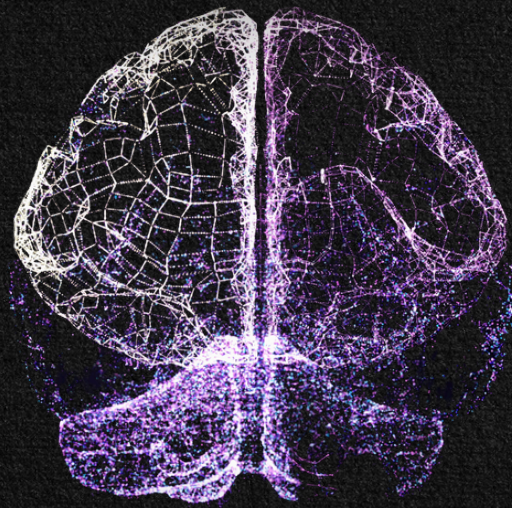


# THE **NEOCORTEX** PLAYBOOK



*5 Mental Frameworks for Men to Create  
their Desired Reality*

Authored by Ace  
Founder of The Neocortex



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*Here's the five most powerful principles in changing your reality - from the depths of the mind to the external world.*

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## Final Words & Next Steps



# The Dopamine Control System

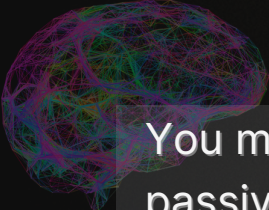
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## Diagnosis

**Most men are slaves to cheap dopamine.** Social media, porn, junk food, and mindless entertainment. Their brain is wired for instant gratification, leaving them weak, undisciplined, and unable to focus.

## Prescription



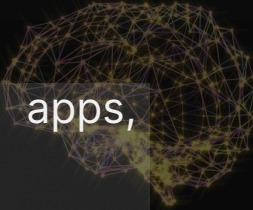
You must **rewire your dopamine system** by switching from passive dopamine sources (entertainment, scrolling, junk food) to **active dopamine sources** (achievement, progress, delayed gratification).

## Execution

**Eliminate dopamine hijackers** by deleting addictive apps, block triggers and stop low-value media consumption.

**Create dopamine reward loops based on achievement** by setting goals that challenge you daily.

**Use delayed gratification techniques** such as fasting, minimalism and abstinence from pleasure until a goal is achieved.





# Masculine Energy & Testosterone Optimisation

## Diagnosis

Modern society **suppresses masculinity and destroys testosterone** levels through poor nutrition, lack of competition, and passive lifestyles.

## Prescription

You must **actively enhance your testosterone** and competitive instinct through training, lifestyle choices, and strategic aggression.

## Execution

**Lift heavy & train explosively** using strength training & sprinting to optimize hormonal output.



Prioritise **high-quality sleep** to surge testosterone production and growth hormone levels.



Adopt a **testosterone-boosting nutritional regimen** including eggs, red meat and healthy fats.



Engage in **high-stakes competition** such as sales, sports, fighting and strategic business moves.





# Reality Engineering & The Observer Effect

## Understand the Past

Most men are passive spectators in their own lives, reacting to the world instead of actively shaping it - **a meaningless existence.**



## Control the Present

Quantum physics has unveiled the **Observer Effect**: the act of observation influences reality i.e. **intentional focus shapes outcomes.**



## Create your Future

**Define your reality vision:** Write a clear & vivid description of the future you want.

**Reprogram your subconscious:** Visualize this reality daily as if it already exists.

**Control your inputs:** Cut out negativity & feed your brain with high-quality knowledge.

**Act in alignment with your vision:** Make daily moves as if your future self already exists.





# The Financial Sovereignty Blueprint





## Time No Longer Equals Money

Exchanging time for money is an industrial age concept. As we enter the Digital Revolution, our understanding must adapt.

## Reclaim Your Financial Sovereignty

Men must be free of financial dependence on a company, a government or an industry - if they truly seek to be sovereign.

## How to Win in the Digital Economy

-  Develop a **future-proof high-income skill** such as AI consulting, Sales or Digital Marketing.
-  **Create a strong personal brand with an online presence**, positioning yourself as an expert in a particular digital space.
-  **Monetise your personal brand through authentic content.** Deploy AI to skyrocket your speed, precision and accuracy.
-  **Invest in growing industries to generate additional cash flow** e.g. cryptocurrencies, stock markets and digital assets.

*Money is simply a means to an end. Working towards your ultimate purpose will resolve your financial troubles.*



# The Neocortex System

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## You Have No Free Will

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*Your attention is the currency of the digital age. Trillions are invested to prevent you from thinking independently. Your decisions are not your own. They're engineered for ulterior motives, namely, multinational corporation profit.*

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## How to Find Your Ultimate Purpose

*Here's **The Neocortex System** based on **ancient wisdom** and **modern science** to unlock your maximum potential.*

**Eliminate every mind-altering sensory input:** social media, music, junk food for 30 days.

**Wake up before sunrise** everyday for 30 days. **Exercise** outdoors and then **journal**.

**Define your ultimate life goal:** clearly describe your goal in as much detail as possible.

**Schedule your time** towards the fulfilment of that goal. Plan your time down to the hour, 30 days in advance.

**Track progress** daily, weekly and monthly using **objective measures**. Review and refine your strategy each interval.



