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SPEAKERS

Scot McKay, Edroy Odem



Scot McKay 00:01

All right, gentlemen, this month's masterclass for men is called How to be a renaissance man. Listen, have you ever wanted to approach and meet a woman but found yourself with nothing to start that conversation off with? Or worse, you've been in a conversation with a woman that fell flat because you found yourself with nothing to continue that conversation with? Well, the absolute best cure for that is to be the proverbial jack of all trades if you're listening to this podcast within the first several days of its release, this essential masterclass for men, is being held Wednesday the 29th of November 2023 at 8pm Eastern Time, expect at least 18 specific areas where you can increase your knowledge and your worldliness in record time. All to the amazement and intrigue of the most desirable women everywhere. Plus, when you're a renaissance man, life in general simply becomes more exciting and fulfilling all around you. How to be a renaissance man this coming Wednesday night, November 29. If you can't make it live the night of the event, no worries there, but either way, be sure to snap up your ticket at mountaintop-podcast.com front slash masterclass. And I'll look forward to seeing you there.



Edroy Odem 01:31

God from the mist-enshrouded mountain top 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 01:45

How's it going? Gentlemen, welcome to yet another episode of the world-famous Mountain Top Podcast. As always, I am your host Scot McKay at Scot McKay on X on YouTube. And just about everywhere else with the exception of Instagram. And now threads I guess where I'm at real Scot McKay, if you haven't been to the website lately is mountaintop-podcast.com. Lots of goodies there for you. And also, as always, the thriving Facebook group is The Mountain Top

summit on Facebook. Got a new friend of mine today for you. He is a fellow dating and relationship coach out of Phoenix, Arizona. This is his first time on the show. Patrick James, how you doing man?



02:29

Doing great man excited to be here. How are you doing?



Scot McKay 02:31

Yeah, likewise, we had a pretty good talk chatting away before we hit record on this thing. And we got lots to talk about because the topic du jour is how to love women again, if you've become jaded. And as you and I were talking about, both of us have plenty of cars in our respective backgrounds to kind of, you know, be a little angry with women be a little pessimistic towards women being in our lives, you know, my case, these guys know, I was married to a schizophrenic woman who reduced my life and that of my daughter to send her an ashes before she left and even after she left. But it's been a long road there. And of course, these guys also know that I'm married to the greatest woman I've ever met, and have been for 16, almost 17 years now. But these guys know my story. So Patrick, what I'd love for you to do is riff a little bit about why this particular topic today is so important to you that topic of how to love women again, even if you become a little bit jaded in the past, why is this such an important message for you to deliver to men? Yeah,



03:38

absolutely, man. You know, I think I think this is an important topic, because, you know, a lot of guys might find themselves in a similar position to yourself, or even like myself, where, you know, I wasn't necessarily getting out of a toxic marriage, but for me, it was, you know, I was really putting women on a pedestal and I was the nice guy who kept getting friendzone by women that I really had a lot of feelings for. Unfortunately, I don't think the majority of guys have the same type of response to adversity in life that you and I did, which led us even being on this podcast today. A lot of guys tend to fall into, you know, a bad mindset, addiction, victim mentality. And I think if you live in that emotional state of just constantly being jaded, like fuck these women, fuck these women, you know, nobody sees the value in me figuratively,



Scot McKay 04:30

not literally.



04:33

Yeah, because those guys probably aren't getting any fucking. But I would say, you know, men, if you're out there and you're listening to this and you feel even somewhat jaded about your dating history, or how you've been treated in the past, it's really easy to fall into the trap of

identifying with your past, but I don't think that's conducive to you actually living to your fullest potential. And so that's why I think, you know, I'm really excited about our topic today, you know, yeah, Man, he



Scot McKay 05:00

said a lot of great things there. First of all, this idea of victimhood is anti masculine. A real man doesn't say, oh, woe is me, I'm powerless. Everything is being done to me instead of me doing unto something else. There's no concept of kind of penetrating the world even sexually as a masculine man in that context. It's more like, oh, well, poor me, I'm slept Brock, I got a cloud hanging over me, I can't really control my destiny, I have no control over anything in life. I'm looking for a handout from you, the government, anybody who will give it, if there's a woman out there who can help pay the bills, that would be great. As a matter of fact, I'm a little bit ruffled over the fact that I have to approach her and ask her out, why can't she approached me and asked me out, say at this victim, who has absolutely no masculine presence at all, and therefore, perhaps, ironically, can't understand why he's not attracted to the said women who had paid his way and do all his bidding, and basically do all the heavy lifting for him. Am I onto something?



06:02

Yeah, no, absolutely. You know, even along these lines, man, so many thoughts are crossing my mind. But I think what it comes down to me is, there's a moment of time, a decision that you make when you find yourself at a low point after maybe a woman treated you badly, or you got out of a toxic relationship. And I think that that crucial fork in the moment road is where, you know, like I said, I had to decide that I'm not going to be the guy who's terrible with women. And I had to through massive action and willpower and anxiety and overcoming fear, forced myself to actually come out of that and actually start getting results with women. I'm curious for you, like, what was it for you that allowed you to not be jaded? Because it sounds like your situation was very, like, traumatic in a way? Like, was there a moment for you where you were like, Fuck this, I'm going to be the best version of myself. I'm going to have an amazing relationship. Yeah. So I'm curious. After that relationship, was there a moment like that for you where you decided that you were going to, you know, step into your greatness, if you will?



Scot McKay 07:10

Well, I'm not sure I've stepped into anything that smells like greatness yet, but I have to Whippets in the house. So I step in to a lot of other stuff all the time. That doesn't smell so good. So I'm avoiding your question RNA. Guys know the answer. On my side, what happened was See, everybody said to me, you were the greatest husband, you were the greatest Father, You did nothing wrong. It was your crazy ex who literally left our reality and took everything down with it. So you know, you couldn't have done a better job, you were great. But see, that made me feel like the aforementioned victim outwards. How does it make a man feel when he's done everything right, it still got kicked to the curb and still lost? Well, that isn't very empowering. That means I've done the best I can and failed. So what I did was I decided it was a conscious decision to remove myself from that perception of failure that was actually being

thrust upon me by everybody else. I mean, they were trying to be nice to me, they were saying, Scott, you couldn't have done anything better. You're this great guy. But it had the opposite effect that they intended of making me feel worse about myself. So here are a couple keys. Here's how I didn't get jaded. First of all, I took ownership. I said, I am responsible for my future. Second of all, this was one woman, she did not speak or act on behalf of everybody who is female in the entire world, period. Okay. And you know what, I think everybody knows this. When they start getting jaded and they give up and they get angry, and pissed off and vindictive, because of what one person did to them. They know they're acting like a victim. They know that there is no truth in the fact that if one person's like this, they're all like that. That's a logical fallacy. And as a matter of fact, I'll go one up from there. That's how systemic racism and all kinds of hate all manners of human hate happen. Here's a person who's not like me, they're a little bit different. They do bad unto me, therefore, everybody is different the way they are is the same. And that is absolute ignorance. So yes, I didn't want to be an ignorant foolish person who let this woman who ruined my life somehow have superpowers over me for the rest of my life in dating me against all other women when basically she's the last person on earth who deserves to have superpowers over me. So I decided, hey, you know what? Let me look at this thing objectively. I had a crazy ex wife, she ruined my life. Okay, well, my mother, my sister aren't crazy women. They treat everybody with respect. They have good relationships. Most of my co workers most of my female friends, a lot of my friends have girlfriends, you know, WAG as wives and girlfriends to treat them, right? There's got to be great women out there. So what I want to do is get better in two specific areas. First of all, I want to understand women, it is an old wives tale, perhaps ironically, that you can't understand women and that women can't understand men, you ask either gender. And they'll say, Well, we're easy to understand. Well, we are, as long as we're willing to get down to the brass tacks of why that is. So I did that. And these guys have heard me talk about that time and time again, on the show. It's a major theme. Second of all, I was going to get better at being attractive to women, I was going to attract a better woman by virtue of what I did to be a better man. And that's where the idea of the Big Four came from where these guys know what that's all about. I practiced it. And then next thing, you know, about a year and a half after my divorce, my friends are like, where are you coming up with all these women, you keep bringing around to all of our social functions. I think maybe you should write a book and tell us about it. And you know, 18 years later, here we are. That's awesome. But enough about me, I want to hear more of your story. Because after all, it's your show. And I'm supposed to be doing the interviewing, right?



11:08

No, I mean, we're getting to know each other, as you said, before the podcasts. And so I think you hit the nail on the head, the whole thing about if you think about what it is to be playing that victim mentality, or being jaded, I think jaded is a good synonym for just being a victim. But I believe it's, there's this energy of, it's all them, it's all these things that have to do with everything else other than me, right? And so it's like the world is doing this upon you. And I think you hit the nail on the head in the sense that, to come out of that, if you find yourself in that place, you have to take responsibility, as you said, taking ownership, meaning that, okay, you had a toxic relationship, you might have been very well wronged, right. However, at some point, you have to take responsibility for your own results, if you are not happy with the position that you are in life, one, get out of that position. So for you, it's getting out of that relationship. But then secondly, it's not living in the fact that you believe that the world is a place that's out to get you, you should start reframing it as the world is a place that is basically my oyster, it is what I make of it, if I choose to live in a mindset of being jaded, well, guess

what, my life is probably going to be very conducive to someone who can play the victim. And that's how you get these parents who are in their 50s 60s 70s. And they just hate the world. And they're just wreaking havoc for no reason, right. But I think when I said earlier, like stepping into greatness, I truly do believe that, you know, you and I, and everyone here is capable of more than we probably ever thought possible. Like if you would have told me a guy who was born in small town, Kansas that I would become a dating coach with 1000s and 1000s of men following me from 83 different countries around the world, I would have thought you were fucking crazy. Because most of my life, I stopped with women, right? But I had a similar moment for me where like you getting into, for me, it was like I was talking to this chick for, you know, six to nine months or whatever. And then we'd kiss and stuff. But I didn't know what flirting was. I didn't know how to get into interaction to move forward past just like I liked this girl. And so I would make all the classic mistakes, confessing my feelings, trying to be extra romantic. And I realized, this stuff is not working for me, right. And so that's where I kind of started getting into, that's when I first even heard about the term like approaching a woman to me, like I was, I guess, so sheltered in my mindset, to where I didn't even like I thought that if you go out to a bar, or restaurant or anywhere, that you have to talk to the people that you came with. And if you don't know anybody, then you're kind of fucked. Right? And you're kind of a weirdo. Well, it dawned upon me once in my early 20s, I think it was like 21, after, you know, this girl who I'd essentially been chasing for six months, you know, started she had another boyfriend just out of nowhere. And I wasn't necessarily her boyfriend. You know, in retrospect, I was hardcore in the friendzone. But I'd confess my feelings for this girl, I had written a love letter to this girl to try to get her to like me again. And, you know, I realize much like yourself, I have to figure out how to actually get women to like me, because what I'm doing is not working, right. And so when I learned about, okay, I can approach a girl anywhere and just like talk to her. To me, that was my death. Like my version of me taking responsibility for my results. I'm not going to just settle for Okay, hopefully some girl gets hired at my work and I have like a hot co worker, because usually when I was talking to girls, it would be the co worker girl who I had a little bit of chemistry with that one time, right? And the majority of guys that I tend to work with, you know, the first question I asked them is like, Okay, how often do you meet women? And how do you meet them? And if a guy tells me like, Oh, she was a co worker, or she was a friend of a friend, or we had a class together, all I'm hearing is, you don't know how to meet women, which means that you're not really in control of who you meet, and how often you meet them. And so taking responsibility for me kind of, to answer your question in a roundabout way, that was like the first step for me to take responsibility, you know? Yeah, well,



Scot McKay 15:34

several things. First of all, if you're writing these long, Lagoo, Breus, hand written letters to women, that's just the kiss of death. And you know, when I realized that, after having done this, more times than I care to admit, with previous women, I don't is when a woman wrote me one, when I was trying to break up with her. I was like, man, is this ever pathetic. She's just trying to guilt me into sticking around, and this woman is just in way too deep here, and I'm being pushed further away. I'm like, well, holy crap. That's how that works psychologically, you know? And so that's one thing. As you were talking in general, several things came to mind kind of centered around our topic of men becoming jaded. Yeah, first of all, look at all the different terms we've applied to this angry, jaded. You know, we haven't used the words bitter or cynical, you know, complaining victimhood. such nasty words that just stink like raw sewage, you know? Right. Yeah. And I'm sure that's not what you mean by raw dating advice, which is your brand, you mean something? Yeah. So basically, anytime you start feeding those emotions, they tend to multiply, they tend to start stacking up, and you kind of get into this

vortex of negativity that starts feeling like comfort food to you. It's like the easy button, I have an excuse not to go talk to women anymore. I have an excuse not to succeed with women, I have an excuse not to succeed at all, I have an excuse to stay poor, broke, ugly, unattractive, old, unhealthy out of shape, the list goes on. And it's almost like there's this demonic power over you that isn't positive, isn't good, isn't healthy, that spirals you into almost liking this negativity. I know, for example, when I went on my weight loss quest a couple of years ago, I was getting depressed and kind of like, well, I'm old, I'm gonna stay fat, etc. And, you know, if I die, I die kind of thing. You know, not that bad. I don't want these guys to think I was in that dire straight. But after a simple 48 hours of cutting out the alcohol and cutting out the carbs, I felt like a new guy. And not only in the manner of me having more energy, such that I'm looking for projects to do when I was putting those projects off, just you know, somebody two hours ago, because I didn't have the energy. But I started wanting to live more, I wanted to feel alive again, I started getting excited about things, because my psychology had been affected. And it was kind of like boiling the frog over time. It started with a little unhealthy habit there. It started with getting just a little bit overweight and out of shape. And the next thing you know, I have an excuse. And I start trying to tell myself, I like it this way, when it's really miserable. And I think that's where a lot of guys, we're men going their own way, these red pill guys who want to blame women for everything. I think that's where they're coming from is this place? Well, you know, it's convenient. I can stay here if I want to. Right. But see, that brings me to the other major point you made a few minutes ago. Guess what, gentlemen? If you're jaded towards women, you can't count on the women themselves to come rescue you from this. First of all, that's anti masculine as well, right? Second of all, they have no reason to, because they're not attracted to you anymore. They're focusing more on the guys who have it together. And Well, for starters, don't dislike women. What's a woman to do with a guy who dislikes women any more than we as guys are going to want to get in relationships with women who can't stand, man. So here it is, and you alluded to this, but I really want to drive this point home, okay. It is up to us to stop being jaded against women. And that is the greatest news in the world. If you're anti victimhood, because then you have agency, you have power once again, you can flip the switch, you can change these habits, whatever it's going to take to take you from here to there again, or to restore your faith and women starts with me Restoring your faith in yourself, you can't be a victim, you have to do this. You have to make a decision, practically maybe even psychologically, to say to yourself and perform the actions do the work, right? It's not an easy button to get better with women. And I want you to riff on that. It seems like we're trading riffs here, which isn't a bad now we're both excited about this, but talk for a few minutes to these guys about what we can do. What should we do to get out of this rut? And, you know, to me, it all starts with getting a little angry that you're in that rut to begin with. You want it more what say, yeah,



20:38

yeah, man, it's funny because you bring up the the MiG tau movement, which admittedly, I'm not too well versed on, nor do I have any interest in doing so. Because when I hear about it, it's like, to me, that is the ultimate victim mentality, he came into the dating niche with good intentions, like the red pill tends to do. And here's the thing about red pill, there's an element of truth to Red Pill concepts. But I think when a guy lives there for too long, you start to almost view women as the opposite team. And this this almost lightbulb moment hit me. Actually, a month ago, I was going out with a client of mine. And I said to him, I was like, after a weekend at hanging out with this guy's like, Dude, I don't know if you realize this, but you talk to women as if they're another species. Do you realize that? And he was like, what, really? And I was like, yeah, he's like, Well, don't you? And I was like, no, they're females, but they're still the same

species. And so the, the biggest thing that I could say, what can you do? If you are you the type of person who and I know I'm like, this is probably gonna go over the head of the people that we're talking about, like people who are so jaded to where they hate women. If you feel like you hate women, you honestly the worst, the best thing that you could possibly do is talk to more women. Because if you see women as so vastly different than you that you can't even associate them as the same species as you even subconsciously, it's, it's not conducive to you actually ever getting women, right? Men and women naturally have like, the masculine energy and the feminine energy, which is a allows the flirtatious energy, the sexual tension, right. But ultimately, they are people, right, and people can relate to people. If you can't relate to people, then you need to talk to more people, because those are social skills that are going to carry you not just through dating, but pretty much in every area of life. Right. And so, you know, admittedly, Scot, I don't necessarily identify with the victim mentality myself, which is why it's so hard for me to necessarily relate to people like the MG tau type of movement. But I guess what I would say to kind of like wrap this up in a nice bow is, there's an element of truth to the red pill mindset, which is why some of these core fundamentals of what Red Pill promotes and stuff do help you actually get better at talking to women and attracting women and understanding the opposite sex. But you also have to be mindful of overstepping that line to where you start to view them as the opposite team, because I think ultimately, when it comes to seduction, the best producers in the world have the uncanny ability to make it feel like a win win situation where you guys ultimately on the same team, you don't I'm saying



Scot McKay 23:38

you mean it's not? It is it should be? It is absolutely done, right. Yeah. If you're not predatory. Alright, several things there. First of all, I've got to laugh at myself here, because for years, I thought I was being really cute and coy by telling men in the context that you're speaking of that, I promise you your DNA is closer to a woman's than, say, a chimpanzees. Alright, they're here just like you. And then I stumbled across a peer reviewed study, probably about half a year ago. I think I mentioned it on this show. I certainly did in my Facebook group, where actually male chimpanzees and male humans are closer genetically than male human beings and female human beings. which blew my mind. So I can't say that anymore. But I am going to still agree with you that they're still human. Nevertheless, listen, we all got cooped up with COVID We've all been brainwashed by social media in our own little echo chambers, blah, blah, blah. We've talked about this on this show. People are starving to be social, again, men and women and we are social as humans, right? I mean, I know guys who can seduce women when they don't even speak the same language. I mean, how about this start with women who speak English? Maybe you can relate to them a little better just for practice. Okay. When men want to be women. heterosexual women have nowhere to go if there aren't heterosexual men out there, which means heterosexual men out there. Your sexuality isn't evil, it isn't necessarily toxic, etc, etc. Just like you said, there's an element of truth with the red pill community. Okay, fine. We need to watch out for the family law system. Yes, masculinity is under attack. Yes, some women are psychotic, and they're narcissistic, and they can destroy you in even more harmful and probably even surreptitious ways than most men can. Yes, most women are the ones who file for divorce. Maybe more women cheat on their spouses than men do. Who knows? All I know is yes, when you focus on the negative, you're feeding that negative is back to that vortex, right? One of the things that angers the MiG tau guys, the red pill guys, the manosphere guys so much about this practice is Yes, I am happily married to whom they would say is a unicorn. But really isn't. She just matches up well with me because I don't hate women. She didn't hate men. We both are optimistic and generous. But this time we're not married to a crazy narcissistic person who's going to take take take, we finally found each other. It's not a

unicorn at all. But what really angers them is I'm not a pansy ass. I'm not pollyannish I believe it's not true at all that one gender is golden hearted and can't do any wrong. And the other gender is black hearted and can't do anything, right? I think most of us male, female or otherwise have gray area there. Right? The trick is to go into any relationship friends, business partnerships, in Yes, women with the lights on. Just because she's got a nice ass doesn't mean she gets to ruin your life. What I tell these guys, Patrick is find a nice ass who's not going to ruin your life? Okay, so that's the secret to it. But like I was beginning to say these guys who are very dark and cynical towards women need for me not to exist, because not only do I live the dream with a great woman, but I'm very honest about those things that we need to watch out for. And to them. You know, it's gotta be all or nothing. You know what I mean? And I want to add one thing before I let you read because I think it'll basically fuel your fire. People who are bitter, people who are angry, people who are cynical people who are easily offended, they suck. These people suck. They don't make friends. Nobody wants to be around them. People avoid them. And then what do they do they start, they start heaping blame on to everybody else for not accepting them and not liking them and not promoting them. And of course, blame is a primo hallmark of victimhood. So all these fables, we tell ourselves to make ourselves feel comfortable, all this junk foods psychologically, that we feed ourselves. Who's responsible for that? Who gets us out of that rut? It's us, right?



28:08

Yeah, absolutely. I'll just expand upon what you were saying there. I think ultimately, if you find yourself where you're now single, maybe you got out of a toxic relationship. Or maybe you've just never had success with women. And that's kind of the reason you're jaded. I think if you really want to turn this around for yourself, and you want to, like you're listening to this, and you go, Okay, I want to stop playing the blame game, I'm realizing that I've been playing the victim. Yes, I am jaded, and maybe you, maybe you have every right to feel that way. Right. But ultimately, that's not going to get you to the next level of your life. And, and I'll say this, you know, Scott, you and I were talking about kind of relationships before we hit record here. And one of the biggest things that I learned having gone through the pickup phase of my life and now being in a great relationship, a woman who I chose from a place of abundance, and I think that's a key word here rather than kind of settled out of scarcity, which leads to maybe some toxic relationships.



Scot McKay 29:07

That is an underrated point.



29:08

Yeah, absolutely. And I think I think when you get into a relationship that truly is great, you realize that making a relationship work is a whole other skill than getting a girl to want to have sex with you or make out with you or just having that momentary emotion of attraction while bantering with you. Being in a relationship is a very different thing. And I think there's something that you said earlier where it's like, a great relationship is not like a match made in heaven. It's not like you two were perfectly made for each other. I don't necessarily believe in the concept of soulmates I think that was kind of created by the gift card industry or something

like that, right? But what I believe is that you have to ultimately realize that you're gonna have varying levels of compatibility with different women. And if you've had women in the past that maybe you got into that relationship out of a place of scarcity, the compatibility there is irrelevant, because that's the only option you got. You got to make it work, right? Well,



Scot McKay 30:09

yeah, you starcrossed yourself from the very beginning. And now you want to blame all women for that? Yeah, do better. Go ahead. So



30:15

when you get into a relationship with someone that you genuinely chose, and kind of like what we were saying before, if you're doing it right, they're also choosing you. It's a win win here. Yeah, yes, yes, then you realize that to be in a good relationship, which you can probably have great relationships with many different women. But it's about being a good unit, working together as a team. And there are many great teams and many teams have different dynamics, but ultimately, that's what's going to make it work. And if you get stuck into this victim mentality, you're literally depriving yourself of 50% of the fulfillment that comes from interacting with women, which is being in a great relationship, you know,



Scot McKay 30:53

well, you're, you're depriving yourself of the other 50% to because I don't think you're even going to have a whole lot of one night stands or cheap flings or anything like that, because women just find it anti masculine and therefore unattractive? Absolutely. You know what I do when someone invites me to something? And I don't know them very well. I'll say, Hey, can I bring my cute little girlfriend with me? And they'll go, I thought you were married? And I'll go I am. But she's still my cute little girlfriend. Yeah, right. That catches people off guard. Because now that we're married, our relationship is supposed to be a little bit different. We're not flirty, and we're not seducing each other and going out on dates and having sex because we want to and are still hot for each other. But see, that never changed with us. But indeed, what you said is true, you have to find someone who is your best friend who you're also hot for. I think it's both. And you also talked about having chased women in the past to no avail and writing the letters. And then now you've arrived at the same conclusion I have independently, which is, it's not like we should be chasing women. And importantly, they shouldn't be chasing us either. Because that's equally unattractive, namely, to us. But when people choose each other, when I'm choosing a woman for many options, and she's choosing me for many options, what happens there is there's actually more, there's actually greater safety and security in that relationship, because we actively made that decision, like you said, from a position of abundance, not scarcity. And how can you not like someone you chose, but I'll tell you this, I had to be one half have a great relationship before I could expect a woman to join me as the other half. And that had to do with me fighting my way out of that victimhood, right? And yes, building my own self esteem, liking myself again. And yes, also really liking women, and giving them a chance. And when I led that way, I was very pleased with the results. Wallah. Go figure.



33:01

That's amazing, man. So I guess I would say, you know, if you want to genuinely improve, you know, your skill set with women, but also just your dating life in general. And maybe you want that female companionship of having that, that teammate, that person that you chose, and she chose you, I think first you got to ask yourself like, Okay, at this point in time, what is my goal with actually getting better with this? And I say that because your goals can change over time for me when I first kind of like accepted this journey, if you will. I just wanted to sleep with every girl possible because I was so inexperienced, because I'd never had success with women that as soon as I got that little inkling of success, I started to realize, oh, this is kind of fun. And oh, actually, like, really am starting to see women in a positive light. And like, why would I jump into a relationship if I could just keep doing this for forever. And then I turned 26 27 28, five years of just trying to bang everything that I could right now I'm I reached a place where, you know, I think it's cyclical. And I think you could probably go back and forth, right. But I reached a point where I was starting to have that abundance with women, but I was craving more depth in those relationships, I realized that a lot of my interactions were very superficial. They wouldn't go past one or two weeks. And a lot of the conversations started to feel like conversations I've had in the past, like I would go out and feel like I'm having deja vu over and over again. Right. So I reached a point where that was no longer emotionally fulfilling for me, to where that's where I started to now seek out okay, who could I go deeper with and what women do I want to go deeper with of the potential options I have? And I think when I reached that point in my life, and I actually met another woman who was also probably in that phase of her life, I had a big moment of realization and this is a little bit of a tangent, but I realized that people will go through cycles where they want to rack up the numbers, get experience, have fun. And then they also want to kind of settle down and focus on other areas of their life to where they can kind of get into that fulfilling relationship where you guys really work as a unit. And I don't think there's anything inherently wrong with either one of those. And for me, I also realize women are doing the exact same cycle to where sometimes, you know, moments where I could be jaded, where I look back on previous interactions that I've had with women, where I'm like, this girl is amazing. She's great looking. But maybe I would want to go deeper with her. Maybe she's in a cycle where she's not ready for a relationship. She just knows she can't commit to that. Right? And so, ultimately, yes, you're playing a game of what is your goal here? And then who are you compatible with? And are you getting into that relationship out of a place of abundance, but also realize that sometimes the stars just won't align, you'll have the right person at the wrong time. And that's okay. So,



Scot McKay 36:02

yeah, you know, you know, I refer to that often relatively brief interim, between having no success with women at all, to wanting to find one great woman and, you know, build a life together. I call that time period, the kid with a new toy phase. Because it's exactly what it's like, it's like, Oh, my goodness, it's Christmas time, Santa has suddenly left me a whole bunch of goodies. And I just want to tear through the wrapping. Right? And women can go through that too, especially after they're newly divorced, et cetera, et cetera. We've all I'm sure stumbled upon that Bonanza, a time or two if we've been single in our 30s or 40s. But yeah, man, there comes a time when you want to get down to what's real, you want to go on international vacations, and have the same woman to go with those on maybe you want to start a family and not have to see your kids only on weekends and pay child support. All these things that I think, well, frankly, the guys we're jaded, don't even really have a whole lot of visibility into, because they're so busy on the surface, just hating on women that they don't

ever get around to acknowledging maybe that would be nice in their life, because they don't even allow it to exist in their life, or even the possibility of it. Yeah, man, you know, time has fled here. So what I want to do is actually send these guys to your book, Patrick James, which is called 107 proven ways to get the girl and I'm betting one of them is don't be jaded and cynical. Don't be a victim. That's probably four of them right there. And you can go get your hands on that book by going to [The Mountain Top podcast.com](http://TheMountainToppodcast.com) front slash raw, which is Patrick James's brand raw dating advice. Great conversation. Clearly, you and I are both indeed passionate about this and have arrived at some of the same conclusions over the years which, which is, you know, I gotta say, Patrick, usually reassuring to this audience because it means there's some truth in there somewhere, instead of just a bunch of random opinion and conjecture. So thank you so much for joining us today. And I'm certainly glad to meet you make friends with you. And thanks for coming and telling these guys what you know. Appreciate it. Yeah.



38:17

Thanks for having me on. And, you know, looking forward to doing it again in the future. Yeah, man, we'll



Scot McKay 38:21

definitely have you back. And gentlemen, if you have not been to [mountaintop podcast.com](http://mountaintoppodcast.com) lately, I know I say this every show. There are a whole bunch of goodies there for you. Download my free book sticking point solved. It includes lots of different scenarios with women that you're likely to get into that are sticky, and how to get out of those situations. Also, visit our sponsors origin and main heroes soap heroes soap, by the way, is making shampoo now and you should check that out great stuff and also the [key port.com](http://keyport.com) not your father's Oldsmobile even though it's kind of like a Swiss army knife. This is the 21st century version of it. They've come out with brand new innovations above and beyond what you've seen from them already. If you've gone to the [key port.com](http://keyport.com) All three of those sponsors, including Jocko willings company origin in Maine, can be found by clicking on the respective links at [Mountain Top podcast.com](http://MountainToppodcast.com). When you go to any of those three, use the coupon code mountain 10 for an additional 10% off I'm here for you guys talk to me get on my calendar. Let's talk about where you are right now with women. I'm exactly the guy you're going to expect me to be you can get on my calendar using the red button at the top right hand corner at [mountaintop podcast.com](http://mountaintoppodcast.com) as well. And until I talk to you again this is Scot McKay from X & Y Communications in San Antonio Texas. Be good out there



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