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Thu, 2/4 3:27AM 42:32

SUMMARY KEYWORDS

people, lives, work, connect, men, women, pete, connection, pandemic, mountaintop, femininity, world, talk, feeling, relationships, real, scott, happy, hear, scot

SPEAKERS

Edroy Odem, Pete Bombaci, Scot McKay



Scot McKay 00:02

Gentlemen, for the past year, our typical patterns of dating and relating and even of communicating with other humans in general, has been profoundly disrupted by the global COVID pandemic. Despite the advent of vaccines, here in the dead of winter and 2021, we're still locked down some places as much or more so than ever. And even the experts we see most often in the media are hesitant to say when we'll be back to a quote unquote, normal social life. Work is remote schools are still closed, were admonished to avoid non essential travel or even running household errands. Some of us haven't even seen family members, especially older ones. In months, when we do venture out we're dutifully wearing masks. But that only makes it that much more challenging to connect and communicate with people since we can even so much as read their facial expressions. Now, obviously, the ramifications with regard to meeting and attracting women in particular, are devastating. But the most devastating part of all, is also widely underreported, and perhaps underestimated. The utter desert of real world social interaction has driven most of us to over reliance on social media. There, people's frustration and anger, often percolate to a head and all that does is leave most of us flat out depressed. Well, you've probably also noticed that since the social media companies know who you are, and what your usage patterns are, their algorithms greatly influence the actual posts. You see. Have you noticed lately that you're seeing so many negative and perhaps even childish posts from people? You're not even sure you even know what's up with that? What's going on there? Why is this happening? When we're already collectively feeling so beaten up socially? as Tim Cook of Apple duly noted just this week,

to Facebook, you aren't the customer, you are the product. This is a particularly brazen statement given that Apple's own iPhones are the hyper addictive information collection engines such that they are. That brings us to the current state of dating apps. Well, men are swiping right on dozens of women at a time. And meanwhile, the female brain is wired to recognize each matches having uniquely selected and approved her as his first choice. So indeed, the apps have mastered human psychology and leveraged us accordingly. The net net of it is universal ghosting, flaking, and frustration that you know, virtually all of us are feeling. Now, most perplexing of all media companies of all stripes, both left and right leaning seem to be cheering all of this on if not straight up, stoking it. Now listen, you have the right to free speech, free thought. And yes, let's call it free association with those you see fit to connect with. This means you can escape the echo chambers and boldly decide who to make friends with people like you people different from you interesting people, new challenges, new horizons, new social circles. And I'm here to tell you that what you see online does not necessarily reflect what's going on in real people's minds. In the real world. Men and women feeling a bit more on edge than before. really do want to socialize and be good and decent to each other people of all races, ethnicities and creeds to despite the media's fear mongering. Now, guys, stay tuned for a real visceral take on real live connection with other human beings, especially women. This is a mission critical episode that couldn't be more timely given the current connection crisis. My guest is human connection expert Pete bomb Bochy, here we go.



Edroy Odem 04:10

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 04:23

Hello again, everyone and welcome to yet another episode of the world famous mountaintop podcast. Oh yeah, my name is Scot McKay at Scot McKay on Twitter and on clubhouse real Scot McKay on Instagram. You can find me on youtube by searching Scot McKay. The website is mountaintop podcast.com As always, and I still invite you to join us at the only real group on Facebook that really helps men relax and have fun this isn't a group for guys being kind of agony ants for each other. Oh my God, my girlfriend left me, you know help me feel better and not drown and alcohol and drugs. We're actually sharing things that will make you smile. encouraging each other in ways that help us be better men. And I'll tell you what the focus is very highly centered on improving our relationships with women and getting better women into our lives if we don't have one that already right. That's the mountain top summit on Facebook With me today is a new

friend of mine. His name is Pete bombaci. And he is the founder and chief connection officer of the Jen well project now that's based in Toronto, Canada, it's all about generating wellness. This is a global connection movements. And it covers the effects of isolation and loneliness, particularly on men. Interestingly enough, Pete's also the former head of the Movember movement. They're in Canada. So there's plenty to talk about here on this show. Without anything further, Pete, welcome to the show. Man.



Pete Bombaci 05:47

Scott is absolutely great to be here with you. Thanks for the opportunity to connect.



Scot McKay 05:51

Yes, the feeling is mutual. Sir, it's good to have another guest from the great white north, we have plenty on more than I ever guess we would or a lot of you guys up there doing great things up in Ontario, Canada, and this is certainly one of them. On that note, Pete, tell us what the genoise project is and what motivated you to start it.



Pete Bombaci 06:10

Yeah, thanks, Scott. You know, the general project is a global human connection movement. We launched it up here in Canada, about five years ago. And our mission is to make the world a happier and healthier place, by reminding people about the importance of face to face human connection, and more importantly, inspiring us to take action. You know, we've all been told to go to the gym, we've all been told to eat better. But now the research is very clear spending time with other people. And the relationships that come from that time is now as important if not more important than going to the gym and eating well. So as part of a balanced healthy lifestyle, we want to make sure people have this information. Because it is as important to stay socially connected, especially as we're going through a pandemic, even if it's virtual, you know, those connections are part of what keeps us happy and healthy.



Scot McKay 06:59

And you can say that, again. You know what, with everything that's gone on over the course of the past year, in this world of ours, you talked about staying healthy and eating better. I'm pretty sure most men have assigned have assigned alcoholic beverages as the fifth food group. Yeah, I'm telling you, man, there are a lot of people out there in all seriousness, who are very isolated, and they're very lonely. And it hurts. And I think many

times we as men in particular, like to sort of slough all that off and pretend it's not happening. Like, we're too macho for that we're too manly for that I'm a real man, I've got to kind of Buck up a little Buckaroo and get over this thing. And yet, I have to tell you, Pete, I want your opinion on this. I don't think all of this is brand new, since COVID came around. You know, a couple weeks ago, on this show, we talked about being so driven that all you can think about is compiling more wealth and making even greater strides towards whatever you're trying to conquer in this world bigger, faster, and more, more more. And guys forget to stop smell the roses, hug their kids, tell them a story at night, even get a woman in their life and you know, feel some softness and some love here and there. And men just seem like they have a real issue with this. And if anything COVID and of course the political melee of the last year, especially here in the States, I know you guys in Canada are greatly impacted by that. Also, it just has made things that much worse, and yet men still seem to be sort of in denial about their their own personal needs in that regard. Right?

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Pete Bombaci 08:37

Ah, Scott so much to say so much to say my friend. Yeah. Hey, you know, we've lived in the greatest growth era in the history of the world since the Second World War. And at the same time, we created the most individualistic society in history. We built bigger houses for smaller families, we build bigger backyard fences, we build shoe boxes in the sky. You know, we built automatic garage doors, we build backpacks, instead of front porches, everything we've done in our lives, have created the physical barriers that we're now waking up to. And now that the research is coming in, especially as we go into a pandemic, we're now recognizing Holy cow, I'm actually alone, we have 28% of the population, both North and south of the border, who live alone. So you know, for those people, you know, who may do some physical distancing when they get together with people or obviously virtual technology, thank goodness that we have technology. But for those that were so focused and caught up in work, that they weren't building those connections in that community around them, who then overnight had their work shut off, because they can't do or the pace of the the economy has slowed. Now, they're waking up to the reality of Hey, all those relationships that I put quotes around that that I had in my job, they're not there anymore. And actually the people who are there now are the people that choose Be there, my family, my friends, my neighbors, but I didn't invest any time in those people. So now those people are kind of like, what you want to you want to build a relationship now we'll do it. But you don't want to wait to the crisis until you actually work on those relationships, because those are the relationships that will help you through the challenging times.



Scot McKay 10:20

So true. I always say in reference to men in general, that will only really stop to ask directions when the car is on fire. Yeah, it's a bitter end when our cheese has not only been moved, it has been stolen by the rats and has rotted to, you know, green lump of mold. But listen, man, you were on a roll there, and I didn't want to stop you. And indeed, man, we're just getting warmed up here. This thing is going to be one hell of a conversation, but I have to save myself and the guys listening a trip to Google. What on God's green earth Pete is a shoebox in the sky? Is that a Canadianism? Or am I just you know, missing out on something? I got FOMO here,



Pete Bombaci 10:58

I'm just talking about apartments and condos. You know, okay, we built you know, all these shoe boxes in the sky. And we don't have places to socially connect and we don't have the green space. And there's direct correlations between you know, the research actually on condo, this is an interesting and apartment building, condo, whatever development above seven floors, people don't try to connect below seven floors. People try to connect it, it's because they look at it and it looks overwhelming. Above seven floors. There's just so many people that they don't try.



Scot McKay 11:30

Yeah, I guess Sesame Street ain't no skyscraper.



Pete Bombaci 11:32

Yeah, exactly. And so, again, interesting for us all to recognize that where are the places there where our community is likely to happen? And where might we want to make an effort to build those connections, that you know, if it's about meeting a lady, or frankly, building any type of relationship, because those relationships will result in you being happier and healthier, and maybe it's the happier and healthier first? That will be the attraction to a lady later.



Scot McKay 11:59

I think it's fascinating that you cited that study that shows people don't connect as much when they're in a high rise building. Because I've heard for years that, that there's this incredible amount of loneliness, that seems to increase in scope as a metropolitan area

gets bigger, like, so many people, I guess, introverted types, you know, people of that personality type will live in a city like New York, like in Manhattan, or Hong Kong, which is a high density of people and just feel like they're alone. Like, you know, they're just in a sea of cold, empty, unfriendly faces. And they really don't know how to make the breakthrough. It's like, when you're faced with so many choices, you don't make any choices. You know, you're just overwhelmed. You got kind of like a dog chasing your tail until you fall down, or else you're just so completely intimidated by the whole social thing that really you just go home watch TV.



Pete Bombaci 12:53

Yeah, I think you touched on it a little bit at the at the start of the show. And I think what what it really reflects on is, you know, we've got the increased density. But we also know that living in big cities takes a lot more work because you got to create more income in order to achieve and to sustain a lifestyle and in the major metropolitan areas. So what happens is, we all run around connected to our phones, you know, we're at the office 1012 hours a day. So between, you know, being on the subway, looking at our phones working all day, you know, not finding time, barely eating no time for exercise. And you wonder why we feel so disconnected in those areas, I think when you really look at the lives that we've created, and I think the pandemic has many silver linings, and one of them might be the wake up call to Holy cow, I wasn't even happy, you know, living and going at the pace I was going, you know, and not being connected to people, you know, the shoe box in the sky, the apartment building the condo, you got 1000 people around you right in the space you live. And yet you don't make the time to say hello to anybody in the elevator, you put your head in the phone, you don't make the time to even talk to the people on your floor. You know, we've lost the habit. And that's what the general is trying to do. educate people on how important it is to connect. And now let's give them some reasons to make it happen, including our general weekends, which are just weekends. Well, we want to catalyze people to take action, because some of us need an excuse to knock on our neighbor's door and say, Hey, how are you? Scott? I you know, I see you once in a while. You want to have a coffee some time. Let's go down to the lobby. Let's, you know, let's have a chat. I'd love to hear more about what you're up to.



Scot McKay 14:35

That would sound so intimidating to so many people this year. It'd be like, Man, that muscle has atrophied. I don't even I wouldn't even know how to start there anymore. And you know, it's funny because I've said on this show before, at the early stages of the pandemic, you know, we're gonna roll back to, we're gonna roll back the clock, and we're gonna check up on one of my predictions and how well I did. Okay, back in March or April

on this show. I was like, Yeah, well after People have been isolated for a while they are going to be champing at the bit, okay, like rabid horses to get out there and be social and make friends again, even people who were putting that off and thinking, Oh, you know what, maybe that wasn't important in my life, they're going to be so excited to get back out there, once the all clear is sounded, and they can actually go back and be social. Boy, was I wrong? I mean, we have had things open a bit here in Texas Floridians the same, I mean, you know, there were, yeah, I mean, you know, there were times late summer, early fall, where, you know, the bars and the clubs were opening up again, and people were still sitting home, the member jacking off to porn, and the women were collecting likes on plenty of fish going up, they love me, I'm done. And meanwhile, the social media platforms have asserted themselves not only as the Derrick air way we do connect, I mean, it used to be like a cheap substitution for interacting in the real world. You know, like at&t used to say the next best thing to being there. It is being there now. I mean, we have grown so accustomed to it that we see it as how you actually really not virtually, but seriously, stay in touch with other people. And what's scary about that, Pete not to take you in a completely different direction here. But those platforms are Facebook's and Twitter's of the world in combination with other tech platforms wield a whole lot of control over what we see who we're allowed to talk to what we're allowed to say, without getting blocked, even to the point of, you know, making sure the smaller competing platforms aren't there anymore. I mean, at the beginning of this show, I used to say you can find me at Scot McKay on parlour also. Well, yeah, they vaporize parlor parlors gone. And people may say, Yeah, well, you know what they were troublemakers, and they deserved it. But still, that's free speech, being molded and shaped by someone other than the people who are speaking. And I think there are a lot of ramifications there for how we're going to connect how we're allowed to connect, because it seems like we're not really autonomous, in our ability to connect anymore. And that interestingly, and perhaps frighteningly enough seems like the new normal, doesn't it?

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Pete Bombaci 17:08

Yeah, you know, it's interesting, thank goodness, we have technology for all the challenges that may bring, I would hate to see how we would survive as a society if we didn't have technology to supplement the relationships that we will get back to. But I think you touched on a few things there. You know, when they first started talking about tech and all the benefits, we never knew what Facebook was, we never knew what Twitter was, and Instagram was we talked about how incredible it would be to be able to talk to people around the world and to do FaceTime, and all these wonderful things, although it wasn't called FaceTime at the at the time. You know, this is what the books will talk about where the all the benefits, and now we look back. And we now reference the unintended consequences, the fact that people are scrolling hours and hours, 24 hour news media

always selling the negative always selling the the crisis. And the reality is, you know, our movement is about human connection. But we're not anti technology, what we all need to understand is that there is some value in technology, whether it's education, connecting with people, but you have to find the balance. And the balance comes when we understand we get the knowledge about what the negative implications are to spending so much time whether it's on social news channels, you know, getting into some tribal type things that are specific to you know, whether it's a political thing, or whether it's other other aspects of life, the reality is too much of anything is bad for us. So find the balance, make sure you're not spending too much time. And again, human connection is so critical, because when we connect with other people face to face, even on a zoom for now, when you have these conversations face to face, it puts things in context, if you are saying something that people think is crazy, you know, hopefully your good friends will call you out on it. If you're thinking about doing something, you know, it could be negative to yourself or negative to somebody else. Maybe somebody else will say, Hey, you know, Scott, maybe that's not such a good idea. When we get into our own heads, we don't tend to tell ourselves, the good things, the right things and all those things. So find that time connect with other people, because that's going to make sure that you build the resilience that will help you through challenging times and also help you cope, when things may not be going the way you'd hoped they were.



Scot McKay 19:23

Yeah, for all my ranting. I'm still on Twitter and Facebook, talking to my old buddies from high school and college who I never would have even known if they still existed or not apart from the social media platforms. Right. So you make a great point there. I think leveraging the good of technology is a terrific thing. I mean, here we are on FaceTime, you and I were talking face to face on Skype before we clicked record on this particular program. And I remember back in 1995 I worked for a company that had a public video conferencing room with the big 10 Burgh machines, you know? And it hardly got any use. I mean, people are like, why would I need to see this person on the other side, my God, I'm gonna have to do my hair and this and the other. I even remember the TV commercials making fun of videoconferencing. But you know, much like people allegedly not wanting to hear actors talk, we didn't want to see each other, we did want to connect with people, we did want to see each other's faces and get to know each other visually, rather than just hanging on the phone. I don't even have a whole lot of phone conversations anymore. It's usually video or just quick text between each other. So I mean, yeah, connection itself really has taken on a whole new flavor. I mean, a lot of people aren't going to visit their elderly parents. So FaceTime is a godsend, their connection really has had to bend and flex a little, especially within COVID. But again, I'm just you know, worried about what the new normal looks like here. I'm wondering if we've learned bad habits. And I think the

other thing that goes along with that is, you know, a lot of these guys, they would love to connect with women, the few times they're venturing out into public to buy groceries or whatever. But they're all behind masks. I mean, you can't read people's semiotic facial expressions. And, you know, we're all abiding by the mask mandate, and being good little boys and girls. But Wow, is it hard to meet women when they're wearing masks? It's rough.



Pete Bombaci 21:16

Yeah, I think you You call that something really important. Scott and I and I love the way you laid it out, which is, initially I think we all were excited about getting back to connecting. But you know, it takes you know, you know, this better than I do, how long does it take to create a habit? Six weeks? Well, we're long beyond six weeks now. And so our habits are now social media, our habits might be technology, our habits may be, you know, some some drinking drugs, you know, other things that might be leading us down the wrong path. Because right now, the coping mechanisms of hanging out with your friends, having a chat, going to see a therapist, having a coach, all these things that we usually have in our lives are gone. And now our routines have adjusted. And getting out of that routine, because this is what people desire, I read a study in the Wall Street Journal A while back, you know, in most lives, you know, 70 80% of people's lives every day is routine. And that's what allows us to cope with the 10 to 20% of our lives, when things hit the hit the fan, you know, you can cope with that 10% when something doesn't go that right way. But right now, it's it's flipped, when 80% of your day isn't really normal. And this is all different than ever before, and only 10 or 20% is actually routine. This is when we struggle. And when we go back to the post pandemic time, you know, we're gonna have to retrain ourselves to go out, yes, we're gonna want to connect, but it's not gonna happen overnight. And certainly through, you know, with vaccinations and other things, based on the way things are going, and the fact that we still need to wear masks beyond it and wash our hands and all those things. We're not getting back to the 50 and 100 people in our house or in our backyard anytime soon. So we need to really cherish the relationships that we have with the people in our community, whether that's family, friends, neighbors, people around us, that make us happier and healthier, make us live longer, maybe some of the relationships that we didn't see the value in before. But now we recognize just how important they are to our lives.



Scot McKay 23:20

You were talking about balance earlier. And I think that strikes right to the heart of it. I mean, we're going to have to learn new habits, we're going to have to realize that sober judgment tells us certain things are going to be different than they were in the past. But

we don't have to throw the proverbial baby out with the bathwater. It isn't either. Or sometimes it's going to be both and I have to be a little bit more careful. But I also have to get out there and meet people again, you were talking about how most people's lives are built around rote habit and having a certain routine that they follow. I remember, and I couldn't help but be reminded of my first day when I went to work for Lucent Technologies in 2001. And I considered it my dream job. And I just casually asked one of my new co workers, you know, making friends playing nice and wanting to fit in. I said, Hey, what's it like to work here? And the guy looked at me with these eyes and just have a man who has been beaten down by yours sitting in a cubicle, he said, it's weeks and weeks on end of brain numbing, crippling onwy, punctuated by 10 minutes of pure terror. Welcome. I go. Well, thank you very much. Oh, thanks for the good advice. I appreciate you. You're welcome. And then you put his head back down on his desk. Nobody liked that guy or invited him to lunch, but I always remembered exactly what he said to me. And I was thinking to myself, Oh, god, what have I done and two years later when I got laid off after closing a \$400 million deal, because I closed a \$400 million deal. I knew exactly what I've been fearing all along. But that's that's a topic for a different time in a different place. Listen, man, COVID is going to change us. It already has changed us and we expect Guys, like I said, Pete, man, we're so bad at seeing our own warning signs and having that where with all to even admit, you know what, it's time for a little self love around here, it's time to check in with myself. And it could be because we're macho, it could be because, you know, we're leaders, we're providers, and we're protectors. And we want to give everything we've got, leave it on the battlefield and do everything we can for those we love. I mean, those of us who are fathers, and husbands out there listening to this show, we know that we come last. And I think sometimes though, we got to kind of look at it like we're on a flight that just decompressed and we got to put our mask on before we can help anybody else out. And there we go with the masks again. But yeah, different context.

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Pete Bombaci 25:43

Yeah, I, I think it's a great comment, Scott, because we need to recognize the role that men have played is shifting dramatically right now. And you know, if many of us have created our lives, revolving around status, and the amount of money that we got, and the titles that we had, and all the things that were commonplace for the last 100 years, well, whether it's because you lose a job, whether it's because you had to shift to contract work, or, or you're in the gig economy, the reality is a lot of the things that used to be the center of our being are going to disappear. And if we can't get our heads into the right space, to be comfortable with the fact that Hey, that was never you anyway. And actually what is you are the people around you, the community, the goodness, the kindness, the giving. And first and foremost, to your point about self compassion, the time you invest in yourself to stay physically and mentally healthy. Without you putting the oxygen mask on yourself.

You can't do all the other good things. But make sure you recognize that all the stuff that's external, the money, the stuff, the houses, the cars, the toys. Yeah, they're fun to have when you have them. But make sure that you don't lose the balance. Because as I think you said last week with your your guests last week, you know, the guy who focuses all his time on money and status and job ends up being lost and lonely and pretty sad at the end of the day, so make sure you find the balance along the journey.



Scot McKay 27:17

Yeah, you know, you're absolutely right, as Time marches on, as it inevitably does. Culture marches on, things change. Anybody who's trying to live in the past is going to be left behind. And there's no doubt about it. I think men understand that. But along with what you talked about, I want to remind these guys out there that there's never been a more important reason to have a gratefulness and your sense of personal identity and purpose, knowing who the hell you are. So you know what you believe and what you're best at. And having that self awareness we've talked about on this show, to know where you're going to be best serving this world to leave it in a better place. And that way, you don't get blown and tossed around by technological changes or cultural changes or pandemics so much you can stay grounded in that. And yeah, indeed, it's often been said that you are the average of the five people you hang around the most and, you know, various and cool little fun quippy platitudes like that. But there really is truth to it. And when you're isolated, and you don't have anybody around you, you're really only going to be left to be the sum total of yourself and hang around with yourself. And what creeps in there are those externally manipulated influences from media, social media, politics, et cetera, et cetera. And that that's where it really gets dangerous. I'll tell you what, though, less we make this yet another COVID episode. I gotta tell you this week, I stumbled across a blast from my own past, which was an MTV Video that was extremely popular in the heyday of music video rotation at MTV, and it was the classic one rock the cradle of love by Billy Idol. If you guys have never seen that video before, it's worth whatever 15 second or 32nd ad they put in front of it, because it's just amazing. And really, honestly, the primary message I was left with was, this isn't something new. I took that video and I posted the link to it on the mountaintop summit Facebook group and got a lot of laughs because I captioned it almost every man writing to almost every woman online and I can elaborate on that caption in a second. But the point of the video, if you've never seen it before, is it's this 80s era yuppie who lives alone in his apartment with wine and art, and all kinds of nice things. And he's buried in his work on his Mac computer trying to write something and he's got a deadline and he's got the wire rimmed round glasses and he looks like a bookworm. And he's just keeping to himself, you know, he's got oyster pails from Chinese food, you know, went around the apartment and you know, it's just typical. 80s you yuppie stuff, upward mobility is all that's on his mind. So this little check knocks on his door who's dressed just

sexy, his house, he is sexy as hell. And she throws the music onto his stereo and takes over the apartment. And proceeds just to do the most incredibly sexually provocative things with just the most badass I am woman hear me roar, attitude you've ever seen in your entire life. And the guy is horrified to the core, not only of her, but of what's happening to his apartment is like, oh, my goodness, my wine, my art, this, that the other and he's so worried about his stuff that he's got a horny girl who's hotter than hell, basically coming on to him in his own apartment, and he just doesn't know what to do with it. And by the end of the video, she's still incredibly confident and he's been frazzled, you know, basically to an ember. And this is so funny, because it's so true. You know, a lot of comedy is rooted in truth. And of course, it's a caricature. But so many guys are so focused on achieving and bigger, faster, more, more, more, that they don't know how to relate to a pretty girl. And they would like to relate to a pretty girl, but they don't even know where to start. They don't know what to do. I mean, should I just be nice to her? I mean, my God, she seems like she's hinting at wanting to be kissed here, or whatever. And I'm just nonplussed. I'm just at a loss. And I think all of that is syndromic, in combining a whole lot of symptoms of exactly what you're talking about. And I think that video is just a fantastic example of it. And you know what, I'll link to it in the show notes, you know, as mentioned on this show, for sure. But that whole idea, what do you think you think this is something that's just been conspiring within our nature has driven men all along to keep us from the relationships we won, or kind of skewing our priorities from the touchy feely stuff to the hard work, drive, drive drive stuff,

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Pete Bombaci 31:59

you know, it's, I just finished the science of wellbeing course at Yale, through Coursera, which is being offered free and run by Dr. Laurie Santos. And I think this course, I recommend it to any one of your listeners to go check it out. It really just indicates that our brains tell us that the X is what we want. And that's what's going to make us happy. And our brains are really screwed. Because the research is very clear. Everything that we grow up thinking is going to make us happy. And to me, happiness is the attraction. You know, happiness is the magnet, you will find that relationship that you're looking for, when you become happy when you become fulfilled, and you touched on it. You know, the top of Maslow's hierarchy is all about self fulfillment, and finding your purpose and recognizing that life isn't about you. But maybe what you can do for other people, when you put all the right, you know, gasoline in your engine, when you are filled with purpose and kindness and giving and all these other things. Yes, we all need to make a living. But we need to make sure that we're finding those other things, this course highlights how screwed up our brains are into what we really need to make us happy and healthy. And once we understand it, Scott, I think the community that you're looking to attract, whether it's checks whether it's, you know, all the other goodness that we want in the world, it all

just it's the universe, it just starts to happen. Because when you walk around with a big badass smile on your face every day, because you're happy inside, it's amazing what wants to come your way.



Scot McKay 33:39

And what's more, you can now put studied at Yale on your resume.



Pete Bombaci 33:43

Yeah, well said, Yeah. Maybe that'll attract some followers.



Scot McKay 33:49

And some women, right? Yeah, I'll tell ya, it's interesting to hear you combine the elements of happiness and purpose in terms of what ultimately conspires to create fulfillment. Because I've heard some very smart people say, hey, you should stop trying to be happy and focus on purpose instead. And then I've heard other people say, you know, you're so driven, and trying to do more and so focused on your purpose that you forget to just relax and be happy. I've almost always heard that as an either or dilemma. And you just combine the two of them, which I think is incredibly powerful, frankly, Pete because you made perfect sense while you were saying it, so maybe there's something to it. Well,



Pete Bombaci 34:32

yeah, thank you, Scott. And it's actually it's the way I kind of live my life and Maslow's Hierarchy has been kind of my I kind of look at it as my roadmap and I paraphrase what he says mental and physical health, love and belonging, contribution or work, aspirations and and giving back. And the reality is if you focus on any level in Maslow's hierarchy to long life, you know, it creates the stress, you know, it will cause challenges in one way, shape or form, whether it's, you know, you're unhealthy mentally or physically, you don't have food you haven't built connections, life is all about balance. And if we all can find that combination of factors, if it's about mental and physical health, I might go for walks, you might go for a run for mental health, I might do yoga, you might do gratitude pages, or journaling, or whatever, find what works for you. But make sure you understand what are the elements that make you you know, you talked about it earlier, what makes you happy, what makes you fulfilled, understand all the variables. And then make sure you have your playbook that when you're not having a great day, that you know the things to turn on, Oh, I should go do more of this, I should go for a run, I should go and write some

journaling, I should go and do. I should call up my best pal, my best girlfriend, my best whatever, call up my parents, if you know what to do, and you understand how it impacts you, when you're not feeling well. That to me is the power. That's when you know exactly what to do to get you back into the right place. Because the goal of happiness doesn't mean that you're happy every day, it just means you know how to get back to happy as quickly as possible.



Scot McKay 36:12

fulfillment, right? Yeah, yeah, you know, I'll tell you what great objective takeaway from this conversation would be pick up the damn phone and call someone you haven't talked to before or in ages, or get to know someone you've been meaning to get to know better reach out, because my gut feeling is that person would be thrilled to hear from you. Because everybody's feeling this, even if they don't have the self awareness to realize they're feeling a little bit more alone than ever. The other thing I want to touch on is we indeed talk a lot about Maslow's Hierarchy around here. And typically, it's in the context of how masculinity and femininity complement each other and catalyze each other. And you've just brought an interesting angle to it that I don't think we've ever discussed on this show. So we'd be remiss if we didn't cover it. And that's this masculinity is the provider protector, enabler, empowerment of femininity. Women want a man who makes them feel safe, secure, provided for and protected. I mean, you know, in today's world, make no mistake, women can make their own money, they can get a concealed carry license, et cetera, et cetera. But we're talking about something primal here by design. And men are happy to do that, you know, we'll take a bullet for the women we love. We love being a hero. We've talked about that so many times on this show. And I think guys are also used to hearing me and my esteemed guests talk about how women just want to have fun, they want to play, they want to bring comfort and joy and fun and the party and hospitality to us. But where I think a lot of guys fall short, is not understanding our need for what femininity offers to us. Now, I wouldn't go so far as to say women are directly responsible for the loftiest peaks of the mass lobbying pyramid, you know, like self actualization, whatever. But that dance of making our woman feel safe and provided for her femininity, so she can in turn provide her feminine gifts of fun, comfort and enjoyment back to us. I think a lot of guys when the chips are down, and they're in a position of having been a hero for a good woman, and she's trying to, to reciprocate with her femininity, guys, like talk to the head, I don't need it. I'm too macho for this. You know, whatever. I'm just gonna go out. I don't need you to do this. I don't need you to do anything. And boy, guys, are we ripping ourselves off if we don't allow for that? Because exactly what you talked about is so true. We need to stop and smell the frickin roses. We need to have a little bit of fun. We need some art and some joy and some music and some playtime. But if you don't have any of that in your life, what you experience is burnout. You will become a crispy critter.

You're actually empowered by play and by rest. That's why you need a vacation. Even if you're a type a guy who just wants to work, work work. You got to have this you're only human, you got to have your batteries recharged, you got to fill up the tank. So I wanted to share that with you guys. Our guests name is Pete Bochy, and he is the founder and chief connection officer of the gen well project, you can find out everything you need to know about the gen well project and probably a little bit more by going to a special URL that I've set up, it's actually Gen well project.org. But the shortcode for that, as always will be mountain top podcast.com front slash Gen well, which is je e n w e LI Thank you so much, Pete for being a part of our show today. What a wonderful, enlightening and interesting conversation. Really great to be here. Scott.



Pete Bombaci 39:55

Thanks for the time. Now, guys,



Scot McKay 39:57

listener. We talk all the time about about the importance of taking care of yourself. Some of you guys are driven. And yet some of you guys, you guys have thriving careers. You're smart, you're talented, you have purpose, you know, you're going to leave a mark in this world. But a lot of you guys are still wondering who you're going to share all of this with. Much like the guy in the Billy Idol video, you're working, working, working, then when it comes time to meet a girl. You're not really sure how that's gonna happen for you. And what if you do meet the right girl at the wrong time and you're just caught flat footed? Well, all of those things are included in the various topics we can talk about when you go to mountaintop podcast.com click on the red button in the upper right hand corner and get on my calendar to talk to me for free for 25 minutes won't cost you a dime. And guys, I'm guaranteeing results in advance, you'll be sure to emerge from that call with at least one real world action item that you can put into practice today. What you do is you go to mountain top podcast.com get on my calendar and talk to me for free for 25 minutes I'm exactly who you think I'm going to be. And while you're there, please visit our sponsors heroes soap and origin in Maine both of those guys have lots of manly ways for you to uplevel not only your personal fitness but your personal style and your personal hygiene all of those things very very important to look at your best feeling your best and being your best for the women in your life and you know hack for yourself to use the coupon code Mountain 10 with either of those sponsors for an extra 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 41:48

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