



**INTEGRATION
NATION**
GOOD MEN DOING BETTER

THE

**MEMBER
HANDBOOK**

www.integrationnation.net

TABLE OF CONTENTS

- Welcome to Integration Nation!
- Mission Statement
- Aspirations of the Integrated Man
- Disclaimer
- Onboarding
- Support
- Integration Nation Calls
- How to Show Up for Zoom Calls
- Affiliate Program
- Code of Conduct
- Poaching Policy
- Disciplinary Procedure
- Recommended Reading, Movies and, Television Shows
- Integration Nation Founders and Coaches





Welcome to Integration Nation!

I am thrilled to have you join our community of like-minded men who are committed to growth, personal development, and building meaningful connections with one another. I believe that joining a men's community like Integration Nation is one of the most important steps you can take in your journey towards becoming the best version of yourself.

One of the biggest challenges that men face in today's world is the Lone Wolf Mentality. This is the idea that we should go through life alone, relying solely on our own resources and avoiding vulnerability and connection with others. While this may seem like a strong and independent approach, the truth is that it can be incredibly isolating and damaging to our mental health and wellbeing.

Joining a men's community like Integration Nation provides a powerful antidote to the Lone Wolf Mentality. Here, you will find a supportive and non-judgmental space where you can connect with other men who are on a similar journey. You will have access to resources and tools that can help you overcome the challenges that you are facing, and you will be able to build meaningful relationships with other men who share your values and goals.

In Integration Nation, we believe that vulnerability and connection are key to personal growth and development. By sharing our struggles, fears, and successes with one another, we can learn from each other and support each other in becoming the best versions of ourselves.

So, once again, welcome to Integration Nation. I am excited to have you as part of the Gloverhood, and I look forward to seeing the amazing things that we can achieve together as a group of committed and dedicated men.

Sincerely,
Dr. Robert Glover
Founder, Integration Nation





MISSION STATEMENT

The mission of Integration Nation is to build a worldwide brotherhood of Integrated Men based on the shared values of integrity, mastery, mission, community, and accountability.

Integration Nation aspires to recast the culture of masculinity worldwide, helping all men become the best version of themselves.

Our creed is "Good Men Doing Better."

Integration Nation is open to all men - regardless of age, sexual orientation, race, religion, or nationality.

If you are a good man who desires to do better, you have found your tribe.



THE INTEGRATION NATION OATH

"Good, Better, Best
I Never Let it Rest
'Til My Good is Better
And My Better is Best"

**INTEGRATION
NATION**
GOOD MEN DOING BETTER

ASPIRATIONS OF THE INTEGRATED MAN

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As an Integrated Man, I aspire to:

- Accept, embrace, and welcome every aspect of myself without judgment, shame, defense, or excuse.
- Live free of all regret, remorse, and resentment, and look at every perceived mistake or failure as an essential learning experience.
- Do everything I do with purpose and passion and stop doing everything I am not doing with purpose and passion.
- Fully embrace my masculinity, my masculine heritage, and connect deeply with other men.
- Respect, nurture, and protect the feminine.
- Love fiercely, fearlessly, and without reservation.
- Live authentically by my own internal code – regardless of outcome or the reactions of others.
- Observe my attachments to outcome knowing they will cause me to suffer and that my suffering will point me in the direction of my freedom.
- Ground myself so that I can consciously respond rather than reflexively react in times of fear and stress.
- Use fear as my compass and north star to point me in the direction I need to go in every situation.
- Make my needs a priority and surround myself with people who want to help me meet them.
- Honor my word and my commitments by letting my “yes” be “yes” and my “no” be “no.”
- Serve and give generously with no strings attached.
- Live with thankfulness and gratitude for the abundance that surrounds me.
- Accept and surrender to what I cannot change and take full responsibility for changing what I can.
- Be a good man by doing better every day.

DISCLAIMER

Integration Nation is a community of peers providing support, education, accountability, and challenge. We do not provide therapy or psychological advice in our calls, forums, or classes. The contents of this program are not intended to be a diagnosis, prescription, recommendation, or cure for any specific kind of medical, psychological, emotional, or sexual problem.

Members with specific emotional, physical, or psychological issues will be encouraged to seek out appropriate professionals to assist them in dealing with these issues.

Professional coaching will be offered on a fee basis for members of Integration Nation. The coaches providing these services have completed appropriate degrees/ training / certifications and all ascribe to the highest standards of professional ethics.



ONBOARDING

- Log on to www.integrationnation.net/login
- Watch the onboarding videos and check off each step of the onboarding process.
- Completing the entire onboarding process is essential for you to have an optimal experience in Integration Nation – do not skip any part of this process.
- Create your profile. You **MUST** post a recent photo of **YOURSELF** and use your **REAL NAME** on your I.N. profile. We are a tribe and this is one of the ways we get to know each other better - the real us!
- RSVP your first Brotherhood and Tribe calls.

YOU'RE IN!

SUPPORT

For any tech issues or to report any behavior not aligned with the code of conduct, please email [**support@integrationnation.net**](mailto:support@integrationnation.net)

Welcome!



INTEGRATION NATION CALLS

Brotherhood

Brotherhood calls are where all the men of the Gloverhood come together to be challenged, learn, grow, and connect. Dr. Glover and other I.N. coaches will lead a weekly 90-minute Zoom call which will feature various practices and a weekly lesson. The Brotherhood calls will utilize breakout rooms to help men connect and dive into the week's topic. The Brotherhood calls will have lots of moving parts to keep things fresh and energetic and will instill the culture of good men doing better in every aspect of the call.

To reach the largest worldwide audience, the Brotherhood call will alternate times every week. The Alpha Brotherhood call is ideal for men in the Americas and Europe. The Omega Brotherhood call is great for men in the Americas, Asia, and Australia.

In order to receive access to the Zoom link for any Brotherhood call, just RSVP from the Integration Nation online calendar.

Tribe

Currently there are seven Tribe calls a week led by Integration Nation coaches. These calls meet for 60 minutes the same day and time every week. These tribe calls are scheduled at various geographical times, so every man can find more than a few that fit his schedule. You can make one tribe your home or drop in on several. It is on these calls that members of Integration Nation connect even deeper with other Integrated Men and get down to the business of doing better every day.

Member Drop I.N.

These are weekly calls for members to hang out with their brothers, clarify anything about the community and offer suggestions and feedback.

HOW TO SHOW UP FOR ZOOM CALLS

Please review the bulleted lists below to make sure you can check off each item before each Integration Nation call.

Your environment

- Be in a quiet place where you will not be disturbed or interrupted
- Minimize all distractions during the call
- Have adequate lighting
- Go to the bathroom before we start
- Have something non-alcoholic to drink with you
- Have something to take notes on
- Have a little space near you cleared for doing occasional physical practices that might require you to stand up or move around
- Show up a few minutes early for the call
- Do not be driving in your car or walking around

Your equipment

- Please use a desktop or laptop computer for our sessions (a phone does not offer the same quality of experience. A tablet is okay but is not ideal)
- Double check the zoom link before the call
- It is ideal if your computer is directly wired into your internet modem via ethernet cable
- If you are on WIFI, please be as close to your router as possible
- Ask other household members who might be using WIFI to disconnect during our calls
- Reboot your computer a couple of hours before the call (especially if you do not turn it off regularly)
- Close all applications on your computer (really, do this)
- Close all browser tabs (really, do this too)
- Empty the trash on your computer
- Use headphones or earbuds during our calls. This is required to reduce feedback and background noise. No exceptions

How you show up and participate

- RSVP all calls on the Integration Nation calendar to receive the unique Zoom link
- Plan on showing up fully for our calls. No texting, no checking emails, no surfing the internet during our sessions – bring your full attention to the process
- Put your cell and computer on "do not disturb"
- Be respectful of the other men and bring your full attention when someone else is talking
- After logging in, change your name on Zoom to the following format (first name, initial of last name, City)
- When at all possible, stay on camera
- Do not join calls while in a public place where others can see or hear you or your brothers
- Be respectful of your brothers, coaches, and assistants
- Raise your digital hand when you would like to speak
- When you check in, share, or ask a question on any call, begin with, "I am (first name), son of (father's first name or any other man you deeply respect)
- When you finish speaking, state, "With that, I'm in."
- Do not eat, smoke, vape or dip during calls. Refrain from coming to the calls if you are under the influence of alcohol or any substances
- Always protect the privacy and confidentiality of every member of Integration Nation
- Treat everyone with respect. Report any disrespectful or inappropriate behavior to support@integrationnation.net
- Always show up and bring your A game. This is where we practice doing better in every area of life



AFFILIATE PROGRAM

We have designed Integration Nation to be an ever-growing community where you, the members, play an important role in bringing in new members, and we want to provide you with an incentive to do that through our Affiliate program.

To get started, head to the Affiliate section where you will find your unique affiliate link and QR code. Use this link or code to refer other men to Integration Nation. As a reward for each member you refer, you will receive \$50 once the referred member completes 3 months of subscription payments to Integration Nation. Join us in building a thriving community together!



CODE OF CONDUCT

Respect and kindness: Treat each other with respect, kindness, and courtesy at all times. Do not use derogatory or insulting language and refrain from personal attacks or harassment of any kind.

Inclusion: We welcome all men regardless of age, sexual orientation, race, religion, or nationality.

We do not tolerate any form of hate speech, bullying, racism, sexism, or jingoism. We will not tolerate anything that demeans another human being. Violators will be subject to removal from the community.

Do not use this platform to pontificate, opionate, debate, rant, rave, or push ideologies, internet controversies, or politics. There are other places to do this but not here.

No coaching, poaching, spamming, or self-promotion: Do not use the community to promote your own products or services, spam others, or poach members - whether in public forums or private messaging. See our poaching policy. If you see anyone poaching or promoting their programs, let the support team know.

Do not post any explicit or pornographic content.

Respect each other's privacy and keep confidential any personal information shared within the community. Do not share anything revealed or posted within this community outside of this community.

Do not engage in any illegal activity or encourage others to do so.

All content and call recordings are the intellectual property of Integrated Nation and Dr. Robert Glover. Any copying or recording of this content, including Zoom calls, is strictly prohibited unless consent is given by Dr. Robert Glover. This includes AI recording apps for Zoom meetings.

To build an authentic community, Integration Nation members are to use their real name and post a recent profile photo of themselves.



POACHING POLICY

Founders of Integration Nation are committed to fostering a supportive community that respects one another's professional endeavors. We recognize that each member has their own unique set of skills and services that they may offer outside of the group. However, we also want to ensure that there is no poaching of members for personal gain. This is strictly prohibited. This applies to members and the Founding and Certified Coaches of Integration Nation.

Poaching is defined as soliciting or recruiting members of this group for one's own services or business, without explicit consent of Integration Nation. This includes sending unsolicited messages, promoting your services in a way that suggests you are competing with other members of the group, or making offers that are intended to draw members away from Integration Nation.

A selection of approved products and offerings from Integration Nation Founding and Certified Coaches is available in the Integration Nation store. Only these offerings have been approved to be sold to Integration Nation members.

Any member or coach found to be marketing their services or products or poaching other members will be subject to disciplinary action, up to and including removal from Integration Nation. We take this policy very seriously and ask all members to report any instances of poaching that they may encounter.

We believe that by fostering a culture of respect and mutual support, we can all benefit from the collective knowledge and expertise of our community. Thank you for your cooperation in maintaining a safe and supportive environment for all members of Integration Nation.



DISCIPLINARY PROCEDURE

We take our Code of Conduct seriously. If a member is found to violate any of the rules, they will be notified by members of the disciplinary committee with the following consequences.

First Warning: If a member is found to be in violation of any of the rules, they will receive a first warning. This warning will be sent in writing, either by email or private message, and will outline the specific rule(s) they have broken.

Second Incident: If a member continues to violate the rules after receiving a first warning, they will receive a 30-day ban. This ban will also be sent in writing and will be more strongly worded, emphasizing the seriousness of the situation and the potential consequences.

Termination: If a member continues to violate the rules after receiving a second warning, they will be permanently suspended from the community.

If you witness or experience a violation of the Integration Nation code of conduct by a member or coach, please report it to **support@integrationnation.net**

Infractions will be handled on a case by case basis by the community leaders.



RECOMMENDED READING, MOVIES & TV SHOWS

Nice Guy Recovery

No More Mr. Nice Guy, Robert Glover

The Big Stick, Tony Endelman and Robert Glover

No More Mr. Nice Guy: The Hero's Journey, Michael Pariser

No More Mr. Nice Guy: 30-Day Journal, Chuck Chapman

The Integrated Man, Sidharth Agarwal

Not Nice, Aziz Gazipura

Silently Seduced, Kenneth Adams

When I Say No, I Feel Guilty, Manuel J. Smith

Masculinity and Men's Work

The Way of the Superior Man, David Deida

Iron John, Robert Bly

Men's Work, Connor Beaton

From the Core, John Wineland

King, Warrior, Magician, Lover, Robert Moore & Douglas Gillette

The Way of Men, Jack Donovan

The Hero With A Thousand Faces, Joseph Campbell

To Be a Man, Robert Augustus Masters

The Boy Crises, Warren Farrell & John Gray

How To Be A 3% Man, Corey Wayne

The Rational Male, George Miller

How to Be A Man, Glenn O'Brien

Under the Saturn Moon, James Hollis

Dating

Dating Essentials for Men, Robert Glover

Dating Essentials for Men: Frequently Asked Questions, Robert Glover

Swoon : Great Seducers and Why Women Love Them, Betsy Prioleau

Dating Sucks, But You Don't, Connell Barrett

Models, Mark Manson

Atomic Attraction, Christopher Canwell

Fundamentals of Female Dynamics, Michael Knight

The Art of Seduction, Robert Greene

The Alabaster Girl, Zan Perrion



RECOMMENDED READING, MOVIES & TV SHOWS

Sex and Sexuality

The Multi-Orgasmic Man, Mantak Chia
Mating in Captivity, Esther Perel
The Married Man Sex Life Primer, Athol Kay
Sex at Dawn, Christopher Ryan
Cupid's Poisoned Arrow, Marnia Robinson
The New Male Sexuality, Bernie Zilbergeld

Relationships

Passionate Marriage, David Schnarch
A Tactical Guide to Women, Shawn T Smith
Open Her, Karen Brody
Attached, Amir Levine & Rachel Heller
The 5 Love Languages, Gary Chapman
She Comes First, Ian Kerner
Boundaries, Henry Cloud

Mindfulness

The Power of Now, Eckhart Tolle
No Mud, No Lotus: The Art of Transforming Suffering, Thich Nhat Hanh
Love, Freedom, Aloneness, Osho
The Scripture of the Golden Eternity, Jack Kerouac
The Wisdom of No Escape, Pema Chödrön
The Wisdom of Insecurity, Alan Watts
Blue Truth, David Deida

Addictions & Compulsions

Sipping Fear, Pissing Confidence, Christopher Wallace
The Truth, Neil Strauss



RECOMMENDED READING, MOVIES & TV SHOWS

Potential & Personal Growth

Feel the Fear and Do it Anyway, Susan Jeffers

The War of Art, Steven Pressfield

The Big Leap, Gay Hendricks

Atomic Habits, James Clear

Can't Hurt Me, David Goggins

Four Thousand Weeks: Time Management for Mortals, Oliver Burkeman

Think and Grow Rich, Napoleon Hill

The Road Less Traveled, M. Scott Peck

Loving What Is, Byron Katie

Existential Kink, Carolyn Elliott

Breaking the Habit of Being Yourself, Joe Dispenza

Radical Honesty, Brad Blanton

12 Rules For Life, Jordan Peterson

The Subtle Art of Not Giving a Fuck, Mark Manson

Waking the Tiger, Peter A. Levine

Out of the Shadows, Patrick Carnes

The Alter Ego Effect, Todd Herman

The Obstacle is the Way, Ryan Holiday

Love Yourself Like Your Life Depends on it, Kamal Ravikant

Letting Go, David Hawkins

The Subtle Art of Not Giving a F*ck, Mark Manson

Fiction & Biography

The Count of Monte Cristo, Alexandre Dumas

Fight Club, Chuck Palahnuik

Into the Wild, Jon Krakauer

The Old Man and The Sea, Ernest Hemingway

The Fountainhead, Ayn Rand

Greenlights, Matthew McConaughey

Endurance, Alfred Lansing

Life of Pi, Yann Martel

Movies and Shows

American Beauty

Fight Club

300



INTEGRATION NATION FOUNDERS

Dr. Robert Glover

Alex Moore

Ari Graff

Chuck Chapman

Faisal Khokhar

Henrik Silva

Jesse Busch

Sidharth Agarwal

Tony Endleman

INTEGRATION NATION COACHES

Alister Gates

Peter Campbell

Vince Vaughan

Joe Marsh

Joaquin Moreno

Jason Miller

Jay Scott

Karl Walkinshaw

Kevin Gault

Kieran Daly

Shawn Blymiller

Michael Munck Jeppesen

Robert Johnson

David Nienhaus

Landon Woollett

