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SPEAKERS

Scot McKay, Edroy Odem, Preity Uupala



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

How's it going? Gentlemen, welcome to another episode of the world-famous Mountain Top Podcast. My name is Scot McKay. I'm your host, as always, unless I'm co hosting with my wife, of course, which is once every 10th show, or thereabouts. If you want to check in and find out what's going on with Emily. You get to do that every once in a while also that's posted to another whole podcast feed, which is actually the original podcast we started back in 2006. Started seemed like a long time ago. That's x&y on the fly. And if you've never listened to that shows format, there are some shows prior to when we started doing shows from this feed to that feed that are a lot of fun as well. So if you've never listened to x&y on the fly, be sure to do that. I don't mention that enough. If you haven't been to mountaintop podcast.com lately, we have some fresh stuff over there for you. And as always, I exhort each and every one of you gentlemen out there to join us on the Facebook group, which is The Mountain Top summit on Facebook returning today, once again, is one of your guys favorite to guess. She's always a lot of fun, and sometimes controversial, and she may be that way today, the always effervescent prey to cupola, how are you doing?



Preity Uupala 01:32

Aloha. Namaste. Good a how to you my friend? How are you and to your wonderful guests. Happy new where?



Scot McKay 01:42

Yeah, by the time they listen to this, it's not going to be anywhere near the New Year again. But we definitely appreciate the sentiment Miss Brady now where are you today in the world? Well,

P

Preity Uupala 01:53

I just got back from Dubai. And before that I was in Hawaii, which I absolutely love. But I'm back in Los Angeles and back home back in the daily grind so to speak, it's this is going to be one hell of a year, the half the world goes to the polls. And I think by the end of this year, we will probably be thinking to ourselves What the f just happened. I think it's a turning point year in the evolution of our planet.



Scot McKay 02:23

Yeah, you know, there were a lot of people saying that, and a lot of men saying that in terms of not only what's going on geopolitically, but in terms of their relationships with women. A lot is changing. Since we've all been at least apparently released from the throes of COVID lockdowns people aren't exactly out there being social again. And a lot of guys are left wondering what to do. Which brings us to our topic du jour, which is a great one that you thought of, which is the worst men's dating advice, according to a woman. Now I've got to tell you, Preeti, I know you came up with a whole list of items you want to cover. But the first thing that I want to bring up is, a lot of guys feel like they either need to do it a certain way. And if they don't do it that way, they got to do it a completely opposite way. And men just really don't think too much in terms of a gray area. Do they?

P

Preity Uupala 03:23

know they don't? It's fundamental. Yes. And fundamental difference between men and women is men. It is either black, or white. And with women, it's actually all in the gray. So I think the challenge is, we have to meet halfway somewhere, wherever that halfway point is. And I think both sexes, let's say need to, they both have a there's an adjustment that needs to happen, I think on both parts, because trust me, whatever problems you guys have on your, at your end, women also have those problems and a whole lot more at their end. I actually think that men are having more conversations about their issues and trying to find solutions. With women. We don't even talk about these things, because we just think we know it all. And we don't and we constantly make the same mistakes. And we obviously don't like men lecturing us on how to, you know, get around the issue. Right. So it is such a sort of, it's a nuclear explosion waiting to happen. Volcanic, I would say, but I think it's high time that both sexes speak to each other and amongst themselves about the ground reality of the situation because it's bad. This is the if you look at statistics globally, it's the worst we've been I think in terms of communication, intimacy, happiness, joy, relationships, marriages, family, all of that, you know, and we need to do something our own See, like, it's not looking good? Yeah,



Scot McKay 05:01

I don't disagree with anything you just said, it's a matter of fact, anybody who's got their eyes open and the lights on, pretty much sees that as obvious. Yet here we all are pretty, we're still trying to, you know, get together. Women still do love men and men still do love women. And

trying to, you know, get together. Women still do love men and men still do love women. And you know, so far I think we've already dispelled or at least sown the seeds to dispel at least two bits of bad dating advice men have the first one being the one I just mentioned, of course, and the second one you mentioned, just a couple of minutes ago, where you said that women are the ones who really aren't asking a whole lot of questions, they can they had it all figured out. And meanwhile, men are being told exactly that, you know, which is women don't have any dating problems, they really do have it all figured out. And maybe women are really starting to believe that. But the truth of the matter is, as you stated, indeed, that women have a lot of the same dating and relationship issues that men do. And perhaps it's definitely erroneous, and a total fallacy that men are being told, hey, it's always all your problem. Women are all super social, they inherently have this all down, Pat, and you're the one with the problem. Great place to start in this conversation. Maybe?

P

Preity Uupala 06:22

Yeah, absolutely. And it's funny, because I think women need to take a good look at themselves in the mirror, and really be honest with themselves. Because, guess what, unfortunately, or fortunately, however you want to look at it, we are the ones that have a biological clock against us, men don't, they can be at and have a healthy child, women can't. So you know, all these internal conflicts are these fights that we have with the with the other sects or amongst ourselves, or even with ourselves. And, you know, we can try to be right and, you know, be assertive with our views in the modern world. But this clock is not going anywhere. And it's finite, and it is time is fleet at COVID, I think was the best teacher of this, that time waits for no man or no woman. And while we're too busy trying to just, you know, make ourselves be heard and be acknowledged that, you know, our points are true and valid and all that good stuff. It's too late. I think by the time women, II older women sometimes have actually a more sanguine view of life and love and relationships than very, very young girls who are still trying to find themselves. And unfortunately, if you're 50, and you kind of got it, yeah, it's too late for you on so many levels, if you didn't already go through various sort of processes in your life, you know, so I think for for the rest of us who can still salvage the situation, which is I think, honestly, it's majority of women out there. You have to be honest with yourself. But anyway, today's episode, obviously, is about the dudes. And and it's great that I think that they're even having this conversation and the fact that they're even willing to listen to a woman talk about, you know, from their perspective, because they don't always get that. It's always from another guy's perspective. And, you know, there's shades of accuracy and truth to that. But it's, you know, it's never all right or all wrong. It's always good, good to get a fresh perspective, especially from, I think, an outside in view, for sure. Yeah,



Scot McKay 08:45

well, first of all, it really is a shame that maturity and wisdom comes to us so relatively late in life, when we could have used it the most when we were a lot younger. So I don't think that's even gender specific. I think that's right on the nose. You did indeed come with a list of areas where you think men are getting bad dating advice. And the spin you're already putting on it is men don't listen to women. They don't get dating advice from women. Nor should they according to a lot of men, because, you know, hey, women will just tell you to be yourself, and you'll get all the girls and most guys kind of grumble at that sort of throwaway sentiment that hey, if I just showed up and was who I am, I'll do great when really that's not working for me. Now that said, you have in spite of yourself saying that, hey, you know, it's great that men are

willing to listen to a woman admitted before we hit record on this particular episode that what you say is going to be kind of controversial, and you may ruffle some feathers out there. So talk more about that and give us any disclaimer or caveat we need to hear before we dive right in Brady, tell us about that. Cool,

P

Preity Uupala 09:56

controversial by the way, not just for your I mean of you So your podcast is for men, but I imagine there'd be a lot of women, you know, people who follow me and actually just in the in the public domain out there, they tune into these conversations. I think a lot of women might disagree with me as well, you know, from the perspective that I'm coming at. So it might be a little bit of both might give solace to some guys who have been thinking this way, all along. But I want to start off by saying that, in both men and women are constantly being given bad advice these days. Sure, because the dating sphere is so complex these days. And these, these, this bad advice actually has dire consequences, much worse than what it used to be in history. I think the problem is, social media has given both men and women this false sense of inflated self worth. Women think they're far more attractive and desirable and sexier than they actually are. And men think they're more masculine, stronger, powerful, cooler, than they actually are, as well, when in fact, they're I think most people are in the average to slightly average category. Obviously, no one wants to hear that. But you know, the minute you think you're up there and deserve the best of what the world has to offer, when you're clearly not, you set yourself up for failure. Just a point, women do actually give very bad advice, not just to men, but to other women. And sometimes it's, well, meaning they want to help their heart is in the right place. But they're, they're just the perspective is wrong. And other times I have to say this, I don't think they mean, well, they are sometimes it's consciously steering other women the wrong way, you know, as well, whether it's just bad advice, or they don't want to see, you see this a lot. You know, you have a group of women, they all have marriages or relationships that are you know, whatever they are, what they are, that you have that one single pretty friend, who who isn't, you know, attached, they all give very bad advice they have, but subconsciously they almost don't want to see this girl succeed. Because guess what, she's gonna get that winner, you know, and they're going to, it's going to make their lives even more miserable. This is how we are this is the biology, you know, the, you know, that whole herd mentality. It's there, whether you like it or not, it's part of our DNA, you have to obviously evolve and sort of grow past that. But you know, that is a foreign few of us actually get to that point of evolution, I would say, Yeah, you



Scot McKay 12:48

know, you're already bringing the trouble. Troublemakers such that you are pretty cupola. Interesting point you just made. It isn't necessarily that women give bad dating advice to men, but women sometimes purposefully give bad advice, generally speaking, and I'm hearing you say that's because they're pretty much catty with each other.

P

Preity Uupala 13:11

They can be it's, I'd say, 5050. I'd like to believe that most of them mean well, but it's either the the advice doesn't isn't applicable to the other person. Or it's Jen, genuinely. Yeah. I mean, this is subconscious. I would, you know, I would say, sorted out, isn't it? It's very hard. You know, it's

the funny point is, and I think women need to maybe come to terms with this. But sometimes the best relationship on dating, marriage, love sexuality, for women might actually come from a male. And I know it's hard to take, but you know, no one wants to be what's the word? Is it man's land? mansplain lectured by a dude, you know? What, honestly, sometimes because they're coming from a fresh perspective. And again, it's the outsider in. I mean, you don't want to listen to everything that some of these people have to say. But some of the advice. I mean, look, yeah, keep an open mind. I think to both men and women, you never know where that good advice can come from. You



Scot McKay 14:17

usually catch more flies with honey than with vinegar. But if you start sweet talking everybody and sugarcoating things, you're not giving very good advice. But on the other hand, you know, we do have a lot of people who are very negative, and they find their echo chamber of people who want to commiserate with them and throw a pity party. And that's how you get like angry feminists and you get the men going their own way. And just like you said, there can be some truth to what is said in those environments, but it's not helping men and women have better relationships. It's simply helping reinforce this negativity and well, this sort of weird quest to be alone, even though we're still kind of obsessing about the other gender. The other thing you just said that I thought is worth underscoring is this idea that women are more likely to seek advice from a guy than a man is to seek from a woman. And, you know, most of the women who come to us would like to hear what I have to say, and have me in on the coaching sessions with Emily, whereas most of the men who come to us really might see Emily as sort of a sounding board, a woman's advice, being a corroboration of what he and I would be talking about on our regular coaching calls. So I really do think that's interesting. I think I can tie it all together by saying this, when ever someone senses you're on their side, instead of against them, and that you're building an alliance with them, and that you do mean well, and again, you know, I'm sure there are women out there who are the proverbial wolf in sheep's clothing, right. Trying to perpetrate like they're giving good advice, but really, they're just leading people astray. I know, that probably happens in both men's and women's dating advice. But when people can read someone who would be a potential mentor, or a potential source for advice, in general, whatever you want to call them, as someone who's with them instead of against them. I think it can be very powerful if that person is of the gender they're trying to attract. But like you said, I think women are more drawn to that situation than maybe men are. Yeah,



Preity Uupala 16:24

and I think I can speak personally, for me, some of the best career, relationship, life path, purpose, advice that I've received, has actually come from from men. And you are right, women are at least more open minded. And it's good for them, I think they should, you know, we should all check our egos at the door. It's funny, because I think when you are, you know, on YouTube, trying to look at these videos, or you're trying to speak to an expert coach, you're there because something isn't working, if everything was perfect, honestly, you, you'd be living your best life, and you wouldn't be spending all this time and energy. So you have to also all be honest with yourself that it ain't working, or else you wouldn't even be seeking in the first place. So now that you're here, seeking will at least be open and give the other person the courtesy that you have the humility to understand that they may know something that you don't, and they may actually have the key to your problem. And perhaps their wisdom is going

to unfree you liberate you and really sort you out, you know, and it is a shame that I think most men prefer to get advice from from other men is not always the case, you know, I think depends where the woman is coming from. And we're seeing more I think women really actually trying to speak on men's behalf and be a little compassionate to their needs and issues which they do exist. It's just that they used to not talk about it so much. And now it's all come up to the surface, which is great. And, you know, so I see a slight change in the in the manosphere, so to speak, or just just public discourse. And a that's always good, you know, because we want to see a progress in that area. Yeah,



Scot McKay 18:10

absolutely. And one thing that we haven't talked about yet here, which I think is kind of hiding in plain sight is what about people who've actually been successful? Who's got the track record? I can't believe how many gurus out there, you know, in business, and indeed, in dating, whatever it is, even health can't point to a personal track record. I mean, when it comes to health and fitness, obviously, you have to post your selfie. And everybody says, All right, well, they're in pretty good shape. I'll listen to them. But it is so nebulous in the business world, and especially in the dating advice world. I mean, the number of people I know giving dating advice out there whose own relationships are in shambles. The man out there giving dating advice, who men listen to and look up to, who never talk about any women in their life, and how they've succeeded with them, astounds me and nobody ever asks. And yet, like I said, something that hasn't been said yet is what about getting relationship advice from a couple? Yeah, I mean, obviously, that's a biased opinion, because Emily and I are together, and we're both dating coaches together. But I mean, there's gotta be something to be said for that. Obviously, these people have something, you know, whether it's Emily and I, or anybody else who has a track record, who's been there who has the receipts, you know, maybe they have something to offer. Now, the danger there. And this might go in the column of bad dating advice is when any expert, self proclaimed expert or expert with the receipts like I just said, who can show the track record? The problem there is when any of those said experts start trying to clone themselves in the form of the people who come to him? Like everybody should have a relationship like Emily and I have or else you failed? You know, nothing else is success unless it looks like our brain of success. And you know, that pattern of bad advice goes back to the pickup artist era where everybody was trying to wear fuzzy hats and wear black fingernail polish and speak the same lines that worked for someone else. What say you? I mean, I know we have to get to your list. But men, there's lots to talk about here. It's such a juicy topic to sink our teeth into. But yeah, this cloning of gurus is bad advice. It always is.



Preity Uupala 20:23

It's actually on my list. We'll get to it. Okay. But But you're right, the amount of single you know, I don't want to be derogatory on your show. But single douchebags, you know, trying to give advice to other other guys on this is the way you get a chick or whatever, uh, seriously, like, you know, and and also single women giving advice to other women on successful dating tips marriage, love sexuality, oh, my God goes on and on. So you have to weed filter through go with your gut, the writing is always on the wall. You know,



Scot McKay 20:59

interestingly enough, just this morning, I was talking with a friend of mine in this space, about how some tactics and some dating strategies work for some guys, and they don't for others. And as I thought about it, my retort to him was, you know, I think the strategies and the tactics are what they are. But it depends on what the guy's goals are with women, and who he is and what he's about and what he's trying to accomplish, that will decide whether these tactics, quote unquote, work for him or not. You know what I mean by that?

P

Preity Uupala 21:31

Absolutely. I think the key word there is tactic, it shouldn't be a tactic. This isn't. Look, it is a game and it isn't a game. But life is a game one could say. But you know, in the real sense of the word, you know, I mean, this might, I don't know how people will take it. But the whole point of this isn't to try to sort of trick or con someone into liking you, that is not going to happen. And also, if you succeed in that, that's the wrong kind of person you want, they are really impressionable, they are not discerning. They're not wise, they're not mature about it. And if you can do it, trust me, someone who can do it even better than you. Tomorrow, they will be able to do it.



Scot McKay 22:10

We'll see now, yes, that's exactly my point. If I want to trick women into bed, and I don't care if they're a woman of low character, and I don't even need to see her for another day, there may be some times this tactic will work. But that has to be my kind of shallow goal in order for me to like the results. I see if I'm trying to use those tactics to meet my one and only who I'm going to be married to for 50 years, then it's not going to work for me because I'm a different guy with different goals. That's what I mean.

P

Preity Uupala 22:40

Yeah, absolutely. And even, it used to be about men helping men. And now we can see all these so called, you know, dating gurus. It's just it's a money making scam. for them. It's a whole empire that they have running. And in on some level, they actually need people not succeeding, to keep signing up every month, so that they have their financial goals can be met. It sadly turned into that. And the you have to question some of the advice that you're getting.



Scot McKay 23:10

Well, you also just described just about every dating app in the empire out there of dating apps. Yeah, I just want to keep you single and keep you paying monthly.

P

Preity Uupala 23:18

That's true. I think your soulmate trust me is not on Grindr, Tinder, I can assure you. Well,



Scot McKay 23:23

for the guys listening to this show, they're definitely not on Grindr. I'll tell you that.



Preity Uupala 23:29

Actually, maybe maybe someone on Grindr has a better shot because at least very, they're up. Remember, my hairdresser is on Grindr, and he has a pretty good track record, he shares with me and I'm like, Dude, you're scoring this is and he's very clear about his intentions. He's very honest. I think both parties are clear. There's no, no one is sort of misunderstanding intentions. No one's getting hurt in the process, it seems, whether it's plenty of fish.com and soulmate.com, or all of that stuff. It's it's a problem, you know,



Scot McKay 24:03

okay, so selfish intentions or the intent to clone us and do a like minded or similar lifestyle or similar persona to that person from which the advice is being taken. completely understood what else is on your list. Okay,



Preity Uupala 24:18

so the first thing I mean, this this has to be, you know, it's the quintessential thing you know, women only like



Scot McKay 24:25

bad boys. Yeah, wouldn't my bad boy even mean pray?



Preity Uupala 24:29

Exactly. And I think someone could and should, I'm sure this is done. You can do a whole thesis on this. And I mean, plenty of books have been written on it too. From my perspective, and my observation of traveling around the world and meeting all kinds of men and women from different cultures. Yeah, it's no we don't you know, we we don't like a holes we don't like jerks. Now, the genuine confidence. We like to know that if push comes to shove, there is a situation this guy is going to step in. Take charge and protect me and do what he needs to do. That's all we want assurance on, we



Scot McKay 25:05

know how to be a little bit dangerous when necessary, but we're not like inherently dangerous to you. Exactly.

P

Preity Uupala 25:10

And taking charge is like not being, you know, an a whole to the whole world. But it's just like, do you have what it takes to you have you got the balls to, you know, because you have to man up at some point, if somebody attacks me, I need you to step in. Because there are plenty of men who are physically and emotionally not capable of doing that. And, hey, I live in Los Angeles, you don't have to tell me what kind of problems we have to deal with here. We do like someone who's a little rough around the edges. But that comes when there is trust and respect. Sure, you know, and I mean, if you want to be more graphic, even in the bedroom, yes, we like that, too. Of course, we I mean, that is the most sensual sexual arousing thing I think, for a woman is to really be taken to really have this man completely overpower her dominate her physically on every level, men agree with it or not, that is the female psyche,



Scot McKay 26:08

with one little turned on just listening to you.

P

Preity Uupala 26:11

But the caveat to that is the trust and respect, yeah, in a marriage or a secure relationship, you have to let go. And I think when they are marital problems, or when they are problems, you know, in the intimacy space, or the problem is that the trust isn't there. So you can't even go to the next level. There's all kinds of things that come up in established relationships. But but that's the most attractive, arousing thing. The caveat is the trust and respect. So don't be a douche. And don't sort of jump in. We don't want that physical prowess. Without some level of respect. I mean, well, women



Scot McKay 26:49

don't want to be abused, they don't want to be mistreated. They just want to know that this guy is capable of doing the things that aren't so pretty, that have to be done sometimes. And that can feel a little dangerous and even dark sometimes it's like how I talk about a guy's dark side isn't necessarily you being evil is just that which is unpleasant that you have to deal with. Again, you know, this kind of comes back down to the gray area, men think, Alright, I'm too much of a Mr. Nice Guy. So I've suddenly have to become this jerk or this douchebag like you're talking about to make up for it. And that's just letting the pendulum swing all the way in the other direction, which is always going to be bad advice, and certainly a bad course of action for any guy to think in extremes like that when it comes to this stuff. What's next on your list?

P

Preity Uupala 27:34

Okay, so the other one is, and I think this is becoming a problem in the manosphere the whole you don't need a woman you know, stay single forever. Don't get married men going at it alone movement,



Scot McKay 27:47

while the men going their own way. I mean, I'm sorry to interrupt, but this is my soapbox right here. You nailed it. Why are the men going their own way? Still here? Pretty they're not supposed to be talking about women anymore. They're supposed to have gone I mean, vamoose scam with talking about women, if you went your own way to do it. And you know, when I say this to those guys, they start coming up with all these weird reasons why all my dating advice is wrong and why I'm not a real man. And, you know, checkmate. And I mean, check that we're not even playing chess, I simply told you to leave. Because you said you said your words, not mine. You're going your own way. Why are you here? It's like the end of Ferris Bueller. The movies over you're here, go home, but they don't and then they get mad. When you remind them what their own movement is called, though even argue that it's a movement. It's you know, you guys are a bunch of children. That's why you have a hard time with women. They don't find you attractive and you're upset. You're angry. You're a little bitter. You wish it were different, but you're not going to do a damn thing to change it. You're just gonna sit around and complain. Bad advice.



Preity Uupala 28:55


It's It's funny you whether it's a podcast, or a seminar, and it is this, you know, gay men going their own way thing. Everybody in the audience are people who, you know, they actually want to be with someone, they're miserable, and they can't get it. But they're still here because they don't know what else to do. It's, it's so counterproductive. And people, the men in this little movement need to look at themselves in the mirror, because they're not being honest with themselves. They're actually quite miserable and hurt. You know, we are not islands. You know, we cannot survive alone without a human interaction, especially for men without the female interaction. And the sad thing is the statistics are dangerous. Today, the number of lonely single, young men around the world is appalling. Did you know that 50% of young men in Japan have zero interest in intimacy. Some of them have never had an intimate interaction, and they don't even want one and Japan is on the other side of the world and the they should be the last people on the planet to be having this problem considering they have a demographic disaster waiting to happen with their own population and future of their own nation. But it's you you see it here too. And never take advice. Never take dating advice from a guy who is old and still single, not married doesn't well, maybe he's a baby daddy, but not happily married with children. Be very wary. You know, he he's not practicing what he preaches, so to speak, look, unless you're a monk or a nun, you are meant to connect with others. And biologically, scientifically, we are meant to procreate. So you know that that whole that is the worst advice and all of that advice going on? Yeah,





Scot McKay 30:52

absolutely. I mean, men and women are designed quite literally, to be in partnership. I mean, even sexually, it's just ludicrous for anybody to believe men and women are designed to be adversaries. And I agree with you 1,000%. Why are we taking advice from people who have no success, which we've already talked about? And moreover, why would we take advice from miserable people? Unless we're just crying in our beer together? And we love misery and misery, of course, loves company, I mean, but you know, when you get down to it, what we're talking about here is bad advice given to men who, you know, for the intents and purposes of this show, want to get better with women? Why would they listen to a movement that calls


themselves men going their own way, when they're trying to get better with women. And I mean, it sounds laughable to say that out loud, but I get guys all the time, who were married, trying to make their marriages better, and they're listening to these guys trying to find an A waste of good advice somewhere in there, and it's just not going to happen. It's like, you know what, it's like, Brady, it's like, I want to be rich. So I'm gonna go listen to a group that goes, throw all your money away. That's the name of the group, you know, men throwing all their money away, men going broke, hey, can you guys teach me how to make a fortune. It's just the most ironic stupidity I've ever heard in my entire life. And I'm so glad you brought it up, and pray that you know what's gonna happen. I'm gonna get emails from guys in this audience going you completely misunderstood what we mean by men going their own way. That's not us at all. We're all bunch of different guys, and we believe a whole bunch of different things. Great, then stop calling yourselves men going their own way, and tell me who you really are for once. So I could communicate with you at your level for once. But it's a big lie pretty, they're all lying to each other about how women are the enemy, and men are better off without them. And yet, they still keep talking about women. That's the thread that sews together every one of these groups of guys who are thinking this way, I love that you brought that up. What's the next one on your list? Oh,

 Preity Uupala 32:57
this was this is a this is a good one. This is the word

 Scot McKay 33:00
of the year, or the year still young.

 Preity Uupala 33:03
What's the the decade is this one, quote, high value man unquote?

 Scot McKay 33:08
Well, I thought you were gonna say resilience.

 Preity Uupala 33:11
I think there's a high value man delusion, I'd like to say it really is a syndrome, I should coin that the high value man delusion. Because look, there is such a thing as a high value, man. It's just that when these men, these so called gurus talk about a high value, man, I think what they're referring to and what actual high value men out there are, are two completely different things. And this is a tricky one, I think because men genuinely want to believe in the concept of the high value, man. They want to believe that anyone can get there that they can get there. It's a lot more complicated than that. And I think what the gurus are teaching out there is leading a lot of good men down the rabbit hole. And it's, it's all about semantics. It is how people understand these terms and concepts in their own mind.



Scot McKay 34:04

Well, how are men being misled when they're told they should be a high value man and the definition that's applied to that? What's the bad definition?



Preity Uupala 34:12

So the bad definition is that word value? What do you mean you're highly valuable to society? What you're some rich douchebag you got a Bugatti does that make you a high value, man? No, it's not just that you're 1% Making \$5 million. And you know, I think the statistics by the way, globally, again, the number the percentage of people who are making over a certain amount, and I think it differs a little bit again, race and culture and some of them it's like, is that it? Like that's not even a lot of money. And you're telling me that only what only 5% of men from this group make over six figures like or \$100,000. Let's say that's really not a lot of money, but it's such a tiny amount that make that much You're not alone. It's all looking pretty, it's not looking very prosperous for your prospects, you know if you're a female and that's what you want.



Scot McKay 35:06

Alright, so what I hear you saying is a lot of people are basically applying superficial labels to the concept of high value. Yes, I would say it's about character. If you're a high value man, it starts with your foundation.



Preity Uupala 35:20

And it can be you maybe you are the 1% You know, that's fine but it's not about having a Bugatti and 10 Chicks that's not you know, I mean, you know, you listen to some of the leading men in this in this fear today in the world and they keep going on about the high value man and do you know the guys who listen to them think oh, all I have to do is somehow find a real estate MLM scheme or something get get a lot of money and get that fancy car and have high value I'm value bank five chicks five hoes or whatever and suddenly I'm how a high value it's, that's not what value comes from. Well,



Scot McKay 36:02

you know what, though? Net Worth? Yes. It's synonymous with how much money you have in the bank. In this culture when it comes to men. You know, you mentioned a Bugatti. Ironically, the Bugatti shear on supersport that prowls this neighborhood, is actually owned by a woman. Oh, and she's doing her darndest to be anonymous.



Preity Uupala 36:23

You know I've had the great privilege of knowing on a personal level actual billionaires. And

You know, I've had the great privilege of knowing on a personal level, actual billionaires. And when they invite you into their homes and their families, you realize they're very good people, they are family, people, they have actually very strong values, they can afford to they can they married normal women, good women with good values, extremely supportive women, that is key. I've seen in all of them, at least in my personal, let's say, network, these women are very supportive. They're very kind, they're very sweet. And these are good people with good values and a very generous, they have nothing to prove they own everything, they have everything. And it's all you know, they're trying to make you feel very comfortable. But what we see in the media today, especially social media is a caricature of extreme wealth. You know, that's just a some version of extreme wealth, which I think the majority of Lastly, wealthy men and women just that's not the, how they live their life. In fact, they're much more humble and simple. They are, there have been billionaires who have tried to live up to some image, at some point they've they actually financially go bankrupt, or they take a hit, because now they're living up to an image versus actually living a genuine existence. Well, you



Scot McKay 37:51

know, I think you're onto something. If you look at the Forbes list of world billionaires, it's a few 1000. Guys, you've only really ever heard of about 20 or 30 of them. The rest of them are trying to keep it on the down low. Because, you know, again, they have nothing to prove. And the last thing they want is everybody coming at them. And that's wisdom is what it is. But I love that you brought up this idea of high value, man, again, being a term that's bandied about, but almost never defined effectively, or at least defined consistently. And I think that seems to be well, a consistent thread throughout all this is men are being told to be a certain thing or a certain way, but no one really tells them what that means. And I mean, a lot of that may go ahead and distill down to the fact that masculinity itself is something we're told, is nebulous and can be defined whichever way you want nowadays, and if you can define something any way you want, that term ceases to exist. Yeah, we did this with God, right? We've done this with masculinity. Now. They're trying to do this with woman. Right. And so it really is no secret that this is sort of a social agenda. And it is no wonder that people are confused by the terms that we use, and at the same time, ironically, or not so much. They don't even bother to ask how that's defined. They just go and try to figure it out for themselves. So yeah, I think that's, that's really good. What else is on your list? Okay,



Preity Uupala 39:18

so I I'm sure some of your audience may disagree with me on this. We've



Scot McKay 39:24

already said that disclaimer. We're good. We're good passport, bros. Passport bros. Oh, this one might hit me where it hurts. Go ahead. You've traveled



Preity Uupala 39:33

a lot. So you can you can like like myself. So you know, you can speak to this, I think. But this is a new interesting phenomena that's taken off recently. Where Western men let's say American

men, they have decided that there aren't getting any love and respect from American women. So they're gonna go to the other side of the world and find some chick that actually does give them the kind of respect and affection that They feel they deserve. I



Scot McKay 40:01

saw that one coming. As soon as you started on the actual topic that you were going to talk about, who in their right mind Prady is going to go get a chicken to Ukraine right now? Ukraine, are you thinking?



Preity Uupala 40:15

You'll be surprised? You will be surprised. I'm



Scot McKay 40:17

not surprised. I'm just throwing it on the table as it needs to be said



Preity Uupala 40:21

it is. So you know, I don't even know where to go with this. And the fact that many men have signed up for this is actually very sad. Tragic, dangerous, I think for them and for women over here. Now, look, there are many layers to this topic. Firstly, look, I do agree that different people shine in different environments, you know, based on how you appear, look what you have to offer, you know, you will be in demand. And I can tell you, myself going to 100 countries, I've seen how people interact with me in different places, some places I mean, people have, you know, I mean, I go out every night a fight breaks out, you know, and other places. I mean, they're hitting on me, but they're no firefights, so to speak. You know, it's, it's a different thing altogether. So I will give that to men and women, I think there are places where you shine, there are places where you don't, if you happen to live in a place where, look, there are options for you. But to think that the reason why you're not happy, Li You know, attached to someone or nobody's giving you, you know, they're not looking twice in your direction, is because you're in the wrong place. And you're going to, you know, transport yourself somewhere else globally, is, is just really, I think it's so bad.



Scot McKay 41:49

If you can't find a woman who will be attracted to you who you're attracted to, in return in the entire United States of America, or the entire UK. You don't need to go to the Philippines or Colombia or Ukraine, you need to go look in the mirror.



Preity Uupala 42:03

Absolutely. And the sad thing is, these men, it's assaulted by the advice that's given to them. I mean, you look at Think about consent here like where do they go? They're all going to

mean, you look at I think about passport bros like where do they go? They're all going to Sydney, Australia. You know, they're not going to Stockholm, Sweden. They're



Scot McKay 42:18

going somewhere where they don't speak English to their social skills are called out. Yeah.



Preity Uupala 42:23

And they're going to Thailand, they're going to, you know, and I really don't want to be derogatory here. But they're going to places where I'm sorry, but it's the meal tickets situation is, is bad. And they will be very attractive to anyone there because those women can't wait to get the eff out of there. And if you think that you're, you know, a hot number, because you happen to go to these places, and you got a lot of women around you. That doesn't mean that that you're such an amazing guy with so much to offer. It just means that people in that place have certain needs and priorities and you might solve their problems. So don't conflate sort of attention to actual love and affection.



Scot McKay 43:08

The word conflate has gone out of style. I'm so glad you brought it up. Again,



Preity Uupala 43:12

the word conflation has been conflated.



Scot McKay 43:16

It used to be kind of when woke was still a good thing to be people use the word conflate a lot for that. Anwar, you're conflating something, you know, not to be overlooked here is the fixers in these countries know who they're dealing with the people who show up trying to get a woman in Ukraine, or in Philippines or wherever they know, they're being taken advantage of, and the fixers as far as I've heard prey on this false hope, oh, you need to pay for a chaperone also, and then take us on a shopping date on the way to the airport and spend some extra money. And these guys are like, Oh, okay. Why do I do that? Oh, because it's the custom here. Oh, well, I'm not gonna Google that or anything. I'll just believe you because I'm desperate. And I'm hoping to bring this wife of mine back to Canada or something. It's just a bad deal for everybody. Except for the fixers. I guess I



Preity Uupala 44:12

highly advise every man and woman that's listening to this go watch 90 Day fiance, because I obviously your soulmate can be at the other side of the world. And I've traveled a lot. I've found wonderful people everywhere. I've you know, found a relationship in who happen to live in

another country and whatever it has its own challenges.



Scot McKay 44:33

Yeah, I do know couples who are who were brought together through similar circumstances, as we're decrying here, and it worked out fine. But I think you know, for every one of those positive situations, there are a whole lot of bad situations that we've conveniently swept under the carpet, right? Yeah.



Preity Uupala 44:51

I have to say life is not fair. It's different for different people. But whether it's real love whether it leads to a happily ever after Auris is completely different. What depends,



Scot McKay 45:02

I think, again, on whether the guy's looking for a transaction or looking for his one and only, I mean, he's gonna be starcrossed. If it's the former from the get go, if it's the latter, I mean, he has a fighter's chance. But again, you know, just like we talked about before, for a lot of guys, there's no gray area here. I'm going here for this purpose. And that's it. And also, like we mentioned previously, what works for some guys might not work for other guys, depending on what their goals are. Right? So by my calculation, you got one more on your list. What's that?



Preity Uupala 45:31

Yes, I do. And this is I think we've been speaking about this all podcast, I guess. But I succinctly will will explain. It's the hustler University. Oh, boy. And that's just a term. I'm not referring to the actual hustler University I'm talking about. It's the thought behind it. It's the idea. It's the concept the perspective the phenomena. I'm it's just a term of reference that I'm using.



Scot McKay 45:56

Are you mean hustle University as an a porn site with college checks? No,



Preity Uupala 45:59

as in the Andrew Andrew Tate's, you know, school of hard knocks kind of thing. So gotcha, thinking that you're suddenly going to become this stud, because you signed up for this supposedly successful. You know, I wouldn't even say dating coach for the guy who's done very well, let's say with the ladies, you know, signing up for the courses, thinking that you're gonna become him and have, again, the success that he's had that is monumentally delusional,



Scot McKay 46:00



SCOT MCKAY 46:30

looking for the easy button.



Preity Uupala 46:32

Well, guess what, you don't look like him. You're not him. You don't sound like him. He is him. But you're not him. You know, you're trying to fake it till you make it. I think the biggest lie ever sold to men is that you can somehow con trick fool a woman into liking you. And the key words, here are con trick fool. If that's not how this works. I will say the big caveat here is I think a lot of young men and just men in general, they need help communicating, they have self esteem issues, they want to be confident they want to be able to learn how to go up to any woman at least have a decent conversation, you know, they need help with that it's a very sincere seeking, I think that's fine, you can go maybe learn to communicate a little better. But thinking that suddenly, this is going to lead to love, intimacy relationship, that it's not how it works, I think you can go to all the classes you want, the best you'll get is a few phone numbers and maybe a coffee date out of it. That is it. It doesn't go beyond that. Because women, you know, we like what we like, even if we can see the confidence in you. That doesn't mean that we're attracted to you. And I have for too many on too many occasions, seen guys who are trying so hard to be so badass. And they're not bad as they are the nerd who is trying to learn how to navigate. And it's not it doesn't come out good. And in fact, they are nerds who are trying to be jerks. And they're actually not jerks, but they're trying to be one. And it actually comes out really it's not good.



Scot McKay 48:15

Alright, well hold on a second. In the interest of time, give me the 32nd Elevator Pitch rendition of why what you just said is different than just be yourself dating advice. If you're a nerd, just be a nerd.



Preity Uupala 48:28

No, no, you can be better be the best version of yourself perhaps Ah, okay. Yes. And if you need, there's nothing wrong with trying to get to be more confident. But I think it's some of the lies that these gurus and the claims that they make that hey, you too, can be a rock star? Well, you can't.



Scot McKay 48:48

Right. I think that kind of goes back to what we said earlier, about gurus trying to clone themselves that looks good on paper. But is it going to work?



Preity Uupala 48:59

You know, we do like someone who is very confident it is very succeed is very attractive. But there's a way to do it genuinely. And I think thinking that being this badass jerk is going to make you look and appear more attractive. It's not you know, we actually see through you

make you look and appear more attractive. It's not you know, we actually see through you. These gurus also advise students to go for younger girls, very young women. Because unfortunately, the older you are, you become more discerning you're not impressionable. Of course, there's an attraction value to it too. I will say of course, younger is more youthful, sexier, for sure. Perhaps that's I think a side thing, the real reason why some of these men themselves prey on and advise other students to try to opt for the younger the better is because you know, young girls, they look at all of this very differently. And they you can actually, you have more of an impression on them and maybe they're economic situation, being that young is different to a 45 year old CEO, who she doesn't need you to take her on trips, and, you know, take her shopping and stuff, whereas a 21 year old college student will appreciate it more. So I mean, there's all these different layers to it. But if you want the real thing, love, which is why we're all here, this is not the way to go about doing it. And it's very, very bad advice. I think it's the worst advice because now you start seeing all these women in a different light. And that's what what they are. They're human beings, you know, with a lot to offer. It's like, if you're addicted to porn, you suddenly start seeing any girl as a, as one of these women in or in the porn videos, and they're not that at all, you know, so you, the whole game is wrecked. You've lost before you've begun, it will never end well.



Scot McKay 50:53

Well, there you go. There's your mic, drop, boom. I'll tell you what, around here the motto is deserve what you want. And that is accomplished with three simple words that make her spread her legs and do your bidding for you. So I think what you said is very true. I also want to underscore what you said about authenticity. Being integrally tied to confidence. If you're trying to be someone you're not, it's hard to be confident in who you are. Her name is pretty cupola from the Priti verse. She's a global strategist, adviser to governments and boards director of the Omnia Institute, a public speaker, author, entrepreneur, world traveler and erstwhile cricket commentator, too, although she'll probably be returning to that once cricket season fires up again. You can find her YouTube channel which has a whole lot of subscribers by going to mountaintop podcast.com front slash P R I T which is p r e i t y. Pretty so glad you came back. It's always good to chit chat with you, man Time flew on this one. There was a lot to talk about wasn't there.



Preity Uupala 51:57

There was thank you so much for having me on your wonderful platform. Loved connecting with your audience. I hope they reach out please, please do always nice to have those conversations with men and women alike on all of these issues. I look forward to connecting with each one of you and have a beautiful year and stay cool. Yeah,



Scot McKay 52:19

you too. Wherever you are, whether it's Hawaii or especially Dubai, it's hard to stay cool there. And it's always a pleasure to have you on. Guys. If you have not been to mountaintop podcast.com Lately, go there. Check out the master classes. There's one like I said at the end of every month, a brand new topic for you. That covers in detail a particular aspect of getting better as a man and getting better with women. Those are there for you mountaintop podcast.com front slash masterclass or simply by clicking the link from mountaintop

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