

mtp324

📅 Thu, Oct 06, 2022 7:36AM ⌚ 37:23

SUMMARY KEYWORDS

people, mark, adversity, coaches, business, mountaintop, happened, closure, thought, person, women, mckay, email, world, front page news, hate, x&y, mentality, bad, media

SPEAKERS

Edroy Odem, Scot McKay, Marc Mawhinney



Edroy Odem 00:05

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



Scot McKay 00:18

Oh, how's it going? Gentlemen, welcome to yet another episode of The World Famous mountaintop podcast. I am your host, my name is Scot McKay, you can find me at Scot McKay across most social media outlets, the website is mountaintoppodcast.com. That's simple enough to remember. And, guys, if you haven't joined our Facebook group, go ahead and give it a shot. Go ahead and join this marry group of men who are becoming better with women and being better men in general. That's the mountaintop summit on Facebook, of course, with me today as a returning guest, although it's been awhile, probably a few years since we had him on the show. He's a personal friend of mine. He's up in Canada, New Brunswick, which is a beautiful part of the world, especially in the summer. To be more exact, his name is Marc Mawhinney. By day he's from natural born coaches.com. But in his spare time, he visits podcasts like this one to talk about interesting topics like the one we're going to cover today. And I have to tell you, gentlemen, this has been one that's been on my radar for quite some time, because I know I need to hear it. And I know a lot of you guys need to hear it. And Mark will have some harrowing stories to tell about how he's personally dealt with it. What is that topic? bouncing back from adversity, and dealing with haters, Marc McWhinney from Canada. Welcome back.



Marc Mawhinney 01:39

Hey Scot, thanks for having me.



Scot McKay 01:40



Scot McKay 01:40

Yeah, man. It's always a pleasure. We had a good topic last time. And it's been a long time coming to get you back on, I want you first of all, Marc, to go ahead and level set with these guys. Why you are the guy to talk about this. Because I know, you know, and you're somewhat distance, but not far flung past you had one heck of a reckoning with this topic. So tell these guys what happened, man? Well,



Marc Mawhinney 02:06

I mean, I don't want to say that I'm the only guy out there dealing with adversity. You know, I think that's probably pretty common.



Scot McKay 02:12

So yeah. Or else we wouldn't need to have this topic covered at all, would we? Yeah. And actually, since



Marc Mawhinney 02:17

I started my podcast in 2014, my story, which really, the adversity was 2009 to 2012 was rough. And there's been bumps in the road along the way, but it was around them. But since starting my podcast and hearing some of the stories from the guests, I've had him like, oh, wow, you know, actually, maybe it wasn't as bad as I thought. But I That being said, I'd rather not go through it again. So, I mean, the real Cliff's Notes condensed version is I build up a real estate company for about 10 years now throughout my 20s, right out of university. And in 2009, that company, which had about 100 agents and employees, and I had five businesses operating along, in together alongside of it went kaput, you know, that's pretty. I'm not the only one for those in real estate that got hurt around that in 2009. But it was a messy closure, you know, where I'm from. It's a smallish city in Atlanta, Canada. And there's not a whole lot going on. So this is something that would be page D 23, where you're at in San Antonio Scott, but it's front page news for weeks or months, you know, in Atlanta, Canada, with it. So that was an interesting experience getting attacked by local media and strangers that I don't know, and just a crazy time. So that's the adversity that I dealt with in a nutshell, the the hell I went through,



Scot McKay 03:39

well, hold on a second man, you're simply head of a business that's going under, it's a business closure. It's not like you went and did anything really evil or violent? How did this stay front page news for weeks, even in a small town? I mean, you know, businesses go under all the time.



Marc Mawhinney 03:55

It wasn't planned. Obviously. I don't think many people started business planning to go through that. Where it got messy with me is when agent Commission's are involved, you know, their Commission's towards the end that were advanced at knowledge of the employees, by the way,

Commission's towards the end that were advanced at knowledge of the employees, by the way, the agents, but anyways, and then there was a delay with getting them paid out because anyone who's in real estate knows that if a house sells today, the closing could be 30 days, 60 days down the road, maybe 90 days, but usually it's about a month or so, in those months after the business closed. I was getting calls from lawyers saying Hey, Mark, I'm holding the commission for 123 Main Street. How do I pay it? I'm like, Hey, I'm, we're out of business. You know, our local real estate board didn't want to touch it. They had no process in place, which I thought they would have as a business closed. They said no, basically, they just, you know, peeled away and said, We're not going to touch it's radioactive. Luckily, the local provincial government, the Labor Department stepped in, thankfully, after I was dealing with stuff for months, trying to get those all worked out and they collected the Commission's paid out to the agents and everything else and everything was finished there. But between when it closed and when that those monies were paid out, I heard everything there was Oh Mark, ran off with the money. He's down at some tropical island sipping drinks on a beach, just all sorts of stories, which I wish it would have been very nice to be on a tropical island. So that's where my business closures stayed on the front page news. It wasn't just, you know, a mom and pop store or restaurant or something just closing where there were delays on those monies for those issues. I mentioned that every time something would flare up or with news, they would run it again. And the cycle would start over and over again. The interesting thing is when the monies are paid out, there was very little ink spilled or print put about that. There was no media, I think there was a small little blurb from one of my biggest haters in the media. That's Oh, yeah, by the way, I've got paid out today. But what didn't match what was said about me in those months prior to things being resolved, you know, it's where they say, the media of the bleeds, it leads. Yeah, bad news sells, right? Yeah, exactly. And I get it, you know, I wasn't expecting a ticker tape parade or whatever, when everything was done. But you know, it's a difficult situation. I don't blame employees and things like that. Because when money's involved, and people are scared, they're thinking, how am I going to pay the bills, they suddenly have to go find positions at other companies, real estate companies, and there's all this upheaval and stuff like that. That's a stressful time, you know, for everyone. And that that part, I do regret. I mean, unfortunately, it was like a runaway train that went off the tracks, and there wasn't much that I could do at that end of it. But I tried to do my best with it. I mean, the plus from it, looking back now is I wouldn't be talking with you today, had that not happened. And I've been in the coaching world since 2014, I'm having a lot of fun, it's a lot less stress, there's more flexibility. And I feel like I'm also reaching a lot more people not stuck in my local sandbox. So at the end of the day, you know, you can't wallow in self pity or anything like that things happen for a reason. But you know, I learned a lot from that whole experience. Yeah, you know,



Scot McKay 07:16

several things to talk about there. First of all, everybody wants to be the boss, everybody wants to run their own company and have lots of people under them. It sounds real macho, until you get in trouble, then, you know, you have to take the good with the bad because you're the head of the snake. And it sounds to me like you were the man standing between people and their money. And of course, that makes you a lightning rod. For sure. You know what I mean? Yeah. So there's that. Second of all, one of the things you mentioned, before we hit record on this podcast was you discovered how very real perhaps ironically enough, the concept of fake news was even back in the day when this was happening to you. And I want to comment on that a little bit. Because anybody who trusts what they see in the media, to be completely accurate without fail, is not only naive, I can say out loud, show me a person who believes that and I'll

show you a person who has never been particularly close to a headline news story in their entire life. Every time I've ever been personally familiar with a news story that went on and read the press surrounding it. Invariably, Mark, there were errors all over it. I mean, it was riddled. And it wasn't even necessarily that the journalist was attempting to be dishonest, or to skew it in some way or be biased. They thought they were being objective. There just was wrong information all over it. You know, a quick example. And this isn't something that I was particularly involved in. I just happen to be an airplane enthusiast. They were talking about the crash of a 737 Max, and they were showing Airbus A 320s. Oh, wow. The whole time. I mean, that's not a 737 Max. So they didn't even have the right picture of the right plane. So the first thing I thought Mark was, how much else would be erroneous in the story, right? So you know that that really hurts. It feels like you're being accused of a crime you didn't commit. So they've got you absconding with the money and living large on it at the expense of everybody else, which just

M

Marc Mawhinney 09:16

feeds there. He didn't say that, but but they laughed enough. Down the way they report I wouldn't blame people for thinking that because they certainly didn't paint me in the best light or get a lot of the facts straight. So I joked with you before we started recording, but I said I was I knew about fake news years before Trump coined the phrase I should ask him for royalties or something. Because right to get things in the front page news, paper article, or online or whatever. And I'm like, yeah, no, that didn't happen. Nope. But that's not it. That's totally wrong, or whatever. But what can you do if you go try to correct it, then you're stirring up more stuff and everything too. And I took an approach where I said, Screw it. I'm done. You know, with the media and all that stuff. I'm gonna live my life. best advice I could give the I know this may not be the best people think the best piece of advice if you're an entrepreneur, sometimes by trying to help and trying to do too much after the fact of a business closure, you actually make it worse. So I kept my phone number the same I was returning all the calls, I was speaking with the agents, I was, you know, trying because I felt bad about the situation, I wanted it to be resolved. And that in a lot of ways made it worse at going back in time, what I should have done is changed my phone number and just gone incognito and just said, Okay, I'm done with it, sorry, you're gonna have to deal with the trustees, you don't have to deal with us on that. But by me, sticking my hands in there trying to help and everything, it probably didn't help with it. So there's a piece of advice. And then like you mentioned the other one for people's if you see something in the media or whatever, like business closures out there, don't always take it at face value, what the media is telling you, because it's probably not the full story, there's usually two sides of the story. And unfortunately, for me, Canada, is a generalization, but from where I'm at, and we were a little more modest than my American friends, which actually love America, and I love your entrepreneurial spirit and stuff. But in Canada, whenever somebody's going for it, there's a real crabs in the bucket mentality or tall poppy syndrome. We hear that in Australia as well. So there's that in there, too. Like my home city, the saying that it's famous for as they love to dance on people's Graves is just a very nasty, bitter backbiting city. But not everyone. But a lot of there's that mentality in there. And I think that goes everywhere else. But especially in my part of the world, which didn't help when you're going through a business closure.



Scot McKay 11:38

Well, I'm going to avoid all the Canadian cocktail parties because they don't sound particularly

fun to me. How about that?



Marc Mawhinney 11:44

The nice ones, I'll stab you in the front, they say,



Scot McKay 11:47

Oh, very good. Well, you know what, it's interesting, you try to be reasonable visa vie adversity. And people are so angry, and they let their emotions get so whipped up into a frenzy that they're unreasonable back to you. And it's amazing how this groupthink mentality springs forth from that where that kind of goes like this, this person is being angry and mean to this person, that must make it okay, so I'll jump on the bandwagon and start throwing rotten tomatoes at this person too. And the next thing, you know, people are just being ruthless. Now you and I have something in common. And I should tell these guys that what you do for a living is basically coach coaches, and I've been on your Facebook group for years. It's wonderful. It's huge. It's got 10s of 1000s of members. And that's how I got to know you. And then you and I are kind of like brothers from a different mother, we agree on a whole lot of things, and just are the kind of guys that could have a beer together. But like me, you have a huge list of anonymous internet newsletter subscribers. And they'll tell you what they think. And if you want to get a thick skin, I tell people this all the time, get yourself a list of 10s of 1000s of anonymous internet subscribers who think that you're some kind of big celebrity and that they can, you know, say whatever they want to you with immunity. And I don't know about you, Mark. But I've noticed, you know, back in the early days, I learned this lesson very quickly and very harshly. You can't lower yourself down to the level of your anonymous internet newsletter subscribers, because then they'll go up, I cracked his armor, now I'm in and then they just unload, you have to resist the urge to write those people back and tell them what you really think. And you have to kind of just let it go. Because they're one person with one opinion. And you have a lot more to lose there than they do. Plus, it just kind of weighs on your soul, doesn't it?



Marc Mawhinney 13:41

Yeah, it's kind of a thing, because you feel like rolling up your sleeves, you know, and the shirt pounding away on the keyboard and let them know what you think they have a lot more time than you do. Because they're, you know, in their mom's basement, eating Cheetos, and probably unemployed. Now, and who knows they're just having a bad day, maybe their car got dented by a shopping cart at the grocery store, who knows what with it, but I can say honestly, you know, fingers crossed for the size of my list and the fact that I email every day I've been emailing daily since 2016. I get relatively little hate compared to what you would think I'm not getting 10 of these troll like emails a day or anything like that. But when they do come in like they do from time to time because I like to push the limits with my subject lines and my email topics, the bodies of the emails as well. So I put up a well good example with my hardcopy newsletter. I was promoting that by email, and woman was upset that I was killing the environment because I have a hardcopy newsletter, which she said should be digital. And I'm thinking if my newsletter is killing the environment or the world we're in trouble right with it. So little things like that. They'll sometimes push back on and what I do in those cases, I don't

engage them directly. Usually I use it There's content fodder. So that would become an email the next day, it's like, Oh, I heard this from Patricia, who said this about my blah, blah, you know, my hardcopy newsletter made him you know, maybe have a little bit of a laugh, and then turn that into a call to action for more people to subscribe. So you can use it as content fodder to increase sales,



Scot McKay 15:17

visa vie world class publications that are still in print that are too many to list. Mark, I would, frankly, treat any email from a woman who's telling you you're ruining the environment with your print newsletter, I would treat that as basically low key flirting, I think she's just trying to get your attention. What else could that be? I mean, it's just kind of a weird, twisted way to try to see if you'll write her back because she's lonely or something, you know, maybe



Marc Mawhinney 15:46

I should ask for a picture and maybe some more info.



Scot McKay 15:50

Well, not that you would want to date someone like that. She sounds like she's got her own set of issues. But enough about me. Anyway, I have people who write me and complain. But like you, I would expect a lot more hate from this list based on the size of it. Most people are very complimentary. What I would add to this conversation at this point, and I would love your thoughts on how you reconcile this concept in your mind as well, Mark, is, I'll tell you what, having that list, having an audience that's largely anonymous, and sizable, really does keep you on your toes. I mean, you can feel defensively about it, like, oh, how dare these people challenge me or they're making me feel badly about myself, they're calling me names, where you can treat it as an opportunity to really tighten up your worldview and make sure you're consistent with what you believe. And that you're prepared to defend everything you've thought through. And that makes you a better man, it builds your character. So when people write me and complain about the subject matter, it's okay, if they disagree with me, they just believe differently than I do. You know, these guys know that. One of the key lightning rods around here is the whole men going their own way, and how those guys really resent how I trust my men love women, when those guys have been hurt and think women are basically the scores of the universe and should be avoided at all costs. And a lot of those guys have really taken a lot of umbrage with me and a couple of them write me daily criticizing everything I've ever done. And I'll tell you what, straight up I only know those guys write me because I have them sent straight to a special email box that says Do not touch and it starts compiling over a few days. So those guys don't even realize I never even see their email. So if any of you guys are listening, I don't know why you would be but somehow I suspect you are anyway. I'm not even seeing your emails. But here's the thing, when someone writes me, and I read the email, and it's just a rant on how I'm a terrible person, or they sound psychotic, or like they're just, you know, the kind of person who probably can't hold a job or something like that. The Cheeto fingered people you mentioned previously, I don't really take it to heart. I don't take it personally a because it's happened before. And B, I've honed my worldview. So I know who I am, what my purpose is, and why I get up in the morning, and why that's important to me. So

when someone disagrees with it, or calls me names, or goes ad hominem on me or whatever, it's no big deal. Now, that said, and I believe I've mentioned this on the show before, when someone writes me, and someone else writes me, a third or fourth or fifth person writes me, and there's a pattern to what I'm being criticized about. I should stop being an arrogant sob and do something about that, because they're probably onto something. You know what I mean? So hating can actually be constructive, as long as the pattern is there to show you if you get out of your own way, that you really should do something about this. But otherwise, if you know who you are, and what you believe, let the haters hate, right.

M

Marc Mawhinney 18:55

Yeah, I think it's refreshing nowadays, because the natural inclination or response for someone when they get criticized, is to pander and just completely go the other way, just because they don't want to offend anyone, they're people pleasing. Um, you see that with a lot of male feminists, you know, they think that's the way to get a, in the bed with women or to get a good girlfriend is just to go completely the other way and, you know, become the hardcore male feminist and stuff. And I guess that's a whole other topic. But I find for me, it's refreshing with someone like you or I know lots of other coaches in the space that stick to their beliefs. And when they get pushed on it, they don't get defensive. They're not go into like you said ad hominem attacks or anything like that, but they're defending their position. And you know that hey there, they really believe this or putting it out there and stuff. I have a lot more respect for someone like that, even if I don't agree with what they're saying. I respect that they're actually believe in what they're saying. It's not just this fake mask or whatever, to try to get something with it. Then of course, the other thing too is when you get attacked, especially publicly, if it's social media, usually what happens is your fans will come out of the woodwork to defend you. And that so you do need that polarity. If you're in the middle and nobody hates you, it's hard to get people who love you and are getting riled up to support you as well.



Scot McKay 20:16

Yeah, you know, I agree with you mark, anybody who can defend their position, they know who they are, why they believe what they believe, I'll respect that even if I disagree with them. I think that mentality is becoming more of a rare thing in today's society, because people get on Twitter or Facebook, find their little echo chamber, and brainwashed themselves into believing everybody in the world agrees with me, you know, I worry Clinton should have one 80 million to nothing says Peter strock, to his lover via text, right? That's the mentality. And it's immature, it's naive, and it's just flat out not true. And when you're a person who does what they should be doing, you believe what you should be doing, you're going to have people who love you, and worship the ground, you walk on, because you agree with them, and you have people who wish you would die in a car fire. And both of those people are right, and both of those people are wrong. And that's something a mentor of mine told me is don't hang your hat on either of those opinions. Simply do what you're going to do, and form your own opinion. You know, probably, like I said, flavored by the patterns, you see, you know, if you're doing something, and nobody's responding positively to it, well, you know, you probably shouldn't be doing something else. It's not much of a purpose. It's not getting much traction. But if someone disagrees with you, it probably means you're holding an important position that needs to be rallied around. Now. I mean, some people are flat out evil, I understand that. But one of the things you mentioned is how people will pander when everybody gets angry at them. And Mark like you, I've seen how

people who are high profile public figures will issue these public apologies. And what it does is it shows vulnerability, and people who are haters will exploit that vulnerability, because they have no power in their own lives. And they'll pile on. Whereas when people not necessarily doubled down, but say things like well, I believe this and here's why Aaron Rodgers didn't get a vaccination. Okay? He was vilified in the press. But you know what he woke up on the first day of the season this year, and he's still the beloved future Hall of Famer quarterback of the Green Bay Packers. Why? Because enough people respected the fact that he was true to himself that he survived it. You see, a lot of people run around worry, they're going to be canceled, especially if they're even a Z list public figure like me, you're probably more of an Emer



Marc Mawhinney 22:57

Q and W or something. Yes.



Scot McKay 23:01

Someone out there says Yeah, I kind of like double de lis public figures myself, McKay. Yeah. Didn't want to leave that joke on the table. But the people who are on cancelable are people who double down on what they believe when they're criticized for it, because they really do believe it. It's not like they're trying to make everybody like them. They have a mission, they have a purpose. And you know, we could call out some of the names of people who garden variety, onlookers probably can't believe have never been canceled, like the creators of South Park, you know? Well, those guys double down, right? They explain why they do what they do. And if you don't like it, don't watch it. So basically, people shrug their shoulders and move on to something else. But here's the thing. And I want you to comment on this because you got some public notoriety to another of my mentors said to me, a lot of people know who you are. You know, this was back in the pickup artists movement when all of us who were men's dating coaches, basically promoted each other stuff, had each other on our respective podcast shows, and we promoted each other star power. And you know, there were occasions where someone would recognize me and airport and say, Hey, McKay, you changed my life good to meet you. You know, this, that and the other. It's not like I was mobbed or anything I was, like I said Z Lister. But my mentor said, you'll only know how notable you are and how famous if you will, when you screw up. Because as soon as you screw up, you know, the headline news will grab a hold of that and crucify you. So once you do something heinous, oh, boy, people will hear about it because like you said, Bad News sells. And I laughed at that. And I said, Well, I'm not sure how famous I really want to be. And the guy said back to me. Exactly. You just do what you're doing. Don't worry about how many people are watching or liking or how famous you are. Don't get all involved with that. So Do what you do, and let your purpose drive it. And I thought that was really good advice. Oh, no, I agree. Yeah, yeah. So what did you do after this adversity? What were the life lessons to you? And how has your life changed since and like you said, you know, I think pretty much everybody who's in your anyone who's on your Facebook group, and is a part of what you do and has consumed any of your content Mark basically knows your standup guy. And, and you're pretty good at what you do. I don't see a whole lot of hate towards your direction nowadays. What changed? What changed within you and what changed in terms of the practices that you conduct yourself through on a daily basis?



Marc Mawhinney 25:39


Well, I think the one plus once you've lost everything, and you're getting attacked by the the Springfield mob with the pitchforks, you know, whenever they go after, the one great thing is it shows you who your true friends are right, and who was just onboard to get something are on the gravy train. So after all that happened, I don't want to paint a picture like every single person hated me because I had people who reach out to me that I didn't even know I mean, good example, rivers core, but I don't know if you've come across rivers and your travels. He reached out to me the bed an hour away. I didn't know the guy. And he had just read, you know, some of the articles in the paper and he was like, Hey, I'm sorry to hear what happened with your business. But you know, congrats for going for it. You know, I think that's great. I'd love to take you out for coffee now. Couple things with Addy lived an hour away, I was going through a very dark period was where I wasn't exactly a social butterfly wanting to meet people. Plus, I hate coffee on the rare Canadian that hates coffee, and I hate beer. So I'm gonna lose my Canadian citizenship. But anyways, I decided to go meet him, you know, drive the hour, we sat down and got to talk and everything from that meeting, what I realized he had been around the game longer because he's older, but he's been running businesses for decades here in my part of the world. And he was telling me about some of the stumbles and things he had gone through, he was talking about other local people who had gone through business closures and bankruptcies and all that stuff. And I left that meeting, realizing that, hey, it's not the world against me, it may feel like it with what's going on. Like, everybody hates me, and they wish I would crawl in the hole and die. But there are people out there that get it, you know, the entrepreneurs, and business closure doesn't have to be a scarlet letter, you know, that's attached you forever. And you know, rivers become a friend, mentor, you know, years later, we still stay in touch. And that whole experience actually led me to coaching because I ended up working with several coaches trying to find my way. Okay, what do I want to do? You know, I don't want to do real estate anymore. I'm sick and tired of this, what do I want to do? And it gave me a front row seat to coaching and see what it can do. And that's why I started coaching business in 2014. You know, so I wouldn't have made it out of the, out of the wilderness without coaches. And I wouldn't be doing what I've been doing since 2014, if I hadn't been connected to them in there. So there's a light at the end of the tunnel.



Scot McKay 28:02

Yeah, you know, there's always this cheap talk about how adversity is something you should be thankful for when it's happening, because you'll come out stronger. And the only thing that can happen when you hit rock bottom is to bounce back upwards and everybody who's not going through adversity right then and there at that very moment. Because yeah, right on preach brother. And then they hit rock bottom for themselves. And realize that's not as easy as it sounded to kind of be in the moment and say to yourself, This too shall pass. And indeed, all the people you thought, were your friends, the hangers on just scatter, and you do realize who your friends are. And there are fewer of them than you thought. And that can be tough, but it's also kind of a refining experience, you know, but I will say this back in my early 20s. I was as these guys know, working in nonprofits, organizations with troubled kids. And I went for an interview, flew in for it and everything for a job in Dallas, Texas. And I thought I aced it. I thought I got along with everybody. I was upbeat. I was positive. I was a good guy. Everybody loved me. I loved them. I was so excited to take this job. And the guy pulled me into the office at the end and he sat me down he goes you're probably not going to expect what I'm about to tell you, but I'm not offering you this job. And I looked at him nonplussed I mean, just let a blank expression he goes, here's the problem. Scot McKay, you haven't had your heart broken enough. The people you're expected to work with in this job have gone through hell and back.


They've been abused as children. They've seen their parents fall apart due to drugs and crime. There's a lot of pain there. And I just don't think you've felt enough pain in your life yet to relate to a mark. I was so angry. How dare this guy told me that. And after a few more years of life under my belt, I went through a marriage with a woman who went crazy right before my very eyes was abusive. It was a horrible experience to be married to her and a messy divorce. And I emerged from that the first person in my family who'd ever been divorced and had to take a lot of heat for that even with my own family, I found out the people who were my friends and who weren't. And it really, really hurt. My brain was messed up because of that. But just like you said, I am a better coach nowadays. Because of that adversity. I daresay if I had been one of those guys, who was born with a silver spoon in his mouth relative to being able to attract women, I wouldn't be able to impart diddly to anybody else, because I wouldn't even know how it happened. One time on this very show, I had a very handsome Hollywood star Come on, who wanted to start a side hustle helping men get laid? I was like, All right, well, I'll bite I'll have him on. And guys wrote me repeatedly going, this guy has screwed a list movie stars and has a body count over 1000. And women are fawning over his picture and magazines, what the hell does this guy have to teach me. And indeed, you know, I don't want to throw the guy under the bus because he's a good guy. But there was a little hint of tone deafness. Even in the conversation that I had with him on the show. You really do need adversity to grow as a human. And if you have the intestinal fortitude to stick through it. I mean, sometimes it kills you. I mean, sometimes people don't get the chance, I understand that. But if you do bounce upward from it, you can expect good things to happen. But I think the exclamation point at the end of this entire sentence, which is this episode, metaphorically, is, you can't be a victim. You got to be a survivor. You got to say, how is this adversity, helping me? What are these haters saying about me? Where can I improve from that, even if it's, I'm going to be more resilient against knuckleheads who don't agree with me and don't even know why that's improvement. So I applaud everything you've been through, I think you do God's work, Mark Maleny. And I can't thank you enough for being a guest again on the show and being vulnerable with these guys telling them what you went through and how you got through it. I love it.

 Marc Mawhinney 32:27

Yeah, no, I appreciate you having me on Scott. And that's all part of the journey. Just picture you're in a movie. And if you're going through a rough time, then this is going to make for an interesting chapter or a couple chapters in your book. You know, it'd be boring if it was smooth sailing. So look at it that way.

 Scot McKay 32:42

Right? You know, if you're having a rough day, go watch World War Z with Brad Pitt could be worse.

 Marc Mawhinney 32:48

That's one with the client, the zombies climbing on the wall and stuff. Brilliant. Yeah,

 Scot McKay 32:52

that's absolutely brilliant. All right, man. So let's send these guys to your website, if you guys at all, are any kind of coach, any kind of teacher, anybody who imparts information to other people, I think you should join Mark's Facebook group, which is called the coaching jungle, pretty nice banner graphic at the top. I always get a chuckle from that. On Facebook, you can search it as the coaching jungle and join it. It's a thriving group with a bunch of coaches who coach in a variety of different areas. I mean, you won't believe the types of coaches there are out there. Also, if you go to mountaintop podcast.com front slash mark with a C ma RC, you will be automatically redirected to natural born coaches.com where you can find all of Mark's goodies. I know he's got reports. I know he's got lots of good advice. You can also sign up for his print newsletter, which is well worth it. He sends it out once a month. And of course, get on his aforementioned mailing list so you can get more wisdom from Him on the daily. Once again, Mark McWhinney from Canada. Thank you so much for joining us today. Thanks, Scott. Yeah, man. And gentlemen, I have recently revamped mountain top podcast.com Some of you are probably on the other end of the computer hating even now throwing rotten tomatoes at your screen going well, it's about freakin time. That was the ugliest site I've ever seen. Well, it's probably still not beautiful, but at least it's more useful. Now you can download not only my book sticking points off, but you can also get my first book ever which is called deserve what you want. That's \$37 All day long in the company store. But you can get it for free simply by getting on my mailing list. And every day I'll send you information that's actionable and practical on how to be a better man and get better women in your life. And listen, gentlemen, Fall is here. We're rapidly closing out 2022 Everybody is back out there being social and meeting again. You need to go meet some women and you need to Well tune up those social muscles a little bit more. I know I do. I know. Not even excluding myself from that phenomenon. It's something that is kind of like the new virus that's going around, we get over COVID You know, ostensibly for the most part and what happens now, the new virus is a social one, man, it's ruthless. Get out there and meet women. And if you get on the phone with me for a free 25 minute call, we can talk about how to make that happen in your life. I guarantee you results in advance and if a coaching program is the right way to go to get this area of your life handled well so be it I'll work with you on something that meets all of your needs and exceed your expectations. Use the little red button at the upper right hand corner of mountaintop podcast.com to get on my calendar and when you talk to me you'll find I'm exactly who you think I'm going to be. I don't play a fictional character on this show or anything. All that's there for you and more including links to our wonderful sponsors origin in Maine that's Jocko willings company also key port the very best everyday carry devices you've ever happened across in your entire life. I mean, this is not your grandfather's swiss army knife it's amazing. And also of course heroes soap and if you do not have heroes soaps super slippery bath gel, oh my goodness, you owe it to yourself the experience of taking a shower with a female human being using that stuff. When you partake of any of the fun goods from any of our sponsors use the coupon code mountain 10 To get an extra 10% off and until I talk to you again real soon this is Scott McKay from x&y communications in San Antonio Texas be good out there

E

Edroy Odem 36:38

mountain top podcast is produced by x&y communications all rights reserved worldwide. Be sure to visit [www dot mountaintop podcast.com](http://www.mountaintoppodcast.com) For show notes. And while you're there, sign up for the free x&y communications newsletter for men. This is Ed Royal. Speaking for the mountaintop