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SPEAKERS

Scot McKay, Edroy Odem, Dr. Jeremy Zoch



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

Ah, how's it going, gentlemen, welcome to yet another episode of the world-famous Mountain Top Podcast. I am your host Scot McKay. You can find me all over social media at Scot McKay except for on Instagram where I'm at real Scot McKay. If you have been to the website lately, it is still mountain top podcast.com as it always has. And gentlemen, more and more of you are joining us on Facebook at the mountaintop summit the definitive group for men who want to be well better men, more masculine men and attract better women in the process. Join us there with me today is a new friend of mine. He comes originally from Minnesota Don't you know. And now he lives in the somewhat warmer sunnier climate of Orange County, California. His name is Dr. Jeremy ZOC. And he's a doctor of health related sciences. And the author of a book called life lived well a collection of tips, insights and inspirations to live not a great life but your best life. Jeremy welcome, man.



Dr. Jeremy Zoch 01:24

Thank you for having me, Scott, it's pleasure to be with you.



Scot McKay 01:27

Yeah, man, it's pleasure to have you on to first of all, we were joking a little bit about this. You know, in all seriousness, you are absolutely a PhD, you have your doctorate, your doctorate is in an interesting field. You are a doctor of health related sciences. And we were kind of going

on a little bit before we start here about how that just has to confuse the bejesus out of people how you can be a Doctor of Health Related anything without being a medical doctor. So what is it you are an expert in Jeremy tell us?

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Dr. Jeremy Zoch 01:57

Yeah, I've been a healthcare executive, hospital CEO and Chief Operating Officer for many years. And the PhD really helped to be able to make me a better teacher. And I've had the opportunity to work with residents and interns, and also taught at USC for a number of years. And also from a research perspective, being able to kind of peel things back to figure out why they're working the way they are, and what can be done to make changes. So that's why I wanted to pursue my PhD. Oh,



Scot McKay 02:27

you sound like a man who's passionate about that. And that's what we love around here is guys who know their stuff, and really like to wrap their heads around a concept that maybe not everybody else is so into and, you know, bring it to the forefront for us. And that for you led to authoring a book called life lived well. And it's a collection of tips, insights and inspirations to live not a great life, but your best life. And I'll tell you what, two things come to mind there. First of all, when I think of life lived well, I think of the definition of wisdom, which is, by definition, a life lived well, right? Making good decisions, doing the right things, living your best life. Now, continuing on that theme, using the phrase, your best life, I've got to be honest with you, Jeremy is kind of trite. Nowadays, it seems like everybody's saying that. What is the difference between living a great life and your best life? In the quest of life living? Well, in your estimation? And does that indeed involve wisdom?


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Dr. Jeremy Zoch 03:27

Yes, it does involve wisdom. And, you know, to me, at a place in my mid 40s, as a hospital CEO, and you know, seeing my children grow up, and, you know, being in a, you know, great loving marriage for a number of years, you know, it felt like, as I looked around, like so many things were going in the right direction, and you know, kind of went through my mind of, you know, to do this for you know, 1012 however many more years and be able to retire. And there was a little part of me, that felt like that was kind of settling, in a way. And that was one of the things that kind of spurred this, especially on a trip to South Africa that we had about a year and a half ago. And it spurred it in a way to you know, what else could be really added to make what is a great life even better. And that's where I came back and really wanted to start with a passion for reading. There were other things I wanted to do. I wanted to get back into play more music, I wanted to start playing tennis again. And to really not feel like you know, looking back 1012 years from now, and feeling like at a time or you could have made the very most of it, but instead kind of settled for it. So many ways. I think what the book is and how it gets at that best life is leveling up, kind of being even more intentional, more present and more engaged to really make the most out of this one life we've been given. Yeah,



Scot McKay 04:56



I love that. And you know, Jeremy, you and I kind To share a similar thought process, right before COVID, I was talking to my wife and we were thinking together, you know, it wasn't just one conversation, it was really a process for us. Where we had built the life we wanted. We're location independent. Here, we're showing other couples, men and women, single men and women how to find love all over the world, which is incredibly rewarding. We have had two more children together to go with the one each we respectively had before entering into our relationship, we'd put behind the obstacles of the past and started a worldwide virtual business that made us location independent, we were free, we were traveling the world, we were making a difference in the lives of people. And it was very easy. I said to my wife one day, to die here, to do this for the rest of our lives, and keep doing what we were doing. Because it seemed like the right thing to do. It felt like the right thing to do. And we really didn't have any complaints. But it sounds like you came to indeed a similar thought process whereby, hey, you know what, everybody is going to throw rocks at me and roll their eyes. If I start quote unquote, complaining about my status quo. It's like, oh, cry me a river, you poor baby, kind of like Britney Spears crying on camera about how famous she was. And she didn't have any free time anymore. Oh, poor baby, right. But there's reality to this, which is we get one life, we get one shot at this. And just because perhaps we get it right, you know, in our 30s, or 40s, or maybe even our 50s doesn't mean, we're bound by some law of humility or something, right? Some principles, someone thrust upon us to stay there and die there and do nothing else, you know, grow where you're planted from there. I mean, every time people build their quote, unquote, forever home, you know what I mean? I sort of cringe inside, because I have this wanderlust inside of me, that wants to do something else. Am I onto something here? Are we kind of kindred spirits there? Yeah,



Dr. Jeremy Zoch 07:04

absolutely. And you know, and I think that opportunity to continue to grow and expand. And, you know, as I was writing, I didn't expect it to be a book I would share. I was just wanted to start from the beginning and reshare my stories, and it was really the insights and the learnings that I had through some of my most challenging times, as well as from mentors and people that took their time to go out of their way to help support me, some of them intentionally supporting me, some of them, it was just how they treated others that they were working with. And as you go through your career, to really take that same opportunity to help the next generation, and really be able to be a leader and help prepare them as they're getting started in their industry and in their work as well. So I think that evolution from student to teacher, and for me, it's always being a lifelong learner, there's a lot there. And that's what came out and why I felt it was important to get a chance to share it.



Scot McKay 08:03

You know, as you're talking, I'm thinking about how my status quo doesn't necessarily only apply to where I'm living and what I'm doing for a living, like, and I'm a dating coach in San Antonio, Texas. So therefore, I need to become some other kind of professional living in Arizona or somewhere, which is where we talked about moving. But there are a multitude of different angles, different facets, to our individualism to a life well lived, and different ways we can go with that. In our case, we went from traveling the world, you mentioned South Africa, which is wonderful, by the way, to really not getting on a plane much for the last seven or eight years and taking our kids around the country doing BMX racing. It was like a different chapter of our

story together. So yeah, we still live here in San Antonio, we're still doing the dating coaching thing. But other things have evolved, other things have changed. You know, we've brought to Whippets into our families. And now we train racing dogs. And that will really throw a wrench in your life and give you a whole new lifestyle you didn't even really plan on six months ago. So this is an area where we not only probably can think out of the box, you know, thinking out of our Suburban sleepwalk, for example, which is a term I love to use. These guys who listen to this show regularly have heard me use it. But what are some really unique, interesting ways that I can adjust what I'm doing how I'm living my life and have the net net of it be a life better live? Right.

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Dr. Jeremy Zoch 09:37

Yeah. And you know, in the book, I think really at its core, is about being grounded and flexible. And one of the quotes that you know, continue to motivate me I heard it a few years ago, was by Muhammad Ali, that the person that thinks the same at 50, as he did at age 20 has wasted 30 years. years of his life. And you know, that called out to me to really, you know, from a place of, you know, what does it look like as you continue to evolve. And, you know, as kind of a lifelong athlete, you know, it was fun in your 20s, you could just go out and run and the next day, you go out and run and do it again. And, you know, if you wanted to go out and have a few drinks at night, you could still run the next morning. And I noticed as I got into my 30s, that I had to start stretching a little bit. And then as I got into my 40s, the importance of nutrition, and balancing other sports, getting into more cycling and swimming, those components began became even more important. And what I liked about it is running change for me. And it has that renewal with it. And so it doesn't feel like it's the same thing that I was doing 30 years ago, it's continued to evolve and change. And I think that to take that same attitude into relationships, and with friends and family, and as you meet people to have that same intention of bringing your best self, but then also having that openness to as people change and as things change, to be open to evolving. It just helps you be where you're at today and be more present in an intentional way.



Scot McKay 11:16

Yeah, you know, you mentioned Ali is quote, and being an athlete yourself, so I was, so my mind started thinking more towards sports. 30 years from now, if I'm an athlete, I'm thinking more like a coach, right. Or in my situation with BMX racing that's been in my blood since I was nine. Not so much a racer, but the play by play announcer for my kids races, you can laugh if you want it's kind of tongue in cheek to think that way. But there's an evolution to your purpose. Even in the context of various constants in your life that you're passionate about, it's okay to remain passionate about certain pastimes or certain causes, or things that are important to you. But your you know, your role in there may change. And that kind of is a nice segue to talking about what you mentioned about five minutes ago, which is this idea of moving from being a student to being an active participant in the grind. As Harvey Mackay once said, you know, you learn in your 20s, and you earn in your 30s, a lot of people are left in their 40s, wondering what happened and but there comes a point where you need to pay it forward to people younger than you and do that, with a sense of grace, and a sense of not only responsibility, but dare I say pride about it, rather than saying, Well, you know, keep your hands off my stack, all you young uns are just going to come and try to take my job someday, I

don't want that. There has to be some humility here, there has to be the groundedness you talk about in order to become that mentor for someone else. And you know, when you kind of embrace that role, it's very fulfilling, isn't it? It is

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Dr. Jeremy Zoch 12:55

and you know, we've had the opportunity at our hospital to have, you know, the students that are there in graduate school, and they've had some work experience, usually, but it tends to be their kind of first hands on experience in a hospital. And so for me getting a chance to go through the hospital, take them on rounds, get a chance to show them, you know, going into a patient room and meeting them. And really building that relationship with the patient. And then with their nurse, and seeing how in a hospital, it's really like, you know, almost 30 or 40 Different businesses all coming together, all centered around making sure that it's the absolute best care for each patient. And to kind of see them, you know, the light bulb going off, and that same passion and that energy and then for them, by the time they finish to be out doing their own rounds, and building those same relationships and helping other teams. It really energizes you I think it helps make you a better leader. You know, and certainly help set them up for success as well. Yeah, it's



Scot McKay 14:00

encouraging. It's invigorating to us to watch other people succeed because of our direct input. You know, Jeremy, we had an entire show, relatively recently with a gentleman named Nick long who's an Olympic BMX racer, first BMX related guy I've ever had on the show after all these years, and the right guy, because he has gotten into his 30s You know, BMX racing as a young man sport, don't let them tell you otherwise. Basically, most people would tell you, it's a kid sport. But he went to the Olympics twice, and he has a heart for teaching kids and training kids. And let me tell you something about having an aptitude for something. And having excelled at it to the point where you've gained the respect of people when you willingly pay it forward like that and give it away not from a position of arrogance like I'm better than us. So you all just better kneel down and learn from me, you know, kneel before Zod kind of thing you know? Yeah, it's more hey, I I love this so much. I want to share it with you, I want to watch you succeed, it makes you Beloved to people. It just makes you everybody's favorite person and not to be overlooked. It makes you that person in the eyes of the very people who are passionate about what you're passionate about, doesn't it? It

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Dr. Jeremy Zoch 15:18

does. And, you know, I'm laughing. My son just turned 17 yesterday. And his one request was to learn how to drive a stick shift. And so I was able to, I was able to borrow a vehicle, from my friend of mine who find a vehicle. It's not easy. I know, you go in other countries, and it's your only option. But here, it's a lot harder to find. But you know, on Monday night, we had a chance just two days ago to learn how to drive a stick shift. And you know, and I do my best to teach, but I wouldn't say that I'm, you know, Uber fluent at it. And it had been a little while since we had been in Europe and I had last driven a stick shift. And, you know, he tried his best to be patient. And we did we killed it at an intersection. And of course, it's the intersection where there's a police car on the opposite corner. And, and it was flat ground, at least it was flat. But

you know, he flashed his lights and gave us just a heads up. But it also gave an awareness to the other cars around and I think he had picked up what was going on. And you know, my son getting, you know, quickly frustrated and said, Here you do it, you do it. And I said I'm not switching seats. And he got it started it again, killed it one more time got it started again. And we made it through that intersection. And he kept going and said, I'm going to pull over and I said no, just keep going. And he continued driving. And then you know, we got home. And then last night again, you know, ticket out. And it's just to me, it was good to see something that the easy answer was to just get out, go around, and then be in the driver's seat. But I knew for him, he wasn't going to get back in that driver's seat after that, to me the right answer was to continue and to have him learn and be able to do it and continue practicing. And so now, like I told him, now he's had a couple hours under his belt, he drives stick shift, and he learns something new. And so I think to see it in his eyes, that he now knows what he was doing and showing his cousin that he could drive a vehicle. It's great to see. So you know, it's an example of being able to kind of pass that along to the next generation, whether it's kids friends, or others you're working with,



Scot McKay 17:28

hey, as the Mandalorian would say, this is the way



Dr. Jeremy Zoch 17:31

this is the way it's the way



Scot McKay 17:35

that's probably what I would say to my Star Wars fan, 16 year old son, if he started breaking bad with me during a driving event like that, quote, the Mandalorian. Now, I love it. And it isn't easy to be a mentor. And it isn't easy to be a student. But in order for the next generation to be trained up, right, that's got to be what's happening. And maybe that's part of what's wrong with the world nowadays is everybody's looking for that easy button. And expecting nowadays AI to do everything for them. And nobody really even sees the importance of a life well lived. Everybody is living vicariously through something electronic. It's kind of sad. If you notice, yeah,



Dr. Jeremy Zoch 18:17

I have and you know, and I think for me, when I had a chance to write, you know, my story down, what I noticed was there were teachers that came to mind. And there were coaches that came to mind that really, as I looked back, they were influential. And I think for many of the you know, people listening to this, if you really think about you know, what were those key events and key people that shaped it, you know, chances are their teachers, leaders, coaches that were in your life that made that impact. And I think today, you know, carrying that on, and what I've seen over the last, you know, seven 810 years of my own life, is having coaches has made an incredible difference. I had a life coach that really inspired me to actually get to know my health. And she inspired me to actually do it to do a full Ironman Triathlon. And I knew I couldn't

do the swim, but I use my children's their swim coach, took lessons and got back in the pool and saw the video, you know, firsthand of what that looked like. And also had to finally get a running coach. After failing on seven, eight different attempts to qualify for Boston. I knew whatever I was doing wasn't going to get me where I was trying to go. But Coach Bob and his writing program made an absolute difference. And so I think it's something as you go through life you kind of feel like you know, you're done with coaches, you're done with leaders, but I've actually found it to be quite the opposite, that it's really invigorating. And people are out there. They're they specialize in helping people at different points in their life, really achieve their goals and so if there's something that's been in the back of your mind or something where you feel like you're a little stuck, you know, I encourage you to reach out and find that expert and you know, really pursue It's important to you.



Scot McKay 20:00

I love that, you know, it's an old adage, but it's a good one, that there's no such thing as being stagnant. You're either growing or you're dying. And what is a life well lived if we're not constantly moving forward learning, staying curious, which is a word that's been brought up in this context a dozen times in the show, and really just having that hunger to learn more and know more, I mean, life being a journey, not a destination, yet another platitude, right. But you talked about being present earlier. And I know that's a major theme with you, in terms of not living just a great life, but your best life. And a lot of people don't even know what that means. It's sort of bandied about by all these, you know, new agey guys, oh, you have to be present, you know, you're to inside your head. And it kind of goes along with that sort of train of thought, but you have a unique spin on what it means to be present, and I would love for you to share that with us.



Dr. Jeremy Zoch 20:57

Yeah, I do think it's a big part of it. And, you know, my evolution of being president in and I continue to work on it as well. But for me, one of the earliest parts was, I could tell when I came home after, you know, a long day in the office, and, you know, I could tell that I wasn't patient, you know, whether it was with the kids or, you know, with my wife, but you know, I wouldn't mean to come home, and maybe it was just snapping or saying something quick, and, and then, you know, later it just, you know, I could tell, you know, it hurt people's feelings. And it was frustrating to me, after feeling like I couldn't wait to get home. And especially during the pandemic, where all three of them had already been together all day, and you're coming home was, you know, how can I do things differently. And so for me, it did start out with some meditation. And, you know, I grew up in a Christian environment, and meditation, you know, definitely wasn't part of it. But what I noticed, as I started even just finding, and I was using the calm app to just do, you know, 10 minutes of meditation a day. But I started to notice that I was finding that little bit of a space, when I wanted to respond and say something quickly, that I would start to have just that space in that little pause, to be able to be more intentional with my response. And so instead of saying something quite flit and off the cuff, to be able to take it in, and then be able to respond. And I like that. And so one of the practices that I built up that is very important to me, is just I call it setting my morning intentions. And I've set them all over, if I'm typically I'm in my backyard, and sometimes, you know, if it's a cold morning, I'll be in the house. And if I'm traveling, it's wherever that space may be. But it's really to take just a few seconds, and I just thank God for the day. And then I asked him to just fill my heart, you know,

it's space, and love and presence. And it's an intentional way, and then also to fill my heart with health and healing. And I do have a few people that I've been actively praying for as they're going through their treatments, and then also for my health, you know, to wake up and feel great, and many days to be able to wake up and start with exercise. That's a blessing. And then always, at the end of that intention is to fill my heart with thanksgiving and gratitude. And I always look for three unique things. Sometimes they're things that have recently happened, or they're things that I'm looking forward to that day. But I found that just by starting your day with those intentions, that as you go into the office, like, I just feel like the day slows down. And I've even noticed on days if I don't set my intentions where I get there, and it just feels a little more frazzled. And so I think it's just a simple way that you can do to find that on your own space, even if it's just real brief. And then to be able to go forward. And I would recommend to you to even if it's returning at night, and coming home, maybe in you know, instead of maximizing that full time with uploading new information, just shutting off the radio, or shutting off your sounds, and just taking that three to four minutes, and just you know preparing for as you go into the house, how do you want to be what's going to be important to you that evening, as you're at home with your family, and being able to make the most of that time. So I think those are some real simple approaches that you can use, you



Scot McKay 24:27

know, in today's modern and postmodern society, it's easy to think that the concept of meditation has been cornered by the Eastern religions, you know, Buddhism, Hinduism, but it is not anti Christian to meditate. It's talked about in the Scriptures a lot and that quieting of ourselves is a humbling of ourselves. Instead of feeling like we have to take care of everything and it's all on our shoulders. It kind of rhymes with letting go and letting God and as you were talking towards the end of Your explanation of how meaningful this all is to you, Jeremy, you were talking about kind of preparing yourself before you go inside to be the best man you can be for those you love and, and to be present in your estimation. I think the next step correct me if I'm wrong after that, at least this is what sprang to mind logically for me is when you go inside the house, having prepared yourself as such, don't just go turn on the TV and tune everybody out. Whatever happened to simply having a discussion with your family communicating with them, instead of sitting around the television together, wordlessly munching on potato chips, you know, this is a lost art in and of itself, actually relating to people. And then these people grow up, want to get a girlfriend, these guys, you know, some of these younger guys listening, and then they wonder why they have nothing to say to her. And, you know, to be honest, I don't want to single these guys out. I mean, post COVID, I think, you know, this kind of weaseled its way into a lot of people's lives, this idea of not knowing what to say to people not knowing how to communicate, because we're so out of practice, or dare I say, we never even learned to because we were stuck in our electronics throughout our childhood, or certainly over the previous several years. But wow, how amazing is it to actually communicate? Right? Look them in the eye talk, listen, share with those people who you say you love. And you actually like? I mean, what a concept. Right? Yeah,



Dr. Jeremy Zoch 26:28

what a concept. And to be intentional about it. I think one of the things that I'd heard for advice was to kind of, you know, and if you've been, you know, married, and for a number of years, and you know, and you have that strong relationship with somebody was to have sort of that

business meeting, where once a week, and that's what we do is just, you know, to have that time to look at the schedule together, what are the overlaps, you know, is still, you know, you're working on who's going to pick up the kids that day, and who's going to this event or that, to just have that kind of business meeting the same check in with the finances, if that's what's important. But do that work there? That then when you say, Hey, can we, you know, go out for dinner, or let's make dinner at home this night, it frees up the conversation to be about other things. So you're not kind of carrying the to do list into those other conversations, because you know, that you're going to have that kind of time each week for that space. And I think it's something that's helped give us more time to talk about other topics, and to talk about bigger picture things, to be able to, you know, what our dreams, you know, for the next few years, and what we're looking forward to this year, in the same as our family continues to expand now with one of our children being in college. So I think it's a really nice approach that, you know, that we found that's worked well. And, you know, and as I've seen for men, you know, we love chasing things, you know, and whether it's for me chasing, you know, marathons and waterskiing, you know, every month for as long as possible, you know, whatever it may be, but I would encourage you for the significant other in your life, you know, chase them, you chase them at the beginning, right? And I know for me when I was pursuing my wife, you know, do anything. And I think having that same attitude of, you know, chasing your wife chasing your significant other, you know, and really pursuing them, how do you continue to look to make that relationship better, continue to evolve, just like you put that same energy into your other passions can be a really powerful way to do it.



Scot McKay 28:34

Yes. And my perception, listening to you as you're using the word chase in that context, as a synonym for being intentional, about wanting this to work, wanting to improve this not being stagnant. And I can respect that greatly. For the record, chasing women around here is kind of a naughty word, you know, we choose instead of Chase. So that's why I wanted to make that differentiation between what I think you're talking about, and this idea of being needy and clingy and begging women to go out with you. And I'm sure that's what you meant. No,



Dr. Jeremy Zoch 29:04

I'm saying the same thing were the same energy, I wanted to qualify for the Boston Marathon. And it took a running coach, and 650 miles of practice to take three minutes off. And that was something that was really important to me. And I had to focus on many things to be able to achieve that. And so for me, what I'm saying is just like I chased my dream of running the Boston Marathon, is to chase meaning to really connect with my wife to put that same investment into our relationship of making it the very best it can be so so yeah, just like a goal in a mindset in a very positive way. So thanks for clarifying that. Oh, yeah.



Scot McKay 29:47

It's coming from a position of strength and intention, not from desperation and neediness obviously. Obvious. Yeah, yeah. The culmination of everything in your book seems to be this idea. have a life map. Now we've heard you talk about being a little bit disruptive, like I told you I talked about in my program unsettled a couple years ago, which was about, hey, you know

what, you could die here, do something different, do what it takes to get off a top dead center, get things moving gets momentum in your life, lest we live that suburban sleepwalk that I alluded to earlier. So this idea of mapping out our life can sound a little bit rote, or sort of pre planned, rather than spontaneous, I'm sure a lot of guys are saying, okay, tell us Dr. Jeremy, about this life map of yours. Less, I start believing it might be a plan to stay stagnant for the next 20 years and grow, where I'm playing it, et cetera, et cetera.

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Dr. Jeremy Zoch 30:41

And I think you know, the life map, and I really think of it, you know, kind of your roots and your foundation. And I had a chance it was through a young couples bible study at the time, it was over 20 years ago. And we had an opportunity where they gave us three hours, to go spend some time by ourselves, and to answer some questions, you know, who are you? What can only you do? What are your dreams, you know, to spend some time with those questions and to think about, you know, for your life, and we all don't know if it's Today's our last day, or we're going to live to be 102, you know, we don't know. But looking back on that last day on your life, what does that look like? And I would really encourage you to take some time with yourself and get a chance to really write it down of who you are. And it was from those early discussions that for me, and at the time, it was to be the best executive, I could be to be the best father, I could be, as I could see, as you know, in the next very few months, I was going to be a father for the first time being able to do that in an intentional way. And to be able to be the best athlete, I could be balancing that. And I've continued to come back to that list. And I do talk about in the book that you know, kind of looking at it and 10 year blocks can be really helpful. And then for each year, you know, and as we just started 2024, you know, it's easy to do some things that can easily get put off one more year, but to be intentional about what are the things that are most important that you really want to do this year, and how you really want to be this year, and really make 2024, you know, the absolute best year possible. And so I think it is worth that time spending it and getting a chance to really, you know, at a very foundational level, who are you and spend that time of answering those questions, probably and you know, getting it down to seven, eight words of who you really are. And that's what I tried to build on in the book as well. You



Scot McKay 32:41

know, whether you're being introspective, as you're talking about there. And I love the idea of drawing into your life map where you've come from and who you are now not just mapping out where you're going in the future. I think when we hear the word map, we think of a journey that we're heading out on. That's why we pull out the map and try to figure out where we're going. But a map can also show you where you've been and where you are. Right. So GPS is all about this is kind of like putting your life on a GPS, right? Yeah. So whether you're being introspective, or like you talked about before, taking the time to relate to your spouse or your significant other or even a woman you're out on a first date with is so refreshing. And such a forgotten art and I love that you're helping us as men to get back in touch with that. I just think it's fantastic. And I'm so glad you shared that with us today. I want to point these guys to your book is called life lived well a collection of tips, insights, and inspirations to live not a great life but your best life. His name is Dr. Jeremy ZOC. And he is a doctor of health related sciences in Orange County, California. And when you go to my Amazon influencer storefront at Mountain Top podcast.com front slash Amazon within the first few days of this shows release, you're gonna

find Dr. Jeremy Zoch book right there at the top of the queue. And when you go to mountaintop podcast.com front slash Jeremy This is the first Jeremy we've ever had on the show. You will go to Dr. Zoch website which is also very simply Jeremy's zoc.com. Jeremy, what are they going to find when they get to that website?

D

Dr. Jeremy Zoch 34:21

You know, one of the things that I enjoyed putting together is because it really is its collection of stories. And it does it as pictures that go along with the book kind of a gallery that's included. And to me, it just kind of brings you know, brings the book to life, sharing those stories and the stories especially from growing up and from successes and challenges, to see those stories and then to give some insight you know why intentionally the book was called life lived? Well, it gives us some more in depth to that to really energize around that idea of really making the very most of this one special, unique life that each of us have you Yes,



Scot McKay 35:00

and you know, when you get right down to it, everything we've talked about today, kind of comes down to paying attention to that which is important, but not necessarily urgent, rather than just coming home chowing down dinner watching television and living meaninglessly by default. And I love it. I love the work you're doing. And thank you so much for joining us today and hope you'll come back. Absolutely.

D

Dr. Jeremy Zoch 35:23

Thank you so much for having me on the on the podcast. I really appreciate it. Thank you. Yeah,



Scot McKay 35:28

man. Absolutely. Gentlemen, when you head over to mountain top podcast.com Check out our sponsors Jocko willings. Company origin in main, the key ports and also the guys over at heroes soap, these guys will make you look like a man smell like a man and be equipped like a man in well, not necessarily in that order. But certainly our sponsors are all about highlighting your manliness and they are the right sponsors for a show like this. When you use the coupon code mountain 10. With each of our three find sponsors, you'll get an additional 10% off at checkout. And gentlemen, listen, it's 2024 like we talked about a little bit earlier on the show. Do you have the right woman in your life is 2024? Do you know where your woman is? It's kind of like it's 10 o'clock? Do you know where your children are? Well, you know what we talked about what's important, but not necessarily urgent. And gentlemen, it's easy for you to say to yourself, I'll do it later. You know when I least expect it. The right woman is going to come along. Yeah. Well how is that working for you so far? Well, let's get on the phone and put a plan of action together a roadmap if you will, to you getting in front of the right women and being able to Yes, choose the woman is right for you in your life and you write for her also, by the way, and be intentional about making that happen. Get on my calendar at mountaintop podcast.com And let's talk for about a half an hour and put a plan of action in place. All that

and so much more is there for you at mountaintop-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

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