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In terms of, I've already covered a lot of content around how the course impacted me, how to think about it, teaching style. But if I were to be advising a friend...

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on whether to take this course or not, or how to think about it. I would say you need to think in terms of like maybe three things. First, do you really want to explore this masculinity journey? Because not everyone is interested and that's fine. I mean, I made the mistake of trying to convince some of my friends who I could totally see in their relationships

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their girlfriends, their wives, their partners, they still couldn't see it and they felt that was the right dynamic. So hey, first of all, whether with a partner or without a partner, do you want to be on this journey? Because if you don't want to be on this journey, discourse and Captain Nemo's interactions are not gonna make an impact. In fact, it might in fact irritate you because it'll really challenge your perceptions on what it is to be a man. So that's step number one.

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be are you willing to put in the effort? This is again this is not a course where you just take it once and you're you go in on one end as maybe not the most masculine guy and come out of the other end as the most masculine guy. No it's gonna give you some framework give you some structure but you have to keep working through the course and afterwards rest of your life. So do you have that willingness to to continue working non-stop continuously learning? And

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Number three is, do you have the humility, do you have the humility to be able to take the instruction, to be able to challenge yourself in a way that you've never been challenged before?

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Can you actually take action on what you're learning and apply it in real life versus being just, you know, in sort of a student mode, just consuming knowledge, but not applying it. I mean, as I mentioned, the BDSM topics, you know, on which I interacted with Captain Nemo, literally I applied them the next day, started applying them the next day, and it opened this whole new world of BDSM for me, which I had never even explored before, and it changed my life.

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completely changed my life. So do you have those guts and courage to go out and apply what you learned versus being just an armchair learner? So those would be the three things that I would say.