

## **The 30 Year Body**

Think 30 Years Ahead

The 30 Year Body

My interesting funny idea:

*Think 30 years ahead*

Podcast

---

So, how is this manifested?

First, I think at least 30 years ahead; for example, Seneca is currently 3 1/2 years old, my mom is 70, I am 36; so 130 years, Seneca will be 33, I will be 66, my mom will be 100. Hopefully 30 years Seneca will have his own kid.

The reason I like 30 years that it cuts through a lot of nonsense, and the truth is... If you want to build anything really great, it takes a long time. You cannot build Rome overnight.

Even Jeff Bezos his insanely genius concept; he's been building up Amazon since the 90s, he had at least a 30 year plus vision.

### **Why 30 years?**

So in terms of working out weight lifting etc.; Michael is to have a six pack even at the age of 66!

Then what that means is you could take your time. You can miss the work out here and there, enjoy a few off days and bad days because in the midst of a 30 year horizon, you can lift more strategically, more intelligently.

Also, a lot of these folks who take steroids and whatever... They are seeking success right now, or maybe in the 5 to 10 year span. But once you're Ronnie Coleman, and essentially a cripple, none of it is worth it.

Even a good thing about Arnold, he was able to get out of the game had a good time, so he did not become a cripple. I have a theory about Arnold Schwarzenegger, he probably knew that steroids and bodybuilding was not sustainable, so he got out of the game at his peak, knowing that taking steroids long-term was probably not a good idea.

People talk about the good old golden days of bodybuilding... But everyone was on steroids! Even then.

The reason why this matters is because I even hear stories of young guys, in their 20s, we have taken so many steroids that they are no longer able to beget children? The ultimate tragedy. It is almost like involuntary sterilization; even Nietzsche said that in the future, **the most cruel thing one could do is force a certain population not to procreate.**

*Thou shalt not procreate! - The ultimate evil edict.*

---

## Investing

Everyone wants to make the quick gains, buy the loser Lamborghini whatever. Yet the real intelligence strategy is to think about building an empire for your kids kids kids.

*"Generational wealth that's the key, I started with shit so that shift started with me" -- JAY Z*

This is where I think it is critical for any serious thinker philosopher entrepreneur innovator to have kids. Having kids, a wife, being married actually makes you a better investor because you no longer think for yourself, do you think for your family unit, the family business.

Even Aristotle when he talks about economics (oecanomia)-- essentially economics literally means management of household affairs; how you manage your slaves, your home finances labor accounting etc. Also funny thing back in the day... **the slaves were the accountants.**

Ultimately I'm a realist and a pragmatic person. I'm not interested in any sort of abstruse Macro economic theories; I'm interested in the now, the practical the day. Simple questions like how do I make money how do I retain how do I grow my capital, what is money etc.

I also suppose what makes my approach unique is that I did not study economics in school, I studied sociology and later on self teaching myself philosophy, and currently self teaching myself economics through the Austrian economists like Karl Menger, and also practical economic thoughts from NASSIM TALEB (Antifragile), in my own personal crypto and bitcoin ideas, and also economic theories from Michael Saylor, the patron saint of bitcoin.

## **Creating a legacy**

A legacy just means to build to me that will outlast you.

An ancient Greek, kleos (forever glory, forever fame). The general idea is through a road act or deed, your name and your fame would last forever, kind of like King Leonidas and his valiant 300; we will remember them forever.

I think the superficial thing that people try to do is they try to force a legacy by buying it; plus through your name on a urinal in the university of Southern California USC, urinal in the business school (true story) or putting your name on some sort of business school building.

To me this is superficial at best; better to earn your name your legacy your KLEOS and immortal fame and glory through your heroic and valiant acts!

For example, we will forever remember Steve Jobs, Elon Musk, and the like, we will forget Bill Gates, who only cares for money, and his physique that kills boners (Elon Musk tweet). I think also... For better or worse Donald Trump will be remembered, as well as Elon Musk, Jay-Z etc.

Also Michael Saylor.

### **Can you force a legacy?**

No. Just like trying to force kid to eat vegetables.

I think maybe thinking about the 30 year body is an interesting idea because you essentially ideally want your physique your health in 30 years to be supreme! A thought and a theory;

*Is it possible to have a **superior** physique at the age of 66, compared to the age of 36?*

Certainly I'm going to have more wrinkles in my face and whatever at the age of 66, but I actually wonder... Is it possible that I could train today and eat enough meat today, and get my testosterone up that in 30 years, I will actually be higher than now?

I mean even at the age of 36, I'm 1 trillion times stronger and more handsome and I have a superior body and testosterone than I did when I was 26, and also compared to when I was 16.

20 years, I am superior at the age of 36 then I was at the age of 16... In terms of my muscles my body everything.

Certainly at the age of 120, I'm probably not gonna be as good as I am today, but with enough foresight, I could start strategizing today!

---

30 years or nothing!

ERIC