

### #003 The way of Adonis

**Dear boys,**

Today I wanna educate us on **the way of Adonis** which simply entails **the rules of men** and they include:

- Listen more than you speak.
- Stand up against bullies.
- Never participate in gossip.
- Always have a drive and ambition to be better.
- Never let man front you.
- Never allow fear to stop you.
- Look people in the eyes no matter who they are.
- Never compete with a bro for a girl.
- Never make promises when you are over excited.
- Never engage in a conversation when you are angry.
- Never let a woman disrespect you.
- Never go broke to impress others.
- Never change to impress others.
- Never go back to a woman that cheated.