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## SPEAKERS

Edroy Odem, Matthew Ferry, Scot McKay

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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 your host Scot McKay.



Scot McKay 00:17

How's it going? Gentlemen? Welcome again to yet another episode of The World Famous mountaintop podcast. My name is Scot McKay at Scot McKay on both Twitter and clubhouse real Scot McKay on Instagram. You can find all the YouTube videos by searching my name on YouTube Scot McKay, the Facebook group, as always, is the mountaintop summit and you are always welcome to join us at Mountain Top podcast dot com for show notes, free downloads, and always the opportunity to talk to me free for 25 minutes about what's on your mind. And perhaps we can put a plan together to get you from point A to point B in terms of you getting better with women and getting the right woman in your life. Listen, I've been chit chatting with the guy who I'm just meeting now. And he and I are already like brothers from different mothers, Lisa hope we're from different mothers because we're less than a year apart. And this guy is from California. And he has just a wealth of wisdom in a very particular area that I know is very interesting to you guys. And that is being your own man, not being blown and tossed by the whims of someone else and not being caught into the trap of really second guessing yourself and thinking something about yourself that you really have no business thinking. If that sounds a little too esoteric. We're about to throw it all on the table. It's going to be a kitchen table topic, as is popular in the television news vernacular nowadays. From California, Matthew Ferry, you can call him Matthew ferry International. He's also the second guy we've had with international behind his name. It's almost becoming like Jr. Instead of being Matthew ferry, Jr. or Matthew ferry the third. He's Matthew ferry International. I'm thinking of changing my name to Matthew to Scot McKay international sounds



Matthew Ferry 02:04

International Man of Mystery. Yeah. Oh, yeah. Well, we



Scot McKay 02:07

talk about that a lot around here too. Anyway, Matthew, welcome to the show, man. Let me give you a formal welcome, man. Take it away. Oh,



Matthew Ferry 02:12

thank you. I really appreciate it excited to make a difference for all the guys out there.



Scot McKay 02:17

And you have a wonderful microphone, which is probably quite literally music to the ears of guys listening to.



Matthew Ferry 02:23

Well, the Shure SM seven B is a fantastic microphone. Actually. This is what a Freddie Mercury used to record, as well as Michael Jackson.



Scot McKay 02:32

No kidding. Yeah. Well, I'm a Samson man myself, but that's like Ford versus Chevy. They're both fine pieces of equipment. Yes, sir. Yes. Now you have a book called quiet mind. Epic life. And one of the most, I don't know, intriguing concepts in that book is something you called the 30 day opinion diet and you advertise it as a detox for your mind, not your body. Kind of like taking a break from constantly judging every situation in your life. And according to you that can do wonders for your mental health. You're saying it massively increases your focus and productivity because you free up mental real estate for the things that matter most to you in life. Elaborate, man, tell us more about this because boy, a lot of us really feel like we've been subjected to opinions from literally every Tom, Dick and Harry and some of their sisters on earth here probably for about the last 10 years and especially since we've been all cooped up with COVID lockdowns, etc. So what's going on there, man? Unpack it for us.



Matthew Ferry 03:39

Okay, good. Well, I will start by saying that the methodology that I created, called the rapid enlightenment process came out of three decades of coaching high powered people, and helping them to come to a place of peace and flow. And I think that that we might start by asking our listener to just ponder this idea. I mean, what happens when you're experiencing true, authentic peace of mind? And the answer is, you're free to focus on the stuff that matters to you're not you're not distracted by the BS of the world and the looping negative thoughts and the nagging deadlines and the stresses and the demands of living a successful life because when you're at peace, you can cut through the clutter of the distractions and the emergencies. So you can think clearly, and that activates energy. And let's be honest, when you are working on engaging women in your life, and you're out there, essentially, prospecting for the one, you want to be the best version of yourself.



Scot McKay 04:47

We call that deserving what you want around here, deserving what



Matthew Ferry 04:51

you want, and it's very difficult to deserve what you want. When you're all jammed up with worries about your health or family or money or business or the future or You know, the president or the government or the virus, it's it's difficult to be present. When that stuff is taking up chewing up the RAM in your head,



Scot McKay 05:10

instead of being a present. It's more like a booby prize.



Matthew Ferry 05:12

Exactly right. Yeah. You



Scot McKay 05:14

know what, as you were talking, I was reminded of how I did a Charles Hobbs time management course. Oh, my goodness, probably 30 years ago. Matter of fact, they're so old a unit they were bought out by day timers International, which is got to be obsolete by now. Also, I haven't heard about them in probably 15 years old school. Oh, yeah. And like I said, you and I are within a year of each other an age. And this idea of distractions, pretty much being the mortal enemy of productivity is certainly nothing new. I mean, if you really think about it, Alexander the Great conquered most of the world by distracting the enemy. You know, it goes even back to the Greek idea of an island full of Sirens of women that cause sailors to distract themselves with their beauty and be shipwrecked. And yet it isn't pretty girls who are necessarily the only distraction around here. Getting back to what they taught 30 years ago, in Charles Hobbs time management was a very simple principle that we literally audibly laughed at nervously when they said it. And the incredibly revolutionary thought was, hey, you know what? You really don't have to answer a ringing phone. If a phone rings, back in the day, for some of you guys were really young, there were no other ring tones other than the classic telephone ring. I mean, you know, getting into the 80s when we had wireless, there were kind of electronic versions of a ring. But the classic ringing telephone, which my wife still uses, by the way on her cell phone, just so she can hear it above the din of other noises. He's smarter than me, by the way, because that's actually genius. But that triggers us, we hear a ringing phone and quite literally something incredibly important could be going on and people will roll over and answer the phone. And the Charles Hobbs teacher, you know, the person running this time management seminar was very adamant and saying, Hey, look, you know what, if it's an emergency, these people are going to demon dial you. You know if it rings, like for a solid four minutes, okay, roll over and answer it. It's probably something important. But really think about the times in your life when answering the phone really was of critical importance, life or death, make it or break it stuff in your life? And answer is almost never. And nowadays, that distraction is on steroids. You know, you and I were laughing before we clicked record on this particular show, Matthew about how nobody really even talks to each other on the phone anymore, let alone faxes each other. Right? We were talking about that. It's all text and it's all social media. Man compared to a ringing phone, Facebook, Instagram, tik, Tok, YouTube, Twitter are just Major League, massive, megalithic distractions, aren't they?

M**Matthew Ferry 08:07**

Yeah, they're extremely distracting. And really, they're meant to play on an aspect of our evolutionary psychology, which is the idea of giving an opinion in order to survive, essentially to navigate. And we relate to our opinions like they're true, but they're not we relate to our opinions, like they're facts, but they're not. In the end, opinions are made up, they're invented. Everybody has one. And we relate to him like they're facts, but Facts are facts. Opinions are something else literally. Opinions are the source of negativity, not the people or the circumstances in our life. Opinions are emotionally charged triggers that can create conflict and dissent and strife and and send us into a negative emotional state that can wreak havoc on the rest of our lives.

**Scot McKay 09:03**

And basically, the social media empires, even online dating and particularly apps, dating apps have figured out this relationship between having an opinion and our need to have that opinion approved of I mean, even if you're on Bumble or Tinder, and you put a picture in a profile out there, what you're hoping for, is a bunch of women will approve of, or have an opinion that's approving of you. And you by nature of what you chose to put out there really are posting an opinion about yourself that you're looking to find women who resonate with, it's kind of so primal, we almost overlook how baseline it is in our psyche. Isn't that what you're kind of getting at?

M**Matthew Ferry 09:49**

Human beings are pack animals and getting approval being liked being appreciated, for our ancestors meant you were staying alive today. We're not in that situation. Yet. We are pre programmed. And we come in with a set of pre determined ways of relating to the world that are essentially starting to backfire on us. They're a mismatch to what's actually occurring. And your opinion is one of those things that if you actually decide make the decision, I'm going to stop giving my opinion for the next 30 days, it will blow your mind how happy and peaceful and joyous and open and creative and free you are. And let's be honest, that is unbelievably attractive, because you're actually being yourself.

**Scot McKay 10:40**

Now, in all fairness, to most of us listening, considering how deeply embedded we are in the modern zeitgeist, that sounds a lot like telling an alcoholic just Hey, quit drinking, you'll be a lot happier and healthier. It seems like oh, yeah, it's easy for you, pal. Well, what about me? I mean, yes. Where did it even start with that? And, you know, I'm going to go ahead and backtrack just a little bit. You mentioned something about opinions versus facts that I suspect is going to play a little bit into your answer. Nowadays, people will weaponize their opinion, as if they're factual, to tell you you're stupid, or that you need to do better remember do better was something that was really a caustic way of talking to people. It's kind of faded out of vogue over the last two years, because it was so obnoxious, that didn't get people anywhere, and kind of ostensibly has been replaced with the softer science literally, of telling people that this is scientific, or this is what experts say, when really, it still is an opinion about viruses and about taking shots and about the effects of things. Just because someone who was a doctor or a lawyer or a champion of business, said something doesn't make their opinion any more factual necessarily, because hey, you know what, they could have ulterior motives, they can have someone paying them to say something, there

could be some sort of gain that they're getting that's kind of under the surface. I mean, we've seen this time and time again, from politicians from businessmen. Just because someone seems smarter than we are, especially on a particular subject doesn't change the fact that oftentimes, what we're either being told is a fact or scientific when you know, by the way, science is a fluid entity, of course,

M

Matthew Ferry 12:34

very fluid. Whatever we believe today, 510 years from now, a big a vast majority of it, we will have transcended and found a deeper way to think about it, which negates so much of what we thought before.



Scot McKay 12:49

Go ahead and unpack this, you know, you were talking about this whole idea of hey, man, we need to stop giving opinions and that is almost a refreshingly if not startlingly obvious way to take first person responsibility and ownership over this issue. Rather than saying something a lot more, I don't know, I guess passive, instead of active of say, Hey, don't let these other people's opinions bother you anymore. So we're going to divorce ourselves from this idea of trying to sort out what's factual, versus what's even opinion. And essentially, if I hear you correctly, just stop caring for a while, cleanse ourselves from it. Am I onto something there?

M

Matthew Ferry 13:31

I think you are, I don't know if caring is the right context. I think that that caring is extremely valuable. But what happens is we relate to our opinions. Like, that's real, that's true, and they become charged, which is essentially some sort of survival modality, in a situation that is not even remotely a survival situation. So what I do with my clients is I say, let's, let's play a game. Let's go on an opinion diet for the next 30 days. And there's four things that I ask people to do one, stop commenting on government officials in their decisions. You placed your vote. That was your task, if you want to get involved, get involved, but to sit there pontificating about government officials, and what they're doing and how they're operating isn't actually moving the needle. All that's happening is you're demonstrating your confirmation bias. And you're essentially creating polarized opinions that do have a long term impact on your reputation. Then, of course, it dramatically limits your opportunity set. So step one, stop commenting on government officials and their decisions. Step two, stop giving your opinion on global issues. You're not an expert. You're not there. You're not a part of the situation. If you want to get involved. Great. We want you to get involved, but to sit there typing your answer into Facebook or Twitter and giving us scathing opinion on something that you barely know anything about? Come on, you're wasting your time and everyone else's?



Scot McKay 15:06

Well hold on a second, that statement makes it almost necessary to repeat what we said before that even these people who are deemed to be quote unquote experts often are charlatans at best. Sometimes they may be experts, but they feel like they have to come up with an opinion because people are demanding it of them when really that opinion isn't fully baked yet. So even the opinions of experts aren't necessarily gospel. So you know, reflect again, on what significance does that put on my opinion as a total interloper? And it kind of makes your point for you it, doesn't it almost nothing. Right?

M**Matthew Ferry 15:42**

Yeah. And just discernment is really going to be one of the most important skills for us to develop in this new era. So step one, you stop commenting on the government officials, you stop commenting on global issues. Step three, is you stop pretending like you're an authority on life, and how it's supposed to be your opinion, is just as relevant as mine, not at all. And human beings have developed over the millennia, a way of thinking about the world that helps us to navigate the world. And part of that is we sort of come up with here's my definitive way to operate on the planet. But as we've become more global citizens, citizens, and we're connected to more and more people, it becomes really, really apparent that everybody has their own way. And no one particular way is better than any other. So giving up this arrogance, which is a phenomenal survival trait, giving up your pride, your righteousness, which are phenomenal, incredible survival traits, and transcending them and going to a place of curiosity, wanting to know, asking questions being open, these things lead to a much more effective version of yourself.

**Scot McKay 17:07**

Well, hold on a second there, though. Yeah, go for it. My retort to that would be if you were to spend some time on Twitter, which is bad for your mental health, or even on Facebook, or even on the comments section of like a Fox News. very curiously to me, CNN, ESPN, they don't have a comment section anymore. They did away with it. Fox News is the only one who still dangerously treads where even angels fear to go nowadays, in that regard. You'll see a lot of people who believe their opinion is not only the right one, but it's a life and death matter. Like people who are on one side or the other of the immigration debate of the abortion debate. Certainly climate change. These people honestly believe if you disagree with me, the world's gonna end in a dozen years or less. So a lot of people really do believe that, hey, it isn't about agreeing with me. It's being quote, unquote, on the right side of history, which is another phrase that's weaponized a lot by people with a very, very firm opinion. And going along with that, Matthew, I find that a lot of people will float opinions that I find myself saying, you know, there's no way in hell you actually believe that, you just need me to believe that, because it furthers the narrative helped me and this audience kind of differentiate between having my own opinion, and being subjected to propaganda that someone's out there trying to float because they see a bigger picture here that the rest of the world needs to adopt, or else Something terrible is gonna happen. Should I just ignore all of it? Or what?

M**Matthew Ferry 18:53**

No, there's, there's absolutely nothing wrong with people coming up with a hypothesis that they then want to get buy in on and make changes in the world. Where we get in trouble like you and I were you and I get in trouble is we're not doing anything about it. We're just sitting in our office commenting, we're at a dinner table talking to our family, creating polarized, negative situations that have long term reputational damage attached to them, because the people around us are like ADD, don't talk to them about that, unless you want to get into a state of anxiety and stress. So there's great merit the human species has moved forward by people taking a stand about something that they intuitively believe in but have nothing to back it up on and then over time, move that agenda forward to either resolve it and we move forward or it dies out because it turns out to be BS I mean, this phenomenal stuff. But the the game for you. And I is to recognize, if you're not actively engaging in doing something about what you're talking about, then you're wasting your time and your energy on something that isn't actually a positive for your life. And we do get addicted to our opinions, we do get a hit of adrenaline, we get a hit of, of cortisol, we get a hit of some kind of dopamine when we're right, or when we are profoundly arrogant. So there is a biological payoff that you're getting that has been programmed in over millennia, to make sure that you're an arrogant, pride filled person. Because the truth is, in the past, that was a very survivable way of operating.

Whereas today, it's not really serving you. It's a mismatch. Fact. Let me just tell him about the fourth thing in the opinion die, right. So stop commenting on government officials, stop commenting on global issues, stop pretending like you're an authority on how life is supposed to be. And then for practice accepting those things you cannot change, and focus on what you can change. And watch the miracles happen in your life. It is bonkers. What happens?



Scot McKay 21:17

What's the difference between actually doing something as opposed to simply just having a bigger megaphone? I mean, aren't these pundits who have 2 million Twitter followers doing something by giving their opinion at that point?



Matthew Ferry 21:31

Possibly? So the answer is maybe there's also an important distinction to make, which is, are your followers a way for you to monetize? Or are your followers a way for you to create change? And I think with discernment and investigation, most of us will find that followers equal dollars. And most of the time, that's where the energy is flowing. There are of course, followers that equal change as well. The question is, am I in the present moment? Or am I somewhere in the future or in the past? Because I've activated an opinion, and I'm resisting something, and I'm in a polarized situation, what I'm talking about here with the opinion diet, Scott, B, at peace, and then see how amazing you are.



Scot McKay 22:31

I still think that feels a little esoteric, to those of us who have been so deeply embedded in this lifestyle for so many years. Now. You bad. So I'm receiving from the message that you're sending Matthew that, say a big pundit with 2 million Twitter followers, is effective and actually doing something if he's more strategic with the message he's sending out instead of merely tactical, like, you know, you're an idiot, spelled y o u r is a tactical knee jerk opinion. Whereas, hey, look, this particular message that the other opinionated side is sending out is wrong. Because of this, if this matters to you, you need to call your congressman, you need to get out there in March, you need to protest, you need to talk to your school board, because this is what's wrong.



Matthew Ferry 23:18

Yeah, or I'm organizing something, let's go do this right



Scot McKay 23:22

100% 100%. Now, something else that you mentioned that I think we need to elaborate on a bit, just to really make this crystal clear to everybody listening is that fourth element, which is you know, I need to get to know what I can really influence versus what is completely outside of my circle of influence. And this is something that a lot of people who are very smart have talked about Jocko willing whose company sponsors this show talks a lot about, Hey, let go of things that you have no control over focus on those things you do have control over. And that's where you can really make a difference. That's where you can

be responsible and take ownership in your life. If there's no way you even have any stake in a particular opinion, or a particular matter that's out there or the state of affairs in the world in a particular respect, stay out of it, and focus on those things that are inside your circle. And then you'll not only be more effective, you'll be more respected and you'll feel better about yourself kind of what you're saying, you know, you'll learn to get to know yourself and that'll be an improvement psychologically, perhaps even physically, right.

M

Matthew Ferry 24:33

I think if we're committed to having an awesome experience in life, then recognizing the the stressors, and eliminating them from our lives is paramount, because the stressors dramatically diminish the awesomeness of our life and polarizing opinions. Create a negative attitude about the world and of course To the American Institute of Stress, negative attitudes create the feelings of hopelessness, and hopelessness creates chronic stress. For men. Typically, that feeling of hopelessness creates an aggressiveness like we want to, we, we then experience a hostility that comes out. And if we're looking to have a life, where we're doing what we want, or with the woman that we want, we're living a life that is that is exciting and engaging, than wasting your time giving opinions on things you're not going to do anything about is something that you can practice letting go of, and it'll make a big difference. Well, it



Scot McKay 25:41

just increases the cycle of victimhood. Correct. Like, hey, I'm making a lot of noise about something I can't really control. Therefore, I feel disempowered and disempowerment, by definition, practically, is victimhood. And nothing makes a man feel well, frankly, like less of a man than feeling like he's a victim, like this has been done to me. And yet, just like you're saying so eloquently, and I believe powerfully and correctly, Matthew, once we take control of those things, that we actually do have some influence over and we see some progress there, we start seeing things actually get done, then, hey, you know what, we start feeling better about ourselves. Why because all of a sudden, we have some semblance of personal power building back into our lives, we feel more like a man, we feel more empowered to be a provider protector, and to preside over our own domain again, and then women perk up and take notice. And really, that's so much better than hanging out on Twitter, in our own little echo chamber, pretending we're all right, and that we're making a difference. When really, you know, even though you're saying it can have an adverse effect on your own reputation. I gotta be honest with you, Matthew, I see a lot of people spending a lot of time arguing with people on Twitter, when really honestly, nobody's listening to people, or they're caring about each other's opinion in the moment and disagreeing with each other. And even when they have what's perceived to be their own media outlet, which, you know, can be a very real thing on Twitter. I mean, everybody theoretically has a big microphone if they know how to wield it. But I see a lot of people just wasting a lot of time getting angry at each other when it's not doing any good. And in fact, nobody's even listening to begin with, you know what I mean?

M

Matthew Ferry 27:24

I do, and what you resist will persist. And what you accept, will transform. And when you practice accepting the opinions of other people as opinions, what you will find is that an emotionally charged trigger within you subsides, which then frees up your mental real estate, and you can focus on the things that are important to you. I mean, it really comes down to this God, there are no jerks in the world, until you show up and label them. Your labels create that negativity. Isn't that something





Scot McKay 28:01

I recognized a couple of years ago, and I'm not patting myself on the back here. This was brought to my attention. And I realized by God there, right? I don't have to respond to every irritating opinion that's posted on Twitter, or Facebook, even if it just strikes a chord of ire within me. I don't have to respond to it. Because, first of all, I've got to be mature to realize few people are going to care about my opinion, anyway. All right. And listen, I got 30,000 of these guys listening to this particular show. I even have my soapbox, I have a microphone. And even so I'm still often feeling compelled to let myself get trolled into these conversations. And one thing I found about these trolls is I think they like it, I think there are a certain group of mentally ill people out there who just love starting discord and making arguments and creating drama and all of this BPD esque kind of activity. And yet we can watch these threads unfold on Twitter and on Facebook and start believing everybody believes this way. Or Wow, so many people are really angry about this. And then the polls open, election day happens, or this new product is released, or this particular legislation happens and we realize, hmm, maybe Twitter wasn't right about this. And yet the algorithm that Twitter loves is to show me things that are going to make me angry Facebook picked up on that. And it's really just clickbait it's all plucking those cords of human psychology to get the cash register to ring over the social media outlets we've all been had. And you know, my next question is going to be what is the sensible practical result from this 30 Day Diet? And I'm expecting you to elaborate on what you've already said by saying You know, you feel like you've hit the refresh button, you've rebooted everything. Is that accurate? And if so, what do I do about it? How do I live the rest of my life after this? Do I have to not give my opinion ever again? And how do I stop myself from going back to my old habits? I mean, what's the end game here for you?



Matthew Ferry 30:18

It's a practice, right? So you you just practice, acknowledging that your opinion is the source of your suffering.



Scot McKay 30:26

Not someone else's opinion.



Matthew Ferry 30:28

Your opinion about someone else's opinion is the source of your suffering, not their opinion, your opinion about your body, about that woman about you know, the rejection that you got is your opinion is the source of your suffering. You know, one of my mentors a long time ago, told me a story about three umpires and she said, Three umpires, two of them trainees, one master umpire, and the master umpire before taking these two out on the field says, How do you call a striker, and the new guy just jumps right in and he says, you know, the ball comes in, and I look to see where it is. And then, you know, if it's in the strike zone, I call it a strike. And the master umpire just looks at him like he's dumb, shaking his head, no. And the the new guy is bewildered. So the more experienced guy says, look, it's either in the strike zone or it's not. And the master umpire, again, looks at this guy and shakes his head no, and says, boys, the ball ain't nothing till you call it. And I want to say to our listener, my friend, life ain't nothing until you call it something, and what you call it will determine the quality of the experience that you're having. And I would like to invite our listener to never live another day, with the annoying negative thoughts that create FUD fear, uncertainty, and doubt. Because I believe that you deserve to literally live the rest of your life in

a state of profound peace, kicking some tail, and living a life of purpose and meaning. And when you take on some of the practical applications that I wrote about, in my book, *Wide Mind, epic life, the opinion diet*, being one of them, it is amazing how much you can focus and how little anxiety and stress you experience. It's good stuff.



Scot McKay 32:22

So after 30 days, are we going to be less opinionated, hardwired with our opinions than we used to be? Are we going to gain more of an open mind from this? Or is there just simply going to be more of a quiet resolution that I don't have anything to prove to anybody and I don't need to worry about what they're trying to prove to me anymore, or kind of a combination.



Matthew Ferry 32:46

I think it's a combination. But let's call all of those things, the qualitative experience, the quantitative experiences, you're more resourceful, you're more creative, you're more present, you're more attractive,



Scot McKay 32:59

you're less distracted,



Matthew Ferry 33:01

less distracted, much more in the present moment, much more focused on what matters to you.



Scot McKay 33:07

His name is Matthew ferry, but you can call him Matthew ferry International. He's an executive life coach, spiritual teacher. His group on Facebook and elsewhere is called spiritual hooligans, which is another completely intriguing topic we didn't have time to discuss here. If you go to mountaintop podcast, conference slash ferry, F, E, r r y. And take a look, what you're going to find is his book on Amazon, which he's already mentioned called quiet mind epic life. I encourage you to get a copy of that book. It's very good. Obviously figured out Matthew is very smart and you'll find more of the same in that book. I've also put it at the top of my queue on my Amazon influencer page, which you can reach by going to mountaintop podcast calm front slash Amazon, as always, Matthew ferry, thank you so much for joining us today. Man. This has been such a fun, different and intelligent conversation, which I always appreciate. And I think the audience does too. Thank you.



Matthew Ferry 34:05

Thank you for having me.



Scot McKay 34:07

Yeah. And guys, listen, we talked about Jocko willings company origin in Maine if you have not checked out the heavy hoodie yet, man cold weather is here in most of the parts of the Northern Hemisphere who are within the sound of my voice. And all I have to say is you have to get one of these things. If you look back on some of your purchases in the past, oh 1015 Even 20 years, there are certain ones that you're still psyched about after all these years because you're still using this item that you perhaps didn't pay a whole lot for relatively speaking back in the day but man is still a part of your daily life. This heavy hoodie from origin in Maine is going to be one of those items for you, man is it fantastic. Go to [mountaintoppodcast.com](http://mountaintoppodcast.com) front slash origin and order up one now let's their back order because this thing is so amazing. So you're probably not going To get it before Christmas, but if you get your name on the waiting list, you'll get one of these ultra popular hoodies that you'll be able to wear into the winter months. Terrific, terrific stuff. Also, if you haven't visited our friends over at heroes soap, then you're missing out on their new sense of body wash and indeed their bar soap all of it is all natural doesn't mess with your masculinity doesn't feminize you no parabens, no phthalates, none of that ugly stuff we're all trying to avoid. And the shower gel. The body wash is the most amazing substance ever to take a shower with a woman with you just have to take my word on that. Find all of that and more when you go to [mountaintoppodcast.com](http://mountaintoppodcast.com) front slash heroes soap. And you can find all the wonders that are at origin in Maine by going to [mountaintoppodcast.com](http://mountaintoppodcast.com) conference slash origin, use the coupon code mountain 10 To get an extra 10% off gentlemen with either of our find sponsors. And listen, if you haven't gone to [mountaintoppodcast.com](http://mountaintoppodcast.com) Lately, check out all the free downloads that I talked about up front check out show notes you can see pictures of our guests and perhaps get a copy of their books and check out their websites when you go there. You can also sign up to talk to me for 25 minutes for free about not only what's going on in your dating life or in your relationship, but also what's going on in the business world what's going on with your career. I can't underscore enough guys that I work with a lot of you guys who are already in relationships who are married perhaps to the right woman but want to make sure that relationship goes the distance and it's built to last and maybe smooth out a speed bump or something that's perhaps going on right now with the woman you love. All of that can be discussed when you sign up for free to talk to me for 25 minutes at [mountaintoppodcast.com](http://mountaintoppodcast.com) 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

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Edroy Odem 37:02

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