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SPEAKERS

Scot McKay, Edroy Odem, Michael Allison



Edroy Odem 00:05

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



Scot McKay 00:18

Welcome. Welcome, gentlemen to another episode of the world-famous Mountain Top Podcast as always, I am your host Scot McKay at Scot McKay on just about every media platform out there social media that is, with the exception of Instagram, where I'm real Scot McKay, I guess that also applies to threads now, as well, if you're so inclined to use that, although I doubt many of you are but YouTube, Skype, just about everywhere else just put out Scot McKay and you'll find me relatively easily. The website is mountaintop podcast.com. And the Facebook group, as always, is The Mountain Top Summit. Join us there. Speaking of joining us today, I have a new guest for you. I've already appeared on his podcast, which is called the overcoming adversity podcast, had a great time, chit chatting with my guest, Michael Allison there. He is an international motivational speaker, author, coach and business consultant. And he also asked me to add specifically, and I think this is pretty cool that he is a father, a husband. And he also is a United States military veteran and recipient of the Purple Heart. So we thank him for his service. He is all about overcoming adversity. As a matter of fact, that's the name of his book that you can find on Amazon. And I'll give you those details a bit later. But the full name of his book is indeed overcoming adversity, getting your life back on track. So without anything further, my guest Michael Allison, welcome Michael.



Michael Allison 01:49

Scott, thank you so much for having me here, man. It's truly a pleasure. Thank you. Thank you, brother.



Scot McKay 01:53

Yeah, man, it's good to have you on the show. Listen, man, before we get started, I you have several really cool ideas on your podcast, that I'm having a hard time wrapping my head around, and I want you to tell us more about it. One of those is the idea of the 3d method. Tell us a little bit about that, and how it applies to your work.



Michael Allison 02:13

Most definitely, the 3d method is decision direction and destination. So some of the decisions that I was making in my life was leading me down the wrong path. So I had to start looking at making some of the right decisions in my life, that would change the trajectory of where I was going. Same thing apply for the directions. Where was I doing? Well, some of the things that I needed to align myself with, had to lead to the destination of where I was trying to get to. And then finally, the destination is, where do I want to be in my life? Where do I foresee myself in life? You know, what are some of my short term goals? What are my long term goals? What are the things that I would like to start manifesting into my life, and have those things in abundance, and that's ultimately 3d method, put it all together. And if you don't have all three of those together, all blended up together, then your life will spiral off and go into different directions. So that's the entire concept. Obviously, there's more layers to that sub layers to that, but ultimately, that's the overarching part of the 3d method.



Scot McKay 03:03

Well, then I guess it goes without saying that it would be helpful for these guys to find out a little bit more about what you've actually overcome. Michael, tell us a little bit about your story. And let's see if I and all the guys out there can relate to any of this.



Michael Allison 03:16

No doubt, man. So you know, my story started off as a kid born in Jamaica. And initially coming from very, very humble beginnings. We went through a flood. And from that flood, we went through Hurricane Gilbert, this is back in the 1980s. You know, my grandparents are from England and from Cuba. And luckily, they were there to help us because from this hurricane, and from this flood, I left us are homeless. So my mom and dad lost every single thing that they earned and built. And throughout that temporary time of us being homeless. My grandparents built us a house where we was able to get back on our feet. But my family wanted to change the trajectory of our life because they saw what it was like back in Jamaica, and very, I would, I would say, not the best situations of living. So they decided to go to Brooklyn, New York to live and start getting things set up for themselves so they could eventually make a better life for us. So what they did was they started that process in New York. And then we stayed with my grandparents in Jamaica for a little bit and then eventually they fought for us so they got visas. And then they sent for us to come and live with our aunts and and our Miami, Florida. But when we got to Miami, Florida was not the nice South Beach, Miami, Florida, we came to our Overtown. Unfortunately for me when I got to Miami, what I saw was prostitutions, drug dealers, crack addicts was the some of the first things that I've seen. So I came from a kid, seeing just the countryside of of life to come into Miami, Florida and just being dropped right

into the projects. On top of that, the first night that I was there, I was molested by a family member. And that's something I believe some kids should not ever experienced. But something that I faced, as I got a little bit older. You know, I, a kid like me was suffering with just being an isolation and a soft sense of belonging. So I asked my mom, could I join the Boy Scouts and I did. And while I was in the boy scouts, we had a trip to come coming up to go to Washington, DC. So my parents said it was okay for me to go to DC. So we saw the White House, we saw the Lincoln monuments, and so on and so forth. But the last night while I was there, all of the boys, it was 12 of us were split up into hotel room. And when I was taking a shower, and I got out, you know, I've seen five of the other boys on the wall naked. And when I got out of the shower, I was told to get on the wall to with the rest of the boys. I experienced something some kids should never experience either, you know, so we got beat up, we got hazed, we got mistreated, and some inappropriate ways that some young boys at 11 years old should ever be treated as like a little bit older. You know, I struggled in school with getting bullied and haze because of my language because I was born in Jamaica. So I didn't speak American English very well at that particular time. So calls for a lots of bullying, picking on fighting all these different types of things as I struggled until I eventually started to speak English a lot better. Fast forward to in high school, I played offensive line for my football team. And I was pretty good. I had hopes and dreams of playing in the NFL, I had an opportunity with a scholarship to go to University of Wisconsin. But unfortunately, my 11th grade year I tore my MCL 12th grade year, I tore my ACL, so those opportunities was taken away. And being a family that didn't have those types of resources to go to college. Or I would say all of the different opportunities that some of my friends was getting. We're looking at different options. What stood out for me when I was around 17 years ago was the United States Marine Corps. So I looked at what the Marine Corps stood for when it came to spirit accord, the Brotherhood, the leadership, and all of these different things that I think could make a man of Maine. So I told my parents, this is something I wanted to do. And I joined the Marine Corps at 17 years old. As I fast forward with my career in the Marines, you know, I went through boot camp, graduated that in three months, and then we went to Marine combat training was, which is a training class training for 10 days. And you have to learn how to navigate, use different types of weapons and pretty much simulating, like if he was going to be in a war for 10 days. For me, though, I'm that kid from Jamaica, where it's really hot. I'm the guy from Miami, that's really hot. And I went to North Carolina, and it was single digits in January and 2000. From there, man I on that last hike, it started snowing, very, very hard. And halfway through that hike, it was a 10 mile hike. I found myself in the emergency room with frostbite and hypothermia. So fast forward a little bit mad. In September 911, when the terrorists hit the twin towers that really rocked me, I was driving in my car and the base got shut down, seeing people frantically going crazy. And then I got a phone call from a family member asking me am I going to war? And I was like, What are you guys talking about. And then I went to go see the TV. And I just seen what took place. And after seeing that, I knew when I joined the military that it was always a possibility of going to war. But this really, really made it set in to know that there was a highlight possibility of actually going to war. And then shortly after that President Bush declared that this is a terrorist act. And he did declare war. So me and my unit began training in California. And we train simulating different wars scenarios. And then Captain venting, which is the person that wrote the foreword for the book. And he told us it was boys, it was time to go. So we left from California to Seattle, from Seattle to Canada, from Canada to Germany, from Germany to Kuwait and from Kuwait. We marched all the way into Iraq. While in Iraq man, I've seen some of the things that I never thought I could see the first night we got there. We got a incoming within 30 minutes, and we all had to get down and find cover. Shortly after that, I went on my first mission, and I was shot at. And literally, you can see the RPG go over my head and land behind my tank. I was 1833 and Fitz, assault section leader. And they are after that me and my granny, we oriented at our machine guns and we had to shoot every single thing that was in front of us, including the

building and whoever was inside of that building, as we get ready to depart was on our last mission while I was over there in Iraq. And I was delivering some supplies to my unit was delivering some ammunition, some food and some water. And as I was delivering the supplies, I was talking to my doc, my granny, my best friend Salto which was the driver. And we had a machine gunner that was sitting on the center of the Humvee gave them supplies I pulled off as soon as I pulled off I heard a lot of explosion I could ever hear my life exists plosion when I've no less than 10 seconds, it jarred me inside of my my tank as I was halfway outside of my vehicle. I got shrapnel above my I injured my shoulder, injured my left hip and injured my back and knocked me down inside of the vehicle. Once we realize everything was safe and secure for us to get out and check on everybody else, all I seen was nothing but smoke and fire. And the same people that are just talking to was gone, there was a hole in the ground, that was the size of a pool. I saw my Gunny with nothing was smoke over him, or Dr. Loss half of his leg. The gunner lost half of his face. And my best friend Salto was dead. And we had to put him in a body bag. After that, man, my life change. You know, I never obviously experienced war or anything like that until that moment, and your adrenaline is pumping at such a high level. And to deal with that loss really, really rocked me, especially with somebody that was close to me. You know, when I got out of the service, man, the transition was not the best, you know, I worked on a railroad got laid off a couple of times until I eventually got back on the railroad. I witnessed two suicides on the railroad that brought back a whole bunch of memories. That really gave me some flashbacks. After that, I was going through a divorce at the same time. And I was not in a good space at that time. So the same night that I got the divorce letters, I got a DUI, I spent the night in jail, lost my license. After losing my license, I had to do one year probation, and do community service. And then I lost my job. I eventually decided to get my life back together a little bit, you know, so I went back to school, got my bachelor's degree, got my master's degree and just started volunteering, helping other veterans down in Miami, Florida. And eventually, once I got myself a little bit back together, I took a job at Washington DC where I became a project manager and a government contractor. And I was doing that. But at that time, I was going through another custody battle with my first ex wife for three years. And that mentally was taking a toll on me. And as this was taking a toll on me, I decided to get married again. And while I was going through this marriage, things was not going the greatest. And within six months, we filed for divorce. So filing for divorce, you know, I asked my supervisor, could you move me back closer to Miami, Florida, so I could be just closer to my son. But this was when I was at my worst man, I started heavily drinking, I was on 13 different medications. And all of these things that I was balling in was inside of me. And I didn't think there was any point of living anymore. And I took myself to the bridge that's out there in Tampa, Florida, with my gun, and one of the heaviest weights in my garage and tried to take my life. But it was at that moment. You know, I'm I'm a man of faith. And that's when God spoke to me and told me that you have a purpose, you have a story to tell, even if it's just to make an impact on one person. But you have a son, you have a family. And you could change all of these things that's going on in your life. And that's exactly what I did. You know, I chose to go back to Russia university and get some help learn all about Neuro Linguistic Programming, cognitive things, and PTSD, went to Emory hospital did some of the same things. And then after that, man, I just started employing all of these different positivity around me. So I got mentorships, I got coaching, I got accountability partners. And then once I started doing all these things, I just seen that my life just started changing. And once I did change my life, you know, I decided to go back and change the situation with my ex wife. And we went through counseling, and we started working on our relationship. And I reconnected with her son, because we were in a blended family. And we got that back together. Me and my first ex wife became much more better on better terms. And we're working through things in regards to how we communicate

and how we raise our son. And ultimately, man, I got my entire family back. I started my own business, and life is much more better, man. So that's a summary of my story, if that makes any sense to you, man. I thank you for listening to that man. You know,



Scot McKay 14:27

I'll tell you, Michael, usually this show isn't about backstory. But in your case, I was very happy to let you riff on this because first of all, I think with when I hesitate to use this word, but I bet you'll appreciate the exact word I use that wealth of information that you just expressed. Every guy everywhere within the sound of our voices is gonna relate to something in there. And, you know, wow, in my life, I can't really say I've dealt with the level of adversity. Over the amount of adversity that you have, I've certainly dealt with my share. And there's plenty there that I can relate to. And I know nowadays that it's that experience, that adversity that helps me be the coach I am today and have the impact on other people's lives. If I were a guy who had lived a charmed life, I wouldn't be nearly as equipped to help other people. And I'm sure you feel the same way, right?



Michael Allison 15:24

Absolutely. Man. I think going through all of these different adversities has helped me bolster my knowledge in regards to how to deal with certain situations, whether it's for myself or for anybody that I'm coaching or consulting with.



Scot McKay 15:37

Now, you certainly are a huge proponent of getting past the adversity, not being a victim taking your life back. What do you tell guys to do to get rolling on that? Because you know, the the topic du jour was allegedly supposed to be ending stubborn patterns of failure. And indeed, a lot of guys, if they don't look this adversity in the eye, they're kind of doomed to repeat it, aren't they? I know you have this concept called breaking the bottle that I suspect has plenty to do with this.



Michael Allison 16:08

Most definitely, what I found with myself and lots of other guys is we bottle in so many emotions for myself, I was carrying so many things from my childhood, all the way to what happened to me in the military, all the way into different relationships that I got into with my ex wives or just even like dating before I even met them, you know, so you can think about we bottle in the motions of pain, anxiety, lies, regrets, anger, worries, hatred, unforgiveness, failure, you know, abuse, all of these different things that we carry, and we even carry, we might bottle in our happiness, our excitement, because we're afraid to show some of those things. And we'll blame and, and all these different types of things were balling then. But it's until we break the bottle, which is what I call the concept, and then start making the decisions around ownership, accountability, responsibility, and then make it an identity shift. You know, for me, I had to make an identity shift of who I am. So I had to change all of the things around

my values, my integrity, you know, what are my priorities? What are my standards, what I stand for, and what I don't stand for. And that's the concept of for me when it came to like breaking the bottle.



Scot McKay 17:15

You know, when we talk about guys and our emotions, society plays weird mental games with this, doesn't it? Right? That's right, you can't be this toxic masculine guy who gets violent and takes out his aggressions on people. But by the same token, you're not really allowed to be happy, joyful, or have any fun either as a man. So I really appreciate what you're saying here. And here's something I've noticed relatively recently, in my practice, kind of an epiphany that I've gotten Michael, is that when you meet someone who's a little surly, or maybe a little mean to people, doesn't really want to make friends isn't easy to get along with. A lot of times, it isn't that those folks are bad people. It's all offense they've built up. And I know that's not a new concept. But I think the deeper dimension of the meaning behind that is new, at least to me. Sometimes these people have just never been appreciated. They've never had anything gratifying happened to them, they haven't experienced any level of success, there's not a specific accomplishment, or even a moment in time where they can stand up and say, You know what, I just won. They feel like life's gotten the best of them. They've gotten the short end of the stick. And it's amazing sometimes that the simple act of not responding and kind but say, hey, you know what, I'm willing to listen, or I'm willing to hold space and stand in the gap here. And or even the simple, the simple gesture of appreciating them for something when on the surface, they seem like the last person on Earth, you would like to appreciate for anything, because they're just so darn hard to get along with. Sometimes you get a huge breakthrough, maybe even instantaneously from people. It's kind of like magic. Have you ever seen anything like that in your practice?



Michael Allison 19:04

Yes, I have, you know, I've seen it where we carry that as a defense mechanism. And we try to arm ourselves and put this barrier put this wall around us kind of building up ourselves to be like Teflon or something, something like that, you know? Yeah. So I often see that but as once you get to speaking with people, and being totally authentic with them, and finding out who they are truly at their core, truly identify your true authentic self. Whenever we choose and decide to become much more vulnerable and become much more transparent with how we deal with things and handle things. It actually gives you much more better peace of mind. It gives you much clarity with how you operate and how you do things. It makes your decision making a whole lot better. It makes the direction of where you're trying to take your life on a whole lot better. And then now that Ville is going down, and you could actually see the destination of where you're trying to be, you could actually pinpoint where you're trying to be in life where you're trying to go in life,



Scot McKay 20:10

you know, that magic word vulnerability just came up again, while you were talking, Michael. And that's so difficult for a lot of guys, because they view it as weakness. Whereas it's really a double edged sword. Yeah, you might be a weak turtle crossing the highway, that subject to

get run over. And that doesn't feel very manly or powerful to a lot of guys. But it's also about taking a risk, not knowing what the outcome might be. And a lot of times that shell that we build up around ourselves kind of like the tortoise makes us perhaps, ironically, more liable to get run over on the highway than it does enable or empower us to get to where we really want to be in our social life with other people, because we're just kind of holding up that shield is a defense mechanism, like you said, Isn't that something

M

Michael Allison 20:58

that is something in actuality, though, when if we was to look at it, on the opposite side of actually shows a strength, you know, there's strength in actually identifying some of these things where you could actually work on it, right. So whenever you identify some of the things that you might be considered a weakness, you could actually work on it to make it a strength and get better at it. You know, I've also found that whenever I've been around guys around a network of guys, and sharing some of these things, they're actually more inclined to support me and help me as I share some of my vulnerability and transparency as they're going through some of the same things too. But we walk around with this witness armor around us, like, we got to be tough, we got to be macho. When in all actuality, if we were to just open up and speak, and just as brothers just as friends and communicate with each other, we actually could help each other more.



Scot McKay 21:49

Yeah, we realize we aren't alone. A lot of other men. Dare I say all other men are carrying a burden of their own, that they feel either ashamed or worried somehow about expressing I think you're onto something there. So yeah, so what about practical ways that we can end this stubborn pattern of failure, I mean, obviously, building that shield, being ashamed, not even recognizing why we're failing all over and over again, obviously, you know, all of that plays into it. But I would love to get your informed take on this. And also give guys some solutions, some practical ideas.

M

Michael Allison 22:26

Most definitely. Number one for me is identifying who I am at my core, you know, and start learning how to love myself first, you know, I can't love anybody else. Until I start loving myself and identifying myself. I can't pour into your cup until I started pouring into my cup first, you know? So for myself, I'm working on where am I at mentally? So what am I putting inside of my head? For myself? You know, I'm listening to my meditations, right. I'm also good at filling myself up with gratitude. I'm also doing the things that makes me feel better. So I'm going to the gym every single morning, I'm walking, while I'm walking every single morning, I'm putting in three miles every single morning. After that, then I'm having that conversation with myself. And what am I seeing for the day? What am I projecting for the day, am I on par with what I'm trying to do? That I couldn't know, I could pour out into my family that I don't know, I could pour out into my business that I know I could pour out into my friends. Those are some of the easiest things that I do in the morning torture myself. At nighttime, I want to have some of those, those alone time for myself. So I'm sitting down and I'm reading my book. And my book is to make sure that I'm stimulating my brain and stimulating my mind, that's going to keep me thinking

and keep me in a positive flow, I think the energy that I put into my body is the energy that I'm going to pour out into somebody else. So I make sure that anything that I'm reading, it's actually a book, that's going to be something that's going to be fulfilling and fruitful. So I know that I could actually take something from that. And I could ponder on that throughout the day. So I'm reading every single day, at least 20 to 30 minutes every single day. So those are some of the practical things that I actually do and work on for myself at my core that are just simple things that I do. There's much more things as I go on with myself and throughout my business that I actually practice. But some of those things are on a much more weekly basis on a monthly basis and a quarterly basis to as well.



Scot McKay 24:14

Well, the elegant simplicity in what you just said, Michael, is that you've replaced those bad patterns, with new habits with new rituals almost, that gets you into a new pattern that leads to successful outcomes rather than those negative outcomes. I love it.



Michael Allison 24:32

Absolutely man is reprogramming my mind. You know, I used to have like a fixed mindset. And I had to change that to a growth mindset. Now I'm looking at challenges and I'm embracing opportunities. I'm looking at obstacles, and I'm overcoming any setbacks that I have, right? I'm making much better efforts as I go out throughout the day. And I'm looking much more optimistically at things. I used to find that I was always around different types of people and I noticed the energy that was around me so I had to change my circle and once I changed my circle right Right now I could deal with conversations a whole lot better because you're in business, you're going to be communicating with people every single day. Right? So what is the energy? And what is the flow that's coming out of you is key for me. And very important when when I'm thinking about just having a optimistic, agreeable type of mindset.



Scot McKay 25:14

And instead of having to fake it, or paint on some pretty face, you get to actually be authentic as you go out and live move, have your being and do your business. Absolutely. That makes it so much easier, there's so much less you have to keep track of when you're being honest and authentic, right?



Michael Allison 25:30

Most definitely, it's so much easier when you're being your true core authentic self, you don't have to pretend you don't have to lie, you don't have to make anything up and just let people accept you just for who you are. A lot of times, whenever we decide to put on a facade, or put on anything that you might see out here on social media or so so on and so forth, then you got to keep on compounding on that, as opposed to, if you were to do what you're supposed to do, be honest, be authentic, you don't have to worry about those things, your your head would be so much clearer when you process things.



Scot McKay 26:01

That's so true. And you know what we can tie that back to our relationships with the women in our lives to when we're true to ourselves, and we portray who we actually want to be, we're much more likely to attract a woman we're going to get along with who's looking for those same values that she shares. And while out what do you know, we get along with her and we can relate to her. You mentioned that you're a father and a husband. And you told the story earlier in this show, Michael, about how you had to fight for that. I saw this morning, even as we're recording this this very morning. A meme on Facebook that read a long term relationship is the ultimate status symbol. And I couldn't help but comment. I said, the irony of that statement is when you have a happy long term relationship with the right woman, you don't need status symbols anymore. None of them make any sense. There's just no need for it. I mean, I was more concise when I wrote it down on Facebook for the world to see. But the deeper meaning behind that is cars, houses material possessions, hey, look at me getting the approval of other people just to feel better. In the moment temporarily, it all pales in comparison to having the right woman by your side. Because you did the work. You're authentic. You ended the stubborn patterns of failure. And now you can move on to a new pattern of success with the right woman. I think there's a lot there. For sure.



Michael Allison 27:26

For sure, man, you know, me, my wife was actually talking about this yesterday. So Scott, I had opportunity to speak to a group of people yesterday. And towards the end of me speaking, I was telling them that I had to work to get my family back. I had to work to get my wife back. You know. Now, with me and her back together she's seeing the true authentic means she's seen the true honest me she's seen the true vulnerable me. And now this woman is side by side with me and my business. And she already has her own company of what she's doing. But we're happier. We're smiling. We're doing things together. Just because we're much more better for each other this go round as we had to put in that work and work on ourselves individually been magical men has been beautiful.



Scot McKay 28:14

Yeah. And what do you know the relationship contrary to popular stereotype? doesn't feel like work anymore. You enjoy this partnership. Fantastic, fantastic stuff. His name is Michael Allison. He's an international motivational speaker, author, coach, business consultant, Purple Heart veteran, and of course a father and a husband. And when you go to mountaintop podcast.com front slash Allison a l l i s o n, you will be teleported magically to Michael W alison.com. And what will they find when they get to that site? Michael?



Michael Allison 28:51

Yes Scot what they will find as my speaking page. If you wanted to book my Klausen for speaking gig. I do motivational speaking, I can speak on leadership too, as well. I can speak on resilience. I can speak on veterans transitioning, I can speak on mental health awareness. And I have two keynote speeches. So the keynotes will be on breaking the bottle or just taking authority in your life. And I could tell you these speeches to a company or to any type of group

that would need motivational speaking. Also on our website, you will find the consulting programs and you could find some of the coaching programs for our personal development, professional development and some business consulting as well. Scott, thank you so much, brother for having me on man.



Scot McKay 29:31

Yeah, man, good stuff. And once again, that's at Mount to top podcast.com front slash Allison a l l i s o n or you can just go to Michael W allison.com. Also, I'm going to place Michael's book at the top of my Amazon influencer queue as always, that's at mountaintop podcast.com front slash Amazon. The name of that book, of course, overcoming adversity, getting your life back on track and Mr. Michael W. Allison, of course. Horse. It's my pleasure to have you on the show. We hope you'll come back and talk about another interesting and salient topic for these guys real soon. Thank you again, man.



Michael Allison 30:09

Thank you so much, Scott. I appreciate it, brother.



Scot McKay 30:11

Yeah, right on. And gentlemen, please go to mountaintop podcast.com Get acquainted with the master classes. We have a new one every month we got some great topics in the rearview mirror and several ahead of us you can get in on the previous ones and do that with immediate gratification. You can have same day access to the masterclasses we've done in the past. You can also check out the new ones coming up. While you're at mountaintop podcast.com Please get on my schedule. Talk to me free for 25 minutes about whatever's on your mind in terms of well maybe breaking the mold in your old knife. I once heard a joke from emo Philips Michael he says when I was born the doctor said they broke the mold but since a lot of that mold is grown back I was never a fan of that guy stage presence before his jokes themselves are funny. He's a great comic. I don't think that's what we're talking about here. Michael and I want to help keep the mold away and help you have a relatively relatively I don't know if I want to say sanitary life but certainly a more mold free life. Absolutely. And easy way to get started there is to contact either Mike or me. If you want to contact me like I said get on mountaintop podcast.com There's a button at the upper right hand corner for 25 minutes. It's free to talk to me about whatever's going on. Let's get a plan together to get your life back on track. We want to give a shout out to our sponsors origin in Maine that's Jocko willings company of course heroes soap company and the key port use the coupon code mountain 10 When you get anything from any of our wonderful sponsors, all of whom you can visit as well by going to MT to top podcast.com 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



Edroy Odem 32:10

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