

## Twitter Thread by JACK BLY



**JACK BLY**

[@TheJackBly](#)



### **If you want to become more confident than 97% of men, read this:**

For 10 years, I was the shyest man alive.

- I was terrified of rejection
- I rarely made new friends or talked to women
- People told me to my face "why do you never talk?"

But, at 18 everything changed...

My lack of confidence led to rock bottom:

- I went through a bad break-up
- I binge drank every weekend
- I ended up in the hospital with alcohol poisoning

That was the turning point for me.

I did these 5 things and now I'm more confident than ever...

Become comfortable alone.

If you're uncomfortable alone, it shows a lack of confidence in who you are.

- Go on walks alone
- Go to restaurants alone
- Go to the movies alone

When you become happy on your own, you won't feel a need to impress others.

This is confidence.

Show confident body language.

Around 70%-93% of communication is nonverbal.

Talking confidently doesn't matter if your body doesn't match.

- Don't fidget
- Speak slower
- Hold eye contact
- Keep your chin up
- Give a firm handshake
- Stand up straight, shoulders back

Be non-reactive.

Confident are calm and rational when things don't go their way.

To become non-reactive:

- Make meditation a habit
- Reframe negative experiences as positive
- Ask yourself what the logical response is, then follow through

Calm = Confident.

Stop trying to impress.

The man who doesn't try hard to sell, makes the most sales.

The man who doesn't try hard with women, gets the most dates.

People are more attracted to who you are than what you say.

Quit trying to convince people you're worthy.

You are.

Get in the gym.

Lifting weights helps release endorphins and testosterone.

These hormones help relieve:

- Reduce stress
- Reduce anxiety
- Reduce depression

The result?

More confidence.

5 tips that'll make you more confident than 97% of men:

1. Become comfortable alone
2. Show confident body language
3. Be non-reactive
4. Stop trying to impress people
5. Get in the gym

I've helped 212 men become confident in their body.

The collage features several key elements:

- Top Right:** Logos for NASM, the USA flag, a cross, and myfitnesspal.
- Center:** A large testimonial from a man: "I love you. I honestly think that you're one of the few best husbands and dads out there. You work so hard in everything that you do and are always bettering yourself. I adore and respect you more than you know. Also, you are looking FINE lately."
- Bottom Right:** A box titled "THE KING MAKER PROGRAM WAS DEVELOPED USING PRINCIPLES FROM THESE SOURCES:" listing NMA, PubMed, Yale, and Harvard.
- Other Elements:** Numerous smaller photos of men's bodies at different stages of fitness, weight loss graphs, and social media posts such as "God bless Jack Bly and Gabe Pluguez" and "Have you been going to the gym a lot? You're looking jacked".

P.S. I'm looking for 5 more men who want to lose 15-40lbs in the next 90 days.

(financial investment required)

DM me "body" and I'll get you all the details.

Click below to DM me "body" ■

<https://t.co/IhTjnHalSG>

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1. Become comfortable alone
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4. Stop trying to impress people
5. Get in the gym <https://t.co/iWm6YqYNna>

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— JACK BLY (@TheJackBly) August 23, 2022