

Scot McKay (00:02.326)

All right, gentlemen, this is the throwdown, that's the showdown that's about to go down because today I've got one of my favorite peers or peer-ettes, or pirouettes, maybe that would be the right. Yes. Okay. Right. There's no masculine feminine. We're in the Latinx age. So they've even ripped off Spanish from Latinx people. You're not allowed to be masculine or feminine anymore. Marni. After all, we never talk about that.

Marni Your Wing Girl (00:13.023)

It's equality now. Yes.

Marni Your Wing Girl (00:19.711)

That's okay. I'm masculine. I am fine saying it. Yes.

Scot McKay (00:32.59)

Well, that's a new look for you. So then we'll have to talk about that. But then again, you are from California, but I want to tell what these guys tell these guys what we're up to today. We're going to talk about the four S's that you're coming up with different from The "Big Four" that I have. But we're all centered on this idea of what women need to feel attraction. Okay. And you can tell us what masculine women need to feel attraction. That'll be, that'll be something I was born ready to hear. Okay.

Marni Your Wing Girl (00:35.677)

Mm-hmm. Yeah. Mm-hmm. Mm-hmm.

Marni Your Wing Girl (00:57.088)

Mm-hmm. Mm-hmm. Mm-hmm. Yes. It's going well. I'm not saying I'm masculine, but I have both sides to me. I can be very feminine. Trust me, I can be extremely feminine. But I also do have a... And I say it that way.

Scot McKay (01:01.196)

But indeed, I want to introduce you guys to my longtime friend and previous guest. Although it's been a long time. Marni Kinrys, Your Wing Girl, from Culver City, California. Marni how's it going?

Marni Your Wing Girl (01:25.567)

That is how I phrase it. I'm 45, maybe that's like a no-go on PC, but that's how I think about it. I'm pretty happy to say it. If anything, I've been called, what have I been called? Like a misogynist before. So like, right? Cause I'm very pro-man, but I am still in my mind, very feminine and very female. Yeah. Everybody.

Scot McKay (01:38.721)

a misogynist.

Scot McKay (01:46.307)

Well, that's exactly how my wife is. My wife is very feminine, but she's very pro man. My wife and I have always been pro both genders. We're just pro men and women seeing each other as partners, not adversaries. You know what I mean? Yeah. Yeah, that's good.

Marni Your Wing Girl (01:57.997)

Yep, yep. I've always been the same way too. But recently I'm even more pro-man because I'm hearing so many pro-female things and I have two boys now. Actually, since the last time we've talked probably, I have two boys in my household and I had one of them recently say to me, like, why are there no, you know, "go boy!" signs or boy power signs? And I was like, you know what, you're right. Why aren't there any boy power signs?

Scot McKay (02:11.47)
Is it that something?

Marni Your Wing Girl (02:22.815)
because we're forgetting that they didn't grow up in this time where there was an unbalance. They're growing up in this time where the unbalance is that females are getting so much more supported. how it's registering for my boys is really interesting to see it through their eyes. So yeah.

Scot McKay (02:26.348)
That's right.

Scot McKay (02:41.644)
Yeah, I mean, mean, you know, when we both first started at this was over 20 years ago and both of us know Eben Pagan, AKA David D. And I remember I did an interview with him and he did very few outside interviews. So I was always honored when he did one with me and I did one with him after he and his wife Annie had their daughter. And he said, it changed everything.

Marni Your Wing Girl (02:48.597)
Yeah. Mm-hmm.

Marni Your Wing Girl (03:03.475)
Yeah, for sure.

Scot McKay (03:03.948)
Like I don't even believe what I used to teach anymore. I kind of sort of half ashamed of it. And I kidded him about that because it changed my life. You know, was what I studied to get to where I am now. But, you know, indeed I already had a daughter. I was already married when I became a dating coach. So I already had that perspective of having a daughter. Now I have two. And interestingly enough, these guys know, and you know, that I'm raising her to be gritty

Marni Your Wing Girl (03:21.779)
Yeah.

Scot McKay (03:29.934)
and tough and all women all the time, because I don't think those are feminine traits. I think those are strong human traits to be gritty and tough. But at the rate you're going, yeah, you said you're 45. I mean, you could be 45 and 47 at the rate you're, you're, uh, you know, heading things up. I mean, Wing Girl Method is just a juggernaut nowadays and guys are listening to you. And I think Marni it's always been because you are a pro man, you know?

Marni Your Wing Girl (03:35.751)
Yeah, I agree. That's a better way of phrasing it.

Marni Your Wing Girl (03:50.207)
Okay.

Marni Your Wing Girl (03:53.855)
I think so. I don't openly say that I'm pro man, I have always, I don't want to call it underdogs either, but like that's who I've always leaned towards is people who aren't being seen. And cause that's how I always felt when I was younger. I was unseen. There were popular people. There were really pretty people. There were people who were X, Y, and Z that were always the ones who got attention. And I became the cheerleader for those that did not, but should be getting the attention that they should get. So yeah.

Scot McKay (04:22.594)

Well, you got the revenge on those cheerleaders by becoming a much bigger cheerleader. Oh yeah. Yeah, for sure.

Marni Your Wing Girl (04:24.799)

100%. Yes. Yes. No, definitely. And like, I still love what I do. It's shifted a little bit because my brain is in a different space. Even what you were saying before, how Eben became a father to a girl and then his perspective changed. Like, I am now in the marriage with kids phase. Like, that's where my brain is at. And that's what I'm so fascinated by and even still so curious by.

The dating part, which I talk about a ton and the attraction part is still very interesting to me. I have a team of 11 girls who work with me and they coach all of our guys on that stuff. But the area that I'm very immersed in right now is this 40 year old stage. Like what happens at this stage with attraction? What's different about it? What are the, what are the nuances to it that I think are really fascinating? Yep.

Scot McKay (05:16.918)

Lots of Cialis. That's what happens.

Marni Your Wing Girl (05:19.911)

But even be the thing is, like, if I was in my 20s, I'd be like, if a guy were to mention that, like you just have a totally different perspective when you're younger. Everything's so black and white where everything now is very gray. I watched this show called Better Things. And in it, there's a storyline where the daughter's 40 and she has this mom who's in her 70s who is divorced. But she starts dating this guy who has a wife who he's a caregiver for. And she's saying, mom, that's so wrong of you. Why are doing this? Why are you doing this? It's horrible.

And she said to her daughter, when you get to be my age, it's not about if you're married, it's how married are you? And I was like, that's a really interesting perspective that everything becomes more and more gray as you, like literally gets more and more gray as you get older. And I think you become more accepting of things because you understand how difficult it is to be a human being.

Scot McKay (06:01.742)

Right, exactly.

Scot McKay (06:10.924)

You know, that's all very remarkable in that there's lots to remark on there. First of all, I saw the boy mom in you coming a mile away. You are totally a boy mom. I've, I've, I've kidded you before that you're going to be the ultimate Jewish grandmother someday. You're going to be that too, but in the meantime, boy mom, it fits. That shoe fits. Yeah.

Marni Your Wing Girl (06:23.232)

yeah.

Marni Your Wing Girl (06:28.64)

yeah.

Marni Your Wing Girl (06:32.677)

a hundred percent. That's what I wanted. I was like, I did not want a girl. I wouldn't know what to do with a girl probably, but it's funny now cause I'm like, girls are, I would love to just like go shopping with a girl and talk with a girl. This boy energy is a little bit too much for me to be honest, but I like it. I do like it.

Scot McKay (06:37.462)

You

Scot McKay (06:49.89)

I remember like back in 2003 when I got full custody of my five-year-old daughter. I found out finally for once in my life what hair conditioner was for. I never even knew why there were two bottles in the shower. Now that untangling thing really mattered with the five-year-old little girl. And you know, it was like a scene from Kill Bill, Vol.2, you know, I was cutting the corners lovingly off of her sandwiches to take to school, you know.

Marni Your Wing Girl (07:02.493)

yeah. Yeah. Mm hmm. No, 100%.

Marni Your Wing Girl (07:19.025)

Yeah, yeah, you're taking care of a little girl. I know it's really nice, but that is the difference when you do become. Yeah, but it's even for boys or for girls, like even if, if Eben were to become a parent, I think it's when you're a parent, it's, your brain just changes. You just see the world differently because you're trying to do better and you're trying to teach them and you're trying to help navigate it all. Yeah. Yeah. But I wouldn't change any of his advice. I still love a lot of his advice for many guys.

Scot McKay (07:19.906)

this dude, you know? Yeah, that's right. They melt your heart, you know?

Scot McKay (07:33.838)

Yeah.

Scot McKay (07:37.858)

That's what he said. Yes. That's right. That's right. That's absolutely right.

I agree. mean, the whole cocky funny thing. yeah, changed my life. Yeah, revolutionized. yeah.

Marni Your Wing Girl (07:49.871)

Yeah, I think it would still change many people's lives. Maybe there's some lines that he wouldn't want to say anymore that are a little bit too much, but I would say about 90 % of the content in there, I would still teach that to people.

Scot McKay (07:55.682)

You

Scot McKay (08:02.464)

Oh yeah, me too. You also talked about things being gray, literally. I think that's, I think that's maturity, Marni. And I think, you know, it's interesting that you would draw that parallel between, you know, obviously alluding to gray hair and finding gray areas and things, because nowadays it seems like the immature people out there on social media and the people who haven't grown up really with real human friends and human people around them.

Marni Your Wing Girl (08:09.853)

Yeah, it is.

Scot McKay (08:30.274)

Like the age of people who went to high school during lockdown, they don't see black and white. it's right, wrong. If you disagree with me, even in one area, you're basically Satan and my side can do no wrong. It's a, it's a logical fallacy of all or nothing. It's on parade every day. You know, you see it in politics, you see it in faith. Not in the real world. No.

Marni Your Wing Girl (08:34.249)
Yeah.

Marni Your Wing Girl (08:50.281)

Well, that's what it seems like. I don't know if it's really like that though. I don't know. I see not in the real world. That's what I'm saying. Like what you see out there is very polarizing, but I don't think in your day-to-day life, people are as extreme. Like there is, there is nuance. Like even, even my friends, they come over here. We talk politics. Like we're all sort of in the same zone, but I'm like a little further one way and they're further another way, but we kind of can hear each other and get the other person's point. And then also like, okay,

I get where you're coming from. That's not what I like, but I get where you're coming from, which I think is great. But I don't think the majority of people like that are, sorry, or the majority of people out there are able to have those kinds of conversations. I think that a lot of people are very stuck in what they believe because it's their identity now. And if their identity is attacked, then they don't like that.

Scot McKay (09:41.112)
Well, you know.

As we're kind of workshoping this idea together and it actually will come right back around to the four S's, you know, because this is how men and women connect over conversation and over getting to know each other and what does masculine and feminine even mean and what am I even being attracted to? What am I connecting with? All of that matters. And I heard something interesting the other day and I wish I could remember the source because here I am on a podcast talking about it.

Marni Your Wing Girl (09:50.121)
Yeah.

Scot McKay (10:09.482)

Might've been Glenn Beck of all people talking on his morning show, just while I'm driving my truck around, listening to radio, talking about how when you, your brain is saturated in cortisol, which is the flight or fight or flight hormone, you're thinking live or die, make a decision. Yes is a no, and... Right. And that actually robs your brain in the moment of the ability to look at things in a gray area.

Marni Your Wing Girl (10:21.567)

Oh, yeah, yeah. Yeah, you can't think as well. Yeah, you're 20 % dumber. Mm-hmm. Yeah. Mm-hmm.

Scot McKay (10:39.342)

and find a middle ground on things. So these people who are just steeped in activism and being angry all the time and they've gone down the deep end for one cause or another and they're just activists, they have literally in their brains, maybe temporary, maybe longer, lost the ability to see that middle ground. But I agree with you that I don't think it's everybody. I just think it's the angry, visible people who are grabbing the headlines. Meanwhile, back here in the real world, and I tell guys all the time,

Marni Your Wing Girl (10:57.439)
Yeah. Yeah.

Scot McKay (11:09.772)

I don't know how you feel about this, Marni, but I think we should get off the dating sites and apps. They've been programmed to use us instead of us using them. We should go back out there and meet people in the real world. We should tough it out because when you meet black people, white people, gay people, straight people, men, women, old people, young people, we all really just want to get along

and live our lives. We're not out there to like tear each other's throats out. Yeah.

Marni Your Wing Girl (11:29.281)

yeah, for sure, for sure. I completely agree with you. I totally agree with you. It's funny because so like I didn't meet my husband on a dating app, but when I first moved over here, the only people I had ever dated was like short Jews who were kind of balding and who wear glasses. Like that was my world. That was my sphere. And that's, that's who I was looking to date. Right. But when I came to Los Angeles, I said to myself, I'm going say yes to every invite. And so I did go out with people who were totally not in my wheelhouse and I met my husband. didn't, he wasn't even on my radar.

Scot McKay (11:48.462)

You

Marni Your Wing Girl (11:59.367)

I enjoyed him. liked talking to him, but he wasn't someone that I was attracted to because he was six foot four. He was half black. I mean, he's American. I'm Canadian. There's so many differences. And it was just not in my world to even think like this could be a possibility, but because I was meeting him in person that slowly shifted. I, I, I, I do love dating apps if they're used correctly, but they're not used mostly.

Scot McKay (12:20.994)

Well, I don't, I don't think they should be, they're not reliable like they used to be, especially with AI pictures and AI write my narrative for me. mean, even the "beautiful people" are going on dates and going, who the hell are you? You're not the person I, I was figuring I'd meet. Yeah. Right. Now your husband though, to your husband's credit, he had a really cool job. Does he still have that job? Does he still run surf contests?

Marni Your Wing Girl (12:36.617)

Yeah. Sold on. Yes. Sold on. I do want to bring up one thing.

Marni Your Wing Girl (12:46.653)

He didn't have a cool job at that time, but he had a cool job once I got to be the woman behind the man, then he, then he got that cool job. No, but, but he has a very cool job now. So he does, live action broadcast. So he's actually working with the Olympics in Los Angeles right now. And then also runs his own production company. But yeah, he does like cool events. BMX events. That's why you liked it.

Scot McKay (12:52.11)

okay. You propelled him to that.

Scot McKay (13:03.758)

One of my friends is in media and he got to be in... Well, no, he'd been in surf contests, didn't he?

Marni Your Wing Girl (13:10.845)

He ran surf contests, but he did BMX events too. Yeah.

Scot McKay (13:13.444)

that's cool. That's very That's very cool. I'm wondering why I don't know him. Maybe I do and just never realized it. OK.

Marni Your Wing Girl (13:18.195)

Cause he's doing the video footage and production of it. So I wouldn't think that you would know him, but he did a couple of events for BMX for a short period of time. And he was trying to get, oh my God, what was that? Crazy. I forget what the event is that he showed me where somebody was like riding off

a mountain and ended up dying, but like crazy BMX events. He was trying to get that series for a while. Yeah. Yeah. But that was crazy.

Scot McKay (13:36.5)

downhill mountain biking. Yeah. One of my friends got to go to Italy and he met Snoop Dogg and that was the coolest part of being a part of the Olympics for him was to meet Snoop. Yeah. That was pretty cool. All right.

Marni Your Wing Girl (13:46.355)

yeah. Yeah. That's cool. Well, I I was going to say something before, cause like to, to, kind of connect to the four S's, but also to the gray zone. So I do like a weekly coaching call every single week for this group called The Inner Circle. And last night, you know, one of the, one of the new guys came on, this was the second week that he was there. And the first week I spotted this and then even more so last night, he, he has

Scot McKay (13:52.108)

Yes. Yes.

Marni Your Wing Girl (14:12.315)

a very black and white area when it comes to women about who he believes women are, right? He believes in his mind that women are gonna hurt him and they're gonna screw with him and he's gonna become a huge pushover and he is going to have no boundaries because she's gonna walk all over those boundaries. Yeah, of course, but we talked about that last night. You were always going to find that. Self-fulfilling prophecy. You were always going to either find women who are like that or make women into women who become like that

Scot McKay (14:17.742)

Uh-huh.

Scot McKay (14:27.244)

And that's leadership, of course.

Marni Your Wing Girl (14:40.755)

because of what you're doing right now. Like I don't believe that there's all these narcissistic women out there. I get guys come writing into us every single day, my last girlfriend was a narcissist, my wife was a narcissist. No, most likely they weren't narcissists. They became people with narcissistic tendencies after getting into a relationship that wasn't healthy and mutually beneficial, right? And they weren't communicating properly.

So it's interesting because he's in his 50s and he still very much lives in that black and white zone. And what we're working on him with is to step out of the black and white to walk into the gray so he can see what his participation is in that process happening and what the woman's participation was as well. I'm not saying that he's the only one to blame, but I'm saying that he's part of the equation. This isn't being done to him. It's being done with him. And he's the only one who can alter that.

Scot McKay (15:35.566)

you

Marni Your Wing Girl (15:37.031)

So it is interesting, know, something just popped up on my page. says Riverside Studios, Scott McKays to download. That's so interesting. I've never seen that before because I usually record on Riverside and the other side. So yeah, sorry, that just popped up on my screen. I know, I'm hoping we're still recording. Yeah.

Scot McKay (15:51.393)

I hope that all works out because this has been an interesting conversation. want it. I want it all together. Well, your friend in your group, man, that is not uncommon. And what happens is it can it can work out such that the more experience we get, the more jaded we get. So it's not like we get wiser and better, better with women as we get older, we get more cranky and more upset and more convinced this isn't going to work for us.

Marni Your Wing Girl (16:10.803)

Yes.

Scot McKay (16:20.51)

And it is self-fulfilling prophecy. It is leadership. What I noticed, Marni, is after I was divorced from my crazy ex-wife, and you and I have talked about this, I really legitimately had a clinically insane ex. Yeah. Yeah. I mean, yeah, that's documented. I started attracting more covert crazy women. And it's because in my mind, I was expecting women to be crazy. So I was okay with women being crazy.

Marni Your Wing Girl (16:20.733)

Yeah.

Marni Your Wing Girl (16:30.439)

I, yes, you, had a clinically, yes, that one is, I'll give you that.

Scot McKay (16:49.334)

And the crazy women went up, ding, ding, ding. We have a loser or a winner, depending on how perspective, which perspective you want to have. This guy will put up with me. This guy won't, you know, this guy will take it from me. This guy will put up with it because these people, what they're, if they're really selfish or if they're really crazy, I really believe they know who they are and what they got going on. People who are evil, you know, people who don't like to do good. They know that people who are basically good people

can't wrap their heads around being evil and they pass it off and go, well, maybe this person's just having a bad day. No, they're deriving joy from your pain. That's what they're doing. They're evil people. So what happens is if we are men and we lead in that way and we expect these women, those women will find us, they'll gravitate towards us and they'll be cool. They'll be like, cool, I found a guy who put up with me. As soon as we set that boundary,

and literally, Marni, it's not like you have to learn a new habit or read a bunch of books. You flip a switch one day and go, that's it. Talk to the hand. I am not dealing with crazy women anymore. So you go on a date and a woman goes, what are you looking for? And you go, I'm looking for a woman who is of sound mind, who I can have a reasonable conversation with, with, and make sense. And the first sign that she's cray cray, we're not going to have a relationship anymore. And I remember bracing myself

Marni Your Wing Girl (17:47.263)

Yeah.

Marni Your Wing Girl (18:00.895)

Mm-hmm. Mm-hmm.

Scot McKay (18:11.0)

thinking, oh God, I'm just going to get clobbered by chicks for being this horrible guy who would think that. And women started going, I am so glad you brought that up because you know what that says? That says to me, you're probably not a crazy narcissistic fiend because you brought up the objection

first.

Therefore, you know, if I'm, if I'm someone who's going to be crazy and a nut job, I'm not going to be upfront about that. I'm going to try to be charming and nice till I sink my claws in and then boom, once I have you getting the feels and maybe I've knocked you up and I'm talking from a guy's perspective, right? Cause this goes both ways. then you can't go anywhere. Boom. I've got you. Now, if guys are welcoming narcissistic women or crazy women, they're going to start thinking that's, that's the only type of women there are out there.

But as soon as we set that boundary and flip that switch, if we can endure a little bit of maybe drama because the last couple vestiges, i.e. women who were thinking like that, traipse into our lives and we kick them out. The next thing you know, other women start coming in. We're honest about that. They're glad we were honest. We boom, weeded out all of the crazy women who are bad for us. Marni for the last couple of years before I met Emily, when I was enjoying my dating life, I didn't meet one

crazy chick. They were all just wonderful sweethearts with great personality.

Marni Your Wing Girl (19:31.081)

That's amazing. But I think even you announcing that on the front end also says like, I'm not going to put up with this, right? So even if, listen, there are certain people that I'm around who my meaner side comes out and I'm being serious. Like it does. so, but, but there are people that I'm around where I'm like,

Scot McKay (19:38.136)

Right?

Scot McKay (19:45.838)

They just bring it out in you. Yeah, I know.

Marni Your Wing Girl (19:53.651)

that side cannot come out. Like that childish side of me cannot come out. So it also is telling people and the women that you're dating who you are as a man and what you'll put up with. And that does alter something. I was talking about this yesterday and I sounded really bitchy when I was saying it. And I don't think I'm a big bitch, but I can be bitchy, I be to men. And that's why I feel like men have always trusted me because I always said the shitty things that I did to men. And it wasn't that it was...

Scot McKay (20:19.362)

Well, you're authentic and upfront. You tell it like it is. I mean, you're being honest clearly right now because this is something people would lie about.

Marni Your Wing Girl (20:23.543)

But it wasn't intentional. was like, were certain guys who let me walk all over them. So I walked all over them. Not me thinking, I'm going to walk all over this man. I'm going to do it for the rest of it. But like, I just did it because he wasn't putting a boundary up in place. He wasn't saying, no, I'm not picking you up from the airport. No, I'm not coming over and helping you build this X, Y, and Z. unless we're doing something as a couple, right? And because he would just come over.

I would continue doing it. I'd have fun with him, was fine. But then I got what I wanted out of it. I wanted somebody to help me build that damn thing who I enjoyed talking to. Did I want anything else from that person? Absolutely not. I didn't lead him to think I did, but I didn't lead him to think that I didn't. So there are things that can happen when you do put, it is a boundary that you're putting into place verbally when you're saying to women like, this is what I want. I'm not cut out for the crazy. I don't want the crazies in my life.

And I wanna be able to have great conversations with another woman who can be rational and who can compromise. Like that's an amazing thing to say. It doesn't mean that's not going to happen sometimes, that you're not going to be able to compromise because there's gonna be new things you're gonna have to get through. It just means you're gonna start from a better level with that person because you won't give in to the BS that you had in the past or that many men do give in to because they wanna hold on to that woman. I really believe...

many narcissistic women are made by the men that they're with. I really, or even by the situation that they're in. It's not, yeah. No, it's my real side. I have so many times, even in my relationship with my husband, when we first had our first child, where my husband just took a back seat because he's like, okay, you're in charge, which I also didn't like, which made me see him as less than a man, right?

Scot McKay (21:54.863)

I don't disagree with you and I'm glad you're a woman saying this. Whether that's your masculine side coming through or not, don't really give a freak right now.

Scot McKay (22:13.504)

Mm-hmm. That's your feminine side. I was joking, of course. Yeah. Yeah.

Marni Your Wing Girl (22:16.696)

That's my feminine side. No, I know I know that but like because that was my feminine side then I Was like fine. Okay, I'll boss you around and he took it for so long and I didn't like that.

Scot McKay (22:25.452)

Do know what this comes down to? Yeah. Cause you're about to go on another tangent and you're so smart and you've been at this for so long and you can, know, your stuff so much, just like I do. We could talk for five hours straight on this and not miss a beat. No, no, no, hold on. I, but you're bringing, so I like where this is going. I actually adore where this is going because I don't think this is a conversation that's had often. And after 500 and some odd episodes, Marni, I'm looking for a unique hook all the time and you're bringing it. Consider

Marni Your Wing Girl (22:30.024)

Yeah.

Marni Your Wing Girl (22:35.623)

Yeah. let's get to the four S's.

Marni Your Wing Girl (22:51.071)

Thanks.

Scot McKay (22:53.932)

what you just said about, think men create these monsters. And I have said that for years. Now, if you're a "Big Four" man, you're confident, you're masculine in the way women define it. you actually like women. I've, I've modified The "Big Four" recently because there's so many guys out here who just can't stand the bitches that like, you know, it seems like pretty baseline. Hey, you want to attract women? Like them and maybe they'll like you back. That goes back to this leadership. And of course, strong character, which if you're

Marni Your Wing Girl (23:09.917)

Yeah. Yep.

Marni Your Wing Girl (23:17.789)

Yep.

Scot McKay (23:21.56)

trying to take advantage of somebody and you're trying to mislead them, killing them with kindness, love bombing them upfront only so you can take, take, take, or be mean or evil later. That's poor character. So The "Big Four" have evolved, but look how well that dovetails with what you're saying. I don't think men understand the power of their leadership in a relationship with women. I think they underestimate it.

Marni Your Wing Girl (23:44.116)

no, they lead the whole thing. They do. It feels the other way, but your actions dictate what kind of woman you get in front of you.

Scot McKay (23:47.394)

They lead the whole thing. If you go out with a woman and go...

Scot McKay (23:54.423)

Yes, that's right. And here's the nuance to that. Because most guys are thinking, well, you know, that feels a little like I'm controlling or I'm going to be kind of a jerk and I've got her under my thumb and I'm, you know, listen, no, no, no, you're saying something different.

Marni Your Wing Girl (24:07.532)

If you ignore her and don't see her as feminine, she's going to act very masculine and be really pissed at you and your life a misery.

Scot McKay (24:12.558)

and nag you. Yes, nag you because she has to pick up that mantle. Yes. But what you said, OK, let me just let me just cut to the chase. If you lead with I'm going to show you all my money, I'm going to spend all this money on you. I'm going to take you to Ruth's Chris one day. And if that isn't good enough, Morton's the next and Brazilian Churrascarias every other, you know, we're just going to basically be death by steak here and lobster. She'll go. OK. Cool.

Marni Your Wing Girl (24:41.887)

Why not? Why would you say anything else? Why would you say anything else?

Scot McKay (24:42.926)

Why not? You know, I'm not even really attracted to you. I don't want to have sex with you I'm not ever gonna have sex with you. But my God, I was about to open up a can of Chef Boyardee. So By all means take me out and spend three hundred four hundred dollars on me. It's your idea I didn't beg for it, I didn't ask for it. The next thing you know the guy's like all these gold digging bitches just want my money and they're all... Dude, you led What are they that You made it okay.

Marni Your Wing Girl (25:09.671)

Yes.

Scot McKay (25:11.178)

No sex, her treating you badly, you being needy and her pulling away. She needs a ride to an airport. By the way, picking up someone from LAX is no joke. That's a lot of commitment. Yeah. yeah. Help me move. Right. Help me move. Yeah. I mean, you're not going to get anything. A woman invites six guys to help her move. Those six guys all offered. Not one of them is going to get anything sexual from her.

Marni Your Wing Girl (25:24.155)

I know it was like a full like two hour commitment. That's like, that's love. That is love and friendship right there.

Marni Your Wing Girl (25:41.567)
Mm-hmm.

Scot McKay (25:42.191)
And Then they're all angry afterwards. Gentlemen, you have to understand the power of your leadership.

Marni Your Wing Girl (25:47.301)
You can't exchange niceness for sex. Kind gestures for sex. That's not how it works.

Scot McKay (25:50.847)
no, no, no, no, no, No, no. What happens, see now, if a woman feels safe and comfortable in your presence, I know how to provide, I know how to protect, I know how to set boundaries, I know how to say no to you. A woman says, well, he can stand up to me.

Marni Your Wing Girl (26:04.253)
Yeah, I do. do want to read you these four S's. They're falling in line with what we're talking about. So the four things that women actually, yeah, no, but the full case, the four, this is, this is my belief. Yes. He's named Scot McKay, ride BMX and have a podcast. That's exactly what it is. Okay. So the four S's I'm going to read it to you because I don't want to mess anything up. The foundation of female attraction, right? Is that you make her feel, right? That's true.

Scot McKay (26:09.816)
then get right. I think we made our point. Go for it. Give me the give me the answers. Is the first one be named Scott? That's the first one is Scott. Yeah. The importance of being honest. Yeah. Okay.

Thankfully, Psycho starts with a P.

Marni Your Wing Girl (26:29.897)
So this is what you need to make women feel. And then this is also what you need to display, right? So that you need to make a woman feel safe, special, sexy, selected, okay? So safe, she feels comfortable and at ease around you. Her guard comes down, she can relax and be herself, make her feel special. She feels seen and valued. And this is both for the attraction phase and for the deep in a relationship phase, okay? She feels seen, yep, she feels seen and valued, not just as another pretty face,

Scot McKay (26:53.782)
I think that's the kernel of the whole system.

Marni Your Wing Girl (26:59.219)
but as an individual you're genuinely curious about and want to be around. Sexy, she feels attracted. There's tension, spark, chemistry. She knows you see her as a woman, not just as a friend. And then selective, Selected, sorry, this is selected. She feels like she had to earn your attention. You have standards, you're not desperate for anyone who will have you. And it goes on the flip side as well, right? She needs to feel this, but you need to act this way as well. You need to...

Scot McKay (27:13.518)
Selective or selected.

Marni Your Wing Girl (27:28.859)
Be safe. You need to believe you're special. You need to believe you're sexy and you need to be selective with who you allow into your world, into your life, into your bedroom, into your car going to the airport, whatever it is. So those are the four S's. They're the primal triggers on both sides. And it fits into

exactly what we were saying before.

Scot McKay (27:50.861)

Yeah, I love how you're talking about things that are, they're verbs. You know, These are the things you do. And when you're like this, when you present this aura, women will love you for it. And I think that dovetails really nicely into my "Big Four", because my "Big Four" are more a standard, a foundation of character. You know, what makes me tick? Well, The "Big Four" are confidence.

Marni Your Wing Girl (27:56.875)

Mm-hmm.

Marni Your Wing Girl (28:15.485)

And what are they? What are they big for?

Scot McKay (28:19.736)

Which I don't think is masculine or feminine, by the way. think women have The "Big Four" also. Sure. Masculinity as women define it. In other words, not my machismo and then the women's side, not marianismo. But, you know, what is it that that attracts femininity to masculinity? You have to have that. The third I've changed to... Yeah, all that. yeah, for sure. Yeah, yes. Yeah. The third one.

Marni Your Wing Girl (28:22.653)

No, it's not. At all. Yeah.

Marni Your Wing Girl (28:30.879)

Mm-hmm.

Marni Your Wing Girl (28:38.992)

Yeah. Groundedness, holding space, being able to communicate properly, vulnerability, amazing. And how to hang a picture on the wall.

Scot McKay (28:48.622)

Straight, but only if you're a Libra, right? That's what I've been told. The third one.

Marni Your Wing Girl (28:49.651)

Yeah, straight. Oh, how sexy is that? You can hang two pictures on the wall, both straight with each other. Oh my God, you're on fire at that point. Yeah, yeah.

Scot McKay (29:00.594)

Mine would mine would turn gay. I can tell you that straight up. They wouldn't be straight. So the next one is actually liking women. And I had to do this post-COVID because it was it seemed so obvious to me. But now there are so many people so bitter and so enraged with the entire other gender. You know, it's that it's that black and white thinking they're all all bitches and it's all their fault when almost every time and I'm looking at you redpilled #MGTOW guys, you led.

Marni Your Wing Girl (29:09.973)

Yeah.

Marni Your Wing Girl (29:14.247)

Yet? No, it's not. Yeah, you're right.

Marni Your Wing Girl (29:25.031)

Yeah.

Marni Your Wing Girl (29:29.727)
you

Scot McKay (29:30.786)

That's what happened. This this pattern is yours. You should own it and you can change it. The good news is when it's your fault, you can change it. Fourth one is good, solid character. And Marni, good solid character is what takes you from being Mr. Right Now or Mr. Situationship to someone she can see long term because that's the, that's, that's lifetime. I'm going to be consistent. I'm going have a belief system that matches with yours.

Marni Your Wing Girl (29:35.113)
Yep.

Marni Your Wing Girl (29:52.713)

Well, to be honest, character is still for short term. Even if you just have a one night stand, you can still be a man of good character that she's having a great time with. And the character is, I'm this really fun experience. I'm going to be very clear and direct with you. I'm not into a long term engagement. And that can still be a co-decision that you make together to have a really great experience. That strong character. Yeah.

Scot McKay (30:01.58)
That's right.

Scot McKay (30:15.374)

Well, I'm not disagreeing with you. I'm just saying a nuance of character is that that's long-term potential in a bottle. I mean, you know, if someone doesn't have any character, we can have that same fun time until we figure out what's, you know, who's really hiding behind that bush. But that consistency over the long-term is what makes your marriage stick together 50, 60 years. If you're not who you're purporting to be,

Marni Your Wing Girl (30:23.911)
Yeah, for sure.

Marni Your Wing Girl (30:33.567)
Hmm?

Marni Your Wing Girl (30:38.967)

Yeah. And I will say like everything you define, you described, like the four S's, I'll say that those are things that me and my husband work on quite often, but those four. what did you say? Four, what were they called? Four what? Pillars? Okay, The "Big Four. My husband has all of those. And like, yes, he screws up every once in a while. I screw up every once a while, but like, he always goes back to masculinity, to confidence.

Scot McKay (30:53.73)

The big four. Yeah, pillars, yeah. Yeah, of course he does.

Marni Your Wing Girl (31:06.651)

to I forget what the other ones were to character like yeah and like women yeah and they're really key they are they are really key, so I totally agree with you.

Scot McKay (31:08.8)

Liking you as like liking the fact that you're female and having character.

Scot McKay (31:15.616)

Simple but not easy in the year 2026. But let's talk about, enough about me, let's talk about your S's. I love them all and I agree with them all. And I think you were so right on the money because how could you be wrong? You've been doing this longer than I have. You're immersed in it. You know, both of us have.

Marni Your Wing Girl (31:18.431)

Mm You're right.

Marni Your Wing Girl (31:32.167)

I'm going through perimenopause. Maybe I am making up shit now, so I don't know.

Scot McKay (31:36.207)

I just love your honesty. You're so funny. I remember you would sit next to me during during the masterminds just so I could make you laugh when people were up there pontificating and being real silly. Yeah. yeah. For sure. Yeah. Because people get really serious, you know, they'll argue over, you know, what color your headline should be on a sales page. It's like, I can't even. So. First of all, safe.

Marni Your Wing Girl (31:44.89)

yeah, for sure. And you would just make dad jokes the entire time and I love it. Yeah.

Marni Your Wing Girl (31:58.867)

yeah. Yeah.

Scot McKay (32:05.518)

That's the whole operating system. That is masculinity. And a guy comes up to me and goes, well, women feel safe around me all the time, but then they don't want to have sex with me and they treat me like their little brother. So you're wrong. I go, no, hold on.

Being harmless is different than fomenting safety. If she feels safe because you're there, that's different than you don't scare her. So that that's an important distinction. But yeah, most women, it's funny because a lot of women, most guys are always horny. That's the stereotype. And most women are always scared. That's the stereotype. Women live with a lot of fear, though, that men in all seriousness don't understand.

Marni Your Wing Girl (32:25.087)

Isn't that safe?

Marni Your Wing Girl (32:34.367)

It's true. It's true.

Marni Your Wing Girl (32:46.111)

Mm-hmm. Yep.

Scot McKay (32:51.85)

And we can either be part of the solution or part of the problem. If you're all about making a woman feel safe and comfortable, not just physically, but also emotionally. If you take her out to dinner and you're one upmanship everything or you're wrong or you're making her feel stupid, she doesn't feel safe. You're not getting any. Yeah. And that last one.

Marni Your Wing Girl (32:54.047)

No, you're not getting anything at that point. You're just getting, you know, a ghosted afterwards. You're never going to hear from that woman again. I just did a video. Yes. Stuck. Exactly. Well, I just did a video

on like

Scot McKay (33:13.74)

You're getting you're getting the bill. You're getting stuck with. Yeah, you're getting the fifth s which is stuck. Stuck with the bill. Yeah.

Marni Your Wing Girl (33:23.645)

the... because I usually do things for nice guys or guys who ended up in the friend zone, the ones who don't speak up for themselves, the ones who are too safe around them, but not exuding anything else. And I was talking to guys who are secretly assholes, but are unaware that they're assholes because in the boardroom and at work, things that they get praised for don't work in dating. And typically what that looks like is they'll go out with a woman.

Scot McKay (33:27.298)

Yeah, that's right.

Scot McKay (33:45.71)

That's right.

Marni Your Wing Girl (33:48.019)

they'll think they're having a really great time, that women will never contact him again and won't even answer his calls because she'll think he's an asshole once she walks away because he's constantly disagreeing with her, which obviously disagree, state your opinion, but bulldozing over her, telling her that she's wrong, belittling her, make her feeling stupid. Yeah, that's not somebody who's assertive, that's an asshole.

Scot McKay (34:09.784)

Guys always talk about doing hard things as masculine men and it's always in the physical realm. Guys, those guys... yeah! For sure.

Marni Your Wing Girl (34:15.015)

Yeah, that is that is masculine. Like to be honest, I even played pickleball with my husband the other day and like he was so aggressive on the court. I kind of I liked it and I kind of didn't like it. There was like two sides to me, but I was like, I like that he's like so physically into it and wants to be competitive. I like that in him that drive. I don't see that very often to be honest. Yeah, that was sexy to me. I loved that.

Scot McKay (34:25.87)

You

Just slamming

Scot McKay (34:39.692)

Well, you mentioned one of the yeses being sexy. that we'll get there. OK. Yeah, yeah, I agree. I mean, when women act like women and they do cute little female, you know, beautiful artsy, gorgeous things, I just I melt. But all right. So hold on.

Marni Your Wing Girl (34:44.606)

Yep.

Marni Your Wing Girl (34:49.565)

yeah.

Scot McKay (34:57.442)

This masculinity doing hard things, if it's limited only to, you know, I'm going to win a gold medal for the hockey team. That, by the way, the hockey game was crazy. Those guys, I've never seen dudes in person. Like I've never witnessed dudes fight so hard for something in my entire life. I'm sure on the battlefield they do or whatever, but yeah, that's crazy. but the, the do hard things movement is usually rooted in physical stuff. Do a Tough Mudder, do Brazilian Jiu-Jitsu, but the hardest things we as men ever have to do

Marni Your Wing Girl (35:13.115)

That's hockey.

Scot McKay (35:27.264)

are often decisions. They're reining in our emotions. It's doing the right thing instead of the easy or the pretty or the clean thing. And guys have no training in that. And that's the stuff that makes women swoon right there. Yeah, then, you know, being seen. My God, that's what we all need nowadays. Everybody just feels. Well, we're we're we're we're completely deprived of it nowadays.

Marni Your Wing Girl (35:36.511)

absolutely. my God. my God. Yeah. Well, we always needed it. We just didn't know how to do it before in the past, but yeah.

Scot McKay (35:54.711)

It's all social media and getting likes and, you know, influencers. And I mean, I, know, You and I were both on a call where we were talking about how people aren't going to download the info products anymore and just go to YouTube. What, is it that people really want? They want someone to talk through this stuff with that's not a robot. That's not, it's not AI, someone who's a who, not a what. Right. And, and that is the old school being the new school again, just like going out and meeting women in public gentlemen.

Marni Your Wing Girl (36:12.627)

Yeah. Yeah. Yeah.

Marni Your Wing Girl (36:22.867)

Yeah, you're right.

Scot McKay (36:23.802)

Actually talking. Go out with a woman who has been behind a computer all day and doom scrolling and just sit there, shut up and listen and go, that's fascinating or, or be really exciting. Be human. Yeah.

Marni Your Wing Girl (36:34.627)

Or be really exciting. Yes, but listen and do it. So I just had this one girl. It's so human. I just went for a doctor's appointment and the nurse who came in at first, she had been in a long-term relationship. She's single now and she's seeing this guy. He's like 45, she's like 35. And I was like, okay, so tell me about him. How did he attract you? Because I know you're so cute. you know, guys want you all the time. How did he get your attention? She's like, well, I usually don't date guys who are older and I didn't want to go on a date with him.

He just seemed so interesting. And he said to me, like, let's go explore our city together. And he ended up meeting her somewhere. They got on one of those Lime bikes or what? Not even Lime. I forget what it's called now, but like those scooters, they got on it together and they went around their neighborhood. I forget if it's called Lime, I forget what they're called, but like they just, and then afterwards they sat down and he looked at her. He listened, he mirrored her. Validated her. Had a great conversation. So he was so

Scot McKay (37:19.004)
yeah, Lime.

Marni Your Wing Girl (37:32.763)
different and interesting, right? He didn't spend a fortune on going out with her after they went on their Lime experience. He's like, okay, now I'll spend some money on you. We're going to go have a meal now because now you've passed my first test. I'm selecting you to now invest in a little bit more. We'll go sit down and we'll talk. It was, and she said it was like the most interesting date she's ever experienced and she loved it. Yeah.

Scot McKay (37:36.583)
Didn't have to, right.

Scot McKay (37:52.779)
so many people are so boring nowadays. Yeah. A lot A lot of single moms are bored. I remember I just one day stumbled. Yeah, that's true. But enough about you. I remember I stumbled upon what really amounted to a bad pickup routine, except it worked amazingly well. And I suppose it isn't really a pickup routine because I meant every word of it.

Marni Your Wing Girl (37:58.302)
my god, so bored. A lot of married moms are bored too.

Right, exactly.

Scot McKay (38:21.152)
It was genuine and authentic because I was a dad too, you know, but I understood, you know, just looking at a woman's apartment, she's got seven locks and a Glock under a pillow and she's in fear and she's got to make all the money, come home, do all the laundry, change all the diapers, coordinate all the daycare. She has no time to be a woman. She's in her masculine all the time doing the providing and protecting. I, I observed this.

Marni Your Wing Girl (38:21.416)
Yeah.

Marni Your Wing Girl (38:33.576)
and

Scot McKay (38:50.634)
And I was astute enough that the next time I picked a woman up who I knew was a mom, I said, hey you know what? I know you have a babysitter, but here, I'm not going to answer the phone tonight. I'd throw it in the backseat of my car. and I, I'm, I'm, I have, Well, I have one mission tonight. After everything you've probably been through this week, I'm taking you on a two hour vacation, courtesy of me. And we're just going to go out and enjoy ourselves and have fun and not be stressed anymore. And I had women look at me like I was Jesus.

Marni Your Wing Girl (39:13.882)
I love that.

Scot McKay (39:21.036)
Saving them. I'm just... I know that sounds... That's the way they looked at me. Like, wow.

Marni Your Wing Girl (39:21.977)

Because you get it. No, but you get where they are at. You also have to feel really good about yourself to be able to get out of your side of your head to be able to see where they're coming from.

Scot McKay (39:33.42)

Well Marni, I needed the vacation too. I mean, you know. For sure. And this wasn't about me getting in their pants. This wasn't about me trying to impress them. I just really wanted to relax, you know, and I would... I've always said, hey, if I'm going grocery shopping, if I'm watching a TV show, if I'm going to go out to dinner, I'd rather do it with a hot chick, not by myself.

Marni Your Wing Girl (39:36.145)

Exactly. So you understood. You're like, I get it. I totally get it.

Marni Your Wing Girl (39:46.301)

You wanted a two hour break.

Marni Your Wing Girl (39:57.735)

Yeah, but But that must have been the way that you selected women too, because if you're like, you're making these two hours miserable and they're the only two hours I have this week, I'm cutting this now, you're not slotting into the next two hours.

Scot McKay (40:06.028)

Of course. Yeah. And of course, you know, we could talk another hour about how to create a life where you have options instead of being desperate, where you're the chooser instead of the chaser. But that does bring you to the other S. I want to talk about sexy too, but being seen being, well, yeah, well being special and seen, know, I think that's, that's kind of... you're, you're, They're similar, right? That's, that's another S is similar. You don't want to be similar. You want to stand out. Another S.

Marni Your Wing Girl (40:22.633)

special.

Yeah, it's the same one.

Yeah.

Scot McKay (40:36.078)

I'm just going to have 45 S's by the time we're done. It's going to be too complicated. But it's true. Stinky isn't one of them, by the way, guys. You got to take a shower. Deal with the breath. Hygiene matters. Fingernails. Seen, make her feel special. Special isn't putting her on a pedestal. Special is just actually liking her as a human being and...

Marni Your Wing Girl (40:37.215)

I know you're have 45 S's by the time you're done. Not as catchy. That's true. Totally.

Scot McKay (41:03.34)

Wow. I'm uniquely with you. I'm not wishing I was somewhere else. I'm not flirting with another waitress. I'm glad I'm with you. I find you interesting. I love that you brought up, hey, listening is one thing, but also being interesting and having a plan for that date to go do something makes that woman feel safe. So you start getting a bird's nest of all these S's. It's like S stands for soup because it's all kind of blending together. But selected...

Marni Your Wing Girl (41:25.407)

Yeah.

Scot McKay (41:31.448)

I talk about women love to be chosen.

Marni Your Wing Girl (41:34.973)

Yeah. And they vie to be chosen. So if they feel that they're chosen already, they don't have to work at all. Right? If they're already like,

Scot McKay (41:36.546)

There was a billboard. Yes.

Scot McKay (41:42.829)

And that, makes her not jealous. That makes her feel safe because you had many options. You, you know, you selected her. My wife is my favorite female human being ever. She is a collision of all my celebrity crushes. Okay. I was just like, I'm done. I, I, you, I want you tonight. I want you tomorrow night. I'm done after 20 years. I'm still done. I'm still, you know, and that's why I'm her favorite guy.

Because she feels chosen. She knows she's my favorite woman and that weirdly is leadership because I chose. It makes her feel safe.

Marni Your Wing Girl (42:20.063)

in 100 % of leadership. It's funny. I just did a call with Susan Bratton this morning and she was talking about how she's been married for 34 years and she is a sex expert. All she does is talk about sex. She's explored her own orgasms a million times, but every time that she gets into the bedroom with her husband, she needs a few moments of reassurance that he's choosing her. That is the first portion before they get into things that he has to say, I want to be with you. You're sexy. She needs that reassurance. Even though she, I,

Scot McKay (42:31.045)

yeah, she's been on this show for sure. We know her, yeah.

Marni Your Wing Girl (42:49.683)

I think of her as the most confident woman in the room who would never need that. She still wants it and she needs it in order for her to become turned on.

Scot McKay (42:53.6)

Of course she wants it and needs it. Yeah. And that's another thing. If you've got everything handled guys and you don't need a woman for anything, guess what? She won't give it. She won't give you approval. She won't recharge your warrior batteries. She'll stop doing your laundry. She'll stop cooking for you. And you'll be like, this bitch doesn't do anything for me. You stopped letting her. You were too damn self-sufficient. Hey, you know what? I make my wife feel special all the time, but at the same time,

like I'm sure you and your husband are, we're very authentic with each other. And if we're in a crappy mood or we're bickering, we trust each other to do that, which makes us more trustworthy when we actually do have those tender moments together. Like, you know, of course I mean it. Yeah. You can't just let say one thing during the honeymoon phase and let it ride for 20 years that will land you in divorce court. Yeah. Sexy is sexual polarity.

Marni Your Wing Girl (43:32.935)

sure, for sure.

Marni Your Wing Girl (43:39.327)

Yeah, 100%. You can't just see her on the wedding day and then say like, peace, I'll see you in like 30 years on our deathbed. You have to still see her and choose her.

Scot McKay (43:46.125)

Yeah, no. That reminds me, there's an old Henny Youngman joke. You know, for my 20th anniversary, I took my wife to Italy. For our 50th anniversary, I went and picked her up. Yes. That's exactly right. Yes.

Marni Your Wing Girl (43:52.244)

Yeah.

Marni Your Wing Girl (43:56.989)

Right. Got her back. No, but that's a huge thing. I think the four S's, cross over into every stage of attraction. In the beginning, those are the things that I, as a woman, want to feel. And as somebody who's 20 years in, those are still things that I want to feel.

Scot McKay (44:13.836)

I think guys feel dumb trying to be sexy. I think there's like this silliness around male sexiness to men. Like, I mean, how do I be sexy? I mean, I would just end up looking silly.

Marni Your Wing Girl (44:19.047)

I think that men can be.

Marni Your Wing Girl (44:23.935)

I can understand that, that's what they're thinking about it in a Magic Mike type of way where they're trying to do a strip show for you. That I find cheesy and a huge turnoff, but I find my husband really sexy. Yeah, but my husband's so sexy when I'm having a tough time with my nine-year-old right now and I just feed into the emotion.

Scot McKay (44:30.222)

cartoonish way. Yeah, right. Yeah. But that's where we've learned this stuff, Marni.

Marni Your Wing Girl (44:47.795)

Right? Like, so I'm battling with a nine-year-old and trying to logic my way into a resolution. And my husband just steps in and he goes, you go step over there. And he just gets on his level. He's really calm with him. Gets him to calm down. I'm like, God, that is so, like that's so, that's so sexy to me right now when he's a really good dad. Yeah.

Scot McKay (45:04.01)

It's control. Having things under control, having a plan, keeping your calm when everybody is losing their lunch. Yeah, that is very sexy to women. Right. Anything that makes women feel safe, anything that makes women feel chosen, you're already being sexy, you know, the flirtation. I know this is a great subject that you love to talk about. And of course, this is a safe space for that.

Marni Your Wing Girl (45:08.863)

Oh God, yes. I got this. phrase ever. I got you. I got this.

Marni Your Wing Girl (45:20.127)

Mm-hmm.

you

Scot McKay (45:32.886)

you know, just, just, just turning up that dial instead of just going for it. But, you know, starting, starting to make little flirts and to do little things with each other and little innuendos and let that build over the course of time. man, it just simmers women into oblivion and guys, they don't even make the effort.

Marni Your Wing Girl (45:45.883)

it's amazing. I even do that with my female friends. It's just fun. It's fun. It makes you feel alive. Even like, even for my, my girlfriends, I'll be like, my God, stop flirting with me. You're making me so uncomfortable. Like that, even just that notion, just, it just puts you into a different space. And like right away, it makes you want to be more feminine. Even if it's another woman saying it to you, right? It just makes you feel seen. And you're like, okay, wow, we're flirting now, which means

Scot McKay (45:56.675)

Yes.

Marni Your Wing Girl (46:15.505)

we're bonding on a different level. And yes, we are two women right now doing it, but it still has the same impact.

Scot McKay (46:22.242)

That is so hot. I love that. Yeah. It is, it is sexy. No, you're not. So basically. You hang out with Susan Bratton enough, you'll do even crazier things. Yeah. no we love Susan around here. Of course we've had her on. Yeah. Yeah. I've known her as long as I've known you. Yeah. Right. Exactly. Exactly. Yeah. A hundred, a hundred percent.

Marni Your Wing Girl (46:23.665)

Yeah, it is. And then we go make out and it's even crazier. No, just joking.

Marni Your Wing Girl (46:37.489)

yeah, and that would be true actually. Yes, I would. Yeah.

Marni Your Wing Girl (46:44.479)

Oh, I love her. I've known her for 20 years as well, which is insane. Oh, 20 years. It's crazy.

Scot McKay (46:52.862)

So a lot of guys are saying, you know, you two have been doing this for 20 years. I'm sitting here trying to watch or listen to this damn podcast and all you've done is make my head spin around. You know, like I'm Carrie, or something. I mean, how do I... ha Where are the takeaways here? What can I do now to be better than I was 47 minutes ago, you two? Give me something practical I can use today, Marni.

Marni Your Wing Girl (47:16.287)

Okay, something practical. I mean, to be honest, the easiest ones are The "Big Four." Pick one of those and then try to display them for the next week. So example, if you choose safety, right? That you're like, I'm actively gonna focus on making women feel safe and me, myself presenting myself as a safe man, right? Doesn't mean being standoffish. It doesn't mean staying away from women so they feel comfortable. It doesn't mean...

trying to think what else it doesn't mean that might be going through their heads. I'll tell you what it does mean. It means like opening a door. Right, exactly. I mean, but even that can be part of safety for sure. But like making women feel safe is maybe lowering your voice a little bit, right? Getting down on her level, making good eye contact with the people that you talk to instead of nervously looking around, putting your hand on her shoulder, right? That's a way to make women feel safe. Open the door, put your hand on the small of her back and lead her through a restaurant.

Scot McKay (47:49.346)

Doesn't mean fighting off thugs. Yeah.

Scot McKay (47:55.048)
if it comes up.

Scot McKay (48:00.876)
Not driving like a maniac.

Marni Your Wing Girl (48:13.787)
And then even with your words, can say things like, I got you. Don't worry. I got you. Or I got this. Just things that, make her nervous system just go, okay, I can do this. And then just rinse and repeat and try to do five of those things every single day. And then go on to the next S or one of the other four big ideas and just work on those every single week. The sexy one of making people feel sexy.

Scot McKay (48:20.588)
I got this. All taken care of.

Scot McKay (48:33.56)
Sexy, let's go to the sexy. That's all these guys are saying.

Marni Your Wing Girl (48:37.971)
That's, it depends. If you have a wife in your life and that's something you can do, but even with your, your, female friends, can say like, you look beautiful today. You do. I'm not trying to say that in a gross way. I'm trying to say it in a, yeah, it is. Well, it's different. If you're looking at it from the side of like what you can do. Yes, for sure. When you, you are making them feel sexy, but, but it has to be, you're making them feel sexy. You're making them feel feminine. You're making them feel like a woman that can be

Scot McKay (48:47.81)
Well, making a woman feel safe is sexy. And it does make her feel special.

Marni Your Wing Girl (49:07.241)
flirting with them. That can be making little jokes and teasing them. That can make them feel feminine and little and dainty. And like, you're not just seeing them as this other person or this other human, you're seeing them as an equal female.

Scot McKay (49:21.186)
or a conquest.

You know, it's interesting because there's so much to talk about there and so little time. I boiled it down to one sentence. I have two sentences that if guys always ask themselves these questions, okay, they really can never go wrong. On a first date when they're talking to a woman, the first one is, am I putting her at ease or am I making her feel uneasy?

It's going to be one or the other and if you apply that litmus test in the moment to what you're talking about or what you're doing or where this rabbit hole is going, you can check yourself. The other one is am I carrying her or is she carrying me? Because she can't be your mommy and your lover at the same time. So she's babysitting you and having to you know, meet your needs because you're needy. She's not going to be attracted so those those kind of go hand-in-hand but

Marni Your Wing Girl (50:01.267)
Yeah.

Marni Your Wing Girl (50:07.123)
Yeah.

Marni Your Wing Girl (50:12.639)
I with you.

Scot McKay (50:17.036)

This idea of making her laugh, the humor. When women are relaxed, they laugh. You know, all these guys, I've seen the whole parade of guys, including myself, who come out with how to make women laugh programs. And it's always about being a comedian. And yeah, you know me, I'm pretty funny. I can crack a joke. I'm quick on my feet and women love me for it. That's another reason why my wife says she loves me. But, and it's learned skill. It's all learned skill.

Marni Your Wing Girl (50:34.547)
Yep.

Marni Your Wing Girl (50:41.407)
Okay.

Scot McKay (50:45.656)

But when a woman is having fun, when she's relaxed, when she's not afraid anymore, she starts laughing. Girls Night Out, GNO, on Friday Night, they're all laughing their brains out. Not one of them's a comedian. And so if you're making a woman laugh, she's feeling safe with you, unless it's like nervous laughter, you know. But if she's genuinely just having a great time...

Marni Your Wing Girl (50:52.701)
Yeah.

Scot McKay (51:07.222)

You've succeeded at making her feel safe. So then you can turn up the flirting. She obviously likes you. That's your masculinity doing the heavy lifting. I love it. And I love how all four of those S's fit together.

Marni Your Wing Girl (51:18.077)

Yeah, well, okay, so I'm just pulling out my presentation because I wanna read this to the guys that are listening. for the first S, safe, what safe means, emotionally and physically secure in your presence, grounded, not needy, confident, not... Because of your presence, okay? Present, not distracted, interested, not desperate, okay? The second S.

Scot McKay (51:33.612)

because of your presence.

Scot McKay (51:42.53)

How am I doing, by the way?

Marni Your Wing Girl (51:44.275)

How are you doing? you're doing great. You are always doing great. Special. What is special? Means she feels seen and recognized for who she is, not just another pretty face, specific, authentic appreciation, noticing what makes her different. So don't say things like you're beautiful or you have a great smile or you seem nice. Say things that are specific to her. There's something about the way that you laugh that's completely infectious. I can tell you're someone who actually thinks before they speak.

Right? That's special. Okay, let's go to sexy. Other than their beauty. And then they also want to be appreciated for their beauty too, but it can't just be that. Right? Okay, sexy. What sexy means. Not afraid to show that you find her attractive. Comfortable with your masculine energy. Create sexual tension without being inappropriate. Confident eye contact. And slight mystery. Okay? So not sexy is...

Scot McKay (52:15.042)

I think beautiful women want to be appreciated for something other than their physical looks. And it's rare. Of course. Yes.

Marni Your Wing Girl (52:39.611)

So respectful that you're sexless, treating her like a sister, afraid to show romantic interest, apologizing for being attracted. Sexy is confident, I'm interested, energy, creating moments of tension and making her feel feminine. And the last one is selective. Two sides. You are selective, she feels selected, right? You are selective, you have standards and options. She feels selected, she's been chosen by a high value man. The psychology triggers scarcity and value.

Scot McKay (53:05.762)

There you go.

Marni Your Wing Girl (53:09.117)

So there's selective looks like having genuine standards, willing to walk away, not chasing excessively, showing interest while maintaining independence. Not selective, saying yes to anyone, kind of like we were talking about at the beginning of the show, right? You'll go out with a crazy person, even if she treats you like shit the entire time, right? Acting desperate. That's why you'll stay with them. Changing yourself to fit her.

Scot McKay (53:09.666)

Love it.

Scot McKay (53:27.381)

screw anything with a skirt.

Scot McKay (53:33.174)

Love it. And you know, as kind of a denouement to this thing, the cherry on top, too many of you guys out there saying to yourselves, well, women have all the power. They're the ones who do all the choosing. He or she who has options has the power. When you become a "Big Four" man and you practice these four Ss, you're going to have more options immediately.

Marni Your Wing Girl (53:44.671)

100%. So it's funny because every woman on our show, Yep. It's like every, I get that at least like once every five weeks in my Wednesday call where guys are like, but women have complete control. They get to choose. I was like, do you know how many female dating coaches I know who have women in there saying men get to choose, men get to do this, men get to do that.

When you get to a certain level, you do get to choose, but you got to get to that level first and then you get to be.

Scot McKay (54:15.438)

I have bad news for all those people. And you know, I just, you know me, I, I cut to the chase. They're the invisible ones who feel like that. You know, guys are going to go to the grocery store and there were only five women in there who were hot. Yeah. There were 400 women in there. You just only noticed five of them. Those are the five women who have all the power. Right. Well, maybe, maybe not, but it depends on which guy you are, but there's 300, there's 390 women in there who go men have all the power. Cause I have to wait for them to ask me out and they'll never do it. That's right.

Marni Your Wing Girl (54:22.067)

Yes, absolutely.

Marni Your Wing Girl (54:30.312)
Yeah. And none of them noticed you.

Marni Your Wing Girl (54:43.325)
Yep. Mm-hmm. Because they're not going after their own opportunities. I totally, totally agree with you. Totally agree with you.

Scot McKay (54:45.718)
Powerful,

Her name is Marni Kinrys. She's in Culver City, California, which is, I'm not going to dox you. Okay. It's still a pretty big place. Yeah. And used to be Santa Monica. She moved away from the beach and closer to Hollywood. she is the head honcha over at The Wing Girl Method, which is a pretty good brand. She, obviously is pro guy. She can help you get

Marni Your Wing Girl (54:54.079)
Don't tell people where I live. I'm just joking. They'll find it if they want to. Don't come to my house.

Scot McKay (55:18.498)
where you need to be with women from a woman's perspective and has been doing a great job for 20 years. It's always fun to collaborate with you, Marni. And I want to send guys to your website, which is F with her.com.

Marni Your Wing Girl (55:25.263)
you too.

Marni Your Wing Girl (55:31.241)
Well, I have something for free that I want to give to them. It's a little mini course that I made. It's a video series mini course that I made for them. It's called, well, it's called the, you know, the five attractive traits women men must have to attract women. But the website to go to is F. Well, you'll, you'll see what the special fifth video is, but the website is called F with her.com. So go to it, get this free mini series, these free videos and

Scot McKay (55:35.714)
Okay.

Scot McKay (55:45.87)
Well, there's four S's and one extra. That's a surprise, right?

Scot McKay (55:57.218)
Yes, right.

Marni Your Wing Girl (56:00.991)
It will change the way that you interact with women. So it's teaching you how to apply these four S's in your real world with women. And a hidden fifth one, yes. I think it's five videos that will, maybe that's what it is. Now I always forget, but yeah, Fwithher.com. I know.

Scot McKay (56:09.78)
And a hidden fifth one. Surprise. That's it. S stands for surprise. OK.

Well, you. Oh, I'm handing you marketing solid gold here, Marni. I mean, you know, five S's and the fifth one is surprise. Yeah. Yeah. Oh, OK. Very good. Yeah, they're going to get bloated into 37 of them. Yeah. And guys, you can also go to mountaintoppodcast.com/fwithher. You know, eight letters. It would

have been a great 80s, a great.

Marni Your Wing Girl (56:23.507)

Well, I've never, I've never had the four S's lead towards this before. The four S's are new for me. So this is a new thing, but F with her I've been having for a long time, but yeah. Yeah, go there. Go check it out. Yeah.

Marni Your Wing Girl (56:40.947)

Yep. Yep.

Scot McKay (56:45.032)

mid 90s email address because it's got eight letters f with her at deserve_what_you_want.com. fwithher@thewinggirlmethod.com, and you know, kind of an auspicious name and I'm sure it's a lot of fun. So go to mountaintoppodcast.com/fwithher and you'll see what Marni's been up to. Also, we got your book up on Amazon, right? Right.

Marni Your Wing Girl (57:06.419)

Yes. Oh my God, that thing's so old, it's still, it's still plays into what's happening. I do not think attraction has changed. I think that things have changed, like the ways to go about it. But at the core, think attraction now is, is attraction 20 years ago. I think most things have stayed the same. What attracts women now? Same as a hundred years ago.

Scot McKay (57:26.018)

What's primal hasn't changed. What's human hasn't changed. The packaging it comes with, comes in is cultural and you know, yeah, sure. Love it. Thank you so much, Marni. It's been great to have you back. Been too long. Yeah. And I'm going to be on your show too. That's right. That's big time fun there. And we've talked about all this stuff already. So we're going to have to come up with brand new things to talk about for your group.

Marni Your Wing Girl (57:27.977)

Yeah, the modalities are different. Yeah.

Thank you. I love talking with you. I know. But we'll do it again next week on my show.

Marni Your Wing Girl (57:49.151)

Well, we'll talk about your four big ones.

Scot McKay (57:52.022)

Yeah, Four big ones. There we go. great stuff. Gentlemen, if you want to be a big more big, you want to be big and you want to be more, that's what you want to be. But if you want to be a "Big Four" man, where you want to go is mountaintoppodcast.com guys. If you're not on my daily newsletter, you got to be on my daily newsletter. Cause it's fluff free. I hit you with something that's actionable every single day. It's free of charge. You can

unsubscribe if you really want to, but you're not going to want to cause it's good stuff there. I also want to thank all my longtime sponsors, including Jocko Willink and his company Origin in Maine. Also The Keyport and Hero Soap. Masculine stuff for masculine men use the coupon code "mountain10" with any of our three long time sponsors and get 10 % off and get you some. And gentlemen, also, if you haven't talked to me for 20, 25 minutes, you know, we talked about on this show

how it's nice to connect with a real human in the days of AI. You know, I'm all in on AI. I think it's really cool. And I'm sure the world's going to be a better place. If you guys are on video, you saw that nuance there. But you know what? It's nice to have a place where you can talk about this stuff with someone

who's going to hear you and also with someone who's going to come up with solutions that are for you, not the masses. And that's what happens when you get on my calendar at mountaintoppodcast.com as well. So that's our show for today.

As always, my name is Scot McKay from X & Y communications in San Antonio, Texas until next time be good out there.

Marni Your Wing Girl (59:26.971)
Love it. That was great.