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You're listening to Snippets from the Summit with your host, Scot McKay.

All right, gentlemen, this is your main man Scot McKay coming at you again with another Snippet From The Summit as part of the Mountain Top Podcast from X & Y Communications. Man, everywhere you look nowadays, you hear about looksmaxxing. And a lot of young guys in particular are going to certain extremes to make themselves look as handsome as they possibly can. Well, my topic for you today is about considering looksmaxxing.

as an overcorrection. Now, some of you more mature guys who've been rolling your eyes at the idea of looksmaxxing since you ever first heard the term are already going, well, yeah, isn't this obvious to everybody? Well, not necessarily, because a lot of us as men really do think that women think like we as men do. We as men look at women and decide, okay, is she hot or is she not, largely on how sexually attractive she is visually.

And we're thinking women do the same thing. Now, I'm not for a second going to offer anything along the lines that if you're absolutely hideous and you don't take care of yourself physically, then you're going to get anywhere with women. But this kind of falls under the same heading that we see a lot of nowadays. It's kind of an all or nothing mentality. Either I look like a human Ken doll, hopefully with a real penis, right? Or

I'm a disaster and no women are gonna want me. Unless I'm a 10 out of 10 in the looks department, I'm not gonna get any women at all because even the fives out of ten who are women, they can still get these perfect guys. Well, first of all, that's categorically not true because the numbers just don't add up. The bottom line with women, and even the lady gurus out there, the experts on dating who are women, will say, Look, women don't want

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Perfect looking Kendall. As a matter of fact, and this is a revelation to many guys, women don't want a man who's prettier than they are ever to begin with. Women want to be the ones who are the beautiful ones when they're standing there arm in arm with their guy. They want to be the one who shines. They don't want to be outshined visually by the guy they're with. And I mean, come on now. We know that. We know that from watching every wedding we've ever been to. The groom is always standing there in a black tuxedo.

And the woman just looks stunning and spectacular, and it's all about her beauty. Beauty is what women are all about: utility, safety, security, protection, leadership. Hey, that's where men come in. I've always said, you know, if you compare us to cars, women are like a Ferrari, they're gorgeous and they're fast and they perform. And men are like your work truck, utilitarian. And we have a place in our life as men for both vehicles. But when it comes to beauty,

Trying to turn our work truck into a Ferrari is just a losing effort. It's a stupid effort if you think about it. It's a futile effort, and women aren't even asking for it. What do women want? Women want you to do your best with what you've got. Do you get a haircut? Do you keep your beard trimmed? Do you take a shower? Do you use soap? What about your mouth? Are your teeth brushed? Do you floss?

Have you had the dental work you need? And are your teeth nice and white instead of yellow like a corn cob? Because guess what? Women want to kiss that mouth. And just like if you invite a woman over your house and your bed's not made and your sheets are disgusting because you haven't washed them for six months, they're not going to get in that bed. And if your mouth is disgusting, they're not going to kiss that mouth either. Guys, if you work with your hands, and I mean a lot of us do, even if we work

An office job, you know, we're tinkering with things on weekends. If your fingernails are a mess, if you've

got thick calluses, if you've got dirty, oily fingernails, women are gonna want those hands all over Guys, remember how women fantasize. They watch romantic TV shows, they read so-called romance novels, and it's about the experience that you give women. Women are very sensual creatures. They do think about that kiss.

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They do think about your hands all over They don't just think about sex. But meanwhile, here we are as men thinking, well, if I don't have a nine or ten inch penis, then women aren't gonna want me. Guys, women are looking at your mouth, they're looking at your hands, and they're saying, Is that where we want to start? in terms of the sexual process. So now, even taking this another step further, poor grooming, poor self maintenance is often

A protection mechanism for a lot of guys just so they can prove to themselves and other onlookers that, hey, look, you know what? Women don't like men. Women don't like sex. Women don't like me. I'm gonna remain negative towards women because you didn't even give yourself a chance to be attracted to them. That's your insecurity showing up and protecting itself. Gentlemen, it's time to man up, do your best with what you got.

Let the women notice, and I can promise you a thousand promises that you're gonna see good results when you take your best care of your best self. That's what deserving what you want is all about. Hygiene and self-care alone, not even mentioning fashion and taking the right supplements and eating right and getting enough sleep and going to the gym, all of that hygiene and self-care.

demonstrates confidence and competence at providing and protecting. If we can take care of ourselves first, it's an excellent indication that we can provide and protect for a woman and for a family. And if we can't, it's an excellent indication that we lack in that regard. And remember, that is the main catalyst for female attraction is are we masculine enough

Put her at ease to make her feel safe and make her feel comfortable. Can we be a provider and a protector at the primal level that turns her on? Gentlemen, that's why this is an important conversation. Because if we bring this full circle and put looksmaxxing under the microscope again, looksmaxxing is yet another way to hide our insecurities. If we can't provide and protect and be the masculine man who's put together inside and out,

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We may try to camouflage it by looking better on the outside. And that just makes us a handsome empty shell of ourselves. Guys, do the work. Be the best man you possibly can because better men all around get better women all around. If you want to be superficial, at best expect superficial women. Be a man who does the best with what he has, and you will get the best woman you deserve. And I promise you.

You will be thrilled with who she is. Wanna talk about this or anything else?

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