



# THE G-CODE

Ty Mac

THE SECRET CODE OF THE  
STREETS REVEALED VOL.1

The  -Code  
The Secret Code of the Streets Revealed

Dedicated To My Family, C.B., K.M, and Robert Durgan Jr

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## **Introduction**

In this life we are given a very limited amount of time. We can spend it wondering about in the dark and stumbling over all the road blocks that are bound to stand in our way or we can do something about them. That is where the Laws of the G-Code come into play.

### **What This Book Isn't**

I want to start off by letting you know what this book isn't. It isn't a way to show how to become a hustler or a criminal. It isn't going to tell you how to get over on people, sell drugs, lie, cheat, or steal. Those are subjects that will only lead you down a path of pain and disaster.

If you are the type of person that gets off on fucking over others, then don't buy this book. It isn't going to do you any good. If that's the case, you will meet your end in a very unhappy way. You can only profit off of the pain and suffering of others only for so long before it comes back to bite you in the ass.

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### **Why This Book is Important**

The purpose of this first volume in the series is to give you what I feel are the some of the most important rules that street cats like my father and uncles and many of the men I grew up looking up to followed and handed down to me and others like me. The code of the streets governed men. And they were put in place to stop heat from coming down and to stop squares from getting into the game. I believe that the code of the streets can provide valuable insight on the way the world is really ran. It gives you a different perspective than the one mainstream society would have you follow. The job of the popular culture is to turn you into a zombie, just a work horse pulling that apple cart with your eyes trained on that carrot on the string in front of your nose. This carrot is a vague idea of retirement in a far off future that odds are you won't live to see.

When I say “game” it means “life”. The sporting life that men of a time long passed would aspire to live. If you were a man that worked for yourself, to have a regular 9 to 5 was cool, but it wasn't your only option to succeed. A very smart man said that you'll never get rich by working for someone else. The only way to achieve your goals is to provide a service to others and to find ways to make their lives better.

## **What You Will Learn**

- How to figure out what type of man you are
- The best way to deal with sudden challenges
- How to spot dream killers
- Why it's ok to feel upset or hurt sometimes and how to use it to your advantage
- How to peep game
- The best way to deal with the women in your life
- The signs that people are being dishonest with you

Do you want to be an artist, football player or open your own barber shop? The laws of the G-Code will aid you with that. Some laws are mental and others physical and a few are even spiritual in nature. You have to combine all three to be a complete person. To have one or two will only get you so far in the long run.

I'm not a Scientist or a Doctor. I don't hold degrees from any major institution. So you might be wondering why you should listen to anything I have to say. It's very simple. I have lived these rules and have learned the hard way the consequences when you don't follow them.



Life is a great teacher and wisdom is a very valuable thing. You can't teach someone to have wisdom. Wisdom only comes from experience mixed with self-reflection and patience. Although I'm a big believer that you can learn from others experiences and use the lessons of their lives to help guide you and stop you from making a lot of the mistakes they have already made.

### **How People Used to Learn the G-Code**

*"My turn came to go in. I got up from the log bench in the hall outside his office and walked in. My knees were having a boxing match as I stood before him." Iceberg Slim*

It is a well-known fact that some of the most intelligent people to ever live were what society would call, "criminals". Back in the day when a young delinquent would go to prison, he would call it "getting his education". If he was a pimp, he would usually meet older pimps serving time. They would "pull his coat". Which basically means, they would teach him the unwritten rules of the pimping game and how to improve his game in the process. The American prison system was in many ways the real school of hard knocks. Your entry fee was getting caught by the man and put into the system that would always keep tabs on you. Your professors

would be loan sharks, bank robbers, conmen, pimps, drug dealers, and thieves. The classroom was held in the yard. You would eat in the mess hall, and do your reading and homework in your cell. It is my hope that you take away knowledge that will enrich your life and the lives of those around you.

*"Respect the game and the game will respect you".*  
Fillmore Slim.

I will also be throwing in a section at the end of every chapter called; "Peeping Game". This will be a little extra knowledge that will help out your mind up to what's really going on around you. I left enough room for you to add notes and write your experience's while making the g-code part of your everyday life.



CODE

**1**

DECIDE WHAT KIND OF MAN YOU WANT TO BE

*"Know Thy Self" Delphic Maxim*

Decide what kind of man you want to be. This is a crucial step in the game. That's why other books usually start with this step. The journey of a 1000 steps starts with making the first one. This is that first step.

Do you want to be a doctor, lawyer, marine, or a business owner? Or do you want to sit at home on the couch and play video games and watch the world and the life you really want pass you by? If you choose the latter, then stop right here and put down this book. The information that is contained within these pages isn't for you. It takes little to no effort to be a loser. To just let the world wash right over you. How could any real man be able to look at himself in the mirror if he were to do nothing with his life?

I believe it isn't your destiny to live a life full of quiet desperation. That isn't what a man was put on this earth for. You were born with a pair of balls and a body full of blood that is laced with testosterone. Get off your ass and thrive to be something great. Greatness is a strange thing that many people aspire to be, but most will never achieve.

## **Why Some Men Never Become Great**

Why is that? Is it for lack of desire? Or is it because society has turned the very idea of a man into some cry baby momma's boy that is scared to take risks and go for what it is that he really wants?

In the streets you have a lot of people out there lost. You see them stand on the corners in groups waiting. They are waiting on dreams that will never be materialized. They are just taking up space that could be used for better means by creative people that are willing to see if they have what it takes to make it. It is also dangerous to everyone that is involved. A person with no direction is going to make the strip hot. And that will lead to them being caught out there and placed in jail, prison, or in the dirt, six feet deep.

### **It is Your Choice, no one else's**

You have to decide who you want to be, and I'm not talking about what your parents want you to be. Not what your girlfriend wants you to be. Not what the world tells you to be because of the randomness of your birth. We don't get to choose the life we are born into, but we do get to choose what to make of it.

## **How to Figure out who you really are**

How do I find out what kind of man I want to be? That is going to take a little time, but it doesn't have to be a hard process.

Start with what you are really interested in. Do you enjoy making people laugh? Are you quick with a joke or have a funny way of seeing a situation? Then maybe you should look into being a Standup Comedian. Find a couple of open mic's around your city and dive right in. Do you have a wild imagination? How about becoming a writer? You can go to writing classes offered at your local community college or join writing groups on Facebook and/or Craigslist. These are great places to meet people that are like you with varying degrees of knowledge and ability. The best part is that it is free. It will cost you nothing but time and effort. If you aren't willing to put the time, effort and hard work into learning your craft, then you will never be anything but a sad person saying "what if?"

### **Wasted Talent**

*“Saddest thing in life is wasted talent”* – Lorenzo

I have grown up watching many talented friends waste it. One of my old best friends was great at basketball. He had a real gift. We would travel from park to park challenging people on the court to a game of two on two. As soon as the ball was in his hand he would stop at nothing to put it in the hoop. He was a fierce competitor that wouldn't back down for or from anyone. I've seen him take on guys twice his size and make them lose their minds. He was quick and had a jump shot that would have easily taken him to the NBA, but he couldn't decide if he wanted to be on the court or in the streets. He chose the street life over the court life and ended up behind bars for years at a time and time is one thing he could never get back. On the other hand I went to high school with a guy I couldn't stand. He was great at every damn thing. But what stood out to me more than anything else was he knew what and who he was. He would always be studying and working hard when I would be taking it easy and thinking that I had all the time in the world to complete assignments.

At the end of the year he would always be at the top in our class and I would be somewhere in the middle with the rest of the unmotivated bunch. He ended up going to a great historic black

university in the south and then on to a top rated grad school. I talked with his brother and he told me that from early on their parents asked them who did they want to be and he would always say that he wanted to be a college graduate and to be a man that would make his family proud and get a great job and travel the world. To this day I see the pictures he posts on Facebook from the trips he has taken around the world and the honors he has been awarded from his company. He lives a life that many of us could only dream of and he is able to do this because he decided what kind of man he wanted to be and stuck to it.

At the end of the day you are going to have to live with the life choices you've made. Do you want to go to bed hating your life? I don't think so. That is why you paid your hard earned money to get this book and I truly believe that you are much more than you give yourself credit for. If you want to be a doctor, race car driver or deep sea fisherman then you have to make the choice to be that and start doing the things it takes to accomplish it.



## **Peeping Game Tip #1**

Study the life and career of someone doing what you want to do.

Learn everything you can about them and apply the same steps they took to achieve the results they have.



CODE

2

## BUILD A SOUND MIND AND BODY

*“Run!”* Ghostface Killah

## **You're caught in the Matrix and don't even realize it**

I cannot stress how important it is for a man to have a healthy mind and body. Some people watch television all damn day and they can tell you everything some “reality star” said about her cheating husband but don't know shit about what's going on in the real world. Media's main job is to keep you dumb and slow. Our lives revolve around meaningless drama. I believe that modern television programming is the opium of the people. An opium den was an establishment where opium was sold and smoked. Opium dens were prevalent in many parts of the world in the 19th century, most notably China, Southeast Asia, North America and France.

*“They want you to stay asleep, keeping you plugged into the matrix. This book is your red pill. “Welcome to the land of the real”*

- Morpheus.

I love the movie “The Matrix”. In that movie it is all about waking up from the world that you think you've known and seeing what is really going on around you. You have to think of yourself as the main character Neo. I am your Morpheus. I'm trying to hip you to

what is going on around you. All the poison they add to the food that you eat is designed to keep you in a fog. It makes you dumb. If you try to read the back of the bag of chips you have been eating since you were a little kid you would need a medical degree to understand that shit. All of those chemicals have had a long term effect on your health and wellbeing. Imagine that.

You trust that because it is on the shelf at the super market that the government has done all the safety checks for you. They wouldn't let you eat something that could potentially harm you. Shit, you better think again homie. Those big name food companies pay people that are called "Lobbyists" to go to the law makers and ask them to look the other way on health bills or to stop the passage of regulations that will make them change up or pull the products that make them millions of dollars off the shelf.

Take the simple act of going to the store and buying an apple to have for a snack. You think that it can't get any healthier than an apple. Well, you couldn't be more wrong homie. Check this out: have you ever noticed how long an apple can sit at your crib and not go rotten? It lasts for weeks in the heat of the room and there is no mold on it. That is because of the preservatives that they process

the apple in. This helps the super market to store apples in warehouses for sometimes up to a year before they make it to the sales floor.

Take a few hours of your free time that you would usually be spending on “Facebook” and “Google” to look up how fruits and vegetables are processed. The information is out there but with so many distractions out there it is easy to not give it any thought. If your mind isn't running at full speed, then how will you know when you are in a dangerous situation or being played like a chump? They will see you coming from a mile away and make off with your paper before you realize what just happened.

In the streets you never know when your spot is going to get blown up, vice squad is roaming around in the black suburban, ready to jump out on you. Are you going to be able to make a quick getaway or get caught up in the task force Tuesday sweeps? How are you going to get away when you are 30, 40, 50 pounds overweight? It's going to add to the precious seconds of fence hopping time. You are going to need to make a speedy get away.

### **How to get started**

You might be asking yourself, how should I start then?

1. The first thing you need to do is monitor what you are taking into your mind and body for a week. 7 days of keeping an actual list of all the television shows you watch, games you play and internet sites you visit. This includes those you access through your smart phone.
2. Track the foods you eat and drinks you drink. This is important because we can easily forget something we ate right after we ate it. Our minds are so focused on other things that we can easily go through a bag of chips without realizing it.

At the end of this week I want you find a quiet place to review what you have written down. I bet you didn't realize how much bullshit you've been consuming. Chips, soda, fast-food, snacks, Facebook, Instagram, porn site...etc. All of these things are keeping you fucked up in the game. They waste your valuable time. Time you could be using to travel, meet new people, gain cultural experience and get money instead of just spending it.

Now that you know what you are taking into your body, it's time for you to start making changes.

3. Cut that shit in half and replace it with healthier choices.

Replace chips with trail mix, the hour you usually spend on “Facebook” can be replaced with an hour of reading about a subject you have always wanted to know more about.

4. Put down the call of duty and get in your car and explore the world outside of your city.

The more you replace all that harmful shit with healthy alternatives; you will find you're able to think with more clarity and improved concentration. The odds of you getting caught out there sleeping with your feet up will decrease.

## **Peeping game tip #2**

There have been more people going to the hospital for new forms of cancer and other disorders within the last 100 years than at any other time in history. And with the rising cost of health care, most people in the inner city are not going to the doctor to get their annual checkup. This results in seeing grandma sick all of the time with high blood pressure and your cuz Robby with some type of mental illness that is an open secret in the family. Black folks have always had a health fear of the American health care system and did for good reason. The Tuskegee experiments and people being used as science experiments as slave's lead to many of the tools that are used today in the medical profession.

You must free your mind. It is one of the best things you can do for yourself and for your family. The saying goes, "If you want to hide something from black people, put it in a book." and it's sad to say that this shit is true. We make fun of the dude in the neighborhood that is always doing his homework and going to class on a regular basis, trying to make something better of himself. We need to stop



that, and you need to understand that just because you are getting paper out in the street doesn't mean you have to be a dummy. The OGs back in the day were some of the smartest Kats you would have ever meet. They could go into any social or academic situation and hold their own.



CODE

3

KEEP WHERE YOU REST YOUR HEAD AT IN ORDER

*“Cleanness is next to godliness”*

Disorder will keep your game out of order. This is especially true when the place you call home is a mess. You would think this type of shit goes without saying, but I've been over plenty of people's homes and their places were poorly kept. "Excuse the mess" isn't good enough. The way you treat your home speaks volumes about the way you approach your life.

### **Keep your home clean**

A lot of you reading this have grown up in homes where your mother was always working and didn't have time to come home and clean up after a long day at work. This job usually went to the kids to take care of after they came home from school and if you're anything like me: you said that as soon as you got your own place you wouldn't clean anything up. I have to laugh at myself while I'm typing this because I thought I knew it all back in the day and my mom was just being hard on me and trying to leave me with all of HER work to do around the house. "Doesn't she realize that I have more important stuff to do?" I would say under my breath while taking the trash out. I had to go outside and play with my friends or

eat some snacks while I laid on the couch and watched cartoons. I didn't feel like taking out the vacuum and doing the whole house. It seemed like a monumental job for me back then. Paying the bills to keep a roof over our heads was a more important job.

These days I still hate vacuuming but, I do it because I understand why it's important now. The thing I hated more than everything else was washing the dishes. The whole process of scraping all of the old food off the plates and putting my hands into the nasty water that had food chunks floating around in the sink. I had to figure out a way to make the job more enjoyable/less painful for me. So I asked my mom if she could get me a pair of the heavy yellow gloves to wear while I washed. She made fun of me, but hooked me up anyway. From then on I would put the radio on and slip on my heavy duty yellow glove and got to work.

Would you like a potential love interest or client come over and see your dishes piled up in the sink, trash overflowing out of the trash can, or a poorly kept bathroom?

Clean your place up. Make sure to keep one day during the week open so you can take time to clean your home. Things like washing dishes and taking out the trash should be taken care of daily.

Guys, you know that the first thing we wanted to do when we got our first spot was to invite the ladies over. The freedom of having a female over the crib without having to sneak her in or ask moms for permission was like heaven. However, you have to realize that most women don't want to fuck with a guy that doesn't keep his home in order. It's just a huge turn off for them. They start to question why they should even deal with you. If you treat your home this way, how are you going to treat her? Even if you are just looking to smash for one night, the state of your home is going to leave a lasting impression on the female. You never know who she knows, but you can be damn sure she is going to run back and tell her home girls how nasty your place was. This can fuck you up in the game later on down the road. On the other hand, if she comes over your place and it is neat and well kept, she is going to get real damn comfortable and those panties are going to come right off. Make sure to also have a pleasant scent for your home, something easy on the senses. Don't just spray cologne all over the place right before a

date. That is a clear sign that you don't have your home in order and you are trying to hide something, possibly your lack of cleanliness.

Women have a better sense of smell than men. It's somewhere in the area of 5-7 times better. Your guy friends might not notice the bad smell of your place, so ask your mom or sisters. I bet you they will wrinkle up their noses and tell you to do a better job cleaning up.

### **Other places that need your attention**

Once you've gotten a handle on the places around your house, you should move on to the outside of your house. Keep your grass cut and watered. I know this can be a pain in the ass for those of you with a house, but it needs to be done. In a lot of cities they will give you a citation for not keeping your place up to the standards of the neighborhood.

Be sure to make repairs to your home as soon as you see there is a need. I can't tell you how much time and money I wasted because I didn't act soon enough when a small problem with my place would crop up. This law is applied and holds true for issues with your whip (car) as well. If you have a bald tire, get it replaced quickly. It's

better to just go ahead and take the hit to the wallet, than to have a flat and be stuck on the side of the freeway waiting on a tow truck to come. That just isn't a good look at all.

You have to keep your ride clean and well maintained. In the streets your car says a lot about you and where you are in life. If you are riding around on the bus in a place where most people have cars, that tells people that you don't have your paper right. If you are riding around in an older car, that isn't a bad thing. You have a way to get to where you need to go. But the fact that your car is older shouldn't give you the idea that you don't have to keep it washed. Clean out the inside of the car too. Get under the seats and in-between the seats. Wipe down the dashboard and gage pods. Throw away all the junk that you have hanging around in there. Shit like old food bags and gum wrappers. Also, you are going to want to get rid of old compact discs and get your ride setup with an aux port to hook your smart phone or iPod up to. This will save you a lot of space and keep all your music in one place.

### **Peeping Game Tip #3**

When you have company over your home or in your car, make sure to remove anything you don't want other people seeing. People are nosy, even the people you trust the most will go all through your bathroom cabinets and in your glove compartment box.





CODE

4

## CONTROL YOUR EMOTIONS

*“Every day we have plenty of opportunities to get angry, stressed or offended. But what you’re doing when you indulge these negative emotions is giving something outside yourself power over your happiness. You can choose to not let little things upset you.”*

Joel Osteen

Do you wear your heart on your sleeve? Have a short fuse? Cry at the drop of a hat? Get scared when someone steps to you in an aggressive manner? If you answer yes to any of these questions, then homie you have problems keeping your emotions in check.

This is a dangerous problem to have. It can lead to all kinds of problems. I had a buddy that would be ready to fight at even the slightest provocation. It didn't matter where we were. If someone came at him in the wrong way, there was going to be a fight. One day he ran across someone that he couldn't beat. That ass whipping is still being talked about till this day.

I've had friends go to jail over women they gave their hearts to and found out she was fucking other guys around the neighborhood. While he was rotting away in somebody's jail cell, she was free to cum and go as she wished. Without him being there to freak out on her, she really started doing some serious homie hopping.

The people that can control their emotions usually end up on top of the game. It doesn't matter if it's in the board room or the back room. A man has to master himself. It is the simplest way an opponent of yours will try to get on over on you. While you think

you are acting out of some righteous justice, the audience is shaking their heads at how bad you are looking.

History is full of examples of great men being taking down a few pegs because they let lust get the best of them, or they were so hungry for power, they fucked over the people that got them in a position of power in the first place.

We are living in a time that is very dangerous for the young black man to lose control of his emotions. There are whole websites and Facebook pages they make major money off of black people beating each other up on camera. I won't name one of the major website's that I've heard pays up to \$500 a submission of fight videos that mention their name in it.

In the old days if you have beef with someone you two would meet up and handle it with words or with your hands and kept it pushing. No one was allowed to reach for their phones and record what was going on. Most people don't realize that it is a crime to be involved in a street fight. Most of the homies have records already and don't think for one second that the police aren't on Facebook watching these videos and building cases on the people in the videos. Do your

homework. They have all kinds of little known laws that will get you locked up for a few summers.

**Here are the top 5 situations where it is important to keep your emotions in check**

1. You and your significant other get into an argument.
2. During any interaction with law enforcement of any type.
3. Anything someone posts or says about you on social media.
4. At your place of employment.
5. In traffic or while shopping in public areas.

**You and your significant other get into an argument**

Look, we have all been there. Your girl is upset with you and is trying to take you out behind the wood shed. While she is calling you everything underneath the sun, you start to feel your temper rise. You think to yourself that if this was someone out in the street getting at me like this I would knock them the fuck out. And to be real about the situation, it wouldn't take much to pop her real quick and end the constant stream of bad word flying in your direction. Stop right there and pause for a second. Whatever you do, don't put

your hands on her. I don't care if she tells you that she sucked your best friend's dick in your bed while the dog watched. You have to understand that in this type of situation the law is going to be on her side. So, the best thing you can do is take a quick step back and leave the situation as quick as possible. Don't yell, don't hit her, and don't threaten her in any way shape or fashion. Saying that you are going to fuck her up or cause bodily harm to her or anyone else involved in the drama can lead to you being locked up for making terrorist threats. Leave the area and take a walk and blow that steam off. After you calm down, you will be able to think clearly about what just went down and then decide how you would like to proceed from there on.

### **During any interaction with law enforcement of any type**

This one should be simple to figure out, but I'm going to say it anyway. You can't win a fight with the cops. They will always have the upper hand out in the street. That is their playground and they will decide how the games are played. The best thing you can do is keep your cool and give them your identification and if applicable, your insurance and registration papers when they request them.

Don't get smart with them or aggressive with them in any way. They will use it as a green light to make your life a living hell. If the officer writes you a ticket, just sign for it and go about your business. You are better off taking your fight to court. There you will have more options on how you want to handle it.

As the years go by, they are coming up with more and more laws that give the cops more power/authority to fuck with you. There is even a push to make speaking to women on public streets a form of harassment. That's right, you can get arrested for saying "hi" to a women. So be careful.

### **Anything someone posts or says about you on social media**

We are now living in the era of the internet thug. This guy is also called a troll. They post memes all day and hate on everything you do. They will be in groups and have slick shit to say about a picture of you in Las Vegas, or buying your first home. They live to piss you off because their own lives are sad. They get enjoyment and a sense of fulfillment by making your cyber life online a hellish experience. The thing you have to remember is, this is just the internet. It is all

wrestling. None of it is real. People's lives really aren't that great. The proof is right there in the fact they have to post about the smallest parts of their day. People living awesome lives don't have time to sit on the computer or their smart phone and post 20 pictures of their new lip stick or Jordan's. The best thing you can do is laugh at them and keep doing you.

### **At your place of employment**

Some of the best advice I ever got was that I'm not at work to make friends, I'm at work to get paid. It's that cut and dry. You aren't there to be buddy's with your coworkers. Work is where we spend the most amount of our day and we start to get comfortable there. You have to remember that, no matter who you are, you are replaceable. There was a person you replaced and there are a gang of people waiting to take your spot. The job is always looking for ways to save money and a big cost of doing business is employee overhead. They are always looking for ways to get rid of you for a cheaper version of you. The best way they can do this is by creating situations that will cause even the most even tempered person to lose their shit. This is especially true for jobs that are dealing with

the public. People are crazier than cat shit and twice as nutty. You might want to yell and tell off the asshole that is talking down to you when you are just trying to help them out. But don't. An old boss of mine told me to think of it has a game. Or treat the customer like you would a little baby. You wouldn't get mad at a baby when they did something wrong or inappropriate. You would just smile and shake your head and go about your day. It is very hard for black men and women to keep their cool at work because we are constantly being tested. We have to put up with nonsense from everyone. And as soon as you go off, they then shake their heads and say, why are you so upset? You have anger issues girl. The best thing you can do is keep your cool and save your anger for after work, where you should have a positive outlet for it. I have a drink and do some writing. On very stressful days I take my motorcycle out for a couple of hours. Find something to help with your stress. Keep a smile on your face even if it is faker then a three dollar bill.

### **In traffic or while shopping in public areas**

Road rage is a real thing. And it can lead to people getting killed. Anyone that is from or has lived in Southern California will agree



with me on that statement. Most people have to commute to work for hours at a time 5-6 days a week usually while it is hot as hell. It is very easy to lose your cool and go off on the person that cut you off. Don't do it. You don't know if the guy in the car that cut you off just killed his wife or robbed a store or is down to his last straw. And you blowing your horn at him or giving him the finger is all the excuse he needs to take his anger out on you. When you are in traffic and get so mad that you want to get physical with someone take a moment and get control on your breathing and think of happy thoughts or put on music that usually gets you in a good mood. I know it sounds silly, but it works. Plus, it's better to sing a little silly song, then to be on the side of the freeway fighting for your life.

Remember that no one is able to control their emotions all the time. Even the most peaceful people throughout time have admitted to wanting to cause some serious harm to those that they were struggling against. But violence is never the answer. Find positive ways to deal with the negative emotions that you are going to have to feel day in and day out in this crazy world.

### **Peeping Game Tip #4**

Watch who you share your true thoughts and feelings with. The person you can friend use what they know against you for their own benefit.



CODE

5

IF YOU'LL ACCEPT ANYTHING THAT'S JUST WHAT  
YOU'LL END UP WITH

*“You have competition every day because you set such high standards for yourself that you have to go out every day and live up to that.”* Michael Jordan

In the street when you are running a hustlers life style you have to set standards for yourself. People will come at you with all kinds of money making shames the kind that promise little work but huge payoffs. These get rich quick schemes are never as simple as they seem to be. Usually some broke dick plot to do a smash and grab on a local store or something.

You will end up catching a charge or worse yet, be out of your money. Keeping your hustler's sense always on high will help you to see that shit for what it really is. Game peeps game always. That is an unbreakable law of the streets.

### **Understand the rules and codes of conduct**

You have to understand the rules of the game you're playing. In business school they teach you S.W.O.T analysis. This stands for Strengths, Weaknesses, Opportunities, and Threats. It's usually the first thing that people who are really about their business look at before entering into any venture. After that they might look into being a first or second mover or finding out if the ocean is red or blue.

Once you figure out the rules of the game and how it's played you'll then know what is acceptable. That doesn't mean you won't lose your shirt, but life is about taking risks. Those that make calculated risks usually win big in the long run, and are typically around for a long time, not just some dummy with a lottery mentality.

It isn't the money that you should watch when taking this law into consideration. It can be applied to almost every aspect of your life. You have to know what you want, then figure out how to get it. You don't want to just be the victim of circumstances. Do you want to be the pawn in someone else's chess game? Or do you want to be the one making the major moves and collecting the dough? Give me the paper. Y'all can keep the fame and the pats on the back.

Guys, don't just accept anything your women tells you. Ladies are the best liars in the world. They will make the C.I.A look like kids trying to play a game of telephone. You have to always have your eyes and ears open. She might love you but she will test you to make sure she is making the right move by being with you. There are other guys always in her ear trying to hit it or get her to move over to their program. It will start with little shit. She won't answer your

text messages in a timely way. She will go days without hitting you up. She will stop sucking your dick or giving you the type of sex you were getting before. She will try to pick fights with you and the list goes on. The best thing you can do is set a standard that you won't break. A pimp once said that "You'll finish just like you start." Keep that in mind.

When you are at work it is important to know all the rules and codes of conduct. They are your life line when shit starts to get funky. Have you ever been working at a job and there was this one employee that would get away with all kinds of bullshit that you thought would get a normal person fired? They would get write up after write up but never get that pink slip or final check, until they decided to terminate their own employment. This is because they knew how to work the system and used it to their advantage. Take a lesson out of their book and learn every word in that employee handbook that you signed all those months/years ago. Know that you are always being watched and listen to. Keep a good working knowledge of your job description, because some companies will try to add shit on to your plate that you didn't sign up for. They will call it being a team player. Fuck that shit. You do the job that you get

paid to do. Nothing more, nothing less. If your job is to work the cash register, then that is exactly what you do. If they come to you one day and ask you to help paint the store or transport items from the company's other location to your store, don't do that shit. It isn't in your job description. It is your place to try and save them money. Play this smart. If it's something small, then do it, but anything big needs to come along with a raise in pay.

At the end of the day you will have to make hard decisions about where you want your life to go. It can be as simple as you taking your kids out to the park to play this weekend, but they have been leaving their school work until late or not doing their chores when you ask them to. Or you can be trying to figure out if you are going to leave your job because they don't want to pay you what you think you are worth. You might be trying to decide if you're are going to go back to school to get some new job skills to make yourself more marketable in a very fast pace and ever changing economy. It is also a good idea to never accept things at face value. Always look underneath the surface and get down to the bare bones of it. You will have to do more work, but it will save you pain, time and money in the long run.

I have lived a life that sometimes seemed like the wind was blowing me from shore to shore with no real insight on the way things played out and didn't go the way I wanted them to. It wasn't until I started setting a core set of standards and principles for myself, that's when things started to improve for me.

### **Peeping Game Tip#5**

Always be aware that your company, rivals, and even your love ones are keeping tabs on you. They are building a case to use at their convenience.





CODE

6

## ADAPTION OVER STRAVATION

*“If you’re trying to achieve, there will be roadblocks. I’ve had them; everybody has had them. But obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.”* Michael Jordan

In the streets a player has to be flexible. To remain rigid could mean life or death. The best thing to do is adapt to whatever comes at you.

If stuck up kids cause the block to get hot, have another hustle that is more legit and will keep a steady stream of paper flowing to your pockets.

The best people that are able to adapt to changes in trends and not fall prey to the whims of a fickle public are usually musicians that have been in the business for over 20 years. A few examples are; Madonna, Jay-Z, Sean “P. Diddy” Combs. These people just reinvented themselves time and time again. They don’t get locked down by the culture that propelled them into stardom.

I know a few of you Kats are reading this and saying to yourself, what the fuck you are talking about? What can an old ass white lady teach me about anything? A lot actually. Madonna has been able to outlast countless performers that came out the same time she did. Also she is still able to kick the ass of a lot of the new young talent today. Her secret is that she stays coming up with a new gimmick. At one time she was America’s bad girl. She was just singing and

having fun. She loved to drink and party. Next thing you know she was all about being a sexual revolutionary. She came out with a book where she was naked. She was all out there and proud of it. She dated bad boys like Sean Penn and Dennis Rodman. Then she had a child and became the chastened motherly figure. All wholesome and shit. The public and her fans ate that shit up. When that shit got real old, she started trying to be an actress. Anyone remember a little movie called Dick Tracy? I wish I couldn't. Then she made her way into kabbalah. So religion based on Jewish mysticism. Every time this happened, her album sells had a little breath of life back into them. She stayed culturally relevant. Hate her or love her, but she knows how to play the game and keep adapting to the marketplace that has chewed up and spit out many before and after her.

Here is a real life example that has happened to all of us at one time or another: You lose your job. It usually comes as a shock. The company is downsizing. Moving jobs overseas, getting rid of departments that it thinks is obsolete. After you got over the initial shock and feeling of loss, what did you do? I bet you picked yourself up and back to work of looking for a new job. After a while I'm

willing to bet that you came to the realization that your old job sucked and wasn't where you wanted to stay in the first place. Losing it was just the push you needed to go back to school or go after that job in another industry.

In this modern world the idea of having a stable long term employment is becoming a thing of the past. Our mothers and fathers might have worked at a single job for 20-30 years and retired with full benefits and a nice gold watch. But that isn't the reality of today. The average person is going to have about 10 jobs over their adult life time. Most of these jobs will pay shit and be at a low level in the company. You will always be living check to check and a few missed meals away from starvation. The best thing you can do for your self is follow a couple of simple steps next time a situation calls for you to adapt to it.

- Take a couple minutes, hours, days to go through all the emotions that are going to come along with the obstacles you are now faced with.
- Try to look at the situation as a golden opportunity to prove you can overcome it.
- Start making a plan for how you are going to come out of it.
- Set a time frame for the goals that you have come up with.

- Take a couple of minutes, hours, days to go through all the emotions that are going to come along with the obstacles you are now faced with.

You are human and it is totally natural to go through feelings of pain and loss. We are taught early on as little boys that it is not ok for guys to cry or to feel hurt. This is dumb. It is this kind of thinking that leads to men of today being emotionally retarded. It is actually healthy to experience things like sorrow and loss. Those emotions exist for a reason. Your body and mind need to expel them so it can replenish and go back to the best of surviving in this harsh world.

**Try to look at the situation as a golden opportunity to prove you can overcome it.**

Sometimes in life we won't do anything until we have to. A drunk won't seek the help they need until they get pulled over or cause the death of someone because of their drinking. We need a little or more often than not, a big push in the right direction. Think of it as life giving you a call to action. Will you answer the call or stay home and cry like a little bitch?

**Start making a plan for how you are going to come out of it.**

Now, that you have gotten over the emotional blow of the situation now it's time to make a plan to come out of it better than you went in. Start by writing down a list of goals big and small, short term and long term.

Set a time frame for the goals that you have come up with.

Next you are going to want to give yourself a reasonable amount of time to accomplish these goals. Be realistic. The easiest way to fail at this is to try and do too much too soon.

Finally you have to realize that life is an ongoing process full of ups and downs. You have to rise to the occasion and defeat every challenge that gets in your way.

**Peeping Game Tip #6**

Always have an exit plan worked out. If you are going to a new place and you feel you might be exposed to any dangerous elements; take a map with you and have multiple ways to get in and out of the area.





CODE

7

## STAY DOWN UNTIL YOU COME UP

*“I’ve missed more than 9000 shots in my career. I’ve lost almost 300 games. 26 times, I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.”*Michael Jordan



Think for a second on what you just read. The greatest basketball player in history failed all the time. But he didn't stop or give up. He failed forward and that is what drove him to greatness. If Michael can do it, then you better believe you can do it and maybe even do it better than him.

When you first start out everything is clicking and your game is running at 100%. Everything you touch seems to turn to gold. That's because of the law of the beginner. Fortune wants you in the game. So she lures you in with a few easy wins and a taste of the good life. Then one day that shit comes to an abrupt and complete stop. Money dries up and the females that were on your tip aren't checking for you anymore.

It's easy to fall off and let depression fuck your mind up. Remember this is just temporary. All winners lose a few. That is life. The real tough Kats understand this and prepare for it. Bad shit doesn't last forever.

When everything is going wrong in our lives it is easy to fall into the mindset that this is the life that you are always going to have to lead. The job you want isn't going to give you the opportunity to get

an interview. Only if you could get past the application process you can show that you will bring much needed value to the company. The boss always seems to overlook you for a promotion. They tell you things like wait your turn or be patient. Your time will come and you try but can't see the light that is at the end of the tunnel. The thing is, you don't know why fate has decided it isn't your time to get that promotion. How could you know that, that position is next on the chopping block? Maybe the boss that you think is a jerk is really looking out for you. You need to stay down and keep doing the best work you can do. It doesn't matter if people keep coming and going. You focus on your duties and say the hell with whatever else is going on at the office. We need get the whole story on a situation. My mother used to say "The truth comes in three forms: the truth as you know it, the truth as they know it and the truth that actually has taken place."

When I was in the 9<sup>th</sup> grade I was just starting a new high school and didn't have any friends. One day in gym the head coach of the boys' basketball program came to me and said "Are you a hooper?" I replied "yes" and he told me to come and try out for the team in the winter. To be honest I didn't play much basketball up until that

point. At least not in a serious way. My family were baseball players and my father said he wasn't wasting his time teaching me how to play a game that I shouldn't be playing. He wanted me to play baseball. "That's your sport son." So I said I would teach myself how to play. For the next couple of months I would practice every chance I got. Many times I would be in trouble for coming home after dark covered in sweat. My dad would just shake his head and look the other way. The time finally came for try outs and I was cut in the first round. I was devastated and heartbroken. I had thoughts of giving my life over to computer crime or something else that was ridiculous. That night I cried like a little baby in my room. I stayed in my room because I didn't want to hear my father saying I told you so.

Once I got back to school, I had English class with most of the players that made the freshmen team. They said that I did a good job for only having a couple of months of practice. They had been playing with each other since they could walk and talk. It was no wonder they made the team and the team only had so many spots. This actually helped me a lot. I made up my mind that I would keep on practicing and getting better. Soon I would be so good that I

would make the summer league team a few months later, and I did. I spent countless hours alone after school shooting that ball at the hoop. I would run around the track for hours until my sides hurt and I would actually puke. I went on to play varsity in my senior year. I didn't let the heartache of being cut the first time I ever tried out for the team stop me from accomplishing my goal. I stayed down until I came up. I was able to use the same lesson many other times in my life.

It is a rare thing for someone to succeed the first time they try something great. There is always the risk of them continuously losing in a big way, but the only way you can really lose is, if you never try to win in the first place. You have to go out there and pour every ounce of effort into the things you are trying to make happen in your life. Things are going to suck before they get better. This is just life weeding out the people that aren't really worthy of the victory of the gods. You have to be strong and prove to good fortune that you are the one that they have been waiting for. The one that has what it takes.

## **Peeping Game Tip #8**

It is said that it takes about ten years of solid practice to become world class at most things. So keep that in mind when you are feeling like you are doing at this work and not seeing any progress. It's is on its way.



CODE

8

## BEWARE OF DREAM KILLERS

*"It's the ones that say they love you are the ones that you have to watch out for"* Tom  
Leykis

When we are little boys and girls, people ask us what we would like to be when we grow up. The standard answer was normally fireman, police man, astronaut and nurse. Without a doubt those same people asking you what you wanted to be when you grew up said that if you worked hard and studied, there wasn't anything you couldn't do. What they didn't tell you was there would be many road blocks along the way.

These road blocks are simple to point out. Long hours reading books that leave you drained and feeling like your head would bust from all the things you have to learn and remember. You would have to miss going out and playing with your friends. Without a doubt you would have to take extra courses and do some type of internship. But if you stay strong and keep your eyes on the prize, you could do it. Reach your ultimate goal. Just take it one day at a time. But along the way you don't notice that forces are aligning to stop you.

The forces would come to meet you in a dark alley with a gun or a knife, telling you to give them your dreams or your life. They come with a smile, with a warm embrace. Sweet words that float in the

wind and right into our ears like honey. They live with you. They are on your friends list. They have loaned you a few bucks until you found a new job. They were there when you needed a ride to the airport. When you needed help moving into your new place, they actually picked up the phone and came to help. The Dream killers come in many shapes and sizes.

### **Here is a list of the Dream Killers**

- Family
- Friends
- Girlfriends
- Facebook Groups
- Co-workers

### **Family**

Mom and dad usually want the best for you as long as you want the same dream or life for yourself as they have been wanting you to have before you even made a sound out of your mouth. When they went on their dates, they would stay up late talking about what they wanted their little boy to be. Your dad would say things like, “My son is going to play football and be big and strong.” Your mother



would say “that her little boy would be a gentleman.” She would teach you how to speak nice and play fair. This all sounds good, but what happens when you are more into reading books than you are into throwing a ball around? What happens when you don’t want to be a doctor or a lawyer? You tell them that you can’t wait to get out of high school so you can be done with school and travel the world. I’m willing to bet that your dad hit the roof and your mother cried.

We are living in an age where children are seen as accessories. They are things to show off and point to as proof that you made a mark in the world. They become our second chance at greatness. Your father didn’t get to go on to college to play football and then have a career in the NFL. They want to live out their lost dreams through their kids. This is sad, but you see it all the time with parents that take little league baseball and pop warner football to serious.

Screaming at the coach and other parents of the opposing team. Go to YouTube and search for parents fighting at sporting events. What you will see is a bunch of sad people setting a bad example for their children.

## **Friends**

Misery and losers love company. Your friends want you to still be the same person you were when they first met you. They don't want you to achieve your dreams and become an actor or doctor or even lose a few pounds and live a healthier life style. This is because they don't want you being better than them. Or what they perceive as being better than them. It forces them to take a long look at their own lives and see that they aren't going after the dreams they had when they were little kids. they will try to sabotage your efforts by saying things like, "come on and just have one piece of cake" when they know that you are trying to lose weight. "you can take one night off of studying to come have some fun with the boys" they know you have a big test coming up and that extra study time will help you get the top grade in the class.

### **Girlfriends**

Have a very good reason to try and stop you from living your dreams, it usually means you are going to find someone else that is better than them. She fears you're going away to the Ivy League school where you meet and interact with women that are as smart as you or smarter. Imagine if you started your own small business

and it became a big success. This would have you traveling in circles with other successful people. And with success there will be money and money attracts beautiful women. Your mind isn't even thinking about fucking some hot Eastern European chick on an overseas business trip but I can bet you that your girlfriend has. She thinks about it all the time, and is making plans to stop that from happening.

### **Facebook/twitter/Instagram**

The internet is full of haters and trolls. They prey on your downfall. It would make their day to see you post about how you lost the games winning shot or didn't get the promotion you were going for. But if you post that you just bought a new car from the money you have been saving for years, they will come out the wood works talking about Oh, that's all you could afford? You should have got the new version, blah, blah, blah. You have to realize that these people might say they are your friends but nothing could be further from the truth.

### **Co-workers**

Everyone is cool with you at your job as long as you are all on the same level, but if you get promoted to manager or supervisor they will change real quickly. You are no longer one of them. You are now on the enemy's team. The same people that you would go to lunch with will now talk shit behind your back and try to throw a monkey wrench in your plans at the work place. You can't get mad or feel hurt. Just realize that this goes with the territory and flow of things. You aren't out in the field with them anymore. Just keep your business tight and keep shooting for the stars.

### **How to handle dream killers**

The first step in handling dream killers is to identify them. Once you have found out who among your friends and family are trying to stop you from reaching your goals the second step is to cut them out of your life like cancer. This is a hard step for a lot of people. The main reason that it is hard is because the fear of loneliness and not being liked pop up. You have to ignore those feelings. They aren't helpful to you. You have to replace them with focus and determination. You have to be willing to give it your all to prove to yourself you can accomplish your goals and live out your dreams.



## **Peeping Game Tip #8**

You can love your family. But that doesn't mean you have to like them.



CODE

9

## TRUST YOUR INSTINCTS

*“Never ignore a gut feeling, but never believe that it's enough.”* Robert Heller

Trusting your instincts is one of the most important laws you are going to learn about in this book. Have you ever been hanging out with your boys at a night club or concert and got a strange feeling that shit was about to go down? I bet you that people started looking around or getting ready to leave. They felt that something was about to happen. They didn't know where that feeling was coming from but they were going to listen to it. It's called instincts, or a gut feeling. My father used to always say "Trust your gut, son." It's trying to tell you something that your eyes can't see and your ass doesn't want to deal with.

Black people seem to be born with this sense and we generally use it to keep ourselves out of danger. It is very rare that you hear a story on the news where a lot of black people got killed all at one time. Or trapped in a burning building or caught on a sinking ship. It's because we can sense when something is wrong. The problem that we are now experiencing is that this natural sense is becoming dampened by drugs, alcohol and by being brainwashed by the media.



In the streets a player had to keep his wits about him and always have his mind operating as cool to 100% as possible. This was so he wouldn't get "caught out there" or "slipping". The dangers of not keeping your mind in shape was a result of death or jail time. I could write a whole book just from the stories of guys letting outside shit mess up their lives. Here are a few examples where not keeping your mind tight can get you messed up in the game:

- Getting caught with illegal substances on your person
- Leaving you cell phone laying around
- Speaking about your moves in mixed company
- Sticking out like a sore thumb

### **Getting caught with Illegal substances or weapons on your person**

Anytime you are in public you are a target for the cops. The worst thing you can do is get caught with drugs or a weapon of any kind on you. There are stop and frisk laws being passed all the time. These laws are giving cops the authority to just roll up on you and

search you. This is especially dangerous for black and brown men. We are born suspects in America's justice system's eyes. Before you make any type of move remember to be clean of anything that can get you put in jail. Don't even carry things that could be considered paraphernalia?

### **Leaving your cell phone laying around**

I can't stress this point enough. DON'T LEAVE YOUR CELL PHONE LAYING AROUND! I don't even leave mine laying around and it's locked. There are only so many patterns or number codes you can remember and the people around you know you better then you realize. They will figure out your code and get into your shit. We keep all our secrets on our cell phones and smart phones these days. This is a big mistake. How many times have you been on Facebook or twitter and some chick is pissed off and putting her man on blast because she went through his phone and discovered he has been fucking the whole neighborhood? The best thing you can do is keep your phone on you at all times and limit the amount of information you keep on there.

### **Speaking about your moves in mixed company**

This is for the guys that don't know how to shut the fuck up. We have all seen the guy that has to run his mouth about everything him and his crew is doing. How many bricks he stacked or how many birds he flips this month. He is just a big ass target waiting to get robbed, arrested, or killed. Keep your mouth closed around people you know and don't know. It's usually the person you trust the most that will stick the knife in your back.

### **Sticking out like a sore thumb**

When people are doing big things, they like to brag and boost and put on their shins. They take pictures holding guns in front of their homes. They show pictures of them bagging up that work. They show the new cars they bought, the expense trips and lots and lots of pictures of money. While they think they are making the haters mad, they are also catching the attention of the cops, feds, and the IRS. Don't think for a second that these government agencies aren't on all the socially media sites taking notes and building cases on people. Don't publicize your illegal dealings. This should go without saying but we have a generation of male attention whores. There are

news stories every month about guys getting locked up over their Instagram pictures and twitter posts.

**Ways to recognize when your instincts are speaking  
to you**

1. You suddenly get a strange feeling come over you.
2. You start to notice there are too many people around.
3. You have a feeling that you should go home.
4. People want you to go out but something is telling you to stay home.
5. You keep forgetting stuff when you're about to leave and have to run back inside to get it.

I have at one time or another experienced everything on the list above. I won't say that something bad has happened every time these things have occurred, but it has been plenty of times I was talked into going out with some friends but kept forgetting my wallet, or couldn't find my I.D. or my favorite watch. It just seemed like a struggle to make it out the door. Then I would give up and stay in. I would get a call or text the same night or the

following day telling me that there was a huge fight at the bar, the club got shot up or someone got into a bad accident. Wise men say that it's better to error on the side of caution, and making it to my 30's I couldn't agree more. Take heed and listen to your instincts. They are trying to save you.

## **Peeping Game Tip #9**

Your first choice is usually the best choice. Be decisive.



CODE

**10**

**DON'T LET YOUR DICK CONTROL YOU**

*“For the first time in history, sex is more dangerous than the cigarette afterward.” Jay Leno*

In November 1995 Monica Lewinsky and then President Bill Clinton started fucking. Ok that isn't that big of a deal. It was a well-known fact that other Presidents have fucked their help before.

Here is a list:

- Thomas Jefferson, President from 1801-1809. He couldn't keep his dick out of his female slaves.
- John F. Kennedy was President from 1961-1963. JFK was rumored to have banged Angie Dickinson, Kim Novak, and the most famous of all, Marilyn Monroe.

I could write a book series on the number of entertainers that have let their dicks mess up their lives and money. But if you want to find out more about that just do a Google search.

There is something called: a crime of passion. *A crime of passion refers to a criminal act in which the perpetrator commits a crime, especially murder or assault, against someone because of sudden strong impulse such as sudden rage rather than as a premeditated crime.*

People have come home and caught their husbands or wives in bed with another lover and killed them. The court has given cases that should be murder and turned them into manslaughter charges.



## **3 tips to keep your little head from making big head decisions**

1. Jack off- I know it sounds crazy, but jacking off before you make a big decision helps to relieve stress and anxiety. It also helps you think with a clearer state of mind. It's a lot easier to pay attention to what a really good looking woman is saying during your date if you aren't horny the whole time and trying to figure out how to get inside her.
2. Exercise. Going for a quick run or hitting the gym is a good way to get rid of the sexual tension in your body. You have to do something with that energy, what better way to by doing something healthy?
3. Take a cold shower. This is an oldie but goodie. There is nothing like the shock of cold running water to your system to knock out the desire that is growing in your pants and clouding your mind.

There are plenty of ways you can deal with your sexual desires.

When you have some free time you should sit down in a quiet place

and write down a list of at least 10 alternatives you can do instead of following your dick. Make sure that these ways are healthy and productive and will add some type of value to your life.

### **Peeping Game Tip #10**

You will lose money chasing women, but you will never lose women chasing money.

## Conclusion

*“The best advice I ever got was that knowledge is power and to keep reading”* David Bailey

Congratulations. You have made it through the first volume of The G-code. You have gained much needed knowledge that will help you in many aspects of your life. These 10 Laws are in no way going to save you from everything that life has to throw at you but it will give you some of the tools that can help you navigate through this crazy world we live in. It wasn't my intention to save you but to help you. There are going to always be new situations jumping up out of nowhere and you have to be ready with a plan of action to combat them.

*“The media's the most powerful entity on earth. They have the power to make the innocent guilty and to make the guilty innocent, and that's power. Because they control the minds of the masses.”* Malcolm X

The world is a hard and unforgiving place for the young black and brown men. There are real systems set in place to stop you from achieving great things. Laws, cops, media, and a host of other entities are waiting to take you down, make you seem like a danger to the rest of the people of the world. But you should not believe that shit for a second. You are strong, intelligent and capable of great things.

Take these Laws and use them in your everyday lives. Not all of them will fit into your current situations, but you can still gain insight from them.

This book is the just the first step in a series that will be focused on enlightening you and unlocking your mind, body and soul from the chains that have been placed on you since before your birth. Remember what the enemy said, “If you want to hide something from a black person, put it in a book.” You really become dangerous when you put down your smart phones, turn off the computer and step away from video games and pick up a book. There is knowledge all around you waiting for you to discover it.

If there is one thing I want you to take away from the G-Code is that you are never powerless. They can take away your money, your car, your home and they can lock you up and throw away the key, but they can never take away your knowledge. Knowledge is power my young brothers, and I think it’s about time that we power up.

# THE **G**-CODE

## 1-10

- 1: Decide what kind of man you want to be.
- 2: Build a sound mind and body
- 3: Keep where you rest your head at in order
- 4: Control your emotions
- 5: If you accept anything, that's just what you'll end up with
- 6: Adaptation over Starvation
- 7: Stay down until you come up
- 8: Beware of dream killers
- 9: Trust your instincts

## 10: Don't let your dick control you

## About the Author

Tyrone McDonald is a writer, photographer, and life style consultant living in Southern California.



## Request for Reviews

Please feel free to send me your reviews, questions, and lecturing inquiries

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## Bonus Material

Visit [mylifeintype.com](http://mylifeintype.com) to gain access to extra material not found in the book.