

SL: How video games helped me break free from being skinny-fat

Let me explain...

I wasn't always this remarkable fit 30 year old that other 20 year olds seek advice from.

I used to indulge in video games for hours on end, basically wasting my time and life.

But while getting my ass torn apart in call of duty I realised something.

I gazed down at my slender yet flabby hands, disgusted.

"What am I doing??" Questioned myself.

I was young and radiating with energy.

But for all of these years I have been channelling this life gift towards outplaying kids in COD.

Something had to change, and oh boy change it did.

3 years later I'm in the prime shape of my life, taking care of my family, and being the one others consistently look up to.

I finally felt accomplished having fulfilled my purpose.

But, how did I manage to do all of these in such a short time frame?

Simple...

I researched for weeks and months. I would wake up, watch instructive videos, eat while absorbing knowledge, and go to sleep immersed in educational content.

It was exhausting, but extremely helpful.

And most of this knowledge I gained I have incorporated inside my youtube channel.

To share with other disciplined men the exact information that took me from that depressed invisible guy,

To the man that other soldiers would follow marching into battle.

Just like in COD. My dreams finally came true ;)

Why don't you begin by watching my newest video on everything you need to know before starting your journey.

[You can watch it here.](#)

Even if it contains loads of free value broken down in only 10 minutes, 80% of people still won't take any action.

Will you?

Make sure you take notes.

Talk to you soon,

[Business]