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## SPEAKERS

Edroy Odem, Scot McKay, Peter McGraw

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Scot McKay 00:01

The word dating is obsolete. But what has it been replaced with? I mean, the whole idea of courtship was dismissed decades ago. And have you noticed you've even stopped hearing the term hookup culture? Meanwhile, there's undeniable social pressure on the idea of men and women meeting and being together in general, right? Yet here it is. We are still doing so. Men and women indeed managed to get together and hang out or whatever it's called all the time. So here in the year 2023, how was that happening? What is the state of what used to be called dating? Well, this month's masterclass for men will cover exactly how to make the all important first meeting with women happen, how to plan and prepare, where to go and where not to go, as well as what to do and what not to do. Plus, you'll discover exactly how to make sure the second meeting happens and beyond. First meetings with women and beyond. This month's masterclass is going to be held this Wednesday, April 26 2023 at 8pm Eastern Time, get the complete roadmap and the toolkit to navigate the brave new world of spending time with women. Snap up your ticket for this Wednesday's masterclass at [mountaintoppodcast.com front slash masterclass](https://mountaintoppodcast.com/front-slash-masterclass). I look forward to seeing you there and handing you an undeniable advantage over other men when it comes to meeting women in this day and age.



Edroy Odem 01:40

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 01:54

All right, gentlemen, welcome yet again to another episode of The World Famous mountaintop podcast. I am your host Scot McKay at Scot McKay on just about every major social media outlet with the exception of Instagram where I'm at real Scot McKay. If you haven't been to the mountaintop podcast.com Lately, gentlemen, you need to check it out lots of new goodies there for you, including the master classes that we do one of every month, you can check out the newest one, or even ones that we've done in the past when you go to mountaintop

podcast.com and click on the banner near the top of the page where you can just go to mountaintop podcast.com front slash masterclass. If you haven't joined the Facebook group yet. It's called the mountaintop Summit. And we hope to see you there. Speaking of seeing someone there. Well, this is a returning guests we have on today. The first time he was here he talked about humor was a very funny show and a very entertaining show, you might want to call it edutainment, which is a word that we've dropped from time to time around here. And I expect that today's show with Peter McGraw is going to be well much of the same. It'll probably be humorous just because he's a funny guy. But the topic today is, well the name of his podcast is called the single Person's Guide to a remarkable life. And Peter McGraw is married and has six children. No, I'm only kidding. He's a single man. I actually have a funny story about that if you care, Pete, but his studies nowadays have been focused on being single I think a lot of times when people are single, the first thing they can think about is getting a girlfriend or getting married, especially think of women stereotypically in that regard. But Peter would like to celebrate with you and I today the power of being single. Peter, welcome back, man.

P

Peter McGraw 03:42

Oh, it's good to hear your voice. Scott that that was a fun episode. Let's make this one better.



Scot McKay 03:48

Yes. You know, the whole idea of, I don't know if it can get better, we can hope to match. But the idea of benign wrongdoing was such a genius. I mean, whenever someone gets hurt in a way that doesn't really hurt him. It just makes us laugh. And man in that episode, he just threw everything on the table. And it was indeed a throwdown. It was great stuff. I know. You're a smart guy. I know you think about this a lot. I said I had a funny story. One time I went to one of these cheesy Presbyterian Church singles clubs for adults. And the guy who led the group to kick things off, bragged about how he was already married and had a couple kids and maybe someday you can be as cool as him. I was there to kind of give a little pitch for my nonprofit organization to get volunteers. And I could just feel I mean, I didn't have to look around. I could just feel the collective eyeroll in the audience. Man, that guy wasn't only in the wrong seat. He was on the wrong bus. But there's a stigma to being single yet over 50% of Americans who are ostensibly marrying age are single. So what's going on there, man?

P

Peter McGraw 04:54

Well, we are living in the vestiges of the 1950s and 60s. Scott 1960, United States Business was booming, the nuclear family was near its pinnacle. 72% of adults were married 90% would eventually marry and do so by age 21. And this was such, I would say there was such conformity around marriage, children, and especially this particular type of marriage, the nuclear family, that the world was built around it, policy was built around it, laws were were formed to support it. And despite the fact that it is on the decline, we you know, we still live in a world where most people marry, most people are expected that they will. And I think it can leave those folks who aren't there yet, who struggle making that happen, or simply don't want it feeling a little bit left out. And I'm really eager to talk to you about this, and especially an

audience of yours, you know, predominantly men who are high integrity and like women, and thus, regardless of whatever their relationship goals are, you know, they are, they're thoughtful people, and, and hopefully we can impart a kind of different perspective for them.



Scot McKay 06:20

Yeah, you know, you bring up a good solid point in that there is a decline in the nuclear family. And a lot of times that is heralded as part of the downfall of society in general. And I'm sure you're not advocating for the total destruction of the nuclear family, but rather knowing you and your work, you're saying, hey, you know what, we've gotten to a point and post modernity here, where if you really don't want to do the nuclear family thing, it's not really your jam, well, then you know, where d stigmatizing it, and you can at least live the life you want to am I onto something there?



Peter McGraw 06:53

Absolutely. So I think first of all, it's probably worthwhile to take a little bit of a walk down memory lane. And so, you know, we talk about the rise of singles. But in many ways, it's really the rewrite of singles. So homosapiens, go back 200,000 years, so 200,000 years ago, everybody was single. So marriage is a relatively new invention. You know, in the last 6000 years or so, obviously, people pair bonding, coupling up having children had been around for quite a long time. But this formalization of a man and a woman monogamously, romantically and sexually living together, doing all the things that married people do is a relatively new invention. The nuclear family is especially new invention, only about 100 years old or so that is that most marriages were built into what would be called a corporate family, or an extended family. And so the isolation associated with a nuclear family, you know, two adults and 2.5 kids often living out in the suburbs, is from a very tiny slice of mostly American and Western history. And it's a little bit I would say precarious in many ways. It's a very isolating form of relationship. And so I I say that not to disparage it. I think it works for a lot of people. My saying is, my saying is I'm not anti marriage. I just think it's overprescribed. And that is that while it works, for some people, at certain points of time in life, it doesn't work for everyone. And you know, I want to live in a world where you're just picking a path and ideally, picking a path where you're living your best life, you're living a remarkable life. Well, two



Scot McKay 08:45

things there. First of all, you talked about the idea of a nuclear family in particular being a relatively modern concept you said 100 years old, that feels about right. Going along with that adolescence is a modern invention. Yeah, as is the prolonging of it and staying in school to your like 2526 years old, as is going even further dating.



Peter McGraw 09:09

Yes, dating got really kicked off in like the, I'd say, mid to late 1800s. You know, prior to that, most marriages were arranged marriages. They were practical, pragmatic matters, in which the people getting married had some but often limited, say, and who they ended up marrying. And

so the idea of dating essentially moved courtship out of the home. So a boy would be our man would be invited into the home of a prospective partner out into the public sphere. You know, you would go to a movie or you'd get something to eat. And at that time, women really didn't work. And so and men did and so that's where the origins of men picking up the tab came from. And so we're really living, you know, compared to human history in a time of great relationship upheaval, as we're trying to figure out how to make romantic and sexual relationships work, you know, with constant changing norms, changes in technology, changes in the law, and so on.



Scot McKay 10:22

Yeah, it's amazing how much the motor vehicle, internal combustion engine in particular, changed so many aspects of our life. You're talking about this idea of, well, modernity, influencing all these different areas of how relationships are built, and even managed between men and women, I guess, is the best way to put it. And it's really a double edged sword, isn't it? Because indeed, people automatically bristle at the idea of arranged marriage, at least nowadays. I mean, it's like, Oh, my goodness, I want to go out there and pick someone I'm actually in love with, and, and be in a relationship that I actually chose. But you know, here's the thing, when you get right down to it, we really can't trust ourselves. I mean, look at how many people this was the second point I was gonna make, by the way, but you, you know, you are elaborated on the first point well enough that I just let you riff. But the second point I was going to make is, we're not really all that good at finding someone to get married to, I mean, look at the divorce rate. So many people out there are married to people they just flat out have no business being married to, I mean, most couples I know, settled for each other Peter, they may not even like each other. Yet here, we are thinking we have this, you know, our SATs, sense of control over the situation. And really, when we're left to our own devices, through late adolescence into our 20s, and we feel that quote, unquote, biological clock ticking, and I mean, that's stereotypically a female phenomenon. But I tell you what, I felt it when I was 28. It was like, Well, you know what, I probably should get married, it's time. And that resulted in disaster for me. And I would dare say, for my first wife, you know, but now here, you come along with this idea that like, hey, you know, what? Why don't you just stop pressuring yourself? Because there's a lot to be said, for living a single life. But you absolutely have a handle on this. And you're thinking about it a whole lot. So go ahead and riff on these opportunities of singlehood that you talk about? Yeah, absolutely.



Peter McGraw 12:19

So I think that one of the things that is typically focused on in the media, and in conversations are the challenges of being single. And they're not trivial. So for example, it is financially more difficult go marry, people have a variety of different benefits, both professionally with regard to legal benefits, tax benefits, etc. But that's not really where the pain point is most of the pain point is about how people are made to feel about being singled that it is considered to be lower status. And that people who are single are seen as lonely, selfish, not willing, or able to grow up and so on. And indeed, those those people do exist. But what I've been trying to focus on is looking past that and trying to elevate single living to be equal to that of married living, just simply a different path. Now, you had mentioned the one of the statistics that I really like, which is half of American adults, or single half of them are not interested in dating or relationship at the moment, which means that it is just as normal to not want to date as it is to

want to date. Now, if you pull those people, I call them single by choice. You know, the single by choice folks are, they're living good lives. Part of the reason that they're single is that they're focused on other important endeavors. They're building a business, they're going to graduate school, they are involved in their community, they are doing things that contribute to the world. Now, a smaller portion of people who are single are single by chance. That is that they have some struggles in life. Maybe they need a makeover. Maybe they need a personality makeover. Maybe they live in a place where there's just not a good dating pool. As an aside, if you're a Chinese man, it is very hard in China to find a wife because there are 10s of millions of extra men in the country. And so competition is fierce. And so what I want is whether you are single by choice or single by chance to recognize the opportunity that a relationship while it may be very important to living a good life is not the only way that there are artistic endeavors. There are creative pursuits, there are achievement endeavors, there's ways to bring meaning to yourself. into the world that matter a lot, but a good society has both coupled and single people contributing.



Scot McKay 15:07

Now, you mentioned four types of singles that you sent me, but I've only heard two so far.



Peter McGraw 15:14

Well, yeah, okay. So I say there are, there are three reasons why people are single by choice by chance. And then the last group is a small but sexy group. They're, they're single by mismatch. That is, these are people who would like to find a romantic or sexual connection, but they can't because they want something outside of the norm, they want something different than a traditional relationship. And that's hard to find, because most people want a traditional relationship. And so you know, these people might, they might be like ethically non monogamous. They may be polyamorous, they may want a platonic partnership. They may want to have a partner but live apart, live in different buildings, or different cities, and so on. But the four types of singles have to do with their goals. And so there are the Sunday singles, the people who want a traditional relationship and feel they're like hopeless romantics, until that happens. There are the just may singles the folks who are comfortable with their singlehood though they would like to have a traditional relationship, but their life doesn't depend on it, there are more hopeful romantics, then there are the no ways, we've already talked about them, the folks who had this stage in their life for now or forever, are happy with their singlehood or doing other things. And that's a big group. That's, you know, that can be like an 18 year old college kid who's just focused on his or her studies all the way up to, you know, the oldest person in the world at the time of this taping, which is 108 year old woman, you know, she's not looking to meet the love of her life. And then the last group is this, what I call a new way group, the folks who are who want a relationship, but want to do it in a way that is, is less traditional. So I'll repeat those, the some day, the real traditional types, the just maze, which I would say are solos, that they have this independent streak, the no ways and the new ways.



Scot McKay 17:16

Got it crystal clear. So the some days may either be very lonely and hoping to meet someone, or they may be happily getting four or five people at once on rotation and having all sorts of

sex and a woman around all the time. It could go either way. Right?

P

Peter McGraw 17:33

Well, yeah. Although the some days are on what what I call the relationship escalator. And they want to ride the relationship escalator. That is that, yes, they may be lonely because they can't find their person, you know, their ride or die. But the relationship escalator allows dating, you know, it allows a bit of non monogamy as long as you're seeking out the one person. And then you have that conversation, you define the relationship you couple up, eventually you you're likely to move in with the person. And you're supposed to remain on the escalator until death do you part. And I think that it is worth mentioning that I think it's a little bit unfair to judge the goodness of a relationship based upon its duration. You know, in the world, we live in a 50 year relationship that's not so good. Is is celebrated, versus a five month relationship that was quite good, is seen as in some way seen as a failure because it did not finish with someone dying.



Scot McKay 18:40

Well, I think the antidote to that sort of thinking is to treat any and all relationships, not as possessions but as mere rentals. You know, you don't possess another person. Yeah,

P

Peter McGraw 18:49

I love that idea. I've never heard of it said that way. That's because I made it up. Yeah, no, I think it's great. I do think it would be really wonderful if we could change the narrative around relationships. What it is right now is that most single people walk around feeling incomplete. Not feeling like a whole person and wanting someone to come along and fill that void and create completeness. You complete me, right? Yes, yes, that's one of my most hated lines. Any movie? Because I think that's unfair, like it's unfair to your partner, to put that kind of weight on them. Moreover, it also puts you in a precarious situation. Because now suppose you are in a situation that's not good. It makes it very difficult to leave. If you feel like you're a whole person as an individual. Then what happens is if you end up coupling up with someone, if you end up partnering up with someone, they're there to add value, rather than fill in a hole.



Scot McKay 19:55

I think that's beautifully said by the way.

P

Peter McGraw 19:57

Thank you. I think the dynamics around that are way different, it allows you to have a much healthier relationship. Moreover, when you see yourself as a whole person, it allows you to move in and out of relationships without a sense of failure, without a sense of I'm high status. Oh, no, now I'm low status. It's just simply a different way of living. And it's one in which you are sort of more empowered to make better choices for yourself, and to feel better about yourself, regardless of what your relationship statuses,



Scot McKay 20:32

you know, what's funny about that, and by funny, I mean, the opposite. I tried to tragic, is you often hear and I would dare say, especially women, be moan at these two year relationships, or more that end up in failure, in their regard end up in a breakup, I wasted two years of my life on that idiot, you know, whereas hey, look, you know, you were in that relationship for two years, you were sharing your life with this person, they were along, enjoy the memories. Yes. Because otherwise, I think people have a blind spot to how transactional that sounds at the very core to talk like that. It's like, hey, look, I had a goal in mind for this moron, you were supposed to put a ring on my finger, and help me make babies someday and basically filled a husband gap in here, moron jerk. And now you left me, You dumped me for some other chick or whatever. And well, you know, it was sort of a self fulfilling prophecy. Because when that transactional mindset is what guides a relationship, you know, Peter, I'm gonna play devil's advocate on your team, this time, it's almost like it should be doomed to failure, you too deserve to break up. Meanwhile, if you're with someone and your partners, and you're simply enjoying life together as well, co individuals, that's like the best form of partnership, because nobody owns anybody. Everybody's just happy, the other person's there, and you go through your life together. I think a lot of times, I'm putting the pieces together to this little puzzle here that well as indeed puzzle B for years. Almost every dating and relationship expert out there, Peter talks about how much work a relationship is, my wife and I look at each other and shrug at that advice. We're like, I mean, maybe we're unicorns, but I mean, she's my best friend, I'm her best friend. We're going through life together, and there's no other way I'd like to spend it, then with her, you know, carrying her weight doing her part. And life seems like it's a lot more fulfilling, and dare I say, less work, when both of us have a hand in it together. So we don't have like these expectations of ownership. And these transactions that have to be fulfilled upon in our relationship, therefore, there's not really anything to work on. Plus, we actually like each other go figure, you know what I mean?



Peter McGraw 22:48

I think that's wonderful. And I think that's the kind of relationship that we do want to celebrate and hold up as, as an example, for other people. And that happens, in part because you chose well, and I think, you know, of course, it's hard to choose, well, you know, the fact that anybody gets together for any substantial period of time, I find to be impressive.



Scot McKay 23:13

Well, hold on a second, let me jump in here. Because I don't want you to feel like I just tried to throw a wrench in your work. No, not at all. The way I would elaborate upon what I just said is for the few years before I met Emily, I lived with the crap out of singlehood. I mean, I dated four or five women at once and enjoyed getting to know different women and having my life full of female energy. And this is what I envisioned for the guys who come to me for coaching, or even the guys listening to this show is Hey, you don't have to get married tomorrow. You know, for gosh sakes, go out and enjoy women play the field, if anything, because it's fun, and it may not last forever. But also because it's just a better way to sort out what you're really looking for and



who you are in that process. But again, if you want to end up, you know, living a playboy lifestyle for the rest of your life, and dating four or five women at once till your advanced old age and can't do it anymore. Right? More power to you. You know what I mean?

P

Peter McGraw 24:13

Yeah, well, I would say this, if you want to do that you need a plan. And I think I think you need a plan in any, in any situation that takes into account your goals. I share your perspective around this idea that our relationship was a quote unquote, waste of time. When I go out with someone and they asked me how long is your longest relationship? I often chafe at that question. Because the person is trying to knit, I'd say fed it to Yeah, they're just they're trying to figure out like, you know, is this guy capable of doing lifelong monogamy with me, in a sense, and, again, I don't think that that is going to be the goal, but I do believe that what happens in it it's unfortunate for the average couple is the default into a particular script, and default into this mutual problem solving behavior. Where, you know, on one hand, the woman may be thinking, I want to have a family, you know, I'm going to need a man or want a man at least to do this in terms of sharing income sharing parenting, duties, and also I need some sperm. That is, of course, a sort of stereotypical perspective, the flip side of it, and I think this is something you talk to your audience members about is learn to take care of yourself as a man, learn to make meals, learn to keep a tidy house, learn to work out, learn to be an adult to yourself, so that you're not inviting a woman into your life in order to caretake you because the problem with that is, it's going to ruin your sex life, because no woman wants to have sex with a man that she's treating like a child. And so when when both people are able to take care of themselves, and then they come together, and they say, this is what I'm looking for. This is what I'm looking for, and they get to co create this relationship. It has the potential to be much stronger. And it might even be a little more unconventional. So for example, Scott, I never want to live with someone, no matter what. And no matter how intense the relationship is, no matter how much in love I am, I want to live on my own, including no roommates, including no roommates. Yes, that's right. And so I have that conversation when I go out with someone. Because if that's what you want, if that's what you need, if that's your vision of a happy relationship, I am going to disappoint you. And so we should probably figure that out sooner than later versus we're two years in, you're asking me to move in. And I say I can't do that. And then you feel hurt. And you feel angry and you feel portrayed. And you're like those two years were a waste of my time.



Scot McKay 27:14

Oh, that happens all the time, women will come to us and go, This jerk just broke up with me instead of marrying me and making babies. And you do a little necessary probing into the situation realize he told her that that's how it was going to be on the first date. But she adopted this attitude of oh, well, I can change him. Obviously, he'll change his mind. But you can't do that. It's a lost cause. And all he's ever been is honest. A couple of things you talked about there. First of all, it is such a massive point that you made about men learning to take care of themselves. Yes. Amen. And where I'm really, and we're having really well kind of harsh about this, indeed, I give a lot of tough love to guys who are at a somewhat advanced age and still living at home with their mommy. Okay. And you know, I know that those situations can come in a variety of different packaging styles. I know some people, you know, live on a massive estate, and he's got his own carriage house, et cetera, et cetera. And he's been set up in his



own business and stuff like that. I'm not talking about those guys. I'm talking about those guys who are well, so far, refusing to engage in adulting. Because it's just so easy not to have to pay rent, and have my mommy cook for me and still do my laundry for me. And then I can go work all day long and blow all my money on video games. This is freaking great, that sense of safety and comfort. But it is absolutely repulsive to women. For the reason you mentioned. What Yes, she can't be your mommy and your lover at the same time. That's right. But when you go out and you know how to fend for yourself, which yes does include cooking a meal and keeping the house straight and fixing things. It shows that you know how to provide and protect as a man and that physically makes women horny. We've talked about that around here. Now the cooking thing could be controversial. But here's what I'm going to say to that. Unless you want to blimp up and be Fat, Sick and Nearly Dead as documentary eloquently stated. You're going to stop eating all this prepackaged crap, and learn how to cook good meals with fresh ingredients, perhaps even organic ingredients. It's not so hard. It'll probably save your life. And if that isn't good enough for you, the nuclear weapon of attraction, as I am on record about is knowing how to cook for a woman. She'll think you're a superhero. I mean, it's like an express ticket to the bedroom. For what it's worth, not that that's what we're about around here.

P

Peter McGraw 29:38

Well, look, I would call it a bonus. Right? So your example of being able to cook for yourself is an excellent in many ways metaphor for what we've been talking about. You learn to cook for yourself. And by the way, you don't have to become a chef you just have to learn to prepare healthy tasty meals. Right s and if you You're able to do that you're now nourishing your body in a healthy way, you're often saving money compared to eating out and ordering in. And so it serves you first primarily as a whole person. Then if you happen to entertain, and you want to host and you want to make someone a meal, you then become a good host. And whether that be for your friends or for a potential lover, and that makes the world a better place. And so learning to cook on your own, if I can make a little plug, I have a solo cooking episode on my podcast that is incredibly inspirational around this topic. It serves both of these purposes. And I Scott, I have to say this, I 100% agree with you. Men in the United States are unpopular at the moment. And I think it's unfortunate because we're not as a result having the kind of conversations that you're having, which is about trying to help men help themselves. So men are twice as likely to live with their parents than women. Women are more likely to own a home single women are more likely to own a home than single men. Two thirds of college campuses are now made up of women. Obviously, most homeless people, most incarcerated people, most addicts, most suicides are men. Men are struggling in a lot of ways. And leaning on video games, and leaning on pornography. And leaning on Uber Eats as a way to pacify yourself and to just live in this sort of shallow pleasurable world is not one that is going to create a fulfilling remarkable life. And should you be one of those men who wants to enjoy the company of women sexually. That's not the path. The path is to pick up some weights, pick up some poetry, pick up a frying pan and figure out how to parent yourself.



Scot McKay 32:09

Well, first of all, this has to be said. So far, you've already dropped the idea of You complete me, then you threw down helped me help you just now so we might as well. Try factor that makes us a Jerry Maguire themed episode there. Peter, do you show me the money? Ah, that's



Peter McGraw 32:27

fantastic. Well, I mean, let's let's talk about money.



Scot McKay 32:33

All right. Not yet. Okay. Not yet. facetious. But we can talk about money.



Peter McGraw 32:39

I'm happy to Well, I mean, you know, some of this is like, if you decide, again, this is about being intentional. So much of the conversations on solo on the podcast are about making intentional decisions and not defaulting into what the world says for you to do. And that is this yes, if you want to live with your parents, and and work your job and keep your burn rate low, so that you can save money to plan and around the world vacation, or to start a business, or to funnel that money into car collection that you work on on the weekends, et cetera. I'm all for it. That is a pragmatic kind of decision. Because it's showing you as an elevated person, and actually one who can get along with his parents. But if you're doing this because you are not trying in life, I'd encourage you to take a hard look at is there a better life to be lived, rather than just letting someone else take care of you?



Scot McKay 33:44

Well, also, if you're making that decision, don't expect to be able to burn the candle at both ends and have it both ways. Don't expect to have your cake and eat it too, proverbially, right? Because you're making a choice. You're accepting the comfort of being at home and being mollycoddled. Like you're still a child at the expense of being attractive to women. I mean, you're making it Yeah, you can't make a lot of times guys kid themselves. That's right. Yeah, you can't have it both ways. Let me ask you to address something real quickly. Before we talk more about this idea of having a full life being single, even if it's for the time being? Yes, you sort of skirted around the issue, pun intended, of women stereotypically wanting to lock men down into relationships and presumably marriage, whereas the stereotype is, men don't want to be married anyway. It's almost like this is a moot point. Today we're trying to make about the joys and pleasures and celebration of singlehood because most men are often accused of wanting to stay single and be played boys and play the field and avoid, quote unquote, getting their balls cut off at the altar. But I mean, spoiler alert, Peter, I know a whole lot of guys who would love to find a great woman and be married, make babies be a father and leave a legacy. So How valid is that stereotype? Because let's face it, I also know a lot of women who want nothing to do with marriage, especially if they've been through a bad one.



Peter McGraw 35:12

Yes, that's right. So, you know, it's difficult to talk about entire gender, right, you know, so, you know, men go from 18, up into their 90s as, as do women. So what they want depends on their, their stage in life, what they've already experienced, like you said, if you've already had a couple marriages, I'm not sure a third is the right solution for you. And then what are their

goals at this particular stage in their life. And so there's a lot of differences within men and within women, we're talking heteronormativity, of course, here, but the big one is this, it's about a tale of two different types of men. So there are men who are doing very well in the world, and they don't have trouble attracting potential mates. And as a result of that, they might not be in a big rush to settle down, and partner up, because they enjoy their dating life, they have lots of success, and so on. And so some of those men are, they're not in a rush. And they're probably the most disconcerting group of men to women, because they're the most malleable, in a sense, like they have good careers. They're healthy, they're good looking, they're good communicators, they can really excel within a relationship. Now, that's a pretty small group of guys, though, and most women want to go out with them. The average man, on the other hand has some of those qualities, but not all of those qualities. And I agree with you, most of those men would love to have a long term relationship, they would love to have that connection and that closeness and to be able to, to build a life with someone else. And they may have the normal troubles sort of finding that but they are not relationship averse in any way. There's another group of men that we don't talk enough about, and I alluded to them earlier. And these are the men who no women want. And these guys also typically want to have some connection and want to have a relationship with women, but are unable to do so. Because and you you gave an example of a particular style of guy, the guy lives in his parents basement. Throughout human history, there have been huge swaths of men who no woman wanted to have sex with. And these men, I worry about them, these men are men who are struggling. And these are men who need to find ways to improve their life. And the worry is that they, they turn into misogynist, they turn into hating women, because at this moment in their life, they're not able to make this thing happened. And so I do agree with you, it's unfair to characterize men as not wanting relationships, the average man wants a relationship, as limited as he may be in trying to make that happen.



Scot McKay 38:12

The last point you have on here that you wanted to talk about, I want to talk about also. And perhaps interestingly, and again, I'm using my word strategically here. You've uncoupled it from being single. And that's the question of what makes a life remarkable. Well, Hackman, let's hear your take on it. Go for it.



Peter McGraw 38:34

Yeah, I mean, this could be an entire other episode. But one of the things that I want to put forth in the world is this idea that there is no one remarkable life, that there are remarkable lives. And regardless of whether it's one path or another, they have some commonalities. And that is the person has taken care of three foundational elements in their life, their health, their wealth, and their connections with the world connections, being friends, family community that serves as a foundation. You know, do you have your financial situation in order? Are you out of debt? Do you have steady income? Do you have an emergency fund etc? Are you healthy? Are you eating? Well? Are you taking care of any illnesses you have? Does your body work the way you want it to work? You have vim and vigor? And then also do you have the ability to connect to important people in your life romantically or not? I would argue that not romantic stuff is more important as a foundation. And then once that's in order, the next thing is how do you flourish? How is it that you live your best life and there are three paths to that? The first is through purpose. Do you live a meaningful or achievement oriented life? Are you making stuff

that's challenging that's better for the world or better for you? Are you engaged in creative pursuits? Are you making art Are you making science? Are you an entrepreneur? are you solving problems in the world? And then lastly, are you living a life that is filled with positive energy that has positive emotions of life in which you're laughing, which you're enjoying yourself, which you're experiencing the delights that this world has to offer? And depending on where you are in life and what your interests are, you might lean into more purpose, you might lean more into engagement, or you may lean more into living a more enjoyable life, you know, kind of like the French.



Scot McKay 40:33

Yeah, leaving the world a better place legacy. Yes, yeah, I think that's all very straightforward. And very well said, his name is Peter McGraw. He's a professor at University of Colorado in Boulder, which is a beautiful part of the world. If you've never made it out to Boulder, Colorado, it's the gateway to the Rocky Mountain National Park. So you can just imagine how beautiful it is out there, it's a great place to live a quality life. Peter's podcast, once again, is called solo the single Person's Guide to a remarkable life. And you can go there by checking out a special URL that I've set up for you, which is [mountaintoppodcast.com](http://mountaintoppodcast.com), front slash solo, S O ello. Frankly, you can also go to [petermcgraw.org](http://petermcgraw.org), front slash solo to check it out, or just find it on iTunes or Spotify or wherever you procure your podcasts from probably the same exact place you procured this podcast from, but it is a good show. And by now you know that Peter McGraw knows what he's talking about. And if you're a single guy, you're definitely going to want to check it out. Peter, man, thanks for coming back. We hope you'll come back again. It's been a great show. Thank you, Scott. You're a good man. Yeah, likewise, man, for sure. And gentlemen, go to [mountaintoppodcast.com](http://mountaintoppodcast.com) Check out our sponsors Jocko Willings. Company origin and main man, they got hunting gear, they've got BJJ GIS, the boots, the genes, the best supplements I have ever taken all natural. They're the ones that make you feel better, not sicker. When you've taken them for a while. That's a very good thing. And when you use the coupon code mountain 10. At origin in Maine by going to [mountaintoppodcast.com](http://mountaintoppodcast.com) conferences origin, you can get an additional 10% off your order. Hey, the guys at key ports who make the 21st century everyday carry devices have just come out with the fourth generation of their slide. Key port device you should check it out by going to [mountaintoppodcast.com](http://mountaintoppodcast.com) front slash key port. And also don't forget the guys over at [heroessoap.com](http://heroessoap.com) They've got new scents with intriguing names like gunship so I have one of those gunship bars of heroes soap in my bathroom right now and it is gray. So if you think grey soap is manly. Hey there, right there with you at key port and at [heroessoap.com](http://heroessoap.com) you can also use the coupon code mountain 10 To get an additional 10% Off with those guys. While you're at [mountaintoppodcast.com](http://mountaintoppodcast.com) Guys, if you're on the fence about talking to me about where you are right now and where you want to be with women, jump off the fence let's talk about it, you'll find I'm exactly the guy you expect me to be I don't play a fictional character. It'll be low key we can talk about exactly what it's going to take for you to finally have the results with women you want in your life you can check out my newest program on [settled.com](http://settled.com) how to get off a top dead center as they say in the automotive world and start living your best life which is the second time we've uttered that particular phrase in this particular episode. And if you're not checking out the master classes, they come on the last Wednesday of every month and they cover an extremely important and relevant topic to most every man out there and total detail and I put my heart and soul into those and I make darn sure that we're covering new ground not the same rehash stuff you've heard elsewhere. Exciting stuff going on at [mountaintoppodcast.com](http://mountaintoppodcast.com) And it's all there for you and until I talk to you again real soon this is Scot McKay from x&y communications in San Antonio Texas be good out there



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