# STOP PLAYING WITH YOURSELF!

## A MEN'S GUIDE TO LIVING LONGER

DISCIPLINE TODAY LONGER TOMORROW

HEALTHIER MEN STRONGER FAMILIES BRIGHTER TOMORROWS

REST HEAL GROW LIVE LEGACY

A BETTER MAN TOMORROW

MOVE FUEL REST REPEAT

KNOW YOUR NUMBERS LIVE LONGER

KNOW YOUR NUMBERS PROTECT YOUR PURPOSE




REV. DR. GERALD F. POE, JR., PM

ILLUSTRATED EDITION

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**REV. DR. GERALD F. POE, JR., PM**

ILLUSTRATED EDITION | 2026

# COPYRIGHT, MEDICAL, AND MENTAL HEALTH NOTICE

*STOP Playing with Yourself! A Men's Guide to Living Longer*

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This book is for general education. It is not medical diagnosis or treatment and does not replace care from a qualified health professional. Screening, medication, supplements, hormone therapy, exercise, diet, sexual health treatment, mental health treatment, and safety decisions should be individualized.

If you have chest pain, severe shortness of breath, signs of stroke, severe bleeding, loss of consciousness, or another medical emergency, call 911 or your local emergency service. If you are in the United States and are in suicidal crisis or emotional distress, call or text 988. If there is immediate danger to you or someone else, call 911 or go to an emergency department.

Trauma, grief, pornography, spirituality, relationships, and emotional health are discussed directly. Readers should use licensed clinicians for diagnosis and treatment and trusted spiritual leaders for spiritual care. Spiritual practice is presented as a source of meaning, discipline, community, and coping, not as a substitute for medical or mental health treatment.

The original reference guide supplied by the author informed the starting themes of testosterone, bloodwork, sleep, nutrition, training, stress, and supplements. This edition has been substantially rewritten and expanded into a whole-man longevity framework.

ISBN: To be assigned. | Illustrated Edition, 2026.

# DEDICATION

For the men who have spent years protecting, providing, building, carrying, fixing, leading, and surviving, but have postponed taking care of themselves.

Stay. There is more for you to see, teach, repair, build, pray over, laugh about, and love.

# THE WHOLE-MAN ROADMAP

This edition is organized around five connected areas: body, mind, soul, safety and relationships, then legacy. The chapters are intentionally direct. Read straight through or start where your life is loudest.

## PART I | THE BODY

*Keep the machine alive, mobile, fueled, rested, and honest about its numbers.*


01 Know Your Numbers
02 Heart, Pressure, Sugar, Cholesterol
03 Sleep, Stress, and Mental Health
04 Strength, Cardio, Mobility
05 Food, Weight, and Metabolic Health
06 Supplements, Deficiencies, and Common Sense
07 Testosterone, Testing, and Treatment
08 Erections, Prostate, Fertility, Intimacy
09 Smoking, Alcohol, Drugs, Risk
10 Cancer Screening, Vaccines, Prevention


## PART II | THE MIND

*Repair what hurts, train your thoughts, and learn how to come down from high alert.*


11 Trauma, Disappointment, Failure, and Grief
12 Crying, Emotional Awareness, Anxiety, Anger, and Stoicism
13 Breathing, Grounding, Micro-Exercise, and Daily Resets


## PART III | THE SOUL AND PRIVATE LIFE

*Bring God, conscience, desire, integrity, and meaning into the same room.*


14 Spirituality, God, Scripture, Prayer, Meaning, and Rest
15 Pornography, Desire, Integrity, and Recovery


## PART IV | THE PROTECTOR AS A PERSON

*Build safety, boundaries, relationships, brotherhood, chivalry, play, and identity beyond usefulness.*


16 Safety, Security, Safe Spaces, and Boundaries
17 Chivalry, Relationships, Brotherhood, Hobbies, and Identity


## PART V | LEGACY

*Turn the whole book into ninety days of action you can actually repeat.*


18 The 90-Day Whole-Man Reset and Legacy

# THE TITLE IS A TRAP. SO IS SELF-NEGLECT.

This title is supposed to make you stop for a second. Good. It is not primarily a book about masturbation. It is a book about the more dangerous habit of playing games with yourself: skipping the appointment, guessing at your numbers, treating exhaustion like a badge of honor, hiding trauma behind productivity, calling isolation strength, carrying everybody while refusing to be carried, and waiting for a crisis before you change.

We will also talk plainly about sex, pornography, erections, testosterone, relationships, grief, fear, faith, tears, safety, and the private habits men usually keep outside polite conversation. If a subject can affect your health, your peace, your family, your character, or the years you have left, it belongs in the room.

Men are often trained to be useful before we are trained to be whole. Provide. Protect. Perform. Fix it. Carry it. Keep moving. Those instructions can build responsibility, but without balance they can also build a man who knows how to rescue everybody except himself.

The original reference guide supplied for this project centered on testosterone, bloodwork, sleep, sunlight, nutrition, training, stress, and supplements. Those themes remain useful, but living longer requires a wider dashboard. This edition keeps the direct masculine energy while expanding the mission to body, mind, spirit, safety, relationships, character, and legacy.

You do not need to become obsessed with health. You need to become responsible for it. You do not need to become emotionally fragile. You need enough emotional awareness to keep pain from choosing your behavior. You do not need to abandon stoicism. You need a form of stoicism that gives you self-command instead of emotional anesthesia. You do not need to become less of a protector. You need to understand that the protector is also a life worth protecting.

And if faith is part of your life, do not leave it outside the health conversation. Prayer, Scripture, worship, forgiveness, service, community, rest, and meaning can be powerful parts of how a man lives. They do not replace competent medical or mental health care. They help answer a different question: what is all this strength for?

**THE WHOLE-MAN RULE**

- **Know your body.**
- **Train your mind.**
- **Feed your spirit.**
- **Protect your safety.**
- **Build relationships and purpose that let you remain a person, not just a function.**



PART I

# THE BODY

*Keep the machine alive, mobile, fueled, rested, and honest about its numbers.*

