, badass like Clint Eastwood that we're expected to adhere to. This image and ideal is uniquely American, as men in other cultures don't have this friendship problem.

In American culture, an idea has permeated that men don't like relationships. And this is quite ironic as males are more wired for them. Boys are more likely to form playground gangs, sports teams and musical bands. It has been this way for as long as history books can document.

Brothers, you do yourselves great disservice with the belief that you need to “out-alpha” your fellow man. Firstly, there is no such thing as a human “alpha male”. That is pure “bro-science” made by fools like Vox Day. The proper classification words are “dominant” and “submissive” when referring to strong and weak men, not “alpha” and “beta”.

But whether you are a dominant or a submissive male is only relevant when the subject being discussed is attracting women. It is only beneficial for you to be a dominant around women, not around other men (unless they are already your subordinates). To be so domineering around other guys only makes them dislike you.

We’ve all had that boss that was so domineering, barking orders like a jerk, flexing his authority needlessly and just being an all-around, authoritative prick. You likely thought, “What is this guy trying to compensate for?”

Secondly, believing in the “alpha male” myth further separates you from other guys because you see them all as your competitor. It will have you going down the loner’s path, which only creates another unnecessary obstacle to your life’s success. Strangely (and this is how you know the world is working against males), the world pushes men down this path and praises them for it.

However, the commonality of the lone male, while powerfully pushed down our throats and seemingly accepted, is a very recent creation.

In the past, male friendships came from doing things together like military service, working on the farm, and being shipmates. There was no shortage of work back then to make guys band together. Further, this was manual labor, not office work. You were going to bust and sweat your ass off, side-by-side with other men so you may as well make friends with them because the survival of the tribe depended on it.

Throughout the progression of time, community took a back seat to independence with homes in the suburbs, commuters opting for car rides alone instead of buses and trains, and cubicle offices took over the old workspaces where bonding was encouraged. From the industrial age to the digital age, the isolation trend began.

Of course, that technological progress is not a bad thing. But it did come with some unintended consequences.

You still have the skills to be social and make friends. You just need to relearn them. You need to override your blue pill conditioning yet again.

# Hierarchy of Relationships for Men

Why is this a big deal? Many successful people spend most of their time alone and part of their success may even be attributed to that. After all, it’s hard to progress in your endeavors if you’re around people all the time because other people can criticize, make unproductive suggestions or just distract you from being on track.

But having friends is crucial to having a healthy and happy life for all, male and female alike. People with more vibrant social lives are more likely to have good health and emotional well-being. And the social life needs to be centered on real friends, meaning people that were once perfect strangers. In other words, not someone with a family-tie that has a social imperative to care about you.

The most important thing in life, the most valuable thing in life, is not a thing at all. What matters most is other people. And you need to prioritize them.

This may sound contradicting at first, because another one of the red pill’s teachings is to make yourself your own original point of concern. To look after yourself and have an enlightened self-interest. But valuing other people most does not conflict with that. These two actually fit very well together.

It is implied that by valuing other people, you’ve already valued yourself first. Because the best way to help other people is to not be a burden on them. You cannot help others until you’ve put yourself into a position to be able to help them. And that requires you putting yourself first enough to be in that position.

But other people are more important than any possession you could own. They’re more satisfying than any fancy gadget, hot car, spacious McMansion or show-off item. These items cease to have any value if other people ceased to exist. The main thing that gives these things their value is that other people approve of them.

The movie that sums this up best, and perhaps most unexpectedly, is the 1970s horror movie *Dawn of the Dead*. In the movie, zombies have taken over the world and 4 of the last surviving humans have crammed themselves into a shopping mall to hide out. Remember, this was the 70s, so malls were new and hot. These 4 people had all the luxury items available to them at that time. But they were still not happy, even with all these freely attained possessions.

Because there were no other people around. Only zombies. And zombies could not give them validation, emotional support or pass along wisdom to them. Neither could their newly acquired possessions.

Only other people can make you feel approved of and worthy. Only they can share with you greatly beneficial life lessons. Only they can love you back, unlike a possession.

Of course, some might also note that other people can often be bad. I’d might even go as far as to say most other people are bad and will do you harm. This isn’t coming from a place of nihilism or that all people are naturally evil. It’s that all people are naturally selfish and will place their own interests above yours.

But that’s what makes it so special when they’re good to you: the fact that they don’t have to be but choose to be. Because a person is a sentient being with free-will to choose, the validation they can give you is far greater than any other source of it.

I once learned this lesson the hard way when I was 29 and went to a music festival all by myself. I was looking forward to the weekend getaway. It was to be an escape from my energy-vampire family, asshole coworkers and rude neighbors. I’d get to hang around the cool kids and hot girls like spring break all over again. Might even get laid.

Nothing good came of it. Since I didn’t know anyone there, I wandered around the festival alone and feeling out of place. Everyone else was there with a group of friends and having a great time. I, however, was isolated from these groups and forced to see what I was missing. It wasn’t like I could just go up to a group and asked if I could join in.

My mind did something it does so naturally and easily during that time: generate negative thoughts about the situation. These negative thoughts made me feel awful. Thankfully, it was just for one weekend. But imagine feeling like this all the time. What effects could that have on your mental well-being and physical health as well?

By looking at the opposite style of life, we can see that people with greater social lives are healthier in the following ways:

-lower blood pressure
-lower body mass index (BMI)
-less likely to experience depression
-live up to 22 percent longer

But men today are not told about these things neither are they accommodated nor encouraged to pursue them. Loneliness, while it can be likened to a carcinogen, has been mass marketed and sold to us. Since 1985, pollsters have found that the Americans have 33% less people in their lives they’d call “confidants”. Men’s numbers were worse, with a 44% drop. The plot of the movie, *The Wedding Ringer*, might actually be a viable business idea with this information.

The same pollsters found that ¼ of all Americans hadn’t talked to anyone about important matters in over 6 months.

Male friendships themselves seem to be in the middle of an identity crisis. While our society is attempting to shift its standards on masculinity, citing that it’s toxic to be perpetually stoic and that men should be more emotional, this conflicts with our nature. Thus, we no longer know what it means to be a man nor how to be one, let alone how to befriend one.

Without male friendships, the isolated male is practically castrated. If you surround yourself only with women, slowly but surely, you’ll turn into one. Ever seen a married man that has only daughters but no sons, nor any other males in his household? Notice how he’s often very soft in his presence? When you’re around too many women too often, your testosterone drops.

This is just nature’s way of ensuring you stay loyal to your mate. With lower testosterone, you’re less horny and less motivated to go out chasing other women. And as a result, you’re less attractive to women, even to your own. The decrease in testosterone makes you more feminine, and therefore your woman feels the pressure to be more masculine herself, which is an undertaking she doesn’t particularly enjoy.

But to become friends with males, you must come to believe that being male is a good thing, and begin to embrace your masculinity. The blue pill conditioning with its lies of toxic masculinity has made its attempt to cripple you. Like a poor circus elephant, chained to the ground as young calf, it did not have the strength to break that chain.

With this conditioning lasting all throughout life, even when the calf grew into a great, big, strong adult elephant, it still would not break free because it didn’t believe it could. But it is so easy for it to break those chains once they know they can.

Being friends with more men will help you reclaim your power as a male because you’ll get more competitive and successful. When you’re around more men more often, your testosterone will go up. You will also become more mentally strong. You won't complain about many things because you don't want to sound like a bitch in front of the other guys.

This is essential for the married man to do as well, especially one that makes his wife his emotional center. When you do that and make immense sacrifices to please her, you will always believe your wife never gives you as much to you as you give to her. As a result, you'll come to resent her and be passive-aggressive toward her. But by getting emotional needs met by other men, you take pressure off her.

When your emotional needs are met by other men, you become less dependent on women. Also less needy, manipulative and resentful. When a man’s male friends still think he's ok, he cares less about his wife being angry at him. But when she’s his emotional center, he cannot function until he fixes this.

Chasing validation from other men doesn't hinder your ability to get laid like it does when you do this with women. And revealing deep, vulnerable sides of you to your male friends is far more beneficial for you than it is to you do so with your woman. We’d like to believe that going to our women for emotional support will forge a stronger relationship with them. But it doesn’t. Showing vulnerability to women actually turns them off.

While women may say they want us to be more honest with them about our feelings and show more vulnerability, their actions say otherwise. They lose respect for you when you do. Ask any guy that’s ever opened up about his emotions to his woman and he’ll tell you that it’s always led to a negative outcome.

This has led to the creation of the red pill rule: never let your woman know you’re weak or in pain.

Sharing these feelings is best done with a therapist, or a female friend you have no sexual attraction to, or better yet, your male friends. Because you’re not trying to have sex with them, so being sexually unappealing to them doesn’t matter.

Male friendships can have greater depth because there are no underlying sexual motives. Many guys that are friends with women are only friends because that’s all the woman wants, but the guys wouldn’t mind having more. Therefore, they may hide unappealing sides of themselves from her, and thereby limit the depth of the relationship.

The average guy is likely avoid doing anything that might upset his partner and cause her to withhold sex from him. But with other guys, he does not have to please, placate, lie, caretake or sacrifice like he believes he has to with women. Not having a sexual motive removes the fear and needless "walking on eggshells" around certain issues. And the straight-forward, no-bullshit way that men communicate with each other makes it easier to resolve those issues.

Further, having a solid group of guy friends, a tribe or band of brothers, can serve you in other ways when it comes to women besides just being a wingman. These are the guys that can watch your back and have your back when you’re attacked. Especially when a false accusation of sexual misconduct or assault is hurled against you. Having a group of guys that have your back can really help you out.

But on the more pleasant side of things, they also help you attain women. You seek women's approval a lot less when you’re with your guy friends. And since your masculinity is increasing when you’re with them, the women take notice of this. Masculinity is a lot like the “force” in Star Wars. It’s invisible, but you know when it’s there and it gives you power. The power it gives is that the more masculine you are, the more feminine women will be around you, and thereby more receptive to you.

However, I would strongly implore that you don’t use the hope of attaining women as the reason to make more male friends. Instead, I’m encouraging you to acquire more male friends so that you won’t tolerate the bullshit that comes from dealing with women. So that you have a support system you can turn to when that bullshit naturally arises.

In the life of a male, there is a hierarchy of relationships. The most important one is with yourself. I would go further as to say that your most important relationship is with your future self, meaning you should only do things that your future self will later thank you for.

Next in the hierarchy is your friends. But these friends must be the kind of friends that are invested in your future as well. They will encourage you only to do the things that your future self will be grateful for. And you return them the same favor.

Last in the relationships by order of importance comes your girlfriend. While it seems very anti-romantic and douchey, it is not done to short-change her. She comes last because deep down, no woman wants to be your first priority. She should only be a compliment to your life. Never the purpose of it.

Further, the more aloof a man acts toward his woman, the more she invests in him and falls for him. She believes that a man would only have an aloof attitude toward her if he had other options with women and could easily replace her. This assumption tells her that you are an incredibly valuable man that she cannot afford to lose.

She will love you more for putting her behind these other relationships.

# That’s it for this free sample…

I hope you’ve found what you’ve read so far to be valuable and intriguing. If it has been enjoyable so far, I promise you there is more value and utility for you in the remainder of the book. Available on Amazon and Audible.



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