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porn, women, sex, mountaintop, infatuation, men, talk, relationship, book, masculine, wife, learned, life, point, sexual experiences, pornography, mckay, podcast, topic, left

## SPEAKERS

Edroy Odem, Scot McKay, Michael McPherson



Edroy Odem 00:04

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, all right, gentlemen, welcome again to yet another episode of the world famous mountaintop podcast. Oh yeah. My name is Scot McKay at Scot McKay on both Twitter and clubhouse hope you'll join us every Monday night GMT minus four that's 8:30pm. Eastern Daylight Time for dogs and cats on clubhouse that I host with the ever popular female dating coach Cindy Elaine. And also you can find us on Instagram at real Scot McKay. Search Scott McKay on YouTube, you'll get all the video content, mountaintop podcast calm is the URL. And as always, if you have not joined our Facebook group yet, which is the mountaintop summit, Hey, man, what are you waiting for? Get on there. If you have a Facebook account, join us. It's a great group of guys. You're going to love being there, you're going to fit right in, it's going to feel like home to you. That's the mountain top summit on Facebook. With me today is a new friend of mine. This lucky dog gets to live in Bozeman, Montana, where he recently moved and what a beautiful part of the world that is. And he is the author of a book with the following title. Okay, fasten your seat belts ready? Everything you never learned about sex. Take back your masculine power and use your sex energy for good. Man. That is such a loaded title. First of all,

everything we've never learned about sex? I don't know. It depends on how confident you believe you are. I may even use the word arrogant. Some guys think they know everything when really guess what we probably don't, not to insult you. But I'm raising my right hand. I've been there done that myself. So I already know this show is going to pack an incredible wallop of value for you guys. But in addition to that, this guy's tying this whole idea to masculine power. And then he's talking about using your sex energy for good. Now in a world where, you know, some angry women and some media outlets are trying to make us feel like you know, we're predators inherently for being heterosexual and male, this guy comes along, and they say, Hey, you know what, let's talk about sex here. It's going to be all about your masculine power. And it's a good thing that you should use for good purposes. So all the women out there like Yee ha, heck, yeah. But they want to make sure we know more about this for their own good too. So without anything further, Michael McPherson from Bozeman, Montana. Welcome to the show, my good man,



Michael McPherson 02:43

thanks for having me on, Scott.



Scot McKay 02:45

Yeah, man, it's my pleasure. Now, I was kind of leafing through your book, which is fantastic, this book should get a lot more exposure, because I think every man should read it. And what you talk about basically, is based on the premise that, hey, most of this when we're kids, and when the time is right, for someone to talk to us about sex, women and dating, dads tend not to step up. And it's either left to the neighborhood kids or god forbid school, to teach us what they will have us know about sex, sexuality, and women. And you're saying that that's gotten worse, as the generations have progressed, I know there's guys out there 6570 years old boomers, certainly Generation X, who really weren't taught about sex and left to learn it on the streets, or worse, right. But you're saying that for millennials, and even younger kids, you know, the emerging generation of teenagers, they're just getting bad information, if they get any information at all, because usually the answer to who's teaching young men about sex is quote, unquote, nobody. And so you're shining a light on that. And you also have some commentary on what it was like for you to mature sexually, what drove you to really be passionate about this topic. And one thing that you very pointedly point out, also is that a whole lot of men go through their adult lives without ever catching up without ever learning what they needed to have learned years or even decades before. So talk to me about your own experience here and what drove you to write this book and really get into this topic? Because I know that all add kind of a layer of credibility, first of all, but also relatability for the guys listening. So go for

it.



Michael McPherson 04:43

Absolutely. Yeah, in 2017. I met my now Beloved, my wife, Mackenzie,



Scot McKay 04:49

So your beloved wasn't a Corvette or anything. It was your wife.



Michael McPherson 04:51

It was my wife. Yeah, I don't have any beloved Corvettes. Not yet. That's a possibility in the future, but not as my life exists now, but I met my beloved And McKinsey, and that was really the point in my life where I drew a line in the sand, I knew she was my person, I knew we were going to create a beautiful life together, I knew we were going to go deep in our relationship and our relationship to intimacy together. And I didn't want to bring any of the things from my past, especially my things around sex and women into that relationship. So that was the point where I started becoming more aware of myself intentionally and also started working on myself as it relates to this topic. And it was really the beginning inspiration for the book as well. And what I had reflected on was, like you said, already, the fact that I, when I was a child, and going through those more vulnerable or timid periods of my life puberty, didn't have anyone who talked to me about this topic. And it's, I don't like to point fingers or place blame on previous generations, I had a great father, my father was very good to me, he took care of all my basic needs, he introduced me to nature, we had so many fun experiences when I was young. So my point is not to say that my dad didn't do it, right. And he's the one to blame here. But for whatever reason, he was not the person that had this conversation with me whatever his own constraints were. And I don't know what they were, maybe he was afraid, maybe he didn't know how maybe nobody had ever talked to him. But he didn't have that conversation with me. And so I was left to find out on my own, being part of the first generation to grow up with practically unlimited access to internet porn, that ended up being my educator around women and sex. And if you know anything about porn, and I don't mean to porn chain by any means. But if you know anything about it, it's not a great educator around this topic. It's a form of entertainment, it's meant to excite the senses, if you will. And it did that for me. And it left me with a lot of impressions around what sex is, what sex isn't, what the right type of sex is, what women want, what women don't want, that were not accurate, but I didn't know any different. So as I matured, and became a young man, that was my context for my relationships with women, my sexual relationships with women, it

was what I saw online. And immediately, that bore a lot of insecurities in me, you know, here I am, five, nine, back then I was maybe five, six, a buck 30, you know, beginning, maybe even less, probably even smaller than that. So I wasn't this big, masculine, ripped, huge penis, largely endowed man that I saw online, you know, dominating these women in the bedroom. I wasn't that. And so immediately, I thought, well, if I'm not that, then how am I going to accomplish what these men are accomplishing with women, you know, driving them, while pleasuring them on every single level, leading them to the heightened climax that every man longs for in the bedroom? How am I going to do that if I don't have what they have. And so from that place, not only did my consumption of porn continued to increase, but my desire to enlarge my own parts, if you will, so I had devices, I got pills, I hid them away from my parents, I wore this Penis Enlargement device in my house, around my family to the dinner table at night, at the couch when we were all sitting around watching TV before bed. And it wasn't until later in my life that I realized how much shame I had developed around that. The fact that I had done that and hid that away. And in all because I was so afraid, just to have an open conversation about this, or have anyone enquire with me about it. So I could talk about the topic. I remember the one time I I did try to bring it up with my mother, I asked her, you know, if there was any way to quote unquote, make it bigger, and she did this very uncomfortable laugh that only a mother can do when put in that situation. And it was a moment in time where I said to myself, wow, I will never bring this up to a woman again. And I really didn't until I got in this relationship with my wife in 2017. So that's kind of the foreground of the conversation that I like to have and what questions do you have from there?



Scot McKay 09:18

Well, man, there are so many places we can jump off from there. And I'm gonna do my best to go ahead and enumerate all of them, or as many of them as I can get to. But first of all, your wife's name is Mackenzie MacPherson.



Michael McPherson 09:33

Yes, sir. Technically, her maiden name is Mars luff. But she is a McPherson now,



Scot McKay 09:38

Man, what a bonanza of Scottish wonderment. You know, my son's name is makaha McKay. He was named after his six or excuse me, my sixth great grandfather, his seventh great grandfather, who died at the Alamo who was named Micajah Autry. So his name is you know, John Scot Micajah McKay and his nickname until he outgrew it frankly, around

age seven or eight was Micky Mac. I don't think you dare call your wife Micky Mack.

 Michael McPherson 10:06

I wouldn't dare she goes by many names. And that's not one of them.

 Scot McKay 10:09

That's not one of them. But there has to be a cute name in there somewhere for someone with two MCs.

 Michael McPherson 10:14

I call her Mac. I call her Ken's. She's got different aliases for different personalities that she brings forward.

 Scot McKay 10:20

Yeah, awesome. Fantastic. All right, bring that up, you know, mostly tongue in cheek, but it did catch my attention when you said her name. The second part is, you know, I think we would be amiss if we used as a linchpin of good fatherhood, whether or not our dads talk to us about sex, because almost no fathers do. And indeed, a father can do all sorts of wonderful, non abusive, healthy, nurturing things for a son and still not do that. So we're not throwing anybody under the bus here. This is such a rampant phenomenon where men, well, moms and dads, as you very correctly pointed out, and I think a lot of guys can relate to that. They really just have a difficult, awkward time talking to their offspring about something that really, they have confined to their own bedroom and hidden from their own children all their lives. I also am curious how old were you when you were practicing the jelqing and Penis Enlargement strategies? How's about 1313? Man? Because you made it sound like you'd grown up a little bit and watch some porn before you even got around to it. So you were an avid porn consumer by 13? Yeah, to be sure. Right. As I started to go through puberty, yes. Okay, so any fathers out there who think they're 1213 year old boys haven't figured this out yet. They're smarter than you if that's the case. So let's just throw that out there on the table, talking to your mother about something and having it be awkward can kind of also shape your view of how women are going to respond to you in general, right? Even though this is your mother, and she clearly has a different relationship to you, then your future girlfriends and certainly your future wife? Will it certainly, like you said adds to the shame, doesn't it?



Michael McPherson 12:11

It does. And it came across as something that we're just supposed to have figured out. I don't know how we're meant to figure it out on our own. But especially as I began relating with women, dating women sleeping around, it became known that you either knew about this or you didn't. And if you didn't, for any reason, it would typically end up being wildly embarrassing for you.



Scot McKay 12:34

And what age did you figure out how wildly embarrassing that could be 1616. So you're still way ahead of the game at that point. I mean, at least you're having sexual experiences at age 16, which I would say is more unusual. And a typical than most guys grow up thinking. I mean, I got guys who are 2025, and they really aren't so sexually experienced yet. And they think they're weird, for some reason. And really, that's more normal than most guys would suspect it is.



Michael McPherson 13:01

Sure. Well, based on what I saw online, in the experience that I desired to have, it seemed like there was really only one way to do it, for me at least. And that was to go out there, take the risks and have those experiences. Now, I will say that I didn't do it as genuinely, as probably some of the other men that you're talking about here, because a lot of mine was under the influence of some kind of substance, mostly alcohol. And that's for me what helped bring the barrier down to actually having these experiences that I witnessed online. With real women in my life. It definitely gave me You know, they call it liquid courage for a reason, it gave me a sense of confidence. And it also helped me get over my fear and insecurities in order to you know, find myself in a bedroom with another woman.



Scot McKay 13:48

Now, that's very interesting, because when I have guys here for what I call it 10 plus live and we go out and field and we talk to women, which is why the guys come here is for me to take them out in field and you know, I guess at the baseline, I should go ahead and throw in the table that I am happily married. And my wife is totally okay with me teaching guys how to relate to women. Because to me, it's all about being charming and getting women to like you and then everything that could potentially happen with attraction and ultimately sex descends from that. And most guys really have a hard time approaching and meeting women and delighting them and charming them and making those women like them. And one of the things that I found when guys come here and they learn how to

talk to women, is how easy they are to talk to and how the more we make women feel safe and comfortable in our presence, the easier it is for those women to start flirting with them. And when they recognize how women flirt, they're kind of turning up the dial of flirtation. As you know most men really think of it as kind of a binary switch. I mean flirting to them is nice shoes let screw Did she go forward or not? You know, whereas women kind of simmered up a little bit more. And one of the things that I absolute Well, I'm gonna go and use the word impose upon guys when they get here is we're not going to drink anything, we're not going to get drunk, we're not going to get loaded. That's because I want very much for those guys to have a genuine experience where they were in their right frame of mind, no liquid courage etc, because it is really a false sense of, well, not only security, but all sorts of things. And women who are under the influence of alcohol are more likely to get buyer's remorse later, and then you don't remember what happened. And then you get whiskey penis, and you know, crazy stuff happens. And so this idea of liquid courage and drinking and having your sexual experiences, you know, and your sexual attitudes be formed under those circumstances, I think is a is a very important point to get across. And yet, it's another thing that our parents don't tell us, because they don't talk to us about sex in general, let alone Hey, don't take advantage of women when they're drunk, don't trust yourself when you're drunk. All of these would be very, very, not only vulnerable conversations to have with one's own children, but may cause those parents to hear something from their kid or have something admitted by their kid to them that they just don't want to hear. So it's almost like we as parents just bury our heads in the sand because we don't want to know until you know, then the pregnancy happens and there's crisis, then they have to manage that. And by then it's just too late, isn't it?

M

Michael McPherson 16:30

It is because by then typically, the alcohol induced actions have led us to do things that we wouldn't have done otherwise. And therefore, whether we admit it to ourselves or not, there's some level of shame. And so the damage to some degree has already been done. And at some point, we'll have to revisit those things and heal that to the best of our ability. Which brings us to the meat and potatoes here, as I like to say, of this particular



Scot McKay 16:57

episode, which is a frank discussion of everything we just never learned. Now, you talked about discovering pornography is a very, very young man as a child, frankly. And the impact I can imagine, of randomly discovering porn can go worse for some guys than it does others. I mean, if you discover female friendly porn first, where they're kissing and holding hands, and there's touching before they, you know, warm it up, that probably isn't as potentially scarring as say, opening up a laptop one day, as soon as you feel what

horniness feels like and thinking, I'd like to see some naked girls. And then you get to a woman being gang banged by 20 guys at once, and all of them ejaculating all over, if that's your first impression of what sex looks like, you're kind of in trouble. But yet, when we literally leave children to their own devices, literally to their own electronic devices. That's the risk, isn't it? these days?



Michael McPherson 18:01

It is when I was exposed to porn, I should say first expose. It was like every genre of sexual interaction suddenly exploded into my mind. And pornography is one of the most addictive substances there is it's more addictive than cocaine. there's been plenty of studies that have shown that now. And the dump of neuro chemicals as you get into your neurophysiology is what has you keep coming back for more, but the thing about it is, is it's not the nudity in porn that men are addicted to. It's the novelty. It's the newness, it's the being able to be with 10 different women in 10 different sessions all in one day. So when you take that and transition it out into the real world, it doesn't really work like that. We can't be with 10 different women in one day in the real world. Maybe there are some people that can but that's not a realistic existence. For most men, yet that psychology that way of viewing women doesn't stop when we close our computer screens and walk outside our house. It goes with us. And it certainly did for me. So I was sexualizing women, hyper sexualizing women, I was objectifying women. In my mind, I was meeting women that I didn't even know and deciding on the spot whether or not I'd have sex with them as a byproduct of what I saw online.



Scot McKay 19:29

That's fascinating. You know, I had a guest on this show, a while back now, who was exposed to porn at an early age and decided what he wanted to be when he grew up was a male stripper for exactly the reasons you cited. And he actually fulfilled on that train and did it and realize that although it was somewhat like what he saw in the pornography that depicts that sort of thing. It wasn't exactly like it so he was still left like he was a failure at it. But he wasn't doing it right. And I'm just thinking like, Man, that is such an amazing storyline, you have guys who have been machista woman yet by the time they're 2223. And then this guy comes along, and he's living what would be, quote, unquote, the dream for a lot of young men, and even he's disappointed by it, because it can't live up to what porn, you know, for lack of a better word promised him. So, indeed, you have these kids who are in secret and in shame, by the way, with no body to talk to about it, learning from what they see on video, which can take so many different dramatic forms, that they literally probably don't know which way is up. Meanwhile, I have guys who come to me,



Michael, who I've coached. And what goes on in these cases is they tell me Yeah, you know, I just can't stay with a woman for more than like three weeks or a month, before I break up with her and I want to move on. And my standard exercise that I issue to these guys, when they tell me that is I say, All right, here's what I want you to do. Let's be honest, here. Let's be frank, do you watch porn? And the answer is almost always Yes. When they're honest. And I am not a porn shamer By the way, not actively, or not even passively. I understand that men watch a lot of porn. And a lot of time that guys were men of faith are the ones who have the most shame about it, because they don't think anybody else is doing it, except them. And I say, I want you to go to one of those sites. It has a bunch of thumbnails of cute girls on it, I want you to find one who really does it for you. And I want you to watch her for a while. And I want you to come back and report to me. You know, I'm not saying this like a drill sergeant. It's just an exercise. Just come back and let me know how long it was before you were bored of her wanted another one. Okay. And that is the problem. Pornography has conditioned us to think Yeah, you know, what women can be traded in, you know, we can get the thrill of novelty at any time. And for a lot of guys, like you correctly alluded to, they can do that. But it's not like in porn. So the truth of the matter is, and I want to hear what you have to say about this, Michael, because I'm sure it's probably talked about in your book, is if you're in a relationship with a woman just to get laid after eight or 10 times, or doing the wild thing with her, you're going to want something new, you'll know your way around her body, you'll have experienced all the sexual experiences you can carry with that one woman after eight to 10 times, and then you'll want a different sexual conquest. So what happens is when these guys come to me, and they really are just sick of a woman after a month or so what's happened is they have sexually objectified the whole relationship, in many, many cases, not all. And this isn't something that I weaponize against these guys and beat them over the head with it's usually their revelation, I don't usually even have to tell them like, wow. So then from there becomes what else are women good for? Besides sex? Why would you choose to be in a relationship with a woman other than just simply getting laid? And what it comes down to is I have been with my wife now for almost 16 years, and I'm still wildly attracted to her and we have wild riotous sex constantly. And it's because she's my partner, not because she's my sexual conquest. And for a lot of guys, figuring that out is something that porn isn't going to ever help you. Do. You know what I mean?

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Michael McPherson 23:30

I do in the The first thing I want to say about this is the irony is that the great irony you could say is that we've done this to ourselves, unknowingly, for most of us, but it's something we've done to ourselves, firstly, because men are the ones that created porn, and that's not at all to say men are bad. I don't believe that in any regard. But we created porn, and then we consumed it. And we entrained ourselves to receive the reward

chemicals time and time again for our participation in pornography. And so what you're talking about here is the difference between love, in love that certainly stands the test of time, and infatuation. Infatuation comes and goes, you can experience the chemical dumping of infatuation with anyone, you can experience it with your partner, but you can also experience it with other people who are not your partner. And certainly when you're participating in porn, you can experience it time and time and time again, and those are that reward chemicals that you're getting through your participation. But when you translate that into relationships, those reward chemicals at some point, like you said, eight to 10 times maybe will eventually wear off. And then what happens then? Well, for most guys, the relationship completes, it ends. They don't feel the way they once did about this person. And they think that that means that the relationship is in some way dying or they're meant to move to the next person. And so they do. And when they move on to the next person, they have the novelty, the infatuation, chemicals kick back in. And they have the whole experience that they wanted to have in the first place with the first person now with the next person,



Scot McKay 25:14

and then it's lather, rinse, repeat,



Michael McPherson 25:16

that goes on and on and on and on. And what that doesn't allow us to do is mature in our expression of love, especially in a romantic setting. But it's not only a romantic setting, we don't get to go beyond the infatuation. In fact, we've trapped ourselves in the cage of infatuation, and we don't even know that we're trapped.



Scot McKay 25:36

Something really poignant, about what you just discussed, has got to be talked about a little bit further, we created porn, we as men literally have made the bed we're sleeping in. But our 12 year old sons didn't. So in a vacuum, where we have not sat down and had a discussion with our sons, where we keep it real, what we've done is we've left it to what has been previously created by a bunch of other men. So in an indirect way, we are teaching our sons about sex, because we as men decide, hey, porn would be really entertaining. Let's do more of it, especially with the advent of broadband. So that is us teaching our kids about sex, if we want to play a more personal and direct role in that, well, hey, you know, we should have added, but most dads still aren't doing that. So we talked about the problems, Michael, what are some of the solutions? What do we as men

need to learn about sex here?

 Michael McPherson 26:34

Well, I love what you said about parenting. And I'm not going to go into specifically having the sex conversation, but there's a lot that children can get from modeling. So the first thing we can do is acknowledge that the relationship that we learned, and we have built with sex is broken. To some degree. It's not wrong, it's not bad. It's just not the truth. So we have to acknowledge that in order to be able to revisit it.

 Scot McKay 26:59

Yeah, I mean, if we're in denial about it, then we're not going to get anywhere.

 Michael McPherson 27:02

That's right. And we can start to model it in our relationships. So when you go beyond infatuation, and if you get married to someone, and you're with them for a long period of time, eventually you're going to go beyond infatuation, you're going to have to learn to connect in another way that really we desire to, we just don't know necessarily that we desire to that's going to bring even more satisfaction than just the act or the physical act of sex. So that's going to take some breaking down of the conditioning we have around not only sex, women, but also our own masculinity and how we relate to our masculinity. So most guys think that masculinity, and I know this is probably an outdated thing, even to say on this podcast. But a lot of guys still think that masculinity is about being stoic. It's about being strong, it's about being having limited expression, it's about not sharing your feelings. But when you get in an intimate, romantic relationship, eventually, you're gonna have to go there, if you want to have true satisfaction.

 Scot McKay 28:04

You know, what's really interesting is if you look at examples of stoicism in the movies, and he get a lot of Clint Eastwood characters, you know, the man with no name, and the good bad, the ugly and 30. Harry, those guys never have love interest do that. The movie runs two hours, and there's no chicken it. Because ultimately, that's not very charming to women.

 Michael McPherson 28:28

Yeah, it's probably an accurate depiction of what that inevitably gets you.



Scot McKay 28:31

Right? You know, that could be another whole topic, we should just cover this whole idea of masculine stoicism. And its place in the world and where it's kind of overestimated, that'd be a great topic. And also, I do want to acknowledge right here right now that we want to have you on sometime in the near future, to cover the topic of how to talk about sex with your sons, sex, women and dating so that they're not left in the lurch the way we were, I think that would be a great topic to discuss. And we're going to leave that as a separate topic, like you suggested, for sure. But you know, getting back to what we were discussing, kind of as a lightning round from here, because time is short. What are some things that we have not learned about sex that are integral to a good, healthy sexual relationship? And you know, maybe along with that, what are some things we better unlearn? You know, you mentioned already to great effect some of the mythology in porn, that we're led to believe that just isn't factual. But on a practical day to day level, maybe putting porn aside for now, what are some ways guys can improve here, having listened to the show?



Michael McPherson 29:39

The first thing to understand is that sex is a gift. It's not something that can be expected. We don't get sex just because we were born men. And that's the appendage we have and that's something we're capable of doing. Sex is earned, and it's earned through establishing trust and creating relationships. So In order to have sex with a woman, there's other things that we ought to be doing that things like porn don't teach us, which is creating safety, which is showing a woman that we're interested in her beyond just her physical body, which is sharing as much of our heart, our emotion, our feelings, our thoughts about things as much as we share our physical body with that person. So that's the first thing. And what we'll have to do in order to get to that place to get to some level of neutrality, let's say given most of our life experiences up until this point, is we're gonna have to look back, and we're gonna have to be honest about what our experience has been. And that's really what I did in the writing of my book is I looked back at my life. And I told the truth, honestly, here's what happened. Here's how that impacted me. And here is the journey that I went on, which is basically telling the truth of that, in order to get where I am today. So we have to be honest about our conditioning, we have to be honest about our heartbreak, the times where let's say, we did have the courage and actually go out on the limb, to talk to a woman to ask her out to be in a position to even have a sexual relationship. And it didn't go well, they broke our hearts or our hearts were broken, we

have to acknowledge that we have to go back and feel that so that that's not in our current relationships with women.



Scot McKay 31:27

I think that's all very powerful. And these guys know that one of the central themes in this show in this podcast, over and over again, is the necessity to make women feel safe and comfortable in your presence, rather than pressuring them or hitting on them for anything really, especially sex. When women like us, when women feel comfortable around us, the whole progression to sexual behavior becomes a lot more natural, instead of stilted or faked, or kind of hamfisted through frankly, because a lot of guys just don't know a whole lot other than what they've learned from porn. And you know, kind of to put a punctuation mark on this episode, because we're wrapping up here. One of the things that hasn't been said here that I think needs to and I'm sure you talked about this in your book, too. But man, your book is so jam packed with content that I really can't recommend it enough for these guys. And we'll do that in a second. But one thing that never happens in porn, or very, very rarely, is a mishap. Something happens where the sex isn't as good or as exciting, or as rambunctious as it should be. You know, I mean, there's amateur porn, which is probably a little more true to life, if you know where to look for it, you can find something that resembles real actual sex. But you know, premature ejaculation, the dog barking the kid walking in on you, not knowing where to ejaculate, her not liking the way you're warming her up. All those things happen in the real world. You know, the talking during sex, the fun, the joy, the playfulness, that a couple can experience most porn is devoid of those elements unless you go looking for them. So that puts a lot of pressure on young men. And yet it leaves out dimensions of sexuality that are to be enjoyed that really nobody watching porn really has the time for it because we're just horny when we're watching it. And certainly anything that would be an outtake or an instance say where the guy didn't get it up or whatever. That's just not talked about. So again, we're given an unrealistic view of sex that we really need to modify transforming our brain. So on that note, I'd really do want to send guys to your book Michael called everything you never learned about sex and that has the word everything in it. So expect a comprehensive volume here gentlemen, take back your masculine power and use sex energy for good and you can find that by going to a special URL I've set up for you and let's make it sex energy. Okay, two words as one word, mountaintop podcast conference slash sex energy, sex n e r g y where you can find Michael Macpherson's book I will also put it at the top of my queue at my Amazon influencer page, which you can reach by going to mountaintop podcast conference slash Amazon you'll find Michael Macpherson's wonderful book, along with every book from every other guests we've had here on this show that may be available to you on Amazon. Your whole library can be built from that page at mountaintop podcast conference slash Amazon. Michael MacPherson, thank you so much for a wonderful

conversation and a very necessary one for these guys.



Michael McPherson 34:42

Thanks so much for having me on, Scott. I really appreciate it.



Scot McKay 34:45

Yeah, man. and gentlemen, if what has been discussed on this show really resonates with you. It's time to talk about how to get your life on track so that you're getting the right women in your life. Women, you can roll to women you can enjoy a sexual relationship with the first step to getting that right may very well be talking to me for free for 25 minutes, you can do so by going to mountaintop podcast comm clicking on the red button you'll find in the upper right hand corner of the page. Or if you're on mobile, it'll probably be front and center at the top and click on that. Get on my calendar. Your first 25 minutes is free. If you go over 25 minutes, hey, guess what, it's still free. You'll find me to be exactly who you expect me to be. I'm a red blooded guy. I put my pants on one leg at a time. And we're going to talk about where you are right now. I'll probably be able to relate to a lot of your stories and tell a few vulnerable ones of my own. And if getting you on a coaching plan that's going to change your life is right for you. That's what we'll do. If not we can suggest a program that will get you to where you want to be all of it's guaranteed all the time. What I tell my guys is when you hire me, I'm the last coach you will ever need in this area. And that's my guarantee. All of that more is there for you including show notes and a free download there for you of my book sticking points off. Hey, it is all there for you at mountain top podcast calm while you're there. Please give some love to our sponsors origin in Maine Jocko willings company has the best protein powder you have ever tried. It just works better. It even tastes better, great supplements as well as the best boots and jeans you have ever ever worn in your entire life. They will be a part of your wardrobe almost on the daily once you get yourself a couple pair of these jeans and put those boots on and where are men. It's just a manly stuff and women really really do respond to you when you're wearing something that is stylish and manly at the same time. That's what origin in Maine is all about heroes soap company will clean you up. Their soap does not have parabens and pallets in it it won't affect your testosterone receptors at all. So you can clean up while still staying healthy and masculine and it smells great and their body wash is not to be missed. You can get yourself stocked up by going to mountaintop podcast.com front slash heroes soap h e r o s o AP and you can likewise get in on all the wonderful things available to you at origin in Maine by going to mountaintop podcast conference slash origin and links to both origin and hero soap are also available to you from you guessed it mountain top podcast calm and with that until I talk to you again

next time this is Scott McKay from x&y communications in San Antonio Texas be good out there.



Edroy Odem 37:39

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