

Scot McKay 0:02

Alright guys, I'm here with Brian Littlefield who heads up the origin lab side of the house at origin, man. How's

Brian Littlefield 0:08

it going, Brian? I'm great today. How are you doing? Oh, yeah, man, let

Scot McKay 0:11

me tell you how well I'm doing. Okay. First of all here, I've been on the entire range of origin lab supplements for about three weeks now. My wife commented, just yesterday on how healthy I look, she said had a glow about me. I kind of looked in the mirror and looked at some of the Facebook Lives that I've been doing with guys lately, and I kind of have to agree. So this is for real, isn't it?

Brian Littlefield 0:32

That's funny. Yeah, no, that's, that's awesome. That's great feedback. I mean, I think anytime that you're taking a product or you're consuming something in your life, you add something to your lifestyle that makes you glow. I'd say that's definitely a win.

Scot McKay 0:44

Yeah, right. Exactly. I mean, you got to be healthier. You can't be getting sicker that way. So you've worked with Jocko Willink on origin laughs And you guys clearly have impeccable standards that would go without saying, but listen, man, not all of us are machines like John Willink right we're not all retired Navy SEALs How can guys like us normal regular guys like us benefit from what you guys are doing origin laps?

Brian Littlefield 1:07

That's a great question. We get that often and I think the most important thing to recognize is Jocko and I work hand in hand on these products that helped fuel him. When we went to market. We didn't want to make products for the masses. We wanted to make the products that fuel him so the best thing you can do is consume the products that he's taking because this is literally that's why we call it Jocko fuel. This is what he takes.

Scot McKay 1:27

So yeah, it just makes him better and stronger kind of in line with a Navy SEAL credo right and it will do the same for us regardless of where we're coming from. Right.

Brian Littlefield 1:37

Absolutely. I mean, and you know Jocko is time tested, and he has tried a million things over the years, like so many things over the last couple decades through all of his conditioning and training and war.

Scot McKay 1:49

It's literally Origen labs has been field tested and battle tested, which is amazing. You know, Brian, on top of everybody's mind right now is trying to fight off COVID-19 Make sure we don't get it and if we do happen to get it God forbid make sure that we recover from it quickly and hopefully not pass it on to too many other people. That brings up the products Cold War and your d3 supplement which are all natural akinesia free immune system strength important stuff right now. Right?

Brian Littlefield 2:18

Yeah, they really are. And you know, we've had the product Cold War out for a while now. And the principles are pretty standard. You know, these are ancestral ingredients that have been used for thousands of years and proved to support immunity. And you are corrected is a Canadian, a free, antimicrobial, antiviral, antibacterial. And of course, d3 is known as really that super vitamin that everybody should be taking. That's great for immunity and bone health and hormone health, especially for men.

Scot McKay 2:44

I want to talk about your protein shakes too, because not only is everything absolutely religiously made in the United States without exception, but you were using all natural ingredients, including monk fruit sweetening, which gives a totally different vibe to what you make and there I said becomes the best tasting protein shake I've ever had. How did you guys arrive at monk fruit?

Brian Littlefield 3:04

And it's something that I've been obsessed with for a long time. And my background is, you know, sports nutrition and coming from that, you know, for over a decade, I knew that nobody in the industry was going to commit to making a monk fruit only and naturally flavored products that would have this level of quality of taste. And the reason being is because it's really expensive to make but we sacrifice that margin for the user experience. And, you know, Jocko loves it and we love it. And it does, it does very well. We sell a lot of milk because it's such an amazing product.

Scot McKay 3:35

Yeah, that's what it's called. molk like, yeah,

Brian Littlefield 3:38

Monkfruit milk. Yeah. And the reason why we came up with that is Jocko was like, we were like, what are we gonna call it? And he's like, we're gonna call it molk.

Scot McKay 3:45

With an umlaut. Like Motorhead.

Brian Littlefield 3:47

Yeah, yeah, absolutely.

Scot McKay 3:48

And you guys have the all natural tea levels, supplement, fat burning supplement and even a sleep supplement. So you guys put a lot of thought and energy into this and every one of the products is top notch like everything else more than me. So listen man, I want to thank you for joining us today, Brian. And I also want to thank all of you guys at origin man for stepping it up and putting an entire assembly line into production making masks piece of either COVID-19 crisis. Thank you.

Brian Littlefield 4:13

Thank you. I appreciate it.

Scot McKay 4:14

Yeah, guys, and when you go to mountaintoppodcast.com front slash origin, definitely use Mountain 10 as your coupon code to get an extra 10% off, and I'll tell you what, man that mulk a higher quality product at the same price you'd go pay for something that's not as good It doesn't work as well. So good stuff. And now guys on to the latest episode with returning guests David shade who is always a crowd favorite.

Edroy Odem 4:48

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 5:01

Alright Gentlemen, welcome again to another episode of the world famous mountaintop podcast. My name is Scot McKay at Scott McKay on Twitter real Scot McKay on Instagram Scot McKay on YouTube. You can find us on the web at mountaintoppodcast.com. And I also invite you to join our group of men who have formed a posse at [mountain top summit](https://www.facebook.com/mountain-top-summit) on Facebook. With me today is a returning guest to the show a good friend of mine, a guy I've known for well over a decade, and who I also respect as one of the leaders in men sex advice. And one of the reasons he has been so profoundly successful at teaching men how to be geniuses and just machines in the bedroom is because of the focus he puts on giving women incredible pleasure. And indeed, he's also a guy who walks his talk. Without anything further, my good friend David shade Welcome back, man.

David Shade 5:58

Hello, Scott. It's great. speaking to you again, sir.

Scot McKay 6:01

Yeah, not only is it great to speak to you also, David, but when this topic started coming up in our Facebook group, you're the first guy I thought of to have on the show to handle it. And that is, of course, what happens after the all clear signal is given during the current COVID-19 crisis. And what are we as men to expect from women? Once this is all over? Well, there's a lot of talk David about, you know, the new normal after we have, you know, somehow found a vaccine or even a cure to COVID-19 and certainly guys who are listening to this show, perhaps three, four months, even a year on from when we

originally recorded it may be looking back at this and laughing by now and we certainly hope so. But we don't have a crystal ball. We don't know what's really gonna go on, but I'll tell you what my hypothesis is. And I'll let you riff on this ready. I believe that after having been holed up quarantined, many of these women living alone and at best, certainly having very, very limited social access, other than whatever they call their electronic interaction with people. I think things are going to change in several very profound ways. First of all, I believe this whole idea of swiping right on as many people as possible just to get a dopamine rush of likes and then really ghosting everybody and deciding now you know, what I don't even want to go out with any of them is going to be lessened a little bit because people are going to be so hungry for social interaction real actual face to face connection is going to be back in style. And secondly, and probably even more in your wheelhouse. I think women are going to be absolutely unabashedly frisky. I mean just smoking horny, and any guy who has ever thought for a second that Women don't like sex, don't want sex, are going to be confronted with either realizing the truth there or just facing cognitive dissonance, it's going to be one or the other. What say you on all of this?

David Shade 8:13

Oh, they're most definitely going to be extremely warning. Women are highly sexual creatures extremely. So they need sex. It is critically important to them. And they are going to be extremely frisky. Like, for example, my girlfriend who's 20 years old. She and I have been dating for a year. But now because of the quarantine in our state, it's a misdemeanor to leave your house unless it's a critical need. We have not been able to see each other for three weeks, and she is extremely warning. It's just getting worse and worse. And she can't wait until we're finally together again. Yes, women are far more sexual than men can even imagine. So yes, they are extremely horny, and they're going to be very glad to be on the other side of this.

Scot McKay 9:07

Yeah, you know, it's funny because my wife Emily and I were talking about it. We've actually brought it up with a couple of her friends. And they all agree. Oh, yeah, no doubt. I mean, it's gonna be almost laughable how frisky people are going to be men and women alike. And there's really not going to be no hiding it and of course men who can somehow capitalize on this mood will not only meet more women, but will bypass a lot of what I'm just gonna call sexual politics on the way to giving women incredible pleasure as you would call it, right?

David Shade 9:39

What was going to be open hunting season no question.

Scot McKay 9:46

You know, you brought up two things I want to make sure we cover because guys are going to ask me about it. The first one is you are dating a woman who is 20 years old, and you've been dating her since she was 19. How old are you now?

David Shade 10:01

I'm 64.

Scot McKay 10:03

a lot of guys are going to call bullshit on that. They're going to say there's just no way that's got to be some kind of marketing gimmick, I want the truth I want, you know, proof of this, but I've known you for ages. And the level to which you know how to keep a woman satisfied is such that it doesn't surprise me a bit. Now, on the flip side of that, I haven't been single since I was 40. When I married Emily, and she's five years younger than I am. And you know, Emily, of course, she's wonderful and sweet. But I always found that if I dated women who were say 23 or younger, I felt like I was babysitting. And then there was really no way to get them to drink legally, and all that kind of fun stuff. So how did you find a woman who was 19 years old, who in your estimation was relationship material for a guy your age? I mean, never mind the fact that you You're not just twice our age, you're three times our age plus, right? How did you pinpoint the right woman? Because I know you have a whole program on that on meeting the right woman slightly women wise. I mean, that's basically a woman who's a sophomore in college. And I know when I was a junior and a senior in college, I didn't have much time for the girls who were freshmen and sophomores. So what's going on there? And then the second thing I'm going to ask you about is, how are you actually really obeying the quarantine? You know, because I think there's a lot of winking and nudging. They're like, yeah, you know what, I'm going to tell people publicly, I'm not really seeing my girlfriend and that we're not really meeting people going out on dates, etc, etc. But political correctness aside, people I think, might still be meeting each other. How did you reconcile that macro issue? And then I guess that micro issue in the more timely moment?

David Shade 11:50

No, all right, definitely. She and I are not seeing each other. I'm 64 years old. Also, I smoked for many years. I cannot afford to get pneumonia. So I'm I am sequestered in my home and I use online services to bring food to the house. That kind of thing. I'm not even going out grocery shopping. I cannot afford to cut something. She lives at home with her parents. both of her parents are in the hospital with COVID-19. Fortunately, they are improving but they'll be in the hospital for at least another week. Both of them. She and her two sisters are at home and very worried. So it's a very serious situation. No, she

and I are definitely are not seeing each other. All right now let me talk about the concept that people have that women who are 20 years old are immature. First of all, she's a senior in college. She graduated from high school a year early because she's very smart. She also like doubled up on classes, so she will graduate just a few months. Then she's going to go on for her PhD. No, no a very strict selection requirements for women. There's one thing that I definitely look for, it's absolute must. When she was growing up, she has to have had a good, healthy, normal relationship with her father. She learns to have a healthy relationship with men through her father or a not healthy relationship with men through her father. So I look specifically for women who had a good relationship with their father when they were growing up critically important. That makes all the difference. No, it's been my experience and I've done a fair amount of dating. I have also dated women my age when I lived in LA, I dated a woman who was my age and ah, yeah, I really got tired of the fact that I had to babysit her. But the woman I'm dating now who's 20 is very mature for her age. Now, people have asked what about sexual maturity interestingly, I have found that young women, you know, 18 to 22 are actually very sexually mature, interestingly are many of them are very sexually mature. And a woman who's 64 years old doesn't necessarily mean she's more sexually mature a lot of sexuality isn't really intuitive, right? Yeah. You born with the, with many of the faculties that you need to be a sexual creature is especially true for women and at a much younger age than men. So even though she was a virgin, she was actually sexually very mature and knew all about the dynamics between men and women. Now she was a virgin, not necessarily by choice. She would have liked to have lost her virginity to a previous relationship that she was young but unfortunately, the relationship that she was in before that the guy was a real jerk. A lot of mental manipulation. And one time he tried to force himself upon her and her vagina just clamped up immediately immediately just clamped up, and would not allow any kind of penetration. And that instantly caused a phenomenon called vaginismus factionism. This is a voluntary contraction of the muscles of the vagina. It causes searing pain, absolutely searing pain for a woman and penetration is absolutely impossible. They can't even use tampons. They can't even get a pelvic exam that they're fine ecologist. So she told me that when we first started dating, and now that's fine. You know, I know other ways that we can have fun, and I have turned women on to animal sex before shouldn't be a problem here. So yeah, sure. And I also understood that vaginismus is strictly a mental phenomenon. And I know that female sexualities entirely mental so I can have a very powerful effect on her mentally and me and I'll see how I do with this whole vaginismus thing. Alright, so we started dating, we had a lot of fun. We had a lot of fun in the bedroom, you know, I could touch her critters, no problem. But if I even so much as touched her Lamia, you know, and we're below that, oh, instant searing pain. She couldn't she couldn't go there and that's fine. That's fine. I won't go there. And I turned her on to anal sex. And that went really well. She absolutely loved the anal sex on or about a three month period. She became very comfortable with me in the bedroom and one day I was lying on my back and she was doing a wonderful job of performing all She decided she wanted to have anal sex. I did. Okay. She noticed that when she was sitting on me, she did not feel any pain. And she said she wanted to try it. I said this up to you baby, and she got rid of jannetty right then and there and

she has been addicted to vaginal intercourse ever since he's absolutely hooked on it can't get enough. She also loves anal sex can't get that on off. What you know, like any normal, healthy girl, she's highly sexual creature, and she's extremely horny. And now with this social distancing going on, because I haven't seen her in three weeks. She's extremely horny. She's sexually very frustrated. She can't wait until we can be together again. And I don't know when that's going to be and she is actually interestingly, very sexually mature even though she has little experience having intercourse, she actual is very much an expert on men what men are all about. She's had some very interesting relationships with men of all ages, she has had a crush on a couple of professors of hers, and after she was not in their class anymore, she would get with them that she dated a couple of ex professors of hers. So she has plenty of experience with men and male sexuality and human sexuality. The fact that she can't drink that's not a problem for me. I don't drink. I haven't had a drink in years.

Scot McKay 18:43

We'll see. There you go. If you don't drink, it's not a problem.

David Shade 18:46

Yeah. And she and I go to a nice restaurants who we just don't order alcohol at dinner. We don't drink wine. I don't drink liquor. So not a problem to me.

Scot McKay 18:57

A couple of the things that you mentioned there, I want to go ahead and cover First of all, you mentioned that her parents are currently convalescing in hospital and certainly we wish the best to them to completely recover from this. What is her dad think of you?

David Shade 19:10

All her father does not know about me. No, no, no, no, her father does not know about me. I'm a little secret. Interestingly, she is from a background where there is arranged marriage. In fact, her parents were an arranged marriage and her parents want to arrange her marriage. She's from a very, very strict religious background, on and on. I am definitely her secret. No, absolutely. Nobody knows about me except her best girlfriend. You know guys are gonna

Scot McKay 19:47

ask me what culture she's from. Would you feel comfortable telling me that much?

David Shade 19:50

Oh, let's just say on the half, Middle Eastern and half Asian. She saw a mixture of both. She's an exotic beauty. Excellent. Okay. Absolutely gorgeous too, by the way, I wouldn't expect anything less.

Scot McKay 20:08

Now, let me bring up the other point. And that's you talked about sexual maturity not necessarily being tied to chronological age. I think that's not only true for women, it's true for men also. And, of course, it goes without saying, right. But with respect to the guys who are listening, we've had a show about how to grow up instead of growing old. It was a great show. What can you tell guys about maturing sexually and showing some manhood in that area? That could really lift us all up in terms of being better in the bedroom with the women in our lives?

David Shade 20:46

Show manliness? That's the key right there. That's really the key. I matured a lot after my divorce. I got kicked in the teeth. You know, I really did. I got completely blindsided. My wife cheated on me. Left, left me with the kids. And I got completely blindsided. So I had to figure out what did I do wrong? And I did a lot of sexual maturing. And I am almost embarrassed at how sexually mature I was how very narrow minded I was on. I can see very clearly now in retrospect, what went wrong, a lot of things went wrong. So I made it a point to figure out what is really going on here with human sexuality thing, really wanted to get it figured out. And I was fascinated with the subject anyway. And I did a lot of sexual maturing and it began with being the man I had had to be the fucking man I had to do what a man does, I had to figure out what that means. On I had to step up to the plate, and it was a long involved maturity process and I'm, I'm still going through it, you know, we're always always learning. And I'm always insatiable for more learning more information. And I'm still doing now and I'm learning more about what it means to be a man what it means to be the man what it means to be dominant. And that is really the key thing is when you can really figure out what it means to be a sexual dominant, that is really the direction A man should go in, because it's all based on sexual dominance for man, because a woman is all about being sexually submissive. So when you can figure out what it means to be a sexual DOM,

Scot McKay 22:46

you're on the right course. Now, you had mentioned that your current girlfriend had a somewhat abusive ex boyfriend who was trying to force himself on her. So could you clarify for these guys that difference between being rapists Being a sexual Dom

David Shade 23:02

as very good, because actually, interestingly, rape is a very powerful fantasy for women, though they will not admit it. But rape is a very powerful fantasy for women because they like to be physically overtaken because it celebrates their sexuality, but that is completely different from her being a victim of a violent act. rape is an act of violence, that's a turn off for everybody, right? But women love to be sexually submissive. And the feeling of helplessness the feeling of being overtaken is very powerful for them and very exciting for them in the context of a consenting relationship when she is with a man that she trusts and adores and all those things. It is very exciting for her to be taken to be manhandled to be dominated. What would appear to a third party independent viewer what would appear to be rape, but it's actually all done with her consent. And that is actually exciting for her. So it all has to do with the context, everything in context. It's all about the context if it's in the context of a loving, respectful, consensual relationship. It's very exciting for her to be taken.

Scot McKay 24:29

Yeah, it's kind of like the idea of having a really fast car, but you have to drive at the speed limit on the highway. But when there's a track day at like Laguna Seca, right, you can bring that thing out and see what it's capable of. So as a provider and a protector in a woman's life, it's in the bedroom where she can really feel the wrath, if you will, of what you're capable of as a powerful dominant man. Except it's always in her best interest, not in the interest of harming her and what a lot of guys kind of wrestle with David is that sometimes it's in a woman's best interest to be taken, and to have orgasms drilled out of her. And a lot of guys just can't wrap their head around that part. And you know, I'll go back to what you were talking about in terms of what makes a man sexually mature. And really it comes down in many ways to your main battle cry, give women incredible pleasure. A lot of guys are going in there saying what's in it for me, I want to get off I want to blow my load on this chick and you know, put my pants back on and lever and your outlook on life has always been fundamentally different. And that your credo and what you're so fervently trying to teach these guys out there, if we'll just get it through our thick craniums. Right, is that if you give women pleasure? If you do what's in their best interest, they'll get addicted to you sexually almost literally and come back for more and come back for more That's really the secret for men to having lots of sex. I think it's kind of twofold. Okay, first of all, is making sure they have orgasms, making sure they have incredible pleasure. And then this whole idea of simply liking, appreciating and adoring female human beings, for reasons above and beyond just the sex, right?

David Shade 26:18

You know, I tell men, getting sex is easy. All you have to do is give women what they need. Just give women what they need, and you will have more than enough of what you want. And another thing that you mentioned about dominance, you need to understand, I always make sure that the woman is in charge at any time the woman can say no, or stop or just walk away. It's all over with and she always knows this, that ultimately she's always in charge. I will simply say to her, I'm going to do such and such a might not say exactly when I'm going to do it and should be very excited about They know that they're always in charge that they are always safe. And because they know that, then they're able to totally let go and totally surrender to me.

Scot McKay 27:10

Yeah, they feel safe and protected, even as you're willing and able to show them sexual power, which is actually the name of one of your programs.

David Shade 27:20

And you mentioned a very important word protected. Sexual dominance is a proxy for providing protect,

Scot McKay 27:28

it's ingrained in in female psyche. You know, getting back to what we were talking about at the beginning, this idea of women kind of being sequestered, left alone with their fantasies, which are plenty I know you've talked about your affinity for Nancy Friday's work or book, my secret garden and what a window that was into the real fantasies of women that she collected that she compiled over time, and just how dirty and naughty they are, and when that came out in the early 70s. It was a watershed moment And literature for both women and men, women thinking to themselves, well, hey, I'm not alone. After all, I'm not as dirty a little sloughed as I thought I was, or maybe we all are dirty little slits together. And that's a good thing. And men just going, Wow, this is what's going on in their heads, women are so sexually repressed. It just seems like we would never be able to see this unless we coax it out. And I think you're giving these guys the secrets to doing that. So again, getting back to what we were talking about the beginning. What can these guys do practically speaking, David to prepare for when the all clear as given, and we're all ready to go out and frolic and be social again? And what are the steps men should take when meeting women, once we're able to actually interact with them? In other words, what can we be doing now to prepare and then what should we do as men once everybody's being social again?

David Shade 28:55

Now, you've mentioned Nancy Friday's book *My Secret Garden*. Yeah. I think men need to read that because like you said, it's truly eye opening. Interesting Lee on dates with my current girlfriend early in our relationship. You know, after we had a romper in the bedroom or whatever, I would bring her to the living room and set her down on the sofa and we snuggle up next to each other and I would read to her Nancy Friday's book. And I simply let Nancy Friday do all the work. I just told my girlfriend. Here's an interesting book that I'm going to read to you and women love it when you read to them. Right.

Scot McKay 29:36

I want to stop you for a second because I just heard that for the first time this morning. I was in the garage dinking around on motorcycles and bicycles. And you know, the morning Zoo show on my typical rock station was going on which I usually find somewhat childish and irksome. And that's what they were bringing up is women love for you to read to them and in this time where you can't be with your girlfriend or have sex with get on the phone and read to her. And they were laughing their heads off about it. And I was kind of thinking to myself, well, that's kind of head scratcher, right? And then women were calling up going no, yeah, that's that's real. That's a thing. And here you are not 12 hours later saying the same thing. So there's something to this. I think I should listen in. So continue.

David Shade 30:21

Yeah, absolutely. Women love it when you read to them. So I read to her Nancy Fridays, my secret garden. I let Nancy do all the work. Nancy, you know, has very persuasive argument that it's okay to share your fantasies on and on. And then my girlfriend started to share her fantasies with me. I didn't have to ask her I knew that Nancy Friday would do all the work that needed to be done. So then my girlfriend's share a fantasy, I thanked her who rewarded her and shared another and on and on, and I actually see suggested to her that she write them down. And she's actually writing a book now. And it is actually very freeing for her to get her thoughts onto paper or onto the computer screen. And she's writing a book of all of her fantasies, women, I'm countless, countless fantasies sounds fantastic.

Scot McKay 31:26

Absolutely. I would have loved to have had Nancy Friday on this show. But unfortunately, she's passed on. She wrote that book quite a lot of years ago. But what I will do for these guys is I will take my secret garden and I will put it in my Amazon influencer section for those guys if they want to grab a copy of it so you guys can look for that at a mountaintop podcast, calm front slash Amazon. I'll put it up there along with David shades books, of course. But yeah, that's fascinating. You know, it harks back a little bit to what you were talking about the last time you were here on the show, which is becoming Almost a

legendary line around here, by the way, I bring it up time and again because I thought it was so almost innocently profound, you know something so simple and how utterly profound it is. And we were discussing the me to movement you'll recall, and you a teacher of sexuality to men boldly stated the me to movement hasn't really mattered much in my interactions with women because women won't ever accuse me of anything untoward simply because and here's the magic. They can take it or leave it. You always give women a choice. And you've alluded to that in this particular podcast by saying, Hey, you know what, the woman is always in charge and guys are probably raising their eyebrow going. You mean like they're dominating, you know, you're the sexual DOM. You're in charge from a masculinity perspective, but there's always a safe word. They know that there's a safe situation there, that they can pull the plug on and that you Your power in your dominance will honor that. And I think that's really powerful. So, so you have this situation where you and your girlfriend feel completely comfortable with each other and she's opened up to you sexually, even literally physically, as you described earlier. And next thing you know, she's telling you her fantasies, writing them down and inspired to write a book and inspire millions of other people with that. So at the macro level, making women feel safe and secure and getting to know them, and them getting to know you in this time where we really can only interact with each other electronically or telephonically is a major key and you also have an entire system on how to give women pleasure by talking dirty to them. Yes, give women hot phone sex. How important an ingredient to this particular cocktail is that

David Shade 33:56

all critically important. Dirty talk is everything. female sexuality is entirely mental. And you get there would talk with the Forbes 30 talk is everything.

Scot McKay 34:07

You know, my dad was friends with Yogi Berra years ago. He worked with them on a marketing thing and they became friends. And something a lot of guys don't know about Yogi especially nowadays he wasn't particularly known for his good looks, first of all, but second of all, his wife absolutely adored him. I mean, my dad would laugh about it. Now, I've never seen a woman so devoted and so crazy about it guys, Yogi Berra, his wife was and you know, baseball players back then they had fame, but it's not like she was a gold digger. You know, latching on to all this money because that just wasn't a thing back when he was a baseball player with the Yankees. She just legitimately adored that guy. And of course, Yogi Berra is perhaps best known even more than for his baseball prowess, for saying things that don't make sense on the surface, but make a lot of sense, the more you think about them One of the most famous of those Yogi Berra isms is 90% of this game is half mental. Right? Right. So if you think about that being an adage that he was holding fast to, it's no wonder his wife adored him so much, right?

David Shade 35:16

Well, exactly true. And I have had customers of mine. One guy who really stands out he, he was in a wheelchair and could barely use his arms and hands. And he had his girlfriend turn the pages of my book while he read it. And his girlfriend absolutely adored him. Because it was all about his words. He was a total DOM, even though he could not physically dominate her. He was a total Dom all by his words, and she did everything he told her to do. And he was confined to a wheelchair. You couldn't even walk

Scot McKay 36:00

Now remotely when you're talking to a woman, it's all about sensuality. It's

David Shade 36:04

all about it not necessarily

Scot McKay 36:06

talking about sex it's getting her to feel a certain way and really get in tune with their senses and the next thing you know that sensuality comes back to you as sexuality.

David Shade 36:16

Yes, exactly.

Scot McKay 36:18

That's true. So guys would do well to get better at that right

Unknown Speaker 36:22

Yeah, yes.

Unknown Speaker 36:25

That's the key now

Scot McKay 36:28

to close this thing out. What about when the all clear signs given what about when everybody's being social again? guys obviously don't want to act like hungry Chihuahuas, you know, kind of like, I'm picturing them being like, Rosco p Coltrane from the Dukes of Hazzard. Good. Let's go out there again. So um, you know, he, you know, I just can't imagine guys being successful going out there. All high strung and horny like that. Obviously, we're going to have to be the two old bulls on the hill here and walk down there and get them all how Wait, guys, initiate interactions with women who are just absolutely stir crazy to get out of the house, they got cabin fever and turn that into something sexual. I have a feeling you're gonna say something about being a man and letting that do the heavy lifting for you and really just letting that game come to you women are going to be frisky. You have to kind of basically not talk yourself out of the bedroom there. It's your job not to screw up. It's as if you almost have one job. Make this woman feel safe and secure. Don't push too hard and much like a point guard in the NBA. Who knows what he's doing. The game will come to you and you'll score. Yeah, yeah, my onto something.

David Shade 37:44

That that's all very true. That's all very true. I don't use the words don't push too hard. I really like the analogy that you used about the two bulls who decided to just walk down the hill that goes back to an old story. Here's a young cub says to his bull father, looking down in the valley where there are a lot of female cows. He said, Let's run down there and fuck one of those cows,

Scot McKay 38:10

right? That's exactly what I'm talking about. Is that old joke? Yeah.

David Shade 38:12

And the bowl says no, let's walk down and fuck them all. And ruin really you don't have to be in a hurry. See you when all this is over, you get on online dating. All you have to do is sit there and be cool about it. They will do all of the work I have to do is be cool. You just simply state who you are. And they will either exhibit self eliminating behavior and eliminate themselves or they will want to know more. And you just simply state who you are what you're about and they can decide to stick around and hear more. You don't have to do Try to get anything. Just make yourself available as a choice for women to get what they need. And then you're gonna have more than you could deal with.

Scot McKay 39:14

You know, I've encountered guys who don't get that job. They don't understand it. Like, I've heard that before. I don't even understand what they're talking about. I've broken it down for guys before in coaching calls. But honestly, that's the essence of how to get women is that

David Shade 39:28

well, Scott, I gotta say this. Women have

to have it.

They have to have it. You don't have to try and get something. It's already there. Women have to have it just be the selection that they want.

Scot McKay 39:48

I think more guys, you know, to bring this full circle, blow it for themselves.

David Shade 39:54

Oh, yes, that's true. They do it. Men are their own worst enemy men. for themselves, yeah,

Scot McKay 40:01

no question.

David Shade 40:02

And women are frustrated by it. Oh, yeah. Oh, he blew it for himself. Darn it. She's disappointed that she doesn't get to have hot sex because he blew it for himself.

Scot McKay 40:14

Yeah, you know, I talked to these guys all the time. And you remember them to from the pickup artist era where they were fed this recurring theme of women want to reject you, women can choose whoever they want. They reject everybody else. I have not met woman number one yet who goes on a date hoping to reject the guy she's sitting in front of. She's always rolling her eyes disappointed when he blows it for himself. But then again, she wants her.

David Shade 40:40

He blows it for himself. Yes. bombed out.

Scot McKay 40:43

Yes, absolutely. I want to point these guys to your program. Date young hot women, which you know, you're clearly the expert in and by the way, your girlfriend your current girlfriend is not the first woman who was significantly younger than you who you've ever been with

David Shade 41:01

saying no no, no no.

Scot McKay 41:04

They have been legion, as a matter of fact so guys if you want to check out David's program date young hot women go to WWW dot mountaintop podcast calm front slash david d A v i d Can you believe after David M. David DeAngelo however many other various and sundry David's we've had on this show I've never had a front slash david ever before probably because all these years I thought I already had one but no as John Belushi would have said www dot mountaintop. podcast.com front slash david da v ID is where you're going to find a link that tele magically transports you directly to David Shay's program date young hot women so you can get the How to directly from the source. All of David shades programs over deliver this one is no exception. There are also programs from David on How to give women hot phone sex. There's also a program from David that I highly recommend called select women wisely. And he and I think very, very similarly on that front, having had very similar experiences in the past with the wrong woman in our lives. But it's always a pleasure to have you on David. I think the work you do is not only terrific, it's also disarmingly essential to both men and women. So thank you so much for coming on, yet again to the mountaintop podcast and sharing your endless wisdom yet again.

David Shade 42:33

It was a pleasure to speak with you my good friend.

Scot McKay 42:36

Indeed indeed. And guys, go ahead and visit the newly revamped [www dot mountaintop podcast comm](http://www.mountaintoppodcast.com) where you can check in with our sponsors which include key port heroes soap company and now origin main which is Jocko willings company lots of interesting and very manly items to be had there. You can also talk to me for free for 25 minutes We could talk about whatever's on your mind I know a lot of you guys who are spending a lot of alone time right now are wondering you know what can you be doing to be better men right now how can you start these interactions with women who are similarly sequestered like yourself all of that's fair game when he talked to me so go to mountain top podcast calm and check in you can get on my calendar automatically and get 25 minutes with me and I look forward to talking to you and until I talk to you again on this show next time This is Scot McKay from x&y communications in San Antonio Texas be good out there.

Edroy Odem 43:41

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