

Scot McKay (00:02.645)

All right, how's it going, gentlemen? This is your main man, Scot McKay, and we're doing another episode of The Mountain Top Podcast today. I got a real good one for you because it's a topic we've never covered before. We're going to talk about love as a deliberate daily practice. Now, I think a lot of people think of love as a feeling. Other people think of love as a decision. We've had guests on recently that defined love differently. I personally define love as the absence of fear.

I don't know how you make a decision to deliberately stop fearing instead of loving, but then again, I'm not a therapist. My guest today, my returning guest, John Kim, is not only a therapist, he's an angry therapist, and he is the author of the new book, Love Hard On Purpose. John Kim, coming to us from Costa Rica and dressed for the occasion, man. I'm glad to see you're out there enjoying the surf. Welcome.

John Kim (00:54.636)

Thank you. No longer angry, by the way. I used to be angry mostly because I was miserable and hence the title of my second book, I Used To Be A Miserable Fuck. But no longer angry. You know, but the happy therapist is not that interesting. So keeping the name, but no longer an angry person.

Scot McKay (01:14.86)

No.

Scot McKay (01:18.711)

Yeah, you know what? My wife and I about, man, it was way towards the beginning of our practice. Like 2008, we decided it would be this incredible idea to have a forum for happy couples. And we called it the Happy Couples Hangout. And it died a miserable death on the vine. Nobody showed up. Nobody was interested. It's crazy. Good news does not sell.

John Kim (01:25.079)

Hmm

John Kim (01:33.614)

And no one showed up. Yeah, yeah, yeah. I don't know. I feel like there's something about people being, announcing themselves or identifying themselves as happy, a happy couple that, I don't know, it makes me cringe. It makes me feel like people aren't being honest. But of course, there are happy couples out there. Yeah, yeah, maybe.

Scot McKay (01:53.471)

It's guilt, it's guilt inducing too. Like I feel guilty for being happy. Everybody else is angry online. You know, forgive me. I'm happy. It's like people are apologetically content in life. That's a weird thing, but it is a thing, isn't it?

John Kim (02:02.164)

Hmm. Yes.

Yeah.

It can be, absolutely. I think in the world that we live in, yes, labels we put on ourselves can definitely make us feel guilty or feel like we shouldn't be a part of something, even if it feels honest. Anyway, hey, the plaques on your wall, where are those from? Behind you? it's not okay.

Scot McKay (02:30.883)

let's not talk about that on the show, please. Yeah, yeah, let's start all over. I don't know if I'm going to be able to cut that because you went right into the sentence. No, no, no, I'll tell you, but I'm trying to respect

your time here. That's all my kids BMX awards. Yeah, everybody on the show is already, we know it, they know what it is. Yeah, but let's stick to your topic.

John Kim (02:39.222)

What? We'd have to start all over, just start from...

John Kim (02:49.812)

okay, cool. Yeah, I don't know. Okay, they don't know. Okay, let's move on. Yeah.

Scot McKay (03:00.605)

Answer something to the effect of. Fuck me, where were we? The people feel guilty for being having labels. Right? Yeah, good. Good. And start riffing from there.

John Kim (03:11.938)

You want to do one of.

John Kim (03:18.742)

Yeah, I think that we can.

Scot McKay (03:21.001)

Give yourself a give yourself a beat. I'm sorry for being an asshole. The problem, the problem with Riverside is it has to have a pretty hard space or else it'll just cut off one sentence and cut off one half of one word. And there's no fucking way to get rid of it. And it ruins the whole show. So give yourself a hard beat.

John Kim (03:24.736)

No, no, I get it.

John Kim (03:33.4)

Sure.

Yeah, yeah.

Scot McKay (03:42.711)

and go.

John Kim (03:43.692)

Yeah, I think a lot of times when we put labels on ourselves.

Scot McKay (03:46.935)

Give yourself a hard beat and then go. Count one, two in your head, then talk.

John Kim (03:52.354)

Dude, just because of time and people feeling anxiety, you want to just reschedule? We could just reschedule, All right.

Scot McKay (03:57.825)

No man, we're going, we're going, just do it.

John Kim (04:04.31)

Yeah, I think that when we put labels on ourselves, we can feel guilty. We can be projecting or holding on to other what people think of us. And because of that, the behavior that ripples from that is not participating in things or relationships. And in this case, we're talking about, you know, a happy couples

group, but it could be anything, you know.

Scot McKay (04:26.347)

Yeah, right. And so when you're talking about love as a deliberate daily practice, it's hard to do anything deliberately when you're kind of pulling back and you're kind of afraid of what you're going to say. And is this going to be well received? Am I going to be labeled by this partner who I think I'm supposed to be loving? Is that all on the right track?

John Kim (04:27.406)

Yeah.

John Kim (04:44.652)

Yeah, I mean, I think the reason why I say love is a daily choice is because in the world that we grow up in, love can feel like candy. Love can feel like this, you know, laminized poster where we think that once we meet someone, if the chemistry is good, then it's very happily ever after. And that's not true. To build a solid, healthy relationship, there's going to be rupture, you know? It's not about...

It's not about how many times we fight, about how we fight. And to show up daily, know, some days are easier than others, but I'm trying to pull down the poster that people have that love is easy, you know?

Scot McKay (05:29.281)

Yeah, I'm not sure anything worth having in life is easy. You talked about fighting, and I think there's a big difference between all out fighting and bickering. I think couples who trust each other bicker. Like they're not like my goodness, if I show any discontent or if I disagree in any way or my needs are different than theirs, maybe they'll abandon me and leave me and run away. And there's like abandonment issues.

John Kim (05:32.621)

Right.

John Kim (05:41.474)

Yeah, you went there.

John Kim (05:53.026)

Mm-hmm.

Scot McKay (05:55.543)

Whereas when couples go, you got to be crazy. I'm not watching this show for the third night in a row. Pick something different. But I love this show. Fine. I'll go in the other room and I'll do my thing. You watch the show. But I want to watch a show with you. All right. Well then pick something different. It's that easy. I think couples who do that are kind of being healthy.

John Kim (06:08.427)

Mm-hmm.

John Kim (06:13.42)

Yeah, I mean, I don't know if the word is bickering, maybe bantering. Bickering to me sounds like nagging, you're, you know, kind of picking at someone. But yeah, I think healthy banter. It's funny because I'm from, I'm from LA and my partner's from New York. And so it's LA versus New York. And in New York, the culture is different. You can say, fuck you. You can say, hey, you can be blunt. There's this running joke that like if your car,

Scot McKay (06:17.386)

You

John Kim (06:42.542)

is it has a flat tire that people in LA would be like, poor person, really want to... But then we drive right by it. But people in New York would help you, but then make fun of you while they're helping you. And I think that's kind what we're talking about, that, you know, the cadence, the banter, being honest with each other, just kind of cutting to the chase, hopefully in a kind way. That, yeah, like you said, loving without fear sometimes is more honest

than tap dancing, than loving around each other instead of with each other, not saying things because you're afraid someone's gonna leave or because there will be consequences.

Scot McKay (07:23.552)

You know, it's very interesting that you and your partner are from opposite coasts. You know, the two major capitals of, well, you know, the real capitals of the of the country couldn't be further apart culturally and still be American, in my opinion. And yet there you are together. I'm an East Coast guy. I'm not a New Yorker, but I spent some time in New York and I fully get it. I remember the first time I ever went to California was when I was 20 years old.

John Kim (07:28.686)

Mm-hmm.

John Kim (07:41.155)

Yeah.

John Kim (07:45.41)

Mm-hmm.

Mm-hmm.

Scot McKay (07:52.46)

And I went with a friend and we stayed at his uncle's house. And we were eating our first dinner and, you know, back in 1986, everybody had a landline still. The phone started ringing right at the beginning of dinner.

I can't believe that just happened. And everybody.

And everybody had a landline because it was still 1986. And right then, we sat down to dinner, the phone started.

And his uncle just fully let the phone ring maybe eight or 10 times while he finished his thought. And, you know, I'm starting to drum my fingers and get antsy to go answer the phone. You know, it's got to be answered, it's... It's demanding you to be answered What's wrong with these people out here, you know? But it's funny. I think we like the California laid back lifestyle on paper.

John Kim (08:29.243)

Mm. Right. Mm hmm.

John Kim (08:42.774)

Hmm.

Yeah.

Scot McKay (08:45.879)

But when people are late for things and they flake out on you and they piss on your leg and tell you it's raining... Oh yeah, we'll have that tomorrow. And it's two weeks later, it gets annoying. Whereas I think the New York demeanor west of the Hudson is annoying to everybody, but boy, do they get things done and they're on time, et cetera, et cetera, you know.

John Kim (08:55.64)

Sure.

John Kim (09:04.012)

Hmm. Yeah, there's something about the two laid back.

Scot McKay (09:11.546)

Just take two seconds, takes two seconds and say there's something about the laid back.

John Kim (09:11.554)

that there's some.

John Kim (09:18.36)

There's something about the too laid back that cracks trust, right? There's something about, which I actually enjoy people from the East coast. And I know these are generalizations, but people who are blunt, they're not trying to offend you, but they are pretty honest. What comes to mind is Curb Your Enthusiasm. Yes, right? And then he gets himself in trouble because he just kind of like talking, you just being honest.

Scot McKay (09:41.388)

Yes.

John Kim (09:47.262)

And that's a comedy that's exaggerated, but there's something about people who are just kind of blunt and real and transparent that makes you trust them, you know, as opposed to people who are quiet and too careful where they kind of feel slippery. And so, yes, broad strokes, L.A. can definitely fall into slippery.

Scot McKay (10:09.279)

I noticed people like that tend to tend to like to hang out with people like themselves, like the piss on your leg and tell you it's raining people favor each other and the blunt tell you the way it is people favor each other. It's funny because we have both kinds in my family, my extended family. And, and it's funny how the favorite relatives fall into those camps relatively. Like, you know, if you're blunt, your favorite aunt is the blunt one, you know?

John Kim (10:16.622)

Mmm.

John Kim (10:21.154)

Yeah.

John Kim (10:31.278)

Yeah, but I think, sure, but I think if we're open, we're actually more peanut butter and chocolate than oil and water, meaning I think we're good for each other. I love the fact that my partner is not from LA. I love the fact that she's from the East Coast. I'm from LA and we kind of push each other, challenge each other in certain ways, you know? And it's not like there's...

There's a synergy, there's a cadence, a dance. And of course we've been together for eight years, so it takes time to learn that dance. I mean, speaking of loving each other, intentionally daily to build something that feels honest, yeah.

Scot McKay (11:11.265)

Yeah, well, you can complete each other if you allow each other to, you know, you good at what I'm not, you fill in the blanks where I don't. Kind of a left brain, right brain, left coast, right coast thing. Almost.

John Kim (11:22.25)

Yeah, enhance. I wouldn't say complete, but enhance for sure. Yeah. Yeah, I don't like using words that end up, you know, promoting people to feel that they are less than because they're not in a relationship, right? So, yeah.

Scot McKay (11:25.825)

Yeah, okay, well, you're a therapist, so you're going to avoid those terms that are...

Scot McKay (11:36.645)

Understood, understood. Sorry for being so glib about that. It just falls out of my mouth. So love as a deliberate daily practice. What do most couples fail to do daily in demonstration of their alleged love for each other that ends up having a cumulative effect down the road that isn't so nice?

John Kim (11:57.398)

Hmm Great question and I gotta say that I'm working on this even as a therapist 20 years and 53 years old and also second time married tons of relationships. What most people fail to do is look inward? Meaning taking ownership. What we are fast to do is reacting, pointing fingers. If you would only do this... You know, or why aren't you making me feel a certain way? It's really hard to take a beat and ask yourself,

how am I contributing to this? So this idea of responding instead of reacting, trying to understand instead of trying to be understood, bringing it back to you and your story. You can't change people, but you're 50 % of any relationship. And so you can change yourself. And by doing so, you can change the dynamic of that relationship. Also, easier said than done, because we all have egos and stories, and especially me.

Scot McKay (12:55.511)

I also think if you watch YouTube too much, listen to the media too much, you're gonna buy into this idea that men and women are at odds with each other instead of being in partnership with each other. And I think people literally get into relationships. Well, first of all, they're getting into relationships from purely a transactional mindset. What can I get out of this while giving as little in return? And we're kind of playing keep away against this person.

John Kim (12:59.126)

Yeah.

John Kim (13:06.145)

Mmm.

Scot McKay (13:24.267)

who's kind of the enemy, but hey, I'm heterosexual. So this is who I'm supposed to be with, as opposed to realizing, men and women are designed to be in partnership. This person doesn't want to be my enemy. They don't want me to be their enemy. Why are we acting like this and really thinking critically about the whole situation of relationship and how it's supposed to look. Also, you know, this follows logically from that fewer people than ever have a good positive role model for that. Don't they?

John Kim (13:28.247)

Hmm

John Kim (13:49.73)

Yeah, you know, no one enters adulthood unscarred. as children, whether we're talking about attachment or abuse or whatever happens as a child, we start to fill holes. We start to numb. We start to do things that we're not aware of. And then, you know, these currents start happening underneath, false beliefs, you know, things in the unconscious. And so when you actually fall into a relationship as an adult,

there's a lot of stuff happening under the surface that we're not aware of. And it's those things that are driving behavior, connection, that whole dance. And so a lot of what therapy is about is trying to make what is underneath on the surface. It's about making the unconscious conscious. So I mean, there's a ton of stuff as far as what's underneath, but there's always something underneath. It's like it's never about the dishes or the dirty socks on the floor, right?

There's other stuff happening underneath. And that's why when you said bickering, I was like, there's something happening for people to bicker. That's why I quickly asked to change it to banter. Yeah.

Scot McKay (14:55.809)

Fair enough. you're talking a lot about currents and undercurrents and, I'm sure you can't help it because you're there to go surfing. So being a surfer, that's your, that's your lingo. Yeah.

John Kim (15:03.31)

I, it's my new love. I discovered it. Our house burned down in Altadena, which forced us to move. And then we came to Costa Rica. I sold the Harley, well, the Harley burned down, chopped my hair, picked up a surfboard. So like I've starting all over at 53, man, a brand new rebirth, which is terrifying, but also really exciting.

Scot McKay (15:27.947)

Wow, well, I'm sorry about Altadena, but I'm thrilled for Costa Rica.

John Kim (15:31.658)

Yeah, it's a very double-edged sword. It's curse and a blessing. It's a lot of stuff happening at once. But yeah, I appreciate it. Thank you.

Scot McKay (15:38.763)

Yeah, A lot of cheese being moved.

John Kim (15:42.542)

Yes, I've never heard that term. Is that East Coast? A lot of cheese being moved?

Scot McKay (15:46.262)

No, there's a there's a book, a famous book from years ago called Somebody Moved My Cheese. And it's a very small book, but it was very powerful in the business world because it talked about having your whole paradigm shifted and your status quo disrupted. And how can that be a good thing instead of a bad one? You know, when you started hearing about people talking, When you start hearing about people talking about stuff being disruptive and things being disrupted and disruption became a word that wasn't used only to describe

John Kim (15:51.438)

Mmm.

John Kim (15:58.152)
Mm, yes.

John Kim (16:03.17)
Yeah, I mean...

John Kim (16:09.698)
Mm-hmm.

Scot McKay (16:15.901)
unruly kindergartners. Basically that book started it. You know, it was a buzzword from that book. Yeah.

John Kim (16:20.15)
Hmm, interesting. Yeah, and speaking of burning, you know, the house burning down, also kind of as a metaphor, I think relationships also need to be burned down. I don't mean that you have to break up, but a lot of people, especially when you're together for a long time, people grow and change and evolve and the dynamic changes. And so sometimes we have to let an old relationship die for new people to kind of be born and to connect and kind of rediscover who this new person is

for the relationship to have wings, especially marriages.

Scot McKay (16:52.214)
All that's very true, but I was hoping for the Talking Heads reference.

John Kim (16:56.118)
That's the, yes, I'm also in the, grew up, yeah, I'm, that's the name of my first memoir, Burning Down the House, because I did grow up in the 80s. Maybe you did too. Yes.

Scot McKay (16:57.537)
burning down the house.

Scot McKay (17:04.875)
Yes. Yeah, you know, a lot of good happens if you hit rock bottom and fail to be a victim.

John Kim (17:18.958)
Yes, I love what you just said, the second part, because everyone has their rock bottom. this idea failing to be a victim, yeah, because victim is where you're... It's one of the lowest frequencies. It's to me instead of the higher frequency which is through me, right? Or for me, right? But this whole to me, someone left me, someone did this to me, it keeps you powerless.

Scot McKay (17:38.165)
Or for me, yeah.

John Kim (17:46.198)
And so if I was in victim mode, yeah, would say, yes, I want to burn my house down. It's not fair. And I lost everything and blah, blah. Or I can see it as this opportunity to build a brand new life and have new lenses and learn how to surf.

Scot McKay (17:59.026)
Speaking of branding, terrible branding for Tumi luggage. Every time there's a travel problem, the T-U-M-I, it's like a high brand of luggage. Through me luggage, right? Screw me luggage if it's like most people's travel experiences. You know, yes, I chose my words carefully. Failing to be a victim.

John Kim (18:03.31)

I never heard of that. Oh, they should change it. They should change it to Throomy luggage.

John Kim (18:21.591)

Mmm.

Scot McKay (18:22.989)

Sometimes when people are coming from a position of power or jealousy or just dislike, they really expect you to stay down once you're put down, like go away. And when you keep bouncing back, that resilience is really irritating to other people, especially, you know, if they look at it with a kind of schadenfreude because their life is a mess and all of a sudden you're rising from the ashes and I'm not, then you can get a, you know, you can get a lot of haters from that.

John Kim (18:34.22)

Yeah, yeah.

John Kim (18:41.261)

Yeah.

Scot McKay (18:52.353)

But nevertheless, we have one life and that's when we choose to invest our life properly. There ain't nobody got time for victimhood. Really.

John Kim (18:52.749)

Yeah.

John Kim (19:02.414)

Yeah, yeah, and I think a lot of like as you say haters, there's a lot of things that they are seeing in you that maybe that they are lacking in themselves. seeing there's a lot of there's a lot of stuff happening projection wise that is making them angry or have feelings of, you know, jealousy or whatever or hating on you. Which is, you know, I always say if everyone likes you, no one likes you, you know, and.

Scot McKay (19:29.409)

Man, all you have to do is look at either my YouTube channel or my daily in-mail inbox from people who mail me. And, you know, someone thinks I'm saving the world and someone thinks I'm Satan back to back to back to back. Which is good. Yes. And both of them are right. And both of them are wrong, as one of my mentor mentors told me way back in the day. I think it's hard to love deliberately and daily.

John Kim (19:34.91)

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

John Kim (19:42.44)

Right, right, right, which is good, which is good. need both. It means you exist.

Scot McKay (19:58.914)

when you're jealous and when you're wishing the other person would fail. And I think that kind of jealousy can happen even within a marriage.

John Kim (19:59.047)

Mmm... Yeah.

John Kim (20:06.358)

Yeah, you know, jealousy is always kind of the symptom of something else happening underneath again. It's not wrong to be jealous because you are human, you're going to have feelings like that or fear. It's unhealthy to not explore where those feelings come from. It's not responsible, you know. So if you are feeling jealous or angry or afraid someone's going to leave you, your work

this idea of showing up intentionally daily is to follow the string down. Where are those things coming from? You know, because you're just reacting to something. And I think.

Scot McKay (20:44.481)

How do we practically recognize the need for it and actually do that?

John Kim (20:48.334)

Well, as a therapist, would say get into a therapy room. Because it's really hard to see anything other than what you see through your lenses. And it's not that you're wrong, but you're only one perspective, right? So even if a friend gives you some perspective or if you're reading something, I mean, that's the power of whether it's podcasts or self-help books, getting a different point of view helps a lot.

And then, you know, in therapy rooms, that the whole point of therapy is to process and to figure out what is happening underneath it you're not seeing, right? Connecting those dots.

Scot McKay (21:24.075)

I see that. What if your spouse says so? Are they to be believed? I mean, do you believe all women? mean, what are the boundaries there?

John Kim (21:33.024)

I mean, I think, so as a writer, you know, this is like book number seven, I think. I always say when I get feedback, believe it like it's the word of God first. First, believe it fully. And then, you know, then you can have opinions. And I feel like with your partner, we should always give them the benefit of the doubt first, unless there's history of them, you know, manipulating you or there's an abusive relationship or gaslighting or whatever.

But if it's an authentic real honest relationship, they're basically seeing something or experiencing you in a way that you're not aware of and so Yeah, see I mean you have to be open to that you can disagree eventually, but I think first take it in take it in like it is truth Investigate it and if you realize so it's not that's okay, too. But there's a chance if you don't have that mindset you'll bat it away before You know before it even lands, right? You'll be very defensive

Scot McKay (22:32.791)

Does this person care about me or are they trying to destroy me? Does this person know me or are they making an entire value judgment against my character based on a 280 character tweet? Big difference.

John Kim (22:36.001)

Right.

John Kim (22:44.11)

Right, right, right. Yeah.

Scot McKay (22:48.225)

So love is a deliberate daily practice. What else do these guys need to know about that? What are some quick and dirty tips?

John Kim (22:55.308)

The, Yeah, I don't know how quick and dirty I have for you today, but I gotta say that, okay, the theme of this whole book is to give yourself a corrective love experience. You know, could think about healthy love, you could read about it, you could, you know, talk about it with your friends over mimosas, but until you give your body the experience, right? It's like, coming from LA, I've always wanted to surf, always had a water phobia.

Scot McKay (23:01.734)

Long drawn out, but clean ones. about that?

John Kim (23:23.576)

Bought a surfboard, was a poser, never really played with it. In Costa Rica, I'm actually surfing now, twice a week, three times a week, and I'm giving my body the experience, and a lot of times humbling, what it feels like to be on a surfboard, right? And so it's not something that you could just read about, you actually have to do it. I think love is the same, and especially if you're trying to rewire yourself for a healthier love, you've gotta give your body a corrective love experience. So be careful who you pick, and show up in a way that feels honest, and you gotta keep working on yourself.

And when two people are doing that, the container that is built and the experience they're going to give themselves is going to be very different, hopefully corrective than the previous ones. And then from there you have new definitions and, you know, love is new and different.

Scot McKay (24:05.879)

Well, first of all, as an aside, I'm jealous that you're surfing. It's been way too long since I've been. spent most of my 20s surfing and I miss it immensely, but I live kind of inland. I actually have a really awesome surfboard that was custom shaped by a guy here in South Texas specifically for our waves. And, we do get waves out off of Corpus Christi. People don't realize it, but the Gulf has actually at times better waves than the Atlantic, which still isn't saying much, but

John Kim (24:09.614)

Mmm.

John Kim (24:13.34)

I didn't know that. Where?

Yeah.

John Kim (24:20.717)

Mm-hmm.

John Kim (24:28.503)

Mmm.

John Kim (24:33.335)

Wow.

Scot McKay (24:35.207)

and I just haven't been for ages because I've just been swallowed whole by everything else. Yeah. But it's just a beautiful, soulful experience. I mean, when the dolphins swim by and the dawn patrol and all that, I loved it. Yeah.

John Kim (24:37.45)

Why? okay, time. Yeah, maybe it's time to...

John Kim (24:45.994)

Yeah, yeah. Yeah, I used to think surfing was ridiculous because there's a there's not a lot of ROI and you're doing all this paddling for this what five second, you know, ride. And then I started doing it, I realized, oh, it's actually not even about standing up. It's about all the other stuff that happens, you know, regulation, kind of like, I still think of it as something I'll never do. But yes, yes.

Scot McKay (25:01.581)

Kind of golf. Except. Except I will say this, that feeling of power, of being powered by nature, not by anything with a motor or an engine. It literally is magic.

John Kim (25:12.108)

Yes. Right, right.

John Kim (25:17.962)

It is beautiful. It's also humbling because you realize how small you are, right? I mean, the power of a wave when you get tumbled. But the moment, and it could be a split second where you are on a wave, you forget that you're even on a board where it almost feels like you and the board is you're just one extension of each other. That's when you get the flow of state. Yes. And that's the nectar that we are seeking. But yes, the ocean is humbling.

Scot McKay (25:22.966)

Yes.

Scot McKay (25:36.107)

Right. You're in, Yes.

And there's just something nobody will ever understand. Nobody will ever understand until they experience it of how you push the board down a wave that's constantly moving up on you. And so the power is kind of a spiral. It isn't something that's just pushing you like, you know, you watch the Flintstones and they're all surfing and there's a guy on top of a wave, you know, bouncing on top of the wave as the waves going. That's not surfing at all. The power from the side pushes you down the line and you watch it all unfold and you gain speed by

John Kim (25:52.718)

Mmm.

John Kim (26:01.186)

Yeah.

John Kim (26:06.797)

Right.

Scot McKay (26:12.237)

pushing the nose down and then ride it back up, push it back. And it's a, it's a spiral effect that is 3D and it's like pictures don't do it justice. You have to experience it and it's silent when it's happening and it's so cool. Yeah. I missed it.

John Kim (26:14.218)

Mm-hmm.

John Kim (26:20.374)

Yeah.

Yeah, yeah, and I gotta say, to bring it back to relationships, everyone should have things like this for themselves. So you're loving with someone, not grabbing love or you have no life because this love is your life. That's also not healthy. So yeah, things like surfing is a good thing. It's medicine. Yes, yes.

Scot McKay (26:43.789)

Yeah, nice little escape. Kind like your man cave, only it's nature's man cave. How wonderful.

John Kim (26:48.822)

Yeah, man, now I'm going surfing today. Talking about it now, I'm just like, all right I gotta get this in today if I can.

Scot McKay (26:56.009)

Lucky. All right. So yeah, when you're in a relationship with someone and you trust them and they trust you and there's this pattern where they're trying to tell you, I need this from you, or I'm concerned about this part of you that seems to be slipping. That's different than having some rando tell you, you suck on an email because this is a person you supposedly love and they love you back. And if you choose to ignore that,

John Kim (27:10.37)

Mmm.

John Kim (27:18.285)

Right.

Mm-hmm. Mm-hmm.

Scot McKay (27:24.905)

It's really coming from a position of personal weakness and insecurity, in my opinion.

John Kim (27:29.354)

Yeah, well, not only that, but if you choose to ignore it, you're not really a part of, you're kind of checked out of the relationship, right? If someone expresses a concern and you do nothing about it, you don't have to agree. But if you guys want to explore it together, what are you bringing to the table? You're just kind of a ghost doing, going through the motions as opposed to really rolling sleeves up. A relationship, I think, is supposed to evolve and grow each other. Like, love is the greater thing and it's going to be bigger than its parts.

But if it's healthy and there's a greenhouse, then what you get from it is tremendous, you know?

Scot McKay (28:00.119)

Agree.

Scot McKay (28:07.297)

Yeah. Like I said, I've always said this. A couple shouldn't be one plus one equals two. It should be one plus one equals five or 10 or 50. Greater than the sum of the parts. Yeah. I love that. I think it's great. I think, you know, when people get into a relationship with each other, a big part of that love with the opposite of that, think a big part of that love with the opposite of that love being fear,

John Kim (28:15.982)

Mmm. Yeah, absolutely. Exponential.

Scot McKay (28:34.925)

is being willing to listen regardless of what you hear. And I think a lot of guys aren't very good listeners

and it really affects the relationship. A lot of women aren't too, let's be fair.

John Kim (28:38.742)
Yeah. Yeah.

Yeah, yeah, but we have that generalization where we're fix it. You guys are, they say men tend to fix things. And so you're right, we're not listening. We are too action oriented. Sometimes they don't want us to fix anything. They just want to be heard, right? They just want us to listen. Yeah. Put the cape away.

Scot McKay (28:58.187)
Yes. And that bit, Yeah, that bit alone right there could save marriages. And it's not like we haven't heard it anymore. It's just we don't take it seriously. And as much as I talk...

John Kim (29:05.954)
Yeah.

John Kim (29:10.742)
Yeah, we think it's silly. We think it's woo woo. We think it's, therapy speak or, you know, yeah, yeah.

Scot McKay (29:14.527)
Right. Right. Right. That's exactly. We're weak if we listen to a woman. We're weak if we take any cues from her as to how to, how or what to do. But the truth of the matter is if we're the leaders, if we're the men of the house, then what leading means is acting in the best interest of the people you allegedly love, not just being so selfish. you know, for all the talk I do about taking oneself less seriously and injecting humor and not getting all butthurt over things.

John Kim (29:19.477)
Mm-hmm.

John Kim (29:35.01)
Yeah.

Scot McKay (29:43.124)
One of those times in life definitely to be serious is when your significant other, your partner is trying to talk to you about something they take seriously. And if you laugh it off, you know, that is, I believe in your vernacular nowadays, refusing the bid. You know, if your partner is making bids and you're rejecting those bids, that's going to pile up in the relationship over time. And meanwhile, women sometimes don't take us very seriously, you know.

John Kim (29:50.634)
Mm-hmm. Yeah.

John Kim (29:59.094)
Hmm

Scot McKay (30:11.797)
Women, I think, have a mindset where guys can handle it, whatever it is, and guys should handle it. And if he's got a problem, don't come to me, you're a man, deal with it. Whereas I do think men and women should be there for each other emotionally and be there to support each other. And even the warrior, the toughest warrior needs his batteries recharged. That doesn't make us a simp, it makes us human.

John Kim (30:23.022)

Mmm.

John Kim (30:34.036)

Of course. Yeah, I don't even think it's a man and woman thing. I think every being needs to confide and needs to trust someone else and express their journey where they're at. And it doesn't matter if you're friends. It doesn't even have to be romantic. But that's kind of the power of the human exchange. And if you're not willing to show up or listen, then yeah, I don't know if... The relationship's definitely lopsided, you know?

Scot McKay (31:00.385)

Yeah. I think that's a huge takeaway. That's like the mic drop, man. That's the biggest thing guys could learn from this. His name is John Kim. He is the formerly angry therapist. Now that he's done a whole lot more surfing, he's much more laid back, relaxed, content therapist. I won't use the H word. And he's coming to us from, from Costa Rica, erstwhile Los Angelino. And you can find his book Love Hard On Purpose newly released.

John Kim (31:03.678)
perfect. All right, well.

John Kim (31:16.31)
Okay.

Costa Rica.

John Kim (31:24.269)
Mm-hmm.

Scot McKay (31:29.631)

at the top of my Amazon influencer queue at mountaintoppodcast.com/amazon. Also, when you go to mountaintoppodcast.com/johnkim, J O H N K I seven letters, you will be magically teleported to Amazon as well where you can grab a copy of his new book. You already know he's smart, knows what he's talking about. He's on your team as a man. Probably is on women's teams too, but

John Kim (31:55.436)
Yeah, for sure.

Scot McKay (31:56.652)

And that must be tough, by the way, if you're, if you're honey's a sports fan, New York versus LA, that's rough. especially if she's a Mets fan this year, that's, just, that's savage. But again, the book is Love Hard On Purpose on Amazon. Also, if you go to theangrytherapist.com you'll get John Kim's entire universe. And I'll put that link in the show notes as well. John, thank you for coming back, man. Hope to do this again soon.

John Kim (32:01.378)
Yeah.

John Kim (32:21.482)
Yeah, Scot, thank you for inviting me to the mountaintop.

Scot McKay (32:24.589)

Yeah, man, hit those waves. You got to go from the mountain top to the ocean. It's a lovely, a lovely journey. Right on, right on. And guys definitely grab you a copy of The Big Four Woman if you haven't already. \$14.95. Price of lunch. It'll change your life because what John was talking about in terms of

you got to find the right woman to get into a relationship with. Hey, that's something I've been preaching from the rooftops, from the mountain top for

John Kim (32:26.638)
Yeah, I will. Yes.

Scot McKay (32:54.081)
decades now, man. So I finally put it into an audio. You can get it at mountaintoppodcast.com/bigfourwoman. Spell it out. Also, if you haven't checked out Jocko Willink's company, Origin in Maine, check out the boots and the jeans. They're the best. I love the fact that you could get into a bar fight with these jeans and still be able to flex and be comfortable. Although neither Jocko nor I would recommend you get into a bar fight and get arrested. It's just nice to know you can.

Also the guys at The Keyport, not your grandfather's Oldsmobile, not your grandfather's everyday carry Swiss army knife. This is the modern everyday carry. Mine's got a John Wayne can opener on it and a flashlight built in and a USB port. It is amazing. Everything you could possibly need to be prepared in a very small device is right there in The Keyport for you. The guys at Hero Soap now have cologne to go with their shampoo.

Always coming out with new soap scents for you. None of them have any parabens or any bad stuff in there that's going to mess with your masculine health. All three of our long time sponsors can be accessed from mountaintoppodcast.com. Please use the coupon code, "mountain10" when you get anything from any of those guys. All of that and more is there for you at mountaintoppodcast.com.

And until I talk to you guys real soon, this is Scot McKay from X & Y Communications in San Antonio, Texas, where there's no waves. Be good out there.