

INTERESTING TIMES

SURVIVE AND THRIVE

#2 NOVEMBER 2009



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the Scandinavian
survivalist
underground**

**Join the
military**

**Trenchside with SKTFM and
Cimmerian of Rantmedia**

**True Romance:
Time enough for love
in the age of cold science?**

Life lessons from Robert A Heinlein

Sarging in Sweden



Give me movie-

text AHA

These days I am thinking about Movie-Feeling. What's that? It's yet another one of those internal-jargon things you get in a circle of friends who are too smart and too bored.

So it is thus that we turn to movies and TV for guidance, inspiration and escapism. Enter the concept of Movie-Feeling, or MF as we like to call it. In short: life is boredom, the movies are fun.

MF is those rare moments when the worlds cross over and you find yourself the protagonist of a cheesy 80s flick, like some kind of Ferriss Conan.

Sweden has its own MF of course, but it's the wrong kind. On the good days, it's Social Realism, on the bad days it's staring over at grinning Death over a game of chess.

No, it has to be Hollywood.

We devour that shit. We like it all, though the 80s always show us a particular good time. As long as it offers an uplifting, romantic, and heroic sense of life where Man is a capable agent in a benevolent

What's on the mind of our beloved Leader these days? Listen up!

EDITORIAL

feeling or give me CHEAP VODKA!

"On the good days, it's Social Realism, on the bad days it's staring over at grinning Death over a game of chess."

Universe – quoth the Rand – then we are game. The purest strain of MF, oddly enough, is mined from college and high school flicks. Don't ask me why, the empirical data is sound but no one has a grand unified theory yet. It's like quantum physics, if you ask too many questions the answer travels back in time and screws your grandmother and jams up your hadron collider.

But why are we acting like teenage girls, constantly chatting about vapid American pop culture like it was equal to the Great Philosophers that we read when we were younger and more idealistic?

I mean, these friends of mine are big burly

powerlifters with military backgrounds and most of 'em hardcore misanthropes, cynics and doomers.

They may *like* teenage girls, but that's another matter...

I'm guessing it's a reaction to Sweden.

Take the most Social Realist thing you can think of and you probably get a Swedish movie with no background music about boring people bickering over trivial shit and never going somewhere with their lives.

All this happens while grey sludge is pouring down from the perennially-overcast sky, the only thing colder than your Volvo is the people around you, and you get like 3 cents

out of your paycheck when taxes and the obligatory alcoholic painkillers for the soul are paid for.

What's the inverse of that? My take on it: the sway of palms, just the right 80s tune on the FM, a clever dialog tree peppered with quips referencing pop-culture, adventures aplenty just around the corner, and the luscious warm breeze in your face as you cruise down the I01 with your kick-ass posse of hawt babes and idiosyncratic yet loyal friends. And vampires. Oh yes, vampires.

Would that I could teleport myself to the Buffyverse.

about



Interesting Times is a self-help magazine for extreme people, helping you survive and thrive in the cyberpunk future of today. Headquartered in Sweden, the magazine provides a unique perspective on the current age of possibility, where every new happening holds the potential for both disaster and groundbreaking success.

The magazine aims to implement total world domination using a shock & awe toolbox of positive thinking, power armor and pornstar girlfriends, edifying the reader with an eclectic mix of interesting subjects including lifestyle design, preparations for the post-apocalypse, and the pursuit of superhuman fitness through batmanesque bodyhacking.

Building better bad-asses is our main objective and we aim to please.

The suck stops here!

Interesting Times - your source of sanity points since 2009!

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History

text STEVE JANOSKI

Living in this modern world of cell phones and blackberries, GPS systems and talking cars, it is easy to ignore the "Things That Have Come Before." The deeds, the fights... even the tools. A wood-handled pocketknife, a metal flask, a steel revolver - these were the blackberries and PDA's of the past, these were the things that a man couldn't leave the house without.

It was a different world, of course; much less politically correct, much more violent, and without the room for the bullshit and whining that we have now. It was simpler then: those who did not work, starved. Those who did not build, froze. Those who would not fight, died.

As a newspaper reporter, my job revolves around History. It's very nearly impossible to write about something happening now without knowing the history of what happened before, be it a sewer plan or a road improvement. But we, as a people, overlook

that history far too much.

The town I cover is a small one in the northern section of New Jersey. It isn't known for much, and doesn't contain the rich and famous or the upper

echelon of the state - but it does have history. So much, that sometimes I feel that it rises up and floods the streets, as if one could not walk down the main thoroughfare without seeing the ghosts rise, without watching, through some hole in time, the rolling fields and rocky slopes long since demolished and developed.

The road that leads down the center of the town dates to the before the Revolution. It was heavily valued because it ran from the banks of a main river, all the way up to a road that led to the mountainous areas in northern part of the state. During the War for Independence, that mountain road was major road that wasn't controlled by the British, thus making this small, seemingly insignificant turnpike invaluable for the Americans.

In this town, where a school now sits, Washington's troops once slept; all those centuries ago, there were lines of white tents filled with hungry, battle-torn troops trying to forge a country. In the mornings, they made the groans and grunts of an army as it awakes, made coffee in the predawn hours; in the evenings, they played cards around a fire or wrote letters home. Which ones would die at lunch... that was for History to decide.

It is rumored that Washington himself once attended services at a white church a few



"It was a different world, of course; much less politically correct, much more violent, and without the room for the bullshit and whining that we have now."

hundred yards up from the site where his troops slept. It is hard to look at those floorboards and imagine the boots of the great general crunching over them once so long ago; sometimes it's hard to believe the man himself was real at all, and not just some mythical figure created so kids have someone to read about in the third grade. Some of those veterans of the Revolution are buried in that church's cemetery, which is also a final home for several Civil War veterans- even a Medal of Honor winner. They sit under tilted, barely legible headstones that vainly try to name the hero who lies beneath.

Some miles to the south, at the intersection of two major rivers, sit two bridges that connect towns and counties. They are open to car traffic now, and the river is murky and polluted. Once though, it was clear, pristine... the sites where the bridges are found are said to be old Indian fords for the tribes that lived along its banks.

Some miles to the north, another main road runs through a mountain pass. Even though thousands use it every day for their commutes, few know that the road there exists for the simple reason that it is the only way to get through the hills that form the beginnings of the Appalachians. Once, there was a fort that was designed to keep the Indians out of the plains below, where the first white settlers were gathering.

Now, all you can see is a small blue sign along the road that denotes that the fort once existed, as no footprint remains. By that sign,

there is a closed down bar, an overpass for the highway, and tattered white houses with American flags on the porch.

I'm not saying that people should know everything... if they did, I'd have nothing to write about. But they should stop and take a passing glance every once in a while, and imagine these places as they once were. Look at them through the lens that history has provided us, and don't forget the monumental deeds that people no different than us accomplished. Look at a topographical map, and see why things were built the way they were- the land tells a story that you'd have missed otherwise. And if nothing else, it will put our own lives, our own time, in perspective, and tell us to enjoy those fleeting moments that we so oft look past.



Review

Got fight?:

text THE SHERIFF

Release: June 2, 2009

Pages: 208

So, you are probably asking yourself what you should expect from a book called *Got fight?* You are probably wondering what it's about and if you should check it out. Well, I have checked it out, and all I can say after reading it is: don't pay too much attention to the title! In fact, I can't even think of a suitable title for a book like this. To illustrate my point: here is a phone message that the author and former UFC Light Heavyweight Champion Forrest Griffin left for his editor on New Year's Eve 2009 (they suspect alcohol was involved), which was included in the beginning of the book:

"I hate to beat a dead horse but you sound like a woman on your fucking little answering machine there. This is Forrest Griffin, as you can tell I'm from fuckin' Georgia - not just Georgia, FUCKIN' Georgia. 'Got Fight?' is not a good title for me. Look, the whole 'Got Milk?' thing was 1994. I actually Googled that shit. Nineteen ninety fuckin' four. It's more than a decade past, brother, so, uh, we're going to come up with a new title and you're going to develop a manly voice like mine [dark, raspy laugh]."



the 50 Zen principles of hand-to-face combat by Forrest Griffin

But apparently, they weren't able to come up with a better title. The book is called *Got Fight? The 50 Zen principles of Hand-to-Face Combat*. Don't worry about it, it's just a title. They had to call it something. But what's it about? Well, even though you get to learn a little about Forrest Griffin's life it's not really an autobiography. This book pays more attention to disturbing anecdotes than personal milestones. And even though you get a lot of useful tips, it's not really a guide to anything in particular. And I'm sorry to say that there are no 50 Zen principles listed between the covers. This book is simply what happens when you give Forrest Griffin a pen and some paper and leave for a while.

It starts with a short quiz, designed to test your manliness and determine if you are worthy of reading the thing. However, there are two problems with this test. First off, I'm not really sure that you want to pass the test. I got a pretty good score, and it just made me kind of worried about myself.

The second problem is that the only benefit you get for passing the test is being allowed to read this book in public. Actually, there is nothing stopping you from reading it in public, worthy or not, Forrest is probably too busy cutting weight and playing with guns to punish you. But reading a book like this in public is kind of like wearing an "Affliction" or "TapOut" t-shirt. If you don't already know why it's a bad idea, you really need to read this book!

What follows after the test is a journey into Forrest Griffin's mind. And it truly is a beautiful and fascinating mind he has underneath those layers of scar tissue and badly cut hair. He goes through the social, mental and phys-

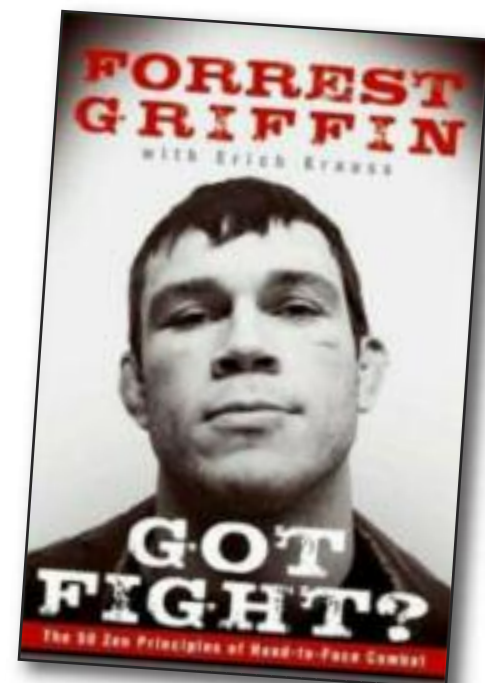
ical aspects of fighting and mixed martial arts, as well as giving tons of random tips on life, dating, pop-culture and being a gentleman. Make no mistake, Forrest Griffin is a true gentleman. As you may expect, this book is full of foul language and disgusting stories from Forrest's life. It might be considered crude by some, but so is Miyamoto Musashi's *Book of Five Rings*.

Forrest says that he expects his book to only make the reader dumber. But I feel kind of enlightened after reading it.

I consider this book an essay on the art of not taking yourself too seriously. When you read it, you will understand why Forrest Griffin is one of the most popular MMA-fighters in the world. With self-deprecating humor he manages to entertain the reader, give a lot of useful tips and express his personality without seeming pretentious in any way. He explains a lot about his personal outlook on his life and career. And I truly admire his reasoning. He describes a lot of intriguing ways to develop mental toughness and avoid performance anxiety. The author talks a lot about toughness and manliness, but not in a way that weakens you by attaching tons of macho bullshit to your ego. Forrest says that he expects his book to only make the reader dumber. But I feel kind of enlightened after reading it.

The best things about this book are the philosophical and mental aspects and the entertainment value, but the basic tips on fighting

and training that Forrest shares with the reader are pretty good. You also get an inside look into the world of mixed martial arts from the perspective of one of the most unique and fascinating personalities in the sport. And you get to take a peek into the mind of a true fighter. To really appreciate it, I think you have to be pretty down to earth and have a true understanding of humor, because even if it may appear as gross, retarded jock-humor at a first glance, most of it is really clever. It's not exactly the best book I have ever read, but it is without a doubt the funniest. It feels shorter than it really is, but I felt that it was remarkably rewarding for such a light read. I'm not sure if everyone will enjoy this book as much as I did. Even if I would recommend basically anyone to go and check it out, I believe that it will appeal mostly to young men in general and fans of martial arts in particular. Whoever you may be, if you feel tempted to buy it I can almost guarantee that you won't be disappointed.



True Romance:

Time enough for love in the

text SUSAN KUCHINSKAS

*Love is the water of life,
drink it down with heart and soul!*

Rumi, Divan of Shems of Tabriz

Science ruins everything.

Unveiling the mystery reveals the pedestrian beneath, and love is no exception.

It turns out that love, that other consummation devoutly to be wished, is just a twitch of your brain.

Think of your brain as The Blob, oozing chemicals so strong they can take the paint off a car, and you won't be wrong. The ebb and flow of these chemicals in the ooze creates the emotions that drive us: Dopamine basically keeps us alive. It is the chemical of reward-seeking, impelling us at the most basic level to eat and fuck. (At the most sophisticated level, it's what makes playing Halo 3 so much fun, and it makes inventing new bombs or the cure for cancer seem like they're worth doing.) There's cortisol, the chemical that jacks you up enough to get out of bed in the morning so you can go find food or a cure

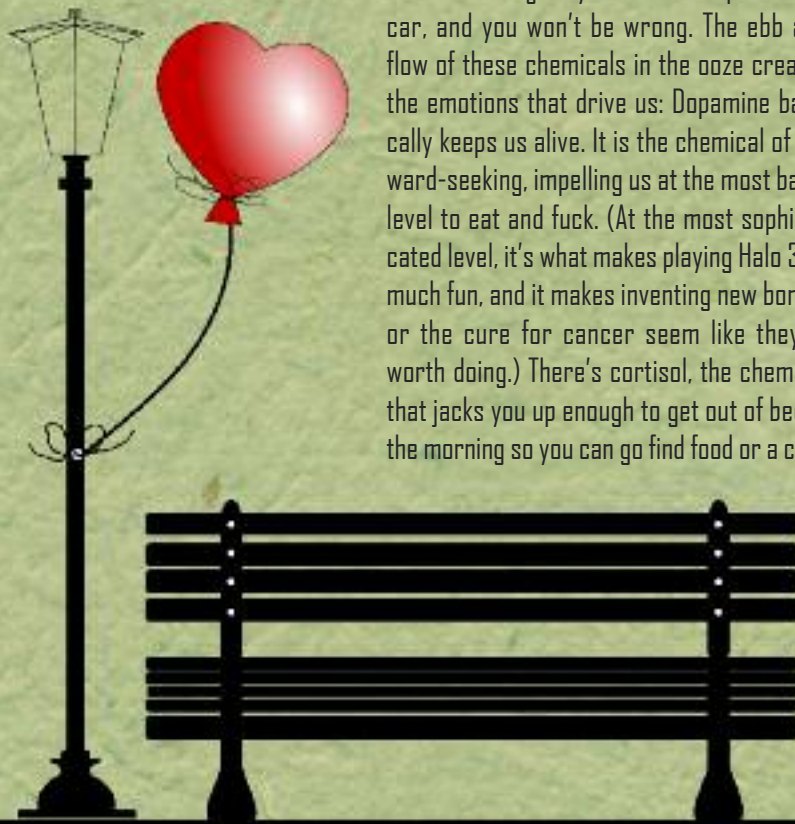
for cancer. Norepinephrine gives us bursts of speed to escape tigers, and serotonin helps us chill. And there's oxytocin, the chemical that keeps us from running in terror from our fellow human beings.

Applied to human relationships, dopamine is the neurochemical of mate-seeking, while oxytocin is the chemical of mate-having, in other words, monogamy. Think of dopamine as the chemical of emotional desire and oxytocin as the chemical of emotional satisfaction.

When you look at it this way, love becomes dead simple. When the hypothalamus, a chemical factory in the center of the brain, releases oxytocin, it calms down the amygdala, the part of the brain that handles fear; it also makes you feel good about someone else. Good enough to give a street person some coin, good enough to hang out with someone for days, good enough to offer your body and soul to that person.

**Hypothalamus -> brain -> love.
It's that simple.**

If this seems mechanistic, it gets worse. Love is a conditioned response. Just like Pavlov's dogs learned to salivate when he rang a bell,



age of cold science?

we learn to release oxytocin in response to whatever kind of attention we get as babies. If you're lucky, you learn vanilla love — your brain releases oxytocin when you're close to someone you can trust, someone who loves you back. Unfortunately, if you're raised by the human equivalent of hyenas, you may never develop the oxytocin response at all. Or you may only feel the oxytocin rush with people who are mean or cold or evil.

Why should something as important as the ability to love be left to the vagaries of parenting? Shouldn't this be as hardwired as digestion or respiration?

Evidently, it was more adaptive — that is, a baby had a better chance of surviving to pass on its genes — if his parents liked him. I'm using like as opposed to love to differentiate the experience of being comfortable with someone from that of having a deep oxytocin bond with him. Cold or anxious parents might have a harder time dealing with a sunny, happy child, for example, so nature arranged things so that our brains would keep developing after birth, allowing us to adapt emotionally to whatever the family's emotional culture was.

To get anthropomorphic, nature didn't design us to love, she designed us for just one thing: procreation.

All the good stuff — romance, orgasm, cuddling — is just bribes, nature's sneaky ways of getting sperm near egg as often as possible. But there's more to this plan. While most animals get together, drop a clutch or litter, and move on, human babies stay weak and

defenseless for years. In fact, our brains don't reach their full size for at least three years. This lets us be the smartest animals on Earth, because our proportionally big brains don't have to squeeze through the birth canal. But it meant that, pre-civilization, a baby really needed two parents to increase the chances it would survive.

Enter love. Enter oxytocin.

While procreation is nature's end game, love helps make sure it happens. When a couple loves each other, they're more likely to stick by that pink, squirmy baby.

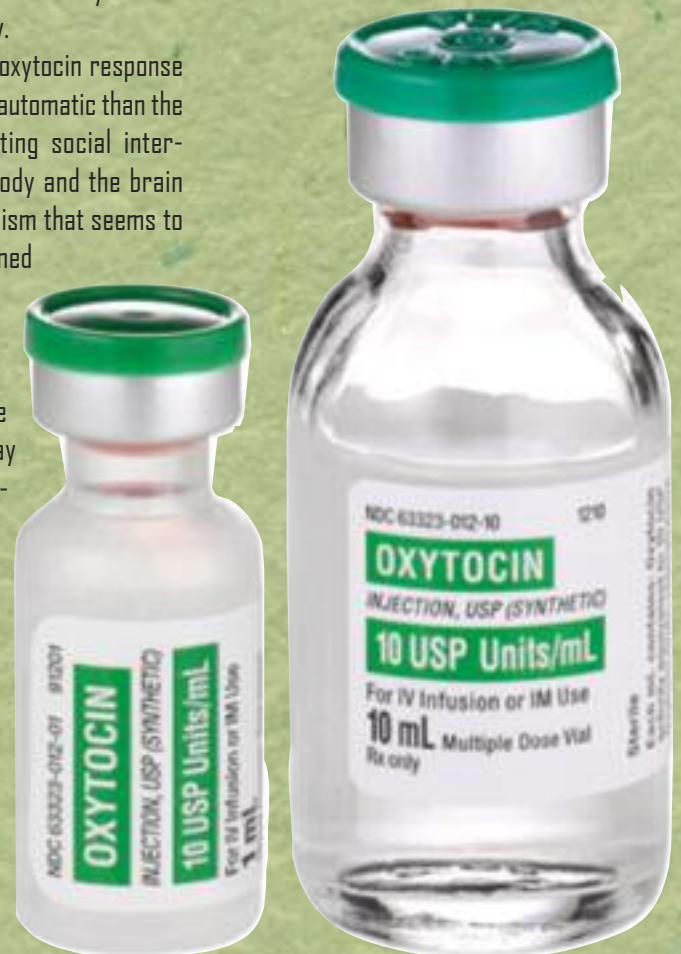
There's another kind of oxytocin response that's stronger and more automatic than the burst we get from trusting social interactions. Sex floods the body and the brain with oxytocin in a mechanism that seems to be separate from the learned response — separate and much more powerful.

Sex connects the brain and the genitals via the vagus nerve, the pathway between the brain and bodily sensations. Oxytocin traveling back and forth between the body and the brain creates an oxytocin experience that feels more profound and more total.

This is why, when we fall in love, we feel like we never knew what love was before. It is indeed a different experience.

Nature's idea was that this profound experience would keep a couple having lots of sex and lots of babies. Maybe a few of the babies would survive the rigors of living in the wild.

The recent discovery of *Ardipithecus ramidus*, at 4.4 million-years old the oldest human, showed that even then, while we scrambled through the trees using all four limbs, monogamy and cooperative child rearing had replaced the chimpanzee method of a dominant male spreading his sperm as widely as possible.



Ardipithecus males had smaller canines, smaller testicles and smoother penises, indicating that they didn't need to fight for access to females. Females didn't flaunt the swollen vulva that made it clear when they were ovulating, making it necessary for her mate to stay with her to make sure he impregnated her.

In today's world, making enough babies is not a problem, and, for a large proportion of the world's population, keeping them alive isn't as hard as it used to be. Yet that urge to procreate, which we experience as the urge to fall in love, is just as strong. When that urge is uncoupled from marriage and childrearing, we run wild with romance, the mate-seeking part of the equation. The oxytocin released during sex may make us fall in love, but without a strong oxytocin response in the brain, we can't experience the emotional satisfaction that lets us stay together.

"Romantic love, in the full sense of the term, is an emotion possible only to the man (or woman) of unbreached self-esteem: it is his response to his own highest values in the person of another — an integrated response of mind and body, of love and sexual desire. Such a man (or woman) is incapable of experiencing a sexual desire divorced from spiritual values."

Ayn Rand, *Of Living Death*

The jones for sex remains as strong as it was when we swung from trees. And mate seeking has become so highly evolved that we have completely lost touch with any biological reality. Maybe that's a good thing. After all, it's the hallmark of humans to transcend biology. Thus we have the altruist who sacrifices himself for the greater good, the woman who loves an adopted child as much as a biological one, the Buddhist nun who renounces sex and love and all that to continually pray for world peace. But we also have the pickup artist, who's gamed the mate-seeking mechanisms in order to entice



females into accepting his seed without any prospect of reciprocating contribution, as well as his female counterpart, the dinner whore — who, despite the moniker, does *not* trade sex for sustenance.

"And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing."

1 Corinthians 13:2, the Bible

Some people find this stuff deeply scary. If human emotion can be reduced to a combo of chemicals, what's the point?

C.S. Lewis wrote an entire tome, *The Four Loves*, for which he is much beloved. The book slices human regard into four flavors: *Storge*

is familial love; *philia* is the love between friends; *eros* is the passionate love for a mate; and *agape* is charity, that is, love for your fellow man without necessarily having a relationship. Lewis, a Christian, goes on at length about each of these, giving examples and heart-warming descriptions. In fact, most people, when pressed, would say that it's love in all these forms that makes life worth living.

The philosophy of ontological reduction would note that *storge*, *philia* and *agape* are all the result of oxytocin affecting the social centers of the brain, while *eros*, or mate-seeking, is more closely related to food-seeking. In other words, it's all physical. Moreover, that reductionist would add that they can all be traced to adaptation — behaviors that make it more likely that the organism will survive.

Well, you ask, if it's all physical, then why should I admire that Buddhist nun or crave a soul-mate? If I'm simply the sum of my chemical reactions, what's the point of trying to be better?

One of the great insights of post-modernism was that there is no one correct point of view, no universal meaning, no real truth. So, looking at the chemical basis of love may be a valuable framework for understanding emotion. Or not. There are plenty of other frameworks you can use, from rational self-interest to romanticism. Pick your poison.

*"If false turns out to be true
You know that I will find you
Because our love is destiny
Baby, baby"*

Jonas Brothers, *Infatuation*

Is biology destiny? What if you don't want to play out a 4.4-million-year-old script? Be cool. Even among the simplest of mammals, there's wide variation in mating behaviors. For example, among the prairie voles, the ro-

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dents that first revealed oxytocin's influence on monogamy, as much as 40 percent of males never form a pair bond. Instead, they wander around and copulate with females when their mates are off gathering seeds. This seems to be nature's way of hedging her bet on monogamy as the best way to ensure survival of the species.

If you have no desire to settle down and procreate, or even to go steady, just give a salute to the prairie vole philanderers and move on. On the other hand, if you're one of us poor saps who craves love and connection, you can give a shout-out to the majority of prairie voles, which spend most of their waking hours pressed up against each other as close as they can get.

Lucky prairie voles. We can assume that if they're inclined to mate, they'll find a mate. Whereas the human journey to love can have more pitfalls than an olive cannery. Can you change your love life by tweaking your brain chemistry? We say yes.

Biology is only part of our destiny. Or rather, the neurochemistry of love is only one part of our chemical arsenal. Our wills may be highly influenced by brain chemistry but they also can influence it. So mix your own chemical

cocktail. If you don't like the kind of love you're getting, use that free will to change things up inside and out.

Man has been hacking Mother Nature and her neurochemical programming since the first Neanderthal got high on fermented berries. It's not hard at all to get an oxytocin buzz. MDMA, aka ecstasy, releases oxytocin into the brain. When club kids feel the love, it's real love. Shrinks are experimenting with using MDMA to help people with PTSD to connect with the world again, and they're using pure oxytocin inhalants to help people with autism and social anxiety disorder to do the same. In fact, you can buy oxytocin inhalants on the internet, although it's doubtful whether they contain enough stable oxytocin to do anything.

Dosing yourself is probably not the best idea, at least not for the long term. Ecstasy burnout is an accepted phenomenon in the

Oxytocin, the chemical that keeps us from running in terror from our fellow human beings

rave community, and it seems to be the result of receptors in the brain becoming less sensitive. Long-term administration of hormones in general tends to reduce the body's natural production, and doctors warn that oxytocin dosing could, over time, actually decrease our own supply.

If you've got more patience, there are plenty of physiological hacks that can train your brain to produce oxytocin in positive circumstances. If people are scary, try getting to know a dog. Taking care of a sick spouse has been shown to increase oxytocin levels, so volunteering with an org that helps others should work. Singing in a choir or chanting with other people lets you get in synch without getting too personal. If these activities seem unbearably corny, you probably do need more oxytocin in your life, so just get over it. In fact, corny is practically an alternate definition for the oxytocin experience.

One fascinating and non-corny option is OneTaste (www.onetaste.us), an organization that combines Buddhist mindfulness with tantra in what they call orgasmic meditation, or OMing. The orgasm from OMing seems to be more oxytocin-based, as opposed to the dopamine based, tension/release orgasm from intercourse.

You may have noticed a theme here: These are all things you have to do. Reading books or trying to figure out why you're lousy at love won't work, just like thinking about getting strong won't get you there.

Another corny aphorism: "Love is a verb." Well, it's true. Now, get out there and touch someone.

Or at least some thing.

Susan Kuchinskas is the author of *The Chemistry of Connection: How the oxytocin response can help you find trust, intimacy and love*.

She doesn't think this stuff is scary or depressing.

TRENCHSIDE WITH SKTFM

text AHA

OF

If Tim Ferriss is our personal Jesus and Schwarzenegger our Father in Heaven, then Sean Kennedy (The Fucking Man) surely ranks as one of the greater saints.

I remember stumbling across his TV show *Patrolling* in 2007 and being blown away by his clarity and unique syncretistic mix of survivalism, self-improvement, hacker ethos and cyberpunk *fingerspitzengefühl*.

One of my strict traditions since then has been to tune in to his weekly news program, aptly named *Newsreal*, giving us the news we need to survive in the cyberpunk world of today. He's also written several books, run a successful cult, and directed a short movie.

His long-term plans include building a paramilitary compound on some deserted island, starting up a gladiator school for furies, being the first archaeologist on Mars, and becoming a famous dinosaur hunter.

Here's a recent interview I did with him and his trusty side-kick James "Cimmerian" O'Brien.

First off is Sean.

Give us a brief summary of yourself and your activities with Rantmedia over the years.

Well, in 1999 I picked up a microphone and started broadcasting comedy, just for laughs really. Really crass stuff back then, nothing like the stuff you find now though, I mean it's WAY more extreme than the stuff we talked about. Most of the details you can find on Wikipedia as to the "accomplishments" and such.

Rantmedia is a bit over 10 years now. How did you get started with it?

When *Shoutcast* came out, James started to broadcast. I was funny to talk to so he roped me into it. That's it really.

How has the core values and mission statements evolved over the years?

We are still true to what we told *Wired* magazine. We are about taking over the world with giant robots and genetically engineered two headed cats. Seriously, the "core values

and mission statements" are about staying alive, free, and not being a slave to someone who has a choke hold on your media. Each of us value different things, but wogs have an understanding of cool, being function over form, but this creates its own industrial/tactical form depending on the nature of its function.

How have you grown as a person during the last 10 years?

I have grown in every conceivable way. There is no metric that can be applied to this.

How did you come up with *Newsreal* and *Patrolling*?

I made it up. I see ideas in my head, they look doable, so I do them, consequences be damned.

What is a Wog?

How did you come up with the concept?

Originally it was an anti-Scientology thing. I have been screaming about that cult since the turn of the century. Back then no one knew them, so I did it to educate people about

the grand old men of

AND CIMMERIAN RANTMEDIA

them so at least none of the Rant people would be sucked in. It's like calling someone an infidel. After that, it took on a life of its own. You could call it "Kaizen" (improvement) with a cyberpunk twist.

What is your long-term agenda for the Wogs? How will you mobilize them?

That would be telling. Honestly though, no one mobilizes or leads Wogs; they lead and mobilize themselves.

What things in the world excite you these days?

Technology is pretty hot, and space travel is also hot, but they are kind of the same thing. Also, robotics is pretty dead sexy as well, but again that's technology. What can I say, I'm big on tech.

What things in the world scare you these days?

The only thing that scares me is being helpless, unable to affect my environment. Probably part of the reason that I do Newsreal has something to do with that. Being a horror

writer, I'm cool with wicked clowns and creaky houses for the most part.

When can we expect Patrolling Season 3?

What is the general theme of the season?

Nobody EXPECTS Patrolling. Our main weapons are fear, surprise, ruthless efficiency... and a fanatical devotion to Server.

Tell us about the book you are writing.

It's a big Afternow novel that's set in and around Las Vegas, sometime within the next 75 years.

With Patrolling now airing on certain satellite stations, do you have anything you would want to

say to all the new viewers and Wogs who are just discovering Rant?

Not really, no. I mean, I'm happy that they are there and all, but Patrolling is what it is. It's the same for a million people or just one. I will say I am surprised so many people like it, I only thought a few North-Americans would like it. I mean... it's very humbling.

How do you keep yourself psyched up to work on Rant projects? Do you ever get bored?

Well, Rant projects are my projects. If I'm not psyched, I don't do them. I've always wanted to be a writer, and luckily I have created a world that people like.



Canadian cyberpunk

"Our main weapons are fear, surprise, ruthless efficiency... and a fanatical devotion to Server"

You are always telling people to "cert up".

What fields should one check out?

I would say any field that holds your interest where you can get paid to do them. It's hard to do work you're not interested in; but it's a really good idea to get some kind of a trade that is in demand. Generally I like tech trades; because it's better to work with your head than your hands.

What can people do to level up in the areas of personal development, productivity, time management, people skills, etc?

READ. No lie, almost all of the answers to life's questions can be found in the library.

Why do Wogs in the world seem to be clustered around Canada and Sweden?

I don't think this is true. I get mail from all over the world. But that said, countries have to be online and fairly free, as well as English speaking; so that narrows it down alot.

What are some tips you have for aspiring writers? How does one get good at writing?

You read alot, and write alot. And you write a chunk of words a day. I try to write 2K a day, 5 days a week. Learn to play pen and paper role playing games for story and character development. Stephen King probably wrote the best book on writing called *On Writing*. It's the only book of his I like.

Tell us about Cybudic Philosophy.

What is it?

(Sigh) Cybudic Philosophy is incomplete. It was an idea I was rolling around inside my head and I almost published some really bad

ideas, but luckily a friend stopped me from going in the wrong direction and it remains an incomplete work. What it is, is an introduction to a problem i haven't figured out the solution for... yet.

What are your thoughts on Tim Ferriss?

Don't know the man. Haven't read his stuff.

Tell us about Rantmedia's marketing strategies in general, and social media and Internet marketing in particular.

There is no strategy, we tell the truth, we believe in free open information, and that thought crimes do not exist.

What is your stance on guns?

I like guns. All you have to do in history is look back and you will find it easy to find the slaves from the free people. The slaves don't own weapons.

And now, over to Cimm.

Give us a brief summary of yourself and your activities with Rantmedia over the years.

My name is James O'Brien (aka Cimmerian) and I am the founder and owner of RantMedia. I wear many hats when working on the projects in RantMedia including cinematographer, director, producer, editor, station manager, webmaster and even talk show host.

Rantmedia is a bit over 10 years now.

How did you get started with it?

How has the core values and mission

statements evolved over the years?

When RantMedia was started over ten years ago it was more of an experiment in pirate radio broadcasting. I had always wanted to have a radio station growing up. Before I was a teenager I used to perform fake talk shows with my sister recording them onto cassettes. I also used to slowly scan the AM and FM radio dials at night for distant and weird sounding stations. The radio station idea was renewed in my head when I watched the movie *Pump Up The Volume* for the first time. That idea was unfortunately extinguished after finding out how much money it took to set up even the smallest low powered station. But, at the end of 1998, Nullsoft released Shoutcast and shortly after I had the first RantMedia radio station up and running. Over ten years later, the station is running and I'm still doing talk shows every week.

I feel that the core values of Rant haven't changed over the years. We still provide a platform for new ideas and opportunities for artists to show their talents. If anything we've grown this idea by expanding out from radio into TV, films, books, and magazines as well.

How have you grown as a person during the last 10 years?

I'm sure I've grown in some ways but it's hard to compare myself to ten years ago since any changes would have been so gradual over that time. I'd like to think of myself as more thought out in my writing and speech, which is something that just comes naturally through repetition and being in the public eye.



Where do you see yourself and Rantmedia in 10 years?

I see myself being creative with RantMedia in ten years. I'm always aiming for something that seems out of reach but can easily be achieved through methodical breakdown of large obstacles into smaller ones.

Name 5 persons you would like to hang out with and become friends with.

It's hard to pick specific people but I always seem drawn to energetic creative people.

What things in the world excite you these days?

Technology always excites me, things like small advancements in user interface or the

mix of two seemingly unrelated ideas to combine into something new and revolutionary.

What things in the world scare you these days?

Our continuing loss of control over our culture, freedom and privacy by corporate interests.

Name your biggest influences.

Bill Watterson and Jello Biafra. They are two examples of people who never compromised their artistic integrity for the sole sake of monetary advancement.

What would you do if you had a billion dollars?

I'd be doing the exact same thing, only more of it and better funded.

Tell us about Porn on Beta.

Porn on Beta is a electronic musical project in which I sing vocals. We've released two albums and are working on a third. It has taken a back seat lately to other projects but I've always been musical and can't seem to shake the habit. Just like all the RantMedia projects, Porn on Beta's music is released under a Creative Commons license.

Do you view Rant projects as a business venture, or more of a hobby?

Where would you draw the line between the two?

Rant started as a hobby ten years ago as something that friends would get together and do for fun. Now that we've been doing this for a while, achieving loftier goals with

"We are about taking over the world with giant robots and genetically engineered two headed cats"



more elaborate projects sometimes needs money so it has turned into more of a business in order to support that.

Luckily the projects that we choose are our own so it's never a dull moment and doesn't seem like a chore to work on the things we do.

With Patrolling now airing on certain satellite stations, do you have anything you would want to say to all the new viewers and Wogs who are just discovering Rant?

Our projects usually speak for themselves and what they say for themselves is usually pretty crazy but entertaining.

What is your goal in life, your master plan?

My goal in life to do more of the same, except bigger and better!

**How do you keep yourself psyched up to work on Rant projects?
Do you ever get bored?**

It's never really a boring time working on Rant projects. There's usually half a dozen projects on the go at the same time so we can always dedicate a little more time to another project if one becomes overwhelming. We always try to challenge ourselves with our projects so not only can we keep the quality up but so we can keep ourselves on our toes.

Why do Wogs in the world seem to be clustered around Canada and Sweden?

Well, it might appear that way, but the majority of our fans are distributed quite evenly by percentage of population of Eng-

lish speaking citizens by country. The majority of our fans come from the USA but I can only venture a guess that Canadian

and Swedish fans stick out more because they might appear more vocal?



INTEL REPORT

text AHA

The Scandinavian survivalist underground

This is the first of a series of intel reports that we are going to be doing. We want to disseminate information on current topics that may not have had much exposure in the Anglosphere. Obscure enough to be fresh, yet relevant enough to be interesting. If you have any ideas, send them in to interestingtimesmagazine@gmail.com.

For the first installment, we decided to dig where we stand, and penetrate the Scandinavian survivalist underground. If a movie were made about Scandinavian survivalists, I'm sure it would feature two-headed mutant moose, a colony of flesh-eating bikini team bikers, and it would probably be called *Mad Axe: Beyond Ileadome* or *I Am Lagom** or something like that.

In order to do research we had to reach out to a bunch of crazy misfits and weirdos and register on obscure Internet boards. Strangely enough, we already seemed to have high post counts on these fringe boards and be on a first-name basis with these underground crazies...

* A concept that seems to permeate Swedish culture, meaning "not too much, not too little, just the right amount". Often mocked by those opposed to the ten "Jante laws" which, among other things, state "Don't think you are special". These two concepts represent the worst sides of Scandinavian society to many people.

In what way are you involved in survivalism or related areas, whether directly or indirectly?

I have volunteered for the homeguard which means I will help society if a natural disaster should occur. Sweden is quite politically and socially stable so a natural disaster is more likely to happen. A natural disaster that is not taken care of in time, however, can easily make people desperate. I hope I can be a part of stopping the riots BEFORE they happen.

I am also politically active within the parliamentary system doing my best to stabilize the social order. I am not

an apocalypse romantic hoping for society to collapse. I'd rather keep things the way they are and sit in my warm cozy apartment with food only a short bike ride away.

ARMED HIPPIE, SWEDEN

It's a hobby, and a lifestyle. I hang out at a couple of related Internet forums, mainly Swedish Survivalist (for obvious reasons) and Zombie Squad (for the humor, good info, and great forum moderators that leads to the best info source I've encountered). Survivalism tends to ease the day-to-day problems everyone has, so it's a practical hobby to have. I probably go camping

with my family a bit more than I would if it weren't for survivalism.

LUCRETIUS, SWEDEN

It's part of my lifestyle, my interests go nicely together, and ultimately form the concept "Survivalism" to me. Self-reliance, Weaponry, Martial arts and their ilk all fit into the big picture.

SCOREMAX, SWEDEN

I am writing a blog in Danish (rettentilselforsvar.wordpress.com) where I am mainly discussing the issues of self defense and the right to own and bear arms. Due to media and school misinformation as well as laws that keep almost all people from getting any firearm experience, far most Danes believe that our laws are fair and effective against crime. This overwhelming consensus makes it a hard subject to debate, not so much through the blog, as most commenting readers tend to agree with my position, but in real life you need very good arguments, which forces me to study the subject a lot. The blog also functions as a mean to let off steam when really stupid people (i.e. politicians and NGOs) do or say really stupid things.

RETTENTILSELVFORSVAR, DENMARK

Some projects you are working on,
resources you want to have,
skills you want to learn.

Enclave leadership abilities.

MADHILL, NORWAY

Hunter's exam & pilot's license. Bunker with food production. I want to learn to clean chimneys.

ARTIMIS, SWEDEN

I would like to do some more first aid training. I have no current projects, though I do keep an eye out for interesting and useful books, tools etc when shopping.

TOVERI, FINLAND



Currently building an EDC. I want to live outside of the cities on a somewhat self-supporting farm. Not crazy self-supporting, which is kind of useless (much work, small profit) but so you are less vulnerable to external forces than living in a city.

IDK, NORWAY

I have built a windmill for making 12 volts. Also some minor projects like a home made battery bank with converter to most used formats. Beer brewing is also something that I have been learning to do lately (brewing is perhaps not a skill required for survival but oh my god it helps). When it comes to things I can't do at the present, cooking soap and making a petrol engine work with wood gas are projects I want to try.

TJTMB, NORWAY

I want to make a better BOB, so that's a work in progress. I am also, for some time, working on getting a firearms license, wich isn't all that easy in this country.

ARMED HIPPIE, SWEDEN



One can always have more... of everything. But I would like a bigger network of worthy individuals.

SCOREMAX, SWEDEN

I read a number of books and blogs on various subjects related to survivalism and would say that I have a well-rounded knowledge of the field. I am quite acquainted with firearms, which is a rare thing in Denmark as it is illegal for pretty much everyone besides the army and the police to handle any weapons.

RETTENTILSELVFORSVAR, DENMARK

What are some good ways to survive and thrive in Scandinavia?

Live on a farm for one, have a source of meat and eggs, and a green house. That is what I would call a good way to survive and thrive when thinking about survivalism. Today I do not understand why people depend on processed foods and goods entirely. I do understand it up to a certain point but there are many ways to use what the nature gives you, and there are so many ways to make much better use of what you already have right there in your hands. You just have to realize what you have and what you can do with it.

ANYA, ICELAND

According to me the best way is to move in a small village in south Sweden far from the nearest large city and make yourself helpful. The countryside is quite gun-dense, has fewer socially unstable elements and farming means food even if SHTF. Good place to have friends when SHTF. If you aren't a Christian you might have a problem with some parts of rural south Sweden however :)

ARMED HIPPIE, SWEDEN

Many areas of Scandinavia are sparsely populated, if you are willing to live in the northern parts, then land and farms are relatively cheap. And you can use the long summer days to get large crops. But you need plenty of firewood to keep warm in the winter. In the south the price on small farms is going up, since Europeans to the south are starting to move north. There are plenty of Danish and Germans that buy summer houses or small farms, to retire on, driving the prices up.

SKOGBONDE, SWEDEN

Become self-sufficient and economically independent.

ARTIMIS, SWEDEN

Pros: Low population density. Few serious natural disasters (like earthquakes, drought, tornadoes, etc.).

Cons: Cold weather. Short gardening season. Nanny state mentality among people.

LUCRETIVS, SWEDEN

Getting some sort of retreat out in the Countryside, where you can hone your skills, accumulate resources, test your gear in peace, and of course retreat to if the need arises.

SCOREMAX, SWEDEN

How does the weather affect things in Scandinavia?

Limits the options of growing your own food in the garden to a few months a year and limited number of plants that like the climate. Also heating in the winter

requires lots of energy. On the flip side, you can have very good root cellars for long term food storage.

IDK, NORWAY

Well here in Iceland it does affect many things. The weather is very unreliable, no matter what season it is. You can have a couple of nights in mid summer where everything freezes, so for instance if you are growing potatoes you might lose the potato grass which means that the potatoes won't grow any further.

The daylight is very difficult to handle as well, since from spring till late summer you have 24 hours of sunlight most days, except the cloudy ones of course. When the fall comes around the days grow shorter every day really, until in December you might have 4 hours of daylight. So as you can see it can be difficult to grow anything in that condition, let alone when there is harsh frost and snow. But you can, you need to have a good greenhouse with unlimited access to hot geothermal water and greenhouse lamps. But that is far out of reach for a person like me.

During summer some types of vegetables and fruits depend on the rain of course. That can be a problem. For instance this summer, we had a few nights of frost, and then nearly no rain. Because of that the crops for the farmers were less than everyone hoped for, which can cause much damage. In general I would say that it is difficult to depend on the weather and seasons, so if anyone is growing anything they have to realise that things can easily go bad.

ANYA, ICELAND

It means your BOB will be quite heavy in the winter and that having non-electric heating as back-up is essential. It doesn't change much dramatically, just adds even more hardship to SHTF-situations.

ARMED HIPPIE, SWEDEN

Most people probably (hopefully) do not think we're going to be fighting zombies in our lifetime.

Currently the weather is no large threat. There are some storms, but very seldom really severe. The climate change seems to favour Scandinavia. Longer growing seasons and not as cold winters. The northern bare mountains are slowly getting forested with birch. In the south, oak and beech trees are spontaneously starting to grow in woods that previously only had spruce, pine and birch.

SKOGBONDE, SWEDEN

They get wet when it rains... They get dry when the sun shines on them.

ARTIMIS, SWEDEN

You could count on rain, snow, cold, or a nasty combination of those factors during about 8 months of the year. On the other hand, fresh water is plentiful all year.

SCOREMAX, SWEDEN

What are some issues facing independent-minded Scandinavians right now?

Scandinavian countries have traditionally been some of the most free countries when it comes to the press and speech. However, now it seems people have forgotten why free speech is important and are willing to sell it out for economic gains or because of populist fear-mongering.

TOVERI, FINLAND

FRA, EU-surveillance directive, censorship-issues and gag-orders in UK, Sweden... really EU-wide.

MADHILL, NORWAY

Not going crazy on all the tv-watching simple minded consumers around us.

IDK, NORWAY

We live in a very calm part of the world and I think most survivalists sleep very good at the time. The last big one was the impending pig flu that didn't kill more

people than normal flu. Therefore at least to me EMP from the sun is perhaps the biggest fear that I would prepare for.

TJTM, NORWAY

More complications regarding resources at least here in Iceland. Less access if things continue to develop in this direction. While this economic crisis is hanging over Iceland (since I'm not 100% aware of the actual situation in other countries here in the north even though I do read quite a bit) the problem is that everything costs so much. Even though only individual things have raised just a bit, people seem to forget that everything has raised but wages (for those who actually have wages or can collect full benefits) are still standing at the same level. So the ability to purchase is decreasing fast. So basically the main problem in my eyes (since I'm not in contact with anyone in the same place in life as I am) is that I am fairly new to this certain lifestyle, and it is more than stressful to try to make things work with seriously limited funds.

ANYA, ICELAND

Surveillance. The government has passed several laws making it easier for authorities to eavesdrop on your phonecalls or read your mail. I think this is the start of a trend.



Sadly few of my fellow liberals dared vote against the government line in these matters even if they knew the decisions to be wrong.

ARMED HIPPIE, SWEDEN

I don't see any large issues. Always some minor gripes, but nothing serious. Scandinavia is a prosperous and peaceful part of the world.

SKOGSBONDE, SWEDEN

Unemployment is hitting the country hard making planning for the

future difficult for everyone.

CREIDIKI, FINLAND

Gun laws and other stupid legislations, lots of red tape...

ARTIMIS, SWEDEN

The socialist nanny-state mindset that the government will be able and willing to help us in any situation. This leads to under-preparedness. Scandinavians tend to expect help within days, even when traveling to the other end of the world... and so they expect government help in a couple of hours at home.



What problems do you foresee in Scandinavia in the years ahead?

The financial crisis will make everyone's lives a bit more miserable for years to come. And if the 90's recession is any indicator there's going to be a slight rise in crime and a lot of people will be in serious debt for decades.

From a survivalist viewpoint I'm mostly worried about the increasing vulnerability in society. We are depending on very long supply chains and working infrastructure. Building in redundancy is expensive so when companies are in control of the infrastructure they have very little motivation to prepare for disasters that might never come. That all means that our lives could be disrupted by a small catastrophe to an extent most people don't even realise. We might have the nuclear fallout shelters for the worst case scenario, but how about a solar storm knocking down the electrical grid? Sure it wouldn't kill us and we would survive, but ironically we would be far worse prepared for that than we are for WW3.

TOVERI, FINLAND

Years ahead? 50 years from now there will be no Scandinavia.

MADHILL, NORWAY

A power outage will pretty much disable many city-dwellers, and they're not interested in solving the problems themselves: they sit around moaning and waiting for assistance. This is not good company for "independent-minded" people...

LUCRETIVS, SWEDEN

In my opinion the two more serious issues for the Scandinavians are:

Immigration from Muslim nations. Islam is becoming a serious issue, both in terms of every day safety

on the streets but also in the longer run, as Islam is gaining political power. Some Muslims just wish to live in peace but too many are working very hard on undermining our liberties.

The second danger to our way of life is the political system which is getting more and more authoritarian and interfering with issues that used to be private matters. Further integration into the EU is not making this development any better.

RETTENTILSELVFORSVAR, DENMARK

Competition from China, India and other high population developing countries where the population works hard to improve, while our safe-socialist-entitlement-adult-day-care-societies bitch about working 6 hours a day and lots of other cute stuff.

IDK, NORWAY

Norway lives off the oil but in the end this will stop. What will we do then? Also with the climate change what will happen with for instance the Ocean streams that keep Norway's coast much hotter than for instance Canada?

TJTMB, NORWAY

I'm not ready to answer this question in full honesty. I am

not even sure where Iceland is heading, what will happen, and I'm even less sure what could happen. I'm very confused about everything and my main focus is on getting myself and the people around me out of this somehow, or at least get through.

ANYA, ICELAND

We will probably see growing instability because of the declining economy and at the same time immigration from third-world countries is getting out of hand. I believe we will see riots in all of the nordic countries in 10 years, Sweden already has those in Malmö and Göteborg.

FINNPREPPER, FINLAND

Civil unrest. Not a civil war but increased crime rates as poverty increases and rioting in the streets around the time of the election, especially if the Swedish Democrats (quasi-nationalist conservatives) make it into parliament.

ARMED HIPPIE, SWEDEN

Even though Scandinavia currently seems to be a winner, regarding the climate change, that may change. New species will migrate from the south and may cause problems and become pests.

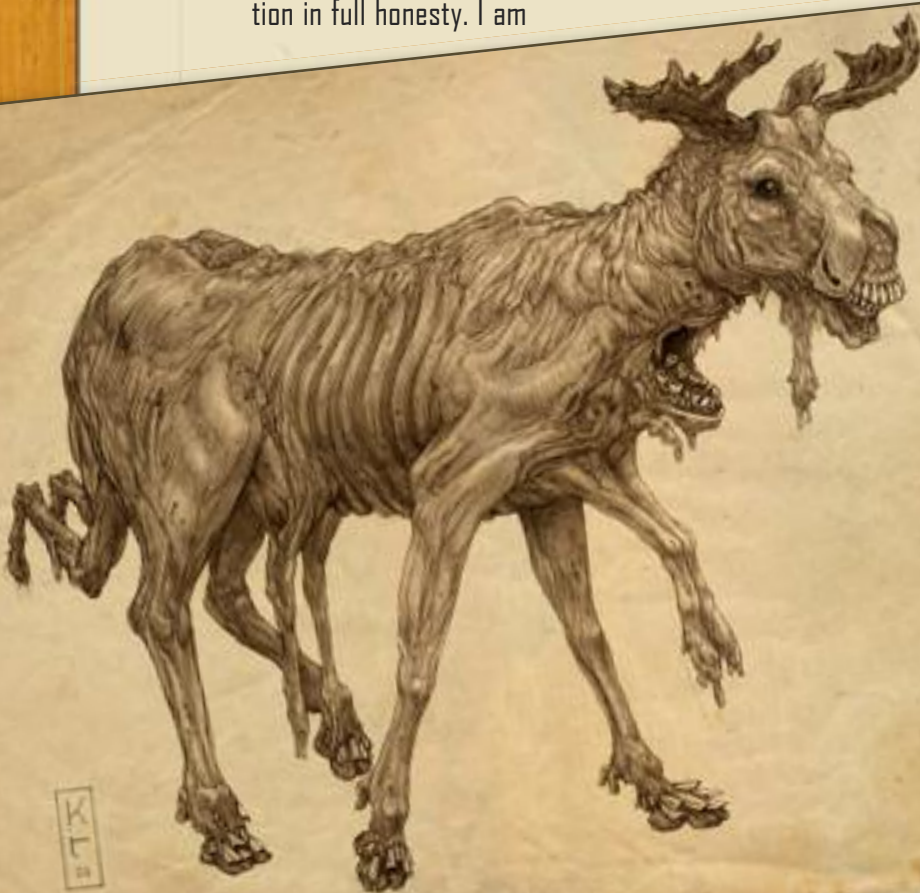
Scandinavia is heavily integrated in the global economies, so anything bad globally will have severe effects for the economies in Scandinavia as well.

If the cost of transportation and fossil fuel should suddenly rise, it would have severe effects on many parts of the Scandinavian economies, like most others.

The large public sectors regarding health, education and care for the older, depends on a high level of taxation. If that tax basis should erode, then the Scandinavian societies would have to face big changes. That tax basis is, like most western economies, heavily dependent on cheap fossil fuel.

I suspect that Scandinavia is a very good place to live, if you are a survivalist, or not.

SKOGSBONDE, SWEDEN



Heavy reliance on fossile fuels for transportation and heating, aging infrastructure, aging population, low rates of self sufficiency in basic food crops. We are well prepared for short shocks, but poorly for extended crisis.

CREIDIKI, FINLAND

More restrictions and surveillance in all corners of the day to day life.

Less personal freedom.

ARTIMIS, SWEDEN

I do not know. But I prepare for the Zombies.... :P

Seriously, I'm troubled by the lack of military defence. My country currently can't deploy one (!) fighter plane over the capital. And the sun is apparently cooler than usual right now, and a serious temporary cooling of the planet would hit us hard, esp. regarding food production.

LUCRETIUS, SWEDEN

To the major part of the population, the increased eavesdropping by authorities, and possible continuous infringement of individual rights. To single individuals, a possible increase in violence/violent-acts against them, (such as robberies).

SCOREMAX, SWEDEN

I see an increasing totalitarian development combined with an increase in Islamic influences. This will either break the little spirit we have left or it will force people to take matters into their own hands.

RETTENTILSELVFORSVAR, DENMARK

What does survivalism mean to you?

It's mostly an attitude. To admit the possibility of unexpected difficulties and prepare to survive even if something fails.

TOVERI, FINLAND

To think about what problems and opportunities the future will most likely bring, that are out of my control, and the reasonable steps I take today to mitigate or exploit coming events.

IDK, NORWAY

Knowing how. This actually counts it up for me. By having the know how and information needed by a man or woman to be ready for anything. I don't think there will be a World War 3. I don't think North Korea will bomb us. But knowing how to survive gives me a higher chance if something happened.

The media makes survivalist sound like doomsday fanatics – this is for me not true. I think that in my lifetime there is a chance that I will need my skills in local happenings, for instance short-time powerloss (1-3 days), flooding or perhaps snow blizzards. But that the world will end and everyone will have to fend for themselves – not so much.

TJTMB, NORWAY

I prefer not to call it survivalism, more like a way of life we country people are born with out of necessity.

FINNPREPPER, FINLAND

Living a life fit for a human. It means not just surviving but staying sane, finding and sticking to your moral values, expressing your inner self in creative ways and helping others as you go along. Survivalism is surviving as man, not as an animal.

ARMED HIPPIE, SWEDEN

Survivalism is about being prepared to handle crises, on our own or together with your neighbours and friends. What differs is what type of crises you prepare for. Some prepare for a short power outage,

I believe we will see riots in all of the nordic countries in 10 years

others for long term unemployment and economic collapse.

SKOGSBONDE, SWEDEN

Adapting to changing situations.

CREIDIKI, FINLAND

To be prepared for both large and small problems that can affect me.

ARTIMIS, SWEDEN

An independent mindset. Disaster preparedness, that also helps you deal with the every-day micro-disasters that happen to us all. Some fun times in the woods.

LUCRETIVS, SWEDEN

To be able to get the upper hand in those rare occasions when things go bad... through preparation.

SCOREMAX, SWEDEN

The basic of survivalism is the will to protect yourself and one's family from danger, and the will to realize that it is in your hands, not the government's.

RETTENTILSELVFORSVAR, DENMARK

Does Scandinavian survivalism differ from American survivalism?

I don't know if we have much of a survivalist culture here. But in many ways we are far more prepared for catastrophe on day-to-day basis here. The government mandates bomb shelters in large buildings, there's nuclear shelters for 80% of the Finnish population. Since military service is mandatory in Finland almost all males over 18 have survival and combat training etc. Also the older

generations still remember war (WWII that is) and the poverty that followed, so they tend to stock up and keep a lot of resources for the "rainy day".

TOVERI, FINLAND

Same thing. Scandinavian survivalists don't know it yet... :)

MADHILL, NORWAY

I don't know much about American survivalists really. They are probably more gun and bunker crazy, but that is just my prejudice.

IDK, NORWAY

Well, I think that american survivalist are more into guns than us. We have a lot of guns in Norway also but we don't have a lot of handguns and it is mostly farmers and hunters that use them. Normal people in the cities don't have guns. Also, I think perhaps the Americans have more fear than us after the 9.11. Terrorism is not a subject that concerns us very much because it happened so far from here. Therefore we don't think terrorists will do anything in Norway. When it comes to Norway we have smaller cities and not many people, so we are more like Canadians then Americans I think.

TJTMB, NORWAY

In many ways, yes. Most people probably (hopefully) do not think we're going to be fighting zombies in our lifetime.

FINNPREPPER, FINLAND

Yes, I think it does. At least Swedes seem more concerned with natural disasters and coping with

50 years from now there will be no Scandinavia.

bad weather and less with man made disasters as compared to Americans.

ARMED HIPPIE, SWEDEN

I don't really know that much about American survivalism, but you can't avoid noticing the fixation on guns. But we have our gun-fixated people here as well, but not to that degree, I think.

SKOGSBONDE, SWEDEN

We don't focus as much on guns.

ARTIMIS, SWEDEN

What is the most common mistake survivalists make?

Many seem to be preparing for war, not for survival. There's a far too big an emphasis on weapons and self-defence. Well, at least from a Scandinavian viewpoint.

TOVERI, FINLAND

Probably to prepare for "sexy" threats first. Eating and training right, saying no to alcohol and tobacco and getting a fire-alarm is probably better for your survival than getting a gun and a BOB, but not nearly as fun.

ARMED HIPPIE, SWEDEN

They prepare for some specific event and when that does not happen (Y2K) they stop caring.

ARTIMIS, SWEDEN

I think there are a lot of people who are mostly occupied with the reading and spend too few resources on the physical preparations, myself included.

Another problem is that there are a number of eccentrics who make survivalists as a group look like crazy conspiracy theorists. Better PR through rational argumentation could make it a lot easier to engage people in conversations on the subject of survivalism.

RETTENTILSELVFORSVAR, DENMARK

Anything else you wish to say?

Buy your headstone now and put it above your bed. This will help you focus on what really matters in your life.

IDK, NORWAY

Stay safe, stay sane!

ARMED HIPPIE, SWEDEN

Hm. *Preparing* means having resources and skill *before* disaster strikes. Not having a vague notion of what you would start to do *after*.

LUCRETIVS, SWEDEN

I have noticed that more people are starting to see the unrest that lies ahead. Even here in Denmark I meet more people who know that something is very wrong. Very few realize how serious the situation really is but just a few years ago the usual reaction to my views on this subject was laughter, today people usually are much more serious when the topic is brought forward.

This is also a tendency I see in other places of Europe and especially in the US, and it is good to see that people are waking up, albeit very slowly.

RETTENTILSELVFORSVAR, DENMARK

Buy your headstone now and put it above your bed. This will help you focus on what really matters in your life.

Resources

Surviving Iceland: www.newsfrettitir.com/alive

Swedish Survivalist: swedishsurvivalist.eggetforum.se

Ingenfare.com

Att leva efter 2012: innandetsker.blogspot.com

Zombie Squad: zombiehunters.org

Retten til selvforsvar: rettentilselforsvar.wordpress.com

JOIN THE for fun, profit and

This article is about something that is always close to heart for me, the military. Everybody is different and there is no way of telling if you're going to like being in the military or not. However there are some things all former soldiers I've ever met seem to agree upon. It is an intense experience unlike anything you're likely to otherwise do in your life and it is not a waste of time no matter what walk of life you choose when you decide to leave the military.

I don't have much in the way of military experience myself. I joined a volunteer program when I was sixteen and did ten months of military service in the Swedish marines after finishing senior high. My time in the military was the best and worst time in my life and something I am proud of. Today when I think back I mostly remember the good stuff. When I was asked to write this article I was instantly interested as I have applied to re-enlist and have been thinking a lot about the subject lately. This article is about why to join. That is because "why" is a much more interesting topic as compared to "why not".

I'll begin with the most obvious: the military is, without the shadow of a doubt, the best place for learning combat skills. This is especially true for infantry units, such as the army and the marines. If you want to learn how to fight, and get paid to do it instead of

paying for it, the military is the right place to be. A well trained group is a lot stronger than eight individuals, that's why you will learn how to work in a group, as well as working together with other groups and specialized teams such as K9-units and

sniper teams (depending on your function within the military of course).

Even if you aren't interested in learning to fight for some weird reason, the military has a lot more to offer. Depending on the country, and your abilities, you can get paid for learning a vast array of skills including: interrogation, investigation, language and working with translations, communication, leadership, explosives, driving, doing mechanical repairs and also there is a chance to get to play with high-tech military equipment.

A lot of the common skills within the military are actually quite exotic outside that environment, learning how to handle explosives is but one of many examples. Outsiders are often not aware of the great variety of jobs the military offers so even if you think of the military as having nothing to offer you, learning more about what the military actually does might be a good idea.

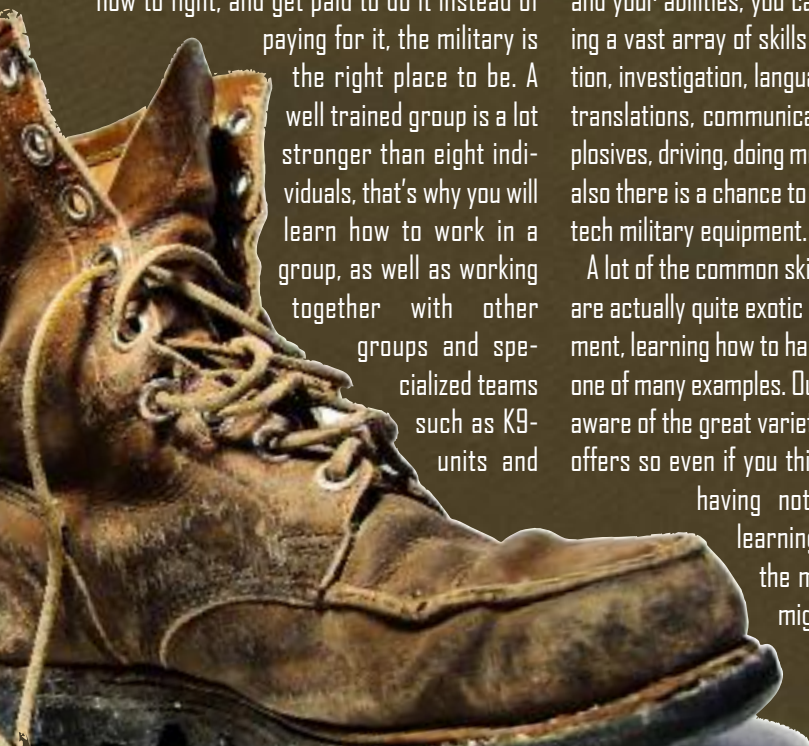
One skill that stands out amongst those you learn in the military is discipline. Some might argue that discipline in the military is dependant of an external source of motivation (the drill sergeant screaming at you) but I think that you do learn important lessons about self discipline in the service. You learn how to stay focused when tired or hungry and, at least if you're in the infantry, how to push through the pain and walk that extra mile, literally.

But almost no matter what position you hold you're likely to develop better knowledge about yourself, your abilities and how you act under pressure. At least for me the military is a place where you develop as a person, both intellectually and otherwise.

Besides learning exotic skills and learning more about yourself, and getting paid while doing so, there are also other good reasons to join the military. One is to be able to help your local community.

Even if you don't believe in serving your country and all that it may still be sensible to join the military to be able to help your local community in case of natural disaster. A natural disaster may put a large strain on society and if not relieved within three days most people will become desperate and the risk of civil strife increases dramatically. "Riots are never more than nine meals away" as the saying goes. Helping your local community in case of a flood or snowstorm might keep matters from getting worse and eventually out of hand.

Often this is the job of the military as they are the only ones with the manpower to get enough done fast enough.



MILITARY

personal development

Should society collapse, as some readers of this article probably believe it might during our lifetime, the military is without a doubt the organization with the best resources to withstand the effects of social breakdown, maybe not as much in countries where the military relies entirely on private companies for supplies, however (unless they start looting, of course). It might seem weird to join the military to stay alive, but under certain circumstances it might be your best bet.

Other benefits for the survivalist include getting paid to get in shape. Now, everybody doesn't like the kind of shape the military gets you in. Different units and different countries focus on different things in military physical training but focus tends to be on endurance and mobility and not being as strong or as thin as possible. Really strong people actually may have a hard time keeping their muscle mass and really slim people often find themselves becoming fatter (the author for example gained 8 kg of weight during his military service). Military training tends to make your physique well rounded rather than helping you reach your peak in one area. This is not a bad thing according to me, but bodybuilders and models be aware!

The military is also a good place for extending your personal network. People join the military for all different kinds of reasons and you will meet a lot of people from social fields you otherwise might be unlikely to encounter, no less befriend. This is becoming increasingly true as the economic crisis is getting

"A lot of the common skills within the military are actually quite exotic outside that environment, learning how to handle explosives is but one of many examples"

worse and joining the military to earn a living is starting to seem as a viable choice even among social groups where it was earlier frowned upon. At least that is what it looks like from where I'm standing. While my expe-

rience has been that the people you serve with will not necessarily become your best friends, they will become some of your most reliable friends, friends to count on for help if you get in a pinch.

This have been but some of the many good reasons why to join the military, especially if you happen to be a survivalist, there are many more but these will have to do for now. There are of course reasons why not to join as there are reasons not to ever do anything remotely dangerous or demanding, but that view of what not to do in life leads to a boring and, I believe, unsatisfying life.

I once heard a Swedish soldier, who had been to Lebanon clearing mines and IEDs two times, being asked if it wasn't dangerous. He replied: "Yes, of course it's dangerous, but so is crossing the street, and that never stops people from doing it every day".



SOCIAL NETWORKS

text CHRIS "LOGANWHO" HADNAGY

A Gift from the gods of the Internet or a social engineer's dream?

What do TJ Maxx, Heartland Payment Systems, 7-11 and the US Secret Service all have in common? What, you can't guess? Then I will tell you.

The answer is Albert Gonzales. Albert was arrested in 2006 for what was believed to be the largest identity theft in US history, stealing over 40 million credit card numbers.

He was somehow released and then became an informant for the US Secret Service where he continued to steal credit cards to the tune of 130 million numbers.

How is it that identity theft, phishing, credit card fraud and the like are so much easier today?

The answer can lie in the story of Lori Drew and MySpace. An over-protective mother creates a fake MySpace page to harass her daughter's rival. This story is all too common and just the tip of the iceberg.

Creating false social media pages is as easy as creating a Yahoo or Gmail

account. Maybe today I want to be a 13 year old girl, tomorrow a successful WWII pilot and the next day an entrepreneur of a Fortune 500 company... all possible online. But you might be asking, "what does all this have to do with social engineering?"

trick or simple fraud, the term typically applies to trickery or deception for the purpose of information gathering, fraud, or computer system access; in most cases the attacker never comes face-to-face with the victim."

WHAT IS SOCIAL ENGINEERING?

The Social Engineering Framework [<http://www.social-engineer.org/framework>] states, "Social Engineering is defined as the process of deceiving people into giving away access or confidential information". Wikipedia defines it as: "is the act of manipulating people into performing actions or divulging confidential information. While similar to a confidence

What do you consider confidential information?

For some it is as little as where in the world they live or their contact info, for others it is pictures of their family... but for all of us it is our ID numbers, social security numbers, birth dates, credit card numbers and the like.

This information is what malicious people can and do use to steal our identities, steal our money and wreak havoc on our banking and credit scores.



A CASE STUDY

Recently we were auditing a company for security reasons (at their request) and we found the technology they ran a tight ship. Their firewalls where hardened and their perimeter was pretty secure, not giving us much room to "hack" in. Out of a whim I decided to see what I could find on the CEO just by using Google and a popular Information Gathering Tool called Maltego (http://www.social-engineer.org/framework/Computer_Based_Social_Engineering_Tools:_Maltego). By just using his email address and doing some simple searches we were able to recover all this data in under 1.5 hours:

Names of all his kids
Pictures of his ex-wife and kids
Names and address of his parents
Names and address of his sister
Where he attended high school
Where he attends church
What restaurants he likes
What food is his favorite
What sport and team he favors
The names and IP addresses of his servers

There was more, but this was enough to launch a very successful social engineering attack. And guess where 99% of this information was located? Social Networks. Facebook, LinkedIn, Twitter, MySpace. Many people feel the protection is that one has to have an account in order to get their personal information. Well, I just happened to be James Jones, owner of the Fortune 500 interested in your products, and with similar likes. That mixed with the way most people automatically approve those requesting access to their social pages and we had lift off.

SO WHAT? IT ISN'T MY CREDIT CARD INFO...

Ok, that is fair. But imagine this... I know that you just took your two sons to a Yankee's game and afterwards hit up the amazing sushi place downtown.

Would you respond to a phone message from the Children's Outing Network? We are offering you free Yankee's tickets and when you sign up for our free newsletter we put you in the running for a \$100 gift card to - you guessed it - Your Favorite Sushi Place.com. Just send me an email to newsletter@IamGonnaOwnYou.com.

Sure enough the email comes in, but what comes back is a maliciously crafted PDF named, Newsletter.pdf sending me a reverse shell to my computer and we owned you. All of this based on information we obtained from social networks. Hitting keywords, hitting favorites makes the victim automatically like you and automatically feel rapport and trust. If you are a snowboarding, tattooed dude then I am a surfing tattooed chick.

Now the scary thought. If we can do all this and think of all this just for a pentest, what are the malicious evil hacker types going to do?

I think the best way to summarize this is to use a quote from an article on Albert Gonzales: "Albert was not a computer genius with unlimited talent. No, instead he just knew where to look and how to uncover the vulnerabilities and weaknesses in common systems." That is what a ma-

licious social engineer will do, use the inherent weaknesses in the social networks to exploit you and gain valuable information.

WHAT CAN YOU DO TO PROTECT YOURSELF?

Be more aware of who is trying to connect to you and why. Do not auto-allow people to obtain your information. Better yet, do not put all your personal all over the web for the world to find. Be selective about what you put out there about people and how much of it you allow. Want to share pics of the kids and wife with your family? Make a secure page that only your close knit group has access to. Educate yourself to the risks and the methods out there. The Internet is a fun place that does make the world a lot smaller,

just be aware of the dangers and educate yourself of the risks. Being armed with this knowledge can definitely lead you to a more secure place.

Maybe today I want to
be a 13 year old girl,
tomorrow a successful
WWII pilot and the next
day an entrepreneur
of a Fortune 500
company...
all possible online.

Chris is on the development team and the lead social engineer for www.social-engineer.org, a website that was developed to house the world's first Social Engineering Framework. It is complete with tools, tips, tricks and how-to's on social engineering.

The endeavor is to educate companies and people to the risks so they can protect against the increasing number of social engineering, phishing and deception attacks being used today.

Sarging in

When I was first asked to give advice to Americans about sarging in Sweden, my thought was "DON'T DO IT!"

Don't sarge in Sweden, I mean, not don't share my 4 years of experience.

Those years saw me living in Stockholm and Gothenburg, sarging scores of super-model quality HBs, the hottest I've ever met, and exploring sexually in ways I never did with English girls.

The reason I thought "don't do it", is because it can become a life sentence. So good are your prospects as an American, Canadian, Australian or Brit that it's entirely possible you could plan to go to Sweden for 2 weeks and stay 10 years. I can personally attest to meeting and working with native English speakers who had travelled to Sweden on vacation, met a SHB, stayed on there for the sake of the relationship and the mind-blowing sexual options, had a kid and found themselves still in Sweden years later.

This is the reason I warn about going to Sweden – you need to know what you are getting

into and you need to be strong. The story of Odysseus in Greek mythology sees the hero tying himself to the mast of his ship as he sails through the valley of the beautiful Sirens who attempt to lure him. Such are the sarging prospects in Sweden that you need to be as strong as Odysseus if you want to win the game on your terms. Many a brave American I met during my time there had sailed to Sweden after hearing the Sirens' call and found himself checkmated into a LTR or marriage when all he'd wanted was some action in the sack. I and the people I met called ourselves "the refugees of love", because we were all western English speakers

living with hot Swedish chicks in what turned out to be a quite an alien environment.

So why am I both warning you of long term entrapment and revealing hints of the sexual paradise that awaits? Simply because so often a choice has to be made between one's short term enjoyment and the sacrifices one makes when living in what remains, still, a rather different culture.

Sweden is cold in winter, the people tend to be reserved and unemotional and it's bloody expensive. On the other hand, they tend to like English-speaking westerners, they are sexually liberated and are carnally open in ways that make your typical western Anglo-phone society seem Victorian and prudish.

Having said all this as a pre-cursor, here are some thoughts on sarging in Sweden.

First, speak English. Let people know you are American or British etc. I learned this the hard way – I speak decent Swedish but I still

Sweden

text STEVIEPUA

sound foreign to the Swedes. They sometimes took me for a Yugoslavian refugee and would not respond to my openers. From their point of view, Americans and Brits simply don't speak Swedish; certainly not as well as I can. Therefore, the Swedes seemed to surmise that because I was white and spoke Swedish with a foreign accent I must be some immigrant type. My attempts to open at the bus stop, on the street and in bars were met with suspicion. Immigrants are not high value people in Sweden, usually. But when I spoke English and let them know early on I am British, the response was so much better. They'd say things like "Oh I love London!", and "Do you know there are more people living in London than in all of Sweden", or "You're English! I love the Beatles". From there it was much easier to build rapport.

In the bedroom I was able to push for new sexual boundaries including getting my LTR to admit she wanted to try sex with another girl. I'd never had that from English girls, ever! I could go into more graphic detail in this area and expound on the new sexual borders I crossed with my LTR but I'll save it and be discreet, at least online.

I laid Swedish girls too on holiday in Copenhagen, Croatia and Turkey. I had them visit me in Spain and England. They were all great times of exploring sexually. The Swedish chicks are so more feminine than the British

or American chicks. Many times I just met a Swedish girl in a one to one situation – they tend to be strong on equality and it's not like some places where girls go out only with other chicks. In Sweden I was able to meet girls in restaurants and bars when they were on their own. Also, I was able to meet chicks

Such are the sarging prospects in Sweden that you need to be as strong as Odysseus if you want to win the game on your terms.

through fore-play parties. When I was first invited to one, I almost shot my load. They turn out, though, to be parties for drinking before the night out proper happens. Be warned, the drinks are damned expensive in Sweden so it's quite common to go to a pre-party in someone's house to save money. Then you have the night out, followed sometimes, by after-play. In both the fore-play and after-play parties I was able to build attraction and close the deal.

Although individual equality, especially for women's rights, is emphasized a lot in Sweden, the group is incredibly important. Not

rocking the boat and fitting in is an important concept. There is the concept of "lagom", which means average or just enough; not too much and not too little. The Swedes like lagom, and if you disrupt it by challenging the established Swedish way of doing things, you can pay a price of being alienated by the group. This is important when gaming because you need to pay special attention to winning over the group if the chick is in a set. Having the group accept you and see you as cool is especially important in Sweden and it is a double edged sword in the sense that if you do succeed in winning the group to you then that group conformity works for you and not against you. In addition, the men tend to be quite shy and the women more the bosses.

In my experience, the younger Swedish chicks like a bad boy foreigner when they are younger – they like the fun, excitement and the novelty. But when they are slightly older and it comes to long term relationships and having kids, they often settle with a boring, dependable Sven (a Swedish man). Not always, but damn often enough for me and the other guys I used to sarge with to notice it and comment on it in agreement.

There is a ton more I could say about Sweden, especially about the psychology of the people when it comes to sarging, but I'll leave it there for now and perhaps I can do a Q and A session as a follow up.

Life lessons from

Robert A. Heinlein, "the dean of science fiction writers", was born in 1907 and died roughly 20 years ago. The young Bible belt boy joined the navy and got married a couple of times in his twenties but he left the military after 5 years due to illness. He started writing science fiction short stories in 1939 and later he started writing longer novels. His characters are often intelligent and independent adventurers who might sometimes laugh in the face of danger but if it can at all be done they much rather search for earthly (and mostly horizontal) pleasures. In most of his works his philosophy shines through and even if a lot of the stuff he writes makes me consider him an old, fairly dirty and very weird man, he's also a big inspiration.

I felt a strong need to write something about this since I feel that it's just that important, but on the other hand I'm very lazy. I can't be bothered to explain too much stuff since I'm busy watching zombie movies and figuring out how much booze my body can take without turning green. Thus, I'll simply let the man speak for himself by giving you my ten favorite quotes from his books.

"I will accept the rules that you feel necessary to your freedom. I am free, no matter what rules surround me. If I find them tolerable, I tolerate them; if I find them too obnoxious, I break them. I am free because I know that I alone am morally responsible for everything I do."

The Moon Is a Harsh Mistress (1966)

I feel that this might be at least part of the foundation the rest of the stuff I'll quote later builds upon. You are responsible, it's your choice, no one can take your moral responsibility away. What's right is right and what's wrong is wrong and no matter what the Bible, the local legal system or your mother says it's up to you to do what you feel is right. Oh yeah, not that I think Heinlein felt like me about the last part but everything gets better if you play *Breaking the Law* in the background.

"It may be better to be a live jackal than a dead lion, but it is better still to be a live lion. And usually easier."

The Notebooks of Lazarus Long (1978)

I'll just take this as: "Be a man". Sure, it's not the easiest thing and in the end you might die or lose or whatever the crap you're afraid of, but at least you'll get the girl. Or, failing that, your self-respect will be intact.

"Widows are far better than brides. They don't tell, they won't yell, they don't swell, they rarely smell, and they're grateful as hell."

To Sail Beyond the Sunset (1987)

I have no idea how he knew this, and to be quite honest I've never been able to try the theory (and not for lack of trying!) but it still sounds like a good piece of advice to bring along on the trip that is your life.

"Your enemy is never a villain in his own eyes. Keep this in mind; it may offer a way to make him your friend. If not, you can kill him without hate - and quickly."

The Notebooks of Lazarus Long (1978)



Robert A Heinlein

text DUSTY

Everyone is always working for some goal. Most people are always selfish in one way or another, and the others we lock up in mental institutions. However, very few actually consider themselves a villain. Except that guy in Doctor Horrible's sing a long blog. Sometimes you can find a way to work together to achieve a common goal and sometimes you can't, but it's very often correct not to let feelings get in the way of achieving something.



"Never appeal to a man's 'better nature.' He may not have one. Invoking his self-interest gives you more leverage."

More of the same stuff. I've always hated it and instinctively looked for the nearest object suitable to hit someone in the head with whenever someone told me that they did something for "my own good". I have my goals, you have yours. Let me worry about mine and if you want to help me, don't do so by going against my wishes.



**I'm busy watching
zombie movies and
figuring out how
much booze my body
can take without
turning green**

"Love is the condition in which the happiness of another person is essential to your own."
Stranger in a Strange Land (1961)

I like this definition. A lot. He also states that *"Jealousy is a disease, love is a healthy condition. The immature mind often confuses one for the other, or assumes the greater the love, the greater the jealousy. In fact they are almost incompatible; both at once produce unbearable turmoil"*. This makes sense to me much more than sit-coms and bad lyrics in worse songs you can hear on the radio.



"Sin lies only in hurting other people unnecessarily. All other 'sins' are just invented nonsense."

Another fairly basic principle which I can agree with very easily. Do what you want, but don't hurt people if it can at all be helped. For me, this is just a simplified and better version of the Golden Rule. And, you know, the easier the better.



"Man is not a rational animal, he is a rationalizing animal"

Assignment in Eternity (1953)

This is really good to remember. People do all kinds of random shit because it feels right or because they didn't feel like thinking enough before acting, which makes them fairly unpredictable. But if you ask them later you can be sure that most people will have some kind of explanation for their stupid shit, and that



Heinlein approved: power armor.

they might even believe in it themselves.

"Democracy can't work. Mathematicians, peasants, and animals, that's all there is — so democracy, a theory based on the assumption that mathematicians and peasants are equal, can never work. Wisdom is not additive; its maximum is that of the wisest man in a given group."

Glory Road (1963)

Not that I can say that there's a better way to pick our leaders than through a free election, but something is really weird in democracy. If in fact is so that we get the leaders we deserve, the average voter is by my best guess fairly stupid. I don't believe in a dictatorship either, but just because most alternatives are bad it doesn't necessarily mean that democracy is good.

review **body by eats**

by leigh peelee

Release: October 21, 2009
Pages: 124 (e-book)

text AHA

Wzup Leigh?!!

Leigh Peele is an interesting dudette from the glorious State of North Carolina. She's an autodidact fat loss expert with a sexy voice who's built a reputation for herself on teh Internetz and IRL as a no-bullshit personal trainer and nutritional advisor. She co-hosts a most excellent fitness podcast aptly named The Fitcast. I really like her work ethic and inquisitive spirit: while she spends lots of time hitting the science journals, she's also out in the field doing her own experiments and making observations. She's a smart cookie, that one.

The book can be summarized thusly: embrace food and move more.

Orthorexia Nervosa is one of the newer eating disorders, and one that has been popping up more and more frequently lately. It's the pathological desire to only eat "pure" and "clean" foods, eschewing the bad guy du jour, whether that's carbs, saturated fats, protein, non-organic veggies, sodium, or whatever. Leigh's message is basically to chill the fuck out. Food is food (except Twinkies).

She goes into a lot of studies and asks some interesting questions. Is organic really better? Are we all gonna turn into mutants from all the pesticides, artificial sweeteners and xeno-estrogens? Should we chuck the table salt? She gives us a crash-course in reading studies, showing us how to properly find and interpret scientific data lest we have

to rely on sensationalist headlines proclaiming "teh horror!!! X causes imminent Y!!!!" whenever some study comes out saying that X *might* cause Y under conditions Z.

Her pollanesque* ethos of embracing food also entails connecting with it on a deeper level. We need to become our own personal chefs and practice mindful eating, not just go around ramming plastic-fantastic cheezburgers down our gullets with no real rhyme or reason.

Instead of asking ourselves what food can do *to* us, we need to ask what it can do *for* us. And while doing so, learn how to enjoy a wider variety of food and re-program our taste buds to enjoy healthy foods.

Now, on to movement.

Leigh Peele is the Queen of NEAT, which means Non-Exercise Activity Thermogenesis. She knows more about this subject than anyone else I know of.

I view research as a spectrum. On one end we have formal double-blind studies done by scrawny eggheads. Here we get statistical certainty (within the parameters of the study) but usually not a high degree of usefulness on our personal level. On the other end we have anecdotal gym data: some jacked dude told you he did this and that and he grew like a Supermutant. Here we have the potential for true usefulness, but it's hard to apply the results: we have to account for all kinds of variables, we have no statistical degree of certainty, and we have no control group. The truly interesting results lie somewhere in the middle, where whitecoat science meets gym science. Maybe this is where mad scientists thrive? Anyhow, our Leigh is a pioneer in this area.

In the book she chronicles the experiments she did utilizing a calorimetric doo-dad called a BodyBugg and a bunch of willing subjects. This gadget measures caloric expenditure using various heuristics such as skin temperature and number of steps taken. It doesn't deliver a perfectly accurate metric, but it's good enough for experiments.



Some of her findings:

- After high-intensity exercise, people are less likely to move for the rest of the day.
- The calories spent while cooking are surprisingly high.
- When people are aware of NEAT, they burn more calories.
- When people move more, they eat less.
- You've heard about paleo eating, how about paleo "grocery-shopping"? She sent a bunch of guys & gals out in the wilderness to get some food. The caloric expenditure, unexpectedly, was huge.
- People overestimate their BMR (Base Metabolic Rate). It doesn't matter if you're a huge guy, if you just sit around and read Slashdot you're not burning that much. But get up and move around and you will burn a lot.

Some other neat (hah!) odds & ends:

- An innovative activity quiz to give a better estimate of daily NEAT levels than the traditional Benedict-Harris method.
- A very interesting quiz to determine your meal type personality, to gauge your ideal meal frequency and portion sizes.
- The importance of weighing your food, not just estimating cup sizes and such. (Never estimate cup size, always measure!) She has some videos on this topic on Youtube, showing you the huge error variance when you're just winging it.
- A quick exposé on the history of food and the struggle of farmers vs gatherers. There are more in-depth books on this, but it's an interesting splash of personality.
- Make your kitchen your home base in the war against body fat.
- A quick cooking course.
- A shitload of recipes, for all kinds of diets, with beautiful food-porn to whet your appetite. I srsly need to try the "I can have bacon

BODY BY EATS



and cheese chicken sandwich". Gotta love a woman who knows how to cook and can make you chuckle at the same time!

– "Calories count" is always numero uno, but other things are important too. It's hard to pigeonhole Leigh: while she's mostly in the portion-control camp, she's not a die-hard anti-taubesian**.

– The book comes with an audiobook version, read by Leigh herself in her sultry drawl. This is something other authors should take note of. A lot of people, including myself, assimilate data way better through this vector. I just don't have time to sit around and read e-books, but I do have a lot of spaces in the day where can I listen to some audio.

– Basic but sound info on nutrition theory

and how to lose or gain weight.

– Her basic philosophy on fat loss is that we should go to war on our fat and get down to a maintenance level once and for all. Then we need to learn proper eating habits that can sustain us for life.

– If you want to eat according to a certain food niche like veganism or whatever, that's totally fine but really know WHY you are doing it.

– Exercise is good, constant movement is better. Turn your life into a workout.

Should you buy this book? I don't know that I would. But that's mainly due to my personal pet peeves. There's nothing wrong with the content — it's awesome — but the thing is that I just don't like e-books. I like to have a shelf full of esoteric books on topics varied and sundry as a testament to my huge intellect. Of course, there's another aspect which I haven't mentioned yet, which is access to Leigh's online support network/forum and consultation services, which is going to be done on a subscription basis. On an entrepreneurial level, I find this to be quite ingenious; fitness professionals could really innovate with this concept of adding a dynamic service to a static product.

One thing's for sure, we should all keep our eyes on Leigh and watch what she does in the future. I bet it will be interesting. Personally, I hope she starts doing greasy exercise videos or something. Mmm... Leigh Peele doing snatches and jerks wearing only a Confederate flag and a jar of natural peanut butter...

I'll be in my bunk.

* *In defense of food* by Michael Pollan

** *Good calories, bad calories*, by Gary Taubes

we need to become our
own personal chefs and
practice mindful eating,
not just go around
ramming plastic-fantastic
cheezburgers down our
gullets with no real
rhyme or reason.

review

The Body Fat

text AHA

Release: January 8, 2009
Pages: 336

Tom Venuto is an interesting dude. He's a lifelong natural (aka no roidz) bodybuilder who's managed to attain a pretty impressive physique nonetheless.

Judging from the multitudes of self-help quotes and musings that he's peppered the book with, he's also a pretty wise and high-level char. I bet he has mad XP.

The book starts out with a simple question: what is the real cause of obesity? Tom Venuto says there is no one singular cause (ie teh carbzzzz!!!!!!). He rails against the one-dimensional diet books that proclaim to have The One Truth. Rather, the reality is that unwanted body fat is caused by a whole bundle of intertwined issues. Some examples: not having proper information, nutritional dogma, looking for quick fixes, not taking responsibility, and not having the proper support environment.

The unifying factor here is that most of these require a holistic approach which addresses the psychological side of things rather than the low-level mechanics of what to eat and such. Yet most diet books don't manage to accomplish this at all. The

value of this book is that it ties together the basic curriculum know-how of the bodybuilding world and integrates it with equally basic self-help techniques that have been around for a long while. It's the combination of the two that is interesting.

Now, the fact that Tom Venuto is a bodybuilder and teaches bodybuilding methodology does not mean that this book is for bodybuilders: it just so happens that (drug-free) bodybuilding — which basically boils down to weight training, high-protein diets, training for aesthetics, and clear goal-setting — is a very effective methodology for the Average Joe who wants to look good nekkid. This sounds like a trivial point to make, but is it? Why then is the established dogma that the way to lose weight is to torture yourself with endless cardio while eating like a rabbit? If you want to be skinny, miserable and have fucked joints, get a book on marathon running or something.

If you want to be skinny, miserable and have fucked joints, get a book on marathon running or something.

good habits, how to gauge progress, how to troubleshoot things, how to keep motivated, etc. Tom Venuto's achievement lays in transferring this *praxis* of bodybuilding to the Average Joe, who lacks battle-tested theoretical/experiential knowledge and who

hasn't mastered the art of turning fleeting wishes of dieselness into solid unbreakable motivation. The lack of *praxis* is what turns people to fad diets, scammy fat burning pills, greasy vibrator machines, and other get-ripped-fast schemes. It's the sexy allure of neophilia, looking for magic novelty solutions instead of grinding on the fundamentals.

In my opinion, this book provides steps 2 and 3 of the classic expertise ladder:

- 1. Unconscious incompetence:** clueless Average Joe doesn't know a protein from a pectoral.
- 2. Conscious incompetence:** Average Joe reads books and realizes his cluelessness.
- 3. Conscious competence:** Average Joe does the right things but they are not internalized, full congruence with behaviors and beliefs has not been achieved.
- 4. Unconscious competence:** everything has been internalized and lifestyle.

Some good take-home points from the books:

- * How to tell the difference between physical and emotional hunger, and how to manage their symptoms.
- * The A.W.A.R.E. formula — become Aware of emotional eating, Watch out for triggers, Arrest the behaviors, Replace behaviors, Establish new beliefs.
- * Belief power vs willpower — willpower wears out, why you must build a solid foundation of beliefs/attitudes.
- * The importance of building habits.
- * The 5 principles: goalsetting and mental reprogramming + easy calorie management

Solution

by Tom Venuto

techniques + cardio + weight training + social support.

* The importance of planning & logistics – from managing holiday gluttony to planning out your kitchen supplies.

* The power of social support and accountability aids.

I bought this book because I heard it was going to contain a bunch of diet psychology

stuff. This has been a major interest of mine (since it's not a very well-explored area) for a while, so naturally I was stoked. I kind of expected some kind of major new exotic rocket sciency techniques.

The book really doesn't contain that though, it's mostly quite standard self-help techniques. Then again, what's vanilla to me is life-changing to the guy who has never really delved into, say, goal-setting, affirmations,

visualization, the Reticular Activation System, self-limiting beliefs, Pareto's Principle, etc.

So, to conclude: the people who should NOT buy this book are the guys who already have an advanced level of knowledge about training & nutrition and who already have stacks and stacks of self-help books.

For everyone else, it's an essential buy.



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