



# cantankerous old coots university

*Develop your own special  
brand of cantankerosity.  
See, experience and enjoy the  
freedom that comes with  
becoming a Coot.*

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elcome to The Cantankerous Old Coots University where you can learn to develop your own very special brand of Cantankerosity. These five lessons are just the introduction but they will provide you the basics you need to get started.

Maybe you don't want to become a Coot but you have a family member or co-worker who is and you just want to understand how their heads work. Coots University is your source.

Reading what is new at Cantankerous Old Coots must be a commitment if you want to master the material, and studying the lessons will help you develop your own cantankerous mind set.

Consider this your introductory course and make sure that you stay on our mailing list for special offers and a first shot at the whole program.

As you study, when questions arise, send them to us through the contact form on the web site or leave a comment. If there are issues not covered here pass them along. If they aren't part of the course so far, we will consider addressing them in the blog or in the final

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course.

Or not.! We are Cantankerous Old Coots you know.

Since we operate on the Coots Credo here, this is about as accommodating as you can expect from the Coots Team. Because we want to show Cantankerosity in its best light, we are bending over backwards here to let you in on the inside information. There is nothing a Coot likes more than to see a fellow Coot in action. We would love to hear about your experiences as you apply these lessons. Don't expect sympathy though if you go all whiney and wimpy. If you don't have what it takes to become a Coot, that is OK. We understand because even we can't imagine a world where everyone is a Coot.

One more thing. If there are any links in this document, it is possible that they may be links where we get some money from sales. These will be rare and will only be sites that we recommend and use. They are nothing that you need in order to develop Cantankerosity but the government wants to be sure that we disclose whatever devious scams we might espouse. As with everything in life, read the fine print.

Now, here is the introductory course.

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## Coot Lesson #1

# Let it out!

### **Forget what your mother told you.**

Here at Cantankerous Old Coots we believe in letting your feelings out. Maybe your mother taught you to be nice. She may have told you “If you can’t say something nice, don’t say anything at all.” Well, we say forget what your mother said. How far has your mother’s advice got you anyway? We say, if you feel it, then let it out.

### **Permit No Time Bombs**

The way we see it, those bottled-up emotions are time bombs, wreaking havoc on your health and well-being. Keeping quiet just lets that pressure build up and, even worse, encourages those fools causing all the upset to keep doing what they are doing. Keeping quiet not only makes it bad for you now; it makes it worse in the future.

### **Niceness is Phoney**

All this niceness is phony anyway. You know what people are really thinking. It’s what you are thinking but just not willing to say. They may tell you that you are looking good and that your new grandchild is so cute but you know the truth. Old age never

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improved anybody’s looks and that grandchild is a wrinkled mess, even if they do say he resembles you. Wouldn’t it be a relief not to have to pretend that you believe them? Don’t you think they deserve the same honesty from you? Of course they do. Do yourself and them a favor and just let it out, tell them the truth.

### **Like this**

“Joe, you old scoundrel, you are even fatter than the last time I saw you. You get any bigger and I’ll have to get you a wheelbarrow to lug that belly around.”

“Sally, you old fool, whoever told you that pink was a hair color? You look like you got your head caught in a cotton candy machine.”

“Dick, you blithering idiot, what makes you think that combing those two hairs over your bald spot will turn you into Fabio?”

### **Do everybody a favor**

You see the point? Friends do not let friends make fools of themselves. So do yourself and them a favor, let it all out. Trust us. You mother was a fool.

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## Coot Lesson #2

# We Don't Care What You Think.

### **Your opinion is worthless**

Your mother may think you are clever and dote on your every word. You may have been brainwashed in our worthless education system to think that you have value just for breathing. You may even be a pillar in your community; a church elder, a school teacher or even a politician. In the end it doesn't matter. Here at Coots, your opinion is worthless. If we wanted it, we would ask but we don't have time to waste arguing about it. So we won't. It's a free country for now but every second we get pushed further and further into a world where we can't say something because somebody else thinks different and we might offend them. Someone seems to have invented a civil right that makes it a crime to offend someone. While we still can; while there is still no addendum to the Bill of Rights to say that all us Americans have a God given right not to be offended, Coots is going on record to say that we don't care what you think. You can think whatever stupid things you want. You can be a damn fool for all we care and we are pretty confident that you have everything it takes to be the

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best damn fool there is. We just don't care. And we will tell you what a fool you are- as often as we can.

### **Its' not easy telling it like it is**

You would think that would make us good guys in today's feel-good world. It doesn't seem to work that way. Unless you are Al Gore or the New York Times, society frowns on telling people what you think. Everybody is supposed to be smart enough to make up their own mind today. It is just that making up your own mind is reduced to parroting Al Gore or the New York Times. Being smart and making up your own mind is now nothing more than saying the right things at the right time. Nobody knows how to think for themselves or even that they aren't thinking at all.

### **We know what we think**

We don't claim to be smart here at Coots. We don't read the New York Times and we stay as far away from Al Gore as possible (when you get older, you just don't like to be where it is cold). We do like to think, however. We think a lot. And when we think a lot we just can't help blurting it all out. So we will. Disagree if you must. You can even add a comment to voice your disagreement. You can shout. You can scream. You can throw a tantrum. But in the end, we don't care. We just don't care what you think. We don't care if you are offended. In fact, we hope you are. Somebody needs to straighten you out.

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### **Coot Lesson #3**

# Polite is over rated!

### **Don't be dense!**

This should be pretty obvious if you have been following our lessons. Unfortunately these days most people are pretty dense and seem unable to follow a stream of logic so we are going to be very blunt. Polite is a synonym for lie. It is just that simple. If you choose to remain oblivious to simple truths, we can't do anything about it. Human nature is pathetic. We continually ask people to tell us things that we know are untrue. If you have to ask your husband whether a dress makes you look fat, you already know the answer. "Of course it does!" So now the poor man has two bad choices. He can say yes which will make you hate him for confirming the truth or he can say no which will make you hate him for lying. Most husbands are taught to be polite and lie through their teeth and most wives delight in making it impossible for them to be honest. No wonder marriage is in trouble these days.

### **Stop being a mealy mouthed liar!**

We always seek to be inoffensive which of course causes us to lie. "That was a great cup of coffee, Carol. Can I have a refill." The coffee tastes like battery acid. It is luke warm and the cream is

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curdled. "I'd love another piece of that delicious cake, Mrs. Smith." The cake in questions is lumpy and tasteless. Who wins with such behavior? The answer, of course is nobody. If you don't set these people straight, they will continue to inflict their shoddy goods on other unsuspecting victims. If they believe you they will have your encouragement to do it. If they don't believe you, they brand you either as a fool or liar. Nobody wins!

### **Be straight at work!**

You may think that we are singling out women here but men are just as inclined to this foolishness as women. It just attaches to different activities. When it gets into the workplace, it is even worse because we are expected to lie as a condition of employment. Your boss may be a fool but he is unlikely to keep paying you if you tell him. Imagine the chaos if you said what you were thinking. Is the customer always right? Of course not. Could you fix their problem and get them out of your face if they would just shut up and go away. Of course. Because we think that polite is important, we waste everybody's time and make everybody upset. It is a darn nuisance.

### **You aren't getting any younger you know !**

Cut out the crap. Tell it straight. Stop the lies and stop pretending that polite isn't a synonym for lying, You don't have time for games. Time is a wasting and nobody is getting any younger. Next time somebody expects you to waste your time and theirs with mealy mouthed and duplicitous politeness, just say no. Tell them the truth and lets get on with life.

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#### Coot Lesson 4

# Say It When You Feel It!

### **We don't Worry.**

Are you one of those people who worry about being “politically correct”? Do you always think out what you want to say before you say it? Do you get home later and say to yourself “I should have said...”

Well then this lesson is for you. In the pursuit of Cantankerousity, there is no room for political correctness. As has been so eloquently said in the past, polite is a euphemism for a lie. This is the same for the political correctness BS that is so prevalent in our society.

### **Let It Out!**

There is way too much self editing these days. Too many times we have to stop our tongues so that we don't offend people. Well that is over and done with. In the continuous pursuit of being a better person We now believe that the best thing to do is just say what comes to your mind.

Lose that internal filter that clogs up with thinking about what you

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“should” say, and just say what you mean. It may anger people but shooting straight is the best way to deal with society as a whole. Keep your lies and your equivocations; quit pandering to people who don't really mean anything to you.

### **Don't keep it bottled up.**

If the time is right to give any SOB the Map Quest directions to Hell, so be it. Tell people what you think right then and there. If you keep it bottled up you will probably end up killing someone. While that may seem attractive at the time, it will only land you in jail and keep you from voting or owning a gun. Telling people what you think right then won't land you in jail most of the time. Slander is another topic altogether.

So here is today's homework: if somebody pisses you off, tell them. Don't just sit around and mutter, tell them off in a loud and clear voice that leaves no room for doubt. Like our good friend Howard Beal did, stand up and say, “I'm mad as hell and I'm not going to take it anymore!” Don't take it. Give it. You are well on your way to being a Cantankerous Old Coot.

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## Coot Lesson 5

# Let your face show what you think.

### **Being Cantankerous is not easy.**

You might think that all you need to learn is how to be rude and obnoxious. You would be very wrong. It is a way of life- a way of seeing the world and when you become a master, there are many skills that come into play. One that you might never think about is your facial expressions. Sometimes a look is all that a Coot will need to establish effective communication. In every case a facial expression can add that finishing touch that signals you really mean what you say.

### **People don't want straight talk**

These days, so many people are superficial. They aren't serious. Their statements are tentative or joking. People just don't expect you to lay the truth on them. They look closely to see if you are kidding. They don't want to deal with the truth. They don't want

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to deal with you if you are telling the truth and they will go to any length to delude themselves about your intent. If they think that you are kidding, then they can shrug away your statement and move on, skating away from a confrontation either with you or the truth you have just laid on them. Don't make it easy for them. You fail as a Cantankerous Old Coot if you let this happen. Your facial expression is the clincher.

### **Let's take a minute and review the lessons so far.**

#### **Lesson 1**

In lesson 1, we learned to let your feelings out freeing you to be real.

#### **Lesson 2**

This lesson reminded us all that what other people think is unimportant. You don't have time for worrying about whatever silliness is keeping them awake at night.

#### **Lesson 3**

Here we learned that polite is just an excuse for lying.

#### **Lesson 4**

You have to respond immediately. Don't hold back or reserve your first thoughts. Just let her rip.

#### **Lesson 5**

Let your face show you mean what you say. Unless you get your face right the other lessons are worthless..

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### **Make your face expressive**

Your words may tell the world what you really think and blow away any pretensions from your companions, but if you don't reinforce this with your facial expression, everything you worked for is lost. Break a smile and people will think you are kidding or being playful. Keep your expression neutral and they can interpret your statement as a mistake.

Controlling your face is vital because your expression must support and reinforce everything you have learned so far. It must be stern and serious. It can run the gamut of emotions from scowl to downright contempt. It must take no prisoners, leave no stone unturned and be so controlled that no one can have any doubt that you mean exactly what you are saying. Lesson 5 is the hardest lesson because no matter how well you learn the other lessons, we are so controlled by the urge to be nice that almost without thinking our facial expressions will try to make nice. As with most every thing in life, practice makes perfect so observe yourself in the mirror and find your weaknesses. Maybe your eyes twinkle a bit or your mouth just can't help curling up in a Mona Lisa smile. Whatever they are, find them and get them under control. The bonus lesson will help.



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## Bonus Lesson for Subscribers

# Develop your Coot Face

Your Coot Face is something that develops from years of dedication to Coot Principles. It isn't acting or making a face. It is truly a manifestation of your Cantankerosity. Most of you will be new disciples of these principles. You will be sharpening your skills, setting new goals for yourselves and looking for opportunities to turn your inner Casper Milquetoast into Mr Magoo.

The first principle here is that you can't force the Coot Face. It will show itself when it is ready and will be the result of careful attention to the Coot Lessons and rigorous practice. This doesn't mean that you can't help your face along by exercising the face muscles and making them more responsive to your feelings. As you grow in Cantankerosity, you will want to use the full range of those feelings and express them with your face. If you exercise those muscles now, then later on your face will be able to fully express your feelings naturally.

In this short lesson, we want to focus on two simple exercises, the mouth crunch and the brow press. Just one set of five repetitions per day will tone those underused muscles into powerhouses of expression, fully capability of displaying all the Cantankerouity you can bring to bear.

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## The mouth crunch

This one is hard to describe. The motions is much like an exaggerated kiss pulled into a grimace and released. You start by puckering your lips and pushing them as far out from your face as possible (think of a kissing fish or Angelina Jolie) and hold this pose for 5 seconds then pull your lips back and stretch the corners or your mouth as far back as possible. Before your do this, suck on a lemon and carefully study the feeling of the muscles as they pucker. You want to achieve the same muscle activity with your grimace. (If necessary practice with lemon wedges for a few days until you get it right.) Hold the grimace for five seconds and release. Do a set of five reps at least once a day. I find that a good time to do this is in the grocery line. People hardly ever annoy me with silly questions when I am practicing.

## The brow press

This one is easy to understand but it may be difficult at first for some people. These muscles are seldom used and may take a while to respond effectively. It may be necessary for you to practice in front of a mirror in the beginning and initially you may feel that it just isn't working. Be patient and keep at it. Those muscles may have been waiting a long time to be appreciated and just need encouragement and persistence to respond.

Start by forcing your eyebrows down over your eyes as far as you can. You should feel pressure even if you cant see any change. Don't give up. Hold that position for five seconds and release. It

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will get easier over time and you will notice the range of movement for your eyebrows will gradually increase and become more expressive. I like to do this one while waiting at a stoplight

These two exercises will help you develop the facial muscle tone that your face will need to express fully your Cantankersotiy. More of this will be coming later on the website but this bonus will give our special students a heads up on the competition.

We at Cantankerous Old Coots University welcome our beginning students to these five lessons plus the bonus. We know that with careful study and steady practice, you will learn how to release the Cantankerous Old Coot hidden within you.

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