

# mtp200

Fri, 9/11 2:56PM 1:14:12

## SUMMARY KEYWORDS

woman, attracted, life, dating, date, man, masculine, deserve, david, shorter, talk, mindset, hear, x&y, foot, cook, dishes, listening, meet, eating

## SPEAKERS

Edroy Odem, Eben Pagan, Scot McKay



Scot McKay 00:01

Here we are gentlemen, Episode 200. To mark this milestone I figured it'd be fun to look back on how far we've come, while at the same time recognizing the core principles that have remained consistent since the dawn of x&y communications history. What better way to do that than present for you in all of its year 2020 remastered glory, my 2007 interview with David DeAngelo, aka Eben Pagan. Now back in the day, landing this gig was for a dating coach a lot like getting on The Tonight Show was for stand up comedians. I had the thrill of getting the February 2007 slot having only opened the doors to x&y communications a short time before to this day. I'm grateful to Evan for that tremendous vote of confidence. And yes, even though this has been premium content behind w datings paywall for over a decade, I indeed got the green light to give it away to you in celebration of 200 episodes so many thanks to double your dating and the folks over there for making that possible. I also want to express my sincere appreciation to all the sponsors of the mountain top, each of whom does real honest work and helping us be better men. First of all, we salute our friends at let's get checked. What I love about them is they save you a trip to the doctor. They're simple and fast. Listen, every one of us as men, all of us should get our testosterone level checked. And let's get checked is the way it's done in 2020. no waiting in a doctor's office no risk of catching with the guy next to you is in for no embarrassing face to face eval. Only a discreet self administer test. That couldn't be easier. All the shipping is included in prepaid with their one low testing fee. So there's no searching for a box running out of tape or anything else you might be picturing. It's laughably easy. You get your test results verified by a real doctor and a real nurse calm

contacts you via phone. Check it out for yourself at Mountain Top podcast.com front slash I GC for let's get checked. Hey, if I can do it, you can do it. Let's get checked. Also a shout out to Lucas and the guys over at heroes soap company. Listen gentlemen, you've just got to go to mountaintop podcast.com front slash hero soap and see what the hero bundle is all about. Or at the very least grab all you can have their peppermint plus cool or Rosemary Eucalyptus, which I call new car smell for dudes. It's legit. So also our David and Joshua Ricky port, the purveyors of the baddest ass 21st century daily carry devices you've ever imagined. This is not your grandfather's pocket knife for sure. And be on the lookout for a very cool giveaway contest from those guys in the very near future. And of course Big thanks to Jocko Pete and Brian at origin. Listen despite less than optimal locked conditions in the state of Maine. These guys are powering through it. Kind of like how Jocko is mulk protein powders you up without filling you full of fake chemicals. Also, even though they've been cranking out facemask to meet the demand these days, several of you guys out there have reported getting your orders in the mail for they're insanely well made and ridiculously comfortable hoodies get you some of all of that while the getting's good over at Mountain Top podcast.com front slash origin, for sure. And now enjoy the newly remastered version of my classic dating gurus interview with the one and only David DeAngelo. It's probably going to be weird to hear someone else interview me for a change, but hey, why not? By the way, you'll hear references to several programs in there that you may have never heard me talk about before. All of them are still available and I'll post links to them on the show notes page. You can also get David DS legendary book, double your dating by going to mountaintop podcast.com front slash david d. So, Enough already. Thank you guys so much for all the support over all these years 200 big episodes. Here we go.

E

Edroy Odem 04:21

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.

E

Eben Pagan 04:34

Hey, this is David DeAngelo. Welcome to another edition of my interviews with dating gurus program. Today I'm talking to a gentleman named Scot McKay. And he has some very interesting things to say about how to become more successful with women and dating. He tends to specialize in a few areas that I really haven't heard of before. So I'm really looking forward to this interview. One of the areas is not How to meet a lot of women, which he's going to explain some techniques for that as well. But how to go from being good with women to being amazing with women. He's also going to talk about how

to find and attract a quality woman, not just any woman, but that special woman that is the right woman for you. So, I'd like to welcome you, Scott. Thank you, David's Good to be here. So um, tell me a little bit more about yourself here. And because you and I are just getting to know each other and your background, you know how you learn some of this stuff?



Scot McKay 05:30

Well, I'll tell you a little over four years ago, I was faced with an unexpected divorce. That was very difficult. Everybody I knew told me that there was nothing I could have done to have been a better husband, and that it was all my ex wife's fault. And there's really, you know, Scott, there's just nothing you could have done. You're such a nice guy. And I was very uncomfortable with a victim's mindset. In other words, I didn't like the feeling I had, thinking, hey, something's Bad's been done to me and it was out of my control. So what I did was I started on a journey, saying to myself, whatever it takes, I'm going to become the best man I can possibly be. For the next woman I spend a considerable amount of time with. And this involved me not only spending some time with some women do online dating, which we'll talk about, but also learning from some guys whose material I really related to. And David, yours was one of the most influential books that I read double your dating changed my life, got me on the road to really improving my skills with women. And I started realizing the importance of not only going out meeting women, practicing my skills with them, but also understanding more how women operate like you would say, getting inside the mind of a woman. And that was all immensely helpful to me. Eventually, my dating life was going so well that my friends started asking me about it. They said, Hey, you know McKay, you know you're not the best looking guy. In the world, how are you getting all these amazing women? And I started telling them about the things I've been learning and the journey that I've been going on. And it occurred to me that no other guys, I mean, practically, under 1% of all guys out there ever take the time to actually go learn about women and how they can be better with them. So I became sought after by my friends that turned into making emails from people I didn't even know say, hey, someone told me I should talk to you. Yeah, finally that turned into a newsletter. And here we are four years later with x&y communications, which is basically a one stop shop for dating resources. And it's my full time job helping guys now



Eben Pagan 07:43

are It's fantastic. So tell me a little bit. You know, I kind of like to start with mindset and inner game type stuff, if you know if that makes sense. So um, what are some of the big realizations that you had that were the you know, shifts that you went through? What are some Some of the mindset things that you use when kind of thinking about how to attract

a quality woman and you know, maybe what are some of the inner game things that you've incorporated into the you know, the program, I mean, I'm really interested to see how this all fits together.



Scot McKay 08:14

Basically, if you read anything I've ever written, it all comes down in my mind for a guy to deserve what he wants. You know, we go to college for four year degree master's degrees doctorates for our careers and for you know, learning knowledge about what we need to know in life. We go to driving school, learn how to drive, we even go to the golf range and learn how to practice our swing. But when it comes to attracting women and becoming the guy we need to attract the woman we most want we all sit around on the couch watching football waiting for this woman to just show up someday, right. So I'm thinking and it turned out to be a revolutionary thought to some degree, haven't seen it, seen it written about much elsewhere. Let's talk about what it's going to take what's the heavy lifting involved to learn How to deserve the kind of woman I want. And what I mean by that is I know friends of mine who don't take care of themselves. They don't know the first thing about what women are really looking for. And they say, Hey, you know what, I'm gonna get my own private Jessica Simpson or JLo someday, and you know, she's going to come along, and she's just going to accept me for who I am. My way of thinking is, I want to make sure I do my part, and becoming the kind of guy who is going to deserve that woman. Instead of me being a lucky guy. I want her to be a lucky woman. And actually, what has nothing to do with it. It's all about good fortune. So that has been the guiding principle of just about everything I do. That and the concept of man, if I'm going to spend a long time with a woman, I have to have, there's really no other choice. I have to have a mindset that says I'm not going to settle for anyone less than who I want. A lot of times people say hey, you know what, you're being too picky. Well, if you're being too picky, and it's not Working, you just need to go deserve what you want some more. Because if we are with a woman, we are not happy with long term, we're going to start living vicariously drowning in pornography. Thinking about other women, the feeling I have, I think that would be the most, the greatest insult to a guy that he's only going to wake up and find out later after he settled for the wrong woman is everywhere he goes, he knows other guys have sharper women than he does. And there's nothing he can do about it because he's married to her. And that may sound like a harsh thing to say. But when guys are living that, that's when infidelity, bad relationships, and everything else that manifests itself when people just aren't enjoying the company of their significant other that's when all that stuff happens. And what better time to avoid that David than before you're committed to her before you've selected the wrong woman. That's the time to figure all this out.



Eben Pagan 11:00

Well, you're talking about two sides of kind of like two edges of a knife or two sides of a coin. And instead of it being the positive and negative, they're kind of both the keys, I think, which are, number one, the kind of the deep inner feeling of deserving that concept of deserving is something that a mentor of mine really drilled into my head is that if you don't feel that you deserve something, you're going to push it away from you, you know, you're not going to get it. And I think what you're saying that's fascinating to me is the concept of learning to deserve that idea that you can learn to deserve as a very powerful one. And I really, I really like that it's something that I've always framed differently. It's kind of more like you have to program yourself to deserve or you have to affirm yourself to deserve or change your self image. So you deserve but you're, I don't know, kind of putting it in a more simple, straightforward way which is learned to deserve and then the other side is the idea. idea of having a system that you use and a set of standards so that you find a quality woman. So it's kind of the inner and the outer. And it's a, I think it's a great powerful combination.



Scot McKay 12:10

I think you're exactly right. Not only do we have to change our mindset of saying, Hey, you know, I'm just going to wait around and do nothing. And someday I'll meet a woman who accepts me for who I am. We have to change who that person is. A lot of times, especially in this culture, people embark on self help ventures and end up failing a large percentage of the time. My personal theory on that is because there's such a high priority on being oneself in this culture, that after you reach a certain age, it's really hard to go through the pain of essentially not being yourself while you're learning new habits. You have to kind of go through the process of risking looking fake as it were, quote, unquote, with the end game in mind with the prize as it were, of becoming a better man at the end of the road. You follow what I'm saying?



Eben Pagan 12:59

Yes.



Scot McKay 13:00

So deserving what one once, hey, look, I'm only getting this certain kind of woman you might be saying to yourself, I know I should be attracting and earning the affection of better women than this. I just know I deserve better. First of all clear out the obstacles of the past. If there's a divorce that's haunting you, if someone has said something insulting

to you in the past that still haunts you, whatever the situation that's creating an obstacle for you in the past that has to be conquered, then this is ironic. But the next step is a guy has to know what he's looking for. And this was a very, very important process for me. The next is you have to know how to go get that person and then build a life around that. So yeah, there's a lot of process to this, not just thinking and saying, Hey, you know what I'm gonna do I'm from now on going to think I'm going to deserve someone. You're absolutely right, David, a guy has to go out and do something about it. And that's, that's the sun premise pretty much of what I do.

E

Eben Pagan 14:03

And, you know, it sounds like you've I don't know you've crossed this bridge, or you've made this distinction in your life, which is that quantity. And quality, in terms of women are very different. And having a large quantity of women is not necessarily a bad thing. But at some point, you might want to start focusing on quality and that there's a way to do that. And then it can lead to greater joy, fulfillment, happiness.



Scot McKay 14:33

Certainly, you know, if I'm a guy who's struggling, even meeting women, I need to start at the ground level with meeting women attracting women, one on one, learn how to get phone numbers, learn how to approach women get over approach anxiety, and I need to learn how to have those women like me in return. Once I'm getting a bunch of first dates, it's easy for me to feel like hey, I've got this conquered. I've got this part of my life handled, but that truth of the matter is, if I go out with 400 women this year, I may be a hero to some, but in my mind at this point, the truth is, that means I didn't get a whole lot of second dates. If you think about it, that's basically what it boils down to. I think taking it to the next level, learning how to have total control over one's dating life such that, Hey, I know exactly how many women I want to be dating at one time. And I want to have the power to be able to add women to the number I'm dating right now or elegantly remove them from the picture by breaking up or say, hey, let's just be friends. Imagine man give me a woman to just be friends talk. Hmm, that's the kind of level we're talking here and say to yourself, okay, look, I've challenged myself maybe I had a certain type of woman I've always thought I was attracted to my own personal experiences that I really like petite brunette women. So I'm going to date a bunch of petite brunette women. That's one level however, and You said this a lot of times also, David, the really best way to figure out what you want in a woman is to date a lot of women. Instead of you know, looking at the posters of the supermodels on your wall saying, like one like that, and maybe this one if I could just put this face on that body. Know, the best way to figure out what a guy really wants in a woman is to go out and date a bunch of women. So hey, this woman is a little

taller. Maybe she's built a little differently. Her attitude is different. You know, she's got really short hair. I've never been out with a woman like that before. Putting some variety there's that word variety, some variety in your life. As far as the types of women you're dating can really make some have you have you reached some aha moments as you like to say, David, as far as say, Hey, you know, I only thought I liked a woman with a little bit of you know, kind of an edge to her personality. The truth is when the chips are down, I really like sweethearts. Hmm. I only thought I like women who were very challenging and strong willed. Or you may think the opposite. every man's experience is going to be different. But by dating a bunch of women, you find out better the kind of woman you're looking for. Now, I enjoy dating multiple women at once for a long time, I realized very quickly, which has been covered enough by other dating gurus you've interviewed and by yourself, David, that once you get to women, you tend to get 50 women by on the approval of others. It's just like a sales principle. And once you start attracting women, and you build that confidence that says, hey, look at this, look at me, I can attract women, you have that natural flow about you that women are attracted to because they can sense the confidence they can sense that other women are buying what you're selling, and they want some of it from their things get rolling quickly. In my case, I built a spreadsheet. I've heard other guys have done this before also. But I started saying okay, what do I like about these women I'm spending time with and I was able to say to myself, okay, I know I don't like dating 16 women at once. So I'm going to take the list down to five and You know, I would use the tools I had available to me online dating be one of them to keep that list with the five best women available to me at any given moment. Now, some guys are saying, Wow, this just sounds so mechanical. It may but you know, I'm talking about women who I really clicked with, not who I just enjoyed, but I said, hey, look, this woman has a potential for being someone very special to me long term. So I was in a position of evaluating the women instead of feeling like I had to impress the women. I was meeting when I felt like the list needed to change. I used online dating as my tool, for example, to go meet a few more women and maybe add a couple of them to the list. Contrast that with, hey, I'm going to spam mail a bunch of women online and hopefully one will respond to me. The kind of things I'm talking about here is what's involved with getting to the point beyond just the outer game, to a point where Hey, I'm a confident man A truly masculine man, I figured out what that means. And I'm attracting the kind of women I want. Now I have a choice. I have lots of choices, not only among the women I'm spending my time with, but I have a choice of what to do with my life. In my case, I started dating lots of women. And on January 1 of this year, I decided I'm done with dating. I would rather spend the rest of my life with one incredibly excellent woman. And I am going to pick that woman this year. I narrowed my list from five to three. And I said one of these women is going to be my future wife. I ended up meeting Emily, who at the time this interview goes to print is going to be my wife. And what she wanted the three she was not one of the three had



Eben Pagan 19:48

to add another one, you had to start with number six, I actually, you



Scot McKay 19:51

know, I kept my options open. Which, you know, here's the moral of that story. If you're still keeping your options open, chances are the woman on the list that's To be the one who makes it probably is on the list yet. I met Emily and the other three women were gone from my life within six days. Now, I did not act out of a sense of immaturity, and I did not act out of a sense of urgency. out of a sense of desperation or any of those negative terms. I spent a lot of time genuinely considering what it was I wanted out of a woman so that when I met her, I recognized her. And our relationship has been absolutely fantastic. We host a podcast together now called x&y on the fly, and she's fully involved with my life and mine with hers, and everywhere we go, people go Wow, you guys are just a super couple. We get comments from total strangers.



Eben Pagan 20:45

You know, I want to speak to one of the things you said which is, date a bunch of women find out what you actually like, right? And one of the things that I've learned in, in life in business and relationships and it's such a It's such a tough one for the ego, it's like an ego hit, is that things never turn out the way you really think that they will with other people. I mean, it's not never but, you know, it's a good rule of thumb, that if you said to me, I want a six foot blonde, who's, you know, a really intellectual woman, you know, highly intelligent with, you know, that has a great car. I can almost guarantee you that if you if I put that woman in front of you, it would blow your mind how different she is from what you thought she would be. Absolutely right. Because what you're



Scot McKay 21:36

talking from a perspective of never actually having been with that woman you're dreaming of before. Exactly.



Eben Pagan 21:41

And so when you get out there into the real world, and you say, all right, you know what, I want a six foot woman that's really intellectual. And you hop on, you know, one of these online dating sites and you you do a search and you find six foot blonde, intellectual women, and then you email all of them and use You know, one of my requirements is that



you have a hot car, what do you drive, and you know, they respond, you know, it's you haven't fun. And then you meet several of them, you'll realize that that's just not what you expected. Now, it might be a positive, not what you expected. But for the most part, there are going to be all kinds of things that you're going to find that you're going to just it's going to blow your mind that these women are going to have about them. And that by going through this process of living it of actually going out and dating a lot of women and interacting with them, and I'm not making any, you know, moral judgments, I don't care what dating to you means, you know, sleeping with them, not sleeping with them hanging out with Miss friends, whatever, just getting to know them in the real world. You will have so many aha hours, you'll have so many realizations and you'll be able to ultimately do when to land the plane here is to be able to recognize the woman that you really want when you see her based on actual experience and based on you know, actual really interacting with women in the real world and knowing what it's all about, rather than your imagination. The concept



Scot McKay 23:01

I've heard you use David is getting kills wanting.



Eben Pagan 23:04


So in terms of your experience working with guys, and you know now you've been writing and teaching and coaching and so forth. What do you consider to be the, you know, the factors, I guess that when you put them all together create success? And what do you think the obstacles are the key obstacles that guys need to get over?





Scot McKay 23:28


Well, I believe that if you want to boil it down, there's four factors that if a guy can just get them together in his life, he will pretty much separate himself from just about every other man on the planet with his ability to attract women. The first one of those is masculinity. We live in a culture that's been feminized. Most of us have been brainwashed by a very thin minority of women who say to us hate all male behavior is bad behavior. All men are idiots. All men are jerks. gonna send you to sensitivity training, we're going to send you to sexual harassment classes. And if you ever decide you're attracted to a woman and you make that known to her, we may just send you to jail for 10 years. And I think so many guys are paralyzed by that. And they are also in many cases in this culture raised by their moms. And you know, famously, David, you've talked about how Yeah, your mom will teach you how to be nice and buy flowers and take her to dinner and that whole horse has


been beaten. What we get in a situation like that is not only do we get a mindset where we believe that male behavior is not necessarily something we want to demonstrate to women, which even saying it sounds twisted, doesn't it doesn't make perfect sense that a woman would be attracted to a masculine man, yet we think masculinity is a bad thing. And we wonder why we're not attracting women. We go from that mindset to really having in many cases, not a lot of chance in our life to have a real man teach us with that. That means third, when does one become a man in the society is that when you grow pubic hair is that when you graduate from high school is when you graduate from college, some guys, unfortunately, which I don't advocate, come home to their mommies again after college because they can't afford a place of their own certain parts of the country. When does a man become a man society? The concept of being masculine is widely misunderstood by most men. If men believe they need to be masculine, a lot of times that's acted out in terms of being what I call an ij, or an idiot jerk. And that ends up turning women off. I think the highest echelon of quality women will not fall for a man who's going to ruin their life, this bad boy who's just bad for them. And you and I, David, and you who are listening to this will probably not be willing to fall for a woman who's poisonous to your life,

 E Eben Pagan 25:55  
unless she's very hot.

 Scot McKay 25:58  
Yeah, and if I'm really nice Or maybe she'll stick around.

 E Eben Pagan 26:01  
Yeah, and only destroy my life. 80%. Right,

 Scot McKay 26:05  
I guess look at the 20% you know, shred of dignity.

 E Eben Pagan 26:08  
Never underestimate the power of beauty.



Scot McKay 26:10

Right, exactly. So if we're talking about a guy being masculine, how do we have the traits for a woman that a man should have without doing the jerky things? And this is an age old discussion. But do we ever think about it in terms of how is this attracting the kind of woman I want to attract which is a high quality woman? Here's a couple freebies there. A lot of times the guys who are in to say, Hey, don't kiss up to women wants you to eliminate chivalry completely. Once you have your game to a certain level, you can be chivalrous to a woman without kissing up to her. When I pull a chair out for a woman, I pat the back of it and say, here's your seat. So I've led the woman to sit there instead of saying, Oh, you're so beautiful. Let me serve you. And I find that women appreciate that. I opened doors 80 year old women, not just really pretty women, so therefore I become a good man who knows the importance of being masculine in this culture. When I get a woman in the car with me, I don't go, Wow, you're so beautiful. And I just want to serve you. What's your favorite restaurant? Can I take you there? I say, hey, look, I got this evening handled for you. And she goes, all right, well, here's a man who finally knows how to lead. I take her to a place if we're going to a place. And I know I'm on a slippery slope here with you guys. I actually believe in taking women to dinner. Let's see I have this fatal flaw I like to eat. So I actually, I couch it more in terms of Hey, look, I want to try this restaurant. Are you going or not? Or am I taking someone else? which somehow makes it okay for me? So I put her in the car and say, hey, look, I got a surprise. I want to try this new restaurant and we're going and it's amazing how many times I would take a woman to the restaurant. She'd go wow, you read my mind. You were an amazing man. How did you figure out I would love this. I go, Hey, you know, what can I say? And women love that kind of leadership and love the chivalry The whole concept that you espouse David of having a deep voice, leaning back, having self control, all those things roll into coming off as a masculine man have some masculine pastimes, do things that guys do. In this culture, it's kind of cool sometimes that the women like football, and if the women can fix her and change her own clutch in their car, but it's almost never cool to women, when guys do feminine things, and that will that will help you become a man in the woman's eyes. Those are just a few examples. You know, being masculine is huge. Yeah,



Eben Pagan 28:37

let me talk to that a little bit. There is a you know, you know, I'm very interested in this topic, and there is a lot of confusion. There's a lot of a lot of unknowns here. And for guys who, you know, they never their masculinity circuits really never got turned on and developed. So, you know, they haven't really developed this healthy sense of being a man. It can be a little awkward. At first and, you know, someone want to just like stand up and puff their chest out and act like they think they're cool or tough. Or instead of, you know,

pulling out the chair and, and, you know, graciously saying, Here's your seat, you know, they want to say you sit here and they don't get the nuance, you know what I'm saying? That, you know, I believe that one of the, the symbols of being a mature masculine man is to take on the role of the protector of those that need protection. You know, let's



Scot McKay 29:35

talk about that in some depth.



Eben Pagan 29:37

Yeah. And I'm just gonna point out a distinction and then I'd love to hear you run with it. And it's not that you're the protector of everybody because they can't protect themselves or because they're weak. It's because as a man, that's part of your role with your family, your loved ones, etc. And the distinction between I protect you because that's part of my I roll that's who I am as opposed to, it's because you're this weakling that can't take care of yourself that comes across in everything and your communication and your thinking. And there are those distinctions for everything. You know, seek out those distinctions, learn them, kind of develop them and become more comfortable. Because when you're interacting with women, they can tell whether you're coming from insecurity or weakness and you're faking it, or because you've actually developed yourself into a person who believes the things that you're saying,



Scot McKay 30:29

you know, very important distinction there as far as an inner game versus an outer game thing. If pulling out the chairs outer game, then you risk either looking like a controlling jerk by saying, Hey, sit here, or being a kiss up. I guess what I'm more thinking about is having an inner game mindset of Yes, I'm going to take care of this woman and make sure she feels comfortable with me. And pulling out the chair and saying, Here's your character. Pat, in the back of it is a way of saying, hey, look, I'm taking care of you, here's your chair, you want to sit on the other side, you know, I'm not gonna throw a hissy fit about it. But you know, I'm taking care of you here. One of the worst, most dreaded things a guy who's shorter in stature ever hears a woman say, especially when it comes from a petite woman is, you know, I just want a man who can protect me. Because the immediate flash in one's mind is okay. She wants a gorilla who's gonna be able to fight off all these thugs who are an evil guys, we're gonna attack us when we're on the date tonight. If she wants to be protected. My realization has been that the woman wants to be protected most from the guy she's with. That's one of the big four. Another one of the big four nice segue there is

safety. Can I make a woman feel safe in my presence? And so if a guy who's shorter than average takes them mindset of you know, I'm going to make sure this woman feels comfortable with me as a man. He has given that woman what she's truly looking for in terms of finding a guy who makes her feel protected. Now, obviously, even if you're a taller guy that's still going to hold true. You may be a very large man, and nobody's gonna ever harm the woman you're with why you're with her, unless, of course, he's got a bigger gun than you, which is another story altogether. But if as a man, we are not making that woman feel secure in our presence, we're not going to get anywhere with her. We're certainly not going to get to a physical level with her. So yes, having a woman feel safe is one of the big four factors that men who I think attract and keep quality women have.

E

Eben Pagan 32:49

Let me also just, you know, throw another quick little distinction out there, which is that I actually don't have any problem with you know, the idea of taking A woman to dinner. I very strongly recommend that guys don't do it, especially when they're getting started. Right? Because typically what they do is they take, they use this as a, like an incentive for the woman,



Scot McKay 33:15

right? We're trying to impress women by doing that, which doesn't work.

E

Eben Pagan 33:17

Exactly. And if you don't really understand how to communicate to a woman that you're enjoyable to hang out with, just to be around you that she's going to actually you know, get a lot of value just because she's in your presence. And then you're using, you know, let me buy you something or let me take you to dinner as the incentivization program. It just makes you so weak. And so, but you know, I know a lot of guys to take women to dinner and I've taken him to dinner many times, as long as it's done kind of the way you were talking about which is it has nothing to do with I'm trying to buy your attention, your approval, your affection. I'm going to go have dinner and I'm going to enjoy myself and I'd love it if you were there with me. It doesn't use that, that purchasing power mindset. You know,



Scot McKay 34:05

as you're talking, I'm thinking, I'm reading through the file cards in my brain trying to

figure out if the nature of the first date that we were going on, has ever had any real impact on how much the woman was attracted to me. Hmm, one of the most successful first dates I've ever been on, was I was moving. It was time to you know, fill up the new house with some furniture and I needed to go to the furniture store, and I had no idea what to get. And I'm a guy, and there was a woman I was interested in meeting and it was going to be Saturday morning and Friday night was booked. I said, Hey, what do you say, you and I go furniture shopping tomorrow because I really could use your input. She goes really, I go, absolutely. One of the greatest first dates I've ever been on, had absolutely nothing to do with me spending a lot of money on her. In fact, if a guy is going to take her to a nice restaurant because he wants to go to the restaurant. The important thing to me is to be able to maintain a mindset of what here's who I am. Here's who you are, we're in a situation that's going to be natural lifestyle for both of us. If I'm putting myself into a situation that's somewhat artificial, we're dressed up more than we usually are. We're all on our best behavior using our best manners, we're more likely to be giving the wrong impression to a woman than the true impression. That's my take on that. The third thing, and this is not in any specific order, by the way, is confidence. We talk about confidence all the time, but it's amazing. Just like you say, David, women can smell lack of confidence like a Doberman Pinscher can smell fear. And it is really difficult to go approach a woman you don't know. And it's something that we've got to do with confidence. And when we take a woman out to dinner, we've got to feel like we're going to confidently be able to get along with this woman. If this first date doesn't go, well. I am confident there's other fish in the sea. All those little factors equal up to a lot factor called confidence, here would be a great place to talk about the one simple event that I had happened to me one day, David that changed my life in terms of approaching and meeting women forever. I've been seeing a woman for a few months and one time I met her best friend who was a 23 year old woman who I kid, you know, I was about six feet tall, very skinny woman. So she's about five or six inches taller than I am, and 1516 years my junior, and she's friends with with a woman I'm dating. So I met her once and it was a couple, you know, months or weeks Previous to that, and it kind of said Hi, and just gone over her house to pick up something. And it was Saturday morning, and you know, like everybody else, I had to go to the target and pick up a few things. So here I am with a shopping cart and target and I see this woman. So I said okay, well, you know, you always gonna make nice with your girlfriend's friends, right? It's just the social thing to do. So I walked up to her and you know how you can kind of backhand someone real lightly on the shoulders to say, Hey, I'm here. Doing. I did that to her and I said, Hey, how's it going? And she turned around and with it gave me that eyebrow flash that the body language people talk about. Give me a big smile. Oh, hey, how's it going? And I looked in our cart and I said, Hey, so it looks like even superheroes like you and I have to still shop the target sometimes. And she kind of giggled and said, Yeah, I suppose. So. I'm talking to this woman. Another thing I left out is she's married. And she's, she's a married woman. This



Eben Pagan 37:26

story is starting to get very interesting.



Scot McKay 37:29

It is very interesting. So I'm talking to this woman. And she's starting to kind of invade my 18 inch space a little bit. She's starting to get close and she's doing some of those signals that classically say, Hey, I'm getting a little attracted. And me I am simply talking to this woman because it's my duty as a boyfriend. Basically, I really am not even attracted to her. I'm just being friendly. She's not my type at all. So based on the body language, I was getting in the vibes I was getting, I was saying, Okay, this is turning into a bad situation. I think I need to kind of move on and keep shopping. So I said, Okay, what was nice talking to you, I'm going to continue shopping now. But I'll tell my girlfriend and I used her name. I told my girlfriend that, that she said hi. And she looked at me and kind of paused and said, who she and use the girlfriend's name? And I go, aren't you Jennifer? She doesn't know. My name is Felicia. It was a mistaken identity. Ah, this woman was not even my girlfriend's girlfriend. And I laughed and I told her what happened. And I casually glanced down at her finger and she was unmarried. She didn't have a ring on which I failed and failed to notice of course, and she she said, I'll never forget. She said to me, she goes, that's it. I said, Yeah, well, I know I'm sorry about that. You know, I'm just gonna move on Happy Shopping.



38:54

Right? How nice



Scot McKay 38:57

and I realized here was a And now look at the details. The details are important. She's 15 years younger than me at least if she could have been in college. Okay, I'm 38 years old, I'm five inches shorter than she is. Okay? I'm shopping, pushing a cart, and I am not dressed to impress women. I mean, I've, I decided a few years ago, I'm always gonna have some style. I'm not gonna just wear you know, wifebeaters and old shorts. So I looked decent, but I was definitely not dressed up and in the mindset of I'm going to meet women. And that was the secret to attracting her. I had absolutely no trepidation towards going to the strange woman whacking on the shutter and say, Hey, how you doing? certainly no pickup line. Therefore, I was perfectly confident, perfectly confident because I didn't see it as a quote unquote, pickup situation and look at the results. You know, I said,

Man, if I can bottle it, which I did, and it changed my My life. And I hope it'll do. So for everybody listening, if you're listening to that, and you have any approach anxiety whatsoever, that same story I promise could happen to you. Now, I wouldn't recommend using it as a prop saying, Hey, aren't you my girlfriend's friend? You know, I wouldn't recommend that. But the whole situation where I was not in a position where I was even interested in picking her up, caught, create attraction with that woman. So look how important the confidence is, and the natural approaches to a woman and look how amazing they are when you're not afraid of them.

E

Eben Pagan 40:33

Yeah, there's another little piece to this, which is that a lot of times if you start a conversation with a woman that you don't know, and that doesn't know you, sometimes there'll be like a few moments of discomfort. Like it's a little weird. It's a little not normal. And I remember when that I first used to see that and I kind of would read it like oh, you know, she doesn't want you around. She's, she's giving that body language of you know, I don't want to talk to Wow, yeah. And then I started realizing that there's kind of there's a distinction. There's a difference here, between a woman giving you the I don't really want to talk to you right now. And I'm uncomfortable with this whole thing. And I'm just kind of a little shy and nervous that there's a guy talking to me. And women will report that they are attracted to men who are strong, and who can stay cool and calm and together through tough stressful situations, and those are masculine traits. Exactly. And when you approach women, sometimes, you've got to understand that you don't really know what mood she's in or where she's at. And you may need to just stay cool and calm and collected and comfortable with yourself and talk through several minutes of weirdness. Sometimes it'll be like the way you just said where it's like instant chemistry and sometimes it won't, but you have to either way, just go with it. Just roll



Scot McKay 41:58

that brings up a good point. I thinking right now about one of my most secret weapons about how to get a second date. So many times when we get in front of a woman for the first time, especially if you've met her online and you don't even know her, you sit down with her wherever you're gonna sit or you pick her up, you meet her, and you have no idea what to say first, and you just hit on something very important. Yeah, we're masculine, and we have things handled with a woman. And we're confident, but look at the importance of making that woman feel comfortable. If you're uncomfortable approaching her, she's automatically going to be uncomfortable with the fact you're approaching her. Right? It's again, she's expecting the man to lead. I'm retired, of course now, but when I went on first dates with women, I accidentally almost happened across I guess I'll call it a technique



that works really, really well. When you meet a woman. Talk about something as if you've known her for a while. Talk about something strange that happened on the way. Keep your eyes peeled while you're driving to the date for something that's going to be interesting to talk about and as soon as you sit down with her wherever you are open with it, just say hey you know what, what do you think about this? I know you've used the tablet example read you know what's on the cover of People Magazine this week and talk about and but it really can be anything. And I think the magic phrase you hear from a woman when you know this is firing on all 12 cylinders By the Way, I Like 12 cylinders better than eight. When you know this is firing on all 12 cylinders, she'll go Wow, I've known you for 10 minutes. It feels like we we've known each other for 10 years. When you hear that from a woman, you know, you're making her feel comfortable. And that's it. That's a huge piece of the puzzle. So most guys sit down it what is it the interview questions? Right? Okay, so what do you do? How much money do you make? How long have you lived here? First of all, it's boring. Second of all, it's unnatural. Third of all, it's not creating a comfortable environment where you to feel like you're already friends.



Eben Pagan 43:52

All right, how about now I would love to hear more of your ideas on you know more about your program and your your tech And mindsets for guys who are shorter than average. This is just fascinating to me and I just got to know what the hell you're talking about.



Scot McKay 44:07

Well, by statistical analysis at least half the guys listening to this are going to be at least average height or shorter than average. There's plenty of guys who don't let this get in the way of their dating success. But it's amazing how many guys and you know I've done this before also, not necessarily with my height mochi, but you know, for whatever reason, being divorced or whatever. I said, hey, look, I'm going to make an excuse for not being able to go on dates. Women won't like me because of this. And a tree hug that excuse. I found for a lot of guys who are shorter than average, they say to themselves, you know what I've been told my whole life Hey, someday, you know, you'll get a growth spurt and you'll grow up big and strong. Growing up and being tall is what you know, your grandmother always said you would be and now that you grew up in, you're not that tall. You read the online profiles and you read I want a guy who's six foot tall or taller. Or you read, hey, the number one factor women look for when selecting a man is his height. And personally, I've never had my height be an issue in terms of dating women. As a matter of fact, I've had unsolicited comments from several of my girlfriends saying, you know, I never dated a guy under six foot before, but I really like you. So I went on the net, and I

said, Hey, I can really relate to this because I am just about five, six, maybe a little bit over. And I said, I've not had a problem with this. And I can look around me and some of the guys I know who are absolutely the most phenomenal with women I've ever met, can be five foot or five foot one. It's all about who they are as a person. And I said, I wonder if anybody has ever addressed how and why they were successful as a guy who was shorter than average for the benefit of guys that may be very self conscious about their height in terms of approaching attracting women in it. Never been done. And the more I googled up articles and other people's writings, the more I found that there were actually articles out there. If you're a short guy, you know what, you're not gonna get great women. You're just gonna have to settle for whatever you get. Because it's true. Every study says that women love tall guy, so sorry, you're just going to have to settle for less than you think you deserve. Right? And I said, That's pathetic. Because I know in my own life, I am getting the women I want. I'm not saying that to toot my own horn, I'm saying I've gone through this long process of deserving what I want. And it worked for me. And the fact that I'm five foot six had nothing to do with it. So I said, here's what I'm going to do. I'm going to roll up all the factors that I know, help me as a guy who's not quite as tall in terms of attracting women. So I'm not going to just say hey, look, you can get with the taller guys get. I'm going to try to figure out I'm gonna do a deep dive on why it is that women liked me as who I am. And I also went to some Those guys I know. And I said, hey, look, what's your secret to attracting women? And I got some amazing answers from them. Learn just by watching sometimes. And I produced an audio program called secrets to success with women for shorter men. And in that program, I found there's just a lot of material you can cover. We talked about the whole safety issue. I've got it guys just throw in the towel when they hear a woman say, you know, I want a man who can protect me, a guy who's self conscious about his height will say, Oh, she means she wants a big guy. Well, I'm out of the running. Another great example. Women will put checkmarks by what they think they want. When they're online. You know, they fill out a profile on Yahoo, personals, or match.com. And they say, Yeah, okay, I'll take a guy who's 511 263. And it's amazing how when you actually write something compelling to women, that shows your masculine, confident, interesting and can make them feel safe. they'll write back to you and all those little checkmark Go out the window because they found a good man. Women absolutely put so many checkmarks down about what they want and then they're more likely to deviate from those checkmarks than men are when they put those checkmarks Yeah, men tend to say, Okay, I like blondes, I'm okay with ones. We've already talked about challenging ourselves there. So there's a number of ways that guys give up on themselves before they even tried. Now I talk at length about the concept of a woman who's three to five inches shorter than you regardless of what your height is. Now, I love petite women, I've been out with women for eight for 10. My fiance is actually five, one and a half so she fits this, this mold that I'm talking about perfectly. A woman who's three to five inches shorter than I am. Oh, and another aside, if a woman's four foot 10 and you're five foot

one, this would fit the description I'm talking about. take that in consideration. If a woman is three to five inches shorter than the guy, they're statistically the same height if I will. I'm saying yes, a woman who is five, five is average in the United States. By the way, I six foot tall guy is not average in the United States. I've had five foot 10 people by my program and I've emailed them say, hey, do you realize you're taller than average? And you're buying my short guy program? Yeah. five foot nine is the average guy in the United States. And I know you have a lot of international listeners so that can fluctuate one way or another. So looking at this objectively, if a man is five foot nine, he's average in the United States. And your mileage may vary in different cultures, but a couple inches here and there. The average woman in the United States is five foot five. Again, it varies a bit from country to country. So if you're a man who is five foot one, and you're out with a woman who's four foot nine, or if you're you know my height, you're five foot six, you're out with a woman Emily's height 5152. You're with a woman who is statistically the same as you in terms of height. Now, look for a second how women love Men who are confident men who can lead. Now, I will be the first to say that women who are petite in this culture generally don't hear your short too much. There's enough guys out there who like tiny women that they don't really hear about it. yet. There's still a huge cross section of women who are shorter than average who are self conscious about it. Agreed. Yes, I'm so sure I need to wear three inches heels because I just wish I was taller.



Eben Pagan 50:25

Yes, yeah, no, I've heard that a lot.



Scot McKay 50:28

Now, in my case, I think Emily's perfect the way she is. She's five one. And incidentally, Emily did not have an issue with her height. But for a woman who does have an issue with her height. Think of the impact of a guy coming along who statistically the same as her. Who's got that covered. He is comfortable in his own skin. He loves who he is, as he is, has no problem with his height. I mean, I'll even do self deprecating stuff. I'll stand up in front of a crowd and say, Hey, my name is Scot McKay and yes, I am standing up, everybody gets a laugh, and I'll keep going. Yeah, yeah, it's great. If a guy comes along who doesn't feel like he's inferior because he's sure and he comes along and meets a woman who statistically his height, who does have that issue in her life, he's leading, he's confident, and he makes her feel better about herself. He becomes her hero, because here's a guy who I have something in common with, but wow, look how he handles himself. Look how he carries himself. Now that is going to get her attention. Women who are five foot one, four foot 10, pick a petite size for a woman, five, four, for that matter. They say they want a guy six foot two, six foot three. What happens when a woman who has petite hugs a guy

who's six foot two, six foot three, he basically has to bend down, what do you do pick her up and hug her. No matter what it is going to be an awkward situation. We can agree on that. One of the most important things I want to relate to A man is shorter than average, is if you can go up to a woman and get to the point where you can hug her. You know, you've earned her trust enough where you get to hug her. Give her a hug, where you hold her, let her hold you. Let her let go first. That's a great life lesson. Anyway, whenever you're hugging someone, let them let go first. And don't be sexual. Don't be grinding your hips. Don't say anything. Don't throw a little freaking silently hug this woman until she lets go. And when the hug is over, say, Wow, it's like we fit. That is such a sexually charged thing to have that kind of physical sexual chemistry where a woman knows that when this man holds her, it's like two puzzle pieces. I call that the puzzle piece factor. And I can't believe the number of men who are shorter than average who have never hit on this and capitalized upon it in their life. Because they're squandering it golden opportunity to demonstrate to a woman hey, here's something a guy who's shorter than average can give you that a taller guy just will never be able to do. And it's powerful. It's fantastic. Any guy who's listening skeptical, try it, give it a whirl because it will absolutely change your life. David another important concept related to knowing what we want before we go out and deserve it, is the whole concept of the age gap guys wanting to date younger women. I mean, some guys want to date older women too, which is fine. The importance is to know what you want. I have a very interesting conclusion I've arrived at and that's that most men not all, most men who are my age I just turned 40 guys 35 40 45 maybe even older think that the ultimate prize is to end up with a 23 year old woman. If only I could date you know, one of these young tight hotties I would have everything figured out. My realization is I think most of the guys focused on that are the same guys who can't get a 23 year old woman because most of us have actually I had the pleasure of dating someone who is much younger than we were, oftentimes end up feeling like we're babysitting. Now, if a guy finds a woman who is very mature, who is very young and clicks with her and feels like he's got a lot in common, more power to that situation, I think I'm more speaking here to a guy who wants the eye candy. He's a guy who just wants someone to look pretty on his arm and he thinks, man, if I could just get one of these 23 year old hotties I would have it made. I'd like to challenge that mindset. The way to avoid all the challenges of dating someone who's so young that you really can't relate to or in terms of a pop culture perspective. Everybody talks about having the same music or whatever life experiences, having the maturity level you're looking for in other ways. The way to get around that and still have a woman who's beautiful and sexy to you, is to find a woman who's closer to your own age, who seems a lot younger. To me, this seems almost obvious yet I've never heard it talked about anywhere. everybody's like, okay, here's how you get a 23 year old woman. Here's how you can be 50 and a 220 year old. What about a woman who's 35 years old and still gets carded? who still has an incredible zest for life and a sense of adventure, yet, she's got a great job. A good credit rating,

enjoys red wine, you know, knows how to talk to you about what you relate to. What about that woman? Now that woman's rare. But if you're a man who deserves what you want, and you know that how special such a woman is, you can learn to target that sort of woman. And I'll tell you, the results have been amazingly effective in my life. My fiance just turned 35 she regularly gets carded and has an incredible amount of fun.



**Eben Pagan** 55:49

So this leads to kind of, I think it kind of dovetails nicely into the idea of, you know, separating quote unquote quality woman from the rest of the women. out there, I'd love to hear some of your thoughts on what does it mean to separate? You know, or identify a quality woman? What is a quality woman? And how do you go about it?



**Scot McKay** 56:08

Well, the first place that I think I start is I've dropped the whole concept of evaluating woman based on her looks. And there's so many women out there who think they can get by on being beautiful. And the sad part is, a lot of them do. I'm going to have whatever personality I'm going to be utterly selfish yet, because I'm beautiful. I can still attract guys, or quality woman to me, is a beautiful woman who for her own self, for her own sense of pride and self worth has taken the time to be the kind of woman who deserves what she wants, the way I hopefully have in my life. This means that she has a sense of responsibility. She may be very intelligent, and she has an outstanding moral, moral mindset, the kind of class where she handles herself. She has a sense of self confidence. Can't believe the number of women in this culture who lack self esteem, a quality woman knows she's a quality woman. And this is the kind of thing that when you're with her, you get her to talk about herself. And the earmark of a woman I think is lacking self esteem. And she says, I'm sorry all the time. One time a woman was saying, I'm sorry, so much on a date. And I said to her, would you please stop saying I'm sorry, guess what her response was?



57:24

How sorry. I'm sorry, of course.



**Scot McKay** 57:29

And it seems so basic. It's like one of the bullet points you read when you're considering buying something that says, here's the one simple truth that will change your life. In this

case, it really is a simple truth. Stop focusing on a woman's looks and start looking more at who she is and who you're potentially getting to know. Can you be friends with this woman? Is this a woman you'll trust? Is this a woman you want to spend the rest of your life with? And then you know you're on the trail of a quality woman. Just the simple Concept alone, of having self esteem is just such a major factor. I can't overemphasize. Here's another good acid test to know if you as a man are really going after the woman you want and looking for quality. As we all know, the media in this culture places a high priority on certain things of beauty. You have to be a skinny woman, you have to have a large chest, etc, etc. And to me, that's all designed to make people spend money chasing something that's very elusive. And when they don't get what the media is telling them, they should be, well, then they go spend more money, right? A lot of times we as men start choosing women and the danger This is especially clear after you start being able to select the women you want in your life, David, so mark that once a guy actually starts getting options, a very dangerous thought can start creeping into a man's mind that goes something like this. Now that I can choose the women I want, I need to go choose the woman, everybody He's gonna think is the greatest looking woman, I need to go get a five foot 10 Barbie doll so everybody can be impressed by who I'm with. You know, when I'm out with my friends, I want them to think I have the hottest chick there. I have a concept called perfect imperfection that I think is the absolute pinnacle level to a guy's mindset that signals to him. He knows what he wants, he knows how to find a quality woman and he knows how to go get it so he won't settle for anything. If I come to grips with the fact that I am not attracted to five foot 10 Barbie dolls, which I'm not, but I'm in fact attracted to five foot one brunette women with spunky wispy hair, cute voices, instead of radio voices and who laugh a lot. Then I need to go find women I truly am attracted to regardless of what other people think. Here's a great example. I talk to a lot of guys on the phone about where they are on their dating world and where they want to be. I can't believe how Many men are actually attracted to women who weigh more than most women would think they should weigh if what I'm saying. A guy if a guy's dating a woman, five, six, he may think she looks better at 150 than she looks at 105 or 110, which would shock most women. Also in terms of the size of a woman's breasts, women are out paying plastic surgeons untold amounts of money. Lots of guys I know it really that really isn't a huge factor and who that who they're choosing, they may not even have a preference for that. So once a guy becomes comfortable knowing what he wants in a woman, he can feel more comfortable going and finding that and the concept of perfect imperfection is Hey, there are things about you that may not be media picture perfect. In Emily's case, she's got this little snaggletooth on her bottom row teeth. It's one two that's a little bit out of place and on her I just think it's who she is. I love it. wouldn't change it for anything, it makes her more attractive to me. Therefore, her imperfections are made perfect by who she is. And she's perfect for me. Everywhere we go, everybody goes, wow, you to look like you were just made for each other. And that is completely by my design and because that

was a man who deserved what I want, it was in my control to make sure that happened in my life.



Eben Pagan 1:01:23

Yeah, you're talking about something here too, that can be a, you know, can be an insidious problem. Once you start having some success in life, and you start being able to achieve it consistently. It's easy to let the the insecure part of you start basing a lot of your decisions on what other people will think and approve of.



Scot McKay 1:01:44

Oh, you know, huge point I can that can shape how much money you're spending on a car. Right now. I drive a pickup truck. I couldn't be happier. Big houses, people get big houses and they go, Oh my gosh, I can't believe I have to walk all the way downstairs from this office to go get a beer. Everything isn't always what it seems. yet. We feel like we've got to keep up with the Joneses. Right? And yeah, not only with the kind of woman we have by our side in terms of meeting the needs of everybody else. But anything in our life, our job doing the rat race of, you know, I've got to climb the corporate ladder, it can really take its form in any any way that we're talking about feeling like we need to be seen with a woman in a certain respect. And earlier, I talked a little bit about when you go to a certain function, you know that you're with the greatest woman in the room. I think being with the woman that everybody knows, is just perfectly suited and matched to you is part of that whole persona. In other words, you're not with the Barbie doll of the room. You're the guy who got the greatest woman overall in the room. You did better as it were than any other guy in the room. I think guys, we all know that guy. We know that guy when we see him. And when Emily and I go somewhere, No, she's not a five foot 10 Barbie doll, but there's gonna be a guy in that room who goes, man, look at those two, as well, when I'm with She's really pretty and everything. That guy only knew what happens when I get off. That's what I'm talking about in terms of having the greatest moment in the world everywhere you go. And I think that's an important distinction when we're talking about, you know, the media perception of who we should be with versus this perfect, imperfect concept. So I just want to make sure everybody, everybody got that one.



Eben Pagan 1:03:28

Yeah, thanks for the clarity. So, tell me a little bit more. You know, I know you have a lot of things to say about dates and kind of how to how to shape a date experience for a woman. And you're just tell me some of your ideas here about that.



Scot McKay 1:03:42

Well, you know, we talked at length earlier about how you know, we may or may not want to go spend a lot of money on a woman and take her on a date or whatever. I personally think that the nuclear weapon for any guy, whether he realizes it or not, is learning how to cook for a date. Some guys go hey, you know what? cooking, I can't cook. I just go eat fast food and you know, you know cooking for chicks anyway. Well, first of all, any guys ever watched the Food Network and seen Bobby Flay and Emeril, those guys know that? Yeah, there's men out there who can cook and be a man about it. Women are enthralled by guys who can no know how to cook. It's amazing. Like I said it's a nuclear weapon I put on my profile. Matter of fact, if you're listening to this and you know how to cook, and you don't have on your online profile that you can cook for a woman. Pause this interview right now. We'll wait and go put that in your online profile. Do it right now. It's that important. And we're back and we're back. Great. I put in my profile. I'm not standing cook. If you think you are also, how about an Iron Chef battle in my kitchen? I had women emailing me saying you're on I don't even know these women and they're saying, Yeah, not only will I have a first date with you, yeah, I'll come over your house. Hmm. You know, the Holy Grail is it was getting a woman to come over one's house, right? I can't believe the number of women I got on the phone with them from an online dating, you know, we met online an email or to get them to the phone as quickly as possible. And I would say something to the effect before I figured out how powerful this was, Hey, you know, maybe we should get together sometime. I've got this going on, you know, the typical di D stuff didn't want you know, say I was going to press them. Here's what we're gonna do. Well, you know what it says here in your profile that you can cook and, you know, why don't you prove it? Why don't you cook for me? I'm not really all into getting gussied up and going out for a date. You say you know how to cook, do it. And I would say You mean my hair and my house? Yeah. I'm gonna come over and I would have these women come over my house, and I would cook for them. So not only do you have Women feeling comfortable enough with you because they're making the invitation they're doing the suggesting, hey, I want to come over your house and you're going to cook for me once you get a woman in your house. And David, you've said this time again, you don't you know, you don't have your paws all over them. As soon as they get there. As soon as they get in the house, you're still cooking something. You give them a drink, say, hey, okay, let's chitchat. While we do this. The whole concept of eating together is a bonding experience. We see this in all different situations in life. If we have a business luncheon, it means you know, we're building rapport as a team and we're going to do business together. If you eat with a woman, you are doing something together that creates a bonding experience. So guys, even if you don't know how to boil water, there are recipes that you just cannot therefore proof their idiot proof. You cannot mess them up. And the secret is adding some nice fresh ingredients to them and doing the shopping and obviously asking your date, what she's



allergic to, etc, etc. That's all important. Add fresh ingredients. add something that's a little exotic as an agree And you will impress the woman, no problem. And you haven't taken her to a fancy restaurant, you haven't spent a lot of money, and you have her in your house. Now, not only do you have her in your house, but you, you hold the cards as to where this date is going to go, right. I've had women who wanted to come over my house for first date, and I wasn't really into them. I wasn't digging them. But I like to cook dinner. And I like feeding people like that I've come to a point in my life where I genuinely enjoy it. And I had a good time with this woman. I said, All right, well, it's time for me to go to sleep. So I'm gonna call it a night. That's it. I said, Well, yeah, yeah, thanks for coming. But see, I had I had that situation in hand. So yeah, if you're meeting a woman online, she comes over your house, you're gonna risk that she's not the woman you're looking for. But at least you're getting women coming over your house. Yeah, you've got that handle. That's not something that has to be any more complicated process than that. But when you do have a woman who comes over and you're attracted to her, as long as you Do all those principles that you talked about Dave where you know, you're not needy, you're not clingy, you're not needing this woman. Then you can cook for her, which will knock her socks off, you can eat together, which will be terrific. And then you have an outstanding built in opportunity for what I think is just one of the greatest things a guy can have in his toolbox, which is what I call the most important 30 minutes in



Eben Pagan 1:08:23

dating. Ready for this. I'm I was born ready for the most important 30 minutes in dating.



Scot McKay 1:08:27

As soon as you are done eating, you have two choices. You can either have dessert, or you can not have dessert. A lot of times everybody's too full for dessert. What's the woman expecting to happen? After dinners over she's expecting the guy to start putting the moves on. Right she's got her antenna ups and hey, you know, I'm attracted this guy and he's attracted to me, but Oh gosh. Here comes right. Do you know what you do at the end of cooking for your date and eating together? You do the dishes You're killing me if a guy listening to this does not get a first kiss, if he so wants a first kiss, after perfectly executing upon what I'm going to say, then I really have nothing else that can help. 200 dishes is the magic Hmm. Here's how it works. When you're going through the courses, you don't want to stop right there and do the dishes in between. So yeah, you've cleaned up a little bit ahead of time, you've got a sink that's empty to begin with. As you're done eating, you take the plates, you put them in the sink, when you're done eating, you don't have a finished dessert or you didn't want this or whatever. You go, Okay, let's go do the dishes. And she'll go, What? So yeah, it's time for you to you know, do your part here. Let's go into

the dishes. And she'll go, okay, whatever. So you pick out you know, you don't care if you have a dishwasher or not, someone's gonna rent and somebody's gonna, you know, yeah, put them in the machine or dry him. Here you are standing next to a woman you're attracted to and who may be attracted to you standing side by side in the kitchen. Okay, you are not making the moves on her. And she's expecting you to, which means you are increasing the comfort level she's feeling with you because she can't believe your paws aren't all over. And you know as well as I do that's increasing attraction. Then the flirting starts. I'll tell you straight up if she takes a wooden spoon and whacks you on the tail with it right then and there. You turn around by both shoulders throw against the frigerator and kisser brains out. You're done. Go Go for it. If it doesn't happen perfectly like the book like that, you know, you're washing dishes. I don't care what she says. All you say after a little while of doing dishes you say? Look, you know if you don't stop acting like a brat I'm gonna have to splash you. Hopefully she'll splash you first. At which point you better kisser. If not, you splash her turn around like nothing happened. wait for her to splash you back. Then you kiss her. So in other words, you will be so much sexual tension. They're doing the dishes by virtue of you standing there. Not doing nothing. But standing next to each other, I guarantee it will work and it does. So



Eben Pagan 1:11:03

you're waiting for either the spoon to hit you or some dishwasher and that's your signal to kiss her. That is your signal. That's beautiful. I think



Scot McKay 1:11:10

this is literally as foolproof as your, your kiss test.



Eben Pagan 1:11:14

That's fantastic. So cooking



Scot McKay 1:11:16

for your date. Look at this whole picture you have done something for a woman that shows you're interested in her without being needy or clingy. You have fed her you've eaten with her. She knows that you're not all about yourself that you willing to give a little. You've shown some hospitality this whole time. Look guys, keep in mind, your Bobby Flay, you're not Julia Child. If you have to use the grill to make the shrimp to put on whatever you're making, do it. Make a masculine dish you're not going to make quiche or some cute

little fluffy thing. Make your favorite thing make make steak. Give the woman a masculine dish. Move quickly in the kitchen. If you're deciding you're going to go all out for this and you're going to get all the toys like you would if you picked up a hobby. Go for this Stainless Steel utensils. Be a man about



Eben Pagan 1:12:04

mercial.



Scot McKay 1:12:05

Yeah, right feed the woman, take care of her, be a man about it. Don't be sexually needy. At the end, you do the dishes. And it's amazing what happens from there. Another great thing is, you know, you can say, hey, look, man, we ate too much. Let's go take a walk. So cooking for your date is just absolutely rife with potential.



Eben Pagan 1:12:23

All right, Scott, thanks for sharing that some very interesting and many original things I've never heard before. I really appreciate them. If someone wanted to, you know, get their hands on some of your programs. How would they find your materials online?



Scot McKay 1:12:37

Okay, David, perfect. In addition to the program for shorter man, we also actually have a book about cooking for your date, which not only includes some of the strategies, just a brief bit we've talked about here, but actually some of the recipes that really are foolproof. So you have that we also have my first book, which is deserve what you want, appropriately titled and all of those can be found at what I'm announcing to be a special URL just for listeners of this particular program because



Eben Pagan 1:13:03

I cajoled you into it.



Scot McKay 1:13:06

There you go. Not a problem. We're at [WWW dot deserve what you want.com](http://WWW.dot.deserve.what.you.want.com) front slash

d y d.



Eben Pagan 1:13:14

Excellent. Well, thank you very much for taking the time with me today, Scott. I really appreciate it.



Scot McKay 1:13:19

It's my pleasure.



Edroy Odem 1:13:27

mountaintop podcast is produced by x&y communications. All Rights Reserved worldwide. Be sure to visit WWW dot mountaintop podcast.com for show notes. And while you're there, sign up for the free x&y communications newsletter for men. This is Ed royal. Speaking for the mountaintop