

Scot McKay (00:02.954)

All right, gentlemen, here is my question for you today. If you get into a relationship with a woman, what's the most stressful time in that relationship? the beginning, right? Absolutely. Why is it so stressful? Because you and she don't quite know each other as well as you'd like to yet. You're in that exciting stage of getting to know each other. Some would call it the honeymoon stage, but man, you feel like if I screw this up, she's going to scoot. She's going to be out the door or maybe, you know,

Sandra Myers (00:04.005)

you

Sandra Myers (00:10.105)

Scot McKay (00:31.726)

She's going to screw up and then, man, why are you now only telling me that you're a devil worshiper three, three weeks into this relationship? Couldn't you have said that upfront? Well, what we're going to talk about today are the mistakes that people make in the first three months of a relationship. Isn't that a great topic? And you know, obviously if you're making any of these mistakes, you're going to want to stop. But for most of us, I think it's going to be, um, a lot of 20/20 foresight.

Sandra Myers (00:37.69)

you

Okay.

Scot McKay (00:59.182)

To help me do that for you today and discuss this whole topic at length is a great guest. Before we get there, I want to remind you that I am Scot McKay from X & Y Communications. I am your host in San Antonio, Texas. And you can find me all over social media @scotmckay except for Instagram where I wasn't quite early enough to the party and had to settle for @realscotmckay. Of course, what's there with settling for being real, right? So deal with it. If you want to find me on Instagram, it's at real Scot McKay.

Sandra Myers (01:23.838)

Okay.

Scot McKay (01:28.066)

My guest today is a high-end matchmaker. And we were joking about how I'm not pretty enough for her high-end matchmaking firm. And she vehemently disagreed and then went, are you single? I said, no, I'm not actually going to be one of your clients. I've been happily married for almost 20 years, but at least she had, you know, the right attitude about things. She's always got her thinking cap on. She's, she's hard at work, even as she's on this podcast today.

Sandra Myers (01:35.201)

Scot McKay (01:54.147)

Her name is Sandra Myers and she is over there running Select Date Society. Sandra, welcome to the show.

Sandra Myers (02:03.008)

Well, thanks for having me, Scot. I was looking forward to it.

Scot McKay (02:06.732)

Yes, me too. And you told me you're Italian and from New York and having just done a complete rewatch of The Sopranos, I know you're going to want to jump right into this or else I'm going to be a googootz. So I tell you what, let's just go right into it. Why wait? Start talking to me about mistakes men and women make or men or women tend to make. Three months in, first three months.

Sandra Myers (02:18.537)

Yeah.

Well, I'll focus on what most men and women both do that on the front end of dating. It just is a killer and I call it verbal vomit. You know, you get on the date, right? And you want to clear the deck. You want to make sure that everything that's on your bucket list gets, you know, bucket list gets checked. And then the next thing you know, you're asking questions that really draw negative answers, which

you know, why did you break up with your ex again all of this I call it rearview mirror talk right? So, to me a first date should be like an English muffin. Light and airy. Fun fun fun fun that's it. So when you start ask. I'm buttering you up. I think we'd been buttered up before we even started but.

Scot McKay (03:07.438)

Mmm.

Scot McKay (03:16.578)

In other words, you're not buttering each other up.

Scot McKay (03:23.426)

Well, that's what I would do with an English muffin is butter it up.

Sandra Myers (03:26.563)

Exactly. But that's what you should want to do with your date, Scot. You know, it's not about getting your information and checking off your list. It's about quite honestly, I think men and women both pay attention to the wrong thing. They should be thinking about how do I feel around this person? Do I feel comfortable? Am I at ease? You know, I always talk about ease and dis-ease. Dis-ease? Your body's telling you something.

There's a reason you're not comfortable with this individual and you need to listen to it. So I would tell men and women both, pay attention to how you feel around somebody rather than interrogating someone.

Scot McKay (04:13.026)

You know, we talk about masculinity as pretty much being tantamount as women see it to an ability to make her feel safe and comfortable in your presence, because that's what a provider and a protector is all about. That's the essence of masculinity. And you told me you you admitted to me before you got on this show that you really hadn't watched any episodes of this show. So this is all coming first person from you. But it matches up with everything. I always tell these guys about what women want the most.

Sandra Myers (04:26.518)

Mm-hmm.

Scot McKay (04:43.04)

Yet, we usually go on first dates and instead of being English muffins, we end up toast because we talk about the wrong things. And so, you know, you don't want to get burned on your first date. And that light and airy analogy is wonderful. I actually have a term I call warm levity, which is not too far off. I mean, you know, that might actually apply to an English muffin as well, right?

Sandra Myers (05:00.374)  
Okay. Okay.

Scot McKay (05:09.154)  
I don't know if I'd slather cream cheese on it, but you know, being warm and light is a good thing. And that you have one job on the first date and it's do we get along? Am I enjoying myself? Do I feel safe and comfortable with you? And yeah, that's a huge mistake people make not in the first three months, but like in the first 10 minutes is, okay, here's my checklist. How many babies do you want to have? Why did you get divorced? It's like,

Sandra Myers (05:33.798)  
You

Scot McKay (05:34.552)  
Look, I already don't like you. You already sound like my accountant before we've even started dating here. So you have one job first date. Do we get along? All that, you know, future oriented stuff, knocking out the check boxes. We'll work on compatibility later, right?

Sandra Myers (05:50.301)  
Yeah, definitely. Because look, at the end of the day, my philosophy has always been, why are you going to share your book, which is your whole life story thus far until you got to this date, with somebody that you're not going to ever see again? I think it's silly.

Scot McKay (06:07.662)  
I agree. You know, and it's absolutely not Dale Carnegie stuff either. Being a better listener than talker is good idea on first date. And here's something I've realized. And I don't know if you agree with this, but let me run it up the flagpole with you and see what you think. Sandra, I think no matter how amazing you are, nobody cares. Nobody cares. Nobody cares. I mean, it's like,

Sandra Myers (06:15.682)  
No.

Scot McKay (06:37.65)  
You could have won a Nobel peace prize. You could have had, you could have charted with your last single. You could have been all over the world. You could have beaten cancer 10 times with a big heavy hammer, but unless and until what your topic of discussion relates to the other person and they actually have an interest in it themselves, you're just going to be boring them silly. It's, it's remarkable how amazing you can be and still be boring.

Sandra Myers (07:00.02)  
Yeah, think. You You know, Scot, I don't know many people that love biographies.

I mean, if you go to the library and go to the biography section, it's not crowded. Exactly. So I just think that the.

Scot McKay (07:10.254)  
The bookstore it's the clearance section at Barnes and Noble, right? Yeah And you know what? I'll have people people will write biographies who aren't even famous thinking the whole world would love to read my story and yet, you know like Oprah's autobiography... You know like Martin Short's autobiography are 50 % off at Barnes and Noble and I guarantee they're more interesting Yeah, you're on to something for sure. Go ahead

Sandra Myers (07:21.835)  
Right.

Sandra Myers (07:35.852)  
Yeah, no, just, you know, it's a story isn't worth telling if your audience doesn't relate. So you don't know this person well enough to understand what they're going to be interested in, what they're going to care about. So I find it really funny that men specifically, I find men do this more often. And I think it's out of nervousness and it's usually when they like somebody.

You know they get excited because the chemistry is there they like this woman and then they feel like they need to prove themselves. And that's not what. Yeah it's like let me give you my resume let me tell you how I stack up against anybody else you could have gone out with recently. It's like they're on the hunt for a job but what they're realizing they should be on the hunt for is connection. And connection

Scot McKay (08:10.286)  
I'm trying to impress you

Sandra Myers (08:29.505)  
is what's gonna move the needle here. It's not gonna be the resume because most women have great resumes themselves. What they do wanna feel is like what you just alluded to Scot is they wanna feel safe and they wanna feel like a woman in the presence of a man.

Scot McKay (08:49.152)  
And yet too many men are trying to neuter themselves down. Too many women have been told by the media that you should let your masculine out more, whatever that even means. And you know, what gets left in the lurch is attraction and then connection, right?

Sandra Myers (09:07.487)  
That's exactly right. I think most people don't realize is that if you really show up as your fun, playful self, then people will pay attention to you. Then they will listen to you. Then your story will have value, but you have to show up and be fun first. Cause look, I don't know. Do you ever go to a party that's boring and terrible and you just sit there and you stay?

Scot McKay (09:09.71)  
Yeah.

Sandra Myers (09:37.257)  
No you're gonna leave so you have to bring the party to the date and be fun and be exciting and talk about... I think one of the things I can share with you listeners the easiest way to kind of keep yourself on track is avoid the rear view mirror think about driving a car. If you if you're gonna drive the car and stare at the rear view mirror you're gonna crash and burn. You gotta get it out the windshield you've got to talk about what's ahead of you.

What you're excited about, what's next what they can actually see themselves in these pictures that you're drawing with you so if you're talking about the next trip you want to go on you know the women sitting there I could wear my hot bikini or I could do... You know it's they will start visualizing themselves in your world but if you're talking back story it's it's it's gonna be a snooze fest.

Scot McKay (10:31.918)  
You don't have a time machine for that. Yep. Not to be overlooked. Men are often allergic to fun. And you are yet another woman practically just grabbing us by the face. You know, you're Italian, and go, Hey, have some fun, lighten up. Will, ya? And men are just like, no, I gotta be stoic. I gotta be serious. I gotta be the strong silent type or else she's not going to like me. No, you need to help her... Help her

Sandra Myers (10:34.312)  
No.

Sandra Myers (10:41.002)  
I know.

Scot McKay (11:01.218)  
femininity percolate and women are all about fun. I mean Cyndi Lauper warned us of that 40 years ago, right? Girls just want to have fun. Y'all don't grow up. Well, you... It's still timeless, right? Women absolutely want to have fun. They don't outgrow it, right? And if you're not any fun, she's not going to be attracted because it trickles back down again to she doesn't feel safe and comfortable. She's not allowed to be herself and

Sandra Myers (11:08.391)  
That's right, you're dating yourself.

Scot McKay (11:30.754)  
have this stress free... She gets stressed by work all day long. She has to be serious with the kids. She has to be serious in the workplace. She has to be serious when she's cleaning the house. Can I please just go on a date and expect maybe an hour and a half vacation instead of punching into another job, please. That's what she's saying, right? Yeah.

Sandra Myers (11:48.571)  
Yeah, that's exactly right. You know, and think about this. When a guy shows up and opens the door, but if you're there first, you can get up, pull out their chair. I mean, there are little things

that make a woman feel special and move them into their lady like demeanor because you're treating them like a lady. So guys, they've kind of walked away from old school values and I'm saying bring them back because what women don't want is to be, you know, feeling like they have to diminish themselves in order to feel, you know,

that you're going to be okay with them on a date. They don't want to diminish themselves, but they still want to be treated like a lady, and I think that gets conflated and confused. And the men kind of don't know what to do anymore.

Scot McKay (12:45.29)  
Isn't that an interesting concept of diminishing oneself? I believe it's a mistake to try to dumb oneself down in any way, shape or form.

Sandra Myers (12:54.705)  
Agreed. Agreed. But that will keep that from happening is if they treat them like a lady and they feel that, you know, they're being respected. And instead of pumping up your resume, pump up how you're treating this person across from you. It has more to do with you paying attention, you doing small things.

You know, asking them do you want another glass, grabbing the waiter you know just doing those little things that you're paying attention to their well being that's what women really buy into.

Scot McKay (13:34.893)  
I agree. Let's talk about what's happened nowadays with people focusing on transactional relationships. I can only imagine that has to be on your list of major mistakes people make. I mean, you're a matchmaker and I'm sure men and women both show up and they're saying, I want this person, I want this person, I want this person. They gotta be this way. They can't be that way because that would be

like super annoying.

Sandra Myers (14:01.53)  
Mm hmm.

Scot McKay (14:02.294)  
And then you say to them, all right, well, what are you bringing to their table? And they got nothing because they're expecting to get something out of this without giving anything in return. And it seems like, especially younger people, but I think the way the media has been driving things lately, it's very self-oriented out there, especially post COVID. I mean, COVID, we basically were told fend for yourself. You only have yourself, you can't go out and

socialize with anybody. So that habit got formed and it's still being promoted out there as if it's a good thing. So young people are getting into relationships going, all right, well, this person's gonna help me pay for my college and give me a place to live. They're gonna look good on my arm when we go out socially. She's gonna give me a blow job. It's what am I gonna get out of this? Whereas the secret to a wonderful relationship is the joy of connecting

Sandra Myers (14:41.194)  
Yeah. Yeah.

Scot McKay (14:56.682)  
and wanting to be this person's significant other. We derive joy from our connection and what we do for each other. And it's like nowadays people don't even relate to that. They're like, dude, what are you talking about? I don't understand it. Either I get something out of this or I don't. What's all this fluffy stuff you're talking about with connection and wanting to assist each other through life and partnership. It just doesn't compute anymore. You know what I mean? That's a mistake.

Sandra Myers (15:23.64)  
I do, and I don't even think it's factual.

Scot, to be honest with you, if you look at the basic human needs, like after food and housing, right? The next one is safety. And I think that what happened, you know, interestingly enough, our firm started in June of 2020, and then the pandemic hit six months later.

Scot McKay (15:36.013)  
Yes.

Scot McKay (15:45.418)  
Mm-hmm. Well, no, the pandemic hit by then. June of 2020, we were in it.

Sandra Myers (15:50.877)  
No, No, it was June of... It was six months before the pandemic hit is when we opened, which was in June of 2020. And then it hit in later on that year. So we opened up and now we're

Scot McKay (16:00.055)  
Okay. Okay.

Scot McKay (16:07.464)  
Well, you're in a place where I think they were probably not so fastidious about it.

Sandra Myers (16:11.36)  
Yeah they were trying to figure... Well, we wound up starting our business the pandemic hit right after

and then we're sitting here you know starting up a company in the midst of this and my thought was wow boy do we have bad timing. But you know what happened our company blew up and you know why because people realized how much they need connection so I think the pandemic for some people made them realize how important it was.

Scot McKay (16:23.288)

Rough.

Sandra Myers (16:40.165)

And for other people, it made them realize they really need that and that scared the heck out of them because they're realizing they have a skill set they have not worked on. They're not prepared for. And so what happens is fear operates and they're operating out of a fear mentality. And they're, it's it's they're avoiding what they don't know how to do well. But it's our second safety need. And then the third need of a human being is belonging.

Scot McKay (16:54.83)

Mm.

Sandra Myers (17:08.679)

to something somewhere. So I think what happened with the young people, the online, it gave them a sense of belonging without no real responsibility. So I can date this person online. We can do this. They don't really know me, know me. They only get to see me while I'm on camera with them. So this virtual dating was really safe for them. Now, after the pandemic, now you're asking these same twenty-somethings to come out and now start

dating for real. Where you've got to dress, you've got to act appropriately you have to be in situational circumstances where quite frankly you could easily slip up and show them a side of you you don't want them to see. So I don't know I feel like most people you know who have the skill sets, which are the older people you know the forties fifties sixties they have that skill set but the twenties they don't you know.

Even the teenagers that went through COVID through high school, and now they're coming out and they're trying to figure out like how to act appropriately in the world. It's just, it's harder for them.

Scot McKay (18:21.624)

So the mistake in there is that they're too guarded and they're afraid they're going to reveal something about themselves that would be too vulnerable and the other person wouldn't like it or they're going to feel rejected because I think there is a perfectionism that's driven in the media, especially when you spend too much time, you know, looking at reels from beautiful influencers and stuff like that. And I think it makes a lot of us feel like we're not enough when we're actually perfectly fine. More than enough.

Sandra Myers (18:43.278)

Yeah.

Scot McKay (18:50.622)

That's a mistake. I'd like to pivot towards some time after the first 10 minutes over the course of the next three months of making mistakes. All right, let's say we get into a relationship, we're boyfriend, girlfriend, and we've been at this thing for a month, two months, three months. What are the big major errors that people make at that stage in the relationship, Sandra?

Sandra Myers (18:59.943)

Yeah.

Sandra Myers (19:14.263)

Yeah, so one of the things that I just firmly believe and some people disagree with it I just don't think there's value in regurgitating all of the what happens in every relationship you've had until you've met this person and I hear this all the time about I've had this deep conversation. He told me this

you know this is what happened with his accident and I'm sitting there what's the value in this information? Honestly guys out there women will take it they will file it and they will take that file out and whack you over the head with it six months a year down the road. It doesn't serve you well so whatever went wrong in your past relationships you gotta realize that's a completely different person that is not you. So, two

people act differently with different people, would you agree?

Scot McKay (20:09.868)

Oh, absolutely. You either bring out the best or the worst or somewhere in between with every person you meet. Yeah.

Sandra Myers (20:11.331)

Right, so.

Sandra Myers (20:16.694)

Exactly. So what does it matter how I behave with this person because that person wasn't good for me. So clearly they weren't going to bring out my best. So why would I want to divulge all of that stuff. I just feel like it just it doesn't have... it doesn't hold any value. So I would steer clear of those relationships of talking in detail about what happened in every relationship.

Because sometimes it could just be an answer as simple as, you know what, sometimes two good people don't make for a good relationship.

Scot McKay (20:52.566)

And on that note, here's, here's another mistake I'd love to hear your comments on, I believe it's very real. If I've been through a dry spell or I see the whole process of even getting into a relationship at all as some kind of drudgery or, my God, I better guard this jewel of a relationship carefully. Cause if we break up it may be six months 'til I get laid again or something like that. What we're going to do is we're going to start idolizing that person

Sandra Myers (20:58.596)

Sure.

Scot McKay (21:20.63)

and overlooking very important red flags that are screaming out to us, don't stay with this person. And I think especially during that first three months, we get roped into a relationship. Perhaps there's a pregnancy or they buy a house together already, or God forbid they eloped to Vegas. And they were clouded. They were what I call clouded by beauty vision. You know, they were looking through the, through a very, very optimistic lens.

Sandra Myers (21:42.283)

Mm-hmm.

Scot McKay (21:50.189)

You know, maybe even an idealistic lens and they're not seeing very valid red flags. And perhaps even your friends and relatives are saying, Hey, you know, this person and their \$30,000 a month gambling addiction, I don't know about that, but you're going no, no, no, it's just a phase. They'll get over it. And

they're thinking, no, this person's bat shit crazy. And you know, they're stealing from you. And really they're that their whole story doesn't

Sandra Myers (21:50.783)  
Yeah. Okay.

Scot McKay (22:18.446)  
kind of fit together at all, but no, they're wonderful and they're my future. Big mistake, huh?

Sandra Myers (22:25.347)  
Oh yeah, but you know you're doing it. So this is the thing that I always

say to clients or anybody that I talk to or interview it's like your body tells you right because if you leave somebody... So, if I'm dating you and I leave you and I go back to my my daily life you're not in my presence... Well yes, I agree because I know you love your beautiful little wife that you just told me about earlier but the point being is if I'm walking away from you

Scot McKay (22:48.356)  
Which would never happen. Go ahead.

Scot McKay (22:56.642)  
Yes.

Sandra Myers (23:00.267)  
and I'm nervous, anxious, and don't feel good unless I'm in your presence. That's telling you everything you need to know because your body is telling you, don't trust this guy. Like you're gonna have to worry about him when he's not in your presence because even when you're in his presence, you're not at ease. So again, you have to pay attention to what you're feeling.

And don't chalk it up, don't make excuses. And I tell you what, if you really want to put that person to the test, get the guy or the gal that you're dating in front of, take them out to dinner, introduce them to best friends, family members, somebody that knows you really, really well. Because I know when I met my husband, my best friend said to me, I've never seen somebody look at you that way. It was, she knew.

She knew he was he was for me. She could tell the way I was acting towards him. She's like Sandra you never act this way. You always act like cold and aloof. She's like you are just totally in love with him. So your friends your family will know but your body will tell you first. So if you ignore this your backup plan should be them.

Scot McKay (24:19.094)  
And importantly, I think we as men should pay attention to those somatic cues also, because we have gut feelings about things that are often trustworthy, especially when it becomes, you know, a matter of chicks and dating, you know, and your bros will tell you and your family will tell you. And if you're trying not to hear that, I would actually agree with you. I think we see red flags and ignore them.

Sandra Myers (24:36.272)  
yeah.

Scot McKay (24:45.004)  
And I think it's an immature decision to try to cobble together something where there's only trouble ahead. I really think so. So yeah, that's a, that's a huge thing. Here's another mistake that I think couples make. And I want to hear what you have to say about this. They fall into a routine almost immediately. Like the first time they hang out is Netflix and chill. And the next thing you know, they're Netflix and

chilling every night, starting from day one.

And then they sit there and they watch a movie together. They never really get to know each other. They don't have any deep conversations. They don't go out. They don't hang out with friends. They just lay around and are lazy with each other. And that's not a relationship. And that's a huge mistake to fall into that trap because it's an addictive trap. You know?

Sandra Myers (25:34.781)

Yeah, I think it's laziness, honestly. And you know what? This is what I've seen. Doing this 30 years.

Scot McKay (25:38.839)

Mm-hmm.

Sandra Myers (25:43.818)

I can tell the difference of how a man acts around somebody that they can't live without as opposed to can live with. Those are two very different things. And when a man can't live without somebody, they are going to continue to want to be impressive. They want to make that person happy and they're going to want to experience life and get out there and do it with this person that they've been waiting for.

Usually the what you're talking about that's the in the meantime person. They don't really care whether they stay or go it's comfortable it's convenient. And that's really what it's about.

Scot McKay (26:27.822)

Well, that may bring us to another mistake, which is to let lack of confidence or even lack... full blown lack of self-esteem keep you from feeling safe and revealing yourself to another person. I'm going to keep everything under wraps. I'm going to stay unnecessarily mysterious because if this person finds out who I really am, as opposed to this front I've been putting up for three months, they're going to skedaddle. They're out of here.

Sandra Myers (26:45.206)

Yeah.

Scot McKay (26:55.95)

Because I'm not going to be enough. I'm going to lose them. So that fear of loss based on negative self-talk is a mistake as well, right?

Sandra Myers (27:04.532)

Yeah, I don't I don't think you can be in a healthy relationship until you have a healthy relationship with yourself. So if there are things that are challenging you and that you need to work on, I mean, clear the deck. Take care of it because

Scot McKay (27:13.398)

Agreed.

Sandra Myers (27:21.685)

at the end of the day, that's going to be the thing that's going to be the roadblock for you to get what you want. So, you know, nobody's going to be perfect. You can't get to perfection, but you have to get to a place where you love yourself. So this way you can accept somebody else's love. Otherwise you're... that's that's a battle that's not going to get won. They will... You can only keep shut down, kept shut down for so long

without somebody feeling you're not interested because you're thinking you're protecting yourself but they're thinking you're not interested because you're not sharing yourself so the outcome is going to be

the same. So to me why not take the risk reveal who you are and if they're for you they'll accept you just exactly as you are.

Scot McKay (28:13.218)

That seems pretty logical to me. Sandra, what are some other lightning roundish mistakes that you can kind of just throw at this audience just to kind of make sure we're aware of them?

Sandra Myers (28:26.452)

Yeah, I think there's a little bit of immaturity with this one, but I see it happen with men and women both do the same thing. Like men will look at another woman to try and get the woman that they're with jealous or, you know, a woman will be flirty with a guy, you know, if she's, if they're sitting at the bar or whatever, just to kind of see if it's going to catch the attention of their date. It's a bad move. It's called emotional immaturity.

You know, if you have to, if you have to like...

Scot McKay (28:58.658)

the very definition thereof,

Sandra Myers (29:02.056)

Yeah, I mean if you have to play games. Listen, that's not that's not your person and if somebody is playing games with you.

Scot McKay (29:10.104)

The game playing is mistake prone.

Sandra Myers (29:13.406)

Yeah, because you know what? Nobody is getting anywhere. You're just digging a hole. So if you're digging a hole, just walk away. I know for a lot of the women that we work with, the biggest complaint is they... Why, why doesn't this man just tell me what he wants? Like he'll say, no, I don't want to do this or no, I don't want to do that. But he won't say what he wants to do. And I would give that advice to men like be clear.

with women on what you need. You know, don't wait for them to figure it out.

Scot McKay (29:45.827)

Yeah. Don't be Mr. Nice Guy about it. Say, anything you want. Yeah. I think that's good advice. That's great advice. Her name is Sandra Myers with Select Date Society. And when you go to [mountaintoppodcast.com/sandra](http://mountaintoppodcast.com/sandra), I don't believe we've ever had a Sandra on the show. So you can just make it S A N D R A. You will go to [selectdatesociety.com](http://selectdatesociety.com) and Sandra, what are you going to do for these guys when they go there?

Sandra Myers (29:50.548)

Yeah.

Sandra Myers (30:16.361)

Well, they can either be a member of our network, which we can consider them for any of the women that we're working with, or if they want to consider becoming a client, they can fill out the inquiry form and we'll have a great conversation and see if it's a good fit.

Scot McKay (30:32.472)

Fantastic. Sounds like a good plan to me. Sandra, what a great conversation. I hope you'll come back on and share more of your wisdom with us, because this has just been delightful. Thank you so much

for being on.

Sandra Myers (30:43.071)

Well, thanks for having me.

Scot McKay (30:45.812)

Absolutely. Gentlemen, you know what? It is time for you to find the right woman for you. Not this wrong woman that you have to play all these games and do charades with for three months, but the kind of woman you actually can connect with. Go to [mountaintoppodcast.com](http://mountaintoppodcast.com), get on my calendar. Let's talk for 25 minutes about how to make that happen for you. While you're there, visit our three longtime sponsors, Jocko Willink's Company, Origin in Maine, The Keyport,

and also Hero Soap and guys, look, all three of those companies, I stand behind all their products, they make great stuff, you can't go wrong. Use the coupon code, "mountain10" to get 10 % off at checkout with any of those guys. And also gentlemen, if you haven't checked out the AI app, VAMANOS, you don't have to call me, you don't have to go search around on the web for YouTube videos, all you do is get on VAMANOS, ask the question,

get the information you need even in the moment with a woman and hey, it's the year 2026. You can do that nowadays and it won't break the bank. It's called VAMANOS and you can get that at [mountaintoppodcast.com](http://mountaintoppodcast.com) as well. And until I talk to you again real soon, this is Scot McKay from X & Y Communications in San Antonio, Texas. Be good out there.