

Scot McKay (00:02.91)

All right, how's it going, gentlemen? This is your main man, Scot McKay, coming to you from X & Y Communications with another episode of the Mountain Top Podcast. Fair warning, we're gonna go completely off script today. This is gonna be a show that you're not used to seeing from me. You're probably gonna wonder why I would approach a topic like this to begin with. And I'm gonna go ahead and answer you. Because it's fun, because it could theoretically be helpful to you, and just because.

I want to interrupt the pattern with a vengeance and do something completely different. So that's what we're going to do today. We're going to talk about, well, we're going to form it as a question. For years, pickup lines have been widely made fun of. You know, obviously, this is for little boys. It doesn't work. Women are wise to them, they roll their eyes. But are there lines you can use with women that really actually work? And we're just dismissing everything and

you know, kind of taking a black and white all or nothing approach, as if nobody ever does that with social media in this era nowadays or anything like that, right? Maybe there's some gray area here, and we shouldn't throw the proverbial baby out with the bathwater. We shouldn't throw the proverbial chick out with the pickup line either. With me today has gotta be, I mean, this is directly from central casting.

The guy who's been the king of this and uniquely be able being able to pull it off for years and years. His name is Race DePriest. Attraction Rockstar has always been his brand. And he is here for, I believe, the first time ever on a podcast. I've had him, I've had Race on board to do well, bonuses for programs like Online Dating Domination and I believe Virtuosity that have become legendary parts of those programs. And we'll discuss that.

But coming to us right now from New Mexico, although he's a citizen of the world, a World Traveler, which I is part of my heart too. Race DePriest man, welcome to the show, my man.

Race DePriest (02:05.831)

Yes.

Race DePriest (02:10.189)

seriously, thank you for having me. as I recall when I was first starting this so many moons ago, you were the first person that I actually jumped on a conversation with. So this is coming back full circle many moons later and I'm very thankful to be here. Yeah, that was a wild time.

Scot McKay (02:26.282)

I I remember that. I remember that. You and your compadre Kelly were taking Facebook and just leveraging the living crap out of it and meeting women and holding house parties where you essentially were auditioning two dozen women at the same time for the right to go out with you guys, which was just absolutely unthinkably brilliant. And in those days,

Race DePriest (02:32.231)

Kelly Kelham.

Scot McKay (02:54.796)

you know, nearly two decades ago now worked like a charm, huh?

Race DePriest (02:58.469)

It was wild. It really was. So what had happened was, to tell the story, as you recall, this was actually a little bit before Facebook, even during MySpace, if we want to date it. I feel like MySpace was made by the guy just as a dating app, because it was so perfect. I mean, this was just happening at the time. Me, I was I was flat broke as we are in our early twenties, often sleeping on a couch, and my buddy Kelly,

Scot McKay (03:09.772)
MySpace

Race DePriest (03:27.879)

who he had been in a horrible motorcycle accident like two years before and had a bunch of surgeries on his leg. But during this time as he was recovering, he's like, That's it. I'm not gonna live my life like down the normal path. I'm gonna... I almost died. I'm gonna do whatever I like. I wanna pursue my passions. And so he he got really good at guitar and then just started traveling around the country playing music and

thus that brings us to MySpace. So he was using MySpace that in the early days everyone was using that to promote their music. So a bunch of artists. So then he would have all these followers. And it turned out that 99% of his followers were girls because he was doing chick rock, playing like Google Dolls style music. so when I ended up moving in with him, broke as can be, he had just got back off of tour. I mean, he was nothing huge, but he was just a guy who went around and

had to call places, hey, can I play there tonight? Open mic, whatever. But he he was really good at keeping up with all of his fans, because you have to bring people in. If you don't bring people in, you don't get any cut of the door. So he got really good at that promoting. So that, to make that really fast. I show up, we're in Las Vegas, and he's like, all right, I'm gonna show you, like, let's start. We don't have any money, we didn't have a car.

We're like, how are we gonna meet these girls? He's like, well I've been noticing like I can get to all of my girls on MySpace to get them to come to a show. Why don't we use this for personal? Like to see if we can meet girls this way. And so we were even sharing a little card for the internet. And he would give me the one computer. We were sharing a laptop. And I would get on there and spend like twenty minutes coming up with a really in-depth

opening message, look through her profile, her thing, comment on something, try and be clever. He's like, dude, can you hurry up? I need to get back to mine. I was like, all right, what do you think about this message? And he's like, dude, come on, give me that. He took the laptop and just was like, brrrr, quick message, send. Next, brrr, next, brrr, next. because he had to do this to keep up with all of his fans.

Race DePriest (05:41.327)

And so, I mean, that was mind-blowing to me that I didn't have to be so perfect and like so thought out and take forever on everything, was that he just knew like how to do something fun, how to break through the shield and just get the conversation moving. and then within like a couple of weeks of me watching what he did for promoting himself and then applying it to personal.

Man, we started getting so many girls replying to want to hang out that we were like, all right, we can't possibly do this. Let's just start throwing a party once a week. And we'll invite all of our girls over. Cause we just moved into this apartment, or this house in Vegas, and we're like, let's make it a housewarming. And then it just became every Tuesday we did a like a hookah taco Tuesday, and it was wild. So I would say that that definitely was a crazy time where I

got caught up to speed on how to really interact with women, how to like, what flirting. I would watch him 'cause he was very charismatic and noticed that it didn't really matter much of what he said. It's just that he kept going. That even when he'd make something stupid, he'd be like, well, that was dumb and then just move on and nothing fazed him. And the I would see girls just gravitate to him because he had that charisma and it and then I watched him over a while and just really started to break it down and figure it out. And that yeah, that's where we started, but

it's been a long journey, but it was a lot of fun, those days. But that that really taught me how. how to get

back to. Yeah, definitely. That's how I got I got thrown into the out of the fire and into the flame, man. I was ready. I was cooking fast. Yeah, seriously. So I I messed up a lot, but I had a lot of women at the time coming through so that I could learn, be like, that was dumb. Don't ever do that again. Or, that kind of worked. Or

Scot McKay (07:09.58)

Yeah, I mean so This is in your seduction DNA then, man. Yeah. Yeah.

Scot McKay (07:20.302)

In the best way possible. Yeah.

Race DePriest (07:32.727)

I definitely wasn't touching soon enough. She like I find out from the girl later, why didn't you kiss me? I'm like, Was I supposed to? Yeah, so I got a pretty big crash course those first couple of years in Vegas with Kelly Kellham.

Scot McKay (07:45.25)

Race, you gentleman, you just refusing to kiss those poor girls because it's just too soon. You want to be, you know, much more of a gentleman about it. Yeah. you know, it's funny. Yeah, well, there's that too. I mean, I think we all go through that. So thank you for being vulnerable and honest. We all go through that. I think it's interesting how you talk about messing up and owning it. Like, okay, that was really stupid.

Race DePriest (07:51.421)

That's funny. Yeah, I know. Or I was just a scared guy that didn't know what to do.

Well, yeah, for sure.

Scot McKay (08:13.996)

I think what guys fail to understand in any of these situations is it really is all about her feeling safe and comfortable and relaxed. And women actually seriously do, even in this age of, you know, fourth wave feminism or whatever you've heard, all the horror stories, women really do follow a man's lead.

And when we're all wadded up and we're scared and we're unsure, well then she follows that lead and she's scared and unsure. And when women are scared and unsure, they're not attracted because it's that masculine energy of safety and security that makes them want you. And so if you're trying to be perfect, you never, ever, ever will even approach that goal. And

you know, back in the day you saw the marketing, the same marketing I saw, where guys are like, if you mess up even once, she's gonna go out with some guy who's gonna jet her off to the Maldives, some you know, some genetic lottery winner, as I call them. And this is where these guys got all hung up on, you know, I have to look like a Chad, whatever he is, to get some chick, you know, and and tens are reserved for rock stars. Remember that video? When in reality

Race DePriest (09:13.895)

Yeah.

Scot McKay (09:22.86)

women are just a bunch of goofballs who want to have fun and feel relaxed and they find some guy who makes them feel the way they should. It doesn't matter anymore. She may have said this. I want a six foot tall guy with the six pack abs and the six figures. But when she meets the guy who makes her feel a certain way, all of that is like so out the window, isn't it? Because here's a guy who said when he messed up, that was really stupid. She giggles, he giggles. He isn't like beating himself over it like a

Chris Farty s fart

Race DePriest (09:43.046)
Absolutely.

Scot McKay (09:53.174)
He isn't beating himself up over it like a Chris Farley skit, right? And then she feels comfortable, he feels comfortable, she's laughing, he's laughing, boom, they're basically in bed together already, right?

Race DePriest (10:04.647)
Yeah, I mean the this the comfort, the safety thing, you I mean you hit it right on the head. I everyone I mean, now that I like us talking about early sticking my head back in to see where the state of dating is in our culture right now. Man, I didn't realize all that looksmaxxing, all this crazy nonsensical stuff that guys have all these really like unbelievable like out these things that they think they can never live up to.

So they have all these, the pressure on themselves. So then how are they ever gonna be like a safe, calm space for a a woman to explore a relationship with you or to to be vulnerable with who she is, to be able to laugh and show that, like you just said, that goofy, nerdy side that she has, that she's just keeps reserved, that she only does with like her best friends because they accept her, trust her, and they're not gonna judge her if if she does something stupid or silly.

Or makes a mistake or snorts when she laughs. All these common things. But if you can, if you provide that space, if you can be okay with yourself messing up and like get some of those mindsets going and to to keep it light and playful and be like, oops, like like I'd be saying to Kelly, I I would be like, man, he must say the most perfect things. But watch him and he'd just say something so dumb and be like, you know what, come back to me in two minutes, I'll have something better next time.

And what I really began to learn is like there's little like if you're worried, there's little things you can throw out after you screw up that just reset it and take all the pressure off. And you know, I try and give out a lot of these little like reverse Uno cards. So that's not a big deal. So the guys can let go of some of that pressure on themselves and be okay to mess up.

Scot McKay (11:54.112)
I think that's a great analogy, the reverse Uno card. Let's just flip the script on this whole thing. You use the word provide in the context of helping a woman feel safe and comfortable and starting a conversation in a fun way. And I think too many guys are hung up on a very narrow definition of the word provide, such that, you know, you're gonna want all my money and you're gonna be a gold digger. And meanwhile, these guys are into looksmaxxing and all these things that really just provide fuel for incels.

Race DePriest (12:15.42)
Mm.

Scot McKay (12:24.716)
So a lot of guys, I it's really a sickness. I see it all the time. There are these guys who've decided women are terrible. They're Men Going Their Own Way. They bought into the red-pilled stuff. And they need to keep reminding themselves that they believe that. They're miserable. They want a woman desperately, but they need to go kind of like get another fix of another negative video that reminds them, yeah, I'm actually better off without these

Race DePriest (12:24.838)
Yes, absolutely.

Yes.

Scot McKay (12:51.342)

crazy bitches who are going to take everything and send me to divorce court. And they just need to keep telling themselves, this is terrible. I don't want a woman. I'm happier this way, being miserable. And then they try to write me and talk me out of it. You know, when I put a positive energy of any kind out there about women, they're the first on YouTube to say, well, you're wrong, you know, and here's why I'm right, and here's what you forgot.

Race DePriest (13:06.546)

Mm-hmm.

Race DePriest (13:14.855)

Mm-hmm.

Scot McKay (13:18.028)

And it doesn't even matter if I have a good comeback for it or I just defend my position. They'll just double down. And it's misery. It's not leadership. It's not making women attracted. This is not about being six feet tall. It isn't about being Mr. Perfect. Nobody trusts perfect people, right? This is about making women feel safe and comfortable, relaxed, and helping them have fun. And you, as the Chief Funstigator have always been that guy. So when you're talking about lines, right?

Race DePriest (13:43.431)

Yeah.

Scot McKay (13:48.044)

This isn't a Craig Shoemaker skit. This isn't something that's going to draw at worst the ire, and at the best, the lev, you know, levity from people like, that's funny. That's a real good joke. That's gonna make her laugh because it's bad comedy. What you're doing here is you're providing ways to spark conversation that are just a little bit more fun than saying, hi, how are you doing? And if they happen to work in a situation, great.

And if not, well, whoops, I messed up. And that is the line, you know. You also mentioned that if something doesn't work, there are certain things you can say, not only to recover the situation, but perhaps give you another reverse Uno card. Comedians have been doing this for years, right?

Race DePriest (14:36.527)

Exactly.

Scot McKay (14:37.964)

You know, if you're a stand-up comedian and you bomb, you know, to say, is this thing on and tap the microphone or go, well, you know what? That worked when I wrote it down on paper, maybe not so much in real life. And that's guaranteed the laugh because you've already tried that. People forgive you and you move on. You know, if you wilt in shame because you bombed, the audience is gonna be like, Is that it? There's no recovery. This guy's supposed to be funny. That wasn't very funny. So yeah, I think it's perfectly okay to have a recovery mechanism in place if if you say something that

doesn't work other than the aforementioned wilting in shame, you know?

Race DePriest (15:12.551)

Yeah, absolutely. And that's why I try and provide that with like kind of all the advice if I give something to actually try or do because like we've been talking about, it is notice people are just getting so much more isolated than I ever saw before because I've been out in the world traveling, as as you know, we were talking before this. The thing is connecting, meeting people all around. But then when I stick my

head back on the internet to see where the state of affairs are.

I'm seeing everyone very much isolated, okay with just going home, being on their phone, watching shows, and then not taking any of the steps to try and connect and then not knowing where to start, say if they haven't done it in a while, coming out of a long relationship, a divorce, or maybe just something going on in their life where they've been isolated, like some of the guys in my community. Like, he had the last year, where it's like mom died, brother died, lost his wife, like

all these things, it's really hard to come back out and go, all right, where do I start again? So so when we're talking about these lines, these aren't lines that I'm creating to be like, hey, here's a sneaky little line that works every time. It's gonna unlock some secret door. No. These are things to know where to start just so you can not overthink it and just get out there start that try a conversation with just someone you know on the street or in line or like I I have all of my clients start like

Scot McKay (16:15.372)
Yeah.

Race DePriest (16:39.013)
At the grocery store, something you always do. Here's a couple of lines you can say to the checkout lady. See how she responds. Get a feel for starting human connections out of thin air again. And that

Scot McKay (16:50.604)
Yeah, it's it's not just being The Lovemeister, baby. It's it's being human again. And you know what, Race? Something you said is incredibly important. We all know that people are losing connection with the real world. They're Ever since COVID, people have been tethered to their devices. I mean, you see young gu young people sitting around with each other in real life and they're still tethered to their devices.

Race DePriest (16:55.653)
Mm.

Mm-hmm.

Scot McKay (17:20.45)
That's been going on for 15 years now or more. So you've got everybody under 30 doesn't understand any world but that. And we're expecting them to go out and be social and have this magical ability to connect with other humans when we've been actively training ourselves against it. And you know what? It's not going to come easy to people anymore.

Race DePriest (17:23.868)
Maybe

Scot McKay (17:46.144)
So, you know, if you're stoking the fire a little bit with something easy to get you going, it almost is like there's this reinvention going on of lines with women. They're not pickup lines. They're more like social activation mechanisms, if you want to get real PUA tactical on it.

Race DePriest (18:04.47)
Exactly. That's a great way of putting it.

Scot McKay (18:07.82)
Yes, I mean, you know, for years we have had lines that grease the skids socially. Hi, how are you doing? I'm fine, how are you? Everybody says that. Nobody says, you just used a canned opener on

me. Shame on you. Well, it seems like if we have more of a variety to share with women than just I'm fine, how are you? Or if you're two psychiatrists, you're fine, how am I? Right.

Race DePriest (18:34.929)
Ha ha.

Scot McKay (18:36.43)
It's that's Henny Youngman right there. That's that goes way back. But you know, the little bit of humor, the little bit of levity, provide so many guys are trying to do hard things and be stoic nowadays when they should practice a little bit more warmth and a whole lot more levity. Because this dead serious thing men are trying to do is the opposite of what's gonna make women feel like they're having fun and being safe with you. So.

Race DePriest (18:39.771)
that's good.

Scot McKay (19:01.932)
You've got a whole program, and these guys have the link to it at the end. And of course, if you go to mountaintoppodcast.com/race, which you know, these guys know I'll race anything with or without wheels. So the fact that front slash race was still even available is a bit of a miracle. But hey, it's you, man. You are Race. So mountaintoppodcast.com/race. You'll be magically teleported to where you can grab a copy of this. But you know, you call it 99 Lines and

Race DePriest (19:14.502)
Yeah.

Race DePriest (19:20.529)
Yeah.

Scot McKay (19:32.152)
you know, ninety-nine lines and a pickup line ain't one, right? So you've got you've got seven of them here that you offer as examples. I think they all do a good job of really showing how this is different than the stereotype and how it's a little bit more evolved. So the first one is the "Hook-Line-Sinker" Texting Blueprint. You say it's how to move from an opener to connection to a date, which may be a dirty word nowadays to hanging out with her, spending time with her

Race DePriest (19:36.773)
Right, absolutely.

Scot McKay (20:01.387)
without it sounding scripted. So you've got a script that doesn't sound scripted. So let's have it.

Race DePriest (20:06.759)

Well, yes, so the reason why I even put together 99 Lines is because I kept guys kept asking me, all right. Well, they always just want more things that they can say as if it's gonna solve everything, which this won't, but it will give you something in your back pocket when you can't think of anything. So you can start throwing those like lines out there. Start fishing, like the more chances you're gonna make a connection, you're not gonna make any if you're not doing something. And a lot of times

just to even get started, they'll open up and be like, yeah, okay, but I don't know what to say. Now I need to go watch a hour long YouTube video. And then that gets me on something else. And then they're five hours later, where they're like, man, now I don't know where to start. Like, I'm just not good enough, or maybe I'll just try tomorrow. And so Yeah, right, not at all. There's no no rabbit holes that people go down

to that keep kicking the can down the road and never actually start. So

Scot McKay (20:45.175)
Hate?

Scot McKay (20:54.709)
No, that never happens in the year 2026, does it? No, nothing like that. Right, yeah. Yeah.

Race DePriest (21:05.915)
I put this together as just like your... It's not gonna solve your dating woes. What it is is gonna do is gonna give you a little go ahead, start reaching out to make these connections because you never know which one's gonna turn into a friendship or a date or a business opportunity. I mean, this goes way beyond dating, but dating's a great place to start when you're alone. A lot of times people think that what they're missing is a someone in their life to validate them, usually a woman. And

no, this is a reset. This is more just start reaching out. Here's ways to actually dig a little deeper, find out a little bit more of what she values in her life, who she is, but in a really fun, very easy way, so that you're both laughing and going, you know what, this would you you seem fun. Yeah, you seem fun. Maybe we should meet up. All right. Yeah. like really.

Scot McKay (21:56.558)
That's all it takes. So if you have the lighter to ignite that forest fire, kind of a rough analogy for you Californians. Nevertheless, it's a good one. Then go for it. So, based on what you just said, I have an inkling of what "Hook-Line-Sinker" might be, but tell us what it is.

Race DePriest (22:02.225)
Mm-hmm.

Yeah, sorry.

Race DePriest (22:17.053)
Well the hook is just you're just trying to get ba past those shields. Like almost everyone's, you know, texting. If I don't know if you're messaging, you can use it on a dating app, you can use it to a girl you you know, is a friend's friend on Facebook. These all work because we're all digital typing stuff. That's how we're communicating most of the time. so these just are ones that one are different from the normal. I mean,

this is nothing groundbreaking. How many times? Even with how many times have you told through your podcast or through your messages that, hey, how's it going? It's not gonna work as an opening message. And yet how many do you see when guys tell you, show you their text or show you what they did? It's hey, how you doing? As they're opening it are or... Or way too hard and it's two paragraphs about all the ways that they sh they are perfect for each other.

Scot McKay (22:55.885)
That's right.

Scot McKay (23:05.557)
Either that or they tried too hard.

Race DePriest (23:13.697)
It is crazy. It's like one or the other. It's like no effort at all and they expect that to work, or they go all in and and build up this fantasy in their mind, like, you I noticed you're into cats. I love cats. I do this, this, then this. I travel, I make good... It's like, let me just prove all the ways, yeah, all the ways that we

already, I already know we should be together. It's like, wait a minute, that's way over sharing, way jumping in. and neither one works.

Scot McKay (23:29.164)

I so do not. Yeah, it's a lie, yeah.

Scot McKay (23:40.846)

So is there an actual line here or is this something that just kind of is an overlay to the whole blueprint you're putting out? Okay.

Race DePriest (23:45.901)

yeah, that's just the blueprint in the front that I just give a bunch of different like hooks to throw out there to that just see it as to start the conversation. Interest the fish.

Scot McKay (23:56.864)

I've kind of came up with something similar. I call it The Buffet Conversation. So guys will make the mistake of either on text or even in person when they're sitting in front of the woman going, So what do you like to do? And the woman will go, I don't know. And then all of a sudden you've got that dreaded awkward silence that is always written about. Well, I think you just add a buffet of choices to that. So what do you like to do? Do you go bicycling? You know, do you

Race DePriest (24:01.531)

Okay.

Race DePriest (24:21.937)

Mm-hmm.

Scot McKay (24:25.826)

kick small dogs? Do you like to cook Italian food? What do you do on weekends? Well, I actually I do love to cook Italian food. I love to make breakfast too. Well, then you have a conversation. And if she goes, I don't know after the first three, it's like, well, surely you either watch movies or read books or do needlepoint or something. And she'll giggle, and go, well I do read some books. Well, what have you read lately? Next thing you know, you're actually having a conversation that's about her.

Race DePriest (24:43.835)

Yeah.

Scot McKay (24:50.112)

Even if she throw you this threw you this massive talk to the hand roadblock up front because you didn't give her any choices. So that was kind of my my take on casting a bunch of lines out there to see what you hook, you know. That that's my take on that, you know.

Race DePriest (25:04.273)

Yeah, absolutely. You don't wanna well as I'm sure everyone knows on listening to this, you don't wanna go into interview questions. We've all done it, we've all been there because we can't think of anything else. We fall back to like our simplest programming when we're nervous or whatever, and that's gonna happen. So having some actual questions that open up the conversation and give you opportunities, touch points to find out things that

Scot McKay (25:13.816)

No fun. Doesn't matter. Yeah.

Race DePriest (25:32.259)

she values about herself, things that she finds interesting, things that would actually she would want to talk about. Yeah, you have to you have to open that up. You can't just be like, so what do you like to do for fun? Because think about it in reverse. I mean, one of the most helpful things is think about it if it was you in that situation. And yeah. And she just says, What do you like? What do you like to do? Well, think about it right now. So you yeah, already, already you're thinking.

Scot McKay (25:49.878)

You'd be caught flat footed too.

Scot McKay (25:57.046)

Is this a trap? Right?

Race DePriest (26:00.379)

What do I like to do? Right now if you're listening to this, you're thinking, I like Yeah, yeah, I know. Yeah, we all like that. But

Scot McKay (26:01.89)

Well, I like to get women hot like you naked in bed, but is that safe to say right now? Yeah, you know. No, that that's you know, something that bears repeating here is that all of those life or death, deal breaker, deal maker, meaning of life interview questions you speak of, they don't matter a whit until you are attracted to each other and like each other and are getting along. None of those matter until you've established

we're enjoying each other's company.

Race DePriest (26:34.577)

Yes, a hundred percent. And that's why I I really push on the funstagation angle of instigating fun wherever you're at. Don't wait for the... Thank you. Yeah. I remember when I came up with that, I was in Montreal, Canada, having breakfast with my buddy Tim and his dad. And we just had a crazy night. I mean a night where we went to like a this is back when there's couch surfing. And so there's a couch surfing like

Scot McKay (26:42.87)

Love it. What a great brand, man. Yeah.

Race DePriest (27:03.527)

warm-up party for everyone who's doing it. So just went there with my buddy, met everyone as I do using the treasure hunting where we go and find like the... I try and get my people out of their head of, I have to perform, I have to be perfect, I'm don't want to put my foot in my mouth. I don't want to look dumb. Into being able to instigate the fun by just asking certain questions just in a different kind of fun way. and and

Really looking for like I call it treasure hunting. Find like three different treasures you find interesting about them. Like that's your only mission. Don't worry about telling everyone all these cool things about you. Just find three things that you find interesting or cool about them and then let them know. Let them be like, no way.

Scot McKay (27:50.35)

Another thing that, another thing you have here is another thing you have here under stop asking interview questions is the "Let Me Guess" technique.

Race DePriest (28:00.955)

Yeah, yeah. Yes, I love doing that. So if you ever feel stuck, like you ask a question, you're like, that was

a dumb interview question. Be like, where are you from? Instead, and this works in person, but it also works great on just in your opening messages. Let me guess. Like you see pictures of her, say she's I don't know. Just you know, girls are usually like, what do you like, what do you do? And you're like, that's a dumb question. It's like, no, let me guess.

You look like you're, you know, a princess. Or you look like like what do you do? What do you do other than scribble about me in your diary all day? Or just just making guesses that are outrageous and silly, like where are you from? Let me get you look like you're from North Korea, am I right? Did you escape out? Even when they they're not Asian at all. Like just outlandish. So one, they they get a laugh, but two, they now are just correcting you. Like they have this urge...

Scot McKay (28:41.868)

Yeah, that's a good one.

Scot McKay (28:59.766)

And you get all the information anyway.

Race DePriest (29:01.167)

And you get the information anyway, but now it's done in such a much easier way.

Scot McKay (29:06.037)

Now, the true golden nugget there is if you're observant, which too many guys aren't, because they're all inside their head trying not to mess up. So they forget to open their eyes and look out and see there's a million things to talk about if I just noticed, right? If you're actually observant, there's a better chance you're gonna get one of those things right. And when you do, it'll be like you're a mind reader and she's just gonna be enthralled with the whole conversation already. Like, how did you know that? Right? Like, there was...

Race DePriest (29:12.783)

Mm-hmm. All of that energy.

Race DePriest (29:26.385)

Mm-hmm.

Race DePriest (29:31.995)

I

I'm so glad you said that.

Scot McKay (29:36.824)

There was a woman, her name was like, for lack of a better example, Christina Rosenberg. Right? And I said to her, so what was it like having one parent being Jewish and the other one being a Christian? She goes, how did you know that? I said, Jewish folks named Rosenberg don't name their kids after Christian anything, and you're Christina. I guess that's kind of true, isn't it? Yeah, but

that was just being observant. That was keeping my eyes open. And I was right. Right? You know, like if you ever meet someone named Matthew, Mark, Luke, or John Silverman, you know, that's the situation in their family. I almost guarantee it. Because, you know, Jewish folks aren't naming their kids after one of the gospels. It ain't gonna happen, Captain. You know. So there's a good chance you're gonna be right with that observation. Now I, that's that's a fantastic example. I love it. You have another one called "Pattern Interrupt Openers".

Race DePriest (30:10.287)

in

Scot McKay (30:34.274)

How to stop their thumb mid-scroll and why safe openers kill response rates. Now by safe, I think you mean insulated, you can't get mad at me for saying them kind of kind of openers. Not anything that would make her feel safe. Ironically, usually something different may make her feel safer. So tell us how that pattern interrupt works, Race.

Race DePriest (30:55.997)

Yeah. when I'm starting a message, I try and think of what's something that they haven't heard. Some of the easiest ones are if you if you're stuck and you don't know, just go back to grade school. I mean, that's a time when we're all just figuring things out. So like one of my favorite ones that a buddy of mine came up with is like, you look like the kind of girl I would share my cookies with in kindergarten. I mean, just...

Scot McKay (31:21.123)

Right. You don't even have to be that creative. Anything different. Yeah.

Race DePriest (31:24.213)

It is seriously that I mean how that looks this sounds like my god, that's so dumb. I can't tell you how many dates I've got from using that. It's just simple. It goes back to a simpler time. It's assuming things like you would have shared. So now she's imagining on this playground sharing cookies with you. Like already, how that's already a really a much better jumping off point than hey, what's up , or noticed your profile and you like bike riding, so do I.

Like it it... Yes. Or let me guess you have some very... Uh, like I would do like let me guess you have some very strong opinions on bikes or whatever, or like if she's a coffee fanatic, you have some very strong coffee things that like opinions on coffee. You it just make it something ... So, it doesn't have to be outrageous. Just allow your brain to just calm down and not try and be perfect and just think of something.

Scot McKay (31:55.212)

Let me guess you like bike riding would be better. Yeah.

Scot McKay (32:15.468)

Right, yes.

Race DePriest (32:25.041)

What would you have said fun and playful in, you know, like back when you were starting, back in grade school? Like, what are some things that you can do? Or like...

Scot McKay (32:33.291)

You know, Race, you you have a you have a similar problem that I do after twenty years of this is you've done this for a long time and you're immersed in it. So for a guy like you who spends so much time thinking about this, you're gonna come up with these things glibly, easily, and guys are gonna go, well, he's a genius. I could never do that. But you don't have to be a genius. It doesn't have to be as perfect an example as the one

that you're giving, like you're the kind of girl I could have shared my cookies with at grade school. I mean, that's really cute and it gives her a warm fuzzy. And guys are gonna be like, well, I never could have thought about that. I think the irony is, and this is very frustrating to guys who are going through a rough patch or a dry spell. I realize it. But the less you think about it and the less wadded up you get and the less you psychoanalyze and overanalyze in general every little thing you're sending to her, lest it be

right or wrong.

Race DePriest (33:07.111)
Mm-hmm.

Scot McKay (33:31.842)

The more you just let it breathe and not really care about the outcome and release yourself from that, the better it's gonna work. And that's so honkin' frustrating to a lot of guys. But I remember once I had a few women in my life when I started getting good with women, before I met Emily, of course. One time I just text a texted a woman, "Whassa happening, Hot Stuff?" You know, like Long Duck Dong from Sixteen Candles. And I mean, it was perfect. She thought that was hilarious. She goes, my God, I haven't seen that movie in like 10 years. I'm like,

it was the dumbest thing. And it is even particularly creative. I didn't make it up. You know, I just, you know, I said W-H-A-S-S-A happening hot stuff, you know, just like the guy in the in the movie would have. And and of course she responded immediately and fervently with laughter. And it's not hard. It's just that guys have to get out of their heads and and just let it breathe. That's the best way I know how to put it.

Race DePriest (34:26.631)
No, that's a great way of putting it.

Scot McKay (34:26.695)

"Seeding The Invite". The subtle way to get a yes to the components. That sounds technical right there. Before you ask for the date. So what's "Seeding The Invite"?

Race DePriest (34:32.913)
Mm-hmm.

All right, so seeding the invite is just a lot of guys get hung up on when do I ask for the date, how do I do it. Like you were saying, you let it breathe and grow naturally. Exactly. You say you touched on three different things. I that's kind of because I like to do the map, and you're ready to like, hey, this conversation seems like we do have some things in common. Maybe it's time, let's set a date. Right? A lot of guys are like, I don't know how to do it. so what I do is the simplest way I've ever

Scot McKay (34:45.217)
They're wadded up again. Yeah.

Race DePriest (35:06.001)

come up with it just wouldn't... And it came from back in those days when I had to invite a ton of girls to events constantly. It's just an easy and I call it "Seeding The Invite". You just say three things that are awesome about the thing you want to invite her to. The example I give is Taco Tuesday, because we did those a lot. So it would be something like, "Do you like tacos, great conversations and laughing so hard to pee your pants?" And then I put in parentheses

"(Just kidding, that's gross. Don't pee your pants.)" And then so, but if it could be anything, if you... Yeah. Or or you know, say you like bowling. Like, are you any good with balls, pins, dot dot dot, and you know, cheap drinks and laughing all night. And then you you know, you can drop in little sexual innuendoes with that. But I mean, just pick a thing you want. You want to go to a concert? Do you like great music?

Scot McKay (35:39.969)

And don't worry, we have mild sauce for women like you. Yeah.

Race DePriest (36:03.671)

Dancing, so, like to the night away and pick something else that's great about the concert. So you just ask those, do you like those three things? And it's like insane. Everyone loves those things. Like you you put it in a very positive light. Who doesn't like tacos and tasty margaritas and laughing or a comedy show? Who doesn't like those things? So she'll write back, yeah, like my God, that's so much fun. I love those things. Then it's already like a preset for the date's easy. It's like, cool, because I was thinking Tuesday,

going to Taco Tuesday, you wanna go? Like, I would be like, all right, that's perfect, because Tuesday night we're going to Taco Tuesday, you in? Or you know what I mean? So it's she's already saying yes to the types of things that is gonna be going. So it'd be weird to be like, Nope, never mind, I don't like those things. I'm not going. It just makes the invite seem so natural.

Scot McKay (36:55.497)

Let me guess, you're the kind of woman who prefers eight pound balls.

Race DePriest (37:00.059)

Ha ha.

Scot McKay (37:02.157)

That's where you go. Yeah. Like, what? Bowling. I'm trying to take you bowling. I'm making plans here. Yeah. What are you thinking of? Yeah. Good grief. I swear women, women in their secret garden of thoughts. My goodness. yeah.

Race DePriest (37:02.747)

I love it. There you go. All right. I'll try to bowl, here. What do you... What you... What are you doing, dirty thoughts? Yeah, seriously. I gotta watch out for you. And see, and that's the see it exactly. And you're just what you're doing right there, as you well know. That's that's the light, playful, fun banter, you know, that you need at the beginning. Yeah.

Scot McKay (37:24.321)

You got you gotta read the room. Yeah, you gotta know what kind of woman you're dealing with. If she's a redhead with a sarcastic attitude and you know that, then the eight pound ball thing is where you lead. I mean, she'll love you for it. She'll think it's hilarious. Yeah. My favorite three words, it's almost like a euphemism, but every guy I've ever heard say this, and this goes back good grief, almost forty years the first time I heard it. So look, this is nothing new.

Race DePriest (37:35.361)

yeah. Exactly. You can s

Race DePriest (37:51.229)

I'm listening.

Scot McKay (37:52.866)

The coolest guys I've ever seen, the smoothest with women, would just say, "Let's make plans." Three words. I want to hang out with you. I want to go out with you. All those awkwardisms gone. Let's make plans. I like you. Let's make plans. She knows what you mean. You know what she means. You she knows it's not platonic. And it's just, it just, it just sounds so cool. It's like something James Bond should have said. And it's three little words that you can remember. Right?

Easy, easy. All right. To your next one. Yeah, enough about me. All right. The "Odd Time Trick". Now I'm going to seed this conversation by telling you someone with a goofy sense of humor in my gated

neighborhood where I live made the speed limit 26 miles per hour in the whole, the whole neighborhood. And I think this is the same thing, right? The "Odd Time Trick". Go ahead.

Race DePriest (38:22.641)
Yeah. I mean that's brilliant.

Race DePriest (38:42.141)
Yeah. Yeah. when setting a time like when are we gonna meet? Just pick an odd time. It's something so simple. you'd think like, well, that won't do anything. But like ninety-nine percent, if not a hundred percent of the time, girls write back. Oh, that's a funny time, or they'll be like, or they'll say like, well, what about if I say like we're gonna go out, let's make it at 6:08

PM. they'd be like, what do

Scot McKay (39:13.111)
Take her to miniature golf and make it at 9:07 tee time.

Race DePriest (39:17.905)
Brilliant.

Scot McKay (39:18.751)
Yep, there you go. Any woman, and if any woman ever tells you she likes golf or plays golf, you have to make the date for 8:07. You'd have to.

Race DePriest (39:27.291)
Is that is that from a...

Scot McKay (39:30.359)
Well it's a tee time. Tee times come in like seven minute increments. Yeah, so but yeah, right. Right. So if you play golf, you know that an eight seven or an eight thirteen or something like that. If you have an odd time, it's directly associated with golf. Yeah. Yeah, man.

Race DePriest (39:35.065)
Do they? I guess I don't play enough golf.

Race DePriest (39:46.375)
Brilliant. Okay. Well that's a new thing I can add into my back pocket. Thank you very much.

Scot McKay (39:50.69)
You know, gentlemen only, ladies forbidden, perhaps. So I don't know how many women actually play golf, but if it ever comes up or you know, just even even if she doesn't get a joke and it goes over your head Oops, something is something's repeating on your side. That may have been bad. Yeah, that's what happens. Go ahead and fix that, or otherwise I'm gonna have an echo.

Race DePriest (39:54.119)
Yeah.

Race DePriest (40:01.209)
Or you know, just even even if he doesn't get a joke and it goes over your

Race DePriest (40:08.071)
Yeah, lost Hold on, hold on. Yeah, that's what I'm say. Go ahead and fix that or otherwise I'll wonder that. Yeah, I just lost my Bluetooth.

Race DePriest (40:24.573)
Alright, is that fixed?

Scot McKay (40:27.537)
I don't honey sound now. Say something. Yeah, okay. Is it back now? Yeah, the whole thing held together. I just have to take two beats and say the same thing over again and it'll edit out fine.

Race DePriest (40:29.479)
There it is. I think it's back.

Scot McKay (40:41.323)
Yeah, absolutely. And you know what? Along those same lines, if you ever do say something that is meant to be funny or she doesn't get it, or it just goes over her head, rather than giving her the explanation, read the room in the moment and see if it makes sense to explain it, or you could just laugh and look at her, shake your head and move on. The one thing you don't want to do is like get all wadded up over the fact that that joke didn't land or she didn't understand. Just move on.

Just go on to the next one. Just keep keep the vibe. Just keep keep that going. It won't Not everything you ever say to women will land. And bless their cute little sexy hearts. Sometimes it's just women being women. not anything against them. It's just sometimes guy jokes don't land with women. And, you know, it's it's weird how they won't really hold it against you. They'll just shake their head and go, well, I guess that was supposed to be funny. Ha, I guess, you know.

Race DePriest (41:27.911)
Mm-hmm.

Scot McKay (41:34.891)
I mean, you don't want to make a habit of it, but if it's like an 85/15 where they get 85% of what you say and it works and it's warm and light, then you just keeping that vibe up for the rest of the time isn't gonna hurt you. Yeah. Perhaps.

Race DePriest (41:47.099)
Yeah, and if you don't believe this is truth, I dated a girl from Montreal that she spoke very little English and I spoke zero French. And we met up over years, and it was probably the third time she met up with me. She came out to Vegas, and she had learned more English by then. And I remember her turning to me in the car and going, Wow, you're funny. I didn't realize you were so funny. So she had not been getting most of my jokes anyways, but the way that

I was like, my God. And you've been dating me. Like you would fly out to meet me. So yeah, it didn't matter. Yeah, the vibe I carried it was safe. the smile's on my face. I made my jokes like were inclusive, even if she wasn't getting them. And so yeah, it's much more about how you energetic energetically like interact with what you're saying instead of like being that turtle that, no, I don't know if that landed, go back in my shell and then shut off that

Scot McKay (42:22.061)
It's all the vibe, man. You're fun and light. That's all that that's her language.

Scot McKay (42:45.421)
Mm.

Race DePriest (42:46.553)
energy, just you can feel it but when you can just be like come back to me next time I'll, i got something

i'm working on i'm workshopping it. Yeah, or don't worry if you stumble. Yeah, if you stumble on your words just like don't worry English is my second language i'm getting it down though. i should have it by the end of this week. Yeah, yes exactly. Little things like that.

Scot McKay (42:48.322)
Yeah.

Scot McKay (42:52.793)
I'll work on it. Yeah, I'll workshop that one and come back to you. Yeah.

Scot McKay (43:02.901)
It worked better when I said it on The Tonight Show. I don't know what happened with you. You're, you, you're you're different. Yeah. Yeah. Yeah, fantastic. And and you make a fantastic point relative to attraction with women who have a language barrier with you. It's not always a lost cause. It's all about energy. the next one, handling the two biggest objections, "Is this copy/paste?",

Race DePriest (43:19.997)
Yeah I've I

Scot McKay (43:29.309)
and, "Do you say this to all the girls?" without getting defensive. The first thing I'm gonna say to again seed the conversation is if you hear, "Do you say this to all the girls?", it's not necessarily a bad thing that she feels you're comfortable with flirting, because most men aren't. So that's not the end of the world. That's not a bad objection. No.

Race DePriest (43:44.081)
Not at all.

Race DePriest (43:48.529)
Right, absolutely. No, not at all. When I hear that, I'm like, good, it's landing. Good. She's understanding we're flirting. She understands it.

Scot McKay (43:57.056)
And and you know what? Once you cross that Rubicon, you can flirt with every woman and they won't under... They won't... The jig won't necessarily be up that you have chosen them and you're completely committing to a yes or no acceptance or rejection from that one person. If you're the kind of guy who can interact with all women as if they're women, women will naturally start second guessing whether you're choosing them to be attracted to because you are like that with all the women. Now, if you're like that with no women,

and you stumble through trying to flirt with her, then she may roll her eyes and go, goodness grief. Good good and then she mm then she might roll her eyes and say, you know, he's hitting on me. Whereas if you have this comfort level with all kinds of women, women will go, Well, I hope he chooses me 'cause he seems popular, right? Yeah.

Race DePriest (44:47.483)
Yes, absolutely. Yeah, you nailed it on the head there. Yeah. So like flirting when... That's why a lot of my advice starts with let's start talking to everyone. Build up that social muscle again where you you're not flirting with the guy on the side of the road. You're starting a conversation and and breaking autopilot and getting a laugh and and just slowly learning that. Then when you're say like when I was living in New York on the subway, you just talk to the person next to you, that cute girl.

You talk to her because hey, you talk to everyone and you're used to it. You built it up. Those like light

little... They seem like fluffy at the beginning, but they are. I mean that's why how conversations start.
Little observation, a little

Scot McKay (45:28.609)

Yeah, if you're a guy and you're allergic to small talk and have this disdain for small talk, you know, good luck with that. but you know, I may have stolen your thunder a little bit, for which I apologize. You have a way to handle "Is this copy/paste?" or "Do you say this to all the girls?" What are those ways?

Race DePriest (45:32.411)

Yes. Yeah, see you later.

Race DePriest (45:39.75)

No, not at all.

Race DePriest (45:46.373)

Yeah, if a well, I mean if a girl writes me back and says, "Do you send this to all the girls?", I'll simply say only the ones that I might be interested in. I I mean it's so easy.

Scot McKay (45:55.092)

I'd say if you got this from some other guy, believe me, he stole it from me. Yeah. Yeah. Don't get defensive. No.

Race DePriest (46:00.373)

Yeah, there you go. See, just taking it like that. I mean is it the that's the worst thing you can do. That is absolutely the worst. And so for me, that means nothing. Her asking that is great. I mean she's engaged. She didn't go "next". That's a full on opportunity. Yeah. Yeah, exactly. Because they had a lot of choices that they just, you know, swiped off. So yeah, that's I mean the real thing is just try and get

Scot McKay (46:14.973)

Any time they respond to you nowadays, they're engaged. Yes. Yeah, absolutely.

Race DePriest (46:30.065)

those, that shield down that you look, you're not invading, you're not creepy, you're not intense, you're just, test the waters, you're fun, you're keeping it lightful, and you're observant. I know that sounds...
Yeah, I... Can you believe it? Can you believe it? That's the crazy thing that's to get across.

Scot McKay (46:42.913)

But you're a normal dude. Yeah. The last one here. The last one here is the real reason words matter more than looks. Women respond to emotion triggered by what you say. And most men trigger the wrong emotion. Describe.

Race DePriest (47:02.811)

Yes, so when you are connecting with women, you want to change up the variations of your words. Like you you want to think about your words as like, think about how they could... How you could say something differently. It's the same thing that you would normally say, just see how could you spin it just slightly different, so that

like the the whole like what do you do for living? Let me guess you're from the future or you came back to whatever. Just think of something that is instead of hey, what's up, or how are you doing, you you know, just spin around like what is what's something, what's like the most fun thing you did this week, or what's what's what what are you looking forward to doing this week, like this weekend, or just anything that they can go,

and start like looking inward towards things that they value or that they're excited about. Cause you really want to hit on things that are positive emotions and excitement. And they could start just silly and lighthearted at first, but it's through those that you're gonna really de dive in and and think about any time you've met someone and you've ended up becoming good friends. It usually happens after a night of really connecting on things that you both really like and be like, wow, we have so much in common.

Like that's really cool. Yeah. Yes, and there you go, yes.

Scot McKay (48:31.457)

"Yes, and..." The first rule of improv, love it. Yeah. You play "yes, and..." with women, you're gonna make them feel safe. One of the things that you say here is most men trigger the wrong emotion. I think a lot of guys are very analytical. A lot of left brain guys, a lot of guys who study STEM fields suffer from this. They start analyzing everything and looking at things in black and white and right and wrong.

Anytime you start correcting women or asking "why" questions, which sound very accusatory and put them on the spot, you're you're triggering not safety, something other than safety and security, which is barking up the wrong tree. It's creating non-attraction instead of attraction. You know, well, what do you do for a living? Well, I'm an accountant. Why would you want to do that? That's so boring. You know, click, she's

Race DePriest (49:02.097)

Mm.

Mm-hmm. Yeah, why do you like that.

Race DePriest (49:27.527)

Done. Peace out.

Scot McKay (49:27.785)

You're not giving her the right emotions there, right?

Race DePriest (49:30.555)

Yeah, whereas you as you well know, you just say though, no way. What about accounting got you... Like, what got you interested in accounting? What about it like drew you towards it? You ask the... Exactly. Why is accusatory. Why would you do that? Why is that your favorite movie? Really? You like that? Why? You can already hear it and feel like, whoa, defense is going up, instead of like, no way.

Scot McKay (49:39.841)

That's different than why?

Scot McKay (49:51.758)

Well, that's a boring that's a boring inconsequential thing to do with your life. Why didn't you do something else? It's like... That'll get you laid right there. Yeah.

Race DePriest (49:55.621)

Yeah, guys guys think that... Yeah, guys think that their opinions are really... Well yeah, right there. I I remember a really good friend of mine, Patrick, in in New York City. He's very handsome guy, like chiseled, tall, everything, right? The dream guy. I we always call him Superman because we can't keep up with like everything he does. But still we're in a bar and I watch him talking to this girl and he goes to correct her.

And I kick him under the table and he looks at me and and we go and have a little conversation. He's all yeah, but she was wrong, but it's like, Okay, did you wanna be right or did you wanna connect with her?

And he's like, my god, okay. Yeah, I can't I can't connect with anyone who's wrong all the time.

Scot McKay (50:34.157)

Well, I don't want to connect with her if she's wrong. Yeah. my God. These guys who won the genetic lottery who were dateless is because they don't know how to make women feel a certain way. These are the guys who can get women to go out on a first date and then they come to me wondering why they don't get any second dates. It's almost always that problem with making them feel safe and secure. Like they look like a Ken doll and then she's disappointed or angry.

Race DePriest (50:55.727)

Absolutely. And and yeah, yeah. Or or or yeah, they they they have their opinions and they feel like they need to get them across instead of trying to figure out who this person is and see how they they can work together, how they mesh together to see what they have to offer each other. Yeah, and so, it's it's wild. Or what I've also found about with a lot of guys that get the first date but don't seem to be getting a lot of seconds is that they will find something that

Scot McKay (51:13.453)

Yeah.

Race DePriest (51:25.327)

is probably just nothing almost always, but they'll say, well, she was a little bit like this, so not not my type. Or so that I don't want to pursue it. It's... That's a hundred percent what it is. That's why I wanted to bring it up. Is they try and figure out ways to disqualify so that they don't feel rejected. Like what I wasn't good enough or I couldn't have made the second date happen. So we try and... Aren't we though? Yeah.

Scot McKay (51:33.249)

That's a protection mechanism.

Scot McKay (51:49.688)

Man, we're our own worst enemy, aren't we? Aren't we though? The name of the program is 99 Lines. And you can grab your copy when you go to mountaintoppodcast.com/race. It's good stuff, guys. it's not what you're used to seeing from me when I send you a link, but that's why Race is who he is and I'm who I am. It's a total pattern interrupt and in includes pattern interrupt openers. And

let's see, we've covered seven, and one of them was the framework. So you got at least ninety-two or ninety-three more coming at you that you haven't even heard about yet. And Race man, first of all, it's good to see you again, man. It's been a while. I'm glad we caught up. We did that quite a bit before we hit record. Man, more power to you. You're doing good work out there. These guys need more guys like you who can take something very practical and put it to good use even in the year 2026. Cause we do. We need to start connecting with women.

And anything that makes it easier on these guys, I'm all for. So thank you for coming on the show, man. It's great to see you again.

Race DePriest (52:56.807)

Dude, I I've really enjoyed this conversation quite a bit. Thank you so much for having me.

Scot McKay (53:01.527)

Well, it was fun. How can it not be fun with the Chief Funstagator on board, man? Great stuff, great stuff. And guys, once again, you can grab that copy of 99 lines by going to mountaintoppodcast.com/race. R A C E. And gentlemen, if you haven't been to mountaintoppodcast.com lately, first of all, visit Jocko Willink's company Origin in Maine, the guys at Hero Soap, and the guys

Race DePriest (53:05.159)

Yeah.

Scot McKay (53:27.667)

at The Keyport, use the coupon code "mountain10" with whatever you get from our three longtime sponsors. All good stuff, all manly stuff. You're missing out if you've never even checked out what they've got going on. And once you see it, you know you're gonna want some. So good stuff there. gentlemen, I am talking to more and more men who don't just need a date, they need their life back. You know, you had your career lined up.

And at age 45, the layoff happens and you realize all these applicant tracking systems on LinkedIn and on Indeed are filtering out everybody under 40. And you have so much to give. You have so much wisdom. You have so much you've done. You're you're hitting your stride. And meanwhile, you may have gone through a rough divorce. You may have had lots of friends back when you were in college. Maybe the

fraternity guy is who you were. And now you're 45 and you don't have any close friends. Guys, I know it isn't that you need a date. It's that you need your life back. I can relate. I see you. I hear you. I get it. You want to talk about that or anything else? Get on my calendar at mountaintoppodcast.com. First half an hour won't cost you a dime. Sometimes it's just good to be able to talk to someone

who you know isn't going to spread it around to everybody else you know. And it's good to be heard. I'm there for you on that. Make that happen, Captain. Get on mountaintoppodcast.com. Get your 30 minutes in with me. If it makes sense to put a program together to help you get everything back on track, like you know you deserve it to be, let's do that. Otherwise, it's always good to connect with you guys. All of that and more is there for you at mountaintoppodcast.com.

And until I talk to you again real soon, this is Scot McKay from X & Y Communications in San Antonio, Texas. Be good out there.