

Scot McKay (00:03.256)

Gentlemen, have you ever heard that you need to have the right pickup line, or in the moment with a woman and she gets mad at you, you better say the right thing or else the whole relationship is toast? And yet you're not really the wordsmith you'd like to be. You don't feel like you've kissed the Blarney stone or anything. Well, have I got a guest for you. My guest today is named Rob Thomas, and he is the author of a book called Wordless Connection. And what you're going to have, well, with the veil

that's going to be lifted for you today is all about is how to connect with women with something other than your words, which is going to be like a godsend to a lot of you guys. Very important stuff, fun stuff. And I want you to stay tuned for this podcast because it just might change your life, which I know is so many words, but hopefully you connect wordlessly with what we have to say and your life will be better for it. Before we dive right in, I want to remind you

that the website is mountaintoppodcast.com. And if you are not on The Mountain Top Summit just yet, gentlemen, we would love to have you join our crew of guys who are getting better with women and having a good time as we do it. I'm @scotmckay just about everywhere online and social media, a S or at SCOT MCKAY. you know, YouTube X, all those places. The only place I'm really someone different,

even though I'm still myself, obviously, because we preach a lot of authenticity around here, is on Instagram where I'm at real Scot McKay. So with all that taken care of, I'd like to welcome to you Rob Thomas, who comes to us from Phoenix, Arizona. And he is the author of a book with a terrific, easy to remember name, Wordless Connection. So on that note, I'm going to stop talking and I'm going to introduce to you Rob. Rob, welcome to the show, man.

Rob Thomas (01:56.81)

Hey, thank you. I enjoyed your comment about the real Scot McKay. I get a lot of people ask me if I'm a singer and I'm a little older than... That's right. And so I say, I am the Rob Thomas. So anyway, I relate to the real Scot McKay.

Scot McKay (02:04.322)

Yes. Matchbox 20. Yeah.

Scot McKay (02:17.548)

Yeah, I always preferred Hot Wheels and Corgis to Matchboxes anyway when I was a kid.

Rob Thomas (02:22.655)

Well, there, I like that.

Scot McKay (02:24.814)

Yes, so I'm already a fan. There you go. But yeah, I did indeed think of Rob Thomas, but that's that's a very that's not a very Googleable name, is it? I mean, someone's trying to hunt you down and get dirt on you. They're probably a lot more likely to get dirt on someone else named Rob Thomas than you.

Rob Thomas (02:27.722)

Thank you.

Rob Thomas (02:42.357)

Yeah, actually one of things I found is that when I go to a gym or the dry cleaners or somewhere, they seem they say there's lots of Rob Thomas's, but I in my daily life, I really don't run into any. So on the one hand, it seems a little unique, but there's lots of them out there. So.

Scot McKay (03:00.93)

And of course, anybody who is a Monty Python fan knows you're much better off being named Rob

Thomas than John Thomas. Yeah, very good. All right. So talk to me about what inspired you to write a book called wordless connection, because your day job is a little different than like being a shrink or something like that, which is great. But obviously this is something that's top of mind for you. So tell me about how you arrived at this destination, Rob.

Rob Thomas (03:08.169)

That is true.

Rob Thomas (03:22.434)

Right.

Rob Thomas (03:28.873)

Well, I've had been married for a long time and anybody who's been, No, and I'm still married, still married to the same woman. No, but I had been, I'm talking about when this moment arrived where this kind of concept came to me, I had been doing, I've been doing a lot of work. My wife and I had had some good things and maybe not so good things in our relationship. And I was finding that I wanted to,

Scot McKay (03:33.826)

That sounds past tense.

okay.

Rob Thomas (03:57.685)

enhance our relationship. And we'd been working on some things, read some books, we'd even gone to some counseling. And as we went through that, it was always targeted on saying the right thing. You had to listen, then you had to respond. And then I always found that I was trying to say the right word at the right moment. And this is something that I don't know if it's for all men, but I often think men, when they're particularly trying to talk to their partner,

there is just maybe a gap of an understanding, at least it was for me. And so I found I wasn't saying the right thing. And I really was trying to find out what could I do differently because what we were doing wasn't working and I want to draw closer to my wife. One of the things that I do in my work when I am working with a large organization is that I have a certain pattern that I work with large organizations on as we're engaging them on a particular activity.

And as I'm going through that, there are times that as much as I'm using something that's very proven, has worked very well, there are times that it's not working and for different reasons. And I may not know exactly why. And so what I've done in my day job is that I look to change the conversation. And often there are times I'll just do the opposite of what I'm doing. So if I'm meeting with the team every single day, I will then make it more random or I'll do something like that.

So I started thinking about this with my wife and I began thinking about this idea of instead of trying to find the right words, which was not my perfect moment, I thought, what could I do that would be no words? And I started thinking more about that and I started doing some research. I had come across some wordless activities early in my...

research in my career. And so I started working on some of those. And so it was really kind of a decision point with my relationship and wanting to try in something and do the opposite of what I'd been doing. So that's kind of how it originally started.

Scot McKay (06:11.532)

You know, it's interesting. It seems like spousal communication can end up just being a big cloud of euphemisms. I'm walking on eggshells, making sure I say the right thing. I don't want to tell her she

looks fat in those jeans, for example, or something like that. Or, you know, honey you look like you're 22 still, even though we just had our 50th anniversary. You know, it's, it's a, It's a race to the bottom in terms of not saying the wrong thing for a lot of, a lot of men. And I think a lot of women

Rob Thomas (06:26.109)

Right. Right.

Scot McKay (06:41.986)

go through their relationship, trying not to piss off their husbands because he's irritable or his T levels are low or something like that. And yet I'm sure you've been on interviews before had people talk to you casually about your book. And I'm sure I'm almost sure that they completely misstate the title of your book as wordless communication. Well, that's not the name of the book, right?

Rob Thomas (06:47.134)

Right.

Scot McKay (07:10.274)

We think of communication as having to involve words. So that's why we make that, we bridge that gap in our mind about what our books about by assuming that you're talking about communication, but you're talking about creating a connection, not just having a conversation without words. Am I right?

Rob Thomas (07:31.71)

That's correct. And the focus as you get into the book, it starts kind of building on this idea that not only do we want to connect, but we have some natural things that are just part of each and every one of us that really makes that connection not only be able to happen spontaneously, but we all kind of walk into the situation being much more experts about it than we think. And one of the, some of the things that I talk about in the book,

In fact, the book kind of talks about five experiments that people can kind of engage in and try on their own with their partner. But all of them deal with doing activities that they don't need to ask permission, they don't need to invite their partner to do anything, they just go ahead and do. And one of the things, for example, that I talked about in the book is something called a five-second hug. And often when people...

are in long-term relationships. One of the things that I've noticed is I've talked to a lot of people is that they stop really doing a lot of romantic things or really engaging with their partner like they did when they first started dating. And so if they do hug, it's for two or three seconds or it's a side hug, which also is not very connecting. And if a kiss is involved with that, it could be a half second kiss

Scot McKay (08:51.63)

Yes.

Rob Thomas (08:57.212)

or a peck or something like that and really. And they feel like they made an effort, their partner made an effort, but they didn't make a connection. So as they walk out the door, they may even be thinking they're going to work, but they also feel like I didn't connect with my partner. And so what the book talks about is ways that you can connect again, really instantly with your partner.

Scot McKay (08:59.67)

Or I'm off to work in the morning. Kiss kiss.

Rob Thomas (09:26.388)

by doing certain things. And again, hugging is one, and we invite people to again, hug for five seconds.

And they can, anybody listening can just go ahead and try this with their partner. And there really is a difference between hugging for three seconds and hugging for five seconds. I noticed that once you get to the five second mark, just your body starts responding differently. And it's not sexually, it's really just all of a sudden your body is responding in a way that this is more serious.

I am more intentional. I'm more aware of something. And the book also kind of gets into some of the science. At that point, about five seconds in, and particularly as you go a little bit longer, but really five seconds in, you start getting, the body starts making oxytocin, endorphins are stirred up a little bit, and not only within us, but within our partner. And so this is kind of the experience that we had when we were dating.

When we were holding hands or we hugged before we left. Part of that was that we got a lot of chemical reward from within ourselves. Well, because we get busy, we've got children, we both are going to work or we've got other things going on, we're not taking that opportunity to engage ourselves, our physical self into this moment, which really our bodies are ready to go. Our bodies are built to

make that connection and want that connection really almost as a point of personal survival. And so our bodies are ready to go and we have this kind of pharmacology store ready in our brain that will kick in as we start doing these type of wordless connections with our partner.

Scot McKay (11:16.248)

You know, you're talking about the science behind this and what you're talking about makes perfect sense to me. And in fact is rather profound because you can relate what you're talking about in terms of hugging to eye contact. Can't you? We're talking about connection here. If I see someone at the grocery store, a woman, and I look at her and she smiles at me and I smile back.

Rob Thomas (11:29.022)

Yeah. Yes.

Scot McKay (11:38.445)

Well, then, you know, that was pretty normal. If we lock eyes for a minute or two or minute, a minute, we're getting way ahead of ourselves, aren't we? A mere second or two. It's noticeable, isn't it? But if that eye contact becomes five seconds, we're having a moment there. There's intimacy in that five second moment. It's like if you lock eyes with someone and hold it, they say, you know, colloquially that you either want to fight them or fuck them,

Rob Thomas (11:52.371)

It is.

Scot McKay (12:08.8)

is what they say, whoever it is.

And that really just coincides very well with the fact that if I hug you, and you know, it's kind of like one of those Robert Evans Hollywood producer, I love you babe, kind of hugs and then you're off, you know, the back pat that shows insecurity with the hug every time, by the way. That's what that body language is. If you're being patted on the back while you're hugged, that's, I feel uncomfortable with this and I want it over with. Almost usually, unless there's someone who has a habit of that, but

Rob Thomas (12:27.623)

Right.

Right, sure, sure.

Scot McKay (12:45.182)

ultimately, the longer the hug, the more meaningful it is. And so if you get into this habit with your spouse of just having the passing kiss kiss, you know, we're off for work, you know, oh, give me a quick hug. Then it has become a formality. It's become just a habit. It's become something that we go through the motions with instead of something meaningful. But if you hold someone

for those five seconds, then all of a sudden you're reminding each other of that connection. And it's more romantic, isn't it? I mean, this may sound a little dark, but people I care about when I bid farewell to them, I treat it as if I, what if I never see them again? What if something, what if there's a tragedy? And I know that sounds dark, but I don't want it to have been that casual ever. And it's kind of a wake up call in your relationship.

Rob Thomas (13:29.697)

yeah.

Scot McKay (13:41.911)

Even with your wife to say, look, this person in my life matters. I'm going to treat every minute with them as if it matters. And when we had something that symbolizes intimacy, I don't want it just to be a symbol. I want it to have meaning. On the idea of being wordless, it's often been said that if you want to gauge the right thing to do in a relationship or where you stand with a woman even, whether you've known her for

10 seconds or known her for about five seconds, right? Or you've known her for 10 years. Watch how she acts, not listen to what she says. So in a way, the connection you're truly creating with her has more to do with the nonverbal than the verbal anyway. Would you agree with that?

Rob Thomas (14:27.037)

Sure. I would. And although I don't really get into this in the book, but I've seen and read about as you're talking to a woman, what they do with their hair or how they touch their ear or the different things they do with their hands are all very, they're kind of tells saying that they're interested. And so I think things like that are very valuable. And the thing that is interesting about wordless connection is not that it is

It is not just something that you do and then you talk. The New York Times did some research that was very interesting where they had 32 questions where you got to know somebody. And then at the end of the 32 questions, you then spent four minutes just staring into each other's eyes. And the thing that was so, well, it was, and not only that, this was done, they did this with total strangers.

Scot McKay (15:17.314)

That's an eternity.

Rob Thomas (15:25.907)

a good number of them wound up not only having a relationship after this, this four minutes, but they wound up getting married. I make the, there's a reference in the book about that, but it highlights that on its own, even without words, what we do physically and again, I thought your comment about watching the woman and what she's doing can be very telling and very valuable. And they're being open in some ways vulnerable at that moment.

trying to engage with you as well. So I think that that's very helpful.

Scot McKay (16:00.738)

I think you can extend that out to their whole mindset too, in many ways. Like who hasn't ever watched a movie where the couple is bickering and she goes, I don't like you. You're an arrogant jerk and blah, blah, blah. And then they look at each other and just start making out furiously. You know what I mean?

It's like, yeah, yeah, you were a lot of talk and then look what the action is, or I can't stand you and you're a real jerk and blah, blah, blah. But then she just wants to be around all the time and she's not going anywhere and stuff like that. I mean, that's a very visceral,

Rob Thomas (16:13.403)

Right.

Scot McKay (16:30.574)

plain spoken example, but there are a lot of subtleties that can come with that. I can't tell you how many times I've ever been on a coaching call with a guy who's struggling through a relationship with a woman and he's saying, yeah, but she told me this. And so it doesn't make sense. It's like, well, watch, watch her actions, not just in the moment, but watch the cumulative effect, the pattern of her actions over time. And then you'll know where you really stand with her. In customer service. often say if a customer is still complaining,

and mad at you, you haven't lost them yet. You have a chance to fix this. They're still buying your product. They're still loyal to your product as long as they're bitching and complaining. When they go away, they're gone. Yeah.

Rob Thomas (17:09.139)

Right. There's time for... Right. Right. I think a lot of the things that you're talking about are very valuable. And one thing that I do want to highlight that I think that people, when they first hear about this, wonder about and they think, I don't know if I can do this. I wonder how this can work. There were a couple of things that I discovered. In addition to my own experience, I did some national research and we engaged people and asked them to do this in their own...

personal relationships and then keep journals. And then they shared those journals with me and I've got a lot of those comments and some of those findings in the book. One of the things that was interesting is that first of all, they go in and I told them, don't tell your partner you're doing anything. Just go ahead and try it. This way, there's no risk. You feel like it's not going well. Well, so what? It just can go on with your day. But one of the things that they...

Scot McKay (17:59.663)

you

Scot McKay (18:07.374)

that would undermine the whole point of wordless connection anyway. Okay. Here's all of the wordless things I'm about to do. You're ready, set, go... you know, it'd be like, you muffed it, you know,

Rob Thomas (18:14.594)

Right. again, We live in kind of a world where people feel like they need permission before they do anything, particularly something in their relationship. I...

Scot McKay (18:27.266)

Well, hold on a second. That's important because there's this huge push towards enthusiastic consent. You know, we have a guy who comes on this show and he firmly believes you should say to a woman, is it okay that I kiss you? Can I kiss you when, you know, that never happens in the movies? They just fall into passion. I don't know. I straddle the fence till I get splinters in my crotch as I heard someone coin the other day about that one. But, go ahead. I just wanted to acknowledge the gravitas of what you're saying there.

Rob Thomas (18:45.072)

Right.

Rob Thomas (18:54.222)

I think that I think that's a good point. And a lot of what's in the book really is focusing on people who are in established relationships where they've lost that, the energy or they've lost, you know, of maybe had earlier. I think that there can be value and a place for getting permission. But I think, you know, once you get permission, you can just build a relationship from there.

Scot McKay (18:56.919)

Yeah.

Scot McKay (19:08.205)

Yeah.

Rob Thomas (19:22.098)

One of the neat things the people who engaged in the beginning with the first thing that they did, I gave them the five experiments and they chose which one they wanted. And again, a lot of them would choose hugging. They would go in and hug and often their partner, once it got to five seconds, they recognized this was different. So they often wanted, some of them say, what's up? What do you want? They were trying to guess because

this was out of the normal and it got a response from their partner and their partner's all of a sudden, you know, antenna up, something's up, what's going on. And in the experiment, I said, just tell them, look, I'm just, I'm just trying something. I wanted to let you know that I care. And that's it. So no exposing there's an experiment or anything. then, and sometimes it led to some humorous conversation,

led into other things. Sometimes they just separated and went off to work. But one of the other things that came out that was so interesting is that after they were doing for a period of time over several days, trying different experiments, keeping journals. Anyway, one of things that we got back from them a number of times is that they did this, and then maybe a day or two later, their partner began mirroring

the experiment back without even knowing there was an experiment. So all of a sudden, say a wife hugged their husband, the husband later would then come back and give an extended hug or vice versa. And so really this is something that is a natural experience that we desire, that we want, we seek. This is part of the reason we want relationships is to have that kind of connection. And so we don't need a lot of encouragement.

We just feel like maybe, again, we feel like we're at a place where we're more at arm's length. And so this type of experience helps kind of get us reacquainted to perhaps where we were when we first started dating.

Scot McKay (21:31.853)

You know, if you stop doing what you've always done, it's a pattern interrupt. And if you're consistent with the new pattern, then it gets adopted. That's how habits are changed. So what you're talking about makes lots of sense. I remember one time I was speaking at a conference and one of the women speaking, I was sharing the stage with, was a sex expert. And I believe I've talked about this on the show, but I didn't talk about it with you.

Rob Thomas (21:37.638)

Yes.

Scot McKay (22:01.058)

But it struck me, you know, very, very much how powerful the exercise was. So much that I was a married man and I sort of got trapped into it. You know, she asked for people who were very confident in

their sexuality to come to the front and I dutifully obliged. And then she started putting us through. Right. Of course. Well, it was the truth. I did. I felt I did. So why not? I went out.

Rob Thomas (22:23.25)

It's a favorite of humanity, right?

Scot McKay (22:30.766)

Help us this out here. You know, she's speaking to a crowd. I don't want to be, I want to be part of a good crowd, not a tough crowd. And she paired us off, male, female. It was, you know, hetero centrist as that sounds. It was a bunch of guys trying to get better with women. And there were relatively few women there. Kudos to the women who did show up because it was kind of a sausage fest. And she paired us up with women and she paired me up with a particularly cute one. One who's actually my type.

Rob Thomas (22:37.042)

Go team.

Rob Thomas (22:51.676)

Sure.

Scot McKay (23:01.05)

And I said, all right, now what? And she goes, you're going to not say a word to each other. The rules are you can't say a word to each other. You're going to look at each other in the eyes and you're going to communicate with each other how much you want to have sex with each other, just with your eyes. So this chick was teaching eye sex. Women were hyperventilating. Like they were like shaking their hands going, Oh God! And they were going back with, you know, with the hands, like I can't even, or like, this is a little too much. Or they would just start

Rob Thomas (23:17.382)

Wow. Great.

Scot McKay (23:30.894)

just laughing and giggles and I mean, and you know, people, people were just like whispering, my God this is so hot, you know, and you weren't supposed to talk, but it became really heavy and powerful. And I mean, I, you know, to my own credit, I bowed out before this got to be something I'd be sorry about. But this also happened in Scandinavia. So the next exercise was she brought a chick in front...

in front of all these guys and had her get naked in front of everybody. And we were supposed to be in touch with our feelings about having this girl get naked in front of us. I was like, well, how about that? This has got to be Scandinavia. But all of this is wordless, isn't it? You know, and it's it's interesting. And I don't know how visceral you want to get here, but this is a show for guys who are better men getting better with women. And a big part of that experience is how you treat a woman in the bedroom and how you take care of her in the bedroom. A lot of guys as soon

Rob Thomas (24:12.378)

It is.

Rob Thomas (24:24.133)

Yes.

Scot McKay (24:27.999)

as they get into the bedroom, they indeed shut up. They don't want her to talk. They don't want to whisper anything in her ear. They don't want to communicate. They just want to get down and dirty.

How do you reconcile that? Because I'm sure you wouldn't advocate men shutting up and just turning this into a porn scene. But there are communications you can have with the women that are not... You know, there's a gray area there, right? You know, you can communicate with a woman with your eyes, with your touch, with your breath. You know, the Hawaiians have that all figured out. They have a word for it. And yeah, you sound like you're ready to talk about it. So you know what I'm talking about. Get after it. Tell me what you think.

Rob Thomas (24:47.281)

No

Rob Thomas (25:00.657)

Sure.

Rob Thomas (25:05.849)

I do. A couple of things first that I wanted to highlight. We come ready when we come into this life, we come with kind of a library of knowledge about communicating wordlessly. Everyone on the planet knows what a smile is. Everybody on the planet, regardless of their culture, how much money they have, they know what a hug means.

Either with their partner or with their mother or whoever, we all have this common understanding and we do not need that translated. And so there's lots of things about how we exist that really is ready to communicate. And it's actually the words that sometimes get in the way or are so distracting, we don't notice the messages that are really being said wordlessly. And so

I wanted to just kind of establish that we've got a lot going on going for us. And we're already kind of in a way expert at this because we've had a millennia of time to evolve this communication, this library of knowledge that we just can walk down the street and engage. So I think it's helpful to kind of keep that in mind with what I'm about to say. I do think, believe me, I think talking is very valuable.

It's ways that we say, you know, we celebrate things or say, love you. All that is very important.

Scot McKay (26:39.727)

Well, this would be a terrible podcast otherwise.

Rob Thomas (26:42.433)

It would be. And see, that's my point. And it can be fun. It's hard to tell a joke without, you know, saying something. Anyway, but in this case, in one of the experiments, it does talk about a massage. Now, in this case, the massage is non-sexual, but again, the journals that I got, you know, often the non-sexual turns into something more sexual as the people engage and connect. But one of the things that we talk about there is that

There are some things in the book, and I advise people to get the book so you can kind of look at this, get better acquainted with it. But as you work to connect with your partner so that they're feeling that too, one thing that happens is that, and again, I kind of talked about my own experience in the book, is that one of the first experiences I tried with my wife was a massage.

Went in I had she was already in bed and I got into bed with her and I had given her massages before that were non-sexual. and so it's that you know this it mentioned anything But one of the things that I had found out is that as you begin to touch and, again, I would when I would give a massage in this case I would give where it's kind of a firm hand and I would

move slowly and as you move slowly and begin to massage her back in this case for me One of the things again that our bodies are so amazing our bodies as soon as we touch anyone our cells open up

and want to connect and when we touch our partner their cells turn on and they also so their cells are wanting to join

that moment. And so one of the things that I thought about, and again, trying to do the opposite of what I'm doing, I thought about how much I love my wife, or in this case, how much I wanted to love her. And as I was massaging her, I closed my eyes and I tried to think with my heart. And I tried to take that kind of that electricity that you feel as you're feeling positive feelings to someone and channel that into my hands. And so I

Rob Thomas (29:10.673)

really trying to share that message as I move my hands with my wife. And as I closed my eyes, a number of things happened. One, I became much more focused on what I was doing. I'd given massages to my wife before, you know, and she told me, you know, it has to be non-sexual tonight, you so I'm massaging her. So and it was so, at times, I felt boring. I often would count to

you know, 300, you know, because I'm just waiting for it to get over. But I found when I was doing this, closing my eyes and I was connecting and I had this message from my heart that I was trying to share through my fingertips, I became very involved. I mean, I became involved and in the massage. And then one of the things too that I've also found interesting is that I'd close my eyes and I found out later is that when you close your eyes and you're still awake,

you kind of go into this momentary, it's not really a dream state, but it is a bit of a trance. And the thing that I found is that as I was doing it and when I eventually opened my eyes, about 15 minutes had passed. Well, I could barely drag myself through four minutes when my eyes were open. And so I was really surprised at that. And then when I finished,

Scot McKay (30:16.217)

Kind of a trance.

Rob Thomas (30:38.28)

my wife turned to me and she said that was probably one of the best back massages she's ever given me. And so I was encouraged. That was really my first event when I was trying to do this. And I kept doing this over time. And then I started looking at other wordless activities like hugging, kissing, and I can get into all more of that as we go along. But I do think that there is an opportunity for us to be aware that we are built to connect with our partner.

Whoever we're with, we're built to connect. In fact, I was talking to a chiropractor and I explained this to him, I said, you know, our cells actually turn out and we have certain cells on our skin that really turn out to try and sense when we're touching skin. We can even try this ourselves. If you run the back of your hand against the table, it feels a certain way. But if you rub the back of your hand against your own hand,

we feel differently. And it's the same when we are touching another human, we feel differently. And it's because our body wants to connect. And again, in this meaningful love connection way. I think that, I think there's a lot of opportunity here for people to experiment and have their own journey, their own adventure, their own, you know, I'd even call it fun. As they explore this with their partner who wants it too.

They want to have this too. They just, you know, you've become kind of estranged from this physical activity.

Scot McKay (32:12.559)

There's lot of opportunity there for guys who just really are very focused on sexual intercourse and want

to hit it and quit it. There's a lot of wonderful, very deeply satisfying, even sexually, human experience there that we miss when we try to speed through everything.

Rob Thomas (32:29.04)

Well, I would even say there's more opportunity if you do what I just talked about, there's more opportunity for sex later and longer and different. And you're gonna have a much more engaged partner to try and do all the crazy stuff. Not talking about swinging from the chandelier every time, but...

Scot McKay (32:48.131)

Why not? You know, just don't break the chandelier. It was expensive.

Rob Thomas (32:51.792)

Right They are gonna be wanting to have more engagement and I found that with my wife as I did more of this and again, we were connecting more. She did some things both you know just trying to connect with me that I found very surprising, and I talked about those in the book but also she got more sexual which I was really at a phase in my life where I didn't think that was possible. So

Scot McKay (33:16.117)

One of our team members here, Trace Loft, that is his whole gig, is he is a massage therapist and he teaches men therapeutic massage that creates this unexpectedly strong connection that opens up her oxytocin sensors and makes her more amenable to you in other sexual ways. And it isn't like, you know, he, told me when we were working on, you know, how to, how to tell guys about this.

Rob Thomas (33:22.856)

wow.

Rob Thomas (33:31.16)

Yes.

Rob Thomas (33:37.646)

Yes.

Scot McKay (33:43.108)

The two words that are not allowed on this webpage are happy ending because that's pornographic. That's not what this is. And he was adamant about it. This isn't a means to an end. It's a connection mechanism that really is powerful. It works and you better be careful with it. One of the graphics that our artists did was him with like, you mentioned the electricity with sparks coming out of his hands. Like he was like a wizard, you know, it's kind of cool. Yeah.

Rob Thomas (33:43.183)

Yes.

Rob Thomas (33:47.216)

Ha ha

Right. Right.

Rob Thomas (34:06.011)

Yes. It is more surprising.

Rob Thomas (34:15.408)

I'll even say that's for everyone. This is for everyone. It's not like if only I had this. No, you do. I mean, this is really, we originally started living in groups and part of how we lived in groups is that we needed to

be able to connect. And we lived in groups about 350,000 years ago and we only started.

Scot McKay (34:21.027)

Yes.

Scot McKay (34:36.911)

And 10,000 years ago, we started talking. significantly. Yeah. Yeah.

Rob Thomas (34:39.876)

That's right. So we lived all these millennia where we needed to engage and have families and share feelings and so forth without words. And that is why all of this got so deep embedded within each of that we can, that we bring, we walk into every room with that ability. And I think it's really powerful. It's really.

Scot McKay (35:06.243)

I think it's really powerful too. I think it's wonderful. You know, that electricity you talk about is real. There's something that's soul level. It's whatever your life energy is not to get all woo woo on people, but this is as practical as it gets. I mean, you can start surmising to yourself where it's coming from. But I mean, if you have a really powerful connection with a woman, especially sexually, it can be electrical. I've had two different female sex experts

Rob Thomas (35:13.028)

Yeah.

Rob Thomas (35:31.364)

Yes.

Scot McKay (35:36.363)

separately come on this show and talk about electrical current you feel during intercourse. And guys are like, what?! but I mean, it's like it's true. If you have this, this cataclysmic experience with someone you've connected with, it's more than just a cheap lay. It matters. Yeah.

Rob Thomas (35:42.062)

Yes.

Rob Thomas (35:53.616)

This is not in the book, but I read recently where the difference between the amount of energy and I can't remember exactly how they measured it, but the number of units that you expended through self-pleasure versus actual sexual intercourse, sexual intercourse gave you like three or four times the number. And so, this connection, I mean, there is really something very powerful about it.

Scot McKay (36:17.412)

Wow.

Rob Thomas (36:22.948)

Now I do want to highlight one other thing that I think is also interesting. Again, part of the five experiments, and again, another reason to get the book, is that some of them are non-touching. Some of the people chose some of the non-touching to start with, and there are some things about how you can engage with your partner that isn't a hug or a kiss or holding hands or looking in their eyes. So there are other things that kind of, again, you connect with in a

a relationship, someone that you're living with that is a non-touching experience that is again very, helps the people draw closer to each other in a major way and a very meaningful way.

Scot McKay (37:10.233)

Well, give us an example, man. Throw some candy at the parade before we close here.

Rob Thomas (37:12.93)

Well, Some of the stuff, one is where you can leave a love note for someone and you can do it. well, it's not spoken words. so it's it that fine tune, you know, you got to give me a minute. So, you know, you're not speaking, you're just giving them something of yourself. And the thing that we found in the research that was really interesting is that

Scot McKay (37:23.117)

And that's not words?

Scot McKay (37:27.724)

Okay.

Rob Thomas (37:41.164)

It doesn't have to be anything elaborate. I mean, it's really almost like passing notes when you're in grade school or what's on a candy heart, just saying, I love you or you're the love of my life. When I was preparing this, had one of the editors who was going through it said, dishes show boring. Why don't you write something meaningful? Well, I was taking the words from journals. I got this. This is what the humans who are trying to impress their partner wrote

on a note. And I got some real fun ones. One guy put notes kind of all over the house and his partner then found them, but then wound up leaving them so that they could be rediscovered. And I thought that was really charming. Something else that I get into in the book is something that's called spontaneous act of care.

Often, men, men get themselves into so much trouble, at least this man has gotten himself into so much trouble, where you go and ask your partner, can I help you this way? Well, they don't want to give you permission and they don't want to, by you doing that, you then make them your manager and they've already harried. They don't want another task. And what really matters is that you do something that you

kinda just guess at and you do it spontaneously without permission and it can be so surprising and they say I didn't know you could do that.

Scot McKay (39:16.729)

You know, what's interesting about that is our society, especially we as men have been trained conditioned to believe that we're bothering somebody by interfering at all in any way ever to the point where if someone's getting murdered on the subway, people are like, well, I don't want to get sued or this person probably is okay without my help. They'll just tell me to go away. Just today. Just today. My wife and I had to go run an errand and,

Rob Thomas (39:26.819)

Yes. Yes.

Right.

Scot McKay (39:44.292)

two things happened, rapid fire. We were waiting our turn and they had five people in four seats. So we're playing musical chairs without the music. And a lady walked in while I had gone out and, talked to one of these guys listening, you one of my customers called me with a coaching call. And part of my coaching plan is you can pick up the phone and call me when you have something tactical that comes up. And I took the call. When I came back, a lady walked in in front of me and I just casually walked off

and I waited for her to select whether she was going to sit down or not. I.

gave her the seat. And I didn't tell her anything. I just did that. And about a minute or two later, a lady who must have been in her 90s, a dear, sweet old lady, the very, very stereotype of a little old lady comes in with a walker. And I just instinctively went over, she had someone helping her, and I opened the other door so she'd have a wider berth. And when she looked at me, I gave her a warm smile. She said, thank you. And I said, well, you're welcome.

Rob Thomas (40:31.375)  
Sure.

Scot McKay (40:44.143)

And she took her place sitting down. And it turned out other people had left. So I took my place next to my wife and I'm seated between my wife and the first lady who had walked in. She goes, that was beautiful. go, And I just looked at her like what in particular, wordlessly. She goes, you know you opened the door for that lady. I said, well, I think most guys would. She goes, no, no... most people wouldn't have even noticed. But thank you for that. I think

most men have lost that. And I said, I said, well, you know, hey, she goes, it's a compliment. And that's when, you know, the coach in me kicked in and I just said, thank you. She goes, well, you're welcome. And then she waited about 10 seconds and she said, and you did that for me too, when I walked in, you let me choose to sit down instead of rushing to the seat first. I said, I did. She goes, I noticed that too. Thank you. I said, you're welcome. And you know, we had a little conversation.

And you know what? A lot of guys are like, well, you're a simp. You're, you're, you know, kowtowing to women. You're being a jerk. You know what the difference is? You know what the difference is between being Mr. Nice Guy and getting women fawning over you like that after you do something like that is the authenticity of it. Are you, you doing it to get some, are you doing it to try to get in or is it just something that you did because it's your own pleasure? And that's what I finally said to this lady. I said, you know,

Rob Thomas (41:50.891)  
Assumed.

Rob Thomas (42:02.009)  
Yes.

Scot McKay (42:12.439)

It's actually my pleasure to do that, but thank you. Anyway, but I live for moments like that. She goes, I can tell.

Rob Thomas (42:16.879)  
fact, congratulations.

Scot McKay (42:23.747)  
Yeah, it's the authenticity of it.

Rob Thomas (42:26.413)  
Right, and the world would be a better place if we did small acts of kindness to strangers or into people we barely know.

Scot McKay (42:32.633)  
You know, we're running out of time, but I want to drop this bomb. And I know it's probably unfair to you because you're probably going to want to comment on it. But I think the more we talk when we should

be acting, the more full of it we are. I think the authenticity is more often wordless than a bunch of talk, as they would say in New Jersey. I'll give you the last word.

Rob Thomas (42:51.183)

All right, All right, the thing that I want to leave you with and maybe the group with is to be intentional. There's a difference between agenda and being intentional. And being intentional doesn't mean you're going to do it right all the time or know what's up, but you can be intentional. And I think you with those women, and it can be with your partner, how you get up in the morning. I'm intentional about how I want to address this day. And as you do that,

Scot McKay (42:58.703)

Mm-hmm.

Rob Thomas (43:20.653)

with these experiments in the book, I think you had to get the book and try them out. Do them intentionally. And I think not only will that enhance your relationship, I think it's gonna change your life. It has.

Scot McKay (43:31.235)

Wonderful. I agree. I hope you'll send me a copy of the book. I'd love to read it myself. And for the guys who are listening, go to [mountaintoppodcast.com/amazon](http://mountaintoppodcast.com/amazon) Yeah, let's do that first. Let's go to Amazon first. Go to [mountaintoppodcast.com/amazon](http://mountaintoppodcast.com/amazon) and right at the top of the Amazon influencer queue, which is my dedicated storefront on Amazon, you're going to find Rob's book, wordless connection right there, right at the top,

especially if you're listening to this show within the first few days of its release. Also, when you go to [mountaintoppodcast.com/robthomas](http://mountaintoppodcast.com/robthomas), R-O-B-T-H-O-M-A-S, you'll be magically teleported, as I always say to his website, where you could grab his book also. What else will they find at the website?

Rob Thomas (44:20.82)

Actually, we've got you can you're going to be able to see some journal entries from people. People have been leaving journal entries about their experiences and about the experiments. Also, we've got some other material that you can do some self study. And so it can help you on your journey.

Scot McKay (44:38.818)

Fantastic. His name is Rob Thomas. He is from Phoenix, Arizona, and he is the author of Wordless Connection. Rob, thank you so much for coming on. When you write your next big magnum opus, please come back and we'll talk about that too, man.

Rob Thomas (44:51.758)

Thank you and I hope it's not that long. I enjoyed meeting with you and good luck.

Scot McKay (44:58.54)

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