

Scot McKay 0:02

Now when I first heard Jocko Willink talk about his new venture Origin Maine, I was immediately excited. retired from a leadership role as a navy seal and renowned for his message of how Extreme Ownership triumphs over victimhood. It was plain as day that origin would be all about getting it right to the last detail all the while respecting each and every one involved, from leadership to the dedicated employees and especially the customers. Origin labs has since produced the purest, most natural and targeted supplements anywhere free of artificial sweeteners, controversial additives, and or anything else that would diminish your manhood. Now guys, I've already been using the entire range for nearly two weeks and I feel fantastic. Then, of course came the world's first jeans designed for men who didn't want to have to choose between style and well raw utility orange One of a kind jeans lets you get the job done just in time to have a nice dinner with the woman in your life, all while fitting like men's jeans really should. And the boots, you're going to have to see those for yourself when you visit mountain top podcast.com front slash origin. Now for the guys at origin mean, made in the USA is not just a slogan. It's a way of life. Everything Origen does is designed, sourced and built right here in America. So as you might expect when the CDC called on all of us to help in the wake of the current Cova 19 crisis, origin means entire team was quick to spring to action and produce masks. We can all literally breathe a little easier for their efforts. For all these reasons and more as you might imagine teaming up with Jocko Pete Roberts, Brian Littlefield and the rest of the team at origin main is not just a giant thrill. It's a great honor. So it's with great pride that I announced Origen main As the newest supporter of this show, and it was you the Big Four men listening who made it happen, expect lots of excitement ahead but for now, take a look around at mountain top podcast calm front slash origin and take full advantage of the mountain 10 coupon code for a full 10% off any purchase. And now let's get to a powerful episode ahead with a wise man. And my good friend Dr. Jed diamond. And

Edroy Odem 2:34

from the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the World famous mountaintop podcast and now your host Scot McKay.

Scot McKay 2:48

Greetings Gentlemen, welcome to another episode of the world famous mountaintop podcast. My name is Scot McKay at Scot McKay on Twitter real Scot McKay on Instagram Scot McKay on YouTube, the website is as always mountaintop podcast calm. And I also, as always encourage you to join our Hardy and rough ready group of real men who are striving to be big for men of character at the mountaintop summit Facebook group. With me today is a friend of mine whose work I respect very much. And he is the author of a brand new book called 12. Rules for good man. And it's good stuff. And I'll point you to it at the end of the show, of course, the topic du jour that we're going to discuss is a timely one given what's going on right now as we record this with the Cova 19 virus, and that's what he

calls disconnection syndrome. So I want to reintroduce you to my good friend and returning guest. None other than psychologist and therapist, Dr. Jed diamond, Jed. Welcome, man.

Jed Diamond 3:54

Hey, good to be here again.

Scot McKay 3:57

Yeah, every time we've done work together, the I have been all over it. It's always a fantastic, fruitful, productive conversation full of amazing actionable items. And I expect today will be more of the same wonderful content that we can always expect. So with that in mind, I want to go ahead and let you riff on exactly what disconnection syndrome is because I think it's timely in this day and age where we're all being told to shelter in place, and practice what the new buzzword is, which is social distancing, right. So what is disconnection syndrome?

Jed Diamond 4:31

well beyond the the catchy phrase, I really believe that disconnection syndrome underlies a lot of the problems that we're seeing today in the world, in our relationships with our partners, our mates, our relationship with ourselves, and our relationship with the whole earth and the environment that we're all part. Have. And what I mean by it is that we've become disconnected from everything. We are connected in social media. But what we lose when we're online or connected to social media as often, we lose the connections in our, our day to day lives. We don't talk to our kids as much. We don't talk to our friends as much we don't sit down at the dinner table together. And the pace of society almost demands that we be going so fast and going from one thing to another, that we aren't able to take the time to connect with ourselves to know how am I feeling What am I thinking what's going on inside and maybe the biggest disconnect is in our relationships. I think we all Recognize that many of our relationships, our love relationships, our relationships and family are suffering. And I believe the underlying cause are these disconnections, that in many cases we're not even aware of,

Scot McKay 6:17

you know, it's talked about quite a bit in the media and elsewhere, that we as human beings, since the age of social media has hit us are spending a lot more time electronically interacting to the detriment of our real world social skills and real world interaction. And with this present situation, that's driven by the global pandemic of us being kind of holed up in a way that's a relief to some people, I would think, who have gotten used to interacting on Facebook and on Twitter and kind of checking in with a lot of

people at once rather than interacting with a few people. In other words, it's become a global village on the interaction scale for people. As you so eloquently described, it's like being spread a mile wide and an inch deep socially. And that's overwhelming to people to the point where real actual, more intimate conversation with real actual people in real time is largely, dare I say becoming a thing of the past people have forgotten how to do it, in fact,

Jed Diamond 7:21

well, exactly right. And I think the, you know, the silver lining behind this pandemic is that it's forcing us to do some things and make some changes that we needed to make anyway. And, interestingly, the bright side is, as you say, people are coming together. Here's a little fact that you know, I think illustrates some of the positives of changing the way we are interacting. A lot of people have died in China, but the positive side is because they haven't been doing business as usual. The pollution in China, just a study came out that they probably have saved 20 times the number of lives from lowering the pollution level, then we're lost in the death from the pandemic in China. So nobody wants to think that we are disconnected from our lives in ways that can be dangerous. But now we're learning, you know, by necessity, how to reconnect with our families, how to hopefully reconnect to the earth. And once you know, once we're on the other side of this, hopefully, we will learn some lessons that will benefit everybody's lives.

Scot McKay 8:44

Well, certainly the global phenomenon of the world seeming a lot cleaner, and indeed people are doing pollution samples and what have you. Seems to be borne out by truth. I mean, just taking a bicycle ride around my neighborhood, it smells like Yosemite National Park out there does not like a suburban neighborhood in a major city. Big time. Yeah. Now insofar as that relates to what you call disconnection syndrome, I hear you saying that somehow we've disconnected from the earth. And this idea of being holed up in perhaps getting cabin fever, and having been sequestered in our shelters is going to cause us to really yearn to get outside and play again, right? Is that kind of what you're getting at?

Jed Diamond 9:26

Well, I mean, I'm getting at that and more when you think about human history goes back 2 million years. And for most of that time, we lived as hunter gatherers, you know, man, you know, went out hunting every day for our food. And we lived in nature, we lived as part of nature, that's 99% of human history. It's only been, you know, in the 1%, that we've lived in these large scale communities and in cities and so on. And that's wonderful. There's lots benefits to living in cities. But I think everybody who lives those that nature, it draws us. We want to be in nature, even if it's as walking around, as you say, are in our neighborhoods and enjoying the trees, listening to the birds, seeing the, you know, the clouds

go by hearing the sounds of nature, when people want to get out of their little shell, we longed for that. And I'm just saying that that's a reality that we need to reconnect with more fully and the fact that we're being forced to stay at home. And the benefit of course, if we've got family, we can interact with family, we, you know, we can let go of the demands of the workday world. But hopefully once we get past that, we will take some of these lessons. Hopefully we'll get out into nature more. Hopefully we'll get more in balance with you know, the earth and the other creatures. And hopefully this will improve our relationships with ourselves with our mates and our families that, in fact, we'll be able to create more reconnection in ways that are going to be healthy and loving and something that we're all going to look forward to.

Scot McKay 11:17

Yeah, a curious feature of human nature is, of course, that tendency within us to want that which we cannot have. So now that someone has told us, hey, you know, you're not allowed to interact with other people, you're not allowed to go explore on the larger scale outside of, you know, your immediate neighborhood, obviously, people are out jogging, walking the dog, and so forth. But traveling and exploring national parks looks like something we're not going to be doing much of this summer. So when you tell people they can't do it, it makes them want to do it. So I agree with you. This may be a watershed moment in our postmodern culture where people really do want to get back outside and revert to what I think is a very positive development of wanting to interact with each other. I mean, people are talking about Video dates as a reasonable facsimile for dating in real time. And, you know, I have my own rant on that, that I've given to my Facebook Live guys, and I believe it's just fall out of bed knee jerk dating advice to try to help people know how to do a Skype or zoom date instead of dating in real life. Hey, people have been doing that already. Right? People get on video, chat and talk to each other before they meet in real life. And that is not a date. It's not going to be a real date until you actually meet this person. Find out what their breath is like, find out what they smell like. Find out what their voice sounds like in person and get a real 3d view of this person and see if you really get along with them. There's just no real substitute for real time interaction. And I think that's what people are going to come to grips with. And I would dare say that the phenomenon of facetimeing with people and talking over zoom No, my kids are connecting via video chat with all of their friends. You know, my daughter's have been doing that for some time because of the sport. She participates in a lot of her friends. So she's close with actually live in other states. But what I think is going to happen, what I suspect is going to happen and you can give your opinion on this also jet is that people are going to realize very quickly, you know, I'm substituting video conferencing for real life interaction and it's a cheap substitute. It isn't a real substitute. And I think another thing that may come from this, if I dare stir the pot is all the guys who are going to be consuming larger amounts of pornography than they may have before this are going to realize this also is a very cheap substitute for real actual interaction with women. Let's say you

Jed Diamond 13:49

Well, I agree. I think I told you I have a PhD in international health and have done

Scot McKay 13:58

right.

Jed Diamond 13:58

So it's very interesting. thing you know, brain studies that have done that demonstrate the difference between pleasure and happiness and the pleasure centers of the brain release a neuro chemical called dopamine. And that, you know, that's that feel good that makes you wanna, you know, I want more of that. And that's the direction that leads to addiction. That's what whether it's pornography addiction where you watch that you get that dopamine rush, and then you want more, and then you want more. And interestingly, the another brain chemical called serotonin in the brain leads to contentment. It's the kind of happiness that comes from, you know, a beautiful sunset. It comes from having real life interactions with people and a real love interaction. If you're, you know, dating that you got that Ah, that relaxed feeling of contentment rather than, you know if anybody's ever done pornography and most people have at some point in their lives most guys, let's face it, there's that tendency that you get a rush of that excitement that dopamine pleasure and then you want more of it and you want another well what's next? What's, what's after this? So when I call for and I think what you're describing, you know is the human animal when we're all animals, let's face it, we are, you know, we're humans, but we're animals and you can't substitute you know, the mating dance, the love dance, the, the the desire to connect from those face to face interactions, you said very well, we need to smell each other. We've been doing that for, you know, 2 million years. We need to hear the sound we need to feel the touch we need to you know, you have the tactile sensations, none of those things can be substituted. By the digital world, and in fact, that world has the tendency to take people farther away from themselves, to make it more difficult for people to connect in real life and to get people less happy, more depressed, you know, while you're rushing for the latest pleasure, that's what I'm trying to get people disconnected from the negative and reconnected to the positive.

Scot McKay 16:30

You know, a solid point there that comes to mind is we as humans are blessed with five senses with which we can interpret our environment as we live and have consciousness. When we're watching anything on video. I don't care if it's full motion HD video, you're only entertaining to have your senses. So by virtue of the fact that only 40% of your senses are activated by anything that's on video, we are by definite cheapening ourselves out of a full body full sensual experience. And you know, that's something I've never heard anybody throw on the table before. I think it's a rather profound point.

Jed Diamond 17:11

It is. And it's, you know, it isn't just that we're only using a few of our senses. But what happens when we continually stimulate the dopamine centers in the brain is you keep wanting to just use those two, I give. The example of this is, you mentioned pornography. This is the first time in human history that we're seeing and as a clinical psychologist, I see this in my practice where young man between the ages you know, 1516 1718, into their 20s, who have been using and watching pornography for a lot of their young adolescence and early adulthood, are now becoming impotent and can't get in keep an erection. When they're with a real live girl, real, live young woman, because their brain has been hijacked by those images and those senses that get you hooked on it, and it closes down the other senses. So now you are with a real person and you don't know how to talk to them. You don't know how to interact, you don't know that little seductive dance that most of us remember when you know you, you reach out this way. And she does this and there is a dance that only can happen in real life between real people who are multi sense and multi sensual, and we tap all the senses. That's what we're missing in many ways. And our young men in particular, are the ones that are suffering from that.

Scot McKay 18:51

Yeah, and that's something we've talked about on this show relatively recently is how, when the whole experience of sex is cheapened habitual Men not only forget how to relate to women, they may not have learned to begin with from an early age. And that dance of seduction and even the idea of what women offer us above and beyond sex can tragically get lost with young people, which gives rise to men thinking, Hey, you know what, I don't need the institution of marriage. I don't even need a girlfriend. Hell. I mean, why worry about getting a woman pregnant and getting STDs and all that crazy stuff? I mean, I'll just rub one out watching porn. It's easier and cheaper and much less fraught with complexity, right yet, you know, it's kind of like it's better to have loved and lost and never to have loved at all, you know? Yeah, it's, it's part of living to go out there and take the risk of getting to know someone and getting into a relationship and relating, and it's a risk reward situation always to enter into any kind of relationship with someone be a short term, long term business relationship, even a friendship between two dudes, right? But That's how we're designed. And as you just said so poignantly Jed, the danger there is we're succumbing to a habit that's based on a very recent development in human history. Right. I mean, you know, the advent of HD porn came about with the widespread availability of broadband internet. I mean, right, those of us who are of a certain age, remember being excited about the internet back in the mid 90s. And we had 28 modems and we were watching individual images load very slowly, right? Even if we're car shopping, you know, here's the image of the new Toyota pickup truck and it's coming, you know, 30 seconds later, you get a whole image. Well, nowadays, man, full motion video, you can pick any kind of girl you want naked, doing anything you'd like for her to do. And it just kind of obviates the need, at least on the surface to do anything further than that. And that's a developer in human history that is 15 years old, right? And we're talking about millennia of human history, right? So

having that dopa mean sensor, overloaded with such overstimulation of our sexual senses is something we're not designed to handle. And going along with that, the idea of online dating and in particular course the advent of online dating apps has morphed us into beings who are addicted to that dopamine rush of getting likes and approval from people. And instead of actually stopping tapping the brakes and saying, okay, which, who among these people who have swipe right on me? Am I actually interested in meeting and who might I get along with in real life and with whom might there be a potential for relationship? We simply go back and get more likes. And this is very frustrating to everybody. You know, we've had people from The online dating apps on this very show Dhawan Kang from Coffee Meets Bagel comes to mind. And she said, they did a survey of their very own users who said what I can't stand most about this app is ghosting. People flaking on me disappearing after they allegedly liked me. And then she said, an ungodly high percentage of people who use her app admitted to doing the very same thing to other people. So it's this vicious cycle of very shallow, mile wide inch deep interaction with people that leads to nothing that resembles what our human soul what our human nature is designed to do relative to relationships. And I'd love to hear your thoughts on how you believe we'll get back to basics here, and how we may be able to turn lemons into lemonade based on this present. pandemic situation?

Jed Diamond 23:01

Yeah, well, he stated very well, here's what I think would be helpful. And it really has many good suggestions do came from my wife. We've been married for 39 years when she gave me the suggestion. It's 40 years now. But the suggestion was this I'd written 15 books I thought I'd done my last book when I did a book on relationships called enlightened marriage that help people hopefully understand the five stages of love that I think are necessary. I thought that was it. That was enough. But she said, you really need a book for men and the women who love them. That really helps men understand what it means to be a good man in today's world, because she said that the demands on men the armoring that men are forced to where in order to meet the demands of a society that is dysfunctional in many of the ways that you're describing. And so I started writing and the output of that was a book called 12. Rules for good man that really took everything I've learned in my life and everything from clients that I've had over the last 40 years. And really provided guidance of, here are the 12 things you need to do. Because I think good man, want to learn this idea that men don't care about relationships, or man just only want one thing from women. That's nonsense. You know, men want to be good men. They want to be men of quality. They want to have relationships that really work. But often where do we learn it? We often grew up with absent or distant fathers. We live in a society that is forces men in many ways to be separate from their families and have to work at jobs that keep them away. So I put together the things that I knew work that I had found worked in my own life or with my clients worked for many of the people that I was seeing. And the feedback I've gotten so far has been really heartening. It said, Thank you. This, you know, gives me guidance, whoever said, you know, it's finally a man now is giving other men the guidance that can be helpful not only to the man and making his life better, that also can make things better in their relationships, as, as parents as spouses, and just as men of quality that want to feel good about who we are in the world.

Scot McKay 25:50

You know, as you were talking, it occurred to me that the disconnection that we're experiencing one person from another social These days and not just in this present, and hopefully temporary crisis but writ large since social media basically took over. Globally speaking, what's happened is instead of getting to know each other and hearing each other's opinions, we're so bombarded with this surface level, media driven image of who other people are, that we have a greater tendency than ever, I believe as human beings to just stereotype people and cast entire groups of people into a box because we're not talking to individuals anymore, face to face, and hearing their side of the story, figuring out what's on their minds, finding out how people really tick, everything's in 280 characters soundbite and human nature has us fill in the blanks with everything we're not told and figure out in our own minds, auto complete as it This entire vision of who this person is based on just one small thought, right? And that's dangerous to the idea of human interaction over the longer term. I agree with you 100%.

Jed Diamond 27:12

Yeah, the first rule that I that I thought was necessary. It comes from my own experience. I've been in a men's group that's been meeting now for 41 years. And my wife has said that one of the reasons she thinks our relationship has been good for 40 years is and I've been in a men's group for 41 years. Whether that's true, what I know about historic connections with men, is that when we were hunter gatherers, we hunted in a group of guys, we went out from the camp and, you know, interacted in a caring way with the animals that we brought back for the food for our for our tribe, but we were part of them. unscrewed, you know, we talked, we laughed, we joked, we, you know, we hung out together. And we've kind of lost those interactions. We've lost those rites of passage that young men need in order to be initiated from childhood into adulthood. And those ongoing times where men hang out with other men, you know, this idea somehow that guys who hang out with other guys, we need a more integrated society. We need to have men and women in all the social organizations together because we don't want to discriminate. Well, we can have equality but we need times where men can meet with men and women can meet with women, my wife's and to women's groups, I'm into men's groups. This is part of our heritage. This is part of who we are. This is part of the warrior spirit, and I talk about that really is at the core of what it means to be a man and Interestingly, the second rule is recognizing our 2 billion year heritage as males, that male This goes back billion years. You know, there were single celled creatures that were either male or female, you came together and you had then a new creature that was now a mixture of the DNA from the male and the female. You don't eliminate those things because we decided we want a unisex society that one it won't work, it'll never happen. But the desire for it is a misplaced desire for connection and equality between men and women. You don't get that by pretending that men and women are the same or that we should be the same.

Scot McKay 29:49

Yeah, you know, it's just silly to think that biologically speaking, maleness and femaleness are merely social constructs. You got moment Linnaeus you've got millions of years of history backing that up. I want to focus on something else you just said about men, being hunters and gatherers, and warriors and spirit. And that idea of men aligning around a common purpose really is archetypal in our nature, isn't it? Because look at some of the tribes who really know how to live and breathe oxygen. You know, I've spent time with the Maasai in Africa, as I've talked about on this show before and those guys we see them as primitive from the lens of our post modern Western culture. But those guys are living a full life. They have real friendships, real relationships with a band of brothers, who they trust intimately. And, you know, how evolved are we really if we're missing out on that in this life, most guys, and you know, and we've talked about this on the show before in passing, most men according to a certain study, most men have an average of zero close friends, I mean, the number is averaging closer to zero than a number higher than that when all men are taken into consideration. So there's certainly something innate in us to rally around a common purpose, we may not be circling a woolly mammoth to slay it to feed our wives and our children as a tribe. We may not be fending off another tribe of marauders from the zip code over these days. But that doesn't change who we are, whether it's playing golf together, going hunting together for sport, going and riding motorcycles together or being in a bowling league on Tuesday nights for heaven's sakes. That's how men build relationships. And that's how we build friendships. I mean, you got Kiwanis, you got Lions Clubs, guys who get together even to do good in their community. It's really just how men interact. So that idea of learning how to connect again with men is a profound one and I think you've pretty much hit the nail in the head,

Jed Diamond 32:01

we need to get back to the core of who we are the essence of what it means to be male. And one of the one of the things that is part of our society is that many women particularly will complain that, you know, there must be discrimination going on that men are keeping women from achieving their greatest potential and rising to the top there is no woman president yet. There's no women in positions of power, as many as men. And so the feeling is, maybe women are getting held back by men who don't want them to achieve equality. And there's certain truth to that there are some men that are holding women back. But the truth of the evolution of maleness and this is something many people don't talk about, is that because of the nature of women being the more valuable of the species, you know, the ones that carry the babies inside their bodies are more valuable in evolutionary history. So males have and always will compete for the more valuable females, which means the males that women pick are the ones that have won the competition. So men are always compete for the positions of status and power. And women will often choose men that are the ones that have made it to the top of the competition. But here's the thing that often does not get talked about. Men also are much more highly represented in the bottom of the evolutionary scale, more males and females. And as school dropouts, more males and females end up actually with physical emotional illnesses in fact are and live sicker. So you've got men at the top men at the bottom and some people look up and say, Man, there must be

something the matter that we're not getting to the top. And some I hear man, see other men at the bottom and they blame women who say, well, women are keeping us down. Women are not allowing us to, you know, to be who we are. So this blame and shame, I think covers a reality that we need to understand part of the evolutionary reality of males is we have males competing at the top and the many men who can't compete end up at the bottom. The solution, I think, is not to try to amalgamate and make us all equal. It's to be able to recognize, you know, what are the forces that make certain men make it to the top and allowing women equality and then I have no doubt there's going to be a woman president Sunday and women are achieving more positions of authority, but we also have to pay attention to the men who are at the lower end, you know, the men that are ending up in prisons more than women, the men that are dying sooner the men that have more depression than men that suicides are much higher for men and for women. So part of what I do is I want to look at the whole spectrum and available to provide opportunities through all kinds of interactions so that men can achieve their full potential can be the great men that they're meant to be so that not just for themselves but for their communities, for women and families because what we want is a better world for everybody.

Scot McKay 35:41

Well, certainly that's what we're about around here to the tagline is deserve what you want. So yeah, we're all about helping men become more empowered towards being choosers in their own right, right. My spin on what you just said is, I believe when we are that kind of big four, man confident masculine in the way women define it able to make women feel safe and secure. Even in today's somewhat disjointed culture where we really don't have to fight and kill anymore. We still need to give women that primal sense of safety and security, and also being men of character who women can trust long term that transforms us into the kind of men who suddenly have who are suddenly spoiled for choice when it comes to the women who were allegedly fighting for. You know, those guys who are most valuable to women likewise get to choose who their mates are going to be. Because, you know, lots of women are complaining that real men who attract them really don't exist out there anymore. I think of cities like New York City, where single women outnumber single men and women are saying, Man, I just can't find the right man who can give me the right kind of feeling and develop the kind of relationship with me which comes back to us being disconnected again, we just don't know what we're doing. Right and of course, that matters. message is paramount around here at XML communications. Every man listening to this has already taken the first step by doing so, towards becoming a man who deserves what he wants, and will have a much greater selection in terms of the women he can eventually build a relationship with. I love it. Yeah, one of the things that has not come up yet, in this discussion relative to disconnection syndrome, as you describe it is something I think is absolutely mission critical to the discussion. And I think it's a suitable place to end this conversation, by the way, and that's how men are disconnected even from themselves nowadays, right. Can you describe what you mean by that?

Jed Diamond 37:43

Well, as I said, that's one of the prime disconnections. And I think it comes from a number of sources and you've mentioned a number is that if we are not part of a community of brothers, if we didn't grow up, as you know, through hunter gatherer times, which again is 99%, of human history, you know, we were initiated from boyhood to manhood in a group of peers that were our age group that we all kind of came of age at a similar time. So, when we were 1112 years old, we were taken away from the camp of the women, and we're brought into the mail and taught some skills that we needed, and some ways of being that were needed. And if we don't have that, there's I described as a hole in the soul, that there's something missing because we didn't have that. So that's disconnection number one that's got to be fixed so that we can reconnect with ourselves. The second one I find is when we have missing fathers when fathers are either denigrated put down or never feel if I didn't grow up with these skills and don't feel manly themselves. They're going to either be more violent, more dysfunctional, more destructive of addictions, or just be absent, divorced, gone. So so many young boys grew up without dads and that's a second disconnection. If you don't have the presence of a strong father, it's hard to feel you know that you get what it means to be a man. And the third thing is this confusion that I think is still rampant in society, that we want men to live up to somebody standard other than their own. You know, women say, you know, we want a man that's this way. And the demands of work are the demands of media say men, all men need to be tall and strong and powerful, you know, and so we try to be that and yet there is a quiet voice inside every man that I think knows. who he is. And part of being in a men's group part of being in programs that you're doing gives men the the support, and the context or the container necessary to say who you are is fine. You don't need to be somebody else. You know, if you didn't have a father, you didn't grow up with other guys. There is still a community here for you. There is a community of men that you can now learn from you can give to you can be part of, and I think that's really the hope for the future. Because I think you know, men are, if you will, the canaries in the coal mine that are letting us know that something is not right in the world. You know, men ending up in jail men ending up with suicide men ending up depressed ending up with higher rates of cancer, higher rates of drugs. addiction, higher rates of alcoholism. All of these are indications that something is amiss in the society, and amiss in the nature of how we're supporting the men in the world. And that's it. I've dedicated my life to changing that it was something I made a promise to my son when he was first born, and I held him in my arms. Now is actually 50 years ago. And I said, I promise you, I will be a different kind of father than my father was able to be for me. And I will do everything in my power to create a world where men were fully engaged with themselves, who knew themselves and felt good about themselves. And were really fully engaged with their families. And that's really been my my work for all these years. It's what men alive. You know, my my business is what I've been doing and what I hope I can continue putting out in the world for many years to come,

Scot McKay 42:00

right from the get go when you started making your point, what I imagined was the whole idea of boys growing up without fathers. Hmm. And sure enough, you jumped right on to that. And to me, that's almost obvious or at least it should be. And I was thinking as you were talking connection in and of itself is related very closely to continuity. In other words, what we're passing on to our sons as fathers is what

keeps us connected. It's rather like a freight train. And where there's that disconnect between a young boy and a father to show him the ropes as it were, what it means to be a man there's really nothing to base connection with self on other than you know, I'm a humanoid right. And not that mothers can't do a good job raising kids, but I do you want to underscore the significance of having a male role model right, you know, studies on that have been done. And typically when you ask young guys who their role models are, it's amazing and perhaps slightly shocking how they come up with people who aren't very nice guys. They aren't men of high character. They're either who's on the top of the music charts right now, or whoever their favorite athlete is. And of course, you know, years ago, Charles Barkley famously opined, I am not a role model. And of course, that got him in hot water with some people. But, you know, it's a valid question, should we be holding up these guys as heroes Paragons of manhood to emulate? And I'm not sure in many cases, that really makes sense. Whereas when guys have had fathers who raise them up, right, a lot of times when you talk about who is that hero of yours, who is that role model, they will say it's my father. And that is of mission critical importance and something I think these guys shouldn't underestimate that terrific, terrific stuff. Yeah. I want to go ahead and point these guys to your book. It's called 12 rules for good men and you can grab a copy of it on Amazon by going to mountaintop podcast comm forward slash diamond. Just like a diamond in the rough or you know fully cut multifaceted diamond, Diamond and you can go to mountaintop podcast comm slash diamond and grab a copy of your very own of 12 rules for good men. Also, I'm going to place that book at the top of the heap on my Amazon influencer page which you can hit by going to mountaintop podcast.com front slash Amazon. Jared Diamond is always a profound meaningful and essential discussion between you and I that I'm sure these guys are going to glean a lot of gold from appreciate it very much.

Jed Diamond 44:50

Thank you. Good to share with you good to connect. And guys

Scot McKay 44:53

if you have not yet gone to WWW dot mountaintop podcast calm just yet. These are rough times. They're challenging A lot of us. Many of the guys who are already on my laser coaching program or my 10 plus strategic coaching program, have contacted me in recent days and weeks to talk about the disruption that's going on in their lives. As you know, we talked about disruption on this very show with Emily last week. This is a profound subject. This is something that's terra incognita for most of us and you don't have to go through it alone. How can you be a man? How can you be a hero? How can you make good decisions? In this day and age? How can you prepare for tomorrow? How can you prepare for the other side, the light at the end of the tunnel from this period of dealing with the corona virus pandemic. All of those ideas are fair game when you talk to me for 25 minutes for free, as are ideas that are more to the core of being a man being attractive to women and having the career and going on the adventures that you really want. It's all about For you, when you click the red button at the top right hand corner of the page and talk to me for free for 25 minutes, you'll find I'm exactly the guy you think

I'm going to be. I don't play a fictional character on this show. I'm down to earth and I look forward to talking to you. That's how I keep my pulse on everything related to this show, frankly, is by talking to you guys. So go on over to mountaintop podcast comm you can schedule your 25 minutes with me for free on the fly and I look forward to talking to you and until I talk to you again on this show. On the next episode, this is Scott McKay from x&y communications in San Antonio Texas. Be good out there.

Edroy Odem 46:45

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