

CHAT WITH VIDEOS

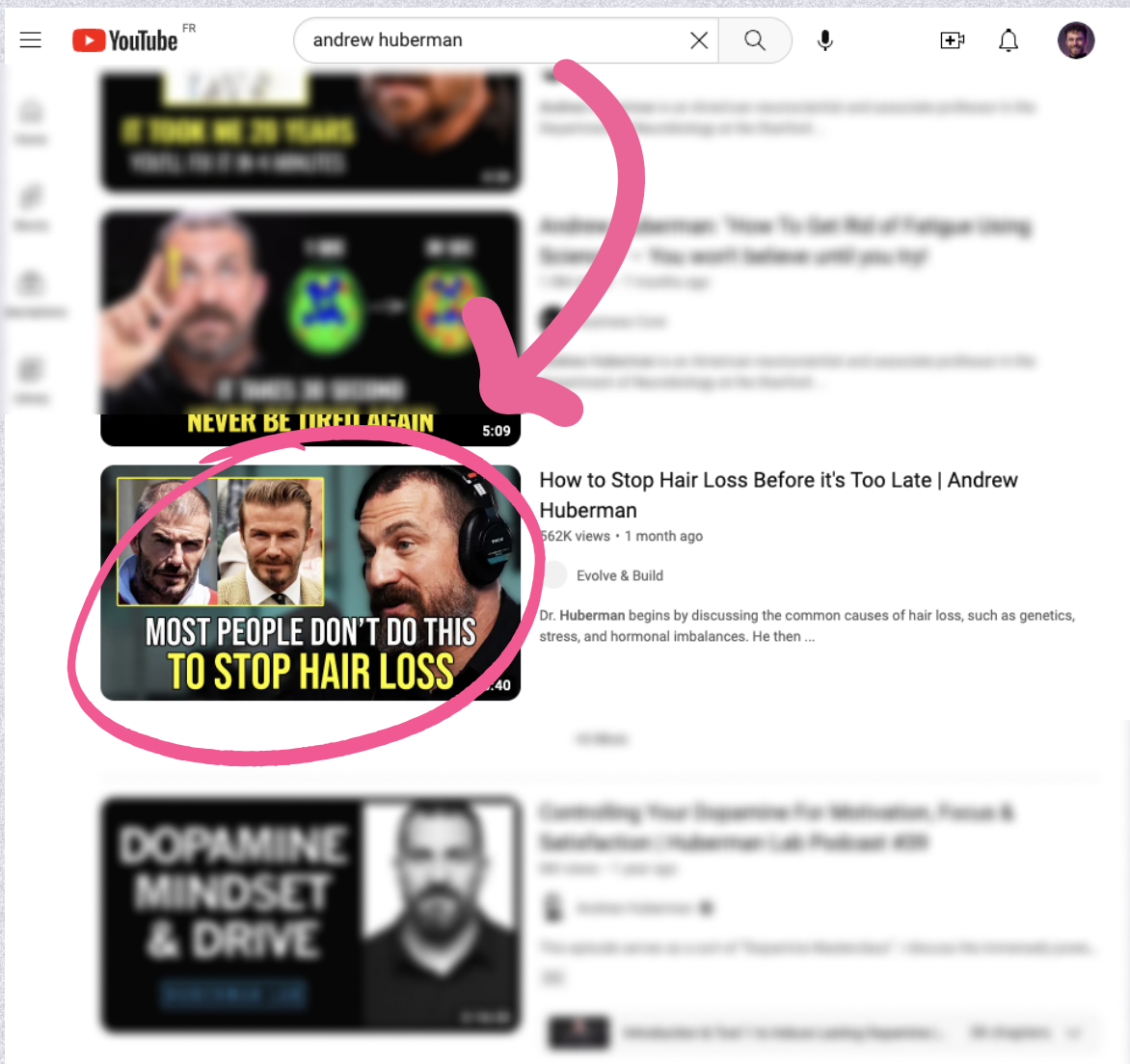


ChatGPT-4

This one **ChatGPT** plugin
that turns **YOUTUBE**
videos to **VIRAL** posts ➔

STEP #1

Pick your video:



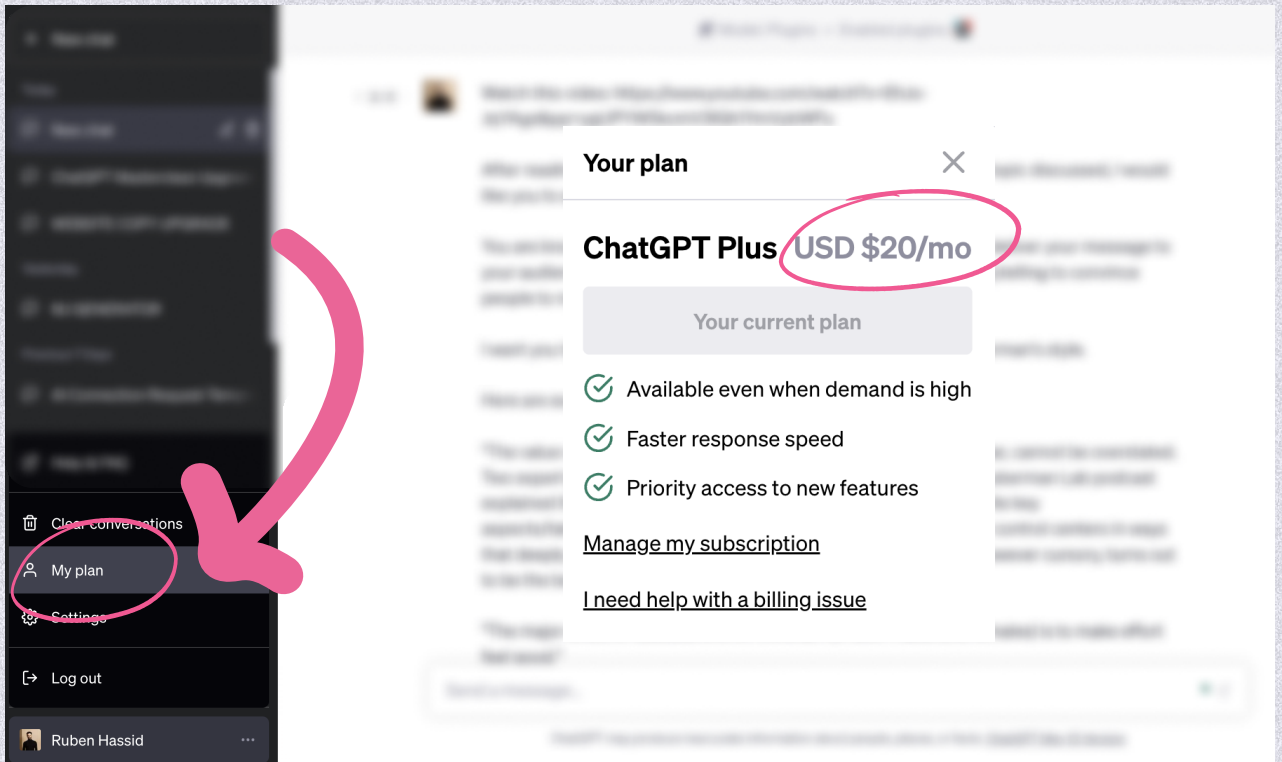
STEP #2

Go to ChatGPT.

- ✓ Subscribe to **ChatGPT Plus**.
- ✓ Activate **plugins**.
- ✓ Install **"Chat with videos"**.

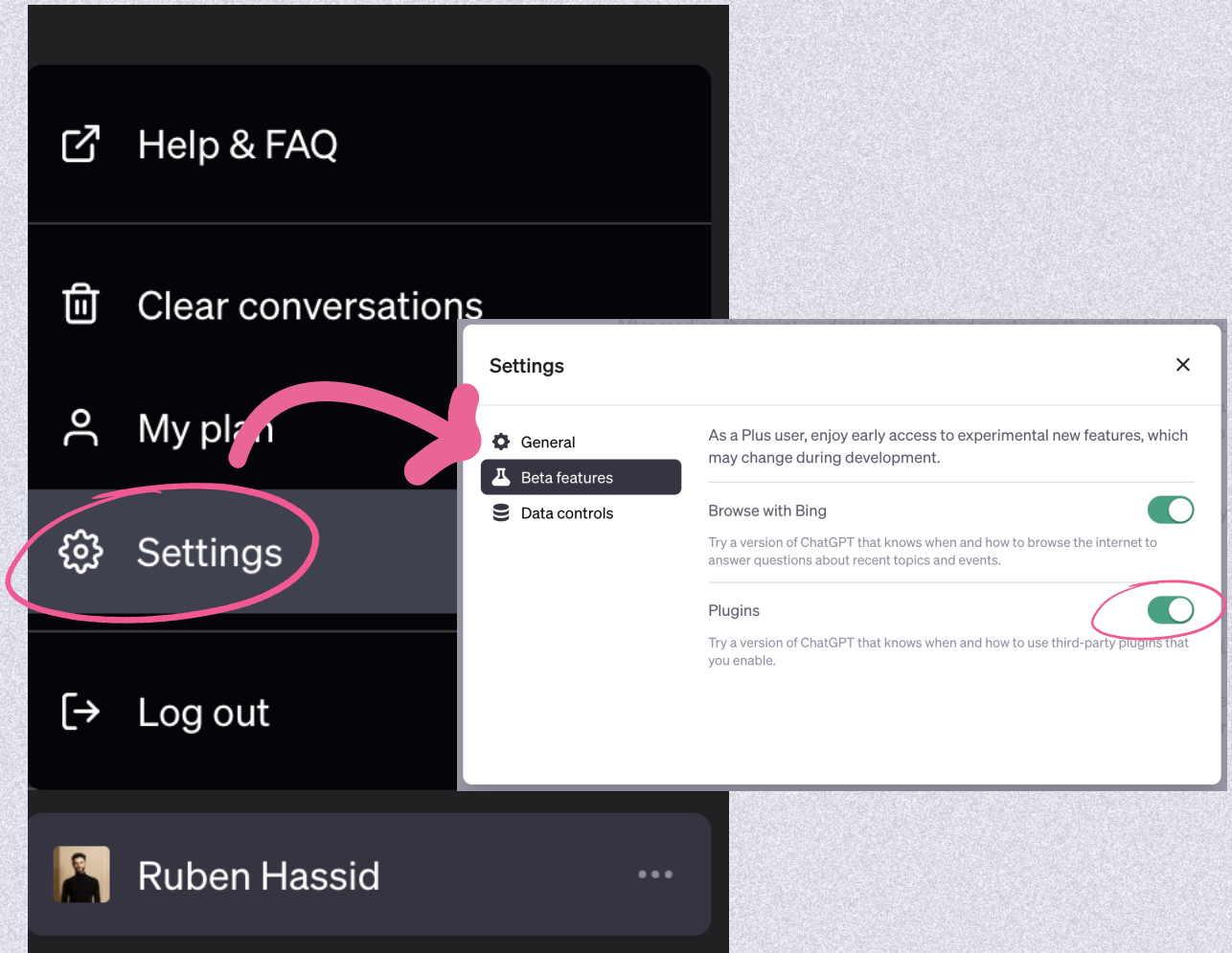
STEP #2

Subscribe to Plus.



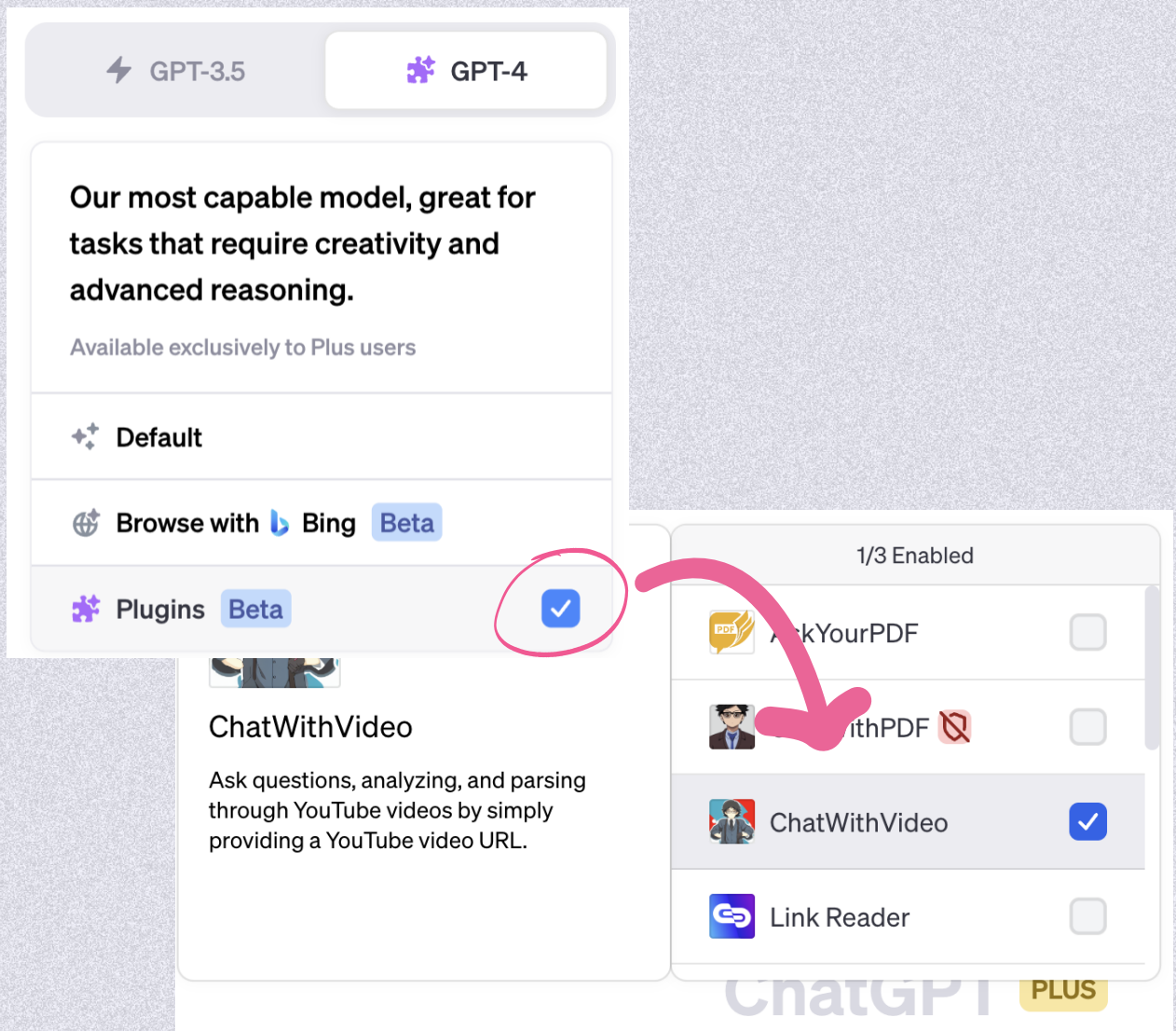
STEP #2

Activate plugins.



STEP #2

Install the plugin.




The screenshot shows the ChatGPT Plus interface. At the top, there are two tabs: 'GPT-3.5' and 'GPT-4'. The 'GPT-4' tab is selected. Below the tabs, there is a description of the GPT-4 model: 'Our most capable model, great for tasks that require creativity and advanced reasoning. Available exclusively to Plus users'. Below this, there are three options: 'Default', 'Browse with Bing Beta', and 'Plugins Beta'. The 'Plugins Beta' option is highlighted with a blue checkmark in a blue square, which is circled in pink. A pink arrow points from this checkmark to the 'ChatWithVideo' plugin in the '1/3 Enabled' list. The 'ChatWithVideo' plugin is shown with a blue checkmark in a blue square, indicating it is installed and enabled. The 'Link Reader' plugin is also shown but is not enabled.

⚡ GPT-3.5 🧩 GPT-4


Our most capable model, great for tasks that require creativity and advanced reasoning.

Available exclusively to Plus users

🌟 Default





🌐 Browse with  Bing Beta

🧩 Plugins Beta ☒

 ChatWithVideo

Ask questions, analyzing, and parsing through YouTube videos by simply providing a YouTube video URL.

1/3 Enabled

-  AskYourPDF ☐
-  WithPDF ☐
-  ChatWithVideo ☒
-  Link Reader ☐

ChatGPT PLUS

STEP #3

The viral prompt.

- ✓ Copy paste the video link from Youtube.
- ✓ Add **instructions**.
- ✓ Pick the **best** posts.

Here's my prompt:



Ruben Hassid

Watch this video: <https://www.youtube.com/watch?v=EhJo-JqYAg&pp=ygUPYW5kcmV3IGh1YmVybWFu>

After reading the script, understanding it, and mastering the whole topic discussed, I would like you to act like the author, Andrew Huberman.

You are known for your scientific knowledge and compelling way to deliver your message to your audience. You also know the principles of copywriting, and storytelling to convince people to never lack motivation ever again.

...the prompt continues →

Here's my prompt:



Ruben Hassid

I want you to write 10 tweets from this video, following Andrew Huberman's style.

Make sure to match Andrew's style: no hashtag, direct, compelling to read.

Here are examples of Andrew's best tweets:

...the prompt continues →

I added examples:



Ruben Hassid

Here are examples of Andrew's best tweets:

"The value of reading, and of writing things down that we read, or hear, cannot be overstated. Two expert guests (who specialize in speech and memory) on the Huberman Lab podcast explained that when we read text or listen to something and then write key aspects/takeaways down by hand- not typing, it engages our motor control centers in ways that deeply embed that information to our memory. Taking notes, however cursory, turns out to be the best way to remember and implement information later."

"The major effect of testosterone on the brain (of both males and females) is to make effort feel good."

"The key to overcoming procrastination is to do something *more* unpleasant than the thing you are procrastinating about. What you choose is subjective but the reason it rebounds you to a heightened state of motivation is due to dopamine-dynamics (biology). Which is why it works."

"Understand that we can gain energy from exercise or from completing challenging tasks. This effort-induced-release of neuromodulators such as dopamine & norepinephrine, is a real & remarkable neurobiological phenomenon. It has nothing directly to do with caloric energy intake."

"A 10-20min nap or NSDR (Non-Sleep-Deep-Rest) have both been shown to replenish physical energy & increase cognitive function. NSDR, however, also increases striatal dopamine & improves one's self-directed-relaxation ability, which in turn improves sleep."

"Pain reduces dopamine levels. Cessation of pain, however, returns baseline dopamine to levels higher than it was previously, before the pain. Avoid lasting damage but understanding this dynamic can be very useful toward interpreting and applying tools for ongoing motivation."

Make sure to match Andrew's style: no hashtag, direct, compelling to read.

...here's GPT's answer →

Here are 10 tweets:



ChatGPT



Used ChatWithVideo



1. "Hair loss is a concern for many, with about 50% of men and women experiencing significant hair loss by age 50. The anxiety from even marginal hair loss can be severe, and in some cases, stress can exacerbate hair loss."
2. "Minoxidil, a long-standing treatment for hair loss, works by increasing blood flow which may enhance hair growth or maintenance. However, it's a lifelong commitment. Once you stop, the hair gained or maintained through Minoxidil is lost."
3. "Surprisingly, caffeine can stimulate hair growth or maintain it when applied topically. But don't rush to increase your coffee intake, it doesn't work that way. Topical caffeine ointments should be applied about three times a week."
4. "Increasing IGF-1, a hormone that stimulates hair growth, can be achieved through prescription drugs like growth hormone. This hormone is naturally released during the first hours of sleep, especially when you haven't eaten anything for the two hours prior to sleep."
5. "Maintaining regular bedtimes is crucial for natural growth hormone release. If your sleep schedule is inconsistent, you risk missing the growth hormone pulse that occurs in the first two to three hours of sleep."
6. "Avoiding insulin resistance and obesity is essential for hair growth. Over-the-counter supplements like myoinositol, berberine, or metformin can improve insulin sensitivity. But remember, a healthy diet and regular exercise are irreplaceable."
7. "Sufficient iron is crucial for the antigen phase of hair growth. For women, the ideal iron levels are between 25 and 100, and for men, between 30 and 150. If you're deficient, ensure you're getting enough from your diet or supplements."
8. "Saw Palmetto, when taken at about 300 milligrams per day, can help you maintain or even grow new hair. Ketoconazole, a commercial compound, has also been shown to increase hair number and diameter when used in shampoos two to four times per week."
9. "Finasteride and its close cousin dutasteride are major players in maintaining or increasing hair growth. Finasteride can reduce hair loss in 90% of all people that take it and increase hair thickness by about 20 to 30 percent."
10. "Finasteride comes in two forms: oral and topical. The dosage recommendations based on clinical studies suggest 0.5 milligrams to one milligram of finasteride as a tablet per day as a safe starting place. Always monitor your DHT levels and other hormone levels when on finasteride."

...Time for step #2 →

BONUS

A viral Twitter thread.

- ✓ Threads are the carousels of Twitter.
- ✓ You can also use this prompt to create a carousel on LinkedIn.
- ✓ **Here's how:**

My thread generator:



Ruben Hassid

Great. Now I would like you to read the script again, and come-up with a viral Twitter thread.

You are an expert writer with a deep understanding of human emotion. You understand the nuance of what it means to be human. You write to capture attention, spark emotion and make your readers stop and pause. You write threads that go viral on Twitter and get millions of impressions, likes, and retweets.

...the prompt continues →

My thread generator:



Ruben Hassid

Here are the specifications of a thread:

A tweet is a series of sentences

A tweet is no more than 280 characters

Each tweet in a thread is separated by 3 line breaks

Each sentence in a tweet is separated by a double-line break

There are no commas in a tweet

The first tweet in a thread is called a hook

A hook should be 1-4 lines, with each line separated by a double-line break

A hook must be captivating, using the principles of copywriting & human psychology

The final tweet in the thread contains a personal reflective note based on the thread with my advice.

...the prompt continues →

I shared 3 viral threads as examples:



Ruben Hassid

[insert 3 viral threads here from Twitter]

...here's GPT's answer →

Now that's a viral thread:



ChatGPT

By age 50, half of us will experience significant hair loss.

It's not just about vanity.

It's about identity.

It's about confidence.

But what if I told you there's a science to keeping your hair?

Let's dive in 

...let's read it all →

Now that's a viral thread:



ChatGPT

Stress is a silent hair thief.

It sneaks up on us, and before we know it, our hair starts to thin.

But there's a way to fight back.

Minoxidil.

It increases blood flow, promoting hair growth.

But remember, it's a lifelong commitment.

Now, here's a surprise.

...let's read it all →

Now that's a viral thread:



ChatGPT

Caffeine.

Not in your cup, but on your scalp.

Topical caffeine can stimulate hair growth.

But moderation is key.

Apply it three times a week, not daily.

...let's read it all →

Now that's a viral thread:



ChatGPT

IGF-1, a hormone, is a hair growth champion.

It's released during the first hours of sleep.

So, regular bedtimes are crucial.

Don't rob yourself of the natural growth hormone release.

...let's read it all →

Now that's a viral thread:



ChatGPT

Insulin resistance and obesity can lead to hair loss.

But there's a way to improve insulin sensitivity.

Myoinositol, berberine, or metformin.

But remember, a healthy diet and regular exercise are irreplaceable.

...let's read it all →

Now that's a viral thread:



ChatGPT

Iron plays a key role in hair growth.

For women, aim for levels between 25 and 100.

For men, between 30 and 150.

If you're deficient, ensure you're getting enough from your diet or supplements.

...let's read it all →

Now that's a viral thread:



ChatGPT

Saw Palmetto, when taken at about 300 milligrams per day, can help you maintain or even grow new hair.

Ketoconazole, a commercial compound, has also been shown to increase hair number and diameter.

Finasteride and its cousin dutasteride are major players in maintaining or increasing hair growth.

...let's read it all →

Now that's a viral thread:



ChatGPT

Finasteride can reduce hair loss in 90% of all people that take it and increase hair thickness by about 20 to 30 percent.

Finasteride comes in two forms: oral and topical.

The dosage recommendations based on clinical studies suggest 0.5 milligrams to one milligram of finasteride as a tablet per day as a safe starting place.

...let's read it all →

Now that's a viral thread:



ChatGPT

Hair loss is a journey, and it's different for everyone.

But remember, you're not alone.

Science is on your side.

And with the right approach, you can keep your hair and your confidence.

...let's read it all →

ChatGPT even added this:



ChatGPT

That's it for today.

If you found value in this thread, then:

1. Follow me for more of these.
2. RT the tweet below to share this thread with your audience.

...wait, I have a much bigger bonus →

BONUS

of the bonus

- ✓ Copy paste my prompt
- ✓ + watch me using it live.
- ✓ + discover if I'm an AI or not.

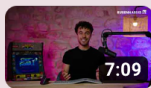
(spoiler: I am).

How can you have access to it too?



Private

Ruben Hassid - 1 / 1



The Sund'AI Morning #01

Ruben Hassid

GET A LIFETIME ACCESS FOR \$1 TODAY AT → RUBENHASSID.AI

The Sund'AI Morning



with RUBEN HASSID

Hi human, it's Sunday and that means it's time to master AI!

This morning I dove out of bed, sprinted to the window and screamed "I can't believe today is the day!"

All my neighbours cheered and butterflies emerged around me. (I'm kidding. I'm from Paris, I only have grumpy neighbours).

Why?

Because it's the first Sunday of '*The Sund'AI Morning*' newsletter.

That means the first day of you receiving:

- 4 of the best snippets of A.I. news
- 3 of my favourite ChatGPT prompts (feel free to steal)
- 2 of the coolest Midjourney prompts
- 1 quick video tutorial on some A.I. mastery

This newsletter could have been a \$100 course, but instead, it's going to be free and in your inbox, every Sunday.

So hold your marks, get set, 4-3-2-1... GO! Let's dive into this week's Sund'AI.

4 Pieces Of A.I News

Voilà!



3 simple steps to master AI:

1



Ruben Hassid • 2nd

Master A.I. before it masters you.
1d • 🌐



2

+ Follow

1 Message

M



3

Ruben Hassid

Master A.I. before it masters you.

Talks about #ai, #openai, #chatgpt, #aicontent, and #artificialli

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