

Make Her FEEL Safe & Loved



Robert Gerace

This book is Dedicated to:

My Lord and Savior, Jesus Christ; and my wife, Debbie. Without both, this book would have never been written.

Jesus taught me what to do by His example, and his Holy Spirit make sure I paid attention.

Debbie taught me that everything a husband does makes a wife FEEL something, and a wise man pays attention to how everything he does and says makes his wife feel -- either better or worse.

This book is the total of 38 years of marriage experience, learning these lessons, and assembled into a system that you can take and have the power to make your wife feel better -- in nearly every interaction.

God Bless you, and your marriage, and your family.

Bob.

FORWARD

Unlike most books you'll read and never be able to talk to the author, or even those he works with, we are here to support you if you're a man we believe we can help.

For everyone reading, we have some FREE resources that you can access here:

- Subscribe to My YouTube Channel right now for frequent new trainings: <https://www.youtube.com/@ChristianHusbandCoach>
- My Have it All Marriage
Podcast: <https://podcasts.apple.com/us/podcast/the-have-it-all-marriage-for-the-have-it-all-life/id1566155036>
- My Lead Your Wife
Podcast: <https://podcasts.apple.com/us/podcast/lead-your-wife-a-podcast-for-christian-men-who/id1625758913>

This book serves as your guide to the Bootcamp. Because you signed up for the bootcamp, you're entitled to a 15 minute free assessment call with Coach Mitch. Click below to schedule your call.

<https://go.oncehub.com/Mitch15Min>

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How to Get the Most out of This Book

This book contains the doctrine that covers everything we teach in the Warrior King Husbands Program.

If you know, understand, and implement what is taught here, you will be doing marriage God's way, and your marriage will have a 100% chance of success.

How quickly you can come to know, understand, and implement what is taught here is going to vary from man to man; but know this: I am still learning. The Holy Spirit isn't done with me yet, and neither is my wife. Both have much left to teach me.

If you do even a fraction of what is in this book, your wife will see a major improvement.

How much improvement she needs to see in order for you to save your marriage, or have the marriage you want will vary as well. For men who believe they have lots of time, this book may be all you need. However, for men who know they are on a short runway, with a ticking clock, if that's you, I encourage you to click one of the 'Book with Coach Mitch' buttons and get yourself expert level assesmement ASAP. Your wife is SIX MONTHS ahead in her thinking about her plans for your marriage, and you could be blind sided with divorce, separation, or affair at ANY MOMENT.

To get the most out of this book, take time to do the exercises at the end of each chapter, and take time to watch all the videos from my youtube channel that I've embedded in these pages.

While the videos don't necessarily support the content on the page you find them on, overall the videos support all the content in this book.

Chapter 1: The Big Problem (aka the "PIT")

Let me tell you a story about my first marriage coaching client many years ago: a man named "Tim."

He opened our first conversation with two questions:

"MY WIFE has no intrest in sex, and I'm pretty sure she's headed towards DIVORCE. Nothing I say or do makes this any better. Why does it hurt so much to be me?"

and,

"OTHER MEN don't seem to have this problem. Why am I alone in this pain?"

In truth, there were many reasons for the pain.

His life was a mess.

His marriage was a mess.

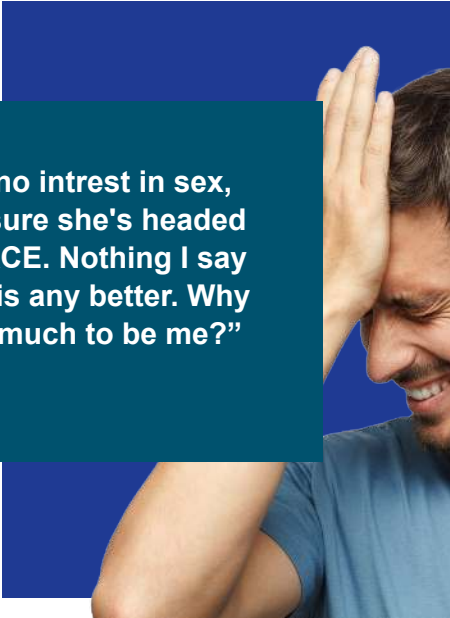
His health was a mess.

His business was a mess.

But none of these facts were the root of the pain.

And as I sat, and I thought, and I prayed with him, we allowed his pain to wash over us, and the answers began to well up inside him slowly, exactly like coming to a slow motion realization of a feeling of dread.

Yes.



"MY WIFE has no intrest in sex, and I'm pretty sure she's headed towards DIVORCE. Nothing I say or do makes this any better. Why does it hurt so much to be me?"

Doing Marriage God's Way

That was it.

Dread. Like a deep terror aching to be avoided, yet needing to be faced, and him not wanting to face it, running from it. Trying with everything in him to suppress it. And in this moment losing that battle.

And there it was.

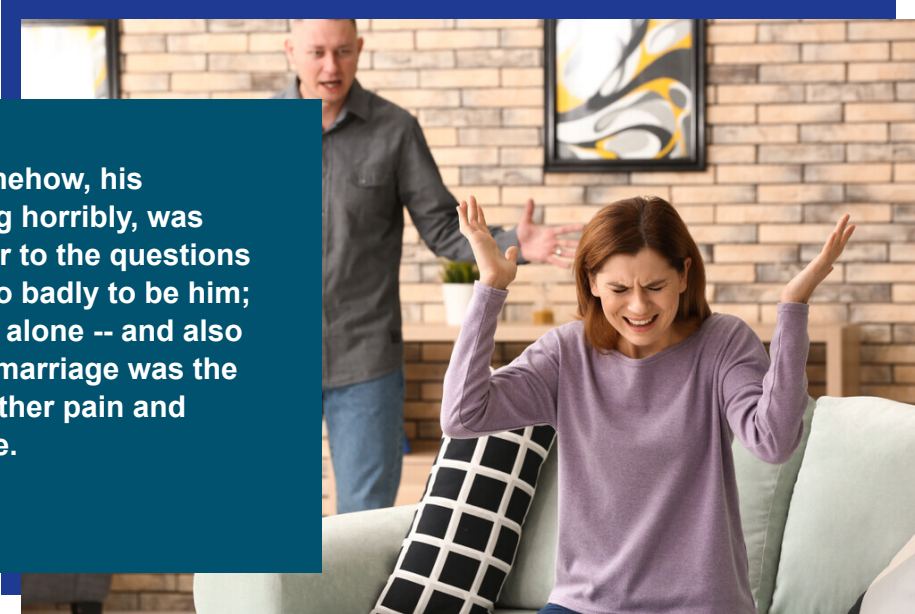
He was powerless.

And where he felt most powerless is where he most needed to be powerful.

In his marriage.

And the terror brought clarity.

Clarity that somehow, his marriage, failing horribly, was both the answer to the questions of why it hurt so badly to be him; and why he felt alone -- and also that his failing marriage was the root of all the other pain and failure in his life.



Clarity that somehow, his marriage, failing horribly, was both the answer to the questions of why it hurt so badly to be him; and why he felt alone -- and also that his failing marriage was the root of all the other pain and failure in his life.



<<< IN A HURRY TO NOT SHOOT YOURSELF IN THE FOOT? CLICK ABOVE >>>

And nowhere did he feel like he had less capacity to better his life than in his marriage.

In a very real sense, it became clear that his marriage was the foundation of success or failure in his life.

Yet, the dread he felt was due to something he knew deep down -- that he had absolutely no power to make his marriage better.

And he knew this because...

He told me that he had this overwhelming feeling of love for his wife that could literally burst his heart open, yet that love never made it to her heart. She'd been telling him for decades that she couldn't feel his love.

Some of the worst feelings of deep unhappiness and loss would wash over him like waves on the beach.

He loved her desperately and did NOT want to lose her. Losing her would make everything else in life feel meaningless. It would be like losing a part of his soul.

And even before this moment of clarity, deep down, he knew that this lack of power to transfer the love in his heart to hers would be the fatal flaw that would bring not only the loss of her, but everything he loved and cared about down.

His kids and their lives were on the line.

His businesses and money were on the line.



<<< FREE TRAINING: ABOVE LOVE HER LIKE CHRIST LOVED THE CHURCH >>>

His health was on the line.

His relationship with God was on the line.

It was all burning.

And he had no way to put out the fire.

Yes. He knew this for decades.

And he had read every book, talked to his pastor, and begged God to change him and change her. But...

No.



<<< FREE TRAINING: OVER 45 YEARS OLD? CLICK ABOVE TO WATCH>>>

For decades he could never find a way to become powerful enough as a man to transfer his love to her heart in a way that SHE could feel it..

And in this moment, all those years ago, with everything in his life falling apart...

He was the most desperate man I'd ever met to that point. And he begged me for help.

In that moment God spoke to me, and the Holy Spirit filled me with compassion and love for Tim, and detailed instructions for how to help Tim recover from his desperate place.

This book is the story of a years long journey of learning what God was saying to me in that moment.

It's a story of how God actually did heal Tim's marriage.



<<< FREE TRAINING: WHY GOD ISN'T FIXING YOUR MARRIAGE FOR YOU >>>

And NO, he did NOT save Tim's marriage for him.

But YES, Tim could NOT have saved his marriage without God.

What's MOST important here is what the Holy Spirit told me in that moment...

That 'God has a plan for marriage that ONLY works if a man pursues Sanctification, and that I must lead in this space.' I was to surrender my life to Jesus Christ in a way that I had never heard in Church.

And that MARRIAGE HAS A 100% CHANCE OF SUCCESS IF DONE GOD'S WAY!

It's how I ultimately helped Tim achieve happiness, save his marriage, and created a life that they all love as a family.

And if you're reading this book, if this resonates with your heart brother,



<<< FREE TRAINING: WHAT TO SAY TO YOUR SHUT DOWN WIFE >>>

Then this book will lead you to your power in Christ, and from that power you'll achieve the Have it all Marriage – which is the key to the Have it all Life – and more importantly – being free as a man.

That said, let's take a look at why you're in this mess.

Problem #1: You're trapped in a marriage that you're unable to make work, and everything you try to make it better just ends up making it worse.

This is why men quit on their marriage. It's not that we don't WANT to fix it. It's that we learn, over time – actually we are taught by our wife – that we are stuck in culdesac like patterns of making our marriage worse by trying to make it better:

In an effort to fix this, we search the Internet and find helpful advice (learn her love language, offer her acts of service, etc.), try it, and either nothing changes, or things get worse.



<<< FREE TRAINING: HOW TO LOOK AT HER. CLICK ABOVE>>>

You're trapped.

You love her, and you don't want to lose her.

You have a life with this woman. Wealth that will burn if you leave. Kids that will burn if you leave. A business that will burn if you leave. Health that is burning right now, inside each member of your family you are all literally dying slowly from the inside out dealing with the stress and toxicity under your roof.

After coaching thousands of men, I can tell you most men reach a point where they consider giving up and trying again with another woman, despite the aching hole that would leave in their heart.



<<< TESTIMONIAL: ERIC'S EXPERIENCE WITH OUR PROGRAM>>>

Yet, to fix this problem by going and trying again with another woman means burning everything you care about down to the ground with no guarantee of success next time.

WHY IS IT SO HARD TO JUST GET WHAT YOU WANT IN MARRIAGE?

You want to be loved.

You want to be cared for.

Doing Marriage God's Way

You want somebody to treat you tenderly.

You want somebody who values you.

You want somebody who wants you sexually.

You want somebody who respects you.

You want somebody who admires you.

You want somebody who is a cheerleader, not a constant critic.



<<< TESTIMONIAL: BRAD'S EXPERIENCE WITH OUR PROGRAM >>>

You want somebody who sees the best in you, gives you the benefit of the doubt, and forgives you when you slip.

You want somebody who makes you feel BETTER in every interaction – better about yourself, safer in your life and marriage, happy in the knowledge that SOMEBODY, at least ONE person on this planet LIKES you and LOVES you AS YOU ARE. WITHOUT HAVING TO PRETEND TO BE SOMEBODY YOU'RE NOT.

Thoughts run through your head...

Can you ever have that with your current wife?



<<< FREE TRAINING: #1 MARRIAGE KILLER. DON'T DO THIS!>>>

Even if you fix things?

If not, how can you get past burning everything to the ground in order to have that.

And can you even do that?

Is that a sin?

Doing Marriage God's Way

Will God condemn you if you do?

He hates divorce.

If you're like most men, your deepest fear in this moment is that you will die alone without ever having that kind of love.

You're like a man trapped between two doors...

One door you can't open no matter how hard you try (fix your current marriage).



<<< FREE TRAINING: HOW TO BE THE CHRISTIAN MAN >>>

The other door, you dare not open for fear of destroying your family and being condemned by God

YOU ARE ALONE.

Many men say there is part of them that hopes she DOES divorce them so they can try again with another woman and not be the bad guy who destroyed his family...

And then lie to themselves and tell yourself that it's not their fault even if she does.

Pushing that lie aside they fantasize about a new marriage, with a new woman, and how great that would be.

As a Christian man, however, the Holy Spirit is LOUD and convicts them of that thought. To take that action is failing to love the gift of his daughter, and adultery.



<<< TESTIMONIAL: NICK'S EXPERIENCE WITH OUR PROGRAM >>>

No matter where you are on this journey of just wanting somebody to love you, you must realize this: God calls YOU to lead THIS marriage to Sanctification.

THE BIBLE IS LITERALLY FULL OF EXAMPLES OF MALE HEADSHIP!

To do anything other than lead your marriage to Sanctification is sin. In that space, your WIFE is NOT the problem.

YOU ARE.

You stand in the mirror and the man you see looking back knows it too. Do you believe yourself to be the leader? The head of your wife (Eph. 5), to rule over her (Gen. 3:16). If this marriage is not working, it is because YOU lead her there.



<<< FREE TRAINING: HOW TO GIVE HER SPACE >>>

And deep down you have this feeling of certainty that even if you start again with another woman, you will just end up right back here again. Read this book until the end, and you'll be fully certain these facts are true.

And then here comes that feeling slowly creeping in again.

The dread.

What dread?

The dread that becomes two questions:

1. What if this is about me, and the reason I can never be enough for her is that I'm not enough for any woman?
2. And if that's true, am I destined to die without love?



<<< FREE TRAINING: HOW TO FIGHT FOR YOUR MARRIAGE THE RIGHT WAY>>>

Worse than the questions are the answers that surface.

1. Yes, knowing that 50% of marriages fail, and most of the 50% that don't are miserable, there's an excellent chance that you are powerless to avoid the pain of a failing or miserable marriage.
2. Yes, you are powerless to experience the love, tenderness, acceptance, compassion, encouragement, and emotional bliss of the love you deeply desire.

And THAT is what really terrifies you, my brother.

Because try as you might, you have not been able to have those feelings for a long time, and whenever you have had them you've not been able to hold on to them for long, and now as those feelings are a distant memory, you are, in fact, powerless to have them – and have no capacity to get them back in a way where they grow stronger over time.



Facing this realization is gut wrenching.

But admitting this is the first step towards changing everything.

This is exactly where Tim sat in all those years ago.

Powerless.

And THAT is why it hurt so much to be TIM.

Problem #1: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS YOU HAVE MADE YOUR MARRIAGE WORSE BY TRYING TO MAKE IT BETTER, AND HOW CAN YOU TURN THAT AROUND IN THE FUTURE?

1.

2.

3.

4.

5.

Speak With Our Alumni About How to Get the Most out of the Bootcamp!

We are ready to help you to chart a course to a new version of you. The call is one hour, and absolutely Free.

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[Book With Coach Mitch](#)

Problem #2: You're isolated and alone in your pain, and despite begging God to help you save your marriage, nothing is working and you have no one to turn to.

While I saw marriages crumbling around me, and while every man I knew seemed to be experiencing some version of this pain...

Experiences like, "Happy life, happy wife,"

And, "If mama ain't happy, ain't nobody happy,"

Nobody seemed to have it as bad as Tim.



Tim suffered silently most of the time.

And, before me, when Tim did reach out for help, he got the advice above that didn't work, and this...

Doing Marriage God's Way

- Tell her you love her
- Help her more around the house
- Give her physical affection
- Pursue her sexually
- Read books
- Go to counseling
- Pray and ask God to (fix her, fix you, heal your marriage)

No, Tim was alone in this.

As you read this, you are too.

Except, you have me, and I'm here to tell you that you're NO LONGER alone.



See, I'm here to guide you to a place where you're not alone and isolated, and in this moment, that's all you have.

But, I can promise you this.

Even if you had people willing to talk to you and help you:

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- Your dad doesn't know how to help you. You learned your failing husband skills from him.
- Your wife won't help you. She is programmed to test whether you love her or are just using her, and you're failing that test – the LAST thing she is going to do is help you 'cheat' on that test.
- Your pastor can't help you – you'd be shocked at the number of pastors entering our Warrior King Husbands program to save their own marriage
- God WILL help you, but ONLY if you help yourself first. He's not going to do it for you – any more than He was willing to do it for me.
- Your friends won't help you. Their marriages are every bit as painful as yours. I've had the privilege of seeing inside 25,000 marriages over the years, and they are all broken before a man becomes a Warrior King Husband.
- And all the books, videos, websites, and helpful advice on the Internet can only help you by giving you information only.



NOTHING you can learn about being a better husband is going to TRANSFORM you into a better husband.

Doing Marriage God's Way

So why am I telling you this, after you have paid money for this book, and now I'm telling you it won't fix your marriage?

Because this book is designed to help you to see that you MUST GET HELP THAT WORKS, and the only help that works is TRANSFORMATION.

AND YOU CAN NOT DO THAT ALONE. TRANSFORMATION ONLY COMES FROM IRON SHARPENING IRON, WHICH LEADS YOU TO GOD, WHO IS THE ONLY ONE WHO CAN ULTIMATELY TRANSFORM YOU.

As long as you are alone, you can't see out of the box that you're in. The only options you see are the same things you've been trying for years that don't work. And you keep repeating them. And that is killing your marriage.

Why can't you do it alone?

Because the current version of you is not capable of the life he wants. That version must die and be reborn as a much stronger version of you.

How does that happen?

We talk about that next.



Problem #2: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT TRYING TO SOLVE THIS PROBLEM ALL ALONE HAVE CONTRIBUTED TO YOUR FAILURE TO SOLVE YOUR MARRIAGE PROBLEMS TO DATE, AND HOW CAN YOU TURN THAT AROUND IN THE FUTURE?

1.

2.

3.

4.

5.

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[Book With Coach Mitch](#)

Problem #3: You have no predictable system to gain the power you need to re-attract your wife to a place of wanting you again.

Ok. You see that the man you are today must die, and be reborn as a much stronger man. How's that going to happen?

You need a path. A predictable system.

But where you stand today you have no such path, and no such system.



Lacking these things, you're doomed to repeat the mistakes above.

But it's actually worse than that.

See, when your wife feels the pain of you failing her, a little piece of wall goes up between you. She no longer feels as safe with you. She no longer feels as trusting of you. She shuts down just a little bit. And a little bit of her love for you dies.

What do we do as men?

We have no choice but to emasculate ourself and beg for her love and forgiveness.

This happens most often with powerful men.

Let me explain.

As a powerful man, you are not used to hearing no.



And you are used to getting what you want.

Let's not kid ourself about what we want from our wife brother.

We want her to want what we NEED.

Yet, what we see is, with every little piece of wall that goes up, with every little part of her love that dies, she has less interest in serving us in ANY room of the house, let alone THAT room of the house.

And making it worse, she becomes harder, colder, more critical, and more apt to point out all of our faults – even tiny ones.

Wanting peace and sex, we do our best to 'be a good boy,' and not react in anger to what WE are not getting from HER while SHE reacts in anger to what SHE is not getting from US.

Until we can't.



At some point, after shoving things down for days or weeks, we explode.

She may fight like a cornered tiger, but eventually, we 'win' the fight and lose the war because it will be weeks before things are anywhere close to where they were before this fight.

And that's when the begging starts.

We beg, plead, bargain, offer, and promise that things will get better.

BUT BECAUSE WE HAVE NO PREDICTABLE SYSTEM TO MAKE THEM BETTER, WE JUST LIED TO HER.

Yes, brother.

You LIE to her any time you promise her things will get better in the future if you don't have a predictable system to MAKE them better.

Worse, she knows this.

She knows it's a lie.



More so, every time you lie to her.

And this has happened not once or a few times – but THOUSANDS of times.

And this goes right back to problem number 2.

NOW you're REALLY in a fix because EVEN apologizing and PROMISING to get better makes your marriage WORSE because she knows it's a LIE...

Because you have no track record of being able to pull off real change.

At this point, you're done.

Doing Marriage God's Way

Your marriage is a dead marriage walking, and it's either going to end up as a divorce statistic, or a miserable martyred mess.

But this is the kiss of death.

Without a system for purposeful and predictable change and transformation, you are doomed – and so is your family.

THIS is why women are leaving men 70% of the time.



Because YOU actually BELIEVE you can change, and keep telling her you can and will, but SHE doesn't believe you can because she has seen the evidence of your failure thousands of times.

You believe your intentions.

She believes in your results – your fruit.

And your fruit is rotten dude.

You need to wake up to that if you're ever going to save your marriage.

And as a Christian man, the Bible is very clear.

YOU are leading.

YOU are the head of the wife.

YOU rule over her.

And NONE of that stuff means you get to order her to be happy, have sex with you enthusiastically, and not leave you.

What it means is, if it's broken, it's your fault – and your responsibility to fix it.

But you can't fix what you can't admit, which brings us to the next problem.



Problem #3: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 THINGS YOU CAN DO TODAY TO GAIN A PREDICTABLE SYSTEM FOR SELF IMPROVEMENT, MONITORING YOUR WIFE'S FEELINGS, AND CAUSING HER TO HAVE BETTER FEELINGS IN NEARLY EVERY INTERACTION?

1.

2.

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Problem #4: You're lying to yourself about how bad this is and how it will NOT end in divorce and being alone because you secretly worry that you're not enough for any woman and will die alone without love.

Look man, ego is a terrible thing; but your ego is NOT your amigo.

There is this thing in us that needs to protect us from being 'bad,' or 'wrong,' because it believes if we face that we are wrong, we will be rejected as not enough, and will die without love.



But this is Satan's lie. It becomes a self-fulfilling prophecy.

So right here and now, as men, we must learn to live in the truth.

And the truth is, if your wife thinks you're failing as a husband, you are failing as a husband.

And that is as bad as it sounds.

No.

It's worse than it sounds.

Because if you are failing as a husband, there's an overwhelming chance you're abusing her (more on this shortly) and if you're abusing her, she has a license from God to divorce you.

And if you think she won't do it, you're dead wrong.



Not only are women leaving men 70/30, they have an entire support network set up to enable them to do so.

She can get a restraining order by requesting one.

Many, if not most, of the women she encounters will advise her to leave you.

Therapists and counselors (even Christian) will often help her find the power, courage, money, and support systems necessary to leave you.

And in the 25,000 marriages I've touched, the evidence shows up like this...

Doing Marriage God's Way

- She begins taking more care with her appearance (working out, buying clothes, getting her hair and nails done)
- She re-invests in her career, and begins upleveling what she has to offer the job market
- She begins a journey of self healing
- She gets NICER to you – even sexually

All of these things and more are early indications that she is preparing to leave you.



While you have your head in the sand, she's making her plan.

And if you tell yourself this lie, your marriage will die.

Worse than all of this is the LIE that is behind the LIE.

That's what happens IF your marriage actually ends in divorce.

This is a painful conversation, but it's my contract with God to have it with you.

So let's dive in.

To start, if you own a business with her, it's probably done.

If you fight over your assets, you'll probably each end up with about 30% of your current net worth.

While those things are tragedies, they are not the horrifying part.



Here's the horrifying part.

It's your kids.

Ever heard of Abusive Boyfriend Syndrome?

A recent study showed that, "If their parents find new partners, children are 40 times more likely than those who live with biological parents to be sexually or physically abused."

According to a Missouri-based study of children living in homes with unrelated adults, children are "nearly 50 times as likely to die of inflicted injuries as children living with two biological parents."

Does this terrify you?

It should.

Some of these studies say it's 100 times more likely, but if it's even twice as likely, and your kids get abused in any way...



Like Lisa, the daughter of a Tom, a man we coached years ago, on his third marriage, who shared that after his first divorce, Lisa had been sexually molested months after her mom's new boyfriend moved in. Threatened, and suffering in silence for years, Lisa finally mailed a letter to her mother confessing the horrible sexual abuse she'd endured for years.

On the day Lisa mailed the letter, she went on the Internet, learned the most certain way to cut her wrists, cut both of them, and then threw herself out of her 2nd story window onto the concrete patio behind their home in the middle of the night,

Her mother woke up to find Lisa dead the next morning.

Doing Marriage God's Way

Tom told me, sobbing, facing another divorce, that he could not bear to lose another child. He told me he couldn't get the image of his precious daughter laying in that coffin out of his mind.

Put yourself there with your most emotionally fragile child.

What would you be saying to yourself?



If he or she could talk, what would he or she be saying to you?

What would your wife be saying to you in that moment?

What would you be saying to yourself?

What would God be saying to you?

This stuff is real, brother.

And even if the worst doesn't happen, children of divorce are much more likely to become:

Doing Marriage God's Way

- Obese
- Drug addicted
- Alcoholics
- Involved in teen pregnancy
- High School dropouts
- Involved in divorce themselves
- Speech impaired
- Less healthy with chronic autoimmune disease
- And the list goes on

Turns out, the 'toxic' environment of the home impacts the body in ways that cause it to be in fight or flight – which means no extra bandwidth for the body's natural defenses to cancer, heart disease, etc. to operate.



Fail to bring peace, love, and safety to your family and you're literally committing slow motion homicide.

And even if, by some miracle, your children escape all of that, here's something they'll never escape – they no longer have a home where they can kick their shoes off and be themselves...

Doing Marriage God's Way

Because they are either a visitor in their step mother's house, or a visitor in their step father's house.

Finally, what if your wife marries an Elite Level, Ephesians 5:25 type husband? Think you're out of the woods?

Nope.



That guy will know how to love and heal your daughter emotionally from the damage you've caused, and you can sit in the pew while HE walks her down the aisle. Happens all the time.

Bottom line is this: You can lie to yourself about how bad your marriage really is. You can lie to yourself about what might happen if you get divorced.

But as long as you do, you're trapped in a self fulfilling prophecy that will become your tomb.

Now, let's shake that off for a moment, and without hiding from the truth of what happens if you don't fix this, let's explore what happens if you do rise up, become the man your wife can't live without, heal your marriage, and save your family.



Problem #4: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT LYING TO YOURSELF ABOUT YOUR MARRIAGE WILL GET BETTER (THIS WILL BLOW OVER, SHE WILL GET OVER IT), AS WELL AS THAT YOU DON'T NEED TO GROW AND CHANGE AS A MAN ARE COSTING YOU EVERYTHING YOU CARE ABOUT?

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Chapter 2: The Big Possibility (aka the "PEAK")

What if you had the power to change all of this?

What if your marriage became the fountain from which all of the joy in your life flowed?

Who would you have to become?

What does that man look like?

Let's take a look.



Possibility #1: Your marriage has become a fountain of joy in your life that just simply works, and you know exactly what to do to keep improving this every day.

Every morning you wake up cuddled up to your wife who smiles sleepily and kisses you good morning. And every night you go to bed the same way.

In every interaction, she shows up as:



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- Open
- Warm
- Kind
- Compassionate
- Loving
- Forgiving
- Seeing the best in you
- Giving you the benefit of the doubt
- Willing to suffer in your place (i.e. take on pain/hassle/complexity in her life so that you won't have to)
- Willing to serve you without expectation
- Willing to biblically submit to your male authority and not make a big deal about that
- Enthusiastically sexual, in an initiative and playful, and experimental way – on a frequency that she knows matches your body and your needs
- A cheerleader, no longer poking holes and looking for fault, but building up with words of affirmation
- Laughing at things that aren't even funny because she can't contain her joy
- Dancing, tickling, teasing, playing, straddling your lap, interlacing her fingers with yours, and kissing you with soft, pouty lips... pulling back from that kind of kiss – and smiling at you, while looking you in the eye... with eyes of respect, appreciation, and desire
- Giving you plenty of physical touch
- Going out of her way to do everything she can to be a great wife to you to the extent she understands how to do that
- Studying you like a book to learn what makes you happy and feel loved – and becoming that for you more and more on a daily basis
- And I know I said forgiveness above, but I'll add a second kind of forgiveness... she forgives you for not doing all the above for her

Do you know what goes on inside your body when you have these thousands of interactions every week?

Dopamine is released.

A cocktail of hormones that make you feel loved, and bonded, attached and attracted to her, and full of sexual desire.

These feelings calm your 'crocodile' brain and tell you you're safe; and then your genes switch on the cancer killers and the artery repair team, and go to work making you live longer – and the same thing happens for your wife and kids in this environment.



Inside of this space you're able to focus on business instead of being held back by her doubt, neediness, or distrust – and create the generational wealth your legacy demands.

Your relationship with your children gets better, as does hers. As do the relationships between your children.

And you can stop being like Adam, hiding in the bushes, wagging his finger at God and blaming him for 'the woman you gave me,' but instead be on your knees thanking him for her with tears of gratitude – as well as doubling down on the Great Commandment and the Great Commission and accomplishing His purpose on this Earth.

Possibility #1: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR MARRIAGE WILL BECOME A FOUNTAIN OF JOY ONCE YOU SOLVE THIS PROBLEM, AND HOW WILL THAT MOTIVATE YOU TO KEEP DOING THIS WORK?

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Which brings us to...

Possibility #2: You're more connected than ever before to God, who answers your prayers, your wife, and your children.

There's a weird, unexpected thing that happens when your marriage is working.

You hear God more clearly.



I've come to believe that God speaks through your wife when he can't get through to you; and when things are not good with your wife your prayers are blocked. (1 Peter 3:7)

So instead of her trying to get God's message to you through all of the hurt, pain, fear, doubt, and mistrust, when the Holy Spirit speaks through a wife who is happy and feels loved the message doesn't get seasoned with her unhappiness – but moreover, God doesn't need to reach you through your wife nearly as often because your prayers are no longer hindered.

Being able to hear God clearly is mind blowing.

For the men I coach I teach them that there are only four core areas of life that matter:

- Your Body - without it, you're dead or bedridden and can't experience anything
- Your Being - This is your communion with God and your love for yourself
- Your Balance - This is your relationships (primarily your wife and children)
- Your Business - This is your wealth and finances



Nearly every man is naturally gifted in one of these areas, and most struggle mightily in one or more of the others.

But when your marriage is working, you gain the ability to hear God so clearly regarding what He expects of you, and wants you to do, and is gifting and empowering you to build inside of all 4 domains that your entire life uplevels very quickly – and continues to do so consistently.

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This is key because what it means is your experience of being you gets upleveled every day.

Your wife's experience of being your wife gets upleveled every day.

Your children's experience of being your children gets upleveled every day.



And your clients or superior's experience of what they are getting in return for paying you gets uplevled every day.

This is so powerful, yet there is more.

You come to love yourself more every day.

Now, I know this sounds weird, but stay with me here...

Right now, as you're reading this book, you're in a low place.

It's obvious your wife doesn't like you very much.

Maybe she doesn't even love you.

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Close your eyes and let that sink in.

What's that feel like?

Is that working for you?

And what do you think of the guy who did this to himself?

Yeah.



I've been there, brother.

But that feeling not only goes away when you're able to hear God more clearly...

He literally takes that completely away from you and gives you peace, love, joy, and bliss.

You know, scientists have proven that drinking alcohol doesn't actually make you feel happy – it just deadens your brain to the emotional pain you're carrying around.

Imagine you could have the 'happy' feeling of being a little tipsy without putting that poison in your body?

You can.



Become the man who can make his wife feel loved, and like she is being treated in an understanding way rather than harshly.

Become the man who Agape loves her as Christ loves the church.

And when you do, God will help you shed that emotional pain.

And be free.

But of course, to have any hope of doing that, you'll need a system.

Possibility #2: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT BEING MORE CONNECTED TO GOD WILL HELP YOU SOLVE YOUR MARRIAGE PROBLEMS, AND IMPROVE YOUR LIFE OVERALL?

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Possibility #3: You have a daily predictable system for Power that explodes your ability to more deeply attract and attach and bond your wife to you every day and specifically to detect and resolve marital problems as soon as they happen.

This is everything!

I want you to see your marriage much like a perfectly played musical note. When the pitch of that note changes, you notice immediately. Even if it's very subtle.



When you have a predictable system to detect this change immediately as it happens, and to correct it back to the perfect note, marital harmony is maintained.

Now this is something we need to cover deeply.

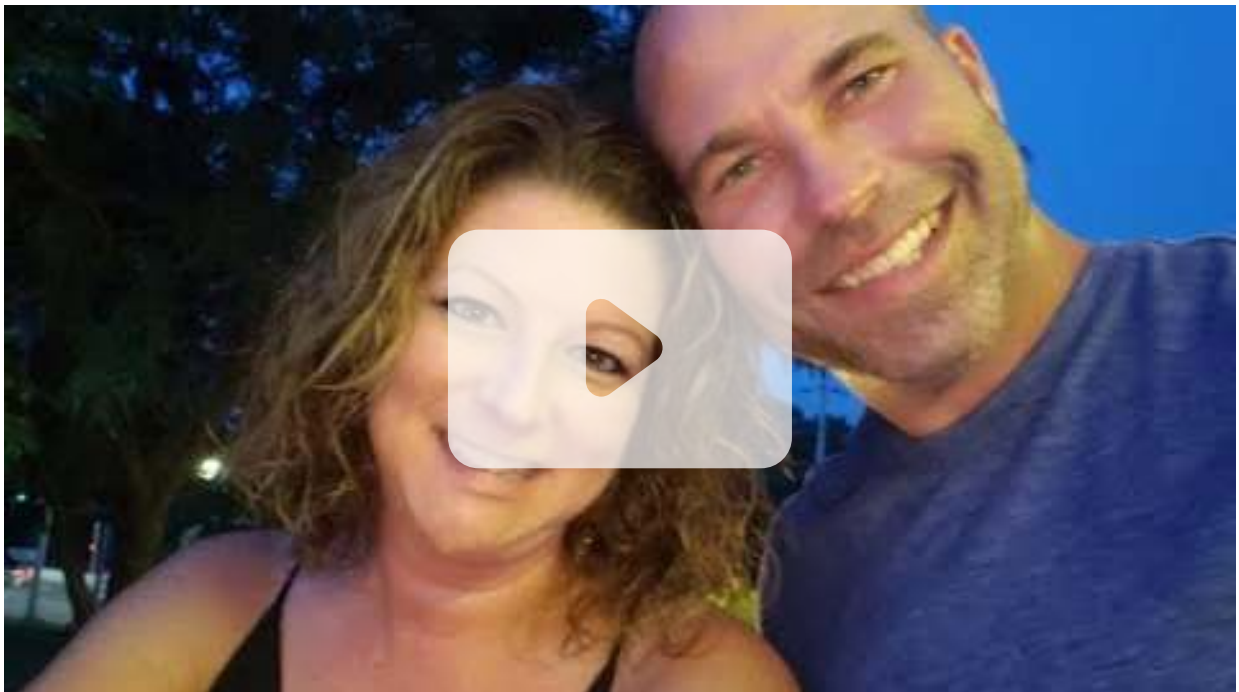
And to do so I need to introduce the concept of frames in marriage.

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In this context, I'm using the term frame to mean that both you and your wife have a way of seeing things, and how you each see them is through a frame that brings varying amounts of meaning and feeling to whatever is being considered.

As an example, let's take golf.

You may love it, and see it as a great hobby. Completely safe. Healthy. Entertaining, and calming to the mind.



If you're lucky, your wife does too.

So far your frames are aligned.

Now, perhaps she trusts you and feels secure with you. Another great thing.

And perhaps she values her alone time, and looks at you being gone for six or eight hours on a Saturday is a great thing.

Even more, she places great value on you having friends, getting exercise, working out stress. Also great.

And to make this fantasy woman even harder to believe, she sees the value in a little bit of absence making the heart grow fonder and is anticipating spending time with you the evening you get home (after you've showered of course).

When you tell THAT woman that you're going to play golf – chances are she is more than willing to have her frame of thinking you were going to take her shopping on Saturday instead be smashed in favor of your frame prevailing.



See, when two frames collide, only one will remain in the end.

How strongly each person defends their frame is what makes that collision a happy event or another nail in the coffin of your marriage event.

And as you can see, there are a LOT of moving pieces to detect and consider.

The truth is, it's even more complicated than I painted above. Things like if her dad played golf, was away on weekends, her ex-lovers, how much time you've been giving her lately, how punctual you've been about being back from playing in the past, how she's feeling that day, what's going on in her life, what her friend or sister told her this morning about a husband who golfed and cheated on his wife... the list of what can affect and impact her frame are endless – always changing – and impossible to know 100%, completely, and all the time.



So whether this golf event becomes something that enhances what happens behind closed doors tonight, or something that makes sure nothings happening behind closed doors for weeks depends on your ability to gain as much information about her frame as possible AND, as we will discuss next, what to do if something that was perfectly fine one hundred times in the past is now suddenly a huge problem in your marriage.

Remember, the point I'm making here is that you, as an Elite Level, Warrior King Husband, must have a SYSTEM to... KNOW YOUR WIFE, IN AN UNDERSTANDING WAY, AND TREAT HER IN WAYS THAT SHE DOES NOT INTERPRET AS HARSH.

Doing Marriage God's Way

Because try as you might – as you gain expert level status at minimizing this rookie mistake in this part of the game – you will occasionally step into a collision with her frame that was completely unexpected. I call this getting blindsided with a shovel to the face.

Suddenly golf is a huge problem today (or any time in the future).

And something that's very important to you is now a huge problem for her.

Without a system, you're screwed – and not in a good way.



To be sure, your system will minimize this event because you will KNOW her and UNDERSTAND her at a much deeper level.

But I want to be very clear – SHE is always changing, with new information, and with who she is becoming and evolving to be. While your system will make sure you keep surprise frame collisions to a minimum, collisions will happen.

NOW, you must have a system to get your frames back into alignment so she is willing to align her frame with yours – in which case hers collapses and yours becomes hers – and this system needs to unlock this outcome immediately.

Why immediately?

Because the longer your frames are colliding, the more potential damage is done.



Does this say your frame is always correct? No! So in addition to having the ability to collapse her frame into yours, you must also have a system to ensure you collapse her frame into your CORRECT frame.

As we get into 'tools' below, we will go into great detail about making sure you have the correct frame. (Hint: it's about checking in with God about if your frame protects the marriage with Christlike love.) And VERY often, HER frame is already doing this and YOU need to SUBMIT to that!

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Remember, God often speaks through HER, and SHE often plays the role of the Holy Spirit in your marriage. IF you have a system to help navigate the difference in whether YOUR frame has a view of loving her as Christ loved the Church or NOT, God will SHOW you how to act, react, respond, and proactively interact with your wife.

Both spouses are often wrong, and the uniting factor here is to always remember the marriage, and that the common frame is Sanctification and Glorification of God through holy living. THAT is the ONLY correct frame; and as the leader in your marriage, your only true compass for the frame you will build and maintain.



Now, almost no husband does this. Most of us collide with her over our pride, ego, and sense of what's fair. Those collisions inevitably lead to hurt feelings, walls, destroyed trust, pain, heartache and unhappiness.

It is in this space of colliding frames that a divorce is beginning to happen – even on a microscopic level – and each collision that is not handled swiftly and correctly allows that microscopic possibility of a divorce to gain size, strength, and momentum.

The arguing.

The bickering.

The anger, rage, and hurt feelings.

The things that are said and done.



The stress hormones.

The damage to her emotional health – really it's this.



She's in this marriage for you to be the guardian of her soul, and the champion and healer of her emotional health.

When your frames collide, if you don't have a system to avoid that as much as possible, detect it when it's happening, and swiftly shut it down in a way where she feels better, happier, safer, more loved, protected, seen, heard, held, and cherished – your marriage will unravel frame collision by frame collision until you are reading this book.

Interestingly this is all about communication.

It's about what you are communicating to her all day, and every day. It's about everything you have ever communicated to her.

It's about what she is communicating to you, all day and every day. It's about everything she has ever communicated to you.



It's about the meaning you have both made of these communications, and how that sets up your frames.

And it's about how you communicate to seek greater and greater alignment of those frames, and get them back into alignment when they collide.

But the one thing I want to make perfectly clear about this: marriage counseling, while correctly identifying the PROBLEM and the SOLUTION as communication – it will destroy your marriage if you listen to 99% of those people for two reasons:

1. At this point she DOES NOT WANT to communicate with you.
2. They do not teach you a way of communicating that will compel her to want to talk to you.

All they will do is point out that you, as a couple, do not communicate – and that will be the final nail in the coffin of your marriage.

So let's take a look at what happens when you have a system to detect and correct marital problems immediately.

Doing Marriage God's Way

1. You KNOW her, because your system ensures she wants to communicate with you, finds it safe to do so, values the communication, and finds great value in doing so.
2. You UNDERSTAND her, because all of this communication is filtered through your system you see a map in your mind of how she builds her frames.
3. These two things cause her to feel seen and heard, and because you see her and hear her, it's easy to avoid 99% of doing things that violate her frames (another way of looking at this is her 'rules' for what she needs to feel safe.)
4. When you do get the shovel to the face, it's super easy to navigate her back to feeling safe because KNOWING HER AND UNDERSTANDING HER, you know what to say and do when this happens.
5. And inside of this space you have quickly and efficiently detected a marital issue, resolved it, and put the marriage back onto a path of harmony before it was able to do any damage to your marriage.

When this happens over and over again, she feels safer and safer and more and more loved. The more experiences she has like this, the smaller the explosions when your frames do collide because she comes to trust you more.

The amazing thing you'll find here is that as she trusts you more, she's more and more willing to let her frame collapse in favor of yours – and to be happy in that space.

That's biblically submitting to you by the way.

And it's beautiful.

It means if you take up golf, she's likely to take it up with you.

And you won't see it as a way of getting away from her. Getting away from her will be the last thing on your mind.

Because spending time with her will be the most precious use of your time.

And you'll get your cake and eat it too.

Doing Marriage God's Way

And it's not just about golf.

It's about everything.

And that's an amazing way to go through life.

Possibility #3: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT BEING IN TUNE WITH YOUR WIFE'S EMOTIONAL HEALTH AND HAPPINESS -- AND THE ABILITY TO INCREASE THOSE STATES ON A DAILY BASIS WITH A PREDICTABLE SYSTEM WOULD CHANGE YOUR LIFE?

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Possibility #4: You feel alive and safe, knowing that your marriage is secure, that you are liked, loved, and sexually desired in a way that empowers you to pursue and achieve the have it all life.

Imagine a life where you and your wife are in near perfect harmony, nearly all the time.

You both enjoy the same things.

You both crave each other's company (and bodies) all the time.

Your frames rarely collide, and when they do it's easy to see coming, does no damage, and you're stronger as a couple after it happens.

Your wife is visibly happy. So happy that she laughs at things that aren't even funny... it's just that she can't contain her joy.

She smiles all the time.

Most often when looking at you.

She puts on happy music and dances around – often proactively for you.

She cuddles, and teases, straddles and pleases.

In short, she makes it extremely obvious that she thinks you're pretty awesome, and is willing to follow your lead while giving you respect and appreciation – and doing her level best to make you happy.

There's a kind of security in your life that only this kind of marriage can give you.

There is a KNOWING that you are affair proof and divorce proof.

Doing Marriage God's Way

There is a KNOWING that you can count on your marriage -- the foundation of the life you have built is incredibly secure.

There is a KNOWING that you are loved. That you are enough for her. That you have found and secured the LOVE that you want.

There is a KNOWING that your needs will be met.

There is a KNOWING that your hopes and dreams for your children being raised under this roof with this woman will be met.

There is a KNOWING that your children will grow up emotionally healthy, seeing the example of your marriage and choosing emotionally healthy spouses for themselves.

There is a KNOWING that what you need to do for business – even if it's travel and long hours – is OK with her. That she supports you and trusts you to build your financial kingdom and is cheerleading you on.

There is a KNOWING that you are serving God at the highest levels. Leading your wife and children to Sanctification, and an anticipation that you will hear: Well done, good and faithful servant.

There is a KNOWING that, God forbid, if you stumble in hardship – whether in business, or health, that your wife will stick around, support you, help you, and not jump ship at the first sign of trouble.

There is a KNOWING that YOU are the MAN who has created this marriage, and what that does for your confidence is a catalyst for massive strength and success in all the other areas of your life – particularly in business.

And what all this KNOWING does, is provide a level of CERTAINTY.

And that CERTAINTY is what fuels and empowers your CAPACITY to get everything you want across all areas of Body, Being, Balance, and Business.

Doing Marriage God's Way

You know, we've all played the game of, if there were a genie in a bottle, what would you wish for (other than infinite wishes).

This CERTAINTY and CAPACITY, this CAPABILITY to go get anything you want in life is very much like infinite wishes.

And this brings us to the most important thing ever: your relationship with God.

God created you to be a co-creator with Him.

Most people don't think about the fact that the Garden of Eden was not the entire world, but rather a small part of it.

He charged Adam with expanding the garden as a co-creator, in communion with God.

Adam failed because he didn't have a system.

You will succeed in God's plan for your life of creation and expansion, if you fully become a Warrior King Husband.

And inside of that space you'll be in ever closer communion with God.

How?

When God created mankind, He said, "WE created mankind in OUR image."

As Christians our mind immediately goes to the Trinity when we read that.

So how are humans created as the Trinity?

Through marriage.

God, the Father is at the head of our marriage.

Doing Marriage God's Way

We as men are called to model Christ in our marriage (Eph. 5:25).

Our wife is called to model the Holy Spirit. While there is not a direct scriptural reference to this, remember in both English and Hebrew Eve is in a helper role. What did Jesus call the Holy Spirit? The 'Helper,' and also the 'Comforter.' Know this: the Holy Spirit is the female side of God, and Jesus is the male side of God.

Your role in the marriage is to love her as Christ loved the church.

But here's a question: how can you love her LIKE Christ, if you are NOT like Christ?

So you must become more LIKE Christ every day (the process of Sanctification) in order to pull that off.

And God gave you everything you need to do that, except one thing: because of the box you have created (more on this later) you can't really see if you are on track for becoming more like Jesus.

And that's why He gave you your wife. SHE, modeling the Holy Spirit, is quick to notice if she is NOT being treated as Christ loved the church, and will 'convict' you to get you back onto the path of Sanctification (Genesis 3:16 her 'desire' for you.)

She will also notice when she is being treated as though she is loved like Christ loved the church, and will 'comfort' you to keep you on that path.

And this conviction and comfort extends to EVERY room of the house, brother.

This is the most efficient path to God.

It's the way you get closest to him, in the fastest way.

See, marriage isn't about your happiness, it's about your holiness.

Doing Marriage God's Way

And God, in His infinite wisdom, designed a system where – if you want marital happiness, you must let go of that want in order to pursue marital holiness – and in so doing, you end up submitting to each other (husband and wife) as described above.

This is what sets up YOU submitting to HER course corrections and HER submitting to your LEADERSHIP.

Where are you leading?

Sanctification.

And she is willing to follow, as long as when she detects you being off course you're willing and able to get cross-checked, course-corrected, and back on track.

But when you do, two amazing things happen:

1. You become closer to God than you ever thought possible, and you gain His power to co-create in ways that explode your power and productivity as a man across all domains of Body, Being, Balance, and Business. You literally gain the capacity to create the Have it All Life and be free!
2. Your wife follows your lead and works on HER Sanctification, which means that she works on herself, tears down her pride and ego, and starts loving you in ways that Christ loved the church (Agape, self sacrificial, servant-type love.)

Inside of this space you get everything you want.

And a happy, willing, enthusiastic, respectful, appreciative, sexual, loving, romantic, cheerleading wife to share it with.

If you're still reading, I'm certain that I know what you're thinking.

How? Let's get into that, shall we?

Possibility #4: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT BEING SECURE IN A MARRIAGE WITH A WIFE WHO LIKES, LOVES, RESPECTS, AND SEXUALLY DESIRES YOU WOULD EMPOWER YOU TO ACHIEVE AND HAVE IT ALL LIFE ACROSS BODY, BEING, BALANCE, AND BUSINESS?

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Chapter 3: The Big Warrior King Ascensions (aka the "PATH")

In Chapter 4 I'm going to give you the Warrior King Method, but before we get to that you must ascend as a Warrior King Husband across 4 Pillars.

Ascension #1: "Ascend Your Inner King & Make Her Feel Safe" (aka The Inner Game)

I want you to think in terms of interactions with your wife.

I know, it's not very romantic, or sexual.

It's scientific – and that's the point.

As a man I need to get into the analytical side of your brain for a moment.

An interaction can last seconds or days.

It can be as simple as walking through the bathroom while she is brushing her teeth – and whether you say anything or touch her during those few seconds.

Now, each interaction dictates different things. One woman may be hurt and feel invisible if you neither speak to, or touch her. Another may feel like you're a needy little boy if she can't even brush her teeth without you begging for affirmation.

We are not here (at this point) to discuss what the right or wrong thing is for any given interaction.

Rather, we are here to talk about how she FEELS after EVERY interaction.

And if that is GOOD, then she will want MORE interactions, and she will want them to last LONGER.

And if that is BAD, then she will want FEWER interactions, and she will want them to be SHORT.

It really is this simple.

Are you causing her pain or pleasure... most of the time?

Most men never think about this scientifically. They don't understand that there is a game at play, and she is keeping track of these interactions and how you make her feel.

Most men are far more concerned with how she makes HIM feel. And I'll flat tell you that was me.

But I'm not proud of it, because it is a weak man who allows his wife to dictate HIS feelings.

As a woman, this is where they live. OTHER people dictate their feelings.

And when YOU are dictating her bad feelings, YOU are making her feel bad – and she wants less of you.

So what about YOU makes her feel bad?

YOUR feelings.

There is a lot of science around this. Our 'felt' emotions are constantly being expressed on the outside of our body:

- In our facial expressions
- In our tiny eye movements
- In these micro expressions that are barely noticeable – but that she is an expert at spotting
- In our tone of voice – which she has the clear advantage of being sensitive to emotions of anger and disgust – and which we as men have the clear advantage of being able to express

Doing Marriage God's Way

What this means is: She is an expert at detecting anger and disgust and we are an expert at communicating it non-verbally. This alone is a death sentence to your marriage if you don't see it and fix it.

In the smell of our sweat

There was a study of skydivers who allowed their shirts to be sniffed by people undergoing an fMRI (which shows brain centers lighting up). It turns out that it's 100% proven and replicable that when anyone smells the sweat of a skydiver, their brain lights up like they just jumped out of an airplane.

In the beating of our heart

We know for fact that the heart is a radio transmitter and emits electromagnetic waves with every beat. What is emerging is the belief that it's also a receiver and we interpret other people's emotions in this way.

This explains why we prefer to BE at the Superbowl, or to BE in church. The energy coming off others cuts into us and causes us to feel what they are feeling.

But. Bob. Didn't you just say a man is weak if he allows others to change how he feels?

Yes, if he doesn't WANT to feel somebody else's feelings. But in this case he does.

There is no problem 'catching' the feelings of others and feeling them to the fullest extent if that makes you happy. And it's an incredibly loving thing to be strong enough to 'catch' other people's feelings and feel what they are feeling in empathy – it's what allows you to connect to people on the deepest level.

Where the problem comes is when your wife makes you feel BAD, and you have no tools for how to be able to process that, and then you feeling BAD makes HER feel WORSE.

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Now you're circling the culdesac and that ends in divorce.

Why?

Because you're feeling bad all the time.

And you're the 'stronger vessel.'

Going back to the conversation of frames, and frames colliding, your stronger frame is always capable of absorbing her weaker frame – and this often happens on a subconscious level.

Very often, you make her feel bad before you even open your mouth – and that is also... death to your marriage.

Does your frame ever get absorbed into hers?

Yes, and that's (you guessed it) a death sentence to your marriage if you absorb her 'marriage isn't working' frame.

When she collides with you, it's to test your frame. It's to melt into your frame. It's to know she is safe and loved – and she can be deliberately hurtful and treat you like garbage to see how you'll react. Is this conscious? Sometimes, but often times not.

If you are not careful, or have never put in the reps and sets to strengthen your frame, your frame collapses, gets absorbed by hers, and where she ran to you to feel your strong frame, yours turns out to be weak.

Inside of this space – she doesn't feel safe. She doesn't feel loved.

And if your frame totally collapses and you start treating her back the way she is treating you, well, I hate to beat a dead horse... but it's a death sentence to your marriage.

Now, we do this to our wife ALL THE TIME.

Doing Marriage God's Way

I've said this stuff is a death sentence to your marriage, but it's a slow death.

It dies a tiny bit more every time it happens.

It's insidious.

It's hidden.

If you're not trained to look for it, you won't see it.

It's just that she's... just not that into you as much as she once was.

Now, every man reading, or or listening to this book understands that she WILL collide with you to try to get it back on track...

This is her Genesis 3:16 'desire for you' where she detects she isn't being loved as Christ loved the church, and tries to 'control you' by getting you back on the path of Sanctification.

How?

We all know it's not pretty.

By hurting you.

How your wife hurts you is unique between you and her.

Maybe she pulls away, shuts down, sleeps, loses interest in sex...

Maybe she yells, screams, belittles, and emasculates...

But she is giving you feedback that your interactions are making her feel BAD, of that we can be 100% certain.

And now what you do either speeds up or slows down the ultimate death of the marriage.

Doing Marriage God's Way

There are only three ways to respond to this:

The MONSTER - This guy scares her (some combination of emotionally, or physically) but the strategy is intimidation. In essence: YOU will not control me... I will DOMINATE you.

- Maybe you yell.
- Maybe you freeze her out.
- But it's an act of dominance and frame control through force and yours is obviously far greater than hers.
- THAT will teach her not to make you feel bad

The MAMA'S BOY - This guy disgusts her. He's weak and they both know it. His frame always collapses to hers, and he is begging for her love. In essence: PLEASE don't leave me. I'll do ANYTHING beyond the point of self respect.

- Maybe you make promises over and over and are unable to keep them
- Maybe you run after her doing her chores while she is locked in the guest bedroom on social media with her emotional boyfriend.
- This guy believes THAT will make her see his value so she will stop making him feel bad.

The MAN - The man makes her feel safe and loved in every interaction. When he gets course-corrected, he owns his faults, does what is necessary to change; and if she is wrong and he believes it strongly, he will stand his ground – respecting her and being respectful of her– he will move forward as God has told him to do so.

- The man also corrects her when necessary, and does so with love and kindness in a way where she feels better after the conversation
- The man has the moral authority to do so because he is constantly correcting himself, and open to her correction.

This man is the beginning of the ascended inner man.

See, it's not just this.

It's what a man must do to become this.

Doing Marriage God's Way

And that is all about dealing with his own garbage:

- His emotional pain – finding it and releasing it
- His rage – finding it and releasing it
- His Ego – tearing it down
- His pride – tearing it down
- His in-filing of the Holy Spirit – becoming more deeply so
- His Sanctification – becoming more like Jesus so that he may act in ways that demonstrates to his wife that she is loved the way Christ loved the church.

It's only in this space that this, ascended inner KING, creates a solid, unbreakable, impenetrable frame of emotional certainty, grounded in Agape, Christ like love that he can hold for his wife – even on her worst day, and even in her worst behavior.

THAT man is a king on the inside.

THAT man makes his wife feel better in EVERY interaction.

THAT man makes her feel safe.

THAT man makes her feel loved.

And THAT man is not vulnerable to her hurtful behavior collapsing his frame into a weak, needy, negative, or dominating and controlling frame.

THAT man creates certainty.

THAT man creates clarity.

THAT man takes a stand for God.

THAT man takes a stand for his marriage.

THAT man takes a stand for his wife.

AND SHE FEELS IT. IN EVERY INTERACTION. AND IT MAKES HER FEEL BETTER. SO SHE WANTS MORE INTERACTIONS. AND WANTS THEM TO LAST LONGER.

THAT man creates a frame all day, every day, on demand for his wife that makes her want to be in his frame.

Is there science behind this?

Absolutely!

THAT man becomes her hormone dealer.

THAT man gains the power to release various hormones inside his wife's body.

Dopamine - "Interacting with my husband makes me feel better. I want more of this."

Vasopressin - "I feel attached to my husband."

Oxytocin - "I feel bonded to my husband."

Testosterone and Estrogen - "I want to have sex with my husband."

As you can imagine, gaining the power to give your wife those kinds of hormones and the feelings that arise as you do gives you the ultimate power to become so attractive to her that she feels compelled to be with you and around you.

It's inside of this space that it becomes HER idea to work on the marriage and avoid divorce.

However, we do have one large problem here.

Doing Marriage God's Way

The sexual desire hormones and results, they don't actually happen here.

Make no mistake, everything we talked about here is the foundation and pre-cursor for sexual desire to take place.

BUT, this INNER GAME is not enough by itself to drive lasting sexual attraction.

She needs to feel SAFE to want to mate with you, and this INNER GAME accomplishes that.

But know this...

Her DAD can make her feel safe, and bonded, and attached. But does she want sex with her dad? Absolutely not.

There is another component that flips on the sex switch.

And we're going to talk about that right now.

Ascension #1: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR LACK OF INNER GAME IS DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

1.

2.

3.

4.

5.

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Ascension #2: “Ascend Your Outer King & Make Her Feel Loved” (aka The Outer Game)

If the love you offer her makes her feel bad, you my friend, are abusing your wife.

How do you make your wife feel loved?

This often searched, and poorly answered and the above question seems like the holy grail. If you can just make her feel loved, everything will get better.

But as you’ve learned in the previous section, making her feel loved must be built on a platform of making her feel safe.

She MUST know that being in a relationship with you will not hurt her. This is even more important than knowing that she is loved. Because to love is to risk, and to get hurt leads to a shorter life.

I tell men all the time that if their love hurts her, he is committing slow motion homicide.

How?

Stress hormones. They downregulate the genes that hunt down and kill cancer, and repair things like heart and brain disease. Catecholamines being released into her blood stream from the stress and hurt of being married to you literally shrink her telomeres and shorten both her lifespan and her health span.

So before we talk about how to make her feel loved, you must first (if you skipped the last section) go back and read it so you don’t end up abusing your wife – and so you have the highest chance of success.

The above said, how DO you make her feel loved?

Doing Marriage God's Way

Well it turns out, that our data from working with over 25,000 men has shown us that about 80% of what every woman wants in her ideal, 'elite level' husband (or her Prince Charming turned King on the altar of their marriage) – is identical across the vast majority of women in the world – and most certainly American Christian women.

And it turns out that we as men come into marriage knowing about 10% of that 80%.

Starting to see why she is leaning towards divorce?

If you can't make her feel better (and worse, you can't stop making her feel worse) in every interaction before you even open your mouth or do anything in your marriage – and when you do say or do anything there is a 90% chance you're wrong... your marriage is going to die.

Making this worse, she won't tell you the 70% you're missing.

It's a big test.

She's been told since she was a little girl that men only want one thing:

To to use you for sex, and leave you.

All girls are programmed this way.

If you've ever had a daughter or granddaughter, you know why, as you have told her or plan to tell her this at some point.

We tell them this as much or more than their mothers and grandmothers.

And for good reason.

It's true. The VAST majority of men she will encounter will take what he can get from her and move on.

Doing Marriage God's Way

It's a rare man, like you, who reads or listens to this book not wanting to be that guy – but instead wanting to be a Sanctified, Warrior King Husband.

And until you are, you aren't.

Inside my brotherhood we live by a code of truth. We get REAL about the FACTS.

And if you're wife is moving away from you, then the FACTS are that you have made her feel like she was only around to be used (most likely for sex), but it can be other things, like raising kids, keeping house, cooking, or earning money.

How does she know the difference in whether you are using her, or if she is truly loved?

She tests.

And the way she tests is to see how close you can come to the 80% of words and actions you say and do – the closer you come to that, the more she feels loved – IF you are not poisoning it with your INNER GAME.

And this is an important distinction.

Some elements of the OUTER GAME are available to be found on the Internet (not the really powerful stuff, but some foundational things like love languages).

Let's say you find out her love language is acts of service.

You do some nice things for her.

And it makes things worse

Why?

Doing Marriage God's Way

Because she knows you're not doing the nice things for her out of love for her, but rather to avoid having your life blow up as she walks out -- or more commonly, to get sex.

She feels manipulated and controlled, and like you're incredibly self-serving and don't love her.

This never works.

However, if you ascend your inner king first, and then begin to ascend your outer king, now WHO you are and WHAT you are (the things you say and do) match up to the same man, and what you're saying and doing begins to pass these tests.

So what are these things?

My brother, they could be an entire book by themselves. To avoid this book being a foot thick let me generalize.

It's the things that make her feel like she has a heart connection with you.

It's the things that make her feel like she has emotional intimacy with you.

It's the things that make her feel like she can retreat out of her masculine, and into her feminine because she is being cared for by a man who gets it.

It's the way you take care of her.

It's the frame you set.

It's the way you contain her inside of that frame.

What's that mean?

Think of the word containment meaning that you keep things from harm and within safe limits.

Doing Marriage God's Way

When you're doing this for her, emotionally, and across all domains of Body, Being, Balance, and Business – you are containing... HER.

Male containment is an incredibly powerful thing...

But she won't give up her control to contain herself easily...

She needs to know she is with a man who is submitting to God..

And whether she thinks you are, or are not, is largely dependent on you showing up like one.

And so much of this is about being ABLE to communicate in a way that she can easily tell you when she does and does not feel that way.

And in your ability to handle the course corrections correctly – and to have elite level communication and marriage conflict resolution skills.

You must be able to observe the health of your marriage clearly, and in real time, and when things go off the rails, to get them back on again quickly and safely.

You must be able to resolve the issues in her mind – because if you don't, they all pile up – none are forgotten, and they swell ever larger for every day they are not resolved.

And inside of that space she develops rage.

She feels like you kicked her off her throne, but worse that you abdicated yours. You left your sword and shield and crown on the floor and you left her alone. So she picks up the sword, shield and crown you abandoned, and she becomes the man in the marriage.

Somebody must.

You can't.

And you are no longer necessary.

The ascended OUTER KING never allows this to happen for long.

The minute he sees it starting to happen, he ascends his Queen back to hers, and gets right back on his own.

And that's the topic of our next section.

Ascension #2: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR LACK OF OUTER GAME IS DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

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Ascension #3: “Ascend Your Queen & Make Her Feel Seen & Heard” (aka The Healer Game)

After 38 years of marriage, and helping tens of thousands of men, I’ve come to know one thing for sure:

There is a pattern to marriage.

Even when you’re doing it right (God’s way).

It goes like this:

1. Things are good
2. She pulls back
3. You pursue her
4. She comes back
5. Repeat

The man who fights against this will lose every time. This is the cycle God created to leverage your marriage to Holiness.

1. You have a reward for loving your wife as Christ loved the church (even if only a tiny bit)
2. You are a broken, fallen, sinful man and you sin (be selfish), and your wife immediately notices and pulls back to correct you
3. You want things to be good again so you do what you can to ‘fix’ it
4. She comes back
5. Repeat

Doing Marriage God's Way

Now what you do in step 3 is critical to your purpose on Earth.

If what you do is make empty promises and manipulate your wife, then not only is your marriage going to fail, but also your Christian walk.

Step 3 is a wakeup call from God.

Step 3 tells you that either you ARE in the act of sinning or your PAST sins are causing your wife to believe that you don't love her the way she needs to be loved (Ephesians 5:25).

This is where men get furious. Perhaps you lied to her 15 years ago about something that made her wonder if you were cheating on her. (You didn't, but you did lie because you knew she would have a problem with what you were doing – which was innocent of cheating; but let's say it was playing golf.)

YOU know in YOUR mind that YOU would NEVER cheat on her, but the seed of doubt was put there BECAUSE...

"You lied so effortlessly. It just rolled off your tongue. And like an idiot, I believed you. I was not able to detect you were lying – and I'm a walking lie detector. If you lie that well, and I can't tell when it's happening, than WHAT ELSE are you lying about, HAVE you lied, about and MIGHT you lie about?"

Now, in the heart, mind, and soul of a woman (YOUR WOMAN) this will always be in her head. And it becomes part of her frame. It's how she views and filters everything you say and do for the rest of your life.

Is it fair?

NO!

Especially because you never got within a 100 miles of cheating on her.

BUT, you DID lie to her, and that broke something.

Doing Marriage God's Way

Now as men, we want to forget about this. We want it to go away.

We did not cheat.

We never intended to cheat.

We would never cheat.

This whole, horrible experience just needs to die a quiet death and we need to move on in our marriage.

Yet, 15 years later you need to travel for business, and she's still holding on to this.

It hasn't come up for years and years.

And she starts freaking out that you need to go out of town – and not telling you directly why she's freaking out, but rather coming up with all kinds of other reasons about how and why you are now failing as, and such a bad husband.

The untrained man, he never saw this coming.

He's furious and feeling controlled and indignation over his wife telling him he can't go – or if he does there will be a price to be paid.

He's forgotten all about the incident.

So he responds with rage of his own.

And, you guessed it... this leads to the death of your marriage.

It's interesting that marriage counselors know that this breakdown of communication is a huge problem in marriage, but sadly, they start here.

Doing Marriage God's Way

Because even if you DO have the ELITE communication skills you need to even get her to tell you what's got her so upset... which you don't, her telling you isn't going to change anything.

You stepped in a HUGE pile of marital pain that does ENORMOUS damage to your marriage by simply announcing that you plan to travel for business and nothing you can say or do – even if you do manage to find out what has upset her so much – will calm her amygdala. It's solidly in fight or flight, stress hormones activated, and YOU are a threat.

What's so crazy, and so sad about this is...

Under it all she doesn't want to lose you.

She's terrified you're going to cheat on her and she will lose you.

But she is literally driving you out of the marriage with this behavior.

Weak men will simply leave.

They will go find a younger, prettier, hornier model and let her wear him out as many nights a week as he can keep up with her.

But strong men, like you if you're reading this book...

God fearing and loving men..

They will stay in the fight (for her and the marriage) and try to find some way, any way, to understand what is going on and fix it.

Now, in this case, it's easy to see that you broke your marriage – although very difficult to ascertain how or why.

But think of the millions of times that much more subtle things rise to the surface. She's just a little cold, and distant.

Doing Marriage God's Way

Is it her period? (Don't you dare say that to her.)

Is she just tired (that's what they always say, isn't it.)

Or are you in the dog house (again) with no idea how or why you are there (again)?

If you want a have it all marriage, it's imperative that you MUST gain the skills to:

1. Detect marital discontent the moment it begins
2. Fix it immediately
3. Fix it completely – so that it doesn't come up like an unexpected shovel to the face 15 years later
4. Make sure it stay fixed
5. Make the process feel safe and loving for her – despite her doing her level best to make it unsafe and unloving for you
6. Ensure that she leaves that interaction feeling better than she came into it
7. Work to rebuild trust
8. Work to rebuild connection
9. Never allow yourself to take her back there again, however...
10. Always be ready for it to come back up because if you get blindsided by it and you handle it incorrectly enough times – you guessed it, it's a death sentence to your marriage.

And this really becomes the problem, or I should say, EACH of these steps is the problem.

HOW do you do this stuff?

We look to the bible and it tells us to love her, to treat her in an understanding way, and to not be harsh with her.

Let's zero in on this understanding way.

You've got to understand her, dude.

Doing Marriage God's Way

If you ignore stuff, and sweep it under the rug (like her broken trust) it festers and grows larger over time.

If you communicate with her, you can bring this stuff to the surface, know what you're dealing with, and make progress handling over time.

But that means you must TALK to her.

Not about dishes, or kids, or their school, or work, or what's on TV tonight.

But ACTUALLY talk about the things that matter. Hard stuff. Stuff that you don't want to hear. Stuff you need to face. While making it SAFE for her to share HER truth, even if it is NOT your truth.

WHY don't we do this as men?

Because if we have NOT ascended our INNER KING, our frame of emotional certainty will crumble under her frame of female attack mode, and we will either go into full blown monster or mama's boy – and do immeasurably more damage to our marriage.

Because if we have NOT ascended our OUTER KING, our frame of being able to make her FEEL what she needs to feel crumbles under her scrutiny and we look weak and ineffective to her which does nothing for her sex drive or our ability to perform sexually.

So we avoid these conversations and our marriage – you guessed it... dies...

Now, let's talk about this monster and mama's boy thing.

The way this usually sets up is like this:

Doing Marriage God's Way

Something is 'not working' for you in the marriage. It doesn't matter if that is 'not working' is something you want/expect and are not getting, or if she's in that space and letting you know that you're failing as a husband. Either way, something bad comes at you and you... suppress. You've been taught since childhood to suppress, repress, deny, hide, and lie about your emotions. You don't want to look weak, so you... suppress.

This happens some number of times, and every time it happens, there is a pressure building. The pressure itself is making you miserable. You feel powerless, emasculated, and like you need to stand up for yourself.

Eventually, you explode. You feel great while you're doing it. Powerful. Manly. In control. And shortly thereafter you realize you just drove another nail in the coffin of your marriage. You just broke your marriage. Now you're in full blown emergency repair mode.

- Inside of that space you beg, plead, and completely emasculate YOURSELF on purpose.
- And she loses some respect and sexual attraction for you – but it works, and she 'forgives' you and 'takes you back' so the cycle can start all over again.

My point in explaining the above is the Ascended OUTER King NEVER gets trapped in that culdesac. If he notices he is not getting what he wants or expects from his wife and his marriage, like a Warrior King Husband, he faces it. He sits his wife down and has a conversation about what is working and not working for each of them in the marriage, and he finds common ground.

Sometimes that means giving up what he wants. It's a part of life, and it's Christlike to do so, in love and service for his wife. But it's clear to all that he is choosing God, her, and his marriage over himself and there is nothing unmanly or emasculating in doing so.

Sometimes it means she gives up what she wants. And that's beautiful too.

And often both give up a little bit of what they want, and that's the most beautiful thing of all – where two become one.

And all of this brings us to a point that every woman wants and no man understands.

All of this makes her feel:

- Together
- Partnered
- Considered
- Included
- Thought about
- Cared about
- Like a priority
- Loved
- Cherished
- Nurtured
- Nourished
- Precious

But most importantly:

SEEN.

HEARD.

HELD.

CONTAINED.

Wait! What? Contained?

Yes, but in a good way. A safe way. Like YOU as the MAN are in fact, building a protective bubble around her and her life... keeping everything within safe limits – but that bubble CONSIDERS HER in every decision, communicates with her before every decision, and drives toward getting her what she wants.

Before you can drive toward what she wants, you MUST know 4 things:

- Who is she? At the core of her soul.
- Given the above, WHERE is she on her soul's journey?
- Where does she WANT to be on that journey?
- Why is that important to her?

Now, my brother, these things are deeply held secrets. Many of which she is not clear enough to even articulate for herself. However, the FEELINGS around these things are very powerful for her and if you are not able to help her move along on that journey she will feel BAD.

The Warrior King Husband will have the skills to move well past all of the problems I've listed above, get her to a place where it is safe for her to EXPLORE the facts and details of the 4 questions above for herself, out loud, with you so she can get clear.

And to share those things with you.

Know this: unless she is ascended on her throne as a QUEEN, she will not feel safe to share this stuff with you. Because doing so means she becomes extremely vulnerable to you.

Will you use it to hurt her later?

Will you use it to manipulate her later?

Will you ignore it, once it is spoken, and crush her soul?

But for the man who ascends his INNER King, and the man who ascends his OUTER King, and the man who ascends his QUEEN, she will give you the keys to her soul, and eventually paint out in great detail what it is that she wants.

When you use this information to help her get it, you will make her feel more loved than any man ever could.

YOU WILL UNDERSTAND YOUR WIFE, AND YOUR PRAYERS WILL NO LONGER BE HINDERED.

It makes you affair proof.

It makes you divorce proof.

And it leads her to asking, “You’ve become such an incredible husband, can you help me become a better wife?”

Because at that point she realizes that YOU have become the flame, and SHE has become the moth.

SHE doesn’t want to lose YOU.

This is also the point where she has biblically submitted to you.

She wants to FOLLOW you.

Because she sees that YOU are on a path of becoming more like Christ.

And she wants that for herself, and your children.

And this is where happiness breaks out.

It’s where you get a laughing, dancing, tickling, teasing, playful, cuddling, wife who straddles your lap, kisses you with soft, warm, inviting lips, hugs you with her hips against yours, and looks at you with eyes of respect, appreciation, and desire.

And then you find out that, behind closed doors, she has only been in first gear.

Because she can only go as far with you physically as she feels SAFE to go emotionally.

Doing Marriage God's Way

There are two games at play here:

1. Coaching your marriage (aka leading your wife to Sanctification)
2. Up-Leveling her experience of what it means to be married to you every day.

COACHING YOUR MARRIAGE:

Guys are always asking me, “Bob, when do I get what I want in my marriage.”

And my answer is always the same – not until you earn the moral authority to lead, and then lead her to her Sanctification.

It turns out, that at some point (this point) in your journey, your wife will take notice of the fact that you have become so attractive as a man, that she doesn't want to lose you.

Inside of this space, she will want to be a better wife, and will flat out ask you what she can do differently, or better, to give you a better experience as her husband.

Doing this is far beyond the scope of this book. It's touched on in my introductory program, but it's really what we work on in our year-long mastermind program.

For our purposes here, know this: you lead by example, and teach her what you have learned, with zero expectations. Let the Holy Spirit motivate her to give you what you want, and when she is closer to Jesus, this will happen naturally.

Inside of this space, look for opportunities to teach her the work of the Warrior King Husbands Way (from a female perspective) and God will do the rest.

Note: we do offer a program for women wanting to heal and improve in their marriage as an optional add-on program for couples who are interested in this.

Doing Marriage God's Way

And now that she feels SAFE enough to be wide open, 'naked,' and exposed EMOTIONALLY, that translates behind closed doors, her body wakes up and she wants to explore everything God created for a loving Christian married couple with you.

At this point ALL of BOTH of your highschool fantasies are coming true, and you are now so incredibly powerful as a man. You have the capacity to get whatever YOU want in life.

And it's a good thing.

Because you are also in a very vulnerable place here.

With your wife's heart armor completely down, she is extremely vulnerable to you. If you start backsliding into bad behavior, it will crush her soul and send her to bed, sobbing in the fetal position.

Making matters worse, it's inevitable that she will feel that you have hurt her – even if you stay at this new point in your life.

Because what is new today is exciting. But it becomes normal over some time. And a little while longer, it's numb.

The fact is, stagnation feels like contraction.

And God has called you to EXPAND.

If you don't, she gets hurt and this whole thing comes crumbling down.

And that's why this journey will never work without the next phase.

Let's get into that.

Ascension #3: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR LACK OF ABILITY TO RELEASE YOUR WIFE'S RAGE, AND MAKE HER FEEL TREATED LIKE A WIFE AND A QUEEN ARE DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

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Ascension #4: “Ascend Your Kingdom & Make Her Feel like a Wife” (aka The Husband Game)

GIVE YOUR WIFE AN UP-LEVELED EXPERIENCE OF WHO SHE IS MARRIED TO ON A DAILY BASIS.

Imagine that.

Each morning your wife wakes up, she wakes up to a new and improved version of you!

Inside the Warrior King Husbands brotherhood, we have a term for this purposeful ascension – it’s the Warrior King’s Way.

Let’s get into that.

First, we need to take a look at what is important in life; and it turns out that everything that is truly important in this world can be broken down into 4 possible domains as mentioned above:

Health, Wealth, Spirituality, and Relationships.

We refer to these as the ‘Core 4.’

BODY:

Inside the conversation of Health (which we call ‘Body’), we could go on for hours about things that can be improved, but at minimum, each day we want to be making at least two deposits into growth in this domain: Fitness and Fuel.

Doing Marriage God's Way

See, by making sure that each day we do something to get more fit (which can range from forcing yourself to walk out to the mailbox to an Iron Man competition depending on our current level of fitness) we not only level up the body she is married to (making it safer, more attractive, and more appealing to have sex with), but we also set an example for her, and for the children to follow.

Similarly, by paying attention to how we fuel our body, we set an example for our wife and children, and become more attractive to her as we approach an ideal weight and/or body fat percentage.

BEING:

Inside the conversation of Spirituality (which we call 'Being'), we could go on for hours about things that can be improved, but at minimum, each day we want to be making at least two deposits into growth in this domain: Meditation and Memoirs.

Now, Christian Warrior, before you freak out about mediation, I'm not asking you to empty your mind of God, but rather to meditate ON God. The Bible is full of verses about meditation, and you need to clear your mind of everything BUT God on a daily basis.

It is only in this space that you can clearly hear Him speak. And when he does, you need to be writing down what He says.

The men in our brotherhood call these writings custom scripture. As if God has breathed additions to his Holy Word, only for each man's eyes, to help that man in his journey.

If you aren't doing these things on a daily basis, you are truly missing out on so much of what God has for you, and most importantly, you are not submitting to God.

If you want your wife to submit to you, you must practice and perfect the art of submitting to God, and we do so in this way.

BALANCE:

Inside the conversation of Relationships (which we call 'Balance') we could go on for hours about things that can be improved, but at minimum each day, we want to be making at least two deposits into the growth of our relationships. We call these person1 and person2.

Person1 is always your wife. And Person2 is one of your children, or other important people in your life.

By scheduling, gamifying, and tracking, we make sure that we make a deposit into the emotional bank account of these important people every day as above, and that keeps our relationships connected and safe.

Something I want to mention here is this: as good as you get at your marriage, your wife will see that as the new floor of expectations and will expect you to improve every day.

This is not a fun fact, but the truth is, the better you get, the more vulnerable she WANTS to be with you, and if you don't get BETTER she can't get more VULNERABLE – and in fact, she will see your stagnation as losing interest in her, and she will get hurt.

So everything you learn in your journey as a husband is only to prepare you for future growth in this area – which must be a constant focus.

And, not for nothing, she expects you to get better as a father at the same pace.

There is always much work to be done in this domain.

BUSINESS:

Inside the conversation of Wealth (which we call Business) we could go on for hours about things that can be improved, but at minimum each day, we want to be making at least two deposits into the growth of our finances: Discover and Declare.

Doing Marriage God's Way

Each day we make a daily deposit into learning how to be better at getting money, keeping money, investing money, growing money, protecting money, and leaving money.

And once we learn it, we declare it – either on social media, or to our teams, or family, or even just a journal.

By studying business every day, we naturally gain the ability to uplevel our financial world – which funds everything else we want to do in our Kingdom.

Ascension #4: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR LACK OF ABILITY TO GIVE YOUR WIFE AN UP-LEVELED EXPERIENCE OF WHO SHE IS MARRIED TO ON A DAILY BASIS ARE DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

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Chapter 4: The Warrior King Method (aka The "PROCESS")

Tool #1: The CODE

If you were to ask me, if there was only one tool that you were allowed to use to save your marriage, put it on a trajectory of intimacy and bliss, and it never fails... My answer to you would be this:

Stop. Your. Lying.

Satan is the father of lies, and lies are the father of hurt inside of relationships.

As men, we are literally taught to lie from the time we are young. We are taught that we will be looked down on, as less masculine, less of a man, if we display the ability to connect emotionally with others, particularly in the sense of hurt feelings, weakness, and vulnerability.

So we hide, deny, lie about, repress, suppress, and sedate our thoughts and our feelings when we think they are not socially acceptable.

The big problem here, because obviously... I'm not telling you to blatantly vomit, all and every thought, and feeling that you might have all over your wife...

Clearly there are times when judgment, softening, waiting for the right time, or finding the right words are extremely prudent...

The big problem is that we learn to lie to our self.

Inside of that space, we imprisoned ourselves, in a web of lies. We tell ourselves we don't want things that we do. We try to convince ourselves that it's OK that we don't have certain things, or it's OK that there are certain things in our life that we don't want or agree with.

Doing this obscures the facts of what is really going on in our life, and the facts about the fruit that we have procured by the work that we have done.

Doing this also obscures the facts of what we really want, and what will truly make us happy.

Often times, we do this out of the fear of scarcity. "If I tell her what I really want from her, will that cause her to leave?"

The thing is, if you don't, you're not living an authentic life. You're living a life with a woman who is not giving you what you want, and has no chance to do so, because you have not been honest with yourself about what you want, and you have not been honest with her.

More than that, however, human need is never seen in a vacuum. There are categories of importance, and weights that need to be applied to various needs.

If you insist that she always has and wears the latest Victoria's Secret costumes for you, and you say that is your highest level need, is that true when you have children who need a mother?

Is that true when on balance she makes you happy everywhere else? Is that true when the alternative is divorce and loss of half of everything you have?

Look, I'm not saying you can't ask her to wear things like that... But if you're not being honest with yourself, and you're not being honest with her, those needs tend to become bigger in your mind, and we lose sight of things that are more important.

So as we begin our work together, using the tools and strategies that I'll describe below, the first and very most important thing is that we have to be honest with ourselves.

Do we want her to wear some thing from Victoria's Secret? If you're like most men, absolutely.

Do you want her to wear it if it makes her feel uncomfortable? Think carefully, brother...

If she doesn't want to wear it, is this something that is worth colliding with her, even ever so gently, even ever so lovingly, even in a way, where she remains, feeling safe and valued and loved... Or is it just some stupid childish fantasy that is really not that important when seen in the greater light?

If you did collide with her about this, is your inner man and outer man ascended enough to be able to do so gently and lovingly where she feels safe and valued and loved, or are you likely to make her feel shame and guilt in embarrassment and anger?

See, if we're not honest about this, we charge off headlong into a battle and create lifelong damage...

Chances are, if you play your cards, right, and you haven't broken this part of your marriage, you can lead her to a place where she would be happy, even turned on, to wear something like that for you...

Charge off half cocked without knowing the truth of what you really want, and risk doing lifelong damage to your marriage.

This becomes ever more important, while assessing your own behavior...

There's a saying that says "if a man is in the woods without his wife is he still wrong?"

At times it's difficult not to feel very unloved, unvalued, and picked on, by a very critical wife...

Inside of the space, if you're not willing to look at the truth of your own behavior, and how your interactions with her, make her feel, you will never be able to convince her that you will change... And in fact, you never will change.

So the way that we ensure that we live by a code of telling the truth is something we call: real, raw, relevant, results.

We live in the land of real. We live in the land of facts. We do not lie to ourselves, and we tell the truth to others to the extent possible, without violating confidences or hurting other people. It's only then that we can allow ourselves to examine and fully feel the true emotions and feelings that are attached to those facts.

Doing Marriage God's Way

Your marriage is an emotional game. You must feel your feelings, and you must be able to feel hers.

Feelings are attached to facts. If you lie to yourself about the facts, the feelings that you will have will not be authentic. She will not be in a marriage with who you truly are, but with a marriage of who you are, when you are lying.

Feeling the real feelings about the real facts allows us to get a better, more relevant focus. In other words, if we are failing in our marriage, and it makes us feel horrible, we can look at the facts of why we're failing... Perhaps we are inattentive and controlling...

We admit that to ourselves, admit that to her, feel terrible about doing so in a way, where she understands that we do feel terrible about doing so...

And we communicate to her that it breaks our heart that we have broken hers...

And we connect with her emotionally in a space where she believes that is true...

Which leads to us having a better focus of relevancy for how we will get better results, i.e. Fruit.

This code of real, raw, relevant, results... which, in action, means looking at the facts, feeling the feelings, adjusting the focus, and getting better fruit is foundational to everything we do here.

As you move through the work and the strategy and the tools, understand that if you build on a foundation of lies, you will build a house that will crumble down upon itself and destroy your marriage and everything else in your life.

Additionally, if you build a better marriage with your wife on a frame of lies...

If you somehow figure out a way to fake some of this work...

Doing Marriage God's Way

If you are horribly disgusted with her because she won't wear the Victoria's Secret costume, and you find some way to convince her that you're not...

When she finds out that you are... She will not trust anything else you've ever said or done, and the whole thing will come tumbling down.

I will caution you, telling her the facts and the truth about everything that you were thinking and feeling in this moment, would do you a disservice. She is not in a place to hear it.

I will tell you that you need to start with yourself. Be gutturally, honest about how you feel and about the true facts.

And use the stack tool below to determine the priority of the need...

And whether or not you were thinking clearly...

Or whether it is something in your subconscious that is causing you to have feelings that are shooting yourself in the foot.

But I will also tell you that it is very much the goal that you move your wife and your relationship to a place where it is safe for both of you to share your complete, and unfiltered truth on a continual basis...

In a way, where both spouses, feel safe, held, seen, heard, valued, and cherished, despite their differences -- many of which, according to the Gottman institute -- are in reconcilable, even in the happiest and longest, married couples...

Living in this freedom, of knowing exactly who she is, and exactly what you cannot give her that she wants very much and vice versa, and knowing that both of you have so much about each other that so far overwhelms those facts...

That we are happier together than apart... It's an incredible experience of intimacy.

Doing Marriage God's Way

I'm not saying that you will always get everything you want. That's not marriage in general, and it's not Christlike behavior.

What I am saying, is your wife needs to know the authentic you...

Otherwise she will never fully trust you and allow you to lead her.

And she needs to know it in a way that does not make her feel worse about herself.

There are many skills you need to build in order to pull this off, but that is the goal.

Clearly, what is foundational is you must first know your own, authentic self, and I promise you, my brother.

You don't.

You believe the lies that you were told as a child by well-meaning, and not so well-meaning people who influenced your life.

You believe the lies you have told yourself over the years which have incarcerated you inside a shell of who you really are as a man.

This Warriors Way will help you break free from all the above if you will dedicate your life and commit to living by it for the rest of your life.

Finally, and not put last because of least importance, but put last because of most and foremost importance... You must practice the code with God.

We lie to God all the time... We don't admit to him what we're thinking or feeling, we're ashamed.

We're no different from Adam, standing in the bushes worried about what God will see...

Doing Marriage God's Way

He knows brother. He already knows and you not confessing it to Him is the same as lying to Him.

If you lie to God, how can he help you?

With the code firmly in place, only then does the stack become life-changing and transformational.

Because when you're willing to have deeply and viscerally honest conversations between God and yourself, that is when true transformation takes place.

That is how Sanctification takes place.

And the best way that I have ever found to facilitate that process and ensure it happens is the stack.

Tool #1: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR LACK LIVING BY A CODE IS DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

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[Book With Coach Mitch](#)

Tool #2: The STACK

When it comes to the question of HOW do you make these Warrior King Ascensions above, you will soon learn that the only thing stopping you from ascending ... is ... you.

You are stuck in a prison of your own lies, misunderstandings, and false beliefs.

And the number one tool we use to break out of that incarceration is the STACK, across ALL of the ascensions.

In essence, in this spiritual war, we ATTACK with the STACK.

This book is full of INFORMATION. And that information will give you new ideas that will bring new success to your marriage – for a short while.

Unfortunately, implementing new information just means that something better is being forced, and eventually, the person forcing it will revert back to their old behaviors – and in this case, your wife will predictably say that you haven't really changed; and that you are simply manipulating her and being self serving.

And she would not be wrong.

To TRULY give her better experiences and interactions on autopilot, you must transform into the man God calls you to be – the Elite Level Ephesians 5 Husband.

Doing Marriage God's Way

And transformation only happens when you invite the Holy Spirit to Sanctify you of your sin.

The problem is, God doesn't allow you to mail it in.

You can't simply pray, "Holy Spirit, remove all my sin and sanctify me," because if that is all it took, every Christian would be Sanctified.

God gave you free will, and He expects you to use it to do the hard work of uncovering your sin, so that you can surrender it, sin by sin, and understand why it was sinful, and what emotional payoff you were addicted to in order to keep that sin going, and to choose to pray to be released of these things.

I'm going to use a personal story to illustrate how this works...

For the first 20 years of my marriage, I was insanely angry. I was filled with rage. And so much of it would leak out even when it wasn't expected...

I could be driving down the road with my wife, having a great day, expecting a great night, and for whatever reason, I would just be so angry and ready to explode, that the littlest thing would set me off, and I had no idea why.

This went on for years and years and years, and became a bigger and bigger and bigger problem in my marriage, until I knew my wife could just not take it anymore.

That's when I found the tool called the stack.

This tool allows you to examine what is going on in your head, heart, mind, and soul in a way that is not accessible to you without the use of the tool.

The reason it's called a stack, is the tool is actually a stack of questions, And what we do as we implement this tool, is we imagine that God is asking the questions, and imagine ourselves in a dialogue with him, where we pray about the question, we sit back, and be still, and let God be God; and then we pray for his divine guidance and inspiration, as we answer the question.

So there I was at the end of my rope with this anger problem that I just had no idea how to overcome, and I began stacking it.

The first question was why do you feel rage?

I sat with a question, and I prayed with that question, and I sat in the silence, just focusing on what God had to tell me....

And I answered the only way I knew how... I had no idea.

the next question was what triggered this?

And that one was easy... It was the look that my wife gave me as I was explaining something to her.

The next question was: well what story are you telling yourself as you feel this rage?

And the answer came like a slap in the face: my wife thinks I'm weak and ineffective.

The next question is, is that true?

And since I was telling myself the story, and I believed it, I said, yes.

The next question was what evidence do you have to prove that this is 100% true?

That one took me back a little... In truth, she had never said those things to me. And as I continued thinking, even if she thought them occasionally, I had no evidence to know that she always thought that.

The next question was are you absolutely certain this is 100% true?

At this point I had to say no.

The next question was what or how would your life be different if this story was false?

The answer was that I would not have to be angry about her, thinking that I'm weak and ineffective, and I could find peace, and my anger would subside.

The next question was interesting... It's a form of turnaround, that many coaches use, to help you see things from different perspectives.

It asked me to examine the story substituting pronouns and see if I had any emotional reaction to my wife, thinking that she was weak and ineffective... Which I did not.

How about me thinking that she is weak and ineffective? No emotional reaction there. Never had been true.

The next question stopped me in my tracks:

Do I think I'm weak and ineffective?

And the Answer hit me like a ton of bricks:

In fact, I did.

In that moment, I realized that for 20 years I have been projecting my own weak and ineffective self image on her, and seeing it reflected back.

But shockingly, until that moment, I had no idea that I had a weak and ineffective self image.

Most men will tell you that one of the things they most terrified of is having their wife see them as weak and ineffective. It goes against our culture. It goes against our masculinity. It goes against our identity, or at least the one we want to have, or claim to have, or aspire to have.

So in essence, I was terrified that my wife saw me as weak and ineffective, and in truth, the reason I was terrified about that, is I believed myself to be weak and ineffective... But this had been buried in my subconscious, and I had never been able to find it.

10 or 15 minutes with the stack tool, and I had the answer to why I had been so angry for 20 years:

In truth, the anger was directed at me. I was angry with myself, for being weak and ineffective.

The anger directed towards my wife, was that anger projected out on her, because I believed she saw me, the same way that I saw myself.

And this is only scratching the surface of this work.

Many more stacks were necessary for me to learn, that, although she did not think I was weak and ineffective...

I knew that the reason our marriage wasn't in the place I wanted it to be was due to the fact that I was a weak and ineffective husband.

More stacks were necessary, and in those stacks, I learned that my father had made me feel weak and ineffective as a child. I believe he loved me, and his heart was in the right place, and he wanted to raise a strong and effective man. However his method was flawed... Rather than build me up, he tore me down and constantly made me feel weak and ineffective.

So this problem branched from a simple anger problem, to an identity problem, to one of the roots of what was holding me back in my marriage.

If I had any chance of providing a culture where my wife could find happiness, I had to get stronger and more effective as a man.

Doing Marriage God's Way

The mind blowing thing about all of this, is one way of looking at it is, I was angry with her, because I was weak as a man, and expecting her to accept a weak and ineffective husband, and angry with her, because that weak and ineffective, husband was not providing a culture and container for her to find happiness.

That's the amazing thing about the stack tool. It allows you to take the things that you think are your wife's fault and see how they are actually your fault.

Remember as we began this journey I told you it is always your fault?

My brother, you can not change your wife, but you are commanded by God to lead her. And the ONLY way to do that is to see every problem in your marriage as a product of either your wrong thinking or poor leadership.

You have an infinite and unlimited ability to change yourself! So if you can figure out what YOU need to change to move the marriage forward, you find a way to WIN! Every time!

The most important part of this, of course, is you can't change your wife. You can only change yourself.

If you have a tool that allows you to figure out where you need to change, and why, you're no longer blindly looking for door knobs in the dark... Bright lights illuminate the doors that need to be opened.

So these stack sessions helped me to not only release my rage, but see that the rage was a signal that was pointing towards me, needing to get stronger as a man, and then many more stacks led to what was blocking me, and stopping me, from getting stronger in each of the domains of the core four.

If you want peace as a man. If you want peace in your marriage. If you want to be able to identify the stuff, that's in your subconscious that is blocking you from having both of the above, you must master the tool called the stack.

Doing Marriage God's Way

Inside of our programs, we use a tool that is specifically created for this purpose.

To show you an example of what that looks like, I'm going to print out a recent stack that has to do with my daddy issues.

As you read it, notice my conversation with God.

You might think that it's weird... That what I do is, I have a place where I am speaking, and I have a place for God to speak...

I want to be clear that in these stacks, I am the one typing. There are typos and mistakes. If God were typing, it would be perfect.

But I write what comes to mind, and what comes to mind in the stacks, as a conversation with God, and His side of it is written as if He was actually speaking to me. So it is written the way that I hear it in my head...

As you read it, see if you can pick up on the fact that what is written there is so much smarter than me, so much kinder than me, so much stronger, wiser, and more loving than me, and such beautiful advice... That it can only be described as God inspired!

That my brother is the power of the stacks!

They facilitate conversations with the Holy Spirit like you could never have in any other setting, and those conversations are captured so that you can go back and read this custom scripture as breathed by God to you about your own life often.

For context, the stack I'm sharing with you below is one I have done many, many times. Each time I do it, there is less anger, less venom, less rage, and more love, compassion and forgiveness.

Doing Marriage God's Way

As you read it, I want you to remember that my first stack was hateful, rageful, venomous, and negative. My dad's emotional abuse was crushing. And it caused me a tremendous amount of pain – before my marriage and in some ways 20 years into it.

But that's not the energy I want to spread. I stacked those negative feelings and God took them away from me. So I'd rather show you a happy, loving example when I was able to hear God so much more clearly.

The stack is absolutely the place to release that rage, and you should let out what is being held in. When you start, it will be mostly rage coming from you and not a lot coming from God. Hear this: the stack will change your life, but only if you use it often. In our brotherhood we use it every day.

And as you do them over and over, a version of you begins to emerge that is more loving and forgiving and Christlike, and that's the version I'm sharing with you here, so that it may encourage you to do the same.

Buckle your seatbelts and get ready because here we go (note: the questions the STACK tool asked me are bold and underlined):

How my Daddy issues have led to deep healing -- not only of me, but of my wife, kids, clients, and the world

Robert gerace | Aug 16th

What are you going to title this rage stack?

How my Daddy issues have led to deep healing -- not only of me, but of my wife, kids, clients, and the world

What domain of CORE 4 are you stacking?

BEING - My Relationship with God and myself

Who/What are you stacking?

Doing Marriage God's Way

Frank K. Gerace - My Dad

In this moment, why has Frank K. Gerace triggered you to feel rage?

BOB: << Note, I make this a conversation with God and denote who is talking.>>

Heavenly Father, I'm going to need your help with this one. This one goes deep.

You know I've already done work in this area so many times, and peeled back so many layers, but you also know the work is never done. Help me and be with me as I peel back another layer on this work, and send your Holy Spirit to guide and comfort me through this process, in the precious and mighty name of your Son, Jesus.

Ok. Here we go...

Here I sit at 60 years old, and there is a part of me that has been the same for each of those years that I can remember. This part doesn't age. It's this voice inside me -- no -- more of a feeling inside me that drives the voice inside me, that deeply craves tenderness and compassion, acceptance and love, this observer of awareness that I exist and have this emptiness... this craving... to be... enough. And I want to call this my inner child for lack of a better word.

You know this inner child, Father, you knew him by name and numbered the hairs on his head. He is precious in your sight. So much so, that you sent your Son to suffer, die, rise again, and forgive what is 'not enough' inside of him.

I know him too. I feel him. I love him, and want him to feel like he is enough as well.

Doing Marriage God's Way

This is a complicated subject matter because on one hand, I am him. On another I observe him. One part of me has tremendous empathy and compassion for him. This part of me wants to hold him and comfort him, and help him see that he was always enough because of your love for him.

Yet this other part of me that is him suffers daily. The part of me that is him feels shame, embarrassment, distain, rejection, guilt, and feelings of inadequacy. One might call these two versions of me the higher self and lower self.

And the older I get, the more power I gain to live in the higher seat of myself. This higher seat has no need for lies, and sedation, and excuses, and coddling or comfort. This higher seat is the product of this kind of work. And to the extent I can live in this higher seat, I have the power to create a life that is both glorifying to you, Father, and pleasing to me -- and my family.

Yet, there is this nagging lower seat of self that has much need for lies, sedations, excuses, and coddling and comfort. And it is this part of me that must be shed in order to become who it is that you have commanded me to become. So let's get into that work now, Father, ok?

Looking at the lower seat of self, why does it hurt so much to be me? And what always comes back to mind is Frank.

Am I even his child? What was it that caused him to flip from a tender, loving, compassionate father up until 8 years old into an abusive, venom spitting destroyer of my self confidence at 8 years old?

You know, at 60, after all this work, it's pretty easy to stay in my higher seat, and ignore this lower seat. But it's still there.

Wow! So much progress. To go from the guy who lied about everything in order to feel like he was enough, while achieving at all costs to try to feel like he was enough to who I am today (living by a code if never lying to the absolute extent possible to understanding that it is who I am (how I serve, what I give, how I treat others), not what I have or have achieved that determines if I am enough is truly amazing.

But what is left to do?

There are shards of broken glass inside of me that want comfort. That want to feel like this world is here to serve me instead of the other way around. Shards that want to feel like I am most important. That I am what matters. And to feel offended, wounded, and justified in anger and pride and indignation when the world doesn't bow down and worship me, Father. And I know -- it makes me physically sick to pray this to you inside of this stack -- but living by a code of REAL, that's the truth.

There is a sinful part of me that wants to be worshiped. And that part of me gets furious when it doesn't happen.

Where does this come from? Daddy issues.

It's a hole in my heart.

A lack of love. that started aching decades ago, when I could never be enough for Frank K. Gerace. Always judged, and always found to be left wanting. Never good enough. Worthless. Useless. Lazy. A slob. Stupid. An idiot.

And at the time, I had no higher seat of self. This is where I lived. In the complete rejection and failure to measure up to the man who I looked to in order to learn how to be a man.

So what did it mean to me to 'be a man?'

Just that I wasn't one. And was too useless and worthless to become one.

And inside of that space, what's the use? I decided to just focus on pleasure, to sedate the ache that I was broken, worthless, and useless as a person -- a leech as Frank would say. What do leeches do? They suck the life out of everything they can.

And that's what I did.

Doing Marriage God's Way

I existed only for my own pleasure.

It's how I ate. I didn't weaponize my body with Fitness and Fuel. I destroyed it with sugar, booze, drugs, and lack of exercise. Why? What purpose would weaponization serve someone who was ineffective and useless as a human being?

It's why my intimacy issues caused tremendous hurt in my marriage.

It's why I was so disconnected from you, Father. I think on some terms feeling unworthy of your love, and what Jesus did for me. And why I was so disconnected from myself. Because I didn't want to be me.

It's why I saw my marriage as something to take from, rather than something to pour myself out into. Because I was bleeding emotionally, and saw my marriage as a vehicle to calm the throbbing pain of being me.

It's how I saw my children. Meaning, I clung too tightly to the childlike love they gave me as THE ONLY PEOPLE ON THE PLANET who had ever given me a glimpse of the kind of love I craved, and if I'm being honest, developed an unhealthy attachment to that love -- and then suffered mightily when they hit their teen years and dad was not longer perfect.

And it's what drove me in business -- that I was nothing unless I made millions, and making millions became my God, instead of you Father, because trapped between being unworthy of your love and worthy of the money in my accounts I didn't have to face these feelings.

So here I sit today, having healed from so much of this. I'd like to say healed from all of it.

But if that were the truth, I would be selfless. Able to give freely to those I love with no thought of what's in it for me.

I'm getting there, Father, with your help and the example of your Son, but you know my heart.

Doing Marriage God's Way

Help me, Father, to be so filled with you, knowing I'm enough for you, that what I desperately crave is to help those I love know you so completely that they also feel like they are enough, and help me when I feel like I'm not -- and I need to take from them in order to comfort myself.

Wow. What this stack is becoming is actually a prayer to heal me so I may heal others. In the name of Jesus, Amen.

HEAVENLY FATHER: << Now, I imagine what God would say to me and type it after praying and asking for the Holy Spirit's guidance.>>

My son. Excellent work. That took a long time. I was wondering if you would get to the point, and you did.

This is the work that I assigned Adam, and every man since. To confront the evil (self first) inside himself and see that it is rooted in Satan's lie that you are not enough as I created you, but rather only when you, yourself attempt to make yourself feel whole.

What is this concept of enough, anyway? What does it mean? Enough for whom?

I created you, and said you were good. So good, in fact, that I send my Son to suffer and die for your sins. Could there be any more example of enough than God, your creator, who created you with all of your faults, and your sin, being willing to suffer for the choices you make? To suffer in your place. While not deserving to do so?

To feel not enough is to experience Satan's lie. It starts in childhood, and it's inevitable. Even with great parents who make very few mistakes. It's the separation from me that makes you feel not enough, and it's finding your way back to me that makes you feel enough.

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Your earthly father, Frank K. Gerace, he suffered terribly, feeling he was not enough. And clung desperately to an idea that he could become enough if he could force you to be a reflection of himself that he liked better. No different from Narcissus, really. He couldn't love himself so he created a fantasy version of himself in you, and when you didn't reflect back to Frank what he needed to feel ok about himself, he turned his hatred of himself on you and made it your fault he hated himself.

Of course that destroyed you as a child. And you're still hurting from that today.

You need to let it go, Bob. You must forgive him to become the next version of you that you just asked me to help you become. Your healing comes from forgiveness -- both mine of you and yours of others.

In this moment it's time to let go.

Forgive your dad for he knew not what he was doing.

Forgive your mom for being complacent and too weak to save you from your dad's abuse.

Forgive your brothers and sister for their role in taking up emotional arms against you in their weakness of begging for your parents' approval.

Forgive yourself for all the sin that has resulted from you trying to go around me in order to fix these feelings.

Forgive your wife -- both for her own brokenness, as well as the lies of her brokenness that you projected on her.

Forgive your children for not being able to love you perfectly enough that they could be a substitute for me.

Forgive everyone who has ever wronged you, because they are no different than you -- seeking what can only come from me and judging you as failing to be able to give them that.

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Of course you can't them that, nor can you give yourself that.

I am the source of the love you desire.

And I want nothing more than to give you that love in infinite abundance.

It is here for you, but I won't force it on you.

You must come take what I offer freely, and when you do I promise you that...
YOU ARE ENOUGH -- and you may then shine that light on everyone you touch.

When you are doing this, and pointing back to me as the source of that love -- you are succeeding at living what I have planed for you.

This is the way you will get the marriage you want. By being an example to Debbie that she is enough for you because you are enough for me.

This is the way you will have the relationship you crave with your children and grandchildren. By being an example to them that they are enough for you because you are enough for me.

This is the way you will have the business you crave. Because you will be a beacon of light who is able to off your clients that they are enough in this world because you are enough for me.

Bob, you are enough for me, and therefore enough for yourself.

I breathe this into you, and it will become the sustaining force that empower you for the work I have for you in this life.

In this moment, if you could scream at Frank K. Gerace

what would you say?

I love you! I see now that you were broken and trying to heal yourself by forcing me to be who you needed me to be in order to make that happen. I forgive you! And I am letting this go forever.

In this moment, if you could force Frank K. Gerace

to think, say or do anything, what would it be?

I would force him to accept that he is enough for God so he could be free.

In this moment with no filter or constraints, what do you genuinely think about Frank K. Gerace

?

I think he was doing the best he could to try to feel whole. I only wish compassion, forgiveness, and peace for him. I am sorry he suffered so much on this earth, and I harbor no anger, malice, or ill feelings towards him.

In this moment, what is it that you never want to experience again with Frank K. Gerace

?

Him feeling like he is not enough.

What are the non-emotional facts about the situation with Frank K. Gerace that triggered you to feel rage?

he broke me, because he was broken, and I used that as an excuse to run from God's calling on my life for much of my life. but I see now from God's perspective that Frank was broken himself, and did the best he could.

What is the story you're telling yourself, created by this trigger, about Frank K. Gerace

and the situation?

I can help others to heal from this deep, aching, pain of not being enough when I accept God's grace that I am enough and shine that on the world.

Describe the single word feelings that arise for you when you tell yourself that story?

joyful

Describe the specific thoughts and actions that arise for you when you tell yourself this story?

This is the work that Jesus came to do. Doing this work is furthering His work. Nothing is more important.

What evidence do you have to support this story as absolutely true?

The Bible

Is the story

I can help others to heal from this deep, aching, pain of not being enough when I accept God's grace that I am enough and shine that on the world.

true?

YES

Are you 100% certain the story

I can help others to heal from this deep, aching, pain of not being enough when I accept God's grace that I am enough and shine that on the world.

is true?

YES

What might be possible for you in this situation if this story was false?

IF it is false, then I can not help others to heal because I do not accept or believe that I am enough. Sadly, much of my life has been lived this way, and it has caused many (primarily my wife and kids) to more deeply believe that they are not enough. Considering this opposite story helps me see how i have failed. In this stack, I don't want the opposite story to be true because it means I'm not doing God's work.

Regardless of your rage trigger with Frank K. Gerace

and the original story

I can help others to heal from this deep, aching, pain of not being enough when I accept God's grace that I am enough and shine that on the world.

you are telling yourself what do you truly want for you in and beyond this situation?

I want to fulfill God's purpose for my life. This is so much more earth shatteringly important that feeling enough. From this view, feeling not enough is child's play. I am enough because I help others to be enough because God makes me enough and gives me the strength to do so. This is what I want. And it goes to the deepest purpose of my life.

What do you want for Frank K. Gerace

in and beyond this situation?

To know he is forgiven, and knowing he is in Heaven that he does know that. He does know he is enough. He is at peace and that is what I want for him. Peace. Love. Acceptance. Compassion.

What do you want for Frank K. Gerace

and YOU in and beyond this situation?

I want us to share the love we couldn't while he was on this earth. I want my thoughts of him to be loving, kind, and forgiving. I want a relationship with my earthly father. I want to re-wire my brain to know that I was deeply loved and connected to him under the layers of his own guilt and shame.

Let's take a look at your original story

I can help others to heal from this deep, aching, pain of not being enough when I accept God's grace that I am enough and shine that on the world.

and also what you say you want

I want to fulfill God's purpose for my life. This is so much more earth shatteringly important than feeling enough. From this view, feeling not enough is child's play. I am enough because I help others to be enough because God makes me enough and gives me the strength to do so. This is what I want. And it goes to the deepest purpose of my life.

if you keep telling yourself this original story, will it ultimately give you what you want?

YES

Are you ready to let go of the original story and expand your mind and reality around this trigger while you walk the block?

YES

Letting go of the original story

I can help others to heal from this deep, aching, pain of not being enough when I accept God's grace that I am enough and shine that on the world.

and choosing to make it about specifically about you, what is the ME VERSION of the story?

I dedicate my life to helping others heal from this deep, aching pain of not being enough because I have accepted God's grace that I am enough, enabling me to shine this on the world.

What evidence can you find to prove this story is true and open up your mind even further?

My connection with God and the knowing that he was truly just speaking to me through my keyboard above -- giving me custom tailored scripture in this holy moment.

Stepping back and reviewing what you want

I want to fulfill God's purpose for my life. This is so much more earth shatteringly important than feeling enough. From this view, feeling not enough is child's play. I am enough because I help others to be enough because God makes me enough and gives me the strength to do so. This is what I want. And it goes to the deepest purpose of my life.

Will telling yourself this me story give you what you want?

YES

Letting go of the original story

I can help others to heal from this deep, aching, pain of not being enough when I accept God's grace that I am enough and shine that on the world.

and choosing to flip the script, what is the OPPOSITE VERSION of the story?

I remain selfish, and sinful, trying to feel enough by taking what I can from others, denying God and living for myself.

What evidence can you find to prove this story is true and open up your mind even further?

I have done this for much of my life, sadly, and facing the truth of this makes my eyes tear up out of sadness, guilt, and shame. This is how much of the world lives -- but not Debbie. Debbie is the opposite of this... it's the #1 reason I love her... and if I am not exceedingly careful I repay her for that with this opposite version of the story -- and that makes me sick. I HATE this tendency inside of me, and I pray right now, in the name of Jesus that you CAST THIS OUT OF ME, FATHER. This can never be acceptable to me again, and when Debbie rebukes me and/or my behavior, rather than be defensive, I will face the truth and I will change.

Stepping back and reviewing what you want

I want to fulfill God's purpose for my life. This is so much more earth shatteringly important that feeling enough. From this view, feeling not enough is child's play. I am enough because I help others to be enough because God makes me enough and gives me the strength to do so. This is what I want. And it goes to the deepest purpose of my life.

will telling yourself this opposite story give you what you want?

NO

Letting go of the original, me and opposite stories

I can help others to heal from this deep, aching, pain of not being enough when I accept God's grace that I am enough and shine that on the world.

I dedicate my life to helping others heal from this deep, aching pain of not being enough because I have accepted God's grace that I am enough, enabling me to shine this on the world.

I remain selfish, and sinful, trying to feel enough by taking what I can from others, denying God and living for myself.

and reviewing what you want

I want to fulfill God's purpose for my life. This is so much more earth shatteringly important than feeling enough. From this view, feeling not enough is child's play. I am enough because I help others to be enough because God makes me enough and gives me the strength to do so. This is what I want. And it goes to the deepest purpose of my life.

and knowing you can ultimately create any story you desire what is your DESIRED VERSION of the story?

I fulfill God's purpose for my life every day by accepting from Him that I am enough, and shining His love on others so they can heal as well. In this work I continue the work assigned to Adam, perfected through the work of Christ, and I live to serve others rather than myself.

What evidence can you find to prove this desired story is accurate so you can weaponize yourself to move forward today?

God has just told me as much.

Stepping back and reviewing what you want

I want to fulfill God's purpose for my life. This is so much more earth shatteringly important than feeling enough. From this view, feeling not enough is child's play. I am enough because I help others to be enough because God makes me enough and gives me the strength to do so. This is what I want. And it goes to the deepest purpose of my life.

will telling yourself this desired story

I fulfill God's purpose for my life every day by accepting from Him that I am enough, and shining His love on others so they can heal as well. In this work I continue the work assigned to Adam, perfected through the work of Christ, and I live to serve others rather than myself.

give you what you want?

YES

Stepping back from what you have created so far, why has this rage trigger been extremely positive?

I started out wanting to lash out and rail against my dad for breaking me, and ended up seeing God's highest purpose for my life. In this space he has given me the keys to the best possible marriage, family, and business -- which I didn't expect. Thank you, Father, in the name of Jesus, Amen.

Looking at how positive this rage trigger has been, what is the singular lesson on life you are taking from this stack?

Doing God's work means bringing people to a place with Him where they can heal, and then heal others by extending this work. We confront the evil within, which empowers us to confront the evil in the world -- with the most powerful weapon in the world -- love.

The lesson you learned was:

Doing God's work means bringing people to a place with Him where they can heal, and then heal others by extending this work. We confront the evil within, which empowers us to confront the evil in the world -- with the most powerful weapon in the world -- love.

how does this lesson apply to your BODY domain?

Love my body, and it will heal, and my healed body will be an example to others, and help their body to heal

The lesson you learned was:

Doing God's work means bringing people to a place with Him where they can heal, and then heal others by extending this work. We confront the evil within, which empowers us to confront the evil in the world -- with the most powerful weapon in the world -- love.

how does this lesson apply to your BEING domain?

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Love God, and He will heal my soul, and my healed soul will be an example to others, and lead them to God

The lesson you learned was:

Doing God's work means bringing people to a place with Him where they can heal, and then heal others by extending this work. We confront the evil within, which empowers us to confront the evil in the world -- with the most powerful weapon in the world -- love.

how does this lesson apply to your BALANCE domain?

Love my wife, and she will heal, and her healed soul will be an example to others, and help her soul to heal others -- my children, and everyone else she touches -- including me.

The lesson you learned was:

Doing God's work means bringing people to a place with Him where they can heal, and then heal others by extending this work. We confront the evil within, which empowers us to confront the evil in the world -- with the most powerful weapon in the world -- love.

how does this lesson apply to your BUSINESS domain?

Love my clients, and they will heal, and my healed client base will be an example to others, and help everyone they touch to heal

What is the most significant revelation or insight you are leaving this Rage stack with, and why do you feel that way?

God has placed all of us into this world to heal it. When we listen to Him we spread the news of love and salvation. Doing so glorifies him, gives purpose to our life, and helps those around us to suffer less, and experience more joy and bliss. This of course, is the key to marriage. And raising healthy kids. And ending evil in this world.

Compared to how you felt when you started this Rage stack, what singular words would you use to describe how you feel now completing it?

astonished surprised awestruck love loved loving forgiven forgiving
compassionate hopeful optimistic joyful giving

What immediate actions are you committed to taking leaving this stack?

Staying focused on God's work

Tool #2: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR LACK HAVING A TOOL TO CAPTURE EVERY THOUGHT AND MAKE IT OBEDIENT TO CHRIST (2 COR 10:5) IS DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

1.

2.

3.

4.

5.

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Tool #3: The CORE

I mentioned the core four above.

The core four must become a way of life. It's a tool we use every day, for the rest of our life.

It's most successful when it's gamified.

And even more successful when that gamification is supported by peer pressure and accountability to hold us accountable to this work.

Unfortunately, it's all too easy to shrug off hitting your core four while making excuses and promising that you'll address it tomorrow.

Inside of that space, if you DO have a way to be held accountable day after day, then day after day goes by, and deposits are made into the core four.

So we have developed a daily game to play in order to make sure that we actually do this work.

Now, I will say that to make this game work we must live by a code.

The code can be described in four words: real, raw, relevant, results.

and the code can be summed up in one sentence: don't lie.

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We have to get real, and admit the facts of where we are today across all four domains in the core four.

We have to get raw about how we actually feel about the facts and the results that we have procured in our life across all four domains.

We have to get relevant about the focus that we have been operating by, and the re-adjusted focus that we need in the future to get results.

And, it's imperative that we get the results across all four domains of the core four.

When we live by this code, we take a look at the facts or fruit, that our life has produced in each of the four domains. That becomes our current set of facts, and it also becomes our current pit.

Whether the facts and fruit are good or bad is not relevant... What is relevant is that there must be a new peak, where the results are better than they are now.

That new peak becomes our impossible game...

The impossible game is not strictly impossible... In other words, we would not set a target in the future if we are hundreds of pounds overweight that six months from now we will have the body of Dwayne Johnson, the Rock.

The meaning of impossible game means something that is within reach, but currently impossible to the current version of ourselves.

What's fascinating about this, is, if you remember from the stack discussion above, one of the things I was violently, unhappy, and filled with rage about, was that I believed that my wife saw me as weak and ineffective... And actually found out that I felt that way about myself in my subconscious.

After years of self reflection, growth, study, hundreds of thousands of dollars invested in coaches and mentors to help me understand myself....

I can say to you today with pride, that I am we can ineffective as a man and a husband... But not in the way you might traditionally think.

I am much stronger and much more effective as a man today than I have ever been. However, I am currently too weak, and currently too ineffective, to have the results of my next impossible game... Or my next peak.

To break this down further, I look at where I am inside of the domain of body, and there is more to be done. I need more muscle. I need less fat. I need more tests and doctor appointments to make sure that everything is good, and optimal, and giving me every advantage in life to have not only lifespan, but health span, and the ability to be functional as I recognize that I am aging.

There are a set of facts about the above, and they are not perfect. The reason they're not perfect, is, I am not perfectly strong and effective. In fact, the stronger and more effective, I become, the more perfect those facts will become.

So my Impossible game is a stronger and more effective version of myself that I purposefully define, as just one increment outside my current capability, and then my daily core four becomes... What must I do today to become stronger in the area of body, that will give me some kind of measurable target for the week, month, quarter, year?

There's a concept of the general's tent which I'll describe below, and as a return and report to the General tent, I will evaluate whether or not, I have become stronger and more effective, and if so, I will do more of what I have done, and if not, I will course correct and start again.

In this way, we iterate until we achieve our impossible game, and then, once we have achieved it, the game starts again recognizing our current state is the current pit, and in defining a new peak.

We play four of these games simultaneously... one for body, one for being, one for balance, and one for business.

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In this way, we level up our core four all at once. We do not become one dimensional men like the men most women are married to... For instance, a guy who is fit and broke, or a guy who is fat and rich, or a guy who is close to Jesus, and not close to his family, or a guy who is great in his marriage, but not in the other domains...

That type of one dimensional life is not acceptable to us, and it does not up-level, our wife's, experience of who she is married to on a daily basis.

The only way forward is to level up all four domains at the same time, on purpose.

All of this to say what we must do is...

We must create a plan of what daily deposits need to occur into each domain, every day, going forward, and then truthfully track whether or not, we have made them, and in the best of circumstances share these deposits, or at least the fact that we have made them inside of an accountability group with a leader board, so that we can hold each other accountable to this work.

From above, when I introduced the concept of the core, I spoke of eight daily deposits that need to be made.

The way we play the core game, is, we have a motto: we hit our core four before we hit the door for war.

The war of course, is the war against ourselves. The war against our weakness. The war against our ineffectiveness, the war against our sin. The war against Satan. The war against the outside influences of the world trying to tear us apart. War is all around us, and within us brother, and we must recognize it and fight against it, and we fight inside of this core.

What you actually do for your daily deposits is very personal, and custom tailored to every man.

But when you do them, you get a half a point for each deposit. 8 half-points - 4 points total.

A perfect day is four points, and a perfect week is 28 points.

To help guide you in your thinking, recognize that the stack tool is primarily an inner game, tool, and the core tool is primarily an outer game tool.

That's not a perfect presentation, because sometimes part of your core game will be to do a stack. But it's a good rough outline to give you a 30,000 foot view that the stack and the core loosely map to the inner and outer games.

Tool #3: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR LACK HAVING A TO FOCUS ON AND HOLD YOU ACCOUNTABLE TO LEVELING UP ALL 4 DOMAINS AT ONCE IS DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

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Tool #4: The DOOR

Coming back to, and recognizing that your core focus if you're reading this book is your marriage, inside the domain of balance, the examples that I put in this paragraph will be relevant to that war.

In all four domains, as we play the impossible game, and specifically for our purposes, here inside the impossible game for your marriage...

Actually, let's back up for a second... Your impossible game for your marriage maybe just that you want a better marriage... Maybe it's good and you want it to be great... Maybe she's not talking to you and she's filed for divorce, and the impossible game would be just to get her to talk to you...

As we embark on the quest of the impossible game, what we need to understand is that if we saw a clear path for how to achieve the end result, the game would not be impossible to us at this moment in time...

So it becomes necessary for us to literally figure out what must be done first, and often times we have no clue what that is, so it makes no sense whatsoever to try to decide what must be done second.

Inside the conversation of improving your marriage... Anywhere on the spectrum I outlined just above... because you are reading this book, and tremendously moreso if you are a part of our brotherhood...

The BIG, MAIN, MUST GET OPEN, doors are known, and I've already given them to you...

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Door number one: you must ascend your inner king.

Door number two: you must ascend your outer King.

Door number three: you must ascend your queen.

Door number four: you must ascend your kingdom.

The above said, it's important that you recognize that door number one will lead into a room that may not fully get you to door number two.

Everybody's journey is different...

To explain, let's think about my journey as outlined by my example stack above...

As I embarked on ascending my inner king, and getting to the root of my sin, and getting to the root of my anger, and this is important, because even daddy issue anger spills out of our body's energy in a way that your wife picks up on and internalizes and she can't tell the difference if you're angry with your father or her. It just feels like you're angry with her...

So as I began trying to unravel the anger I had, I found that much of it came from my own thoughts about myself, and that could be considered a single door inside the room that is behind the door of ascend your inner king.

In other words, I open the door to ascend my inner king, and imagine the room is pitch black, dark, and there are door knobs to be found, and often times many of them are locked.

You're in your room, it's pitch black in there, there are doors that you can open that will lead where you want to go, and you don't know which ones to open, And many of them are locked.

Your mission is to find the doors that you must open and get through until you eventually end up at the big door for Ascension number two of ascending your outer king.

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So as I was stacking my daddy issues, and stacking all kinds of other issues, doors unlocked, and they led to various rooms....

Going back to my example above... Finding a door that I got open, that taught me that my anger was coming from my thoughts, and my story that my wife saw me as weak and ineffective, led me on a search for another door, where once found and unlocked, I learned that it was actually anger towards myself, because I believed myself to be weak and ineffective...

That led to another door that must be found, which was the idea that in any given moment, I am weaker and more ineffective than I could be, if I chose to level up as a man...

That led to another door that taught me that I needed to have a system to level up as a man, and that became the core four as described above.

It was only in that light, that I was able to open the big door number two, and begin to ascend my outer king.

Your journey will be different. Not completely different... But different.

After speaking with and coaching thousands of men, I promise you that your four big doors are what I have listed above.

You may think you are different.

You are not.

But there are little doors inside that you must find our your own.

And this becomes the bulk of your work:

Finding, identifying, and unlocking doors...

Now this is true across all areas of the core four. However, remember, we're only talking about marriage in this example,

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And this is critical, because it's where I've seen men fail in the past...

You must pile drive yourself into these dark rooms, you must pile drive yourself into finding these doors, you must pile drive yourself into trying to get them unlocked... Like a warrior.

Nobody is going to do this for you, and nobody can do this for you. You must do it for yourself.

The most egregious example of men, failing at this part of the game, is during the ascend your queen phase of this entire game...

At some point you must find ways to get her to talk to you... You must escalate her comfort and her safety and her willingness to sit with you, face-to-face, to have conversations...

Some men have this fairly easy because they're in marriages where she is willing to do that... She has not withdrawn her permission to do so.

Other men have this brutally hard, because she refuses to talk, has blocked him, or is completely shut down.

So the men whose wife has not withdrawn permission to talk to her, find the door easily, and find it unlocked.

The man whose wife has shut down and blocked him and moved out and stands behind her living room curtain as he goes to pick his son up or drop him off finds it difficult to even find a door knob, and when he finds the door knob it is triple locked...

In all cases of marital discord, there is an uncomfortable process of reaching out to your wife, without violating her space, her trust, her safety, or her request for no contact... And getting rejected over and over again as you find new and creative ways to do this.

The strategies for doing so are beyond the scope of this book, but from a high-level if you have children, conversations need to be had about being effective coparents, and if you don't have children, conversations need to be had about marital assets...

Any coach who tells you that he can give you the exact thing to say, or text to your wife that will find and unlock these doors, and in particular, in the first try, should be run away from.

We have a database of thousands of texts and letters and talking points that have worked well over the years, but these things need to be taken in the context of your history with your wife, who she is, and the state of the relationship...

So there is a process of identifying a door, and then doing everything possible to find it and get it open, without getting a restraining order, or making her feel unsafe... Rather, ideally by making her feel safer than you ever have, and compelling her into the action of wanting to have conversations with you.

So the door as a tool is a way of describing that there are stages of this work, and because human relationships are messy, it's not as easy as assembling a toy, using a set of instructions. There are elements of Unknown, and the warrior king husband uses the framework that he learns from teachings like this, and pile drives himself into the buzz saw of her rejection... In order to find and open the doors.

A note on my phraseology above... Pile drives himself into the bus saw of her rejection... Is in no way meant to mean that you should violently throw yourself into interactions with your wife... They should be safe, cautious, tender, and respectful.

The strong language of pile, drive and buzz saw are meant to say that internally what is going on inside the man is that he does not want to be rejected and he's afraid that his advances will cause more problems, so he decides to just sit back and disengage and hope and pray that she cools off, and this blows over...

Nothing could be further from the truth... If you're not engaging with your wife... She is thinking you have lost interest, and she is beginning to move on... So you PILE DRIVE yourself into interactions with your wife that YOU are scared to have.

THE WAR IS NOT WITH YOUR WIFE. IT IS A SPIRITUAL WAR INSIDE YOU BROTHER. AND YOU MUST PILE DRIVE YOURSELF INTO THAT WAR. BATTLE BY BATTLE.

Again, all of this with the caveat, that how you do this must be done away where you don't make her feel unsafe and end up getting a restraining order or a no contact order or making her feel intimidated.

Sidenote, if you are already there (TRO/PO), it's still possible to come back, but it's more difficult and requires more doors be found and opened.

Tool #4: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR LACK HAVING A TOOL TO FOCUS ON AND HOLD YOU ACCOUNTABLE TO THE ONE BIG DOMINO YOU MUST KNOCK DOWN 'NEXT' IN YOUR QUEST TO SAVE YOUR MARRIAGE IS DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

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Tool #5: The TRIBE

Having a Christian brotherhood of men who love Jesus, and understand that they MUST cut INFINITE SLACK to their wife...

...and issue her infinite forgiveness, and serve her without expectation of being served, suffer for her even if it's her fault she's suffering, suffer with her if you can't take her suffering away...

...And unconditionally forgive her for not doing any of this back for him... Is one of the most powerful tools a man can have to ensure that he succeeds in winning and keeping his wife back.

Proverbs says iron, sharpens, iron -- men, sharpen men, and it's critically important that we have accountability partners to hold us accountable to the work.

It's critically important that we have men to share our stories of battle, so we don't think that we're doing this alone, and very importantly, so that we don't start thinking that our wife is different or unique, or somehow, damaged or broken as Satan would like to have us believe.

Doing Marriage God's Way

God made women primarily the same... He made marriage primarily the same... It will test us. It will hurt us. It will push us. It will expose our sin. Women do this to us, and we do this to them. The way forward is not to feel like we're victims or need to get vengeance, rather the way forward is to understand this is God's process for exposing our sins so we can surrender it and be Sanctified, using tools like the stack.

These brotherhoods are hugely more helpful, if there is some way that we can have a leaderboard and a community where we can have rankings, and it becomes a competitive game... Where we can see if each other and we are holding to our core four? Are we finding our doors? Are we getting our doors open? Are we progressing along the path?

Because inside of this space, we can pray for each other as prayer warriors, we can hold each other accountable, we can encourage each other, we can help each other...

And not for nothing, the peer pressure of our peers doing the work, and us not doing the work, and the competitive nature of the testosterone flowing in our veins, leads us to level up, and be more attentive to, more disciplined in, and more consistent with the work.

The other great thing about a brotherhood, is the ability to share our work inside of some sort of tool, where a rising tide lifts all boats.

For example, when I post my stack about my daddy issues, and other men in the brotherhood can read it, they might find it helpful, and it might expose or unlock a door for them.

This is the most important part of the tribe or brotherhood! When other men are on the same journey, a mastermind effect begins to take place!

You are no longer the only person you know who is searching for these doors! You are no longer the only person you know who is trying to get them unlocked!

Doing Marriage God's Way

An effective brotherhood will share the information of the doors. They are finding and unlocking them, and sharing how they are doing these things, and you can save yourself, weeks or months or years of time by reading how other men have found doors you did not even know existed...

And got them opened!

Going back to our example above, if your wife is shut down, and not talking to you, and you have tried various techniques, and she is not cracking or breaking, or budging, and still refuses to talk to you, another man may post a stick inside of your tribe, where he had the same problems, and he tried something that you had never thought of, and that becomes the thing that unlocks the door, and gets her talking!

Additionally, the camaraderie inside the tribe, and knowing that you are in a group of like-minded, men, gives you a sense of feeling like you are wanted somewhere, you belong somewhere, you are liked somewhere, you are part of and accepted in a group of your peers, and all of this gives you confidence during a time when your wife may be indicating the opposite of all those things to you!

These men will encourage you. These men will embolden you. And as you see these men succeeding in the same task that you were trying to achieve, it will give you hope, fire, fuel, and motivation... That if these men can do it, you can as well.

My brother, I state to you here emphatically, that the hardest part of winning your wife, back is not the tools, or the techniques, or what to think, or what to feel, or what to say, or what to do...

The hardest part of winning your wife back, is believing you can!

If you can become the chief belief officer in your marriage, and you can lead your wife in belief, that belief will become infectious as you are the stronger vessel, and it will infuse new belief in her that your marriage can be healed, repaired, and reconciled!

Doing Marriage God's Way

Having a brotherhood of men where you see it happening in front of your face every day, is the number one thing that will help you to instill this belief in yourself, so you can infect your wife with it.

Another aspect of the brotherhood, is 24 x 7 x 365 help. With a large brotherhood of men, chances are somebody is awake and browsing through the group... If you need help at 2 o'clock in the morning, and you're part of the Elite brotherhood, chances are there will be a number of men who immediately come to your aid with prayer, council, accountability, advice, and support.

With the right Christian brotherhood, the right tribe, you'll never again be operating alone as a man. You will be operating with the loving and kind and strong support of strong Christian men who love Jesus, love their wife, and love you too.

Finally, inside the tribe, as men post their work and share their trials and tribulations, and become a list of landmines to avoid in your own marriage...

These are especially powerful when they are hidden landmines... Things that seem like they're OK, but hurt women deeply....

Seeing these landmines, that other men have stepped on, and how they plan to avoid them in the future, can solve a lot of problems that you have not even surfaced... And help you to have an amazing, what I like to call have it all marriage.

Tool #5: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR OF LACK HAVING A CHRISTIAN BROTHERHOOD TO KEEP YOU FOCUSED AND ACCOUNTABLE IS DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

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Tool #6: THE GAME

I touched on the impossible game above, and that exists inside a tool call the game.

I won't re-describe the impossible game here, but I will say that the impossible game is a long-term play, that is broken down into a year — The man we'll become in one year, and then broken down into quarters, which are broken down into months, which are broken down into weeks, which are broken down into days.

Doing Marriage God's Way

We used to have men commit to actions and results quarter by quarter, but what we found is that doesn't work very well. Men wait to get started because they have a quarter to achieve, then when they realize they had messed up -- they threw in the towel and didn't do anything.

So while we always have a view of who we will become in a year, we are most focused on what happens over the next month.

Inside my mastermind, we meet once a month to go over the facts of where we are, the fruit that we have achieved, and the facts of where we will be in the next month, and then we break those down into weekly targets, and daily targets in order to achieve what we want across each domain of the core four.

If you're not in a mastermind like this, you're gonna have to do it for yourself.

Having a clear vision of what you want to achieve, and who you must become to achieve it, over a short 30 day period, the work becomes bite-size and manageable, and weekly targets don't seem so intimidating, and daily core four activities to support the weekly targets are doable.

If, during the planning, the daily core four activities are not doable, it means we've overreached on the weekly and or monthly targets...

So the idea here, is once we have reasonable weekly and daily targets, we begin doing the work day by day.

If we actually do what we have promised ourselves, inside each of the domains in the core four, according to each of our impossible games, we have some way of tracking that that has been done, and as stated above, ideally, in a public place, where we will have accountability and competition....

BY THE WAY YOUR WHEN YOUR WIFE SEES YOU CHANGING, BEING CONSISTENT, KEEPING PROMISES TO YOURSELF, IT BUILDS TRUST.

Doing Marriage God's Way

If we do all eight activities, we will get four points, and if we have a perfect week we will get 28 points.

By doing this, hitting our weekly targets should be assured, or if not, in the case of a relationship, where our wife has a lot of free will, in determining how far we are getting in the process of winning her back, at least we are a lot closer, we have learned things that are working, and we have learned things that are not working.

In any event, if we do the important work, at the end of the week, we are much smarter about what the next weeks work must look like, and often times we are further along.

To maximize the effectiveness of this game, inside our mastermind, we use a tool that tracks the doors that we are attempting to get open.

And this is how we map the work to the outcome.

The weekly target becomes the big door that must be opened by the end of the week.

The daily work is finding the little doors and getting them unlocked that will enable us to find the big door and get in unlocked by the end of the week.

When all of this is tied to all of our targets and projections, we have a predictable plan, and path to success.

For this to work, each Sunday, we will spend some time in the general's tent, which I'll describe below, to return and report, to celebrate and course correct.

Tool #6: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR LACK OF HAVING A WAY TO MAP OUT AND GAMIFY YOUR QUEST OF BECOMING A WARRIOR KING HUSBAND IS DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

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Tool #7: THE GENERAL'S TENT

If we don't measure our daily deposits, and we don't measure our daily work, too many days, go by where there are no deposits, and there is no work.

While this may be OK occasionally, in a good marriage, where things are going well across body, being, balance, and business....

It is never OK long-term, because even in a great marriage, we must continue to up Level her experience of who we are.

And it is never OK in a failing marriage, because the clock is ticking, there's a very short runway, and she's six months ahead of what she's told you about her plans for divorce... And like many of my testimonials you're about to be blindsided with separation, divorce, or some flavor of affair.

So it becomes an necessary and critical to imagine that you are the general and you are also the lieutenant. And inside this general's tent, you will report to yourself how the prior week went... What you did, according to what you had promised yourself you would do, what you didn't do, and what your reasons are excuses were...

if you had conditions, say you got Covid, it's time to reset, and repeat last week's, work, and try again.

If you had reasons and excuses that prevented you from getting results, it's time to use the stack tool on those reasons and excuses to find out what are the core issues causing the reasons and excuses so that you can unblock yourself and get past whatever it is that's holding you back so that you can make progress and succeed.

So inside of this space, the general tent is a place to celebrate wins, to recalibrate focus for next week, and to make course corrections, according to anything that fell short the week before.

Ideally, you're using a toolset that empowers and enables you to look at the stacks that you ran during the prior seven days.

What were your key learnings? Where have you failed? Where have you succeeded? What actions have you committed to going forward?

This amazing process, so simple in its idea, and yet so difficult for so many men to pull off...

The idea of trying to get better as a man, figuring out what is working to that end, figuring out what is not working to that end, look at, yourself, and learning from your own mistakes...

Doing Marriage God's Way

And doing this inside of an iterative technique where every day you get better, making fewer mistakes, cementing the key learning that you're achieving...

Not just marriage, but all domains of your life...

But again, with marriage as your primary focus...

Most men just continue to make the same mistakes with their wife over and over and over. This wears her out, and causes her to lose trust and belief that you will ever change or that you even care.

With the powerful tool of the general's tent, you're able to learn from your mistakes, in a way that powerfully changes and influences you so that you can stop repeating the same mistakes over and over.

The powerful tool of the general's tent gives you the ability to laser focus your key learnings, and to level up as a man.

It only works if you use it, however.

So again, having a tribe of Christian Brothers, to share your general's tents, and hold yourself completely accountable, exposed, and vulnerable, as to where you have done the work, and where you have failed to do the work, what you have learned, and the mistakes that you repeated, and your new insights about how you will not repeat those mistakes...

Is gold.

Tool #7: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR LACK OF HAVING A WAY TO RETURN AND REPORT, ASSESS AND REFOCUS IS DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

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Tool #8: THE SIX SAVAGE SKILLS

Part of the inner game, of ascending your inner king, is acquiring a particular set of skills.

You must be able to communicate messages to your wife. I use the term speaking broadly...

These six skills are as follows:

Skill #1: Speaking (Communicating non-verbal and verbal messages.)

Of course, it is using your mouth, it is also communicating nonverbal messages to her with your body. It is writing to her, typing to her, transmitting your emotions from your heart to hers...

...Doing things for her that communicate your emotions and intent and feelings...

...the list is long and this has not been exhaustive.

You're speaking to your wife all day, every day. Even when you're not with her. If you're missing her texts, or phone calls that is a form of speaking to her. And it is not speaking well. It is telling her she's not important to you.

If you're acting anxious, or confident around her, that is speaking to her. If you're looking at women, as they walk by, she knows.

That is speaking to her.

If you're fixing yourself, some toast, and you don't offer to fix her some, that is speaking to her.

If you're watching pornography, and because of that, you're less interested in her, that is speaking to her.

If you're talking poorly about her behind her back, she will eventually find out, and that is speaking to her

So this chapter doesn't become thousands of pages I'll just leave it to your imagination. Just understand that everything you say, and everything you do, and everything you think and everything you feel are ways of speaking to her, and she picks up on way way more than you think she does.

In order to win your wife back and/or have a have it all marriage... An Elite marriage, a top one percent marriage, you must learn to harness the power of how you are speaking to your wife in all the various ways, and make sure that you are communicating messages that make her feel better, not worse.

Skill #2: Seducing (Converting Mindset.)

I used to call this term selling. Because selling is a form of seduction. And before you get too excited, I'm not using seducing as it is used in a sexual sense, well, actually I am, but also a much broader sense.

Here is a far broader meaning of the term...

There is an idea of converting somebody's mindset. Converting their worldview.

In the sexual sense of the term seduction, the idea is to convert a woman's mindset from she is either indifferent to, or doesn't want to have sex with you... To a mindset that she can't keep her hands off you, and will not rest until she has sex with you... At least in the ideal sense.

You get no argument from me that this is a skill that we all need to have as men regarding our wife.

But sex is not the only reason we need to convert her mindset.

We need to convert her mindset from an idea that the marriage is not working and cannot be saved, to a mindset that the marriage is working and is worth saving and is worth investing into.

Doing Marriage God's Way

We need to convert her mindset from perhaps, she is losing her faith, finding her faith again, and getting on a path of sanctification.

We need to convert her mindset from not taking care of her body and her health to taking care of her body and her health.

In fact, if you look at the core four, in each domain of the core four, we need to constantly be converting her mindset to travel from the pit of where she is to the peak of who, and where she could be in body, being, balance, in business.

Move to the head of the class. If you have just figured out that what I'm talking about is leadership. I'm talking about male headship. I'm talking about what God calls you to do as a man in a Christian marriage.

I'm talking about leading your wife.

By the way, to listen to my podcast, go to podcast.leadyourwife.com.

Seduction is a skill. You must become an expert in the skill of seduction. It's also an art, and you must become an expert in the art of seduction.

And if you imagine yourself, for one second, thinking that you will use this skill to lead your wife into anything that is not in her best interest, then I will ask you to put this down and never come back to it, because you will not be welcome in our brotherhood.

We do this out of the commandment made to us in Ephesians 5:26.

We are told to love our wife like Christ, and wash her with the water of the word and sanctify her.

The wording here is curious, and potentially confusing... We can't sanctify her in the way the Holy Spirit can, but we can absolutely set her apart, and holy. And we can absolutely build a culture and set an example, and lead her into a closer walk with Jesus, where she becomes more like the teacher, and the Holy Spirit sanctifies her for Jesus, while we sanctify her inside of our marriage.

Inside of this space, we need to be master influencers, and the only way that we can ever influence our wife is she must give us permission to do so. More on that later. The successful outcome of seduction is permission.

Skill #3: Teaching (Transferring Knowledge)

Again, referencing the scripture above, it's on us to teach our wife the word. That does not mean that she can't read the Bible herself, but rather that we teach her how to live it, by being a living example of the Bible for her to follow.

In the normal course of our life and conversation, conversations will come up, and we need to be the leader in the marriage, and always, but this example spiritually... And we need to know more about the Bible than she does... Which means we need to be ahead of her...

In truth, we need to work our fingers to the bone at becoming more knowledgeable than she is across all four domains, so that we can lead and teach in all four domains.

When we do this, we import massive value to our wife. Why does she need us if she knows more than us across all four areas of the core four?

As we play our impossible games, we are constantly learning, constantly up leveling, constantly consolidating the skills and the key learnings from our mistakes, and constantly getting better as men across all four domains.

We do this, not only to give her an upleveled experience of who she is married to, in the ways that we act in the men we become, but to lead her to the same place...

Eventually, when she's in the right headspace to do it, we seduce her into playing these impossible games for herself.

This causes her to be encouraged to grow into her idea of the best version of herself, and her idea of the best version of her life, and inside of this space, she doesn't have to wonder who she has to thank for helping her to do that... She knows it is you.

Again this provides massive value to her as a wife, as you are encouraging her soul to find its path and to grow in the way that God would have her to grow.

Skill #4: Training (Frame Control and Manipulation)

Any good teacher needs a container. Think back when you were in elementary school... There was a classroom that you were not permitted to exit without permission. There were rules that you would raise your hand before you speak. There were rules about not copying other peoples' work, and tests were to be taken... And the list goes on and on...

Inside the conversation of training, we look at those things above as frames... And specifically I was speaking of physical frames in the example above.

When training inside of adult relationships, the frames are not so much physical but mental and emotional....

Does your wife feel safe to listen to you, and to consider your suggestions?

Does she feel like you're a fraud and a hypocrite because you're telling her what to do, and you're not doing it yourself?

Does she feel vulnerable, and more importantly, safe in that vulnerability, to share the facts of her current pit with you, and the hope of her next peak?

When she feels down, or discouraged, or like a failure, does she feel safe to share that with you and to allow you to encourage her and cheer her on?

And when she gets false limitations and negativity in her spirit, does she trust you to help to lift her out of that?

Again move to the head of the class if you're thinking what I'm about to say...

You must gain the ability to reframe, your wife's thinking in a way that it feels safe to her for you to do.

This is verbally stacking her stories.

Of course, we can point her to the stack tool, and tell her to do the hard work, but women are rarely motivated to do so, until they have extreme evidence of what it is done in your life, and even then so perhaps not motivated to do the work.

If you have the savage skill of verbally stacking her stories, you can reframe any negative, doubting, self limiting belief that she may have, and help her to see a path forward...

Not for nothing, this is a key and critical skill inside the conversation of ascend your queen, when releasing her rage.

But don't run off and try it right now, because she will see it as self-serving and manipulative. If you do not have a very strong inner game.

Bottom line, you must create safe containers for her to learn, and you must always be teaching, and you're teaching even when you don't know you're teaching as she observes who you are and what you're doing

Skill #5: Coaching (Asking Questions & Holding space)

Coaching is an interesting idea to explore here... Women, or girl talk, would probably rather call this holding space.

When a woman says he makes me feel so held, which she is talking about is a man who understands the savage skill of coaching.

In fact, coaching is holding space.

And what that means, is without any judgment, asking people, questions, that are of a particular type.

I'm talking about Socratic questions.

These questions are designed to provoke deep thought about what people really want.

In fact, there are some questions that must be answered in order to provide a good coaching session:

Who are you, really, at your core?

Where should you be on that journey?

Where are you currently on that journey?

Why the difference or the gap?

Where do you want to be on that journey?

Why is that important?

This framework works for everything...

Whether it's her dream of owning a horse, or her dream of happy marriage.

Getting someone to trust you, in other words, setting the frame of training above, is critical for this to work.

But once they trust you in a way that enables them to answer these questions, deeply, with a lot of self-awareness and reflection...

They will always reveal a pit and a peak, and a gap between the pit and the peak.

NOBODY is where they want to be. EVERYBODY is broken. EVERYBODY is failing themselves, and wants more.

In many ways, this causes people to come to their own realizations of why they're stuck, and what they might need to do in order to get unstuck.

Often times, people need to be told what to do, and we'll talk about that in the moment.

What's important to realize here though, is that the bigger the gap you can help them to see between the pit of where they are, and the peak of where they want to be, the more motivation they will have to find and travel a path from the pit to the peak.

The bigger the gap, the more they will be compelled into the action of actually finding and traveling the path.

As you become skilled in this savage skill, your ability to convert your wife's mindset skyrockets.

And get a gold star and move to the head of the class if you're seeing what I'm seeing here...

This is huge as it relates to turning divorce into happy marriage in a short time frame as possible.

Of course, there are many other questions that we teach inside of our programs and masterminds to fine-tune the process, and to fuel it with rocket fuel and afterburners, but that's beyond the scope of this book.

Skill #6: Consulting (Telling People What to Do)

Consulting is just telling people what to do next.

Most people don't like to be told what to do, especially an unhappy wife.

Even in an average good marriage, a wife rarely wants her husband to tell her what to do.

And in a bad marriage, even less so.

However, when you weave the savage skills of speaking, seducing, teaching, training, and coaching into a cohesive symphony, it will prepare her brain to see the pit, see the peak, and want to know and travel the path desperately as she commits to an idea that if she travels the path, she will reach the peak.

It is in this space that she ask you one question: how?

That question is your permission to tell her exactly what she needs to do in order to find the path and travel it to move away from the pit and into the peak.

This technique is massively effective both when she is furious and hurt and wanting divorce, and tremendously more powerfully so when she is in love and trusts you.

Again, we don't use this to manipulate her, or to have our way with her, we only use it in a Christlike manner to move her along her own path of what she wants and cares about in her life.

The fact that she wants and cares about a working marriage where she feels loved, and her children are safe is what gives us permission to use these tools and skills to move her away from divorce and into a blissful and safe marriage.

Tool #8: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR LACK OF HAVING MASTRY OF THE 6 SAVAGE SKILLS IS DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

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Tool #9: THE SIX SAVAGE OUTCOMES

Outcome #1: Communicate proper messages.

Every human interaction is grounded in communicated messages. Most of the time, we're not paying any attention to the messages we're communicating to our wife.

Starting today, we're going to be acutely aware of the messages that we communicate to our wife moment by moment.

And you need to be aware that there are two types of messages that you're always communicating: nonverbal, and verbal/action based.

It turns out that 59/60 of what you communicate to your wife is the nonverbal game. That's why it's so important to ascend your inner king. What you're thinking, what you're feeling, these things combine and are expressed on the outside of your body.

And they communicate very loudly to your wife!

The worst part about all of this is the fact that even if you are not aware of the emotions you are feeling or why you were feeling them... YOUR WIFE FEELS THEM.

Doing Marriage God's Way

As I mentioned in the STACK example above, where I was not aware of both issues:

I was furious with my wife and did not know or understand it was because subconsciously I felt that she thought that I was weak and ineffective.

And I was furious with myself, because I did not know, or understand that subconsciously I felt I WAS weak and ineffective.

Nevertheless, and regardless of the fact that I did not know, or understand these things, the raw emotion was constantly being communicated, in all the ways that I have discussed above.

In addition, let's tell the truth here (remember the code?)...

If you're the slightest bit unhappy in your marriage, your wife is somewhat of an irritation, somewhat of an annoyance, somewhat of a disappointment... And the untrained man will allow those facts to cloud his mindset, and then be sewn into his emotions, and then be expressed on the outside of his body.

AND SHE PICKS UP ON THOSE FEELINGS MORE DEEPLY OVER TIME. AND THAT'S WHY SHE IS DONE.

As men, we must diligently work to capture every thought and make it obedient to Christ, (2 Corinthians 10:5), so that the sinful, hurtful, hateful, unloving, undermined value filled thoughts are not felt inside our body... So they are not expressed on the outside of our body.

Instead, we must diligently work to fill our minds and bodies with love, compassion, kindness, patience, seeing the best in her, giving her the benefit of the doubt, and forgiving her her every transgression as quickly as possible.

When we do these things, the way we look at her changes... And I'm speaking of looking at her with a very broad brush... All of the things we've discussed from the smell of your sweat to the beating of your heart to the tone of your voice. All of these things will congruently Tell her that she is safe, loved, cherished, valued, adored, protected, nurtured, nourished, and held.

It's beyond critical, that you communicate these things nonverbally... Because if you don't... And far worse, communicate the opposite as I described above... Nothing you can say or do will convince your wife that she belongs in the marriage with you.

How you do this, in terms of direct steps, strategies, and practices... Well briefly mentioned above using the tools, I've already written about, is as much art, as it is, science, and will change to some degree, depending on your past, and her past and your past together... Who you are, who she is, and what the two of you have experienced together.

That's why it is never ideal to try to do this without coaching from an experienced team of men who have been through it and helped hundreds and thousands of other men to do the same.

But let me go so far as to state boldly, here, that, if you do not solve this problem, nothing else in this book will help you.

There are also the external messages... Messages that are communicated with your words... Messages that are communicated by your actions, or lack of actions...

Obviously, it's important to remind any woman frequently that she is all of the things I just wrote few senses ago... Primarily safe and loved...

It's important to remind her in various ways... (internal and external)...

It's important to remind her by telling her these things, while looking at her as I have described above, and it's important to remind her by the things you do, and the things you do not do.

Doing Marriage God's Way

As mentioned, 80% of the things that women want men to say, and do is identical across nearly every woman on the planet. And sadly, men only know the bottom 10% of that 80%.

Unfortunately, whether you do or do not show up this way correctly, it becomes a test, and it is not an open book test. They will not share the questions nor the answers 99% of the time...

Because young women who are about to approach puberty are told that men only want one thing, and they must be very careful to guard that thing, and only share it with men who they believe truly love them.

In the mind of the woman, an instantaneous checklist appears in her head, and she knows that if you do all these things, and you do not do all those things, then she is loved.

Sadly, as men were never given the checklist. It does not appear in our head, and we are without a clue.

In a perfect world, if a man meets a woman, and he is able and lucky enough to treat her well enough that she feels safe and loved enough. She will begin to share the list with him.

Even in a not so perfect world, she will try various ways of sharing the list with you.

The less perfect your world, the more harshly and hurtfully, she shares these things with you...

And the more she disguises them in the form of complaints, criticism, withdrawing her affection, giving you the cold shoulder, rising up in her, masculine, and showing her emotional fangs and claws...

And if you're reading this book, you've already experienced plenty of that.

When learning to love anyone, there is a natural process of learning what it is they need from you in order to feel loved by you...

And nobody tells us that either.

But because you're reading this book, I'm telling you now.

If you were just starting out in your marriage, you would have plenty of time to figure out what she needs, and give it to her, and figure out what she doesn't need and avoid giving her that...

...In a way where she feels safe and held and loved, and is able to help guide you along that path.

The vast majority of men are not in that place. What they need is a cheat sheet. They need the answers to the test.

Inside of our programs, it takes us a week and a half to give you these answers.

And even after you've been given the answers, it takes coaching and communion with the Holy Spirit, and fellowship with Christian Warrior brothers to help you not only understand these things, but learn how to drive them into your DNA so that's who you become as a man.

Most importantly, I want to say this process is like building a carburetor while watching a YouTube video.

If you skip around in the video, and don't go step-by-step, the carburetor will never work.

Similarly, here, if you skip to what to say, and do and what to not say, and do, but you don't fully understand the internal messages, and the internal ascension necessary, you will do yourself far more harm than good.

The reason for this, is that young girls are also taught, that there are men who learn how to hack the system, better known as pick up artists, who learn how to play on women's emotions in order to take advantage of them.

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Women are highly suspicious of men who start saying and doing the right things, and are always testing the energy he pushes into the interaction to see if it is congruent with his words and actions.

If there is a mismatch between his words and his felt emotions, as expressed on the outside of his body, she will see it as manipulative, self-serving, and emotionally abusive.

That's why, in my opinion, books like the five love languages do far more harm than good.

Your internal and external... Verbal and nonverbal... Messages must align with each other, and they must be communicated strategically, on purpose, and with great awareness of the impact they are having.

So from a scientific perspective, I'm going to tell you, that, because despite the fact that on balance, 80% of what every woman wants is identical, how she wants it varies from woman to woman based on her past, her wounds, her needs and expectations, etc.

That's why again, a book like this can only take you so far.

Ideally, what you want is a coach in your corner who helps you to understand how to communicate these messages, who you can then report back to exactly how did she receive those messages, so that he can help you to understand what you did correctly, what you did wrong, and if one of these communications landed wrong...

Not because you did it wrong... But because of something in her past, or some kind of wound or belief... how you can fall back and try a different way to satisfy that need in her that will be received correctly.

All of these messages are being communicated for various reasons which are all important, but inside of this path of winning your wife back and/or winning your wife into a have it all marriage, the main outcome of communicating these messages is to capture permission.

Outcome #2: Capture permission.

Most of us don't think in terms of the fact that once we are married, while there is implied permission for many things, your wife has free will, and you do not own her, and she can withdraw any permission at any time as she sees fit.

Permission to talk to her.

Permission to look at her.

Permission to be in the same room with her, or the same house with her.

Permission to touch her, even in a casual way.

Permission to be intimate with her, either emotionally or physically.

The list is infinite.

However, for our purposes here, the most important permission that we must be granted, is the permission to convert her mindset.

All day, every day, every second of every day, we are either given the gift of her permission to be in, and participate in her life, and every possible way... Or not.

It's very easy as a man to lose sight of that, and to take all kinds of liberties with her permissions.

This is true even in a good marriage...

If she's had a bad day, and you want something from her, and she is not into it, you don't have permission to push, argue, threaten, manipulate, control, or anything else.

And, if you feel negative emotions, because of this fact, and they are displayed on the outside of your body, you're going to ensure that you lose even more permissions.

And in the same sense, if you are having a bad day, you have no implied permission to vent on her.

She is her own person, an equal heir in the gift of salvation, by the finished work on the cross, so we must monitor the permissions that she has given us or withdrawn with a keen eye.

Turns out, that, while you were not directly in control of what permissions she issues, and what permissions she withdraws, you do have massive influence over those things based on the messages that you are communicating to her.

If the messages that you communicate to her are that she is safe and loved and cared for... You're going to get the maximum number of permissions.

If the messages that you communicate to her are that she is not safe, not loved, and not cared for... You're going to get the minimum number of permissions.

One of the most important permissions, and no, it is not sex, is the ability to have influence over her.

We're all old enough to understand that in this world, that there are a vast number of people who like to have influence over us for their own gain, even at our expense.

You must do everything in your power to avoid looking like one of those people to your wife... Or she will withdraw your permission to have influence over her.

This starts as a switch she flips in her mind. She decides that you are one of those people, and she must protect herself from you, so it doesn't matter what you say, and it doesn't matter what you do, she will not allow her thoughts, opinions, or ideas about the future to be influenced by you.

This is a horrible spot to be in with your wife... As she begins to protect herself from you, imagine a world apart from you, imagine herself with a different man... Whether real or imaginary... Having made up her mind that nothing you can say, or do will influence those thoughts.

I can promise you, that if you were happily married at some point, and you sit in a state of no permission today as in the paragraph above, it is 100% because of the messages that you have communicated to your wife over the life of your marriage.

I can also promise you that the only way to recapture permission, and get her to re-issue permission, is to give her completely different experiences in a way that are trustworthy and consistent... And those experiences are given by communicating different internal and external messages.

Where men fail, is they completely ignore the idea of the inner Ascension, to be able to communicate better non-verbal messages, the outer Ascension, to be able to communicate better outer messages, or, worse, they go to a therapist, or read a book and learn some hacks about how to treat her better... Which end up, looking self-serving and manipulative...

And then they pile drive themselves into fights, arguments, bickering, making collages of pictures of how they were so happy together and trying to gaslight her with them, begging, pleading, threatening, stonewalling, scaring her, shutting her down, or whatever...

And because she has withdrawn permission for you to have influence over her, and because your response to that has been horrific for her, she digs her heels in, and promises herself and her support group, that she will never again allow you to influence her.

This is where most men come to us in the program. This is where we have to start.

The good news is, once you do start communicating better messages, consistently in a way that she can trust, the way that makes her feel results in her beginning to let those walls down and allow you to have some influence.

Some influence over what?

Her mindset... Her world view.

What I mean by mindset and worldview, is when she married you, her mindset and worldview were that this marriage is forever. It will never be broken. We're going to grow old and die together. And nothing is ever going to change that.

Sadly, the messages that you communicated internally and externally changed that. You did not lead her to a happier safer more loved place... But the opposite.

Inside of that space, she has a new mindset:

This marriage is not working. This marriage is toxic for me. It is slowly killing me from the inside out. It is driving me into depression. It is giving me dark thoughts. I have to get out of this marriage, because it's never going to work. I have to remove my children from this toxic environment. I dream someday of being happy with a man who will love me and treat me as such.

My brother, when your wife has the mindset just described, and she has withdrawn your permission to influence it, you are in a very desperate place.

If you don't change who you are, how you show up, what you say and do in ways that make her feel safe and loved and valued... There is a 100% chance you are going to get divorced -- or at minimum die in a miserable marriage.

At this point a lot of men are afraid of reaching out for help. They're afraid of investing thousands of dollars for help.

And while I understand the feeling, because I have been there, I will tell you that is foolish.

When your wife has a mindset for divorce, and she has laser locked onto it, like Maverick in Top Gun, walking on eggshells and not making her mad is not going to save your marriage.

If you're in this spot, you need help.

FAST!

And you need to find the best coach you can afford, and pay him what he asks.

Because, as dark as the above paragraphs have been, I want to offer you extreme encouragement...

...that when you communicate better messages, you can recapture her permission, and you can begin to convert her mindset.

Outcome #3: Convert mindset.

The negative worldview that I described above fits into what we call in our culture, the pit.

Right now, brother, you are in a pit. It is the pit of a failing marriage and your life crashing down around you.

She is also in her own pit of her failing marriage and her life crashing down around her.

All humans seek to move away from relative pain towards relative pleasure.

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What that means, is that she is looking for a peak of pleasurable possibilities...

The fastest way there for her, as it appears to her now, is to leave you, find another man, find love with him, and realize her childhood fantasies.

That is a very unsure strategy. It is fraught with risk and danger, with massive uncertainty.

Clearly, in her mind, she has been a failure when it comes to picking husbands.

She picked you, didn't she? What makes her think that she can pick the next man more accurately?

How long will it take for her to figure out she has picked the NEXT wrong man?

How many more years of life will be thrown away if she picks incorrectly?

All of the reasons that nobody wants to divorce come to mind... The destruction of wealth, the danger to your children, the toll on your physical body, the seven years of emotional healing, the wasted years or decades...

But inside of the space, she lives in at this moment, all of that risk, all of that pain, and all of that loss, appear in her mind and heart to be the favorable option when it comes to deciding does she stay in your current marriage, or does she exit it?

So her worldview is that she is in a pit, she is searching for a peak, and as she begins to imagine a new peak, she starts to devise a path and a plan to move from the pit to the peak.

Your job, as assigned by God, is to help her see that there is a peak that she does not see currently...

The peak that she does not see currently is that moving forward with you gives her the love, the happiness, the safety... And the fulfillment of the childhood fantasies, that she desperately desires...

While at the same time, preserving her wealth, preserving her children's safety, preserving her health, and avoiding all the collateral damage that comes with divorce.

WITH CERTAINTY!

Again, the untrained man will try to just tell her this stuff...

"Stay with me and I will change. I will give you the life that you desire. I promise. You can trust me"

But she is not ready to be told those things.

SHE IS NOT READY FOR YOUR CONSULTING (I.E. TOLD WHAT TO DO). SHE HAS NOT BEEN COMPELLED INTO ACTION. SHE HAS NOT SEEN A PEAK WITH YOU AND ASKED THE MAGIC QUESTION OF... HOW DO WE GET THERE?

The untrained man has not used the six savage skills of speaking, seducing, teaching, training, and coaching... To get her into a place where she willingly gives you permission to tell her what to do.

As you begin to combine all the tools and all the techniques that I'm teaching you in this book...

What you are doing is building up to a point where she gives you permission to convert her mindset, and it comes down to a fairly simple formula...

Cascade, a future vision, that she believes is possible, and better than any alternative she imagines: ensure that as she imagines her future and compares her future with you, to a future without you, any future, and any man, other than you, becomes a far distant second place in her mind's eye.

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When the peak that you create for her, with the messages, you are communicating, both internally and externally become the best option for her, you know you have done this correctly... When she looks at you and asks you...

“How do we get there?”

How is the keyword. How is permission to tell her what to do.

Telling her what to do is the most powerful way to convert her mindset, but if you don't have permission to tell her what to do, telling her what to do will be looked at as controlling, manipulative, dominating, and hurtful as something that you are doing in your own interest at the expense of hers.

Done correctly, you tell her what she needs to do:

Come back home.

Invite me back into the home.

Put your rings back on.

Get rid of your emotional or physical boyfriend, give me complete, transparency to all of your devices, and be accountable to where you are at all times...

Sleep in my bed with me, and make love with me...

Now, of course, how you communicate, these things is critically important. In most cases, you don't say them the way that I have listed them above...

But the truth of the matter is, you can tell her to do those things, and many more, if you know how to show up with your inner energy, and you know what words and actions to use to communicate those desires/instructions.

And believe me, when she believes it's in her own best interest to do them, she is wanting you to communicate that you want those things from her, and doing so will make her feel loved if you do it correctly.

But just having her want you to communicate those messages is not enough. What next needs to happen is you need to Compel Action.

Outcome #4: Compel Action.

As her mindset begins to change, she begins to desire the new outcome, and the new life more and more.

In this space it's critical to widen the gap between the pit and the peak to the maximum extent possible.

The more painful the pit, and the more pleasurable the peak, the more urgency her body will feel to move forward with you, and the more her mind will make any rationalization or excuse to ignore her promises to herself and her support group that she is never going back to you.

And the great news is this:

The PIT of being married to you begins to vanish as the PEAK of the future with you begins to appear, and at the same time the current direction of the divorce (which is one of the most painful things anyone can ever go through) becomes the new PIT.

In very real terms, divorcing you becomes a PIT and moving forward with you becomes a PEAK; and the wider the gap you can create here the more you will compel her into action.

In this space, her body becomes your greatest weapon against Satan's war on your marriage because it will be dumping huge amounts of infatuation chemicals into her brain – making her feel wonderful – and she will do irrational things to chase and keep those feelings (like going back on her promise to her support group and taking you back.)

This is a critical stage because if you don't get this right, all of your work will result in a better divorce, a better co-parent relationship, but divorced nonetheless.

You **MUST** create a gap so wide, it is all she can think about that she doesn't want to lose you.

And there is no way to fake this.

It means doing the hard work. Day in, day out, every interaction.

So what is the difference in the guy who gets to be good friends with his ex-wife and the guy who wins her back? You must close commitment.

Outcome #5: Close commitment.

It's a beautiful thing, when you lead your wife as God instructs you. You become her spiritual leader, you become the true leader in the marriage, you have communicated better messages, you have recaptured permission, you have converted her mindset into a future that glorifies God, and this future brings you everything that you want here on this earth.

It's even more beautiful when she agrees that she wants that.

At this point, it becomes necessary to have a formal commitment to this future going forward.

This comes in many forms... Her moving back in, set a date.

Her, putting her rings back on, go get them and put them on her finger like the day you married her.

Taking a trip together to celebrate your new future.

Renewing your vows.

Her changing her social media profile to show she has married to you again.

Her telling all of her support group, who she promised just weeks ago, that she would never do this, that she has decided to move forward with you.

As the man, as the leader, well communicated messages that are safe and loving, part of the “how” must be moving forward with some sort of commitment that seals the desires and the desired actions.

There must also be commitment from you... Both verbal and nonverbal commitment that this new version of you is who she gets for the rest of her life.

Commit that you will stay true to the work. Commit that you will drive closer to God. Commit that you will seek sanctification. Commit that you will fight whatever battles you need to inside of you to be able to accept her Genesis 3:16 course corrections so that you can stay on a path of sanctification and better love her as Christ loved the church.

A mutual commitment here is mandatory. And if you’ve done everything correctly, she will trust that you will keep your commitment, and you will trust that she will keep hers.

Now, the good part.

Outcome #6: Collect cuddles (AND sex, but sex doesn't start with a C).

Not exactly anything I ever imagined myself saying to a man, but as a man who has had permission to cuddle with his wife, and who has lost it, we both understand how precious closeness is with her... Whether or not it leads to sex...but especially when it does... which this must. But even until you get there, it's pretty great to have...

A woman looking dreamily into your eyes, telling you, she loves you, being willing to be close with you, and hold you, and to kiss you with soft lips... It's one of the most wonderful gifts that God gives us.

As you move forward in your new marriage, make sure that you collect as many cuddles as possible.

Tool #9: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR LACK OF BEING SKILLED IN THE SIX SAVAGE OUTCOMES IS DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

1.

2.

3.

4.

5.

Speak With Our Alumni About How to Get the Most out of the Bootcamp!

We are ready to help you to chart a course to a new version of you. The call is one hour, and absolutely Free.

This 15-Minute Bootcamp Pre-Assessment is 15 minutes and absolutely free.

[Book With Coach Mitch](#)

Chapter 5: HOW TO PULL THIS OFF (aka the "PLAN")

If you're paying attention, brother, and I never thought I'd say this to a man either, I have been strategically seducing you throughout this entire book.

I have been speaking, seducing, teaching, training, and now I'm going to do some coaching, and then some consulting.

I have been communicating messages to you, and if you've read this far, I've captured massive permission....

Hopefully, I have converted your mindset from an idea that you have no clue how to save your marriage, and that doing so is hopeless... To a mindset, that if you do everything correctly, you have a 100% chance of success in your marriage because you're doing it God's way.

The truth of the matter is, Jesus strategically seduced us. And he continues to do it every day.

Now for the coaching:

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When you look at the life that you have created, the marriage that you have created, and the man you turned out to be... Given the facts of what is happening in your marriage, to your children, and the great risk that you see in front of you... Is that the man you imagined yourself to be, when you think at the highest level, as the best version of yourself?

Here's what I want you to think very hard about:

1. Who am I?
2. Where am I on the journey the man above is called by God to accomplish?
3. What do I want?
4. Why do I want that?
5. How do I feel about where I am vs. where I want to be?
6. How did I get to this place?
7. Is this place working for me?
8. Why is it, or is it not working for me?
9. Let's be more clear about what I want. What is it really, as I think about my answers above?
10. And why is this the most important thing in my life?
11. How would you feel if you got what you wanted?
12. What is getting in the way of getting this?
13. What would be required to overcome the obstacle?
14. What do you know must be done first?
15. How will you measure this action?
16. When will it be done?

Inside the frame of me leading you to a decision about your life, in a business sense, I can rapid fire these questions like these at you, but I want to caution you that you can't pelt your wife with questions... in a loving relationship these questions must be answered, but indirectly, through loving and gentle conversation.

But at this point in this book, it's critical that you examine your heart, mind, and soul and ask yourself if you are living God's purpose for your life?

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I believe in God's purpose for us is that we find Jesus Christ as our Lord and Savior, recognize, and claim him as such, do our level best to become more like him, and lead our wife and children to do the same.

Are you doing that brother?

if not, what are you gonna do to ensure that you get this done?

I've laid it out for you here, and you can take all of this information, and you can try your best implement it,

Or, you can work with us directly, and we can lead you through a step-by-step process, that is simple to implement into your life as a daily practice, that will allow you to transform into a man who lives and breathes this on auto pilot.

If the main question on your mind is, how do you pull this off, with the exact formula to turn all of this around as quickly as possible, and with the fewest number of mistakes...

Then I have succeeded with the savage six kills, and I have succeeded, with the savage six outcomes...

And it is time to move into the consulting phase of the strategic seduction... And tell you what to do.

If someone I loved was going through what you were going through now... Here is what I would emphatically tell them they need to do:

Book a call with our team to see if you are a fit for our program. Click the link at the bottom of this page.

But please know, not every man who applies is a fit.

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We are looking for highly motivated, high achieving, professional, successful, Christian men. Men who already have a success mindset, and know that true success is only born out of very hard work, diligently, and consistently applied, even if they encounter short term setbacks.

We protect our brotherhood at all costs, and will turn down men who can afford the program, if they do not have a success mindset. You become like the people you hang out with, so the only men allowed in the brotherhood are men who I would want to hang out with, because I believe their mindset would support and add to mine, and those of the men in the program.

If you are invited into the program, we get this done with you in eight weeks or less... Guaranteed.

How can I guarantee that your wife will drop all plans for divorce, and move forward with you rebuilding your marriage?

How can I guarantee you can transition from a miserable, martyred, dead marriage into a happy marriage that is fulfilling for both of you?

My brother, know this: YOU have a 100% chance of success in your marriage if you do marriage God's way.

Your wife does not want to divorce. Divorce is like heart surgery... If your life will be over quickly, or slowly and miserably without heart surgery, you submit to the heart surgery, and you might even say you want the heart surgery so you can move on with your life.

But should you wake up the morning of the surgery and no longer have the symptoms, and the doctor does a diagnosis, and you don't need heart surgery...

There's not a person on the planet, who would say...

Well, I committed to having it so let's go ahead and do it anyway.

Divorce is no different.

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Additionally, if you become a sure thing...

The fulfillment of her childhood fantasies...

She will take that 100% of the time over, leaving you and wondering if she can find that...

Given her age, her post childbirth body, her menopausal status, the "baggage" of your children in the eyes of her boyfriends and potential new husband...

And as bad or worse than all of the disadvantages she has in the dating market...

The pool of men from whom she would choose is 99% rejected frogs of other women...

She's nearly sure to die without the TRUE love she wants if she divorces you, versus nearly sure to have the love she wants if she moves forward with THE NEW YOU! ...the man who is now fulfilling her childhood fantasies.

She does not want a divorce, my brother, she wants her king to rise.

Allow the KING to RISE, and the divorce dies.

Part of our guarantee, however, is that you do the work that we lay out for you...

And it is a lot of work... Do not be misled.

That's why we only allow men with a high work ethic, and a success mindset into the program...

There's no time for complaints, there's no time for laziness, there's no time for excuses, there's no time for reasons, there's only time for results.

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If you believe you're one of these men, book a call by clicking the link below and let's talk.

What you will learn on the call is that we provide well over 100 hours of video instruction THAT GOES FAR DEEPER THAN THE VIDEOS LINKED IN THIS BOOK...OR FOUND ANYWHERE IN MY YOUTUBE CHANNEL OR THE PUBLIC DOMAIN.

These videos explain EVERYTHING in this book and FAR MORE, but ORGANIZED into a STEP-BY-STEP procedure that any man can follow and integrate into his life as a daily practice. AND THEY MAKE IT SIMPLE.

Where will you find time for this?

Don't worry, you're not gonna watch all of it... You're gonna watch what applies...

Also, don't worry, one of our first modules helps you understand how to integrate the work into your already busy life...

Our clients are entrepreneurs first and foremost, corporate executives, doctors, lawyers, pilots, dentists, certified public accountants, very busy men....

We teach them through combinations of urgent and important matrix, as well as the concept of NET time, which stands for no extra time...

You'll be taking this instruction in the shower, in the car, on the airplane, during your workouts, and other ways to multitask to the extent possible...

And you'll also be using our tool set:

Our tool set is a gift of God, that facilitates conversations with the Holy Spirit.

In truth, it is a software tool, a group of servers distributed across the country, that ask you questions...

Questions similar to the stack that I shared with you above.

As you are asked these questions, I ask that you pray about those questions, and that you pray for divine guidance and inspiration when you're answering those questions...

And when you do, well, as you've seen, powerfully above, God shows up and helps you to answer them.

Additionally, our software tool has a Slack-like interface, it allows you to talk, text, and screenshot on an unlimited basis... And we offer the men in our program unlimited, one on one, all day, every day, even weekends and holidays, coaching without restriction.

While we won't wake up in the middle of the night to answer your questions, we answer them when we are awake... And we answer them quickly, because things change on the ground between you and your wife, and men are in constant need of help.

To that end, and to the maximum extent possible, we do this with you. We don't actually talk to your wife, but we do our best to respond in real time to any questions you may have... And to coach you along the path to make sure you get the result...

In addition, we provide inside of our tool set, an interface that looks very much like a private Facebook group.

Inside that group, you'll find a brotherhood of men as I described above, who are sharing their work in their journey in this group.

Your stacks, in a much more attractive and formatted way, will be shared into this group, as well as the stacks of other men.

A rising tide lifts all boats, and you will learn from their work, and they will learn from yours.

Doing Marriage God's Way

Additionally, as you've seen above in my example, When done correctly, the stacks are such a head, heart, and mind dump...

In a completely open, and vulnerable way... That the person reading it comes to understand the head, heart, mind, and soul of the person who is writing the stack...

This provides extreme ability for a coach to step in and offer coaching to circumvent false beliefs, wrong stories, and wrong actions...

My coaches, and I are always in that group, and willing to comment on your stacks, in addition to all of the other coaching provided.

Additionally, once a week, the men in the program meet on zoom with our coaching staff, and these meetings are split between celebrations of success...

Which are an excellent resource, to give men hope, and encouragement, that, even though things may look bleak, and even though they may not be seeing immediate results...

When man after man after man after man after man after man after man is in their testifying that this works, and you see these men and recognize they're no smarter or dumber than you are...

They're just successful guys in the business world who love, Jesus, and want a biblical plan and path to save their marriage...

Walking the same path of over 2,500 ahead of them, and getting the same results that the vast majority of the men get inside the program...

You come to realize that if they can do it, you can do it too.

Additionally, we have a daily email implementation system...

You'll get an email each day, and it will lay out what it is you are to accomplish on that day.

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It will also instruct you on how to know whether or not you accomplished the prior days task.

If you did accomplish the prior day's task, you will be encouraged to move onto the next day's task.

If you did not accomplish it, you will be encouraged to reach out to your coach, as the results are cumulative, and you don't want to start missing on the beginning building blocks Only to have to go back later and get those results.

All of the video zoom calls are recorded, and you'll have access to those for as long as we are doing this... And I believe this is the calling of my life... God has called me to this, so I pray that will be a very long time.

Also, all of the training videos, and the updates to those videos as we find ways to be more effective and more efficient, are yours for life as well.

At the time of this writing, but we have plans to change it, after the eight weeks are up, we put you in a lifelong graduate program with weekly zoom calls...

...with the elite of the elite, and the best of the best... Men who are called by God to pay this forward and help coach other men....

We have done this for years, and only planned to do it for one year... The window is closing on this, so, if you want that, you need to get in now, if it's not too late.

If at the time you read this, it is too late, we will still make that available, only for an additional monthly charge.

Let's talk about what we do:

In week number one, we help you ascend your inner king.

In week number two, we help you ascend your outer king.

Doing Marriage God's Way

In weeks three, four, five, six... We're role-playing with you and pregaming you for, and helping you to ascend your queen.

By week six, the vast majority of men who do our program, and actually do all the work in it...

...hear their wife tell them that he has become such a better husband, she recognizes her own faults and flaws and wants to be a better wife...

She recommits to the marriage and moving forward with him, with a commitment that she will work on herself.

Weeks seven and eight we work on ascending your kingdom.

Tool #9: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR LACK OF BEING SKILLED IN THE SIX SAVAGE OUTCOMES IS DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

1.

2.

3.

4.

5.

Speak With Our Alumni About How to Get the Most out of the Bootcamp!

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This 15-Minute Bootcamp Pre-Assessment is 15 minutes and absolutely free.

[Book With Coach Mitch](#)

Chapter 6: The Arsenal (aka the "PLANT")

Inside this book, there's been a ton of content, tools, and ability for you to expand who you are up until this point.

In the section above I referenced a video training experience. This Arsenal, this is exactly what it sounds like: it's the place where all the weapons and tools are for you to get what you need to get the result of winning your wife back to a have it all marriage -- here in the Warrior King husband's program.

The first thing to understand is theory.

Unless you have bought into the theories that we speak of here inside, Warrior King husbands and our doctrine, nothing else matters.

The greatest disagreements in life come from people, arguing tactics and tools without first having gotten on the same page with theory.

Our theory stands as the following, and that is simply that we have been ordained as men called to usher in a new way of living, which demands that we as Christian businessman, do not just make money, but that we create a framework for you have it all across body, being balance and business...

With a rock solid belief that all of the above is who we are called to be as Sanctified Christian Elite Level Husbands as the foundation to all above.

The first phase inside our experience is be the HUSBAND God calls you to be, as a Sanctified Christian Man.

From there, we move on to have it all, and once we have it all, it's to learn how to more effectively and efficiently fund at all, and then, in the third place, how to leave it all behind for our posterity.

Doing Marriage God's Way

In order to do any of that you're going to find a lot of tools inside the Arsenal, that may not make any sense to you right now, because you don't need them yet.

You haven't learned the skill set to use them, nor have you reached a certain leg in your journey that would require its use. Don't overcomplicate yourself inside the Arsenal.

You will develop the tactics that will require the right tool, but you'll need to know where to go inside the Arsenal to find it in the first place..

One brother may see a situation and sees a hammer as he smashes it to pieces, while, another decides to attack like a surgeon with tactical approach.

We start with your marriage, because we believe it is foundational to the core four. If you're failing in your marriage, you're failing God, and inside of that space nothing else matters.

For that reason, the Arsenal is very heavy with tools regarding marriage, and lighter on tools for the other three domains.

For men who choose to adopt this, as a way of life, we have programs to help you continue to smash your goals, in all four domains, and live a life that only a few men ever dream of, and fewer still achieve.

So let's talk about tactics and theories and tools.

Tactics and strategies are different for everybody. Theory is where we unify, while tactics are where we begin to diversify. Whether you're the hammer or the scalpel guy, both of these could accomplish the same outcome, but it's about who you are and how you operate.

For example, you may be an introvert with a quiet approach, or you might be a circus on the inside, not on the outside, so you use a scalpel. If you're an extrovert, your circus is on the outside, so it's likely that you tend to lean towards tactics and strategies that support using a hammer.

When you go into the Arsenal understand it's going to support you based on who you are so some of the tools are not going to be effective for you.

If you get confused, you reach out to your coach, and we return to theory, which are the principles, and then moving to tactics. We have theories, tactics, and tools used in that sequence.

I share this with you, because often times men will get into the Arsenal, and they'll see something that doesn't apply to them, and they will think that it is not going to help them.

Years later, they come across the same tactic, or tool, or theory, inside the brotherhood and the Arsenal, and realize it was gold. Had they been able to grasp, understand it, and use it, they would've saved themselves years of grief.

You need perspective to actually understand the tactical tool that you have been given.

AND THIS IS WHY COACHING IS NOT OPTIONAL, IT'S MANDATORY TO GET THE BEST RESULT FROM THIS THEORY.

This highlights the extreme need for coaching and mentoring. You may see a hammer, and have no idea how to use it, what it's used for, or how it can be most effective to you, and in your unique situation.

If all you purchased was information, you might skip RIGHT over THE EXACT SOLUTION TO YOUR PROBLEM, and it would be lost to you, possibly for years, until you finally understood it.

Having a coach that is skilled in the use of the tool, and skilled and coaching men on how to use it, tools that you are not ready for, can become tools that you were able to utilize immediately.

This can save you years of shooting yourself in the foot and causing yourself problems.

That's why we guide you through this and don't just turn it on for you.

The same can be told when you deploy the tools.

Let's say that you pick up a tool, and you start using it, and it's not working.

It's not an issue of the fact that the tool was not working, nor even that the tactic was not viable, it's that you had not climbed high enough in this way of life to know how to take use of it to its full potential because you were not operating at the potential required to know how to use the tool and get the result.

There is no other way forward, other than to have your coach help you select tools, and encourage you to deploy them, and then you must go deploy them, and bring back the results, for the coach, to understand how to coach you into better results with the tools.

Next, we go from theory to tactics to tools, and that is transformation. The Arsenal is also going to be loaded up with supplies and tools that will allow you to experience action.

The only way to get a result is when you leave where you are and go to a new place. That is it. A different result is not happen by staying in the same situation.

I do not get a different perspective in the movie theater by demanding that the image on the screen change.

If I'm sitting in the front and I want a different perspective, I have to get up and move to the back.

I constantly have to do that with myself in my marriage.

If I'm sitting here, and my marriage, looks like this, I'm going to have to go over there, in order for my marriage to improve...

Doing Marriage God's Way

That is the power of the stack. It helps you to reframe and look at the different perspectives so that you can see a problem from all different angles, and inside of that space a way forward appears.

The last piece you're going to notice inside the Arsenal is going to be transcendent content.

Purpose and spirituality are pertinent to your growth inside the warrior king husbands...

Who you see yourself to be spiritually changes overtime. We're going to have influence of contents that is specifically about Spiritual paths which will be created inside your journey.

These are not religious paths, their spiritual paths, which help you to understand your fundamental walk with Jesus and questions such as who am I in that light and what is my purpose in life in that light?

You're more inside of this brotherhood than you were before.

Hence the idea around who am I? Expands with every single transformative action you take. Like an onion you begin to peel away the outside layers, overcoming the hidden pearl of great price inside of you at the center.

This powerful perspective ultimately leads you to a place in which the true desire for your life is to leave a legacy that matters. This is why we say to be a warrior is to have it all, fund it all, and leave it all.

There is a stacking process on this at each level, that who I am evolves, expands, and becomes more powerful.

Who I believe myself to be inside the mirror of my humanity begins to change how I operate, think about my life, my wife, business, and bank account.

Doing Marriage God's Way

How I operate with my skill sets and mindset contribute to society, and what I choose to ultimately do changes, and the Arsenal provides some means to be ready for these changes.

That all comes down to what?

Am I willing to invest in my spiritual life, challenging the status quo about what I consider to be the purpose of life.

People look at me and they're like, "well, Bob, how did you get where you are?"

There's a lot of things I've done, but one of the things that I did for years at a high-level was to study a sanctified walk with Jesus.

Every day for hours at a time I would study, and read and contemplate, because these altering reality ideas set the background in the foundation for how I saw myself and the purpose I had in life.

There is a spiritual sense of calling in what we do here at Warrior King husbands for me.

If this were not true, I promise you I would've never endure the 20 years it took to ultimately build this brotherhood to a place with the access you have today.

The blood, sweat, and tears, day after day, week after week, month after month, year after year would not have been possible without a deep dive bigger picture of how I saw myself spiritually within the calling that God has told me to have a marriage that ministers to the masses that I felt distilled upon me.

The mental work and responsibility were felt long before this brotherhood ever existed.

Chapter 6: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

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[Book With Coach Mitch](#)

Chapter 7: The Brotherhood (aka the "PACK")

Brother, one of the greatest lies you and I are living as warrior king husband men is that we were to do this life alone.

The world tells you and I who we are as men -- but tells us a lie.

The big lie.

Sometimes this lie is going to be stronger than other lies, but it's going to have you believe this idea that you're alone and inherently different.

"Well, you know what Bob, I'm hearing these ideas. I'm seeing these other men. But Bob, you know what? My story is different. I'm different, Bob, and I'm alone in that difference.

This is one of Satan's great lies. You're not different. You're not nearly as different as you think you are.

You're not nearly as different as you would like to play yourself to be.

You're not nearly as alone as you choose to be.

Yet your sense of feeling alone comes in this one, inherent lie that manipulative little False belief, the untrue story plays inside the recesses of your mind, which says, "I am alone.

I am alone in this war.

I am alone in this game.

I am alone , playing the Warrior kings husband's way to have it all."

This is why the brotherhood was built, and this program became something in life after years of testing, proving, and seeing consistent success that this doctrine, and this experience is sound.

Modern warriors.

We knew that the key glue to a man's liberation inside the conversation of the Warrior king husband's way to having it all came down to eliminating this lie.

You're not different...

You are unique.

You're not different though.

Your feelings, your pain, you're suffering, your fears, and all of this stuff is normal, but it doesn't feel normal because you've been a liar.

Who you are inherently and your pain is not different.

Neither is your pleasure... It might be unique or you might be with a different type of woman than you were before...

You might be in a different city or country than me...

And your uniqueness is yours.

Your differences, though...

There are none.

We are men called to live in this modern game called Warrior king husband way to having it all.

Modern businessman, husbands, fathers, followers of Christ, called to lead and usher, and an entire revolution, a real man's revolution, of a new way of thinking and behaving, and that requires specific guidelines to become a part of.

Buying access

Where I live in Northeast Florida there are a series of locations in which one can not access certain beach clubs, restaurants, hotels, or clubs without access.

You have to have a specific card in order to enter into those facilities.

The card itself comes at a price where your home is or what you've bought as far as the membership that gives you access.

I carry several of these black cards in my wallet and stickers on my cars that give me access to places that everyone else doesn't have access to, only those who have purchased it.

Very similar to what you're seeing inside this culture is that you bought access.

You paid for the right to play, unless you were gifted the ebook and gone no further, and certainly if you went further in any of our programs.

I can have access all day long, but if I don't utilize the resources inside the accessibility of the thing that I'm choosing to access, well, that's on me.

It simply creates the opportunity for you to have a new experience, but will only be utilized if you choose to access it.

The thing we knew is that a man needs to have access to...

The doctrine of the warrior king, husband, action, plans, accountability, association, and ultimately ascension to leave the land of where they were to the place they wanted to be.

The doctrine of Warrior Kings!

Without the doctrine, the warrior king husbands movement doesn't exist.

Doing Marriage God's Way

Everything that you've been given here, inside of this book has been a path to the foundational doctrinal ways of seeing the world, and the way that we tell you, teach you, train you, and educate you to see yourself inside this New World.

Without this world view, nothing that we speak of here will work for you. There is no tactic, tool, or strategy that I can give you to ultimately liberate you from yourself if the world you see is so small, and one dimensional in nature.

If you open up your mind through this conversation here, inside this book to see a different world, you have a part bigger than you ever imagined was possible...

Not as a peasant in a shack, but as, a Christ ordained king on the throne with a crown.

When you see yourself as a king, and the reality that the world you're building, is a kingdom is to expand into an empire, the way that you play is different.

Part of what your accessing is a new set of eyes and permission through this doctrine, that says, "you were not built and born into this world of despair, to be weak, or frail.

You were put here to rise above it all.

You were put here to liberate and remind yourself as you awaken to the reality that you are a king!

Inside of this kingdom, and inside of this kinship, you experience a divine birthright to rise and lead in your families, environment and the communities around you.

You can't do that if the world you see fits in a bread box. The game is bigger than that. It's an ocean as far as you can see, but if all you can focus on is the small little bread box of possibility, then it doesn't matter what I tell you, because all you'll end up seeing is limitation.

Access to the doctrine changes your life.

This is why Christianity, after the literal publishing of the Bible after the invention of the Gutenberg press, caused a revolution inside the Christian faith.

Why? Because for years the people couldn't read, and control of the words in the books were given to righteous leaders were priests at that time.

The people were controlled without knowledge and information but once the Bible was printed, people had access for the first time to the Word.

They learned to read it, then studied to understand it, so God could communicate to them directly through customized revelation.

Prior to that it was simply the interpretation of the content from one who would stand in front of and declare the doctrine, saying, "this is the doctrine."

Then, from that place, you'd be left to interpret.

Some say the greatest revolution that ever happened in Christianity beyond Jesus Christ... was this access.

The printing press gave mankind access which ultimately liberated the world, and made it available to other people.

This global impact didn't just affect Christianity, it affects every single religious belief existing on the planet.

Here we are inside this book with an opportunity for you to see the doctrine, not the way that I tell it, but the ability to listen, watch, and read it, having access to how it makes sense to you, and the voice of the Holy Spirit inside you giving you the customized version of the warrior, king, husband doctrine that will serve you, your queen, and your family for as long as you choose to use it.

Accessing action plans

You can have access to the doctrine all day long, but even if that information is powerful, we know that information itself has never been enough. Simply having a book of good words doesn't change anyone. It creates an opportunity for us to be able to see something different, but inside of that, comes the customization of the action plan.

You receive access to action plans inside the Arsenal and inside this entire process with the book and the brotherhood and the membership in the program. You will receive it live, and on demand, and your access will be able to custom create example after example of what it might look like in your world to have a customize action plan.

You're never left with the limitation of what was last week, you can adjust, and adjust these action plans. With this part of this brotherhood, you have the ability to get feedback and opportunities, and coaching, to see how other warriors are doing by saying, "hey, listen, I probably wouldn't do it that way. I tried it that way over here and this was my result. You might think about doing that a little bit differently."

Brotherhood, accountability.

This Warrior King husband brotherhood program and membership, allows you to also have access to accountability inside the software, custom creating your accountability system for yourself, reminding us the way that you want accountability, when and how you want to be held accountable in the software toolset so your experience is tailored to to you.

I can remind you all day long, but when you have systems in place to remind yourself, it's totally different.

When I put a reminder inside my calendar, and use the entire Warrior king husband system and its software to support me in this, what I've created for myself is an opportunity to keep me on task.

Like immediate feedback from taking a video of yourself, then playing that video back a few weeks later to remind you of what you felt.

Maybe if you took a video of yourself when you felt fantastic, you could play it for yourself when you're not feeling fantastic.

Customizing the accountability also exists inside our training, calls and coaching calls that happen both live and on demand, virtually, online, inside of our tools, and within this books, supporting you to be able to utilize accountability and camaraderie, creating within the software groups, associations, and even groups of men inside your own community to a circle to and rally around.

This powerful tool gives you the ability to say, "hey, you know what, there is no one in my community that's currently living this, and accountability is the best way that I can succeed, so I'm going public with it, hosting my own mastermind. I'll bring into my home, virtually, and say, you know what guys? We're going to learn some new stuff. I'm going to teach you the Warrior King husband's way!"

Association with fellow warriors

Part of what allows us to not feel alone is the association with other men.

You might be a guy who has been used to playing by yourself because you're the leader amongst followers. Most of the men who come to warrior King husbands were men who felt this self perpetuating aloneness, because any opportunity that you play with other men to create big things together, ends up as a game of distancing yourself, and continuing to work alone with the men that work for you.

Doing Marriage God's Way

Inside this game of brotherhood, we create the opportunity for you to see yourself through your brothers. This association is choosing to live in a way that is not the normal society... It is the modern way of living as a warrior man, and you have that association.

Without it, it's easy to slip into your own game of lies again. Of what lies? The same lie that started off this section, which is the lie that you're different... The lie, that you're alone.

Ascension to having it all

Immersing yourself into the brotherhood through access to the doctrine, action, plans, accountability, and association leads to the final point, which is access to Ascension.

The first time I heard the term Ascension was, inside of a prayer stack.

In asking God what he expects of us, I believe His answer was that our job here, outside of what I've already identified about, finding Jesus, becoming like Him, and leading our family to do the same... Is to ascend inside the kingdom in which He gave us.

We all have a peak to climb

Each one of you inside this journey of Warrior King Brotherhood are going to go through the same kind of climb that the men before you experienced.

You're going to leave what's clear (whether PIT or PEAK) and you're going to enter the void in search of a new and higher PEAK. It's going to be unclear. It's going to be cloudy, barely able to see 30 feet in any direction.

You're going to hear from brothers who are at the peak, and they're going to be yelling down to you, "just keep going, brother! You only got about another hour and a half. You're going to be just fine, man. Just keep following the trails... I know it looks freaky, dude. You're going to be fine.

On that one area right over here just lean close to the wall... You're not going of all off. I realize it's 100 feet down. You're going to be just fine though, walk around close to the edge. You've got at least 6 feet. It's totally wide enough. It's incredibly stable. You're going to be just fine. Just stay to the left. Up against the wall and go."

Listening to the council of brothers who are at the peak you're also shouting down to the men who aren't even beginning the journey. You're saying, "dude, it's not so bad. Just come on up here. We're still in the clouds, but dude, you can do this. Come on up."

The men standing at the peak look across the valley to another peak, and see another group of men... Brothers in the brotherhood, who have left the peak and descended into the valley, and climbed up to a new peak that's even higher.

Standing from peak to peak you look across the valley, and all you see are clouds below... The void between the peaks. It's difficult sometimes to say, "well, should I go on this journey? Should I leave this peak that I'm going to have to go down into the valley to send again to a higher peak?"

Yes.

Ascension is what we have access to most here. It's the ability for you to ascend and transcend the life that you had before, in contrast to the life that you're about to have. The brotherhood is about access to doctrine, action, plans, accountability, association, and ascension, but at the end of the day, all of that access means nothing if you don't utilize it.

Chapter 7: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

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[Book With Coach Mitch](#)

Chapter 8: Being the MAN (aka the "PROOF")

A difficult, yet transformational truth, you won't hear at church, or in your mastermind group:

My brother.

It's time to get started.

I'm not sure what led you to this book, or who may have given it to you... I do believe in my heart that God wanted you to have it, and is speaking to you directly and He wants you to know that you are behind on the mission that He has given you.

In reality, it doesn't matter how this book got into your hands, only that it matters that you have it. You're here now, and you're reading these words now.

So let's stop making excuses and get after the work that God has laid out before us.

I'm going to start part of our time together with a question...

Do you know the real reason marriages fail, businesses, collapse, and men continue to play small?

Take guess...

Based on the title of this chapter, be the man, the obvious answer would be... Because men are not being men.

More specifically...

Because men lie.

But that would only be partially correct. Lying is just part of the equation.

Doing Marriage God's Way

It leads to a much heavier and hidden condition that causes men to lead lives of addiction, sedation, destruction, and mediocrity...

And like many health conditions, once you find out, you have it, you're gonna do one of two things...

Either you're going to take action now and do what it takes to defeat it, or you're gonna bury your head in the sand and act like it's not there until it kills you.

What is this condition I speak of? I'll tell you in just a minute. Plus I'll share why a small business owners, and men who have good lives, and men who have good marriages are most at risk.

First, I want to let you know why I chose to add this chapter to this book...

The common thread,

One of the many benefits of being in the trenches, with the droves of men, who are fighting to save their marriages, and transform their lives, is the real evidence I have gathered along the path God has given me, to find transformation and ways of transformation to allow me to build solutions and teach more effectively.

I've literally worked with thousands of men who have gone from horrible marriages, staring down the barrel of a devastating divorce to wonderful marriages of intimacy where both spouses' high school fantasies are coming true.

I even have my own stories of divorce, much unhappiness, in both marriages, and how all of this led to the warrior king husband movement.

Regardless of the results that these men and I achieved in the path we took to get them... There are two things we all had in common...

The two threads that tied us together....

Firstly, it's that we feel alone in our pain. Just like Tim, at the beginning of this book.

It felt as if nobody else was experiencing our thoughts... Our pain... Our fear... Our boredom... And our uncertainty.

We all lied. We constantly lied to ourselves...

To others...

Anything to avoid being vulnerable and looking like we didn't have our life together.

We plastered fake smiles on our faces.

We posted our highlight reels on social media.

We lied about how well we were doing.

We acted like we cared about the stuff we really didn't care about it all.

We made commitments that deep down we wanted no part of.

And we found various ways, often sinful ways, to sedate the pain of what it meant to be us.

Our feelings, our opinions, our energy, or desires, or strategies... All fake, and all built on lies to pretend that we didn't feel alone.

Look, there's many reasons a man lies like this.

The primary reason we lied?

The primary reason most men lie?

Because we felt alone, and nobody would understand or accept us if they knew how we really felt and what we really wanted.

So we sunk into isolation... Putting on a show and burying the truth in hopes that nobody would ever find out.

Brother.

I want you to consider this.

You don't have to be hiding in the back of your closet to feel alone and isolated. There can be family, friends, coworkers, and employees all around you, all the time, and yet you can still feel completely alone.

How?

Because, underneath the lies you live in order to "fit in"...

Underneath the sedation and numbing of the feelings and emotions you don't give yourself permission to experience or express...

Is the man you want to be.

That man is your authentic self who you suppressed... And he's the one who feels isolated and alone from being buried deep inside of you under a complex web of lies and stories.

Entrepreneurs and other highly successful men are at the most at risk

In many ways...

Small business owners, entrepreneurs are the most at risk of sedation, suppression, and feeling alone.

Here's why. As an entrepreneur your experience, pressure and expectations coming from multiple angles.

Doing Marriage God's Way

Whether it's at home or in your business... You're supposed to be the man who has all the answers.

You're supposed to have your stuff together and in total control.

There's no room for your emotions and feelings of doubt, fear, anger, excitement, uncertainty, and frustration... Especially as a husband, and as an entrepreneur.

So you put on a mask and sedate, suppress and act like you've got it all figured out to please everyone else's expectations of you.

Entrepreneurs have also have an added element of acceptable sedation against them.

Most of these entrepreneurs sedate with work, and the grind.

I am guilty as charged. If I'm not careful, this is where I go, and my marriage will go right down the drain.

We bury ourselves in productivity and the pursuit of making money.

We get praised for this, and we feel good about it. We have permission from society that not only is it acceptable, it's honorable.

Which makes it more difficult to even recognize that it's damaging behavior, let alone break free from it. But under the lie of just trying to provide a good life, for my family, is the idea that you're avoiding the feeling of disconnection at home.

You're avoiding dealing with that stuff in your marriage, the bad stuff, as well as your health and your kids.

Lastly,

...a lot of entrepreneurs have the appearance of being good.

They normally make good money.

Married, kids, the cars and the house. Which creates an atmosphere that doesn't give them any space to be in the pain or the desire to expand and create more without judgment, shame, and guilt from others. The judgment can also come from themselves too.

How dare I want more? Why can't I just be happy with what I have? What's wrong with me? Most people would die to have my problems?

As if the amount of money we make or the businesses we own means, we can't have desires, fear, or pain.

Again...

This dynamic only reinforces the feeling that we're alone, something is wrong with us, and nobody can understand.

Which only drives us deeper into our pit of isolation and sensation.

Our wife doesn't understand any of this.

She has more than enough money. Way more than when you met. She's miserably unhappy, and the more unhappy she becomes, the more we dive into our work, and the more disconnected we become.

Here's why this alone conversation matters...

The power you seek to produce the results you want can only be found in your authentic self.

See,

There is a man inside you right now who is 10 times the producer you are.

He's a better father.

He's a better husband.

He's a better businessman.

He has better and more frequent sex.

He's a better athlete, and in better shape.

And that man is already inside you. He just needs to be activated.

No part of your life can be transformed until you extract the power from your true authentic self.

All of this is why this book is such a powerful tool.

Not only does it give you the tools and systems to SAVE YOUR MARRIAGE...

Not only does it give you the tools and systems to activate the 10X producer inside you...

It also gives men the opportunity once they acquire the full teaching in this book to experience what it feels like to be part of a brotherhood. To join a group of men who are on the same journey as them with readily available support.

OK.

A few pages ago I told you there were two things that we as men all have in common.

I shared the first with you, and now it's time to jump into the second.

Not only do we lie, but hold the truth inside.

See, every man's path is going to be different.

However, the gateway at which they stand, waiting to get access to their path to power is always the same.

It's called telling the truth.

SPEAKING the truth.

COMMUNICATING MESSAGES that are TRUE.

Brother,

Before you can even think about any meaningful changes in your life, you must have the courage to tell the truth to unlock the gate to your path.

But most motivational speakers don't want to go to the gate.

Most books and seminars and courses skip over this part.

Your church often will not have anything to do with this gate.

Those things make you feel good?

Yes, can they give you Ah-HA moments?

Can I light a fire under you? Yes

Can all those things point you in the right direction? Yes,

But I'll have you consider that...

Directions are no good if you can't tell the truth about where you're at.

As powerful as Google maps is to have the ability to give you the exact directions down to the square foot anywhere you want to go in the world, it is virtually powerless if you can't punch in where you're starting from.

Doing Marriage God's Way

Makes sense? Yes.

Simple enough concept, right?

Just tell the truth... No need for a book to spend so much time on this, right?

Not exactly... Here's why.

Most of the lies we tell and believe to be true, are covert...

Meaning it's not like we're consciously making lies up about where we ate last night it's much more complex and insidious than that...

We lie about...

What we truly want

Who we truly are

What we are truly capable of

How we truly feel

Where we truly want to go

What we are truly afraid of

And more...

Most men started telling these lies and burying their truth as boys just to avoid being judged, and to please, their parents, teachers, church, friends, coaches, and the little girls they were interested in.

BUT WHAT YOU DIDN'T KNOW WAS THIS...

Your lies shape your belief system.

Doing Marriage God's Way

To the extent that the truth has been buried, so deep and for so long that it's completely unrecognizable...

You're not the authentic version of yourself.

And here's where this stuff starts to get really dangerous...

This is the answer to the question why marriages fail, businesses, collapse, and men continue to play small...

... Which means

What we believe as possible

What we believe as right

What we believe is strong

What we believe is love

What we believe is hard work

What we believe is commitment

What we believe we deserve

All of this is dictated by our belief system...

Which internally dictates what you think and what you do.

Critically importantly, this also dictates how you feel... As humans we are meaning making machines. What you think becomes meaning and becomes feeling...

Is your wife unhappy with you right now?

Is she unhappy with who you truly are? Or is she unhappy with the lie of who you have become?

What a tragedy that the false beliefs and lies are causing you to feel ways that push negative energy into her that makes her unhappy... AND THAT IS ALL BASED ON THE LIES YOU HAVE TOLD YOURSELF ABOUT WHO YOU ARE!

THE MAN SHE IS SO UNHAPPY WITH IS NOT EVEN THE AUTHENTIC VERSION OF YOU!

LOOK, INFORMATION ABOUT WHAT TO SAY TO HER AND WHAT TO DO FOR HER IS NEVER GOING TO SOLVE THE PROBLEM OF YOUR BROKEN MARRIAGE! IT WAS NEVER ONLY THAT YOU NEEDED MORE INFORMATION...

...If this were not the case, why are we more overweight and unhealthy than we've ever been, despite having more information and programs readily available to us?

Because unless our belief systems change, we can't change our experiences in life.

Why else do you think so many men are sedating with porn, substance-abuse, social media, work, food, and video games? Because they've suppressed their truth, leading lives based on lies. That are are too painful and uncomfortable to deal with so they try to get lost, in all the stuff that separates them from the reality of the pain they feel.

Why else can a marriage look like it failed overnight? When really it was years and decades in the making...

Because most men ignore the red flags and bury them under lies, like they've done with everything else that threatened their belief system.

Why else can a man want something so badly... More sex, more money, better marriage, better body, better, spiritual connection, etc.... But can't seem to take the action necessary to obtain it...

Even when they know what to do?

Because when your desires don't completely align with your belief system...

It doesn't matter how badly you want some thing... You can't get it until you expand your beliefs.

To be the man, to be the man who is so attractive to his wife that any man she imagines herself with comes in a distance second place compared to you....

You must first dismantle old beliefs and expand new ones.

Why else do you think the warrior King husband's program has changed so many men's lives? It is not because of my story... Everyone has one of those

It is not because they magically discovered their way, although that is part of the process.

It's because we've mastered the art and science of liberating men from limiting beliefs using tools like our stack.

And we have the ability to accelerate results across the man's body, connection to God, family and business, using productivity systems, like our core four, door, and game.

But these tools and systems can't expand your beliefs and access your power to produce the specific results you desire until you first...

Tell nothing but the truth.

Become aware of the problem holding you back... Your pit...

Understand how you got there to begin with. And change your stories to rewrite your belief system to match WHO YOU TRULY ARE INSIDE.

MY BROTHER, SHE IS IN LOVE WITH THAT GUY. DIG HIM OUT FROM UNDER YOUR MOUNTAIN OF LIES.

Chapter 8: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOUR NOT BEING THE MAN IS DESTROYING YOUR MARRIAGE, AND THEREFORE YOUR LIFE, AND WHAT ARE YOU GOING TO DO ABOUT EACH ONE?

1.

2.

3.

4.

5.

Speak With Our Alumni About How to Get the Most out of the Bootcamp!

We are ready to help you to chart a course to a new version of you. The call is one hour, and absolutely Free.

This 15-Minute Bootcamp Pre-Assessment is 15 minutes and absolutely free.

[Book With Coach Mitch](#)

Chapter 9: TAKE THE LEAP (aka the "PROMISE")

This is my final farewell to you as you have read through an incredible amount of content. It's the final words of wisdom as you begin your journey into the art and science of winning your wife back to have it all marriage as a foundational basis of having it all And living in this Warrior King Husbands's way.

In order to do that, I'm going to talk through a couple of concepts and ideas that I've found to be absolutely crucial being successful in the living to have it all lifestyle, but also building a life that maintains it.

Maintaining the have it all life

So it's one thing to build something , and it's a whole other thing to maintain it...

THIS IS AS TRUE IN MARRIAGE AS ANY OTHER WORTHWHILE THING.

It's true of everything worthwhile.

A lot of people can make money, but to maintain it is the difficult part.

To get married is one thing, but to build a maintain a marriage that works powerfully is difficult.

To build a family that stays functional not dysfunctional, takes a lot of work.

There are a lot of ideas and concepts that I've had to consider and play with over the last 61 years...

Particularly the last 38 has a husband and entrepreneur... Attempting to figure this stuff out.

Doing Marriage God's Way

There's a distinction between salvation and liberation, where some people look at what we do here and they say...

Oh, that's a cult... You know like a religion like they're a church.

Perhaps they can think what they want from the outside, but it always brings up the idea of salvation.

There are people who will say well Bob, you can't offer up salvation.

I'm not offering salvation. To do so would be sin.

I'm not a savior. Warrior King Husbands is not a saving environment... Inside this brotherhood, men will find no salvation here.

No salvation in Warrior King Husbands

This brotherhood exists, primarily for men who are already saved. They don't come here for salvation.

These saved men, have neglected their sanctification.

When they first enter our world, they're not seeking sanctification, they're seeking a happy marriage, and more specifically most often, avoiding a divorce.

God is using this situation in the men we serve to bring men to the idea that they must pursue their own sanctification, and lead their wife to do the same.

That sanctification leads to liberation. The more we become like and follow Christ, the easier our life becomes.

I want to be careful that I'm not making you any false promises here... Even Jesus had plenty of suffering in his life.

I'm not saying you won't suffer... Just that life will get easier.

Game of liberation

Liberation, says the following... You can help a brother, but you cannot force a brother to live a life that he was born to live.

You can encourage a man to stand up and reclaim his kingdom, but you cannot force this man to ultimately do it.

The decision for liberation sits clearly on the man. Only he holds the key to the bonds holding him back.

No one in your world incarcerated you.

Not your wife, children, or even business partners.

No one has done anything to you. Your current state of incarceration or liberation is upon your shoulders and rests clearly upon your head.

So what is liberation? Liberation is the ability to break the bonds that Bound us to this one and two dimensional life that we have been living.

It says you know what? I refuse to continue to play the game the way that I've played before.

I refuse to remain incarcerated inside my own mind and soul.

I refuse to continue to live this incarcerated state in this shack outside the walls of my own kingdom. Rather, I am choosing liberation!

Self liberation from incarceration in the warrior king movement is a scientifically proven system to deliver results in all areas of your life, **STARTING WITH YOUR MARRIAGE**, elevating you to a place of superhuman in a world of mediocre liars, who are dying, going through their lives incarcerated.

Doing Marriage God's Way

Warrior King Husbands liberates and leads a revolution inside your home, world, marriage, and business, but this requires you to also not see yourself as someone in need of saving.

You're not even as broken here at Warrior King Husbands...

We see you as someone who is incarcerated, where only you hold the keys to your own liberation, if you choose it.

We do not pick a man up and take him to a place where he cannot go.

We reach out a hand and slap a brother in the face saying, yes, you know it is time for you to go.

You're not weak or a victim or entitled.

Your life is exactly where it is because you operated on what you knew best at the time, but if you want something different here, brother, we will not pick you up and carry you to your promised land.

No one can do that for you because we're building up our own kingdoms.

It's only a matter of time before you will regress and fail if you were carried up and placed on your throne by others, knowing that you didn't pay the price.

There is a certainty that comes from the man who leaves the shack and rises to the throne on his own...

With the support of his brothers, cheering him on... Knowing that he must do it himself, and be the one who hunts the wolf, for no other way is he qualified to lead his people, wife, and family, than if he takes the journey under his own power and returns a king.

Not an overnight change.

The second concept is this: you're never going to change your life overnight.

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It's not going to happen. One of the greatest struggles I had when everything in my world imploded in 2006 through 2008 was that I lived in this fantasy land story. I lived like I was going to hit a Homerun, and by doing that all of our problems will be over in the next six months.

Well, that homer mentally lapsed into one year, and then it became two and almost turned into the rest of my life as I floundered trying to hit home runs.

Meanwhile, nothing was changing in my life.

Every single year it was like I was back at the same reality that I was in the year before.

See Warrior King Husbands was not built to change you overnight, yet there is a very high probability that it will over short period of time. And we have thousands of success stories of men who have saved their marriages in 8 weeks or less.

Your life will significantly change, and over eight weeks you can completely turn your marriage around, and by the one year timeframe...

Put you in a place that you would've never imagined the possibility of your life across body, being, balance, and business.

It will not happen, however, because you decided to pick up the bat and swing for the fence every morning when you woke up.

Stop stopping

When it comes to changing your world, and the game inside your life as you leave, the one and two dimensional world that you came from in order to produce some multidimensional, superhuman experience, you must drive steadily forward by slowing down.

You're going to have to play from the game of simple success, swinging singles, and you need to slow down and be willing to master the fundamentals by learning how to get on base every single day.

Doing Marriage God's Way

There is stability in this, rather than going 100 miles an hour down the freeway until an obstacle is in the way in front of you, forcing you to slam on the brakes. You pull the power brakes, and then throw the wheel left for a power slide only to proceed and rolling your car five times and then finally when it lands on its tires, you try to start the engine up once again, not acknowledging the wreck that you just created because you want it to go full throttle.

That's now broken. What makes a whole lot more sense when coming up on an obstacle while driving at high speed is to slow down. Put on the brakes, signal, pull off to the side of the freeway, if needed to, stop. Then look for traffic, turn, get back on the freeway and decide where you're trying to go.

Learning to not be sexy.

Simple success swinging singles in the short term is not sexy. It's not sexy at all. It's not sexy as men to live the have it all lifestyle in the beginning. Rather, it is a challenge because, even though you're feeling powerful, people around you were like...

Where are the results? Show me the results?

Well, they're coming, I'm hitting my score... I'm winning before I hit the door... I'm hitting on my core and I'm hitting on my code and I'm hitting on my stacks and you know what it's working...

The response is well I don't see anything changing.

Just wait... It's going to go... Like a thief at night, you're not even gonna see it coming because I'm getting up to bat every day hitting a single...

And then I'm getting up tomorrow and guess what I've hit another single.

No I haven't scored yet, but I'll get up the next day and hit a Single and I do this until the bases are loaded.

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I stand up, no outs, and I score. I get up again on day five and I score. Day six and I score. Day seven and now I scored and scored and scored.

That kind of steady consistency, though not sexy like a homer, is what turns divorce into bliss. It's what builds empires.

Be about the change. Don't talk about the change.

There's a tendency that I used to have, which I don't so much anymore, I'd get really excited about the change.

I'd be like...

Everything's going to change.

I would tell my wife about this, and she would get excited about it too, and then I didn't go about the change, and the change never came, and I began to doubt myself, and she began to doubt me too.

Don't talk about the change.

Just be the change, and you'll surprise attack people with the space and permission to grow inside this brotherhood and inside our games.

Tell us here at Warrior King Husbands what you're doing and what you're going to do, we want to hear it, because we'll hold you accountable to it.

Outside of here if they're not in that box, they don't get in.

Reasons vs results

Part of the great struggle that humanity has today is that we believe somehow we're entitled to things, which has begun to fester up lack of action.

When I operate from a place of,

Doing Marriage God's Way

listen, I'm not entitled to things... If I want something different from life, it will have to be on my shoulders to create a different outcome...

This means I've got to get clear about what I want, where I'm at, and what the work is between these two points... and I am ready to do it.

You're not entitled to what you desire.

You're entitled to ruthlessly committed work to create what you want.

That is it. If you aren't ruthlessly committed to creating it, don't be surprised when the thing that you said you want, it gets replaced with a reason for why you didn't get it, and an excuse in being the victim, blaming others, primarily your wife, for being the reason why you didn't get what you wanted.

A daily decision to have it all

It's not a one time, weekly, monthly, or quarterly decision to have it all.

Having it all, it's not easy.

It's simple, but it's not easy.

No what else isn't easy?

Being a one dimensional guy with a life that's not working at the level you know it should be

Every morning, Satan is going to rise up and create resistance inside of you, and you must capture those thoughts, and make them obedient to Christ, and turn them into challenges to become more, to choose it again today, even though you chose it yesterday, and this is why the phrase what have you done lately actually matters.

Doing Marriage God's Way

What you did two weeks ago unfortunately does not necessarily equip you with what's going on today. Today, you must specifically choose to live the Warriors King Husband's way.

So NOW you have a choice...

You can take everything I've taught you here, and you can throw it over your shoulder and keep doing what you have been doing...

OR, you can make a DECISION that you will rise up, and become the man, the leader, and the KING who can become so attractive to his wife that she is COMPELLED INTO ACTION and decides to move forward with you in life and marriage.

And, if you have made that decision, there is one decision left to make...

Do you want to try this on your own, and fail your way to success, with two steps forward and two steps back... KNOWING that if you mess this up, it will be much harder to succeed if she has seen some of this before but with you only acting on information, and therefore your changes were only skin deep?

OR do you KNOW you need to be guided, coached, mentored, held accountable, and led down this path step-by-step by Christian Brothers who have done this before you to ensure you succeed in this most important of missions in your life?

BECAUSE if you are the kind of man who succeeds, and you know you need help, then there is a good chance you are a fit for our Warrior King Husbands Program, and I want you to click the link below and apply for a call right now.

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Chapter 9: Summary And Reflection

Feel free to write down any after-reading insights and thoughts

WHAT ARE 5 WAYS THAT YOU ARE COMMITTED TO TAKING ACTION RIGHT NOW?

1. **I WILL CLICK THE LINK BELOW TO APPLY FOR A CALL**

2.

3.

4.

5.

Speak With Our Alumni About How to Get the Most out of the Bootcamp!

We are ready to help you to chart a course to a new version of you. The call is one hour, and absolutely Free.

This 15-Minute Bootcamp Pre-Assessment is 15 minutes and absolutely free.

[Book With Coach Mitch](#)

MAKE HER FEEL

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