

mtp235

📅 Thu, 1/21 5:35AM ⌚ 37:07

SUMMARY KEYWORDS

life, speak, world, man, dutch, people, mountaintop, spanish, talking, feel, bit, english, robert, itis, drive, integrity, bilingual, woman, x&y, book

SPEAKERS

Edroy Odem, Scot McKay, Robert Althuis



Edroy Odem 00:05

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



Scot McKay 00:17

All right, gentlemen, welcome again to get another episode of the world famous mountaintop podcast. My name is Scot McKay at Scot McKay on Twitter parlor. And now clubhouse two, if you're on that platform, it's brand new and pretty cool. If you are on Youtube, look for Scot McKay. If you are on Instagram, it's real Scot McKay, the website, as always is not top podcast calm. And I do invite you to join us on the Facebook group for like minded men. That's the mountain top summit on Facebook. Hey, guys, listen up, I got a good topic for you today. Because I was actually just talking about this very notion with my guest today who's a new friend of mine. And you guys who listen to this show tend to be smart, high achieving guys who asked a lot of yourselves and have high lofty goals in life. And what that does sometimes is pushes us to expect not only a lot out of ourselves, but an unreasonable lot from ourselves. My guest is named Robert outhouse, and he is the author of a book called never enough itis, which is exactly about what you think it's going to be about. So without anything further, I want to introduce him to you, Robert, welcome to the mountaintop man.



Robert Althuis 01:35

Hi there. Scott, thank you so much for inviting me and having me talk about my book and talk to your audience. I'm really, really excited about this conversation.



Scot McKay 01:43

Yeah, as am I, I think one thing that I want to go ahead and share with the listeners that you and I were chatting about beforehand, is you spent the first 21 years of your life growing up in the Netherlands. And one of the things we were talking about before we hit record and started this particular podcast is man, you sound like you're from the northeastern United States. And I remember the first time I landed at Schiphol Airport in Amsterdam, I thought the gal in the convenience store where I was buying some mints or gum or something was from the United States. And she's like, No, I'm from here. It's just we speak perfect English, and we watch American TV. So we all sound like Americans. And I was always fascinated by that. You know? So it seems like you're carrying on that tradition, at least to some degree, right?



Robert Althuis 02:23

Oh, absolutely. And well, first of all, we were taught in a very early age, I think I was six when I started having English lessons. But it's, you know, the TV, the pop culture, it's we travel and we're trading nation. And I mentioned that when we when we talked earlier. So we're just taught from a very early age, and they're very adaptive. nobody speaks Dutch in this world. There's about 16 or 17 million people in the world who speak Dutch. So we have to, it's just, it's just adoption, right?



Scot McKay 02:48

Isn't that fascinating? You know, I've also been to Wales, which of course, is part of the UK nowadays. And they still have things written in Welsh and in English, just about everywhere. And Welsh is notoriously overwhelming to a non speaker. I mean, the words are just like 50 characters long. And I happen to ask a couple of Welsh folks while I was there, like, Hey, you know, how do you make heads or tails of Welsh language? And they all said to me, I have no idea. None of us speak it. I mean, nobody's talking that for 100 years around here. It's just a matter of cultural heritage, why people keep writing in on everything. And I always thought that was fascinating. You know, and I've been, I see their point, but man, yeah, overwhelming language. Dutch is one of those language that appears odd. I think to the English speaker, there's a lot of Dutch words that at least in print, seem like somewhat silly misspellings of American words, and we just shake our

head at it and don't know where to even start.

R

Robert Althuis 03:46

Yeah. And also, sometimes they are too. And, you know, the Dutch language actually changed dramatically after World War Two, because it was much more they and germanized it. And so they literally changed the dictionary post World War Two, because they wanted to make it more Dutch and less German. And I think what's happened in the last 5060 years, it's moved much more towards English. When I speak with my friends in Holland. There's a lot of English terminology, but half of the college classes now at University of Amsterdam are in English. So there's a lot more English is pervasive throughout Holland, I think that's going to continue You know, there's these, there's these believes that ultimately, all languages in the world are going to converge. And you know, we're going to have like three or four major languages probably English, Spanish and Chinese. So I think that's happening in small countries like, like Holland already, because you know, Dutch is just slowly but surely becoming irrelevant.



Scot McKay 04:38

Isn't that something? You know, Norwegians? Well, Scandinavians in general as well as Germans, let's be honest, it seemed to speak English so much more effortlessly than we would as English speakers trying to learn their language and and that always seems to nonplussed us as English speakers. I mean, you know, heck, you know what the running joke is, America is the most monolingual country in the world and that, you know, is funny to the rest of the world. We think someone who's bilingual here in the United States is some sort of genius and everybody else worldwide is to kind of scratch their head at that, you know,

R

Robert Althuis 05:12

although you you say that though, but you live in Texas, I live here in South Florida. I think that within a few years, you're not going to be able to become the president of the United States of America, unless you speak fluent Spanish. It's just an electric electoral vote issue. I mean, there's just a huge part of the constitute of our population, that's going to be native Spanish speakers. So I think we're becoming bilingual country quite fast. And obviously, you see it on signage everywhere in Texas, would you see it here? Definitely here in Miami. Almost all the signage and all the public buildings are bilingual. So you know, we might be going in that direction, where Spanish is just going to be part of our, our native tongue. Yeah. You



Scot McKay 05:55

know, in the last election cycle, we had several candidates at least attempt to speak Spanish, even though some of them kind of butchered it, which was comical to those who do speak Spanish. But yeah, I agree with you. I think being bilingual in English and Spanish here in the United States is going to be all but essential within the next decade, if not already. Yeah.



Robert Althuis 06:15

And in terms of my kids, you know, I had this discussion. It's on my ex wife, but she asked me, Do you want to teach them Dutch? I said, No, it's useless teaching Spanish. I want them to have a second language. I want them to have that cultural aspect of having a second language in her life. But but not Dutch. I mean, it's not practical. They're learning Spanish. And obviously, they're fighting it a little bit. My girls a little better at it than my boys. But they'll the boys will have interest when they get to a dating age.



Scot McKay 06:42

Something else? Yeah, for sure. Especially since you live in Miami. Yeah, exactly. There's some hot Latinas down there for sure. Yeah, I actually started speaking Spanish to a woman on a date. And she just looked at me and badder eyelashes and said, Ah, man can't the mucho which is so perfectly expressed in Spanish. I mean, literally, it means you just enchant me. But the idiomatic significance of it is Oh, you're doing what it takes. You're turning me on. You're making me more. That's what it really means in Spanish. Good stuff. Good stuff. Well, listen, man, speaking of the English language, you've coined your own term you've added to the lexicon with a word of your own, never enough itis. Now, as I said at the outset of this show, that's one of those words that I think we know what it means. As soon as we hear it, especially if we're a tight Bay kind of guy. But, man, listen, it's your gig. Why don't you explain in your own terms to these guys, but never enough? itis really means Robert.



Robert Althuis 07:40

Yeah, thank you for explaining that. And I have to admit that my publisher really pushed me to use this title, because the original title was overcoming me overcoming me. Yeah, because I started writing this book, I sell therapy. That's actually where it came from. And as I was drafting the book, I found a publisher and they were interested. And then as I was going through the writing of the manuscript, they said, you know, you should go to is never enough. I just because I use the word throughout, because it did describe something that I

feel I suffer from, and I see kind of around me in the world. So I was, you know, just like your, your audience on this podcast. I was, you know, I was a competitive guy, highly competitive, alpha male. You know, I had a bit of a father wound, you know, he was a stoic, I was one of them to be impressed. I want him to pat me on the shoulder and tell me he was proud of me. And so I set out in the world, I was a tennis pro, and then I got into real estate and I did well at that I went to night school got my degrees than a GED, I did the same thing. And everything was just relentless, right? I only had this one speed. And what I noticed that what kind of crept into my being so to speak, was that it was never enough. Every time I achieved a goal, I already moved the goalposts to the next one, I didn't enjoy it really much of it, because every time I had success, every time I reached out, you know, whatever that goal was, whatever that aspiration was, I was already kind of had my sights set on something bigger, something new, more projects, more money, more validation, more cars, houses, whatever it might be. And that translated itself in really, I think my integrity kind of falling apart, I started compromising myself, selling my soul if you want to ever going higher up in business, getting more exposed, swimming with the sharks becoming more of a shark myself, and ultimately, that kind of ran away from me, and it really got away from me. And in my, in my case, it kind of showed itself as you know, as trying to numb myself because I was, I was feeling it, but I was repressing these feelings. And as you probably have covered many times in these podcasts, you know, when men repress their feelings, it comes out as anger, it comes out as violence comes out in multiple ways and I was hurting my environment around me. Much more so than anything else. But I was hurting myself too. I was trying to numb myself with alcohol with partying chasing more women. No Frills, all kinds of stuff. And that became the narrowed fit, which eventually derailed. And so my success became ultimately my undoing.



Scot McKay 10:11

Man, you just erected a tower of issues. Man on this show can relate to you, man, I almost don't even know where to start. That's such a smorgasbord of opportunity. The first thing that I'm reminded of is you talked about swimming with the sharks. Yeah. And I'm reminded of a book title by one of my mentors, Harvey Mackay, which is called swim with the sharks without being eaten alive, right. And it's written in a way that will really charm guys who are like, Hey, you know what that really describes me. He's writing to businessmen. And businessman probably, I don't know, you know, I'm just thinking about this right now. But I would dare say, compared to any other profession, except maybe professional sports, or the like, you know, your most driven guys are going to be business guys, businessmen. And I'm also reminded of a conversation that was had years ago with John D. Rockefeller, where the interviewer asked how much money is going to be enough? And his answer was just a little bit more. I actually went and researched that historical occurrence, knowing you were coming on. And at the time, Rockefellers net worth was 1%

of the entire US economy. And you know, what, kind of as a follow up to that, I was curious enough to go research where Bezos and Musk and those guys are right now, you know, they're almost approaching that themselves. Isn't that crazy? In the year 2021. But be that as it may, we're talking about a man who at his time was as rich relatively speaking, as Jeff Bezos is today. He still said I need a little bit more money. And to me, that just makes that kind of guy, the poster boy, for never enough it is. Another thing you mentioned was going back to your childhood, what you wanted was the approval from your parents, specifically from your dad, and it just seemed like no matter what you did, his answer to you was just a little bit more. And I think a whole lot of guys can relate to that. I mean, when there's never a victory, it pushes you to do more and more, because you've learned to be harder on yourself, because your parents work consistently harder on you trying to get you to achieve achieve achieve. And you know, what gets parroted back to you is there's nothing wrong with that. That's the American dream, isn't it? You're supposed to do better and achieve more. And that's just the way we are around here. Well unpack that a little bit for us. How is that kind of mindset impacting men in the here and now?

R

Robert Althuis 12:54

Well, I agree with you that it can be a motivator. Clearly, it motivated me to do a whole bunch of stuff that maybe otherwise I wouldn't have been motivated to do. Where I think you were it goes overboard, when you really start losing your perspective is when it takes the joy out of your life. And it takes you the joy out of the small victories and the small little things and I didn't stop to smell the roses for any of it. Any of it, nothing was really a pleasure. It was maybe at best a small, short, little dopamine hit, you know, I have these tests with red and they go in a little sugar rush and they get they get happy for a little bit. But you know, that's not not a really productive way of living. That's not how you create the most beautiful situations in your life. That's not how do you create depth in your relationships, in your friendships and things like that, because to me, I was always too busy just going to the next thing and achieving the next thing. So I think we we have this balancing act. Now. I do believe that, you know, there's an innate drive, and this being fueled, can come from the inside, we don't need to be tickled by these kind of lower frequency emotions, like, you know, I want my father to pat me on the back or I want him to see me or I want to be recognized. I think that can come from internal motivation. When we're in alignment with what we're wanting to accomplish in life and want to achieve and I believe every man has a vision for what he wants to achieve. And as long as you're in alignment with that vision, you can you can still have that drive. You need to be motivated in this more negative way than I was.



Scot McKay 14:21

Yeah, we're not looking for the pendulum to swing all the way in the other direction here. And that bead sits around and watches Jerry Springer with Cheeto fingers all day. Right? That's right. There is definitely a balance. I think that's a solid take. Because nowadays, it seems like you have a lot of people are slacking. Hey, when's the government going to send me another stimulus check? Because I'm running out of cash here. Come on, make with it. Let the rich companies out there and the one percenters like the aforementioned Musk's and Bezos of the world, fork over some of their cash and give it to me for free. And you still have people out there who are like, No, I want to leave a legacy. I have one life I want to live it. I want to make it count and key component that you mentioned, I think is just so well stated. And yet, it's a simple concept, isn't it? Are we having fun here? Are we having fun yet? Have we stopped having fun? Is this a grind? Is this not fulfilling to me at all? Is it feeling like something I have to do is there's something I want to do. And one of the things you and I both have in common, is we both got our dream job in the corporate world, and woke up very shortly thereafter, one day and said, I'm not sure this is what I really wanted. I'm not sure this isn't filling me, I think there's something else that isn't necessarily striving to be bigger, faster, richer, more and more and more, that would not only make me happier in the moment, whatever that means, right? But also feel more like my purpose in life, more valid, meaningful purpose that would leave the world a better place. Right. So that's been your experience also, hasn't it?



Robert Althuis 15:58

It has. And I think the other thing is that we can, we can focus on the process versus the outcome. And what I mean by that is when our whole life is based on just goals, you know, every time we reach that goal, it's going to be a very short, satisfactory period. But when we show up, and we say, Okay, I want to be the best man I can be, we can measure that every day. We every day, at the end of the day, we can look ourselves in the mirror, did I show up today? Did I do the things I said I was going to do? Did I, you know, commit myself to my health to my relationships to my work? Did I show up basically, and throughout the process, and when we're doing that, then the process becomes the journey. And I think that's really where the gold is. Because ultimately, you know, life is just a string of moments. You know, we we don't swing from goal to goal in life. I mean, we go every day, we wake up in the morning, and what's gonna motivate me, this is something that that for me coming off is never enough. It is, I was so disappointed in myself as a man that I had this goal for a longest time, I want to, I want to be able to look myself in the mirror at night. And I wanted to say, like you showed up, and you showed up with character and integrity, and you know, you did the right thing and you didn't, you know, I don't wanna say cheat on your wife or whatever. But, you know, you didn't stray right? You

stay to your core, you stay to your mission. And that, to me was so rewarding. That, that that's still today, a big practice that I do is like, at the end of the day, I take stock I said, you know, did I show up, show up better than I did yesterday, because that's progress already. Right? And we can move 1% every year, we're moving the needle tremendously.



Scot McKay 17:38

You know, I think unless a man has a problem mentally, in the form of being sociopathic, or clinically narcissistic, or something that would warrant the mental health profession. All of us want to be men of character, we want to do the right thing. And when we're out of integrity with ourselves, we feel broken. We feel out of balance, like you said, and we feel like we want to get it fixed. And yet sometimes that or to bend the rules a little bit, and maybe fudge on some things today. You know, that siren call seems like it's too strong to overcome in the moment. And that's where Jacko willing and some other guys talk about discipline, versus simply motivation. And I get what they're talking about that look into the mirror, at the end of the day, asking oneself Was I the best man, I could be today. To me, that sounds so much more doable, so much more practical, and indeed, a lot less intimidating than what we've heard in years past, which is a much more grandiose, global outlook to the effect of Okay, on your deathbed and your final moments of your entire freaking life. Will you be able to say, Yeah, I did well, or will you be dissatisfied. And to me, that's always sounded like a somewhat manipulative thing to say, especially to a bunch of men. Because in that case, you get one shot, and either you blew it, or you stuck it, you know, and we're all going to have things we wish we could have done, you know, the whole FOMO thing, you know, sure. Here nowadays, we see so many examples on social media and in popular culture of guys just crushing it and doing better than we could really ever reasonably hope to accomplish in our life. And you know, indeed, when you have a global scope with which to look through, there's always going to be someone who has more does better is more talented. And that can give guys a serious case of this never enough it is especially if we're looking at this particularly long view of Okay, at the end of my days, right before I close my eyes for the last time will it have been enough? Man, that's a whole lot of pressure. Meanwhile, what you're saying is Hey, every day One day at a time, what did I do today to be a better man and then cumulatively, over time, you will have reached a lot of small goals instead of setting this high lofty expectation that you know, you may have been on the right or wrong path all along, at least you get a head check on a day to day basis this way. And I like it because it seems a lot more manageable, doesn't it?



Robert Althuis 20:21

Yeah. And I got a couple things on that. I mean, first of all, we're not in competition with

anybody, the only person you're in competition with is you to be the best you that's that's your only job in life. You know, you're not up against Elan Musk, you know, up against diesel as anybody else that you pick, I mean, you're up against you, what can you do with the means that you have available to you today. The second part is when we change within, when we change our world, we change the whole world. And we tend to we tend to forget that how big of an influence we have, because you know, your kind of action or your you know, your integrity that you show to someone else, your generosity, your willingness to help someone, you know, that has a huge ripple effect, that can affect that person's life that can affect that person's outlook, even on life, you know, and if you have employees around you, you have family members you have, you know, kids maybe or maybe a relationship, a love relationship, I mean, the way you show up as a major, major effect. And so you all you have to worry about is that that you can control and that's you can control. Now, the third part old is, is that the man that has few ones is always rich. And I think we have so many things that we put in our sights that we attach happiness to that, you know, if I, if I have this in my life, then I'll be happier if I have this car that house or have that type of love relationship. And I don't think that it really works that way. Because nothing on the outside is ever going to be able to fill whatever hole you might have on the inside, it always comes from the inside out, we create our whole world from the inside out. So I think just focus on those things that you can control, which is just you the way you show up in the world, the way you do your things. And these little things, the ripple effect of that is massive. And I can tell you that everybody that's out on social media or, or in the news, or you believe it's so successful. First of all, take it with a grain of salt, because you know, there might be quite a bit of marketing to it. But you know, are they happy? Are they fulfilled? How did I accomplish those things, I don't want to take anything away from anybody else. Because lots of people do that in a genuine, honest way. But there's a lot of stuff out there today, I can tell you very, very well to do people that I've met that, you know, we revere in this world that we live in. But if you if you peel back the onion, and you look at their character, and you look how they got there to kind of practices and how to show it up in life, I think you would kind of frown a little bit and say, you know, I don't really want to get there that way.



Scot McKay 22:57

You know, I immediately thought of the phrase that's been oft repeated over the years comparison is odious. And in the world of social media, really, we're seeing everybody's highlight reel. And when I say everybody, I mean literally everybody. So it's really easy to look at our own little world and go man, I'm failing. I'm not doing enough. I'm not enough, personally, because look at everybody else out there, man. They're crushing it. And I'm reminded of the times that I've seen on social media where someone's crushing it, they're

doing great, and then you don't hear from them for a while, six months later, they're back to doing their online marketing stick or whatever. And they're like, yeah, you know what, I was homeless, and I was destitute, and I was on drugs and drinking my way to an early grave. But here's how I had my breakthrough it ever came in. I'm like, Oh, good grief. You know, this guy was crushing it a year ago, then, you know, hit rock bottom. And now here he is back again, talking about how he's overcome everything. And life is great. No one ever talks while they're at rock bottom, you know, they just kind of shield the rest of the world from that. So I think what you're talking about, is an excellent, excellent indication of the kind of mind games that we play with each other, especially nowadays, with regard to our own personal expectations, as well as the kind of comparisons that are almost forced upon us as we, you know, interact with others in the very artificial world of social media. And I'll tell you something, Robert, you also talked about how a man with few wants is always wealthy. I'd love to get your comments on this because I know it's a fact especially here in North American middle upper middle class culture in particular. It seems like we're driven to go for things we don't even really necessarily want. Right? So some of the things we're trying to pack our self esteem or a sways ourself with, or somehow make ourselves happier with are already barking up the wrong tree to begin with. I remember I used to live in one of those neighborhoods that was populated by precisely that window of culture where people are constantly trying to outdo each other, right, people who are wealthy, so they no longer feel like they have to impress everybody. They're making what's called really good money in the world of Robert Kiyosaki, right? They're not wealthy, they're living paycheck to paycheck in many ways, but they're out spending their income and leveraged to the hilt with credit, because they feel like they're in a position to theoretically make everybody else believe they're wealthy. You know, I've explained it. Yeah, I remember specifically, one of my neighbors was driving a three series BMW, and a guy who literally live right next door, Tim's next door neighbor went out one day and bought a five series BMW. Within two weeks, the first guy had a seven series BMW park in his driveway, which he had traded the three series on, and I remember shaking my head going, is this even a world I want to be a part of? Right? You know what I mean? And like we mentioned before, that was during the time where I had my job, where I was, quote, unquote, overachieving at an early age for a fortune 50 company. And feeling like you know, I was just wasting my day wasting my talent and energy helping a wealthy company make another company even wealthier. Because you know, I had a, I was on the customer team for that company, working primarily with another business, another major businesses, my customer, and it was just the opposite of fulfilling, and I certainly wasn't going to be more fulfilled by going and parking something better than a seven series Beemer in my driveway, just one of those other two guys, it seems like this one upmanship is really a major symptom of this never enough itis isn't it?



Robert Althuis 26:50

It is a major part. And I didn't come up with that quote, by the way, that's an old stoic philosophy quote. And it really comes from this concept that, you know, there's two things in our mind, right, there's the actual experiences alive. And then the stories are the narratives that we create around our life. And so once you know, the want of a certain car, or whatever, it's usually just a narrative, you know, because there's something in that car that you know, represents something that we feel that we're going to have by having that car. And so this goes, you know, throughout our life, and this could be the next job, this could be the next, you know, project, you win as your business, it could be anything. And so you always got to wonder, like, you know, where's this one coming from? What is the whole I'm trying to fill, because, theoretically, you know, that no, we're born or complete, you know, for whole, we don't have to prove anything, we don't have to become anything, we don't have to be anything that we're not. So all, you know, all of life becomes much more play, and becomes much more an adventure when we kind of let go of these ones. And that's really what this quote is alluding to that, you know, we can drive ourselves crazy to, you know, if we're gonna only be happy once we have something that's just out of reach, then we're always just not happy, right? And we're not enjoying what we have right now, we're not grateful for what we have right now, which, on another level, actually, you know, without having that gratefulness without having that frequency of abundance, you're actually not going to attract it into your life, you're always going to be on this carousel chasing it. But it's always going to be elusive.



Scot McKay 28:21

You know, I think it all comes down to what we commonly refer to as identity around here. If we know who we are, as individual men, if we know what movements or what faith or what purpose, we want to be part of something larger, which we all have a yearning for within our hearts. And we know what we're capable of, we have the self awareness as another recent guest talked about to realize what our strengths are, and what we're not so good at, and what we're about and what we're not about, then, really, we're in a much better position to build self esteem, self worth, have a sober image of self overall, then if we're constantly on this hamster wheel, trying to chase something else that feels like an accomplishment or an acquisition or something, but conquering trying to feel better, because unless it comes from within, and it's authentic, and it's genuine, and it lines up with our values. It's always going to be empty, right?



Robert Althuis 29:22

Yeah, yeah, absolutely. What I also want to say is like, it's good to have goals, it's good to

have a very clear spiritual vision for your life and what you want to accomplish, and we want to know how you want to get there. But I think it's most important, like how do I want to show up? What are the qualities that I want to embody? You know, what kind of man do I want to be because, you know, just in general, that's what's going to make you feel whole and fulfilled, when you can look yourself in the mirror, but also, this is what other people are responding to. You know, are you the kind of person that people want to be with that they want to do business with that, you know, women that might want to associate with that pedal comes from presence from substance that has nothing to do with a car you drive or house you have or even to some extent the clothes you wear. I mean, obviously, it makes a difference how you present yourself. But, you know, generally speaking, we're energetic beings and people respond to your energy. And if you can work on those things that are your energy, and you know that it are things like integrity and the way you show up and the way you you you view life and the compassion you have for other people, that is going to resonate with other people, and you're going to have tremendous success. And whether it is business or love or friendships or any other area of life, because people are gonna want to be around you, they want to, they want to do stuff with you, they want to do business with you. So focus on those things. And the never enough ideas will slowly kind of whittle away You won't need it because you'll feel



Scot McKay 30:49

good. You know, I think a fitting coda to this conversation would be to offer some mention to how this hamster wheel of never enough itis actually, objectively affects our relationships with women and indeed our potential relationships with women. And guys, here's my take on that. If nothing is ever enough for you, it's gonna be damn Skippy hard to make a woman feel safe and comfortable in your presence, let alone in a relationship with you. Because if nothing is ever enough for you, she's never gonna feel like she's enough for you. She's always gonna be looking over her shoulder expecting you to dump her for the next prettier woman or sexy or a woman or a younger woman, even if that's not your intention. So you have to have grappled with this idea of never enough itis within your own mind, within your own psyche, within your own self within your own identity as a man and realize, hey, here's my purpose. Here's what I'm about, know who you are and who you really want as a partner. And once you find that woman, she has got to feel like she's enough. And here's a little life secret gentlemen, she's never gonna feel like she's enough until you feel like you are enough. That's leadership that's masculinity. His name is Robert althaus. The topic of this show has been never enough itis. And coincidentally enough, Robert also has a book with the very same title. And I want to direct you to it right now by going to [www dot mountaintop. podcast.com](http://www.mountaintop.podcast.com) front slash never an EV er I'm not going to expect you to to spell Roberts last name. And we've had several Roberts on this show already. So let's just make it front slash never. And when you go to mountain top

podcast.com front slash never and get a copy of Roberts book, you're not only going to be equipped for battle against this insidious mindset that creeps into a lot of our lives. You get a lot of other bonuses on how to be a better man in general. I've also added never enough items by Robert Althaus to the top of the queue at my Amazon influencer page, which you can reach by going to mountain top podcast conference slash Amazon. You'll find Roberts book there along with all the best selling books from quite literally every other guests we've ever had on this show. So if you're looking for some new reading material guys that you know you're going to resonate with, that's the place to go mountain top podcast.com front slash Amazon, Robert outhouse. What a great conversation. What a timely conversation, especially in the difficult times we have. Now a lot of guys are pushing themselves harder, because they're feeling like they're not doing enough because of what's going on around us society. So man, I really appreciate you coming on the show today being so vulnerable and talking truth to these guys about something that really indeed affects a lot of us. Thank you. No, thank



Robert Althuis 33:44

you, Scott. I really appreciate it. I tremendously enjoyed it. So it was good.



Scot McKay 33:49

Yeah, it's good conversation, man. And, guys, if you have not been to mountaintop podcast calm at all lately, definitely go there and schedule your time with me. 25 minutes, it's all yours. It's all free. There's no pressure, I'm exactly who you think I'm going to be. I want to hear from you. It helps me get my finger on the pulse of what's going on with you guys in your lives, especially nowadays. And if there's a way to help you get the right woman into your life, help you get the kind of lifestyle you want. help accomplish your dreams, get your identity in order have greater adventures, whatever's on your mind, we'll find a plan of action whereby we can accomplish that for you. Whether that means getting you in on the right downloadable program or getting into a coaching program like 10 Plus, who knows. But the first step is always to schedule 25 minutes with me for free at Mountain Top podcast.com. I also invite you to visit our friends over at both heroes soap and origin in Maine. And that's what this show is all about is being a man and our two supporters of this show. Absolutely represent that origin in Maine if you're a Brazilian Jiu Jitsu practitioner they got the coolest training equipment and keys there for you. I don't mention that enough here on this show. Heroes soap will make you smell like a man. And I'll tell you something if you haven't gotten some of their body wash yet this is not anything like Axe body wash. I have actually spoken to Lucas really over there about how he should brand this body wash as shower together. Because if you ever take a shower

with a woman, you are going to thank me profusely that I recommended heroes soap body wash to you. I don't know if I really should say more about that. But let me just say the consistency of this stuff is perfect for such intimate gatherings. How's that? Fair enough? All of that is there for you be it from Hero soap or from origin to Maine when you go to mountain top podcast.com you'll find the banners to click on to visit both of those sponsors and support them and when you do be sure to use the coupon code Mountain 10 to get an additional 10% off and until I talk to you again real soon This is Scott McKay from x&y communications in San Antonio Texas be good out there.



Edroy Odem 36:23

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 now