

Testosterone WARRIOR

MINDSET



START HERE

BY AUDIOTEACH

Testosterone Warrior Mindset

“Body is the manifestation of mind, mind’s job is to manifest the best body possible” - [AudioTEACH.com](https://www.audioTEACH.com)

Welcome Aspiring Testosterone Warrior!

The premise of this audio series is that while most men have an endocrine system capable of producing natural, healthy levels of testosterone they operate from a mindset that often, is not.

How to achieve and maintain natural levels of testosterone is well known, established science.

Every copycat AI-produced eBook and all the twenty-something fitness influencers on IG & TikTok will tell you how to raise your testosterone.

There are no “secrets” or information only the “experts” know, just a handful of specific lifestyle habits you **MUST** adopt.

The word **MUST** here means there is little room for compromise.

The ability to do this requires certain mental faculties that are declining in modern men maybe at a rate equal to declining testosterone levels.

If you know what to do but can’t or won’t do it, what’s the point?

Many guys today do not possess the mental fortitude to decide upon, plan and then stick with the lifestyle habits required to produce healthy testosterone.

Cognitive function decline is an issue that affects not only our testosterone but overall health and quality of life.

Aside from rare genetic disorders, physical trauma or serious disease, otherwise healthy guys that cannot produce healthy testosterone most likely have a mindset issue, not an endocrine issue.

Adopting a testosterone warrior mindset means taking a proactive, disciplined approach to protecting and nourishing your endocrine system, including your brain, because passivity invites diminished cognitive function and reduced testosterone production.

Unfortunately, there are several factors or “forces” consisting of both biological and psychological toxins attacking not only the testosterone of men today but their brains as well.

The modern world is dangerous for your testosterone.

And if testosterone makes a man strong, courageous and sure-minded, lack of it is likely to result in weakness, fear and uncertainty.

Don't let this happen to you.

Audio 1 – In The Beginning (14 Minutes)

This is the introduction that gives some additional insight to what was just mentioned here.

Audio 2 – Base Camp (11 Minutes)

This is the stop off point before we begin our journey. Audio 2 provides a refresher on what hormones are, the importance of testosterone and little bit about DHT.

Audio 3 – The Perilous Journey (1 Hour)

In this audio we start at the hypothalamus and travel all the way down the testosterone production process to the gene expression in the cell stopping at each step to look at problems that can occur and ways to fix them.

Audio 4 – Warrior Fuel (24 Minutes)

Whether you are a carnivore or a vegetarian, your body requires specific raw ingredients for the production of testosterone.

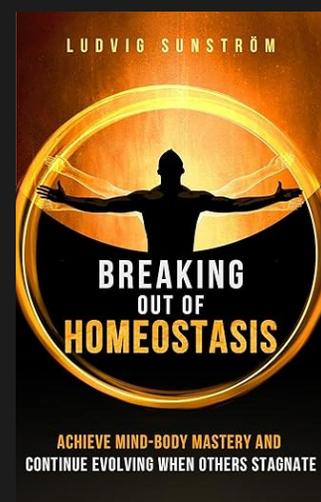
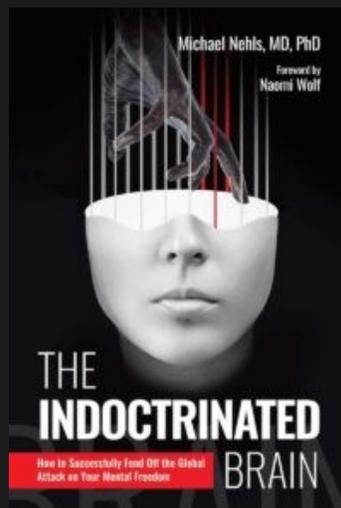
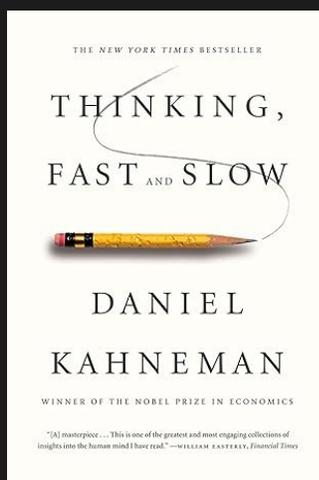
This audio covers those ingredients and best foods you can put into your body for optimal testosterone production.

Audio 5 – Warrior Lifestyle Epigenetics (24 Minutes)

Your actions or lack of action influences your genome. There are a handful of lifestyle habits you must adopt to produce and maintain natural testosterone levels. In this audio we go over each one. This audio covers 11 pro-testosterone lifestyle habits you should adopt.

Audio 6 – Testosterone Warrior Mindset (1 Hour 18 Minutes)

This audio is based on the following books...



A healthy brain and mind are absolute prerequisites for achieving and maintaining healthy testosterone.

This audio covers what I believe is a serious health crisis, the gradual loss of higher cognitive function caused by many of the same factors that are responsible for the widespread endocrine disruption we see today.

Audio 6 Documents

There are two documents that accompany audio 6 you can download on the dashboard and read after listening to the audio.

1) Indoctrinated Brain Intel Brief – a quick review of one of the three books that formed the basis of audio 6.

2) Digital Amnesia – Yet another factor or “force” that is compromising our cognitive function.

Audio 7 – How to Use The Motitations (12 Minutes)

A Motitation is a mind programming tool in that it helps you memorize concepts you want to commit to memory.

It is an affirmation-like audio that you listen to repeatedly to install the concepts it contains into your subconscious so the information becomes automatic.

Listen to this audio to understand how Motitations work and how to use them.

Like other testosterone programs, Testosterone Warrior Mindset covers diet, exercise, supplements and so on, but the focus here is mindset and the two Motitation mind tools included are key to helping you change your mindset, if you desire to.

Their purpose is to help you memorize key concepts in this audio series so you can incorporate them into your life.

Have you ever finished reading a great book just to realize a few weeks later you've forgotten much of the content?

This is the reason for the Motitations.

Audio 8 – The Metacognition Motitation (30 Minutes)

This Motitation will implant a “switch” within your subconscious that you can use to instantly switch out of System 1 and into System 2, two different ways of thinking we cover in audio 6. Listening to the Testosterone Warrior Mindset (audio 6) is a prerequisite otherwise this audio won't make much sense.

The audio has a 15 minute script that is repeated twice for a total of 30 minutes.

It will help you harness the patterned thinking of your automatic mind.

Like Carl Jung said...

“Until you make the unconscious conscious, it will direct your life and you will call it fate.”

Bringing those unconscious thoughts to the surface for evaluation is exactly what the script on this Motitation will do.

This is important not only for developing the ability to successfully implement a pro-testosterone lifestyle, but for all other areas of your life.

Listening to it until the switch becomes automatic should be a top priority.

Audio 9 - The Testosterone Warrior Motitation (30 Minutes)

This Motitation describes the 9 Pillars of a Testosterone Warrior Lifestyle, all of which should be adhered to for best results.

In audio 5 we discuss 11 lifestyle habits you should adopt.

Audio 9 covers 9 lifestyle habits you must adopt.

It contains a 15 minute script repeated twice for a total of 30ish minutes.

It's purpose is to help you memorize the 9 Pillars.

Testosterone Warrior Prompts

The endocrine system information in the audios is well established science and we don't cover anything cutting edge or controversial.

The EDC's, the food and lifestyle habits are all rooted in decades-old research.

The dual theory of mind is also widely accepted today in psychology and neuroscience although probably less well known to many people.

Confirming any of the information in this audio series is extremely easy today with the help of AI bots like ChatGPT.

For this reason I've included a list of prompts that you can use to confirm and maybe more importantly further your research into the subjects covered, especially the topic of System 2 dysfunction.

Suggested Strategy

A strategy for working through this audio course might look like this.

- 1. Listen to the first 6 core audios.**
- 2. Read the Audio 6 additional documents found on the dashboard.**
- 3. Read the ABOUT MOTITATIONS document** - This describes in more detail each of the two Motitations.
- 4. Listen to audio 7, How to Use The Motitations.**
- 5. Listen to the Metacognition Audio 8 (Thought Swap)** - Audio 8 is the most important and powerful tool because while the technique is extremely simple, it empowers you to catch your System 1 thoughts and swap them for strategic System 2 thoughts.

If you only take one thing away from this course, let it be this.

Protecting and strengthening your higher cognitive functionality should be a top priority because without it life becomes dysfunctional, unproductive and dissatisfying.

Live your life consciously guiding your thoughts instead of being guided by them.

Strong System 2 functionality makes life productive and rewarding.

6. Listen to the Warrior Lifestyle Motitation- Burn these 9 pillars into your memory. This is what this audio will help you do.

7. Review the “strategies content” for additional resources that will assist you in adopting the 9 Pillars.

Overview of the Testosterone Warrior Mindset Strategies

Strategies eBook (103 pages)

Warrior Brain Fuel – The best food, supplements and nootropics to power a mind warrior's brain.

System 2 Enhancement Strategy – Cognitive training for executive functions includes with and without apps.

Xenoestrogen Removal – Identifies both endocrine and brain harming EDC's and best ways to avoid them.

Sunlight Exposure Strategy – Plan for incorporating sensible sunlight exposure into your routine – step-by-step.

The Ultimate Sleep Program – Sleep is when the endocrine system does it's magic. Make sure you benefit fully.

Warrior Fuel Food Lists – Includes the Testosterone Warrior Diet Prompt and the ultimate testosterone food lists.

De-Stress Strategy – Stress and fear are major enemies to your cognitive and endocrine health. How to combat stress and a link to my free 20 minute guided meditation audio.

Testosterone Warrior Exercise Program – Daily HIIT/Calisthenics program designed for testosterone and HGH release.

ACT, Think & Feel Strategy – Core testosterone boosting habits.

Supplement Intel – Natural supplements for testosterone optimization.

Finally, thank you for your interest in Testosterone Warrior Mindset.

I believe there is no other testosterone course like it and if you follow the 9 pillars faithfully, you will find success.

Our bodies evolved to function optimally under certain conditions and when these conditions are met, an otherwise healthy body is able to maintain healthy testosterone levels throughout much of a man's life.

The modern environment is not optimal and it will take fortitude on your part to create the natural environment your body is programmed for.

A warrior's path is not always easy, the biggest obstacle on this journey ahead is your own mind. The automatic mind favors sameness and it will try to dissuade you from making changes in your life.

It's cunning, knows all your weaknesses and is used to getting it's way.

But this rebel mind is no match for a strong System 2 mindset.

Strengthen your higher mind and harness the lower.

Many guys do it and you can to.

Don't let your automatic mind run your life.

Now you hold the secret and you have the tools.

Godspeed Warrior!

