

Scot McKay (00:03.523)

All right, how's it going, gentlemen? This is your main man Scot McKay coming at you again with another episode of the Mountain Top Podcast. Tomorrow, if you're listening to this, if you're listening to the sound of my voice, right when the show comes out, tomorrow is the two hundred and fiftieth anniversary of the good old US of A. This is a special show. We're gonna talk about 'Murica. And if you're outside America, you know, hold space for us because we're celebrating. You know, I don't, I don't

Do this. I'm not really jingoistic about being American. I am rather jingoistic about being a Texan. But that's a different thing. Actually, I'm very proud to be an American. I have an American passport, travel the world. I do believe our country is the greatest country on earth. And I don't think it's only a biased opinion because it's a well-traveled opinion. Y'all in Australia, you're doing pretty well, okay, but you're still not 'Murica.

Today with me, returning to the show for probably the fourth or fifth time, is one of the busiest guys I know, and for good reason. He's very popular because he's very smart. He's very cool, and everybody just loves having him around. He makes the the room a better place when he's there. So, what better guy to come talk about American men and American women, which is the topic of today's show, especially American women, by the way. you know, we'll we'll we'll beat our chest a little as American men and be proud of ourselves, but

hey, we want to talk about the chicks. You know we want to talk about the chicks. You want to talk about the chicks as much as we do, so we might as well dive right in. Tommy Breedlove is the author of Legendary. And he has been speaking. He's been holding masterminds. And he is from the great state of Georgia, which not coincidentally is right here in the United States of America. He is an all American dude. Tommy, welcome back, my brother.

Tommy Breedlove (01:52.002)

Hell yeah, brother. you got me all fired up about the two hundred and fiftieth anniversary of America. I have traveled the world as well. I I am biased and think it's one of the greatest places. And greetings from the beautiful Appalachian Mountains, some of the oldest mountains at the world, if not the oldest mountains in the world, here in North Georgia. So stoked to be here, brother.

Scot McKay (02:11.097)

Yeah, man. Greetings back at you from the independently spirited San Antonio, Texas, where we fought the Alamo, which most people don't really know outside Texas, that was actually a lost battle. You know, that's where you got remember the Alamo and San Jacinto a little white a little bit later is really where things got cleared up, but

Tommy Breedlove (02:24.462)

Bad. Yeah.

Tommy Breedlove (02:30.894)

Yeah, lost some pretty famous people there too.

Scot McKay (02:33.763)

Yeah, including my sixth great grandfather, Micajah Autry. So I am a son of the Alamo. But you got your Crocketts, and Sam Houstons and Sam Bowie, you know, of Bowie knife fame. Yeah. all those guys, John Wayne, of course, famously, died at the Alamo. Right. Anyway, man, enough about us. Actually, not enough about us. And and literally not enough about us.

Tommy Breedlove (02:35.953)

no kidding. no. That's amazing.

Tommy Breedlove (02:43.704)
That's right. Yep.

Tommy Breedlove (02:52.194)
Many times probably during that scene.

Yeah, indeed.

Scot McKay (03:02.169)

I think the first place I want to go with this particular show is you are a little younger than me. You were two years old in nineteen seventy-six. I was about to turn 10 during the bicentennial, July fourth, you know, nineteen seventy six, two hundred years. Now you can argue whether two hundred is as big a deal as two fifty. I kind of would argue two fifty might be a bigger deal than two hundred.

Tommy Breedlove (03:10.094)
It was.

Tommy Breedlove (03:28.236)
Yeah.

Scot McKay (03:28.281)

Because I mean it's a quarter of a thousand. I mean, 250 is a nice round number, whereas 200 is just a couple 100s. But the bicentennial was humongous. We talked about it for two years. I had a little HO Tyco train set that had America and 250 on it. And there was... I'm sorry, America 200, right? Bicentennial. I had bicentennial shirts, hats, peanut butter, and jelly. Yeah, man.

Tommy Breedlove (03:53.902)
I remember the quarters. I remember the quarters. Yeah.

Scot McKay (03:56.813)

Yeah, and every yeah, the quarters, yeah. You bet for a while there before they started making, you know, quarters all kinds of things on the tails side. There was a a nineteen seventy six special quarter. Yeah, you bet. Yeah, you do. You remember all this stuff. Right, exactly. And a different eagle than typical. It was a bigger celebration. I mean

Tommy Breedlove (04:11.042)
With an eagle. That's right. Yeah.

Scot McKay (04:21.751)

It just seemed like we took a real long time to get around to going, yeah, America two fifty. And I don't know it's if it's because fewer people are patriotic. I don't know whether it's because Donald Trump is president. And since Donald Trump wants to celebrate the country's two hundred and fiftieth birthday, everybody says, we certainly can't do that if Donald Trump's in on it.

Tommy Breedlove (04:44.108)
Least sixty million say we can't do that, right?

Scot McKay (04:46.443)

Right, exactly. But something weird has happened and and I mean, I do see a smattering of America two fifty things. People sort of got in on board right there at the last minute, going, All right, well, you know, now that it's a week or two away, maybe, but certainly not for two years leading up to it. What what do you think went on there, man?

Tommy Breedlove (05:05.762)

Yeah. You know, I don't know, brother. I honestly don't know. It's interesting. I'll say this. My father, who is eighty six years old, we just moved him to my hometown. He's you know, he's getting up there and needs help. But he is a he marine two veteran of Vietnam. I think he did two terms there or two stints there. Two terms is probably the wrong word.

And he's been talking about it for two years. Very sim similar to the two hundred, the bicentennial. What do you think happened? I don't know. It's it's interesting. I think we're preoccupied with all the wrong things now. I think all over the world people are preoccupied with social media and being Instagram famous or LinkedIn successful or TikTok dance party. Yeah, yeah. I think

Scot McKay (05:50.894)

Overwhelming.

Tommy Breedlove (05:53.558)

I think it got lost in the shuffle. I think most Americans, if if they've traveled anywhere, I think there are people here who have an alternate agenda and want to hurt everything that we stand for and all the freedoms that we've fought so hard for. And I think we're coming out of a very difficult time with 2020 with all of that stuff that happened there and the pandemic and and I think we're still recovering from all of that. I really do as a nation, I think we're healing.

They've made the media like him or not, they've made Donald Trump the Darth Vader. They really have. Or the savior, right? So it's it's more it's more it seems more I don't know the right word, divided than it ever has.

Scot McKay (06:35.749)

Well, it's an all or nothing logical fallacy that really drives eyeballs, drives views and clicks. When when you polarize something, it causes people to take, you know, pay attention to it. And that so we see that pervasive around everything in media nowadays.

Tommy Breedlove (06:37.592)

Which is crazy. Which is crazy. Yeah.

Tommy Breedlove (06:47.938)

Yeah. I I agree.

And their their job is to divide us. Their job is to sell media. Their job is to scare us. I mean, they're they have we are the users, so they'll wanna sell us whatever media they're pouring down us. So I think the propaganda machine, I think the social media machine, I think we're coming out of a tough time. But I think, you know, when it gets here in the you know, the t tomorrow on this show, it I think it's gonna be a pretty damn big deal. And the people that are here, even the people that right now are ashamed to be here because they don't like our particular president.

Scot McKay (07:15.269)

Yeah.

Tommy Breedlove (07:21.154)

They know they have the right to protest that, unlike so many places in the world, that it could be so bad if they even said one bad word. So it's interesting.

Scot McKay (07:30.071)

Yeah, blame it on capitalism, right? you have the right to do whatever they want, say what they're say whatever they want, divide us in the media the way they want to pay the bills. I just thought it was

interesting how Iran leveraged our own freedom against us to create ill will in America and to get people actually rooting for them. I thought that was fascinating to watch. Because people were so gullible.

Tommy Breedlove (07:44.119)
god.

Tommy Breedlove (07:48.396)
gullible and ignorant and uninformed and you can look around everywhere in America and find a Persian person. From, from Iran. Talk to them and ask them why they're here. Most of them don't want to be here. They love being here, but they want to be back home. And they're and there's a reason they're here. Talk to them and understand why they're here, why they love this place.

Scot McKay (08:02.199)
yeah, my neighbors. My neighbors are yeah from Iran, absolutely. Yes, and they're actually really nice people.

Right.

Scot McKay (08:15.781)
That's right.

Tommy Breedlove (08:17.666)
Well they love everything we stand for, and you will know real quickly what actually is happening over there in Iran.

Scot McKay (08:24.313)
too many Americans in general just think everybody who's from the Middle East is Ahmed The Dead Terrorist. "I kill you!", you know. And they're just really nice people who want to peacefully coexist and they're actually really hospitable. You meet your neighbors, first thing they do is invite you over and the dinner is amazing. You know what I mean? And the kids are cool. yeah, yeah, really. I I'm I I actually have been to the Middle East a number of times and I actually really enjoy it. I think it's a

Tommy Breedlove (08:35.084)
Yeah, a hundred percent. Yeah. Yeah. Yeah. Especially Persian that are wow.

Tommy Breedlove (08:48.43)
For those who don't know, Iran and Persia are the same place. I had I had to make sure to say that. Yeah.

Scot McKay (08:51.011)
Yes. And believe it or not, Iran is a wonderful place to visit. I've never been there and I'm itching to because of all the history and all the all the Persian history. And you know, they make carpets there. And it's actually everybody I know who's ever been there says the people are among the friendliest in the world and it's a fascinating place. Persian women are beautiful.

Tommy Breedlove (09:10.402)
Yeah, incredible history, incredible food, incredible everything really. Except Indeed, indeed.

Scot McKay (09:16.993)
if you can get out of their hijab, which is tricky.

Tommy Breedlove (09:19.224)
Yeah, indeed. Yeah.

Scot McKay (09:24.651)

American women who are the subject of this show. I'm gonna go ahead and just start the debate. I doubt there will be a debate, but let's have a little fun. Resolved. American women are the hottest in the world, and I've been everywhere.

Tommy Breedlove (09:38.85)

Woof.

Scot McKay (09:40.739)

You hear about Russian women, you hear about Persian women, you do hear about Persian women. Persian women are underrated. you hear about women in the Baltic regions, you hear about Swedish women,

Tommy Breedlove (09:50.582)

Been to all those places. Yeah. Been to all those places. The most beautiful well, maybe it's because we are the melting pot. Maybe it's because of what we do stand for. Maybe because the melting pot, you get all the people together and our bloods are mixed and we look we look different and got all the things. And so pound for pound, I would put us against anywhere in the world. There's beautiful women everywhere. There's not so

Scot McKay (09:58.895)

Boom. Yes.

Scot McKay (10:12.249)

Pound for pound is a key word. I think w I think American women might be a little curvier and thicker. And and all often in all the right places. Yeah.

Tommy Breedlove (10:18.294)

Yeah, yeah.

Yeah. I don't love the new trend though of the the duck lips. I don't like that. I don't like the way people look with the duck lips. That's a new thing and everybody wanting to look the same. And I don't know where that came from. I don't know if it came from the Kardashians or wherever, like huge lips and they where they're you look at six women, they all look exactly the same. I like the diversity of people who look different and are curvier in one place or smaller here or bigger there. I love that. And there's this fad right now of making everybody

look the same and puckering things up and busting things out and yeah, I'm not a big fan of that, but that's a personal preference.

Scot McKay (10:57.027)

Yeah. It's a trick if you're getting AI to draw pictures of hot girls for you, which I do legitimately in my work. They all look the same. They all look like AI slop. They're all hot, but they all look like they're sisters. Yes, you have to kind of prompt AI to get you women who look differently. And and it's not always easy. But now that's translating into the real world. Now I'm gonna counter your argument, which I don't disagree with. I think a lot of times, you know, that's the way fashion trends tend to go.

Tommy Breedlove (11:02.894)

Yeah.

Tommy Breedlove (11:08.974)

Yeah.

Tommy Breedlove (11:12.674)
Yeah, for sure.

Tommy Breedlove (11:23.403)
yeah.

Scot McKay (11:24.035)
Women especially will latch on to something and they all want that look. I mean, back in nineteen seventy-six, back, you know, when we fifty years ago, when there was a bicentennial going on, women didn't all look like duck lip chicks. They all looked like Dorothy Hamill, you know, with a with a bob haircut, which you never see nowadays. And so, you know, this too shall pass, hopefully. I think one of the things that makes American women particularly amazing is unlike

Tommy Breedlove (11:39.256)
That's true.

Scot McKay (11:54.585)
picturing a French woman, or you know, even dare I say a woman from India, which is a huge diverse population, or a Russian woman, or you know, pick a country, Ukrainian woman, Persian woman, you're gonna have a mental image. You're gonna see this woman in your brain. Now, when I say American woman,

Tommy Breedlove (12:00.888)
Mm.

Scot McKay (12:18.871)
You could picture a Texas mama in a suburban. You could picture a Southern Belle in her Daisy Duke shorts. You could picture a New York City Haute Couture fashionista chick with the sunglasses, you know, looking all cool and regal. You could you could picture a New England preppy chick dripping in vineyards vine Vinyard Vines clothes. You could, of course, picture the California girl, you know, and I'm not sure the Beach Boys got it right.

Tommy Breedlove (12:48.632)
Yeah.

Scot McKay (12:48.653)
Okay. At least not sixty years later, you know, sixty years later.

Tommy Breedlove (12:53.752)
And you can damage the Portland woman, you you can take that one.

Scot McKay (12:56.833)
Right. Exactly. A lot of tattoos, a lot of superficiality, probably still lots of bikinis. I know women in California are still hot. I I know that. But I I'm voting for the Southern Chicks and the Texas Mamas. But the thing is, see, you have this variety. They may all be doing duck faces into their Instagrams nowadays, Tommy. Yeah, sure. But I do think there's this diversity of types within America, not only because of what you said, it's a melting pot, which is a wonderful point.

Tommy Breedlove (13:22.222)
Yeah.

Scot McKay (13:24.153)

But I also think the ma that America has such diversity within its own borders that you know I left out the the Mexicanitas, and you know the women who you know you have all these other... The Latina women are a whole different several types of genres actually. California Latinas, Texas Latinas, and Boricuas are all different, yeah. Cubanas. Yes, that too, yeah. Right.

Tommy Breedlove (13:40.408)

Yeah, we have so many African American Yeah, we have so many African American people in in the Southeast United States. Yeah, and beautiful, beautiful. And I'm from a very diverse part of the world in South Atlanta. I live in the northern mountains now, but in South Atlanta, not everybody looked like me, which was awesome. Yeah, we had an Asian population, a major African American population, a Latino population, and

regardless of what the news says, ninety five percent of us got along really well and dated each other and dated each other. So it was awesome. Awesome.

Scot McKay (14:10.105)

Yeah. Yeah.

Yeah, that's right. And, you know, people in the real world just want to get along. You know, it's it's not this all or nothing. We just want to, yeah, we just want to enjoy each other's company and you know, and it's been that way for several decades. I mean, when I was in high school, there was some racism. But you know, even when it's not mixed company, just a bunch of Wipipo, you know, I people don't talk racist. It's like, okay, is everybody else gone? All right, let's all act like racists now. It's just... It doesn't happen.

Tommy Breedlove (14:16.514)

Yeah, I think we really think. Like the whole world. The whole world

Yeah.

Tommy Breedlove (14:38.932)

Right.

Scot McKay (14:41.997)

I think people suspect it does and maybe it does in certain circles, but I I have not heard someone be openly racist in years and years and years and years. Yeah.

Tommy Breedlove (14:44.086)

Yeah.

Tommy Breedlove (14:51.692)

I've only heard it from very elderly people, and they're not even meaning to be racist. You know, they it which is weird. Yeah, which is weird. They like they would say, I don't understand what I'm saying, and you know, we're sensitive to it now, and they are not sensitive to it. Like, you didn't have to tell me the ethnicity of the person you were describing.

Scot McKay (15:00.133)

Right. Old habits die hard kind of thing. Yeah.

Scot McKay (15:09.956)

Yes.

Scot McKay (15:14.749)

Right, yeah. I when we went to South Africa, we noticed that people were especially people who are, you know, retirement age, were still pretty racist people. Yeah, even though the rest of the country is trying very hard. but we're not talking about them. Heck with South Africa. Yeah. They can they can have their own birthday. We can celebrate them later. Yeah.

Tommy Breedlove (15:24.045)
yeah.

Tommy Breedlove (15:32.046)
They have lot of hot people there. They have a lot of hot people there though. I worked with a entire tribe of South Africans, man. They were very good looking. And very, very fit. Yeah, very fit.

Scot McKay (15:40.045)
It's another another beautiful country, by the way. Yes. Well mu you know, Americans I you know, people can blame people can Well, you know, Americans, people can blame the food, people can blame the chemicals, everything RFK's trying to, you know, get us to pay attention to. But, you know, we aren't the skinniest people in the world. We aren't the slimmest. We don't walk. We all take a car everywhere, right? Yeah. It's a, it's a thing.

Tommy Breedlove (16:01.624)
Scot McKay (16:09.565)

are American women less feminine than they used to be? You get a lot of complaints about okay, you go to the rest of the world, especially in developing countries, especially in, you know, South America, Latin America, certainly Asia, and everybody's fit and trim, and everybody is... The women are all feminine. They all still act like women. Have women stopped being feminine here? Is that is that a liability for American women?

Tommy Breedlove (16:38.048)

I haven't seen that. Like I see it portrayed. I see us talking about it. I see there's an agenda on certain media, social media and certain channels. I think people want that. I I can only tell you about the people that I hang around. I run literally five day immersive retreats where these people go damn deep seeking clarity, seeking to know who they truly are, seeking their purpose.

When we do the personal development side, most of what we do is leadership and business side. But when I and I'm telling you, we have men and women from all over the country and all different politics. And I think all of the women I can't speak for all women because that's that's you can't generalize that, but I think most women want masculine and most masculine want feminine in their partner. And you know, I've I'm a lot more emotional than my wife. My wife is much more of a stoic than I am, but she is very feminine

at the end of the day. And so is the my colleague Erica, who's number two in all of Legendary, and we've become a pretty big company. And so, and we just had a a woman who would tell you, I mean, she's pretty card-carrying Democrat, from Oregon and one of my favorite people in the world, a poet, all the things, but she craves that masculine energy. And she even said she was the only woman at this last retreat. She said, I've just been amazed because I've been locked up with her sick mother who just passed away, but she was around six other like

alpha males. And she said, I love the masculine energy again. I loved being around that energy. And it makes me motivated. It gets me charged up, gets her excited to date again. So again, there's perception and reality. There's agenda and reality. What I have found, and I'm in the human development business, man, right? I'm in the success acceleration business. What I have found is people are still pretty much consistent with what we've evolved into being and what we've evolved from.

And you can't just agenda that out. There's thousands of years of evolution. There's thousands. So I don't think so. I haven't seen it personally, and I have anecdotal data, pretty a lot of a lot of data now. I don't have, you know, I'm not a data scientist, but I'm not seeing it, especially in the southeast United States. I'm definitely not seeing it at all. At all. So I'm seeing more, you know, there is women in my life, especially a lot of lesbian women. I have a lot of lesbian friends.

Tommy Breedlove (19:01.014)

And you can see the more feminine, masculine partner in those those long term relationships that are good friends with mine. So even those relationships, there's usually one one with a little more masculine energy and one with a little more feminine energy. But for the most part, I think we crave, I think our DNA craves, I think our pheromones crave the differences. I I really believe that. And that's all anecdotal, but I'm seeing it real time. And sometimes we're talking to thousands of people, sometimes we're talking to sixteen, right? It doesn't matter.

I'm not seeing any trend that would lead me to believe we're we're losing our femininity as America. I I really don't. They wouldn't sell so much shit out there to help people. We buy a lot of shit. Can I say that on this podcast? We buy a lot of stuff, man. That makes us more masculine. Right. Right. Yeah. Yeah. So

Scot McKay (19:45.892)

Hey, we on this podcast hope you'll buy a lot of shit from us and from you. So, I mean, shit away. I I think you touched upon something that's right on the money. You see it portrayed, but not so much in real life. Now, these these people from the you know the Pacific Northwest from New York City.

They're going to come at us and go, you guys, you know, you got blinders on. But I see you all. I acknowledge you all. I understand there's a lot of women who are non-binary, a lot of people who are non-binary. They're forsaking masculine/feminine energy in general. We know that exists. And we know there are women who want to be super bitches and be the providers and protectors and all that. And God bless them all. But overall,

Tommy Breedlove (20:29.795)

Yeah, of course.

Tommy Breedlove (20:40.472)

Do you think that's statistically the norm? Not even close. Not even close.

Scot McKay (20:43.777)

Not even close. No. Most people are still attracted to MOTOS members of the other sex. Women still want to be women, men still want to be men. I think a lot of guys are very confused, and we can go into this, it would be a nice segue. A lot of guys are confused about what that means nowadays because primary we feel like we should be providers and protectors. But again, this this

all or nothing media said, No, you need to sit down and shut up and "do better", whatever that means, because you're toxic, because you're masculine, and you should believe all women. And women never do wrong, and men never do anything right. And a lot of guys just backed off, especially young men, and became neuter earthworms and just said, I'm not gonna even wrestle with this. And then they wonder why they're not getting any girlfriends. The provider protector, that virtuous masculinity.

Tommy Breedlove (21:25.239)

Yeah.

Scot McKay (21:39.712)

Is not only attractive to women and will always be attractive to feminine women because it's the it's it's

the leading element of masculine feminine polarity. We lead with, okay, a provider, a protector, someone who can preside is in your presence and women get all excited and go, cool. Now that the man can provide and protect, you know, and it may not be that she doesn't get a job and she's a freeloader, you know, we can't descend into these negative stereotypes, you know,

some people are broken, some people are dysfunctional. But in a healthy environment, the woman is freed up to do all those things we live for on weekends. Fun, joy, comfort, all those things. You know, the party, hospitality, all those things that make life wonderful are brought by feminine women. But what we what we see happening is no focus at all on virtuous masculinity.

And so men are thinking, well, you know, women actually want to provide and protect for themselves. They want to go get a job. But, you know, like I always say, when their house catches on fire, they're still going to call the fire department. A bunch of guys are going to come and put their fire out for them. Again, God bless, more power to female firefighters. But you know what? Ultimately it's going to be a bunch of dudes. And so I think I think American men, we feel masculine.

Tommy Breedlove (22:47.896)
Yeah. Well.

Scot McKay (23:02.201)
We sh we know we should be masculine, but we're believing the media telling us not to be masculine. And Tommy, I think it's because when there's not a man in charge of the house, the family falls apart. And when there's no family, there's no leadership. And something bigger than the family, *cough* government can step in and start being in control. So I think we need to be vigilant as men on that stuff. Even here in America.

Tommy Breedlove (23:24.776)
Yeah, I think there there's there's a whole lot there. I will say this. I'll give you some some anecdotal data as well. So where I live, there's a massive amount of special operations here. the mountain phase of ranger training, which is Army Special Ops, is here in my hometown. So we have we also have the University of North Georgia, which is the military college. I'm gonna get... And there's a reason I'm saying all this.

And so the best of the best, I get to I get to be around them. I get to I'm part of some of their trainings. And so let me tell you the data is it's still ninety eight percent men. And but let me tell you the women who actually make it through it are world class and elite badass people, man, both mentally and physically, but they don't lower the standard. So, you know, but statistically you're right. We have to going back and let's not let's let's not overstate that something I think we both said.

There's also pheromones and energy and smell and what we crave and what is our DNA and hundreds and hundreds of thousands of years of evolution. You're not gonna media that away. But I think anything to take power and control, taking the the virtuous out of anything.

Taking the morality out of anything, taking the tradition out of anything, taking the borders out of anything. Let's what do you mean borders? Well go anywhere in the country and try... Go anywhere in the world and try to migrate there. Fuck you You're not gonna be able to do it. So yeah. Try to go migrate.

Scot McKay (25:00.197)
I always find it's interesting how China will criticize America for being racist and for human rights violations.

Tommy Breedlove (25:06.05)

Try to be, try to be a Muslim there, you know? And try to be a cap... Yeah, yeah. Try to, yeah, they'll they'll they'll literally put you in prison camps. Look it up. And go to Asia in general and see if racism doesn't exist. They don't even not, they're not just racist, they don't even see certain countries as human beings. Go there and see what I'm talking about. Anyway, that's a digression. Let's not go negative. But getting back to it, if you have an agenda to make things less virtuous, if you have an agenda to take away borders or thinking or

Scot McKay (25:09.711)
They have.

Tommy Breedlove (25:35.276)
my way or the highway or not freedom of speech. It's it's very dangerous and take men out of the family and all the things. It yeah, I think we have to be vigilant. I think people are vigilant. And I think there's if it feels wrong, it is wrong. And I'm not going to be told it is wrong. I'm not going to be bullied and... And if it, you know, we've got into this righteous bullying. you know, I'm righteous and I can bully you and I can shame you and I can cancel you. And, you know, a lot of us say... I just don't let people who don't matter matter, man.

If it feels wrong to me, it is wrong. And and I think if people are confused, it's purposeful. You know, because they've lost. Yeah, I think it's very purposeful. If people are confused, I think there's a reason they're confused. and I think it's because of what they're they're watching and seeing. And there's an agenda out there, and the agenda is power and control. Yep. And the agenda is power and control. And if you don't think that on both sides, right? And so

Scot McKay (26:13.039)
How how very American of you.

Scot McKay (26:25.689)
And who they've been hanging out with.

Tommy Breedlove (26:32.726)
It's interesting. I could put... So going back to it, at our most intimate thing that we do, those are those retreats. That's what I was just talking about with my friend. We don't allow political destructions and we don't allow religion. We do allow spirituality. So if you want to talk about God or as long as it doesn't condemn or exclude, we allow it. But correct. As long as you don't get certain and condemn and exclude. And I'm telling you, we have, again, just like this country, this is what makes this country so great, man.

Scot McKay (26:52.293)
As long as it doesn't get dogmatic.

Tommy Breedlove (27:03.138)
You have freedom of choice. You have freedom. You have more freedoms than anywhere in the world's world, bar none. And when I get these, you know, entrepreneurial business leaders, men and women together from all over the all over this great country, they get along, they like each other, they go deep, and they don't get into the politics. They don't get in the mud. There's no noise there. And it just works, man. And I think that's what's beautiful about this. But yeah, do we need to be vigilant on all of this?

For lack of a better word, righteous bullying? Hell yeah we do. 'Cause if it feels wrong, it is wrong.

Scot McKay (27:37.018)
Yeah, it seems like freedom has come full circle and now people feel freedom to even be jerks. I mean, I

don't think that's necessarily new. I mean, freedom of speech is freedom of speech, you know. So if I'm free... So if I feel free to limit your speech, that's still sort of an attempt at freedom of speech, demented and sad, but freedom. I believe nowadays getting back to the America 250 thing.

Tommy Breedlove (27:42.69)
Yeah.

Tommy Breedlove (27:46.53)
Yeah.

Scot McKay (28:07.013)
Which I speak so glibly about, you know, "this America 250 thing". The 250th anniversary of America, there's a lot of American guilt. And you know, this comes on the heels of of race guilt, male guilt. We have American guilt. America, for years and years, since certainly World War I,

has been the New York Yankees, Los Angeles Dodgers, Los Angeles Lakers of the world. We we buy the team and expect to win the championship. And everybody rolls their eyes because we're not the underdogs ever. Except in ski jumping in the Winter Olympics. We're definitely the underdogs there. But in everything else in the world, America first. And so when a president comes along and says, Why are we supporting the entire world? Why are we the world police? We should be America first.

It bristles people because again the media has trained us to believe we shouldn't be the champions. We should... It's someone else's turn. Men should relax and the future is female. America should relax and the future is global. So I think a lot of people are very timid about celebrating America 250 because it sounds very arrogant. And yet, without America, where would this world be? I mean, that's the facts. That's the facts. America's brought

Tommy Breedlove (29:26.52)
Right. Yeah.

Scot McKay (29:29.785)
amazing innovations. the free world is the free world because America stepped in. do we make mistakes? Are we perfect?

Tommy Breedlove (29:36.462)
Imperial Japan and Nazi Germany would have been a really bad time for all of us for a long time. Imperial Japan and Nazi Germany would have been horrific. Horrific. For everyone. Except them.

Scot McKay (29:41.913)
You bet.

Yes, that's right. And not to live in the past, I still think we're doing great things.

Tommy Breedlove (29:49.954)
Yeah. yeah, for sure. For sure. I don't... So the only thing I'm gonna push back on you, Scot, is it maybe it I don't think it's guilt. I think it's shame. So guilt is I've actually done something wrong. Shame is I am bad, right? I am bad. I am I am bad because I'm American, because yes, two hundred years ago, or you know, technically eighty five years ago, if I have my... Sixty five years ago

Scot McKay (30:03.265)
Yes. Okay. All right. So let's unpack that.

Tommy Breedlove (30:16.678)

we still had very racist tendencies. Well, I'm fifty two and didn't have anything to do with that. yeah.
Yeah, yeah.

Scot McKay (30:21.903)

Well, let's unpack that. I think you make a fair point, okay? You're not wrong. Guilt and shame are very closely elated. Guilt and shame are very closely related concepts, but they're not synonymous. Shame is what you feel because of guilt. So guilt.

Tommy Breedlove (30:31.086)

Yep, yeah.

Tommy Breedlove (30:42.124)

Yeah. And shame is given to you by someone else too, by the way, most of the time. Yeah. Yeah.

Scot McKay (30:46.125)

it can be imposed, yes. I think a lot of times people reach back into the dark parts of American history and then the guilt is imposed upon them by media, especially for that. And that's focused on at the at the exclusion of the great things America has done. And therefore people feel shame for being American because of what we've done. Or it could be the New York Yankees, Los Angeles Lakers thing.

Especially when we go overseas, it's like, yeah, I'm I'm kind of sorry, but I'm an American. I had someone tell me one time, Oh, when you go overseas, just tell everybody you're Canadian. I'm like, What? I'm not. I'm proud to be an American and like, well and they're like, Well, then you're gonna get what you deserve. And I go everywhere and people don't hate Americans.

Tommy Breedlove (31:25.846)

not doing that. That's right.

Tommy Breedlove (31:34.71)

You hear the stewy word there, deserve? That's a shame based word too. Like what do you deserve, Scot? Yeah, that's shame deserve, whatever.

Scot McKay (31:38.691)

Deserve.

Well now you're talking to the Deserve What You Want guy. So I mean I have deserve in my very URL, but I'm coming from a position of

Tommy Breedlove (31:44.268)

Yeah.

Scot McKay (31:52.022)

moving away from an entitlement mentality. Instead of, "I deserve this, give it to me.", I kind of have to earn the woman of my dreams. I have to be the kind of guy she wants. So, you know, deserve is a nuanced word. But I agree it can be weaponized in the way you're talking about. But I think a lot of Americans, especially when we go overseas, we're expecting people not to like Americans and to boo us off the stage. But generally speaking, people are like, Americans are fun. We're typically attractive.

Tommy Breedlove (31:54.562)

Yeah, yeah, yeah.

Tommy Breedlove (31:59.168)

And yet.

Scot McKay (32:21.349)

Yeah, I may be the traveling exception. We're a lot of fun. we're independent. I mean, I think a lot of the world sees Americans and Australians similarly in terms of, you know, the no worries, happy go lucky. We're not afraid of much. We're courageous, we'll battle, you know, no problem. It's a mere flesh wound. They see Americans like that, you know. is it a stereotype? Yes. But I think I think the rest of the world

doesn't see America as the enemy. Not really. I mean, you talked about the Persian folks who their country is saying "death to America". Where do they go to flee that? They come here. I mean, hello, wake up. But the media is driving this this shame on our own people because of something we should apparently feel guilty for that in many ways, you're right, we didn't even do. So I think I think to bring that conversation back full circle, Tommy,

I I think most of the real world doesn't actually feel like that. I do think most of us actually are happy to hold an American passport and understand our freedoms and understand things could have been a lot worse if we were born on North Korean soil. I think people know that. Yeah. yeah.

Tommy Breedlove (33:37.548)

Yep. Somalia. And there's a lot of places. Let me tell you this. Let's go way back. Human history sucks. What we have done, I mean, we can we can build some of the greatest buildings and technology and you know, where the same people can build skyscrapers and fly to Mars, but we can also build nuclear weapons.

Scot McKay (33:46.338)

In general, yes.

Tommy Breedlove (33:58.978)

There's been atrocities all over the world since the beginning of men in the name of religion, in the name of power, in the name of my economics, in the name of, you know, less than three hundred years ago, if somebody with a different culture, a different religion, or a different race came to your door, they were probably ninety percent to eighty percent meant to do some harm. And so human history is filled with atrocities, human history is filled with racism, human history is filled with certainty that it always leads to disaster. I'm certain about this, then it's disastrous.

And so American history is no difference. except except we've done a lot more right than we've done wrong.

Scot McKay (34:31.833)

That's right.

Scot McKay (34:37.157)

Yeah, I think if you go back a hundred and fifty, two hundred years ago anywhere, you're gonna not be happy with the way your country and your people were behaving. I agree. And I think that's...

Tommy Breedlove (34:46.35)

Yeah, that's right. That's right. Europeans and Asians have loved shooting at each other and all over the world. I mean, they they've loved shooting at each other since the beginning of... It's same with Africa too. And so you know, there's still atrocities that, you know, they're still... yeah, you Look in the Sudan right now. It's crazy. Yeah, the the shame that's given to us, the agenda of shame to don't be proud. And I travel the world just like you do. I'm getting ready to go speak in Croatia. Fired up about that, man. I guarantee you.

Scot McKay (35:00.591)
Still happens.

Scot McKay (35:14.005)
yeah. Have you been to Croatia yet? it's underrated. Americans don't even realize Croatia's there. The Europeans have figured it out a long time ago. Oh, yeah. Wonderful place.

Tommy Breedlove (35:15.904)
Never, never. I've heard nothing but good.

Tommy Breedlove (35:25.868)
And thirty years ago they were slaughtering each other over religion. Slaughtering. Genocide. Genocide.

Scot McKay (35:29.635)
Yes. Yes. And it was the Christians slaughtering the Muslims. Yeah, but you didn't hear about that in the media.

Tommy Breedlove (35:32.974)
Correct. But, you know, No. so there is, you know, here it's about power, control, money, media, and division. And that, you know, that stuff sells and that stuff makes a lot of money. And so, yeah, I don't accept the shame. I've traveled the world. I've never had someone question me as an American or try to do something to me 'cause I was American. And, you know, I know everyone else like me goes and travels, so

If it again, I'll keep saying, if it feels wrong, it is wrong. Why not be proud of where you're from? If you're not, then move. Move and go go find somewhere. Go move. Move. Go go somewhere else and see what it's like.

Scot McKay (36:07.055)
American men. Yeah, well if you don't like it, move. I don't think most of us want to move though. I think most people want... More people want to move here than vice versa. I mean, they love to proof text, you know, find that one example of the guy who migrated to Russia or to China. I have a Facebook friend who has moved to China and he brags about living in China. And it's funny because he'll get a whole bunch of people who agree with him. Wow, China sounds nicer than America. It's like

Tommy Breedlove (36:13.806)
That's right.

Scot McKay (36:35.555)
whoa, you were easily swayed by one biased Facebook post now, weren't you?

Tommy Breedlove (36:38.818)
Yeah. Yeah. I had a friend that lived there for four years. They actually keep track of you and you lose social status points if you say certain things or do certain things or act certain ways and it could lead... And I'm just saying, like, hey, I don't as an example, you know, I don't believe in this policy that we just did with Tibet. You could lose sixty points and then at eighty points you could go to prison. So yeah, be careful what you wish for over there.

Scot McKay (36:52.25)
Yes.

Scot McKay (37:04.697)
Yeah. I mean, I understand China's really cool and it's come a long way, especially since the first time I

went there when people were still riding bicycles around and it was smoggy. I mean, I I you know, I understand that you can't believe the media on anything. But American men have deservedly put up the concept of heroism and and benevolent heroism, being the good guy. Even in Hollywood. And you know, Hollywood

Tommy Breedlove (37:08.6)
Bad.

Tommy Breedlove (37:12.664)
Pretty advanced.

Tommy Breedlove (37:17.667)
Yeah.

Scot McKay (37:35.3)
was was the first bully pulpit of culture globally. You know, Americans and the and the way people look at Americans from abroad. And the way people look at American broads, you know. All of that has been influenced by Hollywood from early on. And the men were... The good guys were heroic. The bad guys were Russians or always had British accents. The bad guys always have British accents. They can't be Americans.

Tommy Breedlove (38:05.656)
They're usually good looking too though, the the bad guy.

Scot McKay (38:07.246)
Yeah, well, yeah, it sells tickets. But you know, Baywatch, that's another thing we didn't touch upon that deserves at least lip service is a lot of foreign guys think American women are sluts because of what they've seen on TV. They may not be really far off. I mean, again, God bless the US of A. But certainly not like Eastern culture where Eastern Eastern European culture or places that, you know, were devoid of organized religion for a long time. Those people have

Tommy Breedlove (38:22.562)
Yeah, I mean Yeah.

Scot McKay (38:36.026)
You know, the boundaries there are different. But indeed, American men have been put up as heroes and we've been heroes. And we as American men are are raised to be heroes. And I'm not sure it's like that everywhere in the world. And I think that's another thing that makes America great. Now, if you're a cad, or you're a jerk or you're an a hole or you're a villain, well then, you know, go to therapy or something. But I think most Americans want to do right and you see that despite our bickering.

When the chips are down, when there's a storm, when there's a hurricane, when there's a flood, what is what do the men do? They show up and they show out. And that's the way it always ends up happening. I love this conversation. That's right. And I think even the garden variety guys who sit at home with Cheeto fingers, they'll rise up and be American when the chips are down. I just believe they... I've seen it happen. It's like, oh man, you know, maybe I should do something.

Tommy Breedlove (39:13.154)
Yeah, run to the fire.

Tommy Breedlove (39:17.25)
Yeah, we mostly run to the fire. Run to the fire, not away from the fire, man.

Tommy Breedlove (39:28.334)
Yeah. Yeah. For sure.

Scot McKay (39:33.859)

I do fear for our our next generation who's spent a whole lot of time with blue light. But I ultimately believe, just like you said very eloquently before, there's a force here that you're not gonna stop. You can try to keep men and women from screwing, but boy, are we horny. It's not gonna stop, Tommy. We're gonna keep on making young Americans, as David Bowie once famously said. I love this conversation. I love America and I love you, man.

Tommy Breedlove (39:39.308)
I do.

Tommy Breedlove (39:50.52)
Yeah. Yeah.

Scot McKay (40:03.69)

I'm so glad you're here. I think this has been a fantastic conversation. Before we run out of time, I want to tell these guys how to find you because I know these guys are going to get are going to want to get their hands on your book, *Legendary*. Right at the top, once again, of my Amazon influencer queue, gentlemen, mountaintoppodcast.com/amazon. Also, live.legendary.today is Tommy's new site. Give us the elevator pitch, man, on what's what's up at that site.

Tommy Breedlove (40:15.768)
Yeah.

Tommy Breedlove (40:26.988)
Amen.

Tommy Breedlove (40:32.866)

Well, let's start with the book, man. If you're not a reader, I'll read the damn book to you. And let's just... So there's no excuse. So go to Audible and get it. It's a Wall Street Journal and USA Today bestseller. And just like *Legendary*, what they'll find at the website and what they'll find in the book, *Legendary* is about aspiring to be legendary, not only being elite at what you do, so it's for that driven, ambitious business leader and entrepreneur. It's not for the rest of the world. It's not for the ambivalent. It's not for the apathetic, it's not for the entitled, it's not for the victimhood.

Scot McKay (40:42.394)
Nice.

Tommy Breedlove (41:01.208)

But if you want to be elite at what you do and you want to be elite in who you are or aspire to be those things, go to Livelegendary.today. Start with listening or reading the book. If you want to hang out with world-class and badass people in amazing places and connect to challenge each other to connect and God willing, conquer your business and life goals. Come come check out one of our communities, masterminds, programs, retreats, adventure experiences. You know, it it but we're not for everybody. I'm just telling this podcast. Just don't call me if you're

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Scot McKay (41:44.709)

Now you see, gentlemen, you know I had the right guy for the show today. How American was that pitch, man? For what it's worth, as always, you can go to mountaintoppodcast.com/livelegendary and be teleported to Tommy's site as well. You guys are used to that. "Livelegendary" is the key word to put behind the URL. one thing we didn't talk about is we have better cars than anybody in the world.

I mean, you know, until until Ferrari can build SUVs and four wheel drives and pickup trucks instead of just sports cars, I'm gonna stick to my guns there. They're better guns than the rest of the

Tommy Breedlove (42:14.638)

That's right.

Tommy Breedlove (42:19.382)

I have I have a Bronco with no top and no sides on it right now to drive these beautiful mountains. It's a badass car and can do and go anywhere.

Scot McKay (42:27.32)

And take your beautiful American woman with ya. Damn skippy.

Tommy Breedlove (42:29.762)

Damn right. With her blonde hair and her green eyes.

Scot McKay (42:34.842)

Gentlemen, if you've not been to Mountain Top Podcast lately, go grab the free report. It's a new one. I've had the same one up there for years. I switched things up a little. I made this one super simple to wrap your head around. Flip The Switch: Five Ways to Get Better With Women Immediately. You don't have to memorize anything. You don't have to learn anything. You can just start doing this stuff. How American of me, right? Immediate gratification on tap. Get that at Mountain Top Podcast. You know.

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Tommy Breedlove (43:14.207)

so good.

Tommy Breedlove (43:31.214)

Hell yeah.

Scot McKay (43:31.386)

Gentlemen, God bless you. God bless America. Happy birthday, America. And until I talk to you again real soon, this has been Scot McKay from X & Y Communications in San Antonio, Texas. Be good out there.