

# In the Age of the Last Men, It's Time to Give Birth to the Übermensch

**True creative genius is born in solitude and discipline.**

If you want to rise above the “last men” — the complacent, the passive, the addicted, the comfortable — you must *purify your inputs* and *elevate your outputs*.

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## What to Eliminate

- **Delete your Instagram.**  
Remove the need for validation. Stop living inside the algorithmic zoo.
  - **Quit texting and endless digital chatter.**  
Protect your mind from noise, gossip, and meaningless connection.
  - **No news, no media, no TV, no movies.**  
Stop outsourcing your imagination.
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## What to Do Instead

- **Rise early. Sleep early.**  
Discipline is a spiritual practice.
  - **Walk the same nature path at the same time every day for years.**  
Let repetition refine your perception. Let nature shape your soul.
  - **Read ancient books.**  
Let wisdom replace distraction.
  - **Make things every day — and embrace failure.**  
Creation is the only antidote to decay. The Übermensch is the one who creates.
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