

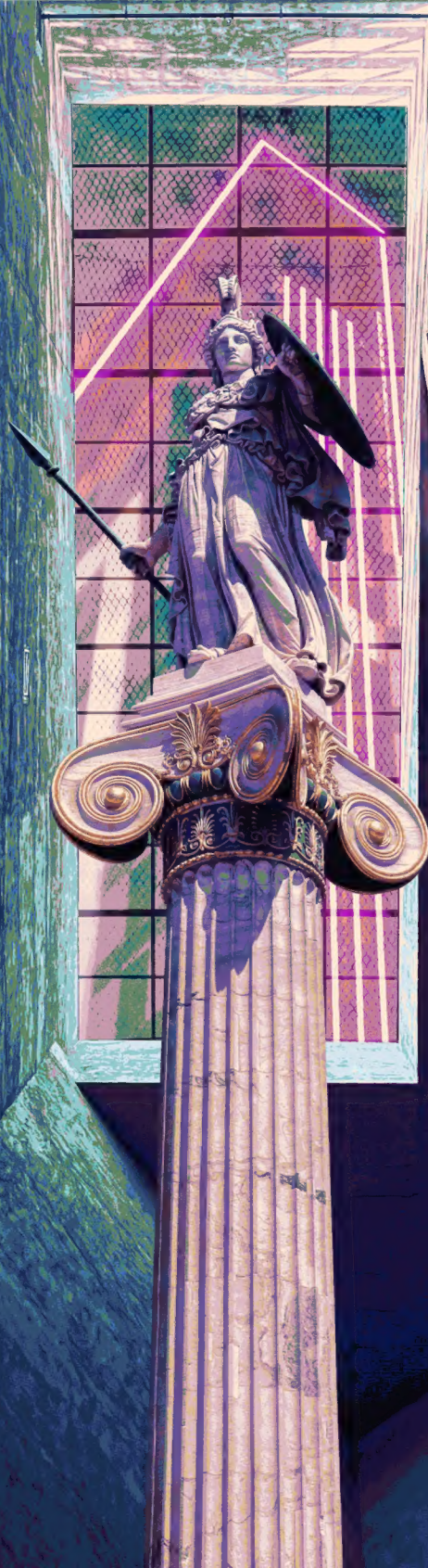
OPPORTUNITY SPECIAL

JANUARY 2024 AD | JANUARY 134 AH | ISSUE #6

FREN-Z

THE FREN MAGAZINE

PRONOUNCED "FRENZY"



A Place for Friends

www.FrensChan.org



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Always remember: you're of little use to your frens in a prison cell!

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SLIPPING DOWN THE SLIDE

<https://archive.ph/5ivcv>

The following article was first posted as a response to a thread on Frens Chan's Self-Improvement board. We have included the original post for context. Both have been edited for publication. To see the thread as it originally was, one can visit the provided archive link. We're certain that some readers are suffering from the same problems described herein. Don't sit around feeling sorry! Start working towards a future where you won't need to feel ashamed of your habits. Forgive yourself for the damage you might have caused while suffering from your addictions. Prove to yourself that you're stronger than the nagging desire to binge empty content.

ORIGINAL POST:

by Fren, Mon 20 November 2023 08:06:31

I'm a med student. I started the year strong. I managed to balance studying with physical activity, hence I was both smart and in the best shape of my life. Then I ran out of money, since the stipend came late. So I stopped going to the gym. That was the first step towards shit. I replaced exercise with video games.

Fast forward to the current situation. I have porn and video game addictions. My previously muscular legs are now flabby. I look like shit. I eat like shit. I've developed social anxiety, so I've stopped going to my attachments (hospital practice) and I've stopped talking to my patients. I'm struggling to focus or study, and exams are just two months away.

My video game addiction is through the roof. I spend around six hours every evening on the damn screen and sleep late as a result. I want to reverse the mess I'm in, but I just don't have the energy for it anymore. It's so easy to let things go and so difficult to maintain excellence.

THE RESPONSE

by Fren, Mon 20 November 2023 21:58:30

Many of us are going through a vicious cycle. You read the books and they work. You quit all the garbage and you spend months – maybe years – doing well. You're working out, you're focused, you feel wonderful. Then one day you get this wild inclination to indulge in something—porn, or video games, or any other addictive media. You convince yourself it'll be a one-off indulgence, or that you'll only indulge in it for X hours a week. A few weeks later, you've ruined your life. You've played video games, or watched porn, or bad TV, or old movies, or done whatever your personal goyslop addiction is, to a point of excess. To the point where you were late turning in an assignment. To the point that you were late to work or school. To the point where you stayed up all night, just to make time for it, when you could never make yourself do that for work, school, your passions, or the movement.

Then comes the frustration—the rage. You needed to get things done this week, but you played video games and watched porn instead. You ask yourself, over and over, “Why did I do that? What's wrong with me?” You might have moments of lucidity, where you say “I don't even like that game, why did I play it for six hours?” Or “What kind of person watches porn like this? Why did I want to watch it? I would never want to do those things in real life.” You resent yourself and you feel disgusted.

This sensation of anger and self-disgust leads to an overall sensation of weakness. You lose confidence. You feel ashamed of yourself. Try as you might, that manifests itself in your behaviors, and other people – on some level – pick up on that. Your social status takes a hit. You begin to act awkwardly. Interacting with others is now harder.

As a result of this increase in social difficulty, many then isolate themselves. In their isolation and self-loathing, they use their goyslop addiction to cope. They play video games, browse social media, jerk off to porn, and let their lives continue to degrade. This is how people end up as weird, impossible to tolerate NEETs.

To beat the cycle, you need to first reframe how you think about the goyslop. Video games and other entertainment media need to be strictly regulated. If you can't make yourself regulate something then you need to stop consuming it. You shouldn't waste time on consuming any media that's explicitly anti-White or pro-ZOG, but if you must watch it then make it a “sometimes thing,” not a part of your daily routine.

Porn should not be consumed at all. We could argue about the acceptable level of eroticism in a piece of media, but at a bare minimum you shouldn't watch explicit videos of people having sex. It's also probably for the best to avoid softcore content. Even social media can be dangerous to a true porn addict, because what they're actually addicted to isn't jerking off, it's the endless novelty of looking at different women and different sex acts. That's why they “edge” for hours rather than just jerking off after 15 minutes and getting back to their day. It's not the orgasm they're chasing. So if you fall into that category, seeing your classmate or coworker's beach bikini photos might be enough to get you yearning for your old habit, and you might find yourself edging to their social media accounts, which will inevitably lead to a downward spiral back into full porn addiction. So figure out what content is causing your relapses and stop consuming it.

View porn and video games as drugs. Porn is like meth or heroine. Don't do it. Meth and heroine, like porn, feel good at the time, but they're horrible for you and they do long-term damage. Video games, TV, movies, the internet, and certain social media content, can often be like cigarettes, booze, or weed. These are substances that can be used more safely in moderation and they have pragmatic uses, but to overindulge in them will still hurt you. Say to yourself over and over “I'm not going to do heroine. I'm not going to do meth. I'm not going to look at porn.” Associate these substances and vow to throw them all away. View one as equally bad to the others.

Then, start treating video games and other safer media as you would alcohol. Would you get drunk when you had to wake up early for work the next day? Not if you were thinking clearly! Consuming that safer media causes a drug-like chemical reaction in your brain, so it's not that far off. It can influence your emotions, your attention span, and so on. If you find yourself desperate for background noise, or some sort of distraction, try some music. Or try an audiobook. Don't put on a sitcom or a movie, as they engage more of your senses. If we continue the media-as-booze analogy, think of video games as a high proof liquor and music as a light beer.

Reframe how you think of things and make the decision to stop. It only feels hard. The actual physical act of stopping is easy. The pain and frustration you're feeling, the urges you have, are all psychological. Remind yourself that you're fine and that it's going to pass. And when you finally get back in shape, don't lie to yourself and say “I'll indulge just this once.” If you have an addiction to something, you'll never be able to do it just once. It'll be over and over again if you start it up. Let it stop and let it stay stopped.



NEWS YOU CAN TRUST

THE
LAST REPORT
BREAKING NEWS

ODYSEE: @BigFloppaLive
GAB: @The_Real_Floppa
GOYIMTV: @TheRealFloppa

WAR COVERAGE AND DEEP DIVES
LIKE YOU'VE NEVER SEEN



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KILL YOUR TV



Once, we called for the creation of music similar to "Meaningwave," but with samples from our own ideological leaders (Issue #2, Page 16). Somehow, we weren't aware of Kill Your TV! By sampling George Lincoln Rockwell and others, Kill Your TV has brought us closer to that goal. He's paving the way for more musicians to adopt this potent psychotechnology. Stop listening to the jewish jukebox and KILL YOUR TV.

GAB: @Kill_Your_TV
RUMBLE: @KillYourTV1
ODYSEE: @wolverine151

THIS AD WAS NOT PAID FOR, APPROVED, OR ENDORSED BY KILL YOUR TV.



BASIC LINES...
 FORM BASIC SHAPES...
 WHICH FORM COMPLEX IDEAS.
 ADD SOME LIGHT & SHADOW...
 AND YOU'RE DONE!

HITLER WAS AN ARTIST
YOU CAN BE ONE TOO!

Original Art by FREN-Z
"Kept in the Dark" (1882) by
John Everett Mills and Joseph Swain

MOST MODERN TEXTS HAVE BEEN SUBVERTED

It is our opinion that most contemporary art tutorials are superficial and they do not teach the fundamentals well. Below are some materials that have stood the test of time. We feel that they are the finest sources available for aspiring artists to learn the craft. We are not affiliated with any of the authors or publishers of these materials. We present these low-res images for the purpose of identification and commentary.

DRAWING ON THE RIGHT SIDE OF THE BRAIN by Betty Edwards

The first book you should pick up if you've never drawn before. It'll cover all of the basics that you need to render a realistic scene. If you follow the instructions, you'll have basic drawing skills within a few weeks. Read it thoroughly and do every exercise! Be sure to get the 4th edition or later—earlier editions have a section on Color Theory that is inaccurate.

THE DIMENSIONS OF COLOUR www.HueValueChroma.com

This the best way to understand light (value) and color (or colour, as our European friends might spell it). It's a free, mildly interactive textbook in website form. New content is added semi-regularly. Inaccuracies, if identified, are revised, making it a convenient source for up-to-date Color Theory. Forget everything you've heard about mainstream Color Theory, such as the idea of "warm" or "cool" colors. Those are artificial frameworks used to simplify discussions about art. *The Dimensions of Colour* will give you a deeper, more accurate education than you'd get from any commercial textbook.

THE WORKS OF ANDREW LOOMIS

Andrew Loomis produced many different textbooks on drawing. The fundamental text you should seek out is *Fun with a Pencil*. It teaches basic cartooning and figure construction. Loomis wrote books on more realistic techniques, as well as books specializing in difficult areas, such as rendering the head and hands. After going through a few Loomis books, you'll expand your repertoire past basic realism, and you'll be less reliant on direct reference.

THE ANIMATOR'S SURVIVAL KIT by Richard Williams

Once you've got the basics figured out, you'll probably start to look at animation differently. You'll notice things about your favorite cartoons that you'd never considered. Eventually, you'll consider making animations yourself! This book will explain how to work through many issues that seem insurmountable at first glance. As a general introduction to animation, *The Animator's Survival Kit* is hard to beat. Video courses based on the book are available as well.





You must have discipline!
Start with the basics
& work your way
towards mastery!

Mediums

BASIC

Skills

Pencil
Charcoal
Acrylic
Pastel
Ink

Lines
(Shape / Form)
Values
(Light / Shadow)
Simple
Perspectives

INTERMEDIATE

Gouache
Watercolor
Digital Paint
3D Modeling

Composition
Color Mixing
Dynamic Motion
Complex
Perspectives

ADVANCED

Oil Paint
Sculpture
Animation

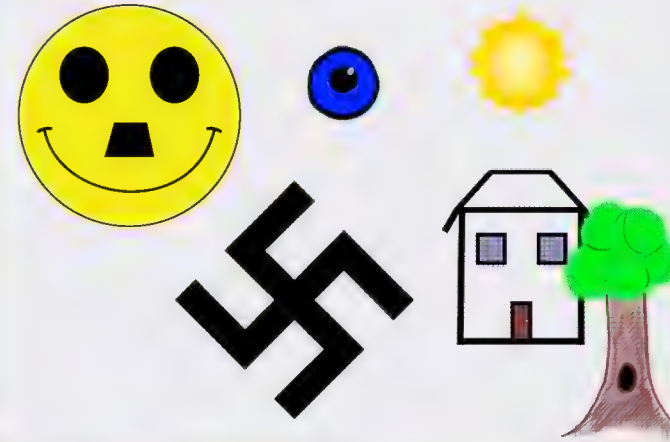
Abstraction
Stylization
Internalization

TIPS

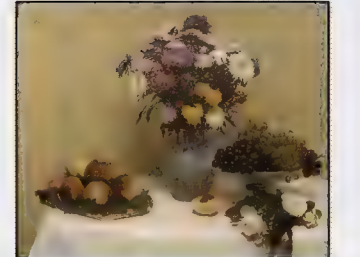
Use reference photos! Just as you might reference multiple texts while you're writing, you can draw from multiple photos at once. Synthesize that information into something new!

Analyze your work and review your older pieces periodically. As your skill grows, you'll gain new insights into how you can improve. Browse your old sketchbooks with those insights in mind.

SYMBOLIC



REPRESENTATIONAL



"White Roses, Chrysanthemums in a Vase, Peaches and Grapes on a Table with a White Tablecloth" by Henri Fantin-Latour (1876)

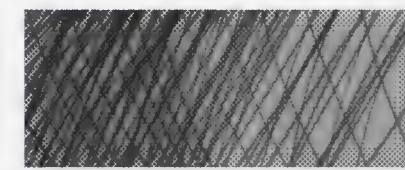


We make symbolic drawings as children without any instruction. Perhaps our brains seek to simplify complex objects around us. Representational art closely resembles its real-world inspiration, or otherwise accurately represents reality. These two categories aren't perfectly exclusive and some compositions will contain elements of both. Ask yourself what you're trying to convey and how it might be done most effectively!

BLENDING VALUE TRANSITION



HATCHING VALUE TRANSITION



To identify areas of light and dark value, squint at the subject and block things out!

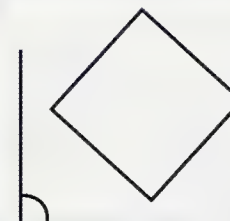


Normal

Squinting

Blocked

You don't have to mark the blocks on paper, but observe them!



Note the angle of things and how they sit relative to one another! Pencils are great measuring sticks. Ask yourself questions like: "How big is that eye relative to that ear? What is the angle between those fingers?"

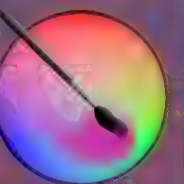
CLOSED SOURCE PAYWARE? FAKE AND GAY.



Try free art software like Paint.NET!

It has most of the features you'd find in a commercial app like Photoshop, with hundreds of plugins available to extend its functionality!
www.getpaint.net

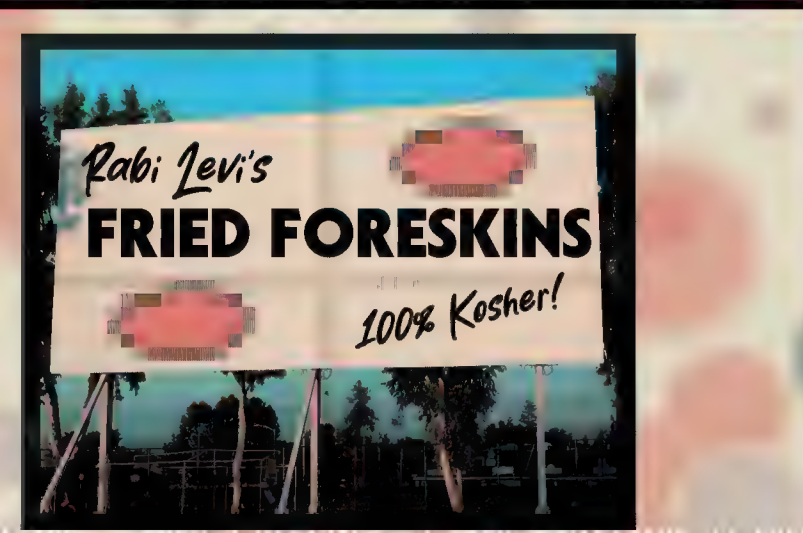
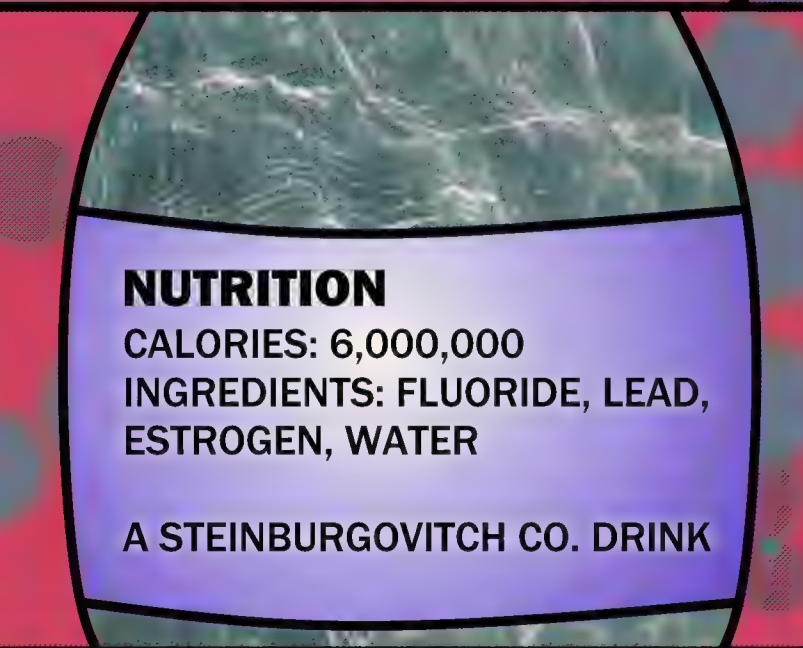
If you'd like to paint or animate, download Krita! It comes with hundreds of brushes and it can simulate many different mediums.
www.krita.org



We are not affiliated with or endorsed by Paint.NET or Krita.



ZNN
ZOG NEWS NETWORK
EXTERMINATE GOYS DAY
DECLARED NATIONAL
HOLIDAY BY CONGRESS



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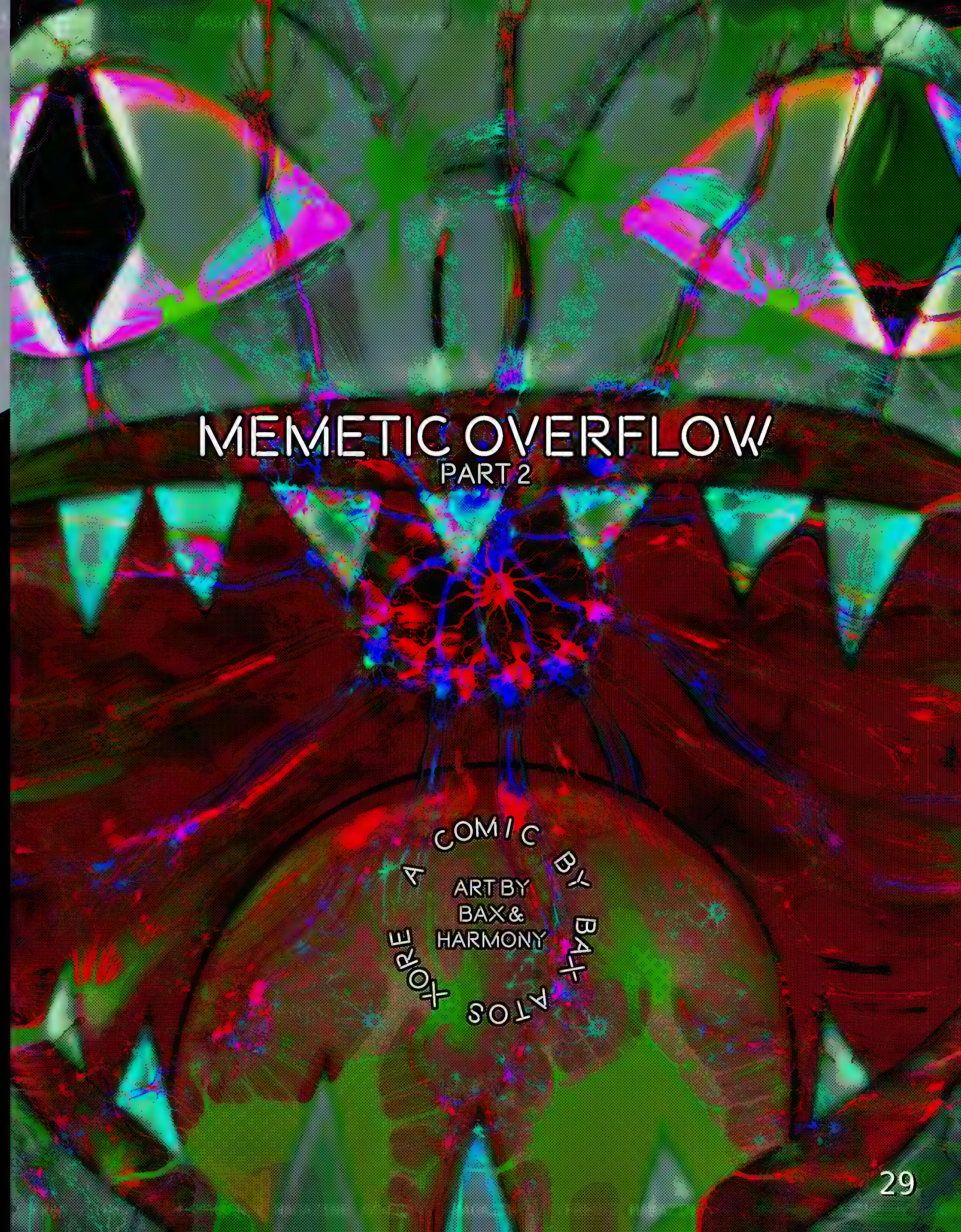
SOAP FOR THOSE WHO'VE PUT THE PIECES TOGETHER

WASH AWAY THE FILTH

BODY WASH BAR SOAP DEODORANT
SHAMPOO ACCESSORIES



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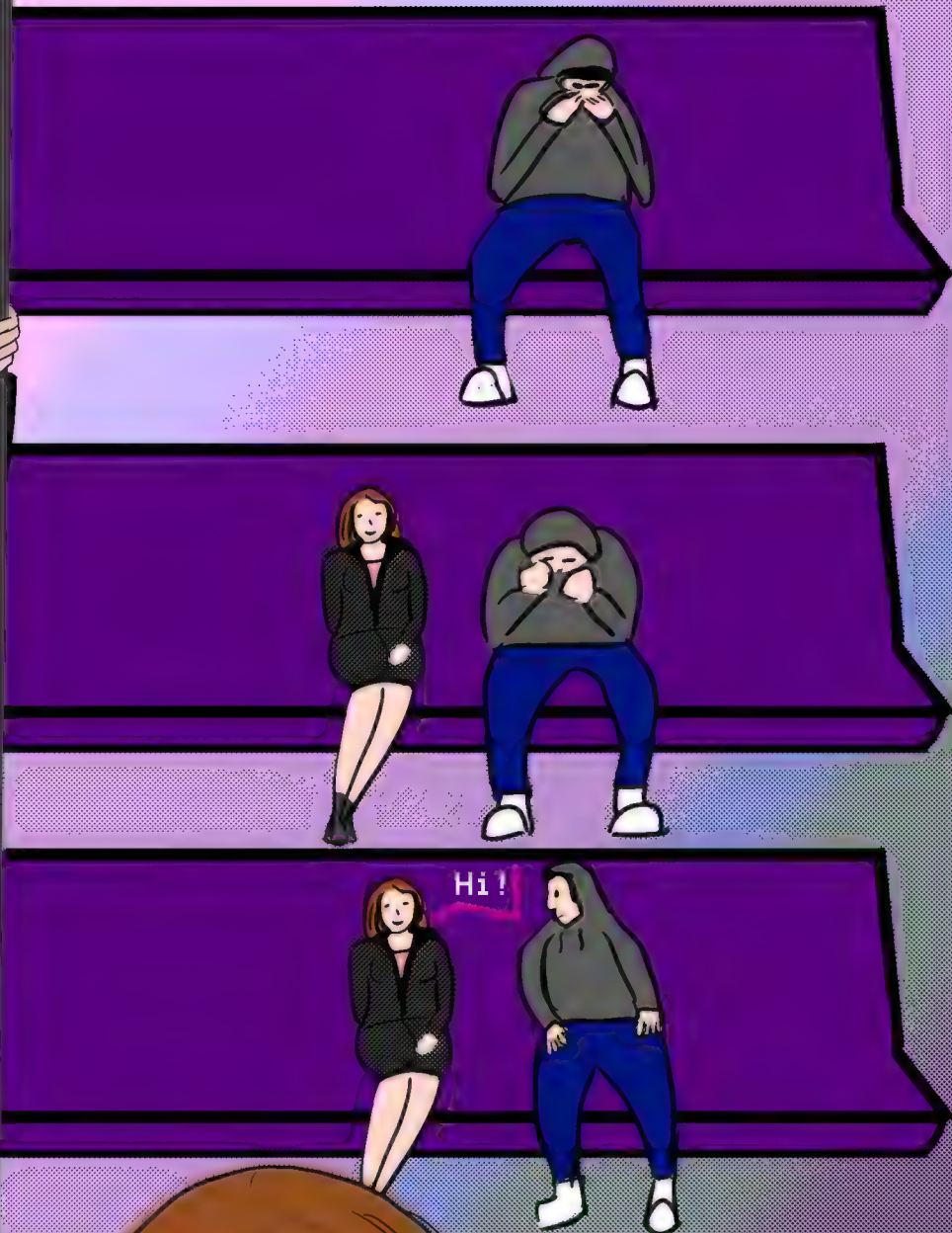
MEMETIC OVERFLOW PART 2

COMIC
ART BY
BAX &
HARMONY
BY BAX
ATOS
TOXIC

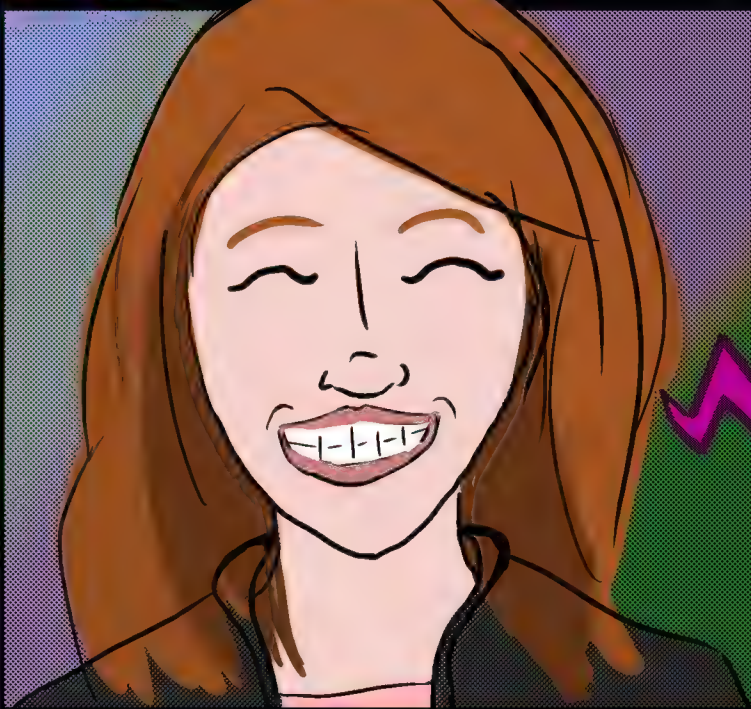
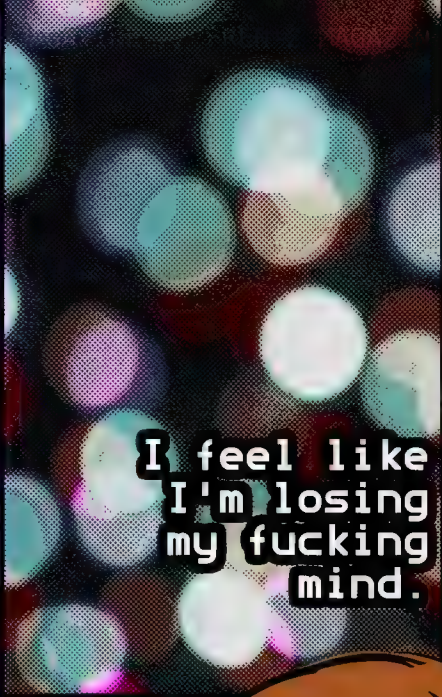


PROFILE

HANDLE: ???
 AKA: Lysa
 AGE: 21
 PROFESSION: ???
 HOBBIES:
 - Programming
 - Surveillance
 - Sabotage
 - Marksmanship



I'm Lysa.
 You must be Max!



This place is a mess! You wanted to show respect for Hitler, huh? With molding pizza, a filthy bong, and ragged underwear? Hitler wouldn't have wanted you to live like this, Lysa. Aryans don't wallow in trash.



I don't wallow in trash. I've been busy, OK? Partly with saving your ungrateful ass! I've been watching you for weeks now and I've seen you chain smoke an entire pack of jew-poison cigarettes. I've seen your porn preferences, too. So don't give me shit. I wasn't planning on bringing you here today. Has it occurred to you that I could have just walked away?

Alright, alright, I get it. We both have room for improvement...

I think I can tell what you value the most around here. Your PC is in pristine condition. I'd believe it was brand new if I saw it in a store.

Yea, and I want it to stay that way, so no touching!

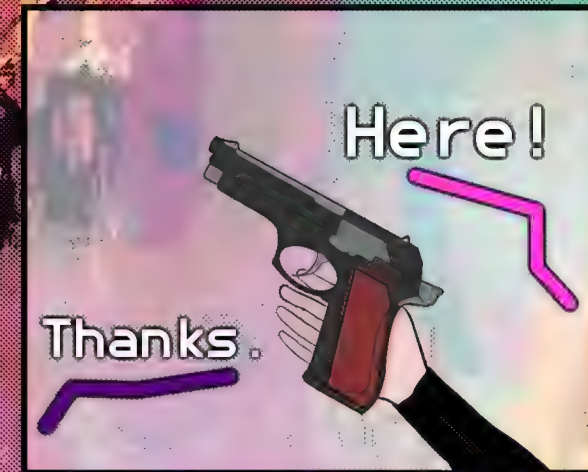


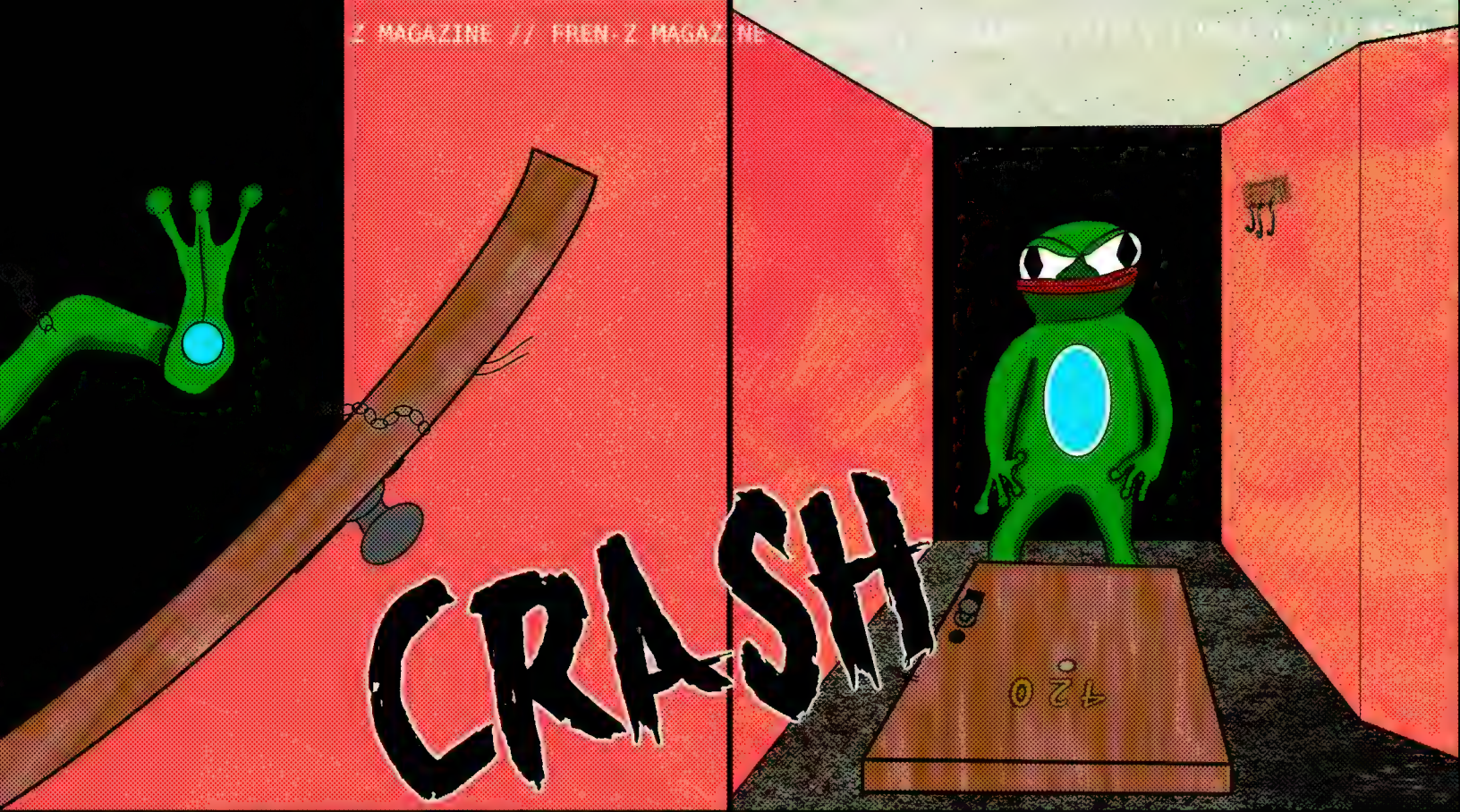
THUD
THUD
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THUD

I think that's him!

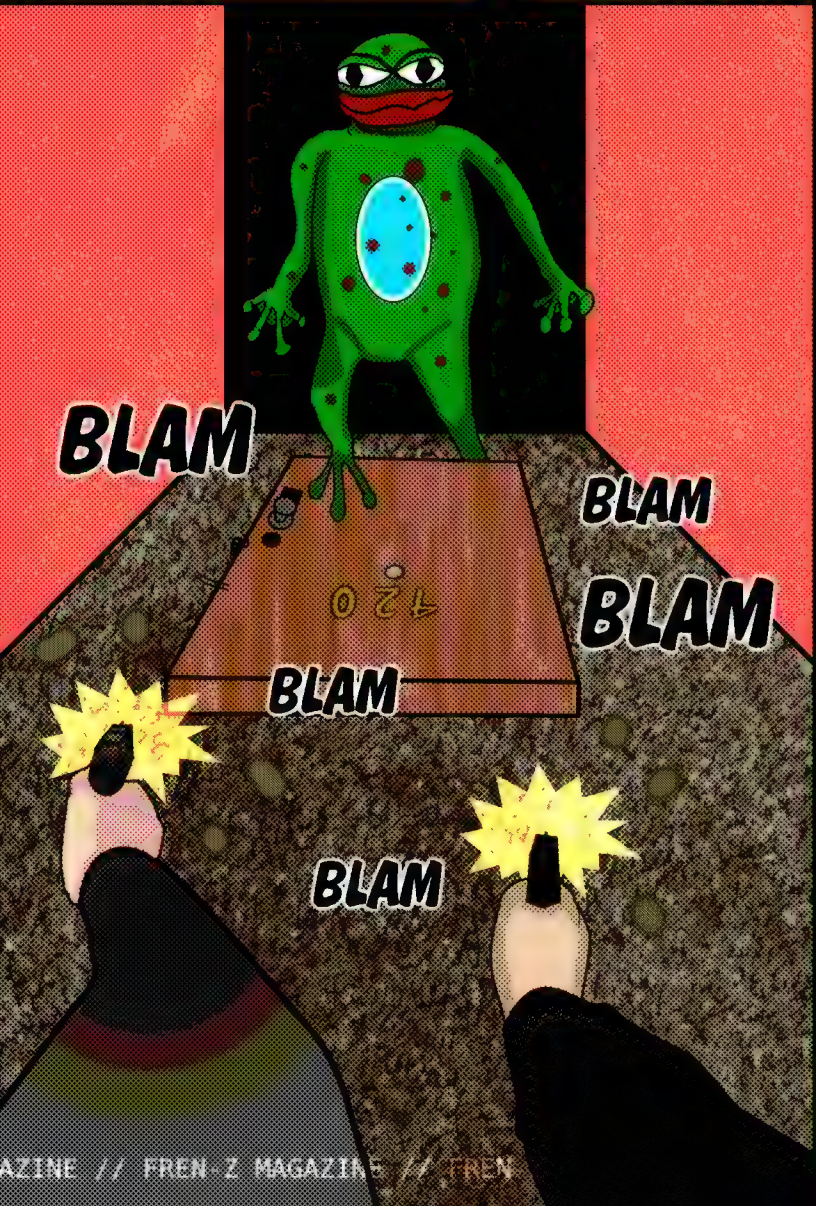
Tell me you have guns.

Of course!





CRASH



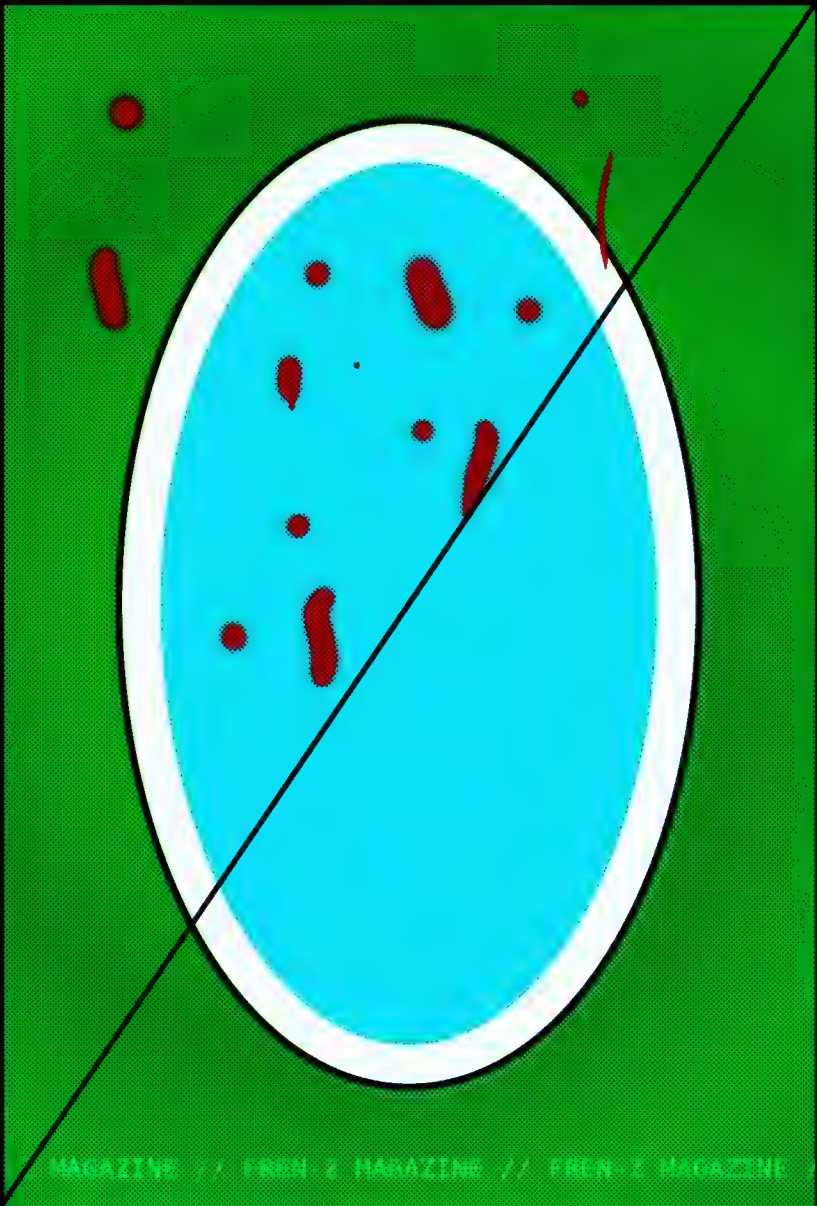
BLAM

BLAM

BLAM

BLAM

BLAM



TO BE CONTINUED



Bullets don't seem to hurt him! I think he's healing!

No shit, retard! RUN!



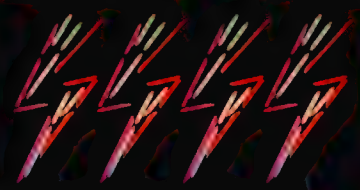
VISIT MURDOCH-MURDOCH.NET
ARCHIVE AND SPREAD MURDOCH'S WORK

MURDOCH
MURDOCH

Art by Murdoch

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