

# mtp287

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## SPEAKERS

Edroy Odem, Scot McKay, Marni Kinrys

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Edroy Odem 00:05

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



Scot McKay 00:19

Alright gentlemen, welcome yet again to another episode of The World Famous mountaintop podcast. My name is Scot McKay and Scot McKay on both clubhouse and Twitter real Scot McKay on Instagram, you can find the YouTube videos on youtube.com by searching my name SC O T, MC k y, the website as always as mountain top podcast.com. And gentlemen, if you're not yet on our Facebook group where you should be, it's a group of like minded men who are discussing how to get better with women how to just be better men in general, you can find that by searching mountain top summit on Facebook and joining right up. Today we're going to talk about a topic that I've been wanting to cover for a while it seems so basic at Premier fasciae. But you know what, it's something we don't really talk about all that much. We kind of assume it's something going on, but it's sort of an area where even angels fear to tread. And that is the subtle differences between men and women. And with me for this discussion is probably the best possible guest. I probably could imagine she's wow, you know, she and I have known each other for probably 14 years now. She's one of the best there is. She's the lady guru who's always on your side as a woman showing you how to get better with women. So with nothing further, here's my good friend and yours. Sound like Jeff Dunham here. I'll commend the dead terrorists. No, it's Marnie Kendras. Of course from Los Angeles, California, Santa Monica actually, how are you doing, Marnie?



Marni Kinrys 01:50

I'm doing good. How are you? It's actually been 17 years for that we've known each other You were the one of the first people that I met in this world. I mean, who wasn't wearing a leotard and a you know, a big bow around his neck. You were probably like the first legit male coach that I met 1718 years ago. That would be Wayland



Scot McKay 02:09

and Madam, and stuff. Just while we're on the subject of ventriloquist and their dummies? Mm hmm. Are you old enough to remember Waylon and Madam,



Marni Kinrys 02:18

I do know they are not because I watched them. Uh, because I've heard about them from other television shows.



Scot McKay 02:23

Yeah. Yeah. They were fun. He was very talented. On for sure. Unfortunately, he died of AIDS. Pretty Yeah. Oh, no. But Jeff Dunham still with us. As is awesome at the dead terrorists. I mean, sort of.



Marni Kinrys 02:36

You are just Oh, not a world of information. You just have such interesting facts and tidbits of information stored up in that head of yours that I find fascinating. Every time that I speak with you.



Scot McKay 02:46

I think Wellspring is the word you're looking for. Yes, it is. Thank



Marni Kinrys 02:49

you see, you even have a vast vocabulary that I can borrow from time to time.



Scot McKay 02:53

Please do. crepuscular is my new word of the day.




Marni Kinrys 02:56


Oh, Jesus.





Scot McKay 02:58


Jesus sort of was proposed,


 Marni Kinrys 03:00  
I guess what does that mean?


 Scot McKay 03:02  
I mean, it's a great word. I was listening to BBC again, where they love to flex big words. And crepuscular is having to do with Twilight. Oh, interesting. Yeah, so if you see a picture of like a wolf howling at the moon, and it's not quite dark yet that would be a crepuscular image of will be a very crepuscular lupine image.


 Marni Kinrys 03:24  
Oh, interesting. Okay, yes, I will never use any of these words in my day to day life. But thank you for sharing.

 Scot McKay 03:30  
Well, that will be probably the first and last time I use either of those.

 Marni Kinrys 03:34  
Well, I'm glad I let you try those out for a little bit. Right,

 Scot McKay 03:37  
exactly. Now see one of my favorite words Marnie is vulpine for pine is Of or relating to foxes, which is a great word to drop when you're, you know, meeting women and trying to attract them. You can accuse women of being vulpine in a bit. Why does that even mean and you could just

 Marni Kinrys 03:53  
start laughing now and it can be fun. It can be fun. I like things. That Right?

 Scot McKay 03:56  
Exactly. You could probably even find a crepuscular setting in which to accuse women of being vulpine. If you go to the right club at the right hour. There you go. Yeah. All right. So without anything further more on the subtle differences between men and women And listen Marni

anything further, more on the subtle differences between men and women. And listen, Marni, you're absolutely the right person to get on this show and talk about this because you've been an advocate for men getting better with women. For half my life for your life for longer than we want to admit to. Yeah, right

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Marni Kinrys 04:25

now, for a very long time. I have been an advocate for men, but secretly I think I'm helping out women. I didn't know that in the very beginning. But now I realize that it's helping out women with the advice that I'm delivering to men because I'm making men more attractive. I'm making awesome, great nice men. Better quality for women. So yeah, I think I'm doing a service to both genders which I think it's pretty awesome.



Scot McKay 04:47

Yeah, I don't think you've ever been some kind of creepy double agent to slip God

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Marni Kinrys 04:50

no, no, I marketed myself that way in the very beginning, but no, I am not at all I feel like I speak the truth and I help both sides without manipulating or objectifying either them. Right, exactly.



Scot McKay 05:00

You had you and I have always been pro man and pro woman. And I think that comes through on our work. So like I said, you have books called Get inside her mind and things like that. And you've always kind of had this cute little play on words, but your marketing has always been driven very much like, I'm going to let you inside a woman's mind and pull the levers and see what's going on in there. Yeah, yeah. And it's big fun. Now I have to, I have to admit to you, for ages here, I have really not been a fan of books with titles like men are from Mars, Women are from Venus, etc. Because I like to talk about the similarities between men and women instead of the differences because God help us all. When we start thinking of the other gender as some kind of foreign alien species that leads to all sorts of fear and dislike and distrust. And what I always laugh about, these guys have heard me say it before, but for your benefit. I think women's genetic structures are a lot like ours, more so than say a chimpanzee men and women are a lot more alike than different. Yet, if you look at the work of some doctors, some scientists like St. Louis and Brisbane, Dean, for example, the author of the female brain and the male brain, you know, it can challenge that assumption that really men and women are very much alike, except for as I've always said, that concept of masculinity and femininity that polarizes a sexually. So some of what we talked about, it's going to be indebted to her today, for sure. I know you're going to come with some of your own ideas. But for better or worse, Dr. Byzantine isn't doing interviews anymore. So

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Marni Kinrys 06:41

I know what I'm glad, then she would have been here and I would have not been here. So it worked out well in my favor.



Scot McKay 06:46

Probably a lot more fun anyway.



Marni Kinrys 06:48

I don't know, she seems like a hoot. So she could have been a blast. But I do think is interesting. And this, this has happened to me. You know, as I get older, I realize that the more that we constantly try to say, we're the same, I'm realizing how different each individual actually is. Even if it's Woman to Woman at the core, there are basic things that drive all of us. But there's so many differences. And I understand where you're coming from where like I don't want these labeled differences to have us pushing others away and thinking of them as others and confusing and frustrating. I really think that many of these books out there are meant to just like shine a light and say like, Hey, we work a little bit differently. And if you can absorb the information that way and use it as like a tool or something to arm you with, I just feel like it's going to help you navigate life a lot better, rather than put you off and have you push others away, or hopefully that's the direction that puts you in



Scot McKay 07:43

during a coaching call a couple of weeks ago, either I or the person I was coaching. And it was a couple men and woman. Yeah, blurted out the following sentence. And it caught us off guard so much that I transcribed it, I wrote it down. And it's now this is not a gender specific statement, by the way, but I'm going to make it so just to throw it on the table. I don't have to forgive her for being a woman, if I understand she's not a man. Oh, wow. Isn't that tricky and cool at the same time?



Marni Kinrys 08:15

It's amazing. No, but that's very enlightened of him. To say that, that takes a lot of I don't even know what but like, open mindedness to see things that way. I think it's that's wonderful.



Scot McKay 08:28

Right? And you know, that was core to our conversation. Yeah. And what that kind of revolves around is, you know, if I'm disappointed, she's not thinking like me, or doing things like me, or processing things like me, then I'm depriving this relationship of her femininity, her willingness to be a woman and all the gifts she offers as a woman. And as soon as I figure out, it's okay that she's not thinking and acting like a man, the more I can start appreciating her for her womanly qualities. I love that. Yeah, that's sort of what's missing from a lot of our cultural narrative these days around masculinity and femininity, isn't it? You mentioned the word, sameness. And I think that's evil.

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Marni Kinry 09:08

I agree with that. To be honest, I had something similar. And when I found out that my husband was an introvert and I was an extrovert, and what that meant, for each of us and our dynamic, just having that little tidbit of information about another person, it can mean it can push people away, if you don't know that it's there. But it can really pull you back together. Once you're aware that these things are going on. I think what the tricky thing is, for a lot of men, a lot of women, a lot of people in general, is that we are in such a stress ridden world, that we don't get the time and space to actually process and think in the way that he's talking about. We're at least in my world right now. I am in a world where I have two children. I run a company, I have a husband, I have friends I have like I don't have a minute to breathe. So sometimes I don't have a minute to process information and therefore I can react, I can be triggered very easily and then just respond rather than taking the breath to actually think about what who is that person in front of me? How are they feeling right now? Are they a man? Are they a woman or the child? Are they an adult, it's their horror, all these differences that exist. And if we allow for more time, we can allow that empathy or sympathy, whatever you want to label it so that we can understand those people a bit more and not be as harsh on them. But But I think that so many people run into the struggle, where they're more reactive with their responses rather than like your client. He he actually is, is taking the time to really breathe, take in and then process what's going on in front of him with his partner, which I think is fantastic.



Scot McKay 10:45

Yeah, several things you've talked about there that I think we should visit about. The first one is this idea of a headline driven world. I mean, we're bombarded with, yeah, information. Most of these made up. I mean, we're told to believe the science and told that things are factual when they're really opinion. And everything has become politicized. And it seems like a wedge is trying to be driven between humans for any number of reasons, not just socio sexual ones. And that's really messed up, not only at face value, but also because we're isolated enough nowadays, post COVID. And having kind of let our social muscles atrophy and just to get us at each other's throats and try to make ourselves feel different than one another. I mean, our politicians are getting up there in public and saying divisive things. And then the very next thing out of their mouths is you know, I want to make this country unified. I want to unify everybody, right? Yeah. As long as you agree with me, we'll all be together on this, right. And that's just BS. And you know, the other thing you just said that plays very well into this conversation is it isn't only male female differences, it's individual differences. Marnie, If I hear one more person, project on everybody else, their opinion that everybody is the same in one respect, or especially everybody deep down agrees with me. Everybody thinks like me, you know, I'm just gonna start throwing stuff. Oh, my

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Marni Kinry 12:17

God, so childish. But at the same time, the core of our conversation is going to be about the differences between men and women. Yeah. So I don't want to, you know, put the idea out there that we're all so vastly different. And we're all going to be so confusing to figure out. Because there are a lot of similarities between chunks and groups of women and chunks and groups of men that are very different between men and women. There are differences out

there, and a lot of them are part of our biological makeup that make us so different. And I know you're anti some of these books. But I remember reading why women don't read maps and why men? Can't I forget what it was called, but something like that. Why would I be against the book like that? Nobody were saying before you were like, I wasn't into men, or women are from Venus. Men are from Mars. Well,



Scot McKay 13:02

let me rephrase that I wasn't into drawing these huge wide chasm, men and women, as if we're completely different species. Gotcha. I understand. We're different. But I've always been focused on our similarities, because I think too many men out there have developed this deep seated fear and therefore hatred of the women they're trying to attract. Therefore, you get MIG toes and angry



Marni Kinrys 13:23

women around to get them. And then yes, yes, yes, yes. And crush them. That's what I don't like seeing. Okay, got it. So that makes complete sense. But I yeah, I found those books fascinating. Especially, the main thing that I found fascinating was, when men can't see things in the refrigerator. Like, if you want to hide something from a man, you just put it behind something else in the refrigerator. And that was genius for me. And it's been true, proven true. Every single time I do that to my husband, he will open the fridge and go, where's this? And like, literally look behind the ketchup. It's right there. Can you see it? So I'd like some of these differences are 100% Universal?



Scot McKay 13:58

Well, you know what I would say that is 100%, universal and hit the nail on the head there. But I have also now experienced what life is like with exactly two teenage boys in the house. And I have actually, in my middle age wisdom, started leveraging that particular fact against my two teenage kids when they were living here, wonderful. Like I would buy something from the grocery store. That was for me. And you know, these kids are human vacuum cleaners at age 14. Yeah. And I would do that. And I'm not making this up. I would hide it in the frigerator. And you know, it works in the pantry too. If it's like a dry good, you know, you can have that little bag of pistachios that you want to enjoy. You know, while you're watching a movie later, just up there in the corner behind something



Marni Kinrys 14:44

smart man, I like it. I like it.



Scot McKay 14:48

Now you know what the opposite gender corollary to that is women leave lights on everywhere and men are forever running around the house turning lights off.



Marni Kinrys 14:56

It's interesting. I was trained by a father who did that so I am The person turning the lights off. So, yeah, but interesting.



Scot McKay 15:03

That's why these are patterns not absolutes now



Marni Kinrys 15:06

broccoli, which I that's interesting, cuz that's what I wanted to bring up as well. So I did my own podcast the other day and I had this woman named Laura Doyle on and she coaches women on I forget what her book title was called something like how to be the surrendering wife, right. And she got a lot of backlash for that for that title. But I think therefore sold a billion books, right 100%, she did really, really well. But so she really focuses on women and how they can alter the things that they do, or the way that they see things to have a happy, happy relationship. And I brought her on because I wanted her to be able to talk to my audience of men, about what women are experiencing, that men could communicate to women about like so for example, if if this woman was nagging her husband all the time, or nagging a man in her life all the time how a man could communicate that to a woman so that the woman got it so that she didn't have to go, you know, read her book and figure out after 10 years of a really unhappy marriage, oh, I just have to stop nagging. But how a man could actually communicate those things in a way that was loving, and expressive and clear to the woman in his life. And it was interesting, because she kept saying, well, that's not a man's responsibility to do is really for the woman to figure out, he can hand her my book, and then she can go figure it out on her own. And I got really angry at that response. I'm



Scot McKay 16:27

already angry also,



Marni Kinrys 16:28

I know. And she just said, she's like, men shouldn't be emotional, let them stick to be men and like, then there's no progression in the human race about men learning a little bit and women learning a little bit.



Scot McKay 16:39

So is this directly in the context of the point you were making about nagging?



M**Marni Kinrys 16:43**

No, the point I was making was about the pattern, a pattern that we can alter, you said me, you know, maybe historically, men are not the ones who turn the lights off. But I learned from a man to now turn the lights off in my own house. And I, the point is, is that we can all learn things that can better serve us if we are open to it. So that's why people like you, and I exist, like I got a lot of backlash from men saying, Why are you teaching women this stuff? I'm like, well, there's 30,000 other coaches teaching women this stuff, there aren't enough people out there teaching men how to do it. So both sides need to learn either these differences, or they need to learn how to relate to one another. So that they can get along, get attraction, and get sex or whatever it is that they want from one another. Because if you don't know these things, these little differences, the different ways that people work, the different way that we do things, you're just gonna be angry and frustrated and bitter for the rest of your life.

**Scot McKay 17:36**

Well, what I was getting at with Doyle, the reason I was sharing your anger with Madame Doyle's comments on it being the woman's job to figure out the nagging and make it stop is because the nagging is almost always a direct result of what she's getting from the men in her life, which is the lack of Manning up. Yes. And it's a team effort when men don't make women feel safe and protected and provided for wives nag. Yep. So why is it the wife? Yeah, surely. Right. But I mean, I hope she's not being Miss nice girl about all this stuff, because men need to lead in that regard. And then women almost automatically stop nagging. But see, of course, you and I also deal only with people who aren't broken and psychotic. So assuming two healthy people there. That's how that dynamic would typically work. But again, that's a trend, not an absolute sure. Yes. That's where I was going with that

M**Marni Kinrys 18:30**

got in. And I totally agree with you. We're on the same page. I think we also just come from different spaces, like her space is, she had a problem with her husband, it wasn't getting resolved. She kept trying to fix him and change him. And then for herself, she's like, You know what, I have to do the work. So I think now that anytime that you realize it can be on you to alter things in your life, I think, not that you're opposed to other people also doing work. But I think that's the that's the space that she was coming from. She's like, okay, just let men be men. Once women adjust all these things, these things won't happen anymore. But I agree with you, it has to be both sides. Like the man has to man up and the woman has to, you know, female up as well. That's what can make a great dynamic for both sides.

**Scot McKay 19:15**

Well, yeah. And then the relationship is built upon that same premise we touched upon earlier, which is, when I understand why women are women, then it's easier for me to forgive her for not being a man like me. Yeah, you know, what I love to hear and by love, I mean, get frustrated by is when guys are told by pickup artists or whatever, that women are absolute geniuses at everything social, right? And then they get in front of a woman and assume that she's going to treat him poorly and reject him and call him names when he's simply trying to be friendly. Yep. That's a complete oxymoron. Of a mindset. Yeah, how can she be inherently a

social genius by virtue of being female and then be waiting to reject you harshly. Yeah, I mean, that's just a story men tell themselves and Marnie. It's based on not having real world interactive practice with women, isn't it?

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Marni Kinrys 20:14

I mean, it's based on that. I mean, it's also based on a lot of childhood stories that you're told somebody said this to me recently, children are wonderful at observing, they're horrible at interpreting. And I thought that was a really genius thing to be said, because when you are young, you lack tools for taking in the information that's in front of you, it's very black and white, and it's very grand, right. So if you had a past where you had women in your life, maybe your mother, maybe your sister, maybe even females at school, treating you a certain way, not being so nice to you teasing you a little bit, you create a version of a story that says this big thing about women and how they see you respond to you and treat you, right. And you carry that story with you for a long period of your life until it's otherwise proven wrong. And you know, because of self fulfilling prophecies, we don't really allow ourselves to prove things wrong, until we have somebody else assisting us so that we can see things in a different way. That is a very common story. For a lot of men, it's a very common story for a lot of women as well, that they're not worthy that nobody will ever love them, that men are going to treat them like shit and only want them for sex. So like both sides have these versions of these stories that keep them guarded, make them have boundaries put up into place, and ultimately kind of, you know, ruin their lives in some way. And that's why people like you are so fantastic. And hopefully I can say the same thing for me. We can help people get out of those, those stories, because that's where I came from. I had a story like that for myself when I was younger. I don't know if you did as well. But hopefully we can take some of our own experiences and influence some other people to see things differently so that they realize that's complete BS that women are going to treat them that way. That's not an absolute.



Scot McKay 21:53

Well, let me give an example of both sides of that coin, the male perspective and the female perspective. Yeah, women are like men only want one thing. They're all about sex sex, he's going to screw me and leave me. You know, men pulling away is the greatest fear around which a shocking amount of women's dating advice is built. 100% and it is absolutely true. That the male brain is hardwired to look at female body parts and you know kind of be like Brendan Fraser and Encino Man goes on guys. Right. And women get angry at men for this. Yeah, I mean, the vitriol over the very existence of porn. I had a woman swear to me that every girl who's in porn is being trafficked. She's being a sexual slave. None of them want to be there. And I just kind of asserted Well, I mean, would you even allow for an exception to that rule here and there? She's like, Absolutely. Not all women are like me. And we would all just feel completely used and taken aback by that. I'm like, Okay, well, I'm not gonna argue with her because there's no, right. There's no winning, there's no winning, and that's a lose, lose. But I mean, you know, this poor woman, what she's got to realize is there are two kinds of men, men who like to look at videos of naked women and men who lie about that. It's basically true. And the simple fact that a man is drawn to that doesn't make him an addict. Like he's been shooting up heroin and can't get off it.



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Marni Kinrys 23:25

In person, it makes him a human being. Yeah, and then there's shame around that, right? No, there should not be any shame around that. Well, depending on how often it's being used. But yes, but yeah, I



Scot McKay 23:34

understand. You know, yeah, no, I

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Marni Kinrys 23:36

mean, I watched porn as well. And I also have interviewed a lot of porn stars, and worked with a lot of porn stars who actually love what it is that they do. And they love it. They're changing the porn industry and making it safer for a lot of girls to be a part of and fighting for equal pay for a lot of the females.



Scot McKay 23:52

And a lot of the women who are so anti porn, because they don't understand why men aren't necessarily evil, because they're drawn to it. haven't really looked at any porn, and they think it's just 100% Men gagging women until their mascara runs and abusing them and whipping them and having sex with doggies and stuff, which of course, couldn't be further from the truth. But the other side of the coin is you have men out there possibly even listening to this show, who think all women just are going to use them as a human ATM machine. And as soon as they stop being useful providers, they're going to kick him to the curb and find some other guy who will. You know, no woman ever loves a man she only loves what he can do for her. All the MiG tau buzzwords like Salafism and hypergamy. And these guys just build this meme inside their heads about what they assume women must be like, you know, one of my favorite representations of this is a woman goes to a club on Saturday night and she can just sit up there rejecting every man until she decides who she's going to get laid by. And I'm like, That's how men think. Right? That's But that's not going through a woman's mind. And so these guys have woven, this thread that's based on male thinking about how women are. And you know, the whole idea of a woman throwing us away and not being in a relationship. Kind of rhymes with, hey, you know what, I'm just gonna use a woman for sex and kick her to the curb. So it seems natural that a woman would kick me to the curb as soon as I lose my job or something. Now, might that be true? Sometimes? Yeah, yes, absolutely. But women think differently most of the time.

M

Marni Kinrys 25:29

I totally agree with you. And the thing is that there's so much context for both of those scenarios. It's not just like, you lose your job. I don't like you anymore. If you lose your job, you become depressed, you lose your masculinity. You don't support me emotionally, you're a drain on all of my resources, both emotionally, physically and financially. Like there's so many other things that go into that story that lead to potential leaving, that so many people don't see it. On

the flip side for women, there's 20 million things as well. He told you in the beginning that he wasn't into a monogamous relationship. He told you in the beginning, he wanted to be casual. He like, again, he told you the truth. He told you the truth right up front, and you



Scot McKay 26:08

can shave it. Yeah, right. Here's another one, okay. Men thrive on competition. And this is mentally exhausting to most women. Now, I say this with the caveat that my 10 year old daughter thrives on competition, but she's still all girl all the time. It's just that's a little unusual for her, maybe, you know, she's wired a little differently. But for the most part, women don't understand why men have to compete at everything. And then what they therefore don't understand as well is that when a man sees a woman, and has already pre approved her based on her visuals, okay, you know, this is well known to every guy listening to this. He's already decided he wants her. So he builds this narrative up in his mind that he's got to go talk to her and get her to accept him rather than reject him. So acceptance is victory, she'll go out on a date with me, she gives me her phone number, her not being interested is a rejection, I've lost I have been defeated. And then of course, because of the male ego and our desire to be dominant, which has its place, of course, even primally. getting beat by a girl is the worst. And therefore men have this huge, huge battle with what's commonly known as approach anxiety, then you talk to women, Marnie. And they had no idea that ever existed, they just weren't interested. I'm just a girl. Why didn't you talk to me?



Marni Kinrys 27:36

Right? Yeah, it's crazy. Well, when I, it's funny, because when I first started doing what I do, I actually did a lot more like live events. So I remember I did this thing with Neil Strauss so long ago, where he hired myself and nine other wind girls that I had hired to come along to this boot camp that he was doing. And at the end of his teaching, during the day, my wing girls would take some guys out in groups, teams of two girls, and then five guys, and they would be their wing girl for the evening for them to practice what they had learned. And at the end of the night, we would regroup afterwards, and sort of just like break down how it went, and what we can improve on for the next day for the guys. And I remember for the girls who, when it was their first time doing an event like that with me, some of them got really emotional, and and started saying like, wow, I didn't realize how hard it was for so many guys, I didn't understand like, how difficult it is to be the one to go up and approach and be so afraid and be so scared, because they would say, I would have these amazing guys in front of me who'd be joking around with me, because we've had a couple of hours together to get to know each other. And then I tell them to the approach a girl that they're interested in, and they became this different version of themselves. And were so freaked out and so scared. And there was a couple of girls who said, I didn't realize how hard I have been making it on guys to actually do this approach just by being me. And I thought that was really interesting that so many girls are just like, This is so natural. For guys, this is so easy. This is your job. You're supposed to do it not in a bitchy way. But just like this is just something you're you know, they you do, I didn't realize the struggle that goes into it.



Scot McKay 29:08

A lot of guys don't understand that women love a man who leads in that regard. And then you

get all these books about, hey, here's how you get women to approach you and that's just bass ackwards. From a primal perspective, as soon as a woman has to do that heavy lifting, the chance of her being sexually attracted to you has been diminished. And that has nothing to do with choosing and chasing. It has to do with leading. Yeah, absolutely. Now I love what you just said because I have more respect than any of these guys will ever know. For any of these guys out here who would ever engage in getting coaching help for this? Oh my gosh, especially doing a mock date with a woman because I mean that is just baring your soul and being so vulnerable. Yes, that Brene Brown would be jealous. Yeah.

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Marni Kinrys 29:58

I know. I've no idea I feel exactly the same way anybody for assistance for areas like this. Like, it's so funny because I, you know, this has not happened in a long time. But when I, I've been doing this for 1718 years, and this wasn't a big thing before self self help. Mindfulness wasn't like, you know, the fad back then. And when I would say what I did there be like 70% of people, like, that's awesome. That's so interesting. Tell me about it. And about 30%? Who would say like, what kind of losers do you work with? Who are these guys? Men and women would say that and I would remember getting so defensive, saying like, Do you know how amazing these people are the guts that it took to say, I need help in this area, and I want to improve instead of just, you know, going through life miserable. They are some of the best people that I've ever met in my entire life. And I would debate these people. And they would be shocked by the end of the conversation, because they expected me to just say, oh, yeah, they are losers, but whatever I'm helping them. And like, it was just so shocking to see that that was the perception. And then what I realized over time, was those 30% of the people were the people who have never reached out for assistance in an area of their lives that they struggle with, and they probably never will. And they themselves will also be quite unhappy for a very long period of



Scot McKay 31:09

time. They're just projecting their thoughts on everybody else. I'll tell you what's happening more and more. And my practice morning is guys I've coached in the past, towards greatness with women. And as an aside, these guys are captains of industry, military officers. These are great guys. They're high achievers. The demographic of this audience is just amazing. I mean, Jocko willings company, origin and main sponsors this show on purpose, you know, because these are not the victims. These are guys who are taking life by the horns and wrastling it. And the latest trend is I'm getting guys I've coached in the past coming back to meet with the greatest woman they've ever met. And these guys are coming up with such precious at the wearable fiance's and

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Marni Kinrys 31:54

Oh, amazing. Oh, yeah. Yeah, they get it now. Because they yes, they had the nice side before, right, they had day and night before. And now they know how to attract as well. That's like, that's the package, right. But



Scot McKay 32:07

you would think that was the end game. Now I've got this woman, the rest is icing on the cake. negatory. Good, buddy. They're coming back to me for another 10 Plus program with the woman in their life. Because they don't want to settle for just having a normal marriage, they don't want the flame to die. They want to match the accelerator pedal maximize the next 5060 I don't know if 75 years together. Beyond you know, today's show some day, 100 years old together, they want to be happy, they want to leave the world a better place. They want to be a team. They want every advantage. These are people for whom their relationship is suffering or they settle for each other, or they got into a crack and they need to dig themselves out. They come to Emily and I because Emily and I are doing this we're walking the talk. And now they want more. They wanted more when they came to me originally, they got it. And now they have the woman in their life. And together they want more and I oh man, it just makes my heart leap when those guys call me and they introduced me and Emily to this wonderful woman in their lives. And we get the privilege to help them. And you see, I don't think the women will ever see that as a negative. But indeed it is vulnerable for a guy to say, hey, you know what, let's get with Scott and Emily. And let's make this relationship not just oh my



Marni Kinrys 33:24

God. And when you're in a relationship and a guy says you know what, let's read this book together. Let's go Let's go see a counselor let and they're driving



Scot McKay 33:32

this. I'm not a counselor, nothing's broken a coach by No,



Marni Kinrys 33:35

but I'm not. I'm saying like just anything where a guy's like, you know what, this is solid. I want to just, you know, work on a few things. My sister in law just got married recently, and remarried I guess she was divorced. And then her now husband was divorced as well. And he is the one that said to her, You know what, I've been bitten in the ass before and my relationship, I think that we should go to a couples counselor so that we can just make sure that we're both on the same page, we have a third person there to help us navigate potentially some sticky conversations and see how it goes. And they ended up going into the counseling because it was counseling. And they really just revealed with a third person, their and their assistants, that they share the same values. They handle conflict the same way. They see the same things for their future. Like I just think anytime that that for me, especially a man can proactively take a step for our relationship. I find that super sexy I don't I'm a coach in my day to day life. I don't always want to be the driving force for coaching in my home life as well. Especially if I feel like I'm the one pushing something on some one which is where a lot of women feel they are because women think more about the we have their relationship and if the man can take a little bit off of their shoulders and say like I'm gonna think about we before you even get a chance to think about we and and do things we'll see



Scot McKay 33:37



Scot McKay 34:57

that makes her feel safe. You talk about the scenario I'm talking about when a guy takes the lead and says, Hey, you know what we're going to do? We're going to do this for us. The woman's like, Wow, you're a hero. You're making me feel safe. Yeah, we're in this together.



Marni Kinrys 35:10

We're in this together. That's exactly what it is. Right?



Scot McKay 35:14

I have a question for you. Because time is getting short. Yeah. Why is it that a woman can yell at her children yell at her husband get completely all bent out of shape emotionally, then the phone rings, and it's her BFF and she changes her demeanor instantaneously. And it's just like, Oh, hi, how are you doing? giggle giggle. I mean, we as men would need to go outside, slam the door behind us and decompress for 20 minutes grumbling under a breath before we were ready to face the world not acting like a monster after we were rough. Well,



Marni Kinrys 35:43

I you know what I since I'm not a scientist, and I'm not whatever that woman's name is? Who wrote the female brain? I don't have a scientific answer for that. But I will say, you know, from my own response to this, I can perk up mainly because I don't want to show that I've been having a struggle. I might say that to her later on down the road. But if my female friend calls, I want her to know that everything is fine. That's how that's how I would feel. Initially, it's like me putting on a show. Or it's cultural. It might be cultural. Yeah. I mean, or some people can just like when something new is happening, they can just switch from year to year. I know same thing with my husband, he needs time to decompress when he has been triggered. If if something else other than the trigger is in front of me. I can switch gears very quickly if I need to. And I don't know if that's me or all women. But I would assume a lot of introverted women may also need that period of time to switch off but also we're not more multitaskers men are more single focus. I don't know it's I don't have a scientific answer for that one. I don't know how to explain if that's an actual difference, or if that's just maybe how you process versus me processing? So I don't know is the answer.



Scot McKay 36:55

Well, I'm no scientist either. Right. But your opinions are?



Marni Kinrys 37:01

Bounce back instantly. I don't know.



Scot McKay 37:03



Scot McKay 37:05

I'm sure they can. I mean, it's probably a learned skill. I think that pattern stems from men being hardwired maybe to



37:12

be warriors. And fight. Yes. That makes sense. You're in Vegas. No,



Marni Kinrys 37:17

no distractions. That's true.



Scot McKay 37:19

Yeah, exactly. Once we get spooled up, we got to stay that way. Because we're not going to fly. We're going to fight.



Marni Kinrys 37:25

Yeah, I get that. You got to stay in that zone. If you're distracted by somebody being sweet to you, you may not be able to kill the people who are coming after you. So I get that.



Scot McKay 37:33

Well, here's another stereotype maybe we can either reinforce or debunk already. Yeah. Women will bring up stuff that happened six months ago and arguments and stick you with it. And you know, remember you're blindsided by like you were bringing this up. After six months. I don't even remember this happening. I mean, I'm completely blindsided by this. I'm not even sure I even know or believe this ever happened yet. She can remember every detail after six months.



Marni Kinrys 37:58

Yeah, well, for these women, that issue that she's bringing up was still never resolved to her level of liking of satisfaction, right? Why



Scot McKay 38:05

wouldn't a woman throw that on the table when it's still warm. So if he didn't get a plate might



Marni Kinrys 38:10



have thrown it on the table when it was still warm, and it may not have been accepted at that time, right? Or she may have just been her time, right? She might be biting her tongue for a long period of time. Because it's not that big a deal, right? You have things happen over a period of time that build up and build up, then we can backtrack to say, and you did this three weeks ago. Remember when you didn't look at me when we were lying in bed that day, that really hurt my feelings. And I've done this too was I coached so many men, I read so many health, self help books, I talk to so many other, you know, coaches about being enlightened and self help and stuff like that. But I'm still human. At the end of the day, I still have sensitivities. And I'm still navigating a partnership, right with a man who is not as immersed in the self help world as I am, right. So sometimes, there, we can still have challenges that pop up. Sometimes I can still sort of put stuff under the carpet, cuz it's not that big a deal at the time. But when I do have the chance to reveal and unleash and share, I share from things from a week ago to present it as information and evidence. And that can hopefully be accepted by the other person.



Scot McKay 39:21

It seems like men also care a lot more about rank and hierarchy and stuff like that in power. Whereas it's amazing to us sometimes how women can just get over themselves in that respect a lot easier. Yeah, for example, when we first started X and Y on the fly, and it ranked at the top of the charts and self help. I couldn't have been more proud I wanted to shout that from the rooftops. I thought that was great. I mean, my self worth got tied up in it. Emily was like oh yeah, that's nice. Hey, what's for dinner? Or something like that? And then my wife becomes national number eight at the sport she's involved with. My daughter is now national number four in the sport she's involved with. And I am much more proud of the actual rank on their number plate than they are. They don't tell anybody about it their stuff. They're having fun hanging out with their friends and playing in the dirt. And I'm like, How can you not be excited about being top 10 in the entire United States? Well, it's fun, I guess. But you know, it just means I'm having an exciting time out there playing and having fun doing my best, right? Yeah. Why can't that stand alone? I don't know. I'm a man. That's



Marni Kinrys 40:30

right. But also you're a father. That's a totally different thing to Oh, yeah.



Scot McKay 40:34


There's a lot of pride there. Yeah, these are. These are my peeps. Oh, yeah. But I mean, I'm just giving it as an example. It just genuinely seemed amazing and remarkable to me that whether we're talking about a young kid or a full grown woman, that feminine nature was the same where it's like, yeah, you know, what? The hierarchy the rank? Yeah, whatever. Yeah. Yeah. Interesting. Well, this has been a fantastic and spirited conversation anytime to pros who are podcasters and dating coaches for a decade and a half gets together, the ideas are going to flow prolifically. So I absolutely appreciate you stopping by today we have something very important to talk about Miskin residents having a mere few days after this podcast is first released.

 Marni Kinrys 41:18

Yes. And I'm so excited. You have agreed to do a masterclass for my audience, which is just wonderful. So I've been doing these amazing master classes once a month on specific topics. And I bring in other experts who that I not only endorse, but respect immensely. And I had you on my list of people to come in and talk to my audience. And you said yes, which was wonderful. And you're going to come on and talk to my guys about how to stop settling for the wrong women, and do a full masterclass on this topic. So it's not just like what we're doing here where we're riffing back and forth, you're actually putting together a proper presentation on this specific topic and giving guys the tools and laying out the actions for them to take so they can stop settling for the wrong women and start bringing the right women into their lives and attracting them. And I am so excited for this masterclass and my audience is pumped up for it. So,

 Scot McKay 42:16


yeah, I've got to tell you, I'm excited about it, too. It's a topic that I'm passionate about because man I just it's so painful to me to watch guys settle for less than they were capable of and watch that woman get settled for it. So many guys are attracting the wrong women in their lives and it's time to get the right woman in those guys lives. And I'd like to invite these guys to join on in that masterclass too.

 Marni Kinrys 42:40

Yeah, and I would love that. So I have to add in a little disclaimer. So the guys who are listening to this podcast right now, it will have been the day before this podcast is released that I would have announced it to my entire list of about 170,000 people and there's only 200 slots available for this masterclass but just because I'm a cheapo and only paid for that many people to be on Zoom. So that's where

 Scot McKay 43:02

there may or may not be a seat left and that's not fall scarce, right. You mean it?


 Marni Kinrys 43:06

Yes. I mean it so right. So they may not get on to be a part of the masterclass and they left they sign up in like the next day or two. So typically, and historically, these have sold out by the Monday that they're released anyway, but if people want to sign up, I have made a special link for you. And I think Scott's gonna tell you exactly what that is.

 Scot McKay 43:22

Yeah, that will be mountain top podcast.com front slash masterclass will be Marty's masterclass. And I'll tell you what we'll do if you guys are actually listening to this, five or six or

seven days after it was originally released. I mean, certainly more than three days after it was originally released. If you're talking about this being sold out by Monday at the latest. The good news is Marnie will have a program that's a replay of this particular masterclass available for you on an evergreen basis, so you won't completely miss out but obviously, if you're one of the guys who's getting in on this podcast, right as it's released, go to [mountaintoppodcast.com front slash masterclass](http://mountaintoppodcast.com/frontslash/masterclass). And I'll see you next Wednesday. Next Tuesday and next Wednesday. Yeah, exactly. Perfect. Yeah, good stuff. And I can't wait. You always run a very tight ship and a very high quality show over there. And it is my pleasure and I'm equally excited to be a part of that as well good stuff.

 Marni Kinrys 44:18

Yeah, I think it's gonna be awesome guys are gonna love it. Yeah,

 Scot McKay 44:20

these guys will too. So it's all about Stop settling for the wrong women and start choosing the right ones that masterclass is all yours next Tuesday and Wednesday. Courtesy of your friend in mind occupied the dead terrorist. I mean, Marty Kinross. least you're not jalapeno on a stick. That one's creepy, though.

 Marni Kinrys 44:38

I like that one.

 Scot McKay 44:39

You like that one? I do. So anyway, what I'll do is sign off now and say I appreciate you stopping by Marnie. And these guys can check out the link over at [Mt. Top podcast.com](http://Mt.Toppodcast.com) forward slash masterclass. Andy, thank you very much. It's been a fun conversation, hasn't it? Oh, I loved it. Thank you. Yeah, fantastic. Guys, I'm kind of going to leave it there today because this masterclass is a big deal. You want to be a part of it so go ahead and check out [mountaintoppodcast.com](http://mountaintoppodcast.com) front slash masterclass and I am going to put Marty's books of which there are several at the top of the queue on my Amazon influencer page at [mountaintoppodcast.com](http://mountaintoppodcast.com) Yeah, you're welcome. Front slash Amazon that's mountain top podcast conference slash Amazon. And guys you know what if you haven't been to [mountaintoppodcast.com](http://mountaintoppodcast.com) lately get on the phone talk to me for free for 25 minutes. Everything we talked about today regarding guys coming back to me and talking to me once they have the greatest woman in their life about how to be a better couple is 100% true. That's happening more and more in my practice and if that describes you and your honey, get on the phone and talk to me you can sign up at [mountaintoppodcast.com](http://mountaintoppodcast.com) using the red button in the upper right hand corner and until I talk to you again real soon this is Scott McKay from x&y communications in San Antonio Texas be good at their

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Ed Roydon 40:07

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