
The Demigod Decision

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I am a demigod



I am a demigod.

And I think maybe you are too.

Does that sound completely insane, absolutely bonkers... bat sh*t crazy?

Fear not. Let me present my case and then make up your own mind.

A while back I was watching some kind of science show. (Yeah, I'm a geek like that. Discovery channel, Science channel. Nat-geo? That's how I roll.)

The show included a quick bit on Darwin and his process for classifying all the different kinds of species. Naturally, there was an accompanying clip showing different kinds of birds, bugs and such.

But then they showed a video clip of the human species.

These were just normal people. Normal human beings doing normal human being things.

Just normal humans, and yet every clip they showed happened to be an overweight person. People shoving food into their faces. Even a clip of somebody using those motorized "rascal" scooters.

I had the same thought process the last time I was in Vegas. Ever walked down the main strip in Vegas, or stood outside a popular buffet? It's just a steady stream of people who are clearly eating themselves to death. Most of them haven't worked out in decades (if ever) and clearly just don't care anymore.

And yet - from a scientific standpoint - we are all the same species.

That doesn't jive with me. I think I'm better than those people, goddammit. And I think you are too. I'm not perfect, and you're not either. But you and me, we MAKE AN EFFORT.

We have some small degree of will power.

So I was faced with a decision. I couldn't in good conscious call myself a god, since I'm not perfect or all-knowing or anything like that. But I sure as hell didn't want to lump myself in with the rest of the lazy, whiny, out-of-shape and unwashed masses roaming the streets of Vegas or the aisles at the local Walmart.

So what does that make people like you and me? I decided to start viewing myself as a "demigod." I've never told anyone this (until now) because I know it sounds crazy.

But if you start to secretly think of yourself as a demigod, something interesting will happen:

You will suddenly become a more powerful version of yourself.

I have completed some brutal workouts in my day. Often times guys or girls will come up to me in the gym and compliment my effort or say something like "Man, I wish I could push myself to train as hard as you."

Usually I just give a polite "thanks" but on the inside I'm thinking, "The reason I can do this is because I'm not human. I am a demigod."

As an experiment I once went seven days without eating. During my week-long fast, multiple people told me they could never bring themselves to miss even a single meal, much less a full week without food.

Again, on the outside I'm just responding politely. On the inside I'm acknowledging that the reason I can do this is because I am more than human, I am a demigod.

The Spartan Army

You've no doubt heard the story or seen the movie of the Spartan "300" army. At the height of the Spartan empire, it was commonly accepted that "one Spartan was worth several men of any other state."

Essentially, that's the same thing as what I'm talking about. The Spartans viewed themselves as BETTER than other humans. And as a result of this mental shift, they were able to push themselves to train harder and fight longer than other humans. And then as a result of their increased training and discipline, they actually did become superior.

In other words, if you believe you have more willpower and more drive than the average human, then your training and diet will reflect this. And over time, it will become true.

Does this mean you will one day walk on water and be able to perform miracles? No, of course not. But don't be surprised if one day you take off your shirt at the beach and overhear a breathless woman say, *"Damn, he looks like a greek god."*

Final Word

I'm not saying that viewing yourself as a demigod gives you permission to break the law or be an insufferable asshole. Hell, if anything viewing yourself as a demigod should make you kinder and more compassionate. I don't crush ants just because I can, and even though I view myself as a demigod, I'm not using that as an excuse to belittle my fellow man.

All I'm saying is this: Most people constantly sell themselves short. *"I could never do that." "I don't have the willpower." "I could never blah blah blah."*

Instead, I want you to adopt the opposite mindset. *"I can do anything." "I can survive any workout." "I can stick to any diet." "I am a demigod and I can do anything."*

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Medical Advisory

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.