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SPEAKERS

Scot McKay, Polina Solda, Edroy Odem



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

Ah, how's it going? Gentlemen, welcome to yet another episode of the mountain top podcast. I am your host Scot McKay at Scott McKay on just about every major social media platform. The website is mountaintop podcast.com. And our thriving Facebook group is the mountaintop Summit. With me today is a returning guest. She's actually been on this show once before, but it was almost five years ago, I can't believe time has flown that much. Because she's a terrific guest. She's a lot of fun. And you guys love her Russian accent. Although she's now been here in the US of A more specifically New York City for over 20 years now. She's dating coach, mostly for women. She's very smart. She knows her stuff. And importantly for you guys, she is very pro guy. She just loves us as guys. She's got a great husband, her and her husband, in fact, have a relationship that's about as healthy as the one I have with Emily, which means they're doing something right for sure. Polina sold off from New York City. Welcome back.

Polina Solda 01:20

Thank you so much, Scott. It's such a pleasure enjoy TV back. I look forward to this conversation.

Scot McKay 01:27

Well, the topic is a really good one. And I was looking through the catalogue of shows we've done in the past Polina, and I've never seen this title or anything really close to it, how to be Mr.

Right? And, you know, you do lots of online events, and summits and so forth for women on the topic of how to find Mr. Right. And I know Emily talks about it with women as well. But I think a lot of times the term Mr. Wright is really reserved for women's dating advice, because it just kind of doesn't resonate with men. Although I actually looked at David de Angelo's catalogue of dating advice, which have been off the market since earlier this year. But you know, at one time, he was basically the 900 pound gorilla in the men's dating advice space. And he had a program called How to be Mr. Right? So how dare me not have a podcast on the subject or trying to avoid this phraseology whatsoever? Because I think a lot of guys know what it means to be Mr. Bright, even if it's kind of a feminine term. And however we phrase it, we certainly want to be that guy for the right woman. That's what I call deserving what you want. So why don't you tell us a little bit Polina about what your rendition of Mr. Wright is, and why that's such a, I guess, a beloved phrase to women, it kind of just conjures up a lot in a woman's imagination, doesn't it?

Polina Solda 03:01

Yes. And I'm going to offer a perspective, which will destroy the biggest myth out there in the dating advice industry. And that means is that there is this Mr. Right person, because what I believe that the reason that Mr. Right, but there is a person, there is a man, or you as a man decide that this is the right person for you, or you are the right person for your partner. And once you make that decision, and you decided, then you go all in, then everything, your whole life changes, you create so much space, there's so many opportunities that open up for you, you elevate your whole life to the next level now that you're in that relationship. So this whole idea about being Mr. Right? You get to decide that I am the right person, I want to be with this woman, I want to spend the rest of my life with his partner. And once you made that decision, the power is in indecision.

Scot McKay 04:08

Well, that's a really an interesting perspective. Now going along with that, I am guessing, you know, maybe this is a dangerous assumption. But I'm guessing that when you're saying that there is no Mr. Right? There's not one unique soulmate out there for you in the universe, or that this is about perfection.

Polina Solda 04:29

Correct. This is exactly the biggest myth that there is this one unique, special person out there and you just have to find them. For that person's perfect array, though. They're perfect. And you can spend a lot of time searching doing a lot of eating activities and staying busy dating and remain single because of it. There isn't just one person. I use a system of personnel I think called a new style, which is psychology back that based on Carl Jung's Psychological Types. So it's completely legitimate, it's the most effective way to understand the differences between people that are inherent strengths and inherent attractive qualities that we have. That also, the other side of that is certain weaknesses, when you know, and chances are everyone already knows that certain people are very logical, and they are less emotional and vice versa. Some people are very creative, some people are very driven and very powerful and forceful. And when you understand that, there are always different personality types, no one is all in one,

there is this person just does not exist. So if you're looking for somebody who is as Mr. Perfect, chances are, it's going to take you a very long time to find him because he doesn't exist, or she doesn't exist.



You know, one of the things you mentioned is this idea of certain people being logical, and certain people being emotional. Many, many people, many outlets of dating advice, many, even in the psychotherapy field would say that, Oh, women are emotional, and men are logical. What do you have to say about that?

Polina Solda 06:20

So it depends on the personality type. When it comes to energies, versus feminine and masculine energies, we are forming personality types and a new style, it's easy to remember them, because they are labeled as four cardinal points, north, east, south and west, and even their qualities and strengths. If you think about geography, make sense North is going to be very rational, structural, logical, non emotional, is think about Eastern the world. Its intuitive wisdom, creativity, ideas. South is all about fun, comfort, food, pleasure, relationships, saving time. And where's this power, ambition drive next level impact, the number one in the best, and western north are masculine energies, east and south are feminine. We are men and women of his different personality types. Each of us has all of us four energies, but in very different proportions. And each of us is going to have a main two that are going to be the strongest. So if it's a man who is Northwest, he's going to be very, very masculine. Or it could be a woman born in that personality type very, very strong woman,

Scot McKay 07:39

or it could be Kanye West and Kim Kardashian's child. Their love child.

Polina Solda 07:45

So it depends, it depends on whatever dominant energies that you born with, not necessarily your gender, could be man on very feminine energies, or it could be a woman in very masculine energies. And what matters the most is choosing and what's compatible partner who has different yet complementary energies, so that in your relationship as a couple, you really become one you complete all of those.

Scot McKay 08:16

That's really impressive. Polina, did you develop that modality?

P Polina Solda 08:20

No. This system was developed a few decades ago, in a Russia, it's used across all sectors, including government and business, so it's completely legit. And I am the first person in the English speaking world to apply in dating and search for the right person, the person that you decide is right for you, based on those compatibility principles.



Scot McKay 08:46

You know, it's interesting that you had mentioned that this was familiar to the Russian speaking world, but you're the first one ever to introduce it to the English speaking world. Because I think people who are English speakers see Russians as having a very unique view on the world. A lot of times, at least the stereotype is that Russians are a little more blunt, perhaps a little more dark, a little more straightforward, less emotional, when they talk to you. Like, for example, someone who has emigrated from Russia to the United States may see someone in the United States doing something that's perhaps foolish, and they may go, why are you being so stupid, that's never going to end? Well, you should do something completely different. And that's really seen as really rude by Americans, but people in Russia like that with each other all the time and grateful to each other for it. You know, so does that have something to do with it? Or is it simply because the language is so different? And even the written language is so different? Why do you think it took so long to migrate over here because it makes perfect sense,



Polina Solda 09:47

I think with differences come from the culture and specifically the former Soviet Union. The understanding that collective dominated over all took precedence over individual. What's interesting about in your style, the system that I use is that, ironically, it was developed in the country that did not recognize psychology. And it wasn't even a thing. Because everyone was working towards this one clear goal, which was building communism. and the Soviet Union, the communist government, or Jim paid. This couple who created the system, and funded their research, they had a laboratory of over 150 scientists, and they had access to everything from Eric Bern transactional analysis to classical psychology, Carl Jung's, to Nero linguistic programming, all of their American research, all of a work that was done by American psychologist, they connected the dots, they had to put it together in order to determine exactly specific personality type that could deliver nuclear weapons to this territory in Baikonur, and the government wanted to know exactly what personality type what kind of people can be trusted to do this work that potentially could just blow up the whole the whole place. And that is how this system was created. It was for political reasons, it was for security, national security reasons. And they came up with a very simple, very clear system, where specific types that is a North type, very logical, very consistent over follow all the rules, who will do everything by the book, there is a certain body type, there is a certain way how that person thinks so and for every personality type, they determined exactly a very certain traits, how this person will dress, how we communicate, for each type, how are they going to behave in stressful situations? How are they going to make decisions, and it's extremely objective, simple and accurate. So when it comes to dating, the benefit of learning the system and using it yourself, which anyone can learn in just a few hours, is to be able to look at the person who's sitting right in front of you, on your first date, ask him just a few targeted questions. Use the criteria that I mentioned, like your body type, like their communication, style, and so on, very personal style, what we do for leading all of that is driven by our strengths. When we naturally aligned with our type, when we

are leaving our purpose, we pretty much doing what is easiest, most natural for us to do. Then you can know right away so much about the person you can know about their core values, motivation, strengths, weaknesses, just by having a simple conversation.



Scot McKay 13:13

And what follows logically from all of that Polina is the simple truth that the person who may be Mr. rate for a certain woman might be Mr. Wrong for a whole host of different 100%.

Polina Solda 13:26

Exactly. That is why there is no such a thing. I love that you brought it up, because there there is no such thing as a right or wrong person, unless you know exactly who you are. Right. So that is how you decide who is right for you. You know, your type. For example, I'm a West type. I'm very strong, I am direct. And it has nothing to do with me being from Russia even. Even maybe part



Scot McKay 13:58

of it. But why would you say that Polina That's so silly. Of course, it's because you're from Russia. So my house, I can play your own game with you.

Polina Solda 14:06

So my husband is very diff or he's different, yet complementary to me. In other words, he's got that easygoing, flexible ability to just completely switch and let go, and we complement each other in this way. He brings the fun and excitement into our relationship. I'm more about making things happen. He's got an idea. I will make sure that I did get executed and it's done. And it happens. So we are just a great team together. But when I was single and dating, and they tried to date the same type, very ambitious, very strong, dominant man, it's just doesn't work because we're too similar. What happened there was a power struggle, confrontation. And even more everyone will tell you well, you want this type of man who is dominant who is the leader who is a masculine and strategy, not unless you are. So we want again, we don't want somebody who's just like us, we already have a relationship with ourselves, right? We want somebody who is different and complementary. And I see by the way, Scott, you and Emily, you are do partners, you're going to be together for the rest of your life, you just perfect for each other.



Scot McKay 15:20

I definitely agree with everything you just said, especially that last part. And I also want to make clear you emigrated from Russia to the United States for good reason. I mean, you know, you want to be here. So I'm poking fun at you. But I know your good nature. You and I are friends. But I do have a question that's sort of related that I'm dying to ask you based on what you just presented, because I think it's oddly relevant. Now you came to the United States to

live 20 years ago, you were a full grown woman when that happened. Did it drive you nuts when you found out the extent to which American men fetishize Russian women, blonde women with cute accents from Russia that drive you nuts?

Polina Solda 16:00

I love to break stereotypes. My husband is a successful lawyer, and my dream and he's older than I and my dream. And that is where I'm going remember West is next level, make things happen is to send retire my husband so he can play golf. And when we go to parties, and we make our big moves to places when we move out of New York City to other places, and we have multiple homes. To tell it the point is that I retired my husband, and he's playing golf, and I'm running my business. That is all I'm gonna say about the stereotype of Russian women.

Scot McKay 16:45

Well, I'm not sure how many broken stereotypes there were in that last series of statements, but you know, I'll roll with it. That's I like

P Polina Solda 16:52

I like my vision of a younger Russian wife who retired her American husband.

Scot McKay 16:57

Yeah, I don't know, if my wife's gonna retire me. I think we're probably going to retire each other somewhere along the way here. But yeah, we're definitely in it for the long haul, like you and your husband are a related question. I think a lot of guys really do see this as a big monolith. Guys see this as really being a black and white issue, I've got to be tall, dark, handsome, rich, probably famous. Or women aren't gonna want me I can't possibly be Mr. Right for any woman, because I'm not any of those things, let alone all of them, and then hear you come along. And talk frankly, well, more like we do around here, which is, hey, if you know who the hell you are, if you have your identity in place, then you will have a much better handle on the kind of woman you're going to be most fundamentally compatible, which is going to be one of you, she's going to be on your team, you guys will be the two of you will be more likely to what I call get each other, you'll think the same way, you'll have many of the same values. But indeed Polina, a lot of guys don't even know who the hell they are, their identities are still kind of in flux, especially younger guys. But I'm amazed by how many men who are older, haven't figured out whether they have good character or bad character yet, because they still have no character, they're still going along with whatever the flow is, and whatever they're told to believe they fall in line with it. But indeed, if you know the kind of person you are, and what your gifts are, what your proclivities are, what your personality type is, et cetera, et cetera, then it just really stands to reason that someone who is like you in terms of the values you have, and that you share, and someone who is compatible with you in terms of what they bring to the table, you know, the idea of You complete me, you know, only in a positive way, instead of a needy way, it all starts to come together based on what you're talking about, right? I mean, there are ways where men and women are compatible because of those values. But there are ways that we complete each other and provide help to each other and getting through life together by kind of building the whole package as a duo. Right?

P

Polina Solda 19:01

Right. So what matters is how do you know when you are on the path on your path? And how do you know when you met a person even without knowing anything about in your style, that it could be your dual partner? is the way to know the litmus test is that it's easy. Think about anything that you do professionally. That is easy, North type of man, he's going to work in the system. His mission is to give a system what does it mean anyone in the uniform? Anyone who works for a system whether it's a police force, or firefighters or pilots or doctors, and when it comes to Eastertide when you are so creative, you have so many ideas. It's like being a freelancer doing something where you freedom is your biggest value then sow. So all about relationships, connecting people helping people, whether it's being a coach, a salesperson, the psychologist, the comedian, and of course, West, the West type, how do you make impact wherever you build a business where the chain of stores across the world or you change how online shopping is done? What matters the most. And this is exactly what I teach my clients is that it's not about the so called level of success. It's not about even how much money somebody makes, it doesn't even matter if I as a woman, I have an unlimited potential with my business, my husband is a lawyer. It's completely different. It's not about it. But as long as you are on a path of mastery, where it's aligned, you do what you meant to do. You always wanted the order, when you were a little boy, and you did your homework, and you made your bed. And now you're a Navy Seal and you want to order in the world, you are leaving your purpose, you are following your path of mastery. If you are creative, and you an artist, or you make music. And that is how you bring something new into the world. And that is your mission, then you follow your path of mastery. And it goes for every type. And what's really important is when you meet the right type of woman, she's going to be different from you, she's going to be complimentary to you. It's easy. That is how you know it's just easy to be together, you both can be 100% yourself. You don't need to change yourself, because you are coming together different than complimentary. You complete that search you together become the one when you are truly aligned in your personality types in your values, in your frequency. And on every level and you having fun, of course, let's not forget that.



Scot McKay 22:12

That's just beautifully said, you know, Polina, you're probably aware that Emily and I get a lot of heat from our fellow colleagues in the dating advice world for saying out loud. I mean, we say this in our out loud voice publicly, that relationship shouldn't be work. Absolutely. And you're one of the few who I think has not only come along, who agrees with that, but who articulates it, at least equally as beautifully as we do. You just said it all. I mean, someone comes along, and it's just easy, you don't have to work to get along with each other. You don't have to struggle to understand each other or to communicate, you just get each other. And that doesn't mean that life's problems don't come along. It doesn't mean you live this charmed life where nothing bad ever happens to you. But at least you're together and get to support each other together, no matter what life throws at you, as a team. And I think you capture that extremely well. The follow up question has to be in your system. Polina, the one that you espouse here,

north, south, east and west, what is the differentiator between areas where we should be similar as men and women in relational partnership, as opposed to those different kinds of areas where we are different and complete each other?

Polina Solda 23:35

So very, very simple. You know, I love the simplicity of and my tagline that I tell my clients, if it's right, it's easy, right away from the get go. If it's right, it's easy. There's no red flags. Where's no anxiety? There's no uncertainty.

Scot McKay 23:52

Okay, well, let me drill down on my question a little bit. In other words, there are certain areas where we're going to be compatible, because we're similar and other areas where we're compatible because we're different. There's always been this age old debate as to whether likes or opposites attract, and I'm going to go on record as being an apparent agreement with you and saying, Well, it depends. It's both. Okay. But I would wonder which areas you would see as needing to be similar in order for a couple to have this easygoing relationship, as opposed to areas where they need to be different. Let me give you a couple examples I might come up with. I definitely think it's a lot easier for couples if they vote the same way. And they pray to the same God, or they have a similar lockstep view on how to raise children or how to save versus spend money. differences may be I'm the talker and my wife is the one who handles money and numbers. Right. I'm the one who gets us down to business and make sure we stay on track Am I wife is the one who reminds everybody that, you know, sometimes we gotta relax, let our hair down and play a little. Am I onto something there? Yes. Okay. What other examples would you add to that list,

Polina Solda 25:10

fundamental differences in terms of values, and their types that are different, and not complimentary in their types that are different and are complimentary, when it comes to values when it comes to agreements when it comes to relationship of time, for example, and that is how powerful in that it serves my clients when you use it in dating. If a woman is a North type, she wants a man who is going to ask her out a week in advance, he will prioritize it, he will follow through, he will confirm with her and he will not change your plans. He will also show up on time, if she's a North woman, North type of woman, because for her being a system and having her schedule done, and everything be predictable, is really important. Her mission is to keep the system, her complementary to a partner type is a South, a South type of man Valley's relationships, his mission is to love he's going to be there, he's going to be one time out of it because of ethics of relationships. He has a different view, it's about relationships for him. But he is going to be aligned with how she sees the world. Now, if she's trying to make plans with a nice type of man, which is my dual partner, he might have an idea on that day that he just doesn't want to go on that date, he wants to do something else with somebody else. That is how his mind works. He's full of ideas. He doesn't know what's going to happen next. He's very flexible, which can be a strength. But when he texts that woman and says, Listen, something came up, let's reschedule it already a problem, they already having an issue. If it happens with somebody like me, we should happen. My husband, and I have other things that I'm focusing on and our priorities, and I have options. It's not a problem for me. And I will say okay, fine, we can totally reschedule. So it works, he can be himself, he can change his mind, in our relationship, we happily together for 14 years. And I tell my husband, there's no guarantees, we're happy to give her now. We can recommit to each other we can enjoy what we have. And he loves that. Because his biggest value is freedom. He knows his there is no wish for him. And he's not going anywhere because of it. But it takes a certain kind of woman that I'm so grounded and so confident in myself and I have so much going on in my own life, where the certain things that would be problem for another woman with the same man, it would be such a challenge. It's not a problem at all. And that is how it naturally works. This is just one example of different in complementary or not, I can also go with the flow and change things at the last minute or say, Okay, now I don't have to go on this date, I can work on my business Great.



Scot McKay 28:27

Well, wouldn't you agree that there are certain deal breakers and personalities, certain dark areas that this person's not headed north, south, east or west, they're in their own little direction of not being relationship ready, at all until they get something fixed? What would some of those deal breakers be

P

Polina Solda 28:47

absolutely very extreme. So what I'm talking about, I'm just talking about inherent differences, how somebody is a planner, and somebody is a last minute person. And it's actually driven by a personality type, it doesn't mean that they don't respect you, or that's just how they are, my husband will complete his most challenging cases at the last minute, and he will win every time. He's just that way somebody else will plan months ahead and do a little bit every day is a completely different type. So it's not right or wrong. And of course, were a deal breakers that you want to decide for yourself. We're talking about extreme expression, if somebody always cancels or not reliable or they're so rigid, that if you don't make plans with them, it can be extreme of every type. North can be very, very rigid. They cannot have that flexibility. It could be a real challenge for them. They have to do it a certain way. They have to have dinner every night at six o'clock. And if it's not served, it's going to be a problem. So imagine when you are not as rigid Right, and you're kind of go with a flow, it's going to create challenges. And that is exactly why people will say, well, relationships require hard work. And my message is absolutely not. Relationships are easy when you choose a compatible partner who is right for you. And I'm not talking about Mr. Right? I'm talking about the person who is objectively just different and complimentary from you, and it naturally works.



Scot McKay 30:25

Fantastic. I think that's just great. It's a completely refreshing way to look at this. The longer my tenure is, as a dating and relationship, consultant, or whatever you want to call me nowadays, the more I realized there's such bad hand me down advice, these ways of looking at things in the dating and relationship world that someone thought of dreamed up decades ago, that people have just always assumed are true without giving any further thought to it. And this whole idea of Mr. Right and soulmates. I mean, I guess at one level, it sounds really romantic to assume that's the way things are, but it just doesn't align with reality. What you're talking

about is so much more objectively factual, with regard to how men and women really actually in the real world find each other and succeed in relating to each other long term where others fail. So I'm so glad that you brought that perspective here today. And I think it's just fantastic. Gentlemen, I want to point you to Polina sold his website, which is, logically enough how north of her Polina soldeu.com, but in this specific case, we're going to send you to a subfolder which is front slash LBD pyramids, you guys can actually go as always the mountaintop podcast.com front slash pyramid. Now, Polina, we haven't mentioned the word pyramid yet in this podcast. So what are they going to find when they get there? How does it relate to all this?

Polina Solda 31:55

Before I share it, I just want to acknowledge Scott, that you are such a sharp and quick learner, you are so witty and smart, I just loved the comment that you made that is so not for you. You literally picked up on the language that I use all the time, whether it's with my husband, who knows everything, all about a new style, and himself and all of my clients, I will say Oh, very so east of you're very so north of year. That was really cool.

Scot McKay 32:27

At least our relationship together as friends isn't going south anytime soon.

P Polina Solda 32:33
So it's all about

Scot McKay 32:34

See guys, I've been telling you women love me. It just you guys have to get the skills in your life and make women love you too. I'm telling you. It's not magic. It's all. Well, it's all exactly what you've been talking about. For the better part of 45 minutes there. Polina?

Polina Solda 32:49

Yeah, you just you just learn each other's language, which is why I love in your style is of course, because you get to speak each other's language and really understand what matters. And

Scot McKay 33:02

Which is good because Russian is incredibly hard to learn for English speakers.

Polina Solda 33:06

right? So this is a whole language in itself, and you can understand another person this way, even bad of India understand themselves. So when I, when I'm on a date, and my husband starts talking about something, and then all of a sudden he starts talking about something else. And then he stops. And he's like, I don't know why I just was talking about this. And now I'm talking about that.

Scot McKay 33:29

Because you're New Yorkers. Polina, that's how it works over there. California is crazy.

Polina Solda 33:34

It's because and I sit here in my very grounded, very confident way. And say, it's because you mistype and you have all these ideas in your head, and they just come and go, I totally get it. Don't worry, you were talking about this. And that works. I'm very grounded, very hearing. Now. He's all out there. And I am fascinated by what is the next thing he's going to say because I never know what he's going to say next. And that is just the beauty of this relationship. So it's absolutely possible for everyone. I have a gift called Love by design pyramid, and you that is my tool that I teach all of my clients and it can work for anyone where in a few simple steps, you can go from no dates, and having no options right now all the way to a relationship with a person who is right for you. In a few simple steps and exactly the one to one and only two that I use in my work. It's very simple. It's very powerful. And of course you can listen to my podcast find the right man that is specifically for women, or you can connect with me on my website.

Scot McKay 34:48

I think all that's fantastic. The one thing you can't do using your tool is go from east to west. I presume

P Polina Solda 34:53
you we do not change our type. We inherently have Austria If,

Scot McKay 35:00

however we can you know coast to coast if not east to west,

Polina Solda 35:04

we can develop a skill tree. Better yet, find the partner who is your dual partner if you ask find your East person, if you East find your West person, you're going to have the easiest, most incredible relationship you couldn't even imagine. It's gonna be so good, I promise.



Scot McKay 35:21

Well, I'm having a lot of fun with this just because I like to make you laugh, but I think it's dead seriously cool. And not only brings a lot of new ideas to the table, but definitely complements everything we've ever talked about around here. So just terrific guys go to mountaintop podcast dot conference slash pyramid and get you some and Polina sold. I don't know why it took me five more years to get you back on the show because you're just a delight as always, and I've done summits for you and podcasts for you. My wife Emily and I have appeared together on your online events and everything. So we should do this more often. Thank you so much for joining us again today. It's been just fantastic.



Polina Solda 36:00

Thank you so much Scot and thank you all the listeners. It's such a joy and pleasure to be here today.



Scot McKay 36:06

Yeah, likewise, gentlemen, if you have not been to mountaintop podcast.com Lately, go there and check out the master classes for men. We produce a new one every month, where we cover every angle on a very specific topic on being a better man and getting better with women. Check out the full catalog of master classes for men that's there for you at mountaintop podcast.com front slash masterclass. And, guys, I have a bunch of new giveaways at Mountain Top podcast.com including free downloads, free ebooks. You can also check out our sponsors origin and main heroes soap and the key port while you're there. When you partake of any of the fine goods from any or all of our sponsors, please use the coupon code mountain 10 To get an extra 10% off and don't forget guys I'm here for you always you can sign up at mountaintop podcast.com to talk to me for free for 25 minutes. The first 25 minutes are always free of charge and if we go a little bit longer talking about where you are right now and what your plans are to make the most of your world the most of your reality and to invite beautiful women into that reality. Hey we'll take the time we need to put that plan together. All of that and more is there for you at mountaintop podcast.com And until I talk to you again real soon. This is Scott McKay from x&y communications in San Antonio Texas. Be good out there



Edroy Odem 37:40

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