

ALFA REBUILD · YOUNG MEN'S EDITION

THE RESET

PHASE ONE · SEEING THE MACHINE

The manual school does not teach. For young men 13 to 16 who want to build the man they are going to become.

FREE SAMPLE

ALFA REBUILD · ONE DAY AT A TIME

FOR THE PARENT

A NOTE BEFORE YOU HAND THIS OVER

This book teaches a young man how his own mind works. Not in theory. In the situations he lives every day: the homework he puts off, the phone he cannot put down, the practice he wants to skip, the confidence that comes and goes.

The material comes from the ALFA Rebuild program, a system built for adult men. The principles are old and proven: attention, courage, honesty, self-command. This edition carries the same principles, written plainly for a reader between 13 and 16.

Nothing in it lectures him. Nothing talks down to him. It treats him as a young man capable of understanding himself, because he is.

What it asks is small. A few pages of reading. Ten minutes of practice a day. Honest answers on paper that nobody reads but him. What it builds is the thing school does not grade: a young man who runs his own mind instead of being run by it.

Hand it over. Then let it be his.

FOR YOU

READ THIS FIRST

Picture yourself at 25. The version of you that people respect. He is in shape. He has money coming in. He is good at what he does. He looks people in the eye. When he walks into a room, people are glad he showed up.

Here is what nobody tells you: that man is being built right now. Not at 25. Now. He is built by small things you do every day. Things that look like they do not matter. How you handle homework you do not feel like doing. What you do when practice gets hard. Whether the phone owns you or you own it.

School will not teach you this. School teaches math and essays. Nobody teaches you how your own mind works. Why you keep scrolling when you meant to sleep. Why you avoid things you actually care about. Why a voice in your head talks you out of things before you even try.

That is what this book teaches. And the deal is simple. Reading it does nothing. Doing what it says, a little every day, changes everything. Slowly at first. Then obviously.

Most men learn this at 40, after it has already cost them years. You are getting it at the start.

YOU KNOW WHAT TO DO. YOU ARE STILL NOT DOING IT.

You know the homework needs to get done. You know scrolling at 1am wrecks tomorrow. You know one more game means three more games. You know all of it. And you watch yourself do the other thing anyway.

Here is the first big thing this book will tell you. It is the opposite of what most adults say. You are not lazy. Nothing is wrong with you. What is happening is a pattern. A sequence that runs in your head, the same way every time, so fast you do not even see it.

These patterns look small. Skipping one workout. One more hour of scrolling. No big deal today. But a pattern repeated for ten years becomes the man. The good news: a pattern you can see is a pattern you can change.

THE PULL

You sit down to study, and your hand reaches for the phone before you even decide to. That is the pull. It is not a choice. It is a signal your body learned to send, because the phone has rewarded it a thousand times. Remember this line: the pull is not a command. It feels like one. It is not.

EVERY PATTERN RUNS THE SAME SEVEN STEPS

01 TRIGGER

Something happens. Homework time. Practice gets hard. You are bored in your room at night.

02 THOUGHT

A thought pops up, faster than you can catch it. "Five minutes won't hurt."
"I'll start after this game."

03 FEELING

Your body reacts. Restless. An itch to escape the hard thing.

04 THE PERMISSION VOICE

A voice in your head, sounding exactly like you, gives you permission to do the thing you already decided not to do. It has an answer for everything.

◀ **BREAK THE LOOP HERE**

05 ACTION

You do the thing. The phone. The game. The skipping.

06 RELIEF

And it works. For twenty minutes the hard thing disappears. That is why the loop keeps running.

07 REPEAT

Tomorrow. Same trigger. Same voice. Same result.

KEY INSIGHT

You do not have a laziness problem. You have a loop that fires before you get a vote. Seeing it run is the first skill. Everything else is built on it.

THE SAMPLE ENDS HERE

THE REST IS WHERE IT STARTS.

This was the first chapter. The rest of Phase One teaches him to hear the permission voice, map the exact triggers where his pattern wins, question the labels he carries, and make one written decision, signed in his own words.

Roughly 30 pages. Ten minutes of practice a day. One honest line at night.

\$19 USD

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ONE DAY AT A TIME