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SPEAKERS

Edroy Odem, Scot McKay, Dr. Laura Gabayan



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

All right. Hey guys, welcome again to yet another episode of the world-famous Mountain Top Podcast. As always, I'm your host Scot McKay. I'm glad you joined us today. We're well into springtime, the weather's getting warm here in North America. And I want you to join us at The Mountain Top Summit, where we're talking about how to maximize your lifestyle as a man, the women you're going to meet this summer, it's all happening for you on Facebook at The Mountain Top Summit. You guys already know you can find me on X aka Twitter, at Scot McKay. Same on YouTube, same on tick tock real Scot McKay, on Instagram, all those places have content for you, it won't cost you a dime. And I look forward to connecting with you there. The website is mountaintop podcast.com. As always, they're brand new features to check out there. Plus, you can get show notes and see what all of our guests look like of course. On that note, today I have a new friend of mine I am introducing you to Her name is Laura goodbye. And she's a medical doctor. And she's a bit of a social scientist, also the name of her new book caught my attention immediately check it out common wisdom, eight scientific elements of a meaningful life. So what Dr. Gibson has done, you can call her, Laura, I'm sure as I will. But what she's done is she has compiled the elements of wisdom. And given scientific explanation and presumptively proof, I guess we're going to find out more directly from her, but particularly objective reasons why these elements equal wisdom. And finally, a real practical way to define wisdom you can sink your teeth into. So with nothing further, Laura, goodbye, and welcome.



Dr. Laura Gabayan 02:13

Hi, thanks for having me. I want to tell you about why I chose to do the project to begin with.



Scot McKay 02:21

Yeah, let's hit the ground running go for it.



Dr. Laura Gabayan 02:23

I trained in emergency medicine and and faced a few health challenges. And that's when I realized, wait a second, being an MD is great. But it's also curse and that many people kind of were limited to how they thought about things. The only people who use the bigger lens. And who thought outside the box, were the wise. And that's when I looked up with them. And I'm like, well, most of the information on wisdom was anecdotal or subjective. And the major religions talk about wisdom as well. And I was just taken aback because there was nothing that said this is wisdom. So as a scientist, I've masters and I've created many projects, I decided to study with some myself. And in October of 22, I interviewed till April of 23, I interviewed 60 wise individuals across North America, ages 50 to 79. And based on those interview recordings, I came up with the eight elements of wisdom. And they are resilience bring the first kindness, positivity, spirituality, humility, tolerance, creativity and curiosity. I do feel like they're all related. But I do feel like and that's why my book is so easy to read, is I feel like they also can be made greater by person. So if you are lacking the idea of being spiritual, or if you're not two years do you think you are or creative, then I think you can become more of a focus. For example, a kindness like who knew kindness was so important, but many of the interviewees either did something kind for themselves, for others for mankind, whatever it was, and it can be very simple. Incorporating kindness in your life can be really easy and it's a great way to track other people being kind. And it's a great way to instigate all relationships is to be Comment is a very simple and meaningful way concerned with good eye contact, and then can progress and smiling and all of that. But don't get me wrong, it's not easy for some, if you're not raised with it. So everything all of these elements take practice. I think it's



Scot McKay 05:21

very interesting that you would start off with kindness among the eight that you've mentioned. And hopefully, we'll at least touch on each of those eight elements in time here. However, your focus on kindness, as an element of wisdom is something that I've kind of stumbled upon as a truth myself as I get along in years, you know, and hopefully move more towards greater wisdom myself. I think a lot of times when men in particular age, people who are younger will note that, you know, this particular gentleman has mellowed with age. You know, he's not the mean, bull in the china shop, brash, abrupt, upfront guy, opinionated, or perhaps even flat out abusive guy he was, you know, in his younger years, he has become a kinder, gentler person. Unfortunately, for a lot of men, they see this brash, kind of slightly brutal demeanor, where you know, you're a bit dangerous and you quote unquote, do hard things, et cetera, as being a function of high testosterone and a necessary part of coming off as a masculine man. And I think what happens when we get wisdom over the years when we compile Wisdom, what we realize is, yes, we need to be providers, we need to be protectors, we need to make good decisions. As men, we need to be able to be dangerous when we have to be certainly shying away from that which would be difficult not only physically, but also emotionally, psychologically, etc. Would be anti masculine. But there's nothing really anti masculine about being gracious and being kind, and not feeling like you have to quote unquote Alpha somebody

else's feelings all the time. There are great examples of how there is a meta level of manhood of masculinity above and beyond this persona. However, we're describing it of a man who is not valuing kindness. There's this image that's perpetrated in society, especially amongst the masculine groups nowadays on Facebook and what have you YouTube guys, where they're portraying this alpha douchebag guy who doesn't really focus much on kindness as the top of the food chain in terms of not only masculinity, but attractiveness to women, etc. And you know, Laura, I was reminded of what is actually one of my favorite television commercials of all time recently, it was from the late 80s or early 90s at the latest and features actually a very young Taylor Sheridan as this douche brash cowboy who's practicing for his guitar gig at a bar and in front of them are several older gentlemen kind of enjoying themselves over a beer. And one of these, you know, nondescript, older gentleman is listening. And he walks up to this brash cowboy, and says, Hey, that sounds pretty good. Can I see your guitar? And you know, Taylor, Sheridan's character looks up at him and kind of scoffs and says, you play. And the old guy with his coke bottle glasses, looks at him, and kind of just confidently nods and slowly, deliberately says with a slight smile. I've been known to write. So he takes the young man's guitar and just starts playing this molift Lewis, wonderful music with it. And as he gives back, the guitar to the cowboy, the guy suddenly, well, he's a lot more humble. There's some humility there where it wasn't before he goes, Wow, that was really cool. What's your name? And the old guy just looks at him with kind of an avuncular smile and says, it's on your guitar, and he was playing a Les Paul guitar, which is a it's just an iconic Gibson instrument, of course. But the genius of that commercial is Les Paul is such an iconic originator of electric guitar music that nobody really knows what he looks like anymore, right? He was an old guy in the 80s. So his name is famous, even if his actual music has faded into the past. And I finally grasped why I love that commercial so much. It's because Les Paul was the bigger man in that commercial, but he doesn't flaunt it. And he is weaponizing that he is simply very gracious and very kind to this young man who hasn't really well learned how to be wise about such interactions. just yet, is that kind of along the same lines of what you discovered about how wisdom really works?

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Dr. Laura Gabayan 10:06

Yes. And you know, it's, it's really interesting because kindness will, I would say, I focus on that, because it was very surprising for me, I'm Middle Eastern, it's not something that is corroded where it come from. And it's, it's viewed as a sign of being weak. Whereas the more I've thought about it, I feel like being conned is being strong. It's being the strong one. And it's being the one that is confident. And if you're kind, you're also very humble and patient. And, and when I add, and it's funny, I say this, because when I asked the interviewees about this, I said, You know what, I didn't ask them specifically, about kindness. But I did ask them what they're attracted to people. And they said, it was kindness. And they if someone does not find, they would rather not interact with them. And that goes for people of the same gender or opposite genders as well. And they just, in many ways, it shows the sense of security being kind. So that's, that's probably why I talked about it because it was, it was shocking to me. But it's very important.



Scot McKay 11:26

You know, I am considering right now as you talk about how you have sort of compartmentalized wisdom into these eight areas. And I'm sure a lot of that was just for the sake of being able to build a book around what you found. But isn't it true, Laura, that a lot of

these elements, maybe even all of them have a certain amount of overlap to them, it's hard to define the boundary between one and the next, for example, I find that when someone is wise, and the kindness flows from that, it's because they've learned a life lesson that if I am unkind to people, I may be unkind to the wrong person. And it's going to be a lose, lose, instead of a win win, I'm not necessarily going to be able to Alpha my way, into whatever I want by imposing my will upon others all the time, perhaps an easier, more folksy way of saying, what I just described is, you catch a whole lot more flies with honey than you do with vinegar. And I've met people who are truly important, you know, Congressman of the United States of America, famous people, people who are worth hundreds of millions of dollars. And they do tend to be kind, and it tends to flow from this combination that I'd love for you to elaborate upon, of being gracious with others who perhaps haven't ascended to their level of wisdom just yet, not out of arrogance, but out of compassion, out of humility, rather, and simply because they just don't have anything to prove to you anymore. They don't have that need in their life anymore. You know what I mean? I

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Dr. Laura Gabayan 13:02

agree with you. And it's funny, because one of my interviewees, Tom, I talked about him in the humility chapter, and he is the CEO of five companies. And he talked about how it's really important to be a servant leader. And I look together and I'm like, Well, that is a recipe for success is bleeding from the bottom, if you think about the triangle as being from the bottom half part of the triangle, not the top. And, and he was also very gracious, he's been gracious in writing Eva about me, and he has been an advisor to, I want to say the last five to seven Presidents is a very kind and nice man. And, and despite that, he was he's been very gracious towards me. And he really sees it as his desire to help me. And that comes from a place of humility, a place of kindness, a place of tolerance that plays the fabric of wanting the world. To hear about this one.



Scot McKay 14:14

It seems to me like this humility, the servant leadership you speak of, however valuable it is, it does have to be accompanied by a sense of self respect and dignity. You can't simply let your employees walk all over you. So how does respect factor into wisdom, you know, be that self respect or the respect for others that flows out of it? Because I don't remember that being one of the principles you put forth, but I'm sure it has to weave itself in there somehow. It

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Dr. Laura Gabayan 14:47

does, and it's part of how one views life in general and I talk a lot in my Brazilian chapter and in the Brazilian chapter. You The idea of everything comes from a sense of self first but and knowing that you can handle whatever life throws at you. And it also I agree with you, I think there does need to be a good balance between self respect and he really so that people don't take you for granted. But I also feel like if you are, if you are, it's hard, especially nowadays, I mean, I don't know I in we look at social media and the Internet and the focus is not humility is not on being kind it's being it's more on being rough and tough and in the glitz and glamour and I just I feel like it's a lost art now. And Salford swag does plan there i It's a It's not one day, but it's a probably weaves itself, as you said throughout, you



Scot McKay 16:00

know, there's several places we could jump off from there with what you just described. Let me hark back to what you said about five to seven minutes ago, you interviewed people between the ages of 50 to 79. So 50 was the starting point where you consider someone might have something to demonstrate to the rest of the world about wisdom. I have always kind of defined wisdom as the art of living skillfully. And it seems to me that skill comes not only from natural intelligence, and being curious, like you said about how to actually do better. But it has to come from practice, it has to come from raw experience. So I have always not treated maturity as a synonym to wisdom. But I think when you find that people grow up, when they start adulting, for real wisdom is usually adjacent to that in some some manner or form probably in all eight of the manners and forms that you're describing. And one of the key ways that presents itself is exactly what you just described. And I want to use different words to describe it, if I may. And that's instead of seeing everything is black and white. There's a whole lot of gray area in this life. And I think it's an earmark of immature lack of wisdom, to say if something isn't absolutely like this, it's absolutely like something else. And therefore, if I'm kind, I have to be being a doormat. So I better be this real Alpha. Bad Boy, instead of being Mr. Nice Guy. And there's a lot of very profound that pendulum swings from one extreme to the next, not only in people's thinking, but also of course, as you definitely noted, as it plays out on social media, there is not any middle ground, any gray area allowed. There's never been that gray area allowed in terms of religious argument, right. But now there's this tendency, as we've documented on the show frequently, by the way, Laura, that politics seem to be the new religion in the western world visa vie, secular humanism. So of course, if I vote a certain way, if you vote the other way, you basically have to be Satan, nothing you or anybody on your side does this right? Everything I do on my side is right, and you guys are all wrong. And a lot of times when people kind of come together a certain issue, it's almost like the unwise amongst us on social media left like a dog chasing a car, when they finally catch the car. They don't know what to do with that, because there's nothing to fight about or argue about anymore. And to those who have combined some wisdom in life. Well, first of all, they're usually not engaging in those arguments on social media or anywhere else. It's just a real eye roller and you wish the rest of the world would grow up. And yet, the catch 22 There is the wise amongst us know also how to be gracious as they're resilient and don't really let themselves be tossed about in the wind as Christian scripture would allude to, by the mere opinions of others and the emotions they try to thrust upon us. We have a much more even keel when we apply wisdom don't wait. And



Dr. Laura Gabayan 19:18

it's funny because one of the interviewees said that she in life, she is fiercely flexible, and everything is great. And she's had the house she had a company that didn't do well. And in life, she noticed that you know what that happens. You don't throw the baby out with the bathwater. And that that applies to politics. These days. We're seeing the people categorize people as x or y or whatever, because of one thing, and then seven being flexible with Oh, okay. They like this. Okay. They insist Then like to put people in categories, that assign of wisdom is flexibility. You also mentioned how I interviewed people who are aged 50 to 79. I want to address that, to do any research project. Before you do it, you have to do your background, you have to learn about what has been done. And so I love the journals and academic medicine, mainly psychology, sociology, and some geriatrics and I found out that

wisdom has an inverse u relationship with each and that that very, very old, probably 80 Plus are not asked possible and their ways, and they're not as considered of other ideas and thoughts. And so that's why we limited it to 57. Nine.



Scot McKay 20:52

So you actually put an age cap on it. Yeah. And



Dr. Laura Gabayan 20:57

then one thing we did find also is that of all the 60 people, only one had all eight elements. And the rest had maybe two, three, the five, maybe, but it's not an all or nothing. Description. Yeah. And wisdom is not something that you say, Oh, I know it when I see it. Again, I've had people email me say, Oh, I realized I may not have been wise, I'm intelligent. And I'm like no other ideas for you say, Oh, I'm really good at x, I'm not gonna do this, I'm good at that, and just kind of taking it apart, and realizing that you know, what they can apply to anyone. So



Scot McKay 21:42

it's kind of like a psychological element, this wisdom stuff, isn't it? Much like you would apply a mental illness diagnosis to someone at least potentially, because they check five out of the following eight, potential warning signs or symptoms or indicators, wisdom is not one of those areas where you blown the whole thing sky high, if you don't check every box, you know, there's degrees of wisdom or perhaps even various different ways of being wise. Right,



Dr. Laura Gabayan 22:12

right. And as life goes on, I want people to understand that it comes and what doesn't break you makes you it's true. And that, you know, it's it helps to learn things and grow and and think about someone in their 20s versus somewhere in their 50s, you know, in someone in their 20s may be more emotional, and they may be more concerned about things that really don't matter to someone that's in their 50s. So yes, you're right in. And it's something that comes on with experience. But it also is something that can be adaptable. I think a lot of people



Scot McKay 22:55

at least attempt to treat intelligence and wisdom as synonyms. But they're really not, are they? No,



Dr. Laura Gabayan 23:05

and think about the person you know, that has gone to a lot of schooling and has all these degrees and is really smart. They may not be living a great life. They may not be resilient, they may not be all those things that I found. So I would not equate them. Whereas if you have

someone who's wise, maybe they are more curious, and maybe they will pursue an education. But the to a lot of people think oh, they're similar, but they're not really that similar. Yeah,



Scot McKay 23:41

we know a whole lot of people with a mountain of book smarts who completely lack common sense, for example, right? Yeah. You're talking a lot about resilience, I would equate that with mental toughness, what's commonly known as grit. And I would love for you to explain why that counts under the heading of wisdom a little bit more, because I think a lot of people might not really have ever thought to connect those dots. I somehow agree with you, but I would love for you to flesh out that idea more. So



Dr. Laura Gabayan 24:14

we don't first of all, with wisdom. Nobody really understands it. And that's why I did write it right. And I think the first element was resilience and it's more of you've encountered things in life that made you stronger, wiser. learn things and you feel as these things in life are there for you for you to learn not there. They didn't happen to you, but they happen for you. And that do you have resilience is think about the person who has encountered a lot of difficulty, but they've done it with grace, and they have thrived instead of just surviving, and you regard them With a special admiration, because you know, they, they overcame something big. And on top that they probably learned something. And at the end of the day, the two in a weird were definitely believed that and that if someone gloves through something, it leads to them becoming wiser.



Scot McKay 25:24

Well, it is what it is. And I agree with you. And I think you explained it beautifully. When someone has gone through a certain set of trials and tribulations before and it's not their first rodeo, the natural result is they're not going to freak out about it the way someone who's never seen that situation before or dare I say been confronted with that scenario would react about it. So they're more likely to ProAct and draw from previous experience and apply wisdom to it accordingly, rather than simply lose their cool, right and panic,



Dr. Laura Gabayan 26:00

right. And it's funny because it's in a way, it's like what we describe as a mental muscle. And we all know what muscles, you need to work them out, right for them to be more agile for them to be more able to withstand things. And so similarly with resilience, the more difficulty someone encountered in a weird way, it's, they can encounter more, more and more, and they can they have that mental muscle per se, to do that.



Scot McKay 26:34

Now, you also talked about curiosity, which is a trait that's near and dear to my heart. I would imagine that Curiosity made the shortlist here, because when you are interested in a wider

imagine that curiosity made the shortlist here, because when you are interested in a wider variety of things, and you have this thirst to learn and to compile more knowledge, that leads to not just knowing more from a booksmart perspective, but being able to apply it having more experience, having traveled more met more people cross more items off the bucket list allows you to have more experience to draw from when it becomes time to be the wise one in the room. Right? I

 Dr. Laura Gabayan 27:16

think with curiosity, it also allows you to connect with others. And it's being curious not only about experiences, but about people that leads you to be more tolerant, to be more humble to be more kind. And I feel like curiosity, as you've said they are related. But curiosity is a foundation to all of them. It helps you kind of pursue everything and think about the future possibilities too. And like, for example, Curiosity is related to spirituality. And that you can be curious about a weird, you know, a bigger entity there and be curious about what it can lead to and and think outside the box. So curiosity is a big one, you

 Scot McKay 28:11

know, this curiosity leads to finding answers about more than you used to have answers for is what I'm hearing you say. And that can be experiential, it could be purely cognitive, and it can be relational with other people, I think that's a great point you just brought up. And it sparks my imagination to remember that the root cause of all systemic hate, bigotry, et cetera, in this world is ignorance. You know, we don't understand these people who are different than we are, therefore we fear them. And when we fear them, we don't like them very much, because we don't like that feeling associated with it. When we get rid of ignorance, insofar as we're able to what that does is it allows us not to be so afraid. And it gives us this tolerance you speak of, because we no longer fear something simply because it's different because we've explored it, because we're curious about it again, at the mental level. And the next thing you know, we come off as wiser because, well, we have more courage with which to face the world, which occurs to people is resilience. I mean, am I connecting all the right dots? There you are,

 Dr. Laura Gabayan 29:26

and think about the people you want to interact with. The person talk to is the person who is curious about you, who does want to learn about you, who does want to learn about your background and what you've been through? And that's how they can connect with you and that's how you can connect with them is if someone shows interest and if someone is curious. So curiosity is important. Last

 Scot McKay 29:52

question before we close because I don't think we've adequately addressed this enough. Everything you've talked about is spa Dawn, incredibly powerful. And I don't know how any man listening to this isn't going to grow as a man having heard it, especially if we apply some

of the information we've been discussing, and really take it to heart as men. But where's the scientific part? What science in particular, did you apply to your studies, Laura, that make these eight elements scientifically proven.

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Dr. Laura Gabayan 30:22

So there's two types of research, there's the one that involves numbers. And that's called quantitative. And that's why I did miss my publishing before. And that requires statistics, and numbers and number crunching. And then there's qualitative research and qualitative is taking a story. And Jane get into data. And so and so when we evaluated these videos that people who are wise, we assigned them a category and with qualitative research, you start with a lot of categories. So we start with over 20. And then we kind of collapse them into the eight, with for example, positivity in it as having laughter in your life. And I vividly remember I spoke with the guy who was an alcoholic whose parents were alcoholic, and he was used to cracking jokes a lot throughout his life, because they're alcoholics. And he thought, oh, that happens to be how he grew up. But it was not the heat. I told him, I'm like, No, we're seeing, you know, laughter. It's hard to have the positivity, we are seeing that being able to laugh about things as very important. And when I said that, Jamie said, Oh, that makes sense. It was laughter that got me through cancer 10 years ago, and that just shows is lacking, that can get you through a lot of things. But that's the whole idea of why this is scientific, it's taking the bigger ideas and putting them all into date.



Scot McKay 32:10

So it's a lot more empirical science. It

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Dr. Laura Gabayan 32:14

is and it involved it, we definitely like went through all the elements of, of the scientific process. And when it came to the scribing, those eight, it was scientific in that, you know, a person was assigned to three to four to five, the up to eight on the one, as I said, after elements based on what they exuded to be that, you know,



Scot McKay 32:40

to me, people who are easily offended and lack sense of humor, tend to lack wisdom. And almost everybody I know is super wise, also knows how to laugh at life and wait for it knows how to take themselves less seriously.

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Dr. Laura Gabayan 32:55

I think that's with everything, take everything seriously. And that was something I talked about in the book is don't take yourself so seriously. It's not worth it. It's not worth it. But in a way it's kind of being being laughing at yourself. It's being positive and laughing yourself. My third theme.



Scot McKay 33:16

Yeah, you know, I think to be unwise, the art of taking oneself less seriously. Sounds inherently unwise, because how dare you not take things seriously, life is serious. But the spirit of not taking myself seriously isn't so much that you trivialize that which is important in life. It's just that you realize the greater truth that none of us get out of this alive. And the more that I try to throw rocks at stars, so to speak, trying to change things I have no real control over, the more I demand perfection out of myself, or else I get really angry and down on myself, et cetera. I think as we get a little more life experience, and there's that word again, maturity, we realize that's just an unwise way to go through life. It's just a lot healthier to take one self less seriously. And the way we're supposed to not take ourselves so seriously, for



Dr. Laura Gabayan 34:09

sure it's healthy, it's healthy, and but it also goes into the realm of taking something for granted. I like for example, when I was younger, I feel like a lot of people took me for granted until I did really well in high school and I went to medical school and I just people do and times like that. I don't know if you really need to prove them wrong. You do what you have to do, and you put your head down, you do it. And then still I think taking yourself not too serious, lest you kind of move forward. Then kind of the less you think like oh, it's not a big deal. You know, my goal is this and that's harder. But yeah,



Scot McKay 34:54

I think also people with some degree of wisdom also have some degree of character. That's built on an understanding of their core belief system, what their values are, and they've built their lifestyle and their life plan accordingly. So when someone comes along and happens to disagree with it, it isn't such a seismic event that it knocks them off their purpose to. Yeah, her name is Laura Biden. And her book is common wisdom, eight scientific elements of a meaningful life. And when you go to mountaintop podcast.com, front slash Amazon, and you also happen to be listening to this show within, you know, pretty reasonable timeframe after it was released. What you're going to do is you're going to find Laura's book at the top of my Amazon influencer queue, where you also find books by our other guests over the years. And I hope you'll grab a copy because it is an excellent read, and in many ways, a fun read, and extremely valuable as I hope you guys have found this particular conversation to be today, but it's just the tip of the iceberg. When it comes down to what Dr. Laura Gibbons book is all about. You can also go to Dr. Largo byens website by heading to mountaintop podcast.com front slash wisdom. For all these years. We do not have a front slash wisdom yet. And that's where you will find Laura's website and find out more about her and her work. Dr. Laura goodbye. And thank you so much for joining us here today. This has been a wonderful and particularly valuable conversation. And I know not only just me, but the gentleman who listened to the show always love practical actionable elements that are truly life changing. And you know what, you brought the goods today. Thank you so much for joining us.



Dr. Laura Gabayan 36:41

Well, thank you for having me. I do have to say I am a scientist I'm used to writing very to the point papers. So the book is very to the point so it respects your time and it won't take you long to read it will take you two days max and I look forward to connecting with you again. Scot so thank you.



Scot McKay 37:04

Yes and likewise. Oh that sounds very wise, by the way.



Dr. Laura Gabayan 37:09

Thank you.



Scot McKay 37:10

Yes ma'am. And gentlemen head on over to [The Mountain Top podcast.com](http://TheMountainToppodcast.com) where you can check out the latest from our sponsors. Heroes soap now has honey bourbon soap and it is the color of honey bourbon whatever color that you're imagining it's probably the correct one. Man is that great so that may be their manly ascent yet so go to [match top podcast.com](http://matchtoppodcast.com) front slash heroes soap and get to some Jocko willings company origin main sponsors this show they're the best jeans and boots I have ever owned. Their supplements are second to none check it all out at [mountaintop podcast dot conference](http://mountaintoppodcast.com) let's origin and also the guys at the keyboard are coming out with new face plates to dress up your 21st century everyday carry device I've said it before I'll say it again this is not your grandpa's swiss army knife. Those guys have all kinds of cool things there for you including new attachments as well that are very useful at [maps top podcast.com](http://maps.toppodcast.com) front slash key port at [mountaintop podcast.com](http://mountaintoppodcast.com) Sign up for your 30 minutes to talk to me about what you've got going on in your journey to Betterment as a man and with women. If we want to set up a plan of action to get the right woman into your life. Let's do that summer's come in gentlemen and it is time. All of that and more is there for you at [mountaintop podcast.com](http://mountaintoppodcast.com) And until I talk to you again real soon. This is Scot McKay from X & Y Communications in San Antonio Texas. Be good out there



Edroy Odem 38:47

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