

How You Have Sex Affects How You Relate To Women - MTP436

Scot McKay: Happy Thanksgiving, gentlemen. Welcome to the latest episode of the Mountaintop Podcast. Wanted to let you in on the Black Friday special real quick. For the first time ever, it's all about the master classes. You get all 32 of them ever produced for Ready for this, 85% off and you still get eight half hour sessions with me personally as part of the bargain. Check it out and get you some @mountainoppodcast.com Black Friday and now here comes a brand new episode with my good friend and returning guest Matt Cook. Live, from the mist and shrouded mountaintop fortress that is X and Y Communications headquarters. You're listening to the world famous Mountaintop podcast. And now, here's your host, Scot McKay. Greetings, gentlemen. Welcome to yet another episode of the world famous Mountaintop podcast. As always, I am your host, Scot McKay, and you can find me on X, on True Social, on TikTK and on YouTube SCT McKay@realcoott McKay on both Instagram and threads, although I hardly ever use the latter. And if you want to check out the Facebook group, as always, gentlemen, it is the Mountainop Summit on Facebook and the website mountainoppodcast.com. with me today is a returning guest. Although, man, it has been years since he was on the show. I don't have a good excuse for that. But I'm sure glad he's back because what we're going to talk about today are some very interesting findings and studies he has going on, in the realm of how we as men, if we can get in better touch with our body chemistry, we'll actually get better with women. so without anything further, from Florida, the health and sex researcher that he is, himself, Matt Cook. Welcome back, Matt.

Matt Cook: Thank you so much, Scot. I really appreciate it. It's great to be here.

Scot McKay: Yeah, man, it's good to have you on. Now, we were talking, you know, I wouldn't say at length, but for several minutes before we hit record on this particular episode about what you have going on. You do a lot of studying, you do a lot of research, and you've come to lots of different conclusions about we as men and our body chemistry and how that affects our relationships with women. But I would love for you to start off today by just riffing on what it is that you've been finding that's been really interesting lately, because I'm sure we could have lots of ways to go from whatever you tell us next. So go for it.

Matt Cook: Well, sure. Here's a good one. If, they take men and they ejaculate two to four times a day for 10 days. This lowers their sperm and their semen output to only a quarter of normal for six months. Six months.

Scot McKay: And all it takes is how many days to a.

Matt Cook: Two to four times a day? Ten days.

Scot McKay: Ten days. Okay.

Matt Cook: Now my whole thing is I've got like 80,000 men I've coached over the years. I run kind of a large online university like alt hell thing for men around sex. And I do experiments and there's no question about it that men are not understanding the cost of frequent ejaculation, use of porn and all of that that, that goes with that. There's no question. And I finished a book basically showing people how men can vastly increase their results with women and their loving feelings if they have a partner simply by figuring out their body chemistry, as you said. Just, just some little hormonal tweaks, not taking a thing, Nothing to do with diet, nothing to do with supplements. It's a very, very

vast difference in your life that it makes. A huge difference. So that's where it starts with, you know, there's a famous quote from Plato or something. He said something like love happens to have thrive, in a state of need. A state of need. And I'll tell you that when I started this journey I was together with my, my wife for a while and everything got stale. You know, relationships get stale. The average long term relationship, do you know how long it lasts? The current stats?

Scot McKay: Scot, go ahead and hit me, man.

Matt Cook: Eight years max. Eight years. Eight years.

Scot McKay: So, so that's not an average, that's a max.

Matt Cook: That's the marriage length of a marriage, basically in the United States, yeah, eight years. And the big complaint everyone has is whether you're meeting a woman and it starts developing into something, it gets boring. Gets boring. You know, the relationship is really exciting at the beginning and then six or eight months later it's sort of settled in. You kind of know each other's tricks and each other's things and then you start picking at each other, you know, and seeing, seeing the warts and the problems with that. They have a, there's a hormonal period when you first meet somebody, which scientists call the honeymoon period, which is a cool name for it. It ends, ah, somewhere

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Matt Cook: six, eight, ten months a year. That's when it starts becoming a little bit of a slog for a lot of people in relationship. So what I wanted to do, and I have all these

guinea pigs out there that are trying all this stuff that I, come out with, research.

Scot McKay: Human guinea pigs.

Matt Cook: What's that?

Scot McKay: Human guinea pigs?

Matt Cook: Yeah, we call them Matt guinea pigs. Human guinea pigs. There are people that go, matt, I'm going to try that with my girlfriend. I'm going to try that with my wife. I'm going to try that. And basically the thing that, that we find is that if you have more sex and you have fewer ejaculations, you'll be much happier. You'll be incredibly happy with your life, incredibly fulfilled. And beyond that, I have a guy like, he, he's a \$50,000 a year guy. He's making \$250,000 a year later because he has this abundance in his life. I know it sounds crazy, but for men, testosterone and all that drives men, and it causes men to have pursue, wealth and abundance. And imagine going, you know, five times your income from something as simple as just not ejaculating us frequently. It's crazy.

Scot McKay: All right, so to be clear here, are you going full no FAP on us? I mean, the less we can ejaculate, the better la.

Matt Cook: No, it's not about that. And that's the problem with the semen retention people and the Reddit people about no fab. The problem is that they have a mistake about, differentiating between sex and ejaculation. That's the problem. So I like to have sex twice a day. I like to have 30 minutes, 45 minutes a sex twice a day. I am together with my wife almost 40 years, and I've taught many men this, but I don't ejaculate that often. It's just like, you know, it's a schedule. So I have a lot of sex and very little, you

know, ejaculation. I mean, you always have to do some, it feels really good and we just have to, Especially if you have a strong sex drive and you eat right, you're going to need to, but not as often as you have sex. So you want to have lots of sex, and it can include masturbation, it can include, partner, sex really doesn't. It matters. But it can be either one. And then you start increasing your feelings of love, your feelings, a connection. If you have a partner and if you're dating or if you want to get out there and date, you're much more attracted to women and you're much more assertive with women because you haven't been spilling your seed two or three times a day. It makes an enormous difference.

Scot McKay: Okay, so a lot of Guys are sitting there thinking themselves dude. I mean, two or three times a day. I'm not 17 anymore, so I'm not even doing that. But it seems like my T levels and my hormonal chemistry starts getting out of whack a lot later in life than, say, 17. Like 35, 40. I'm not even thinking about blowing three loads a day here. So, I mean, what is my proper number? How do I figure out what the sweet spot is for me, as it were, of how much ejaculation I should be doing to, not get blue balls, but at the same time not be leaking my masculine energy everywhere unnecessarily?

Matt Cook: Yeah, that's a great point. Ah. How often do you ejaculate for maximal power, abundance, good feelings and all of that?

Scot McKay: I mean, does it differ between guys? You have to figure it out or.

Matt Cook: Yeah, there's a real difference in that. Let me just say, before I mentioned the frequency and answer that directly, I just want to say that I'm talking about raising testosterone, raising a hormone called oxytocin, which I know you've heard of, which is kind of a hormone that promotes love and connection and good feelings with people.

And you really want to increase the oxytocin. And that's one thing that sexual activity is really good for. It can raise, oxytocin. And if you're not having enough sex, your testosterone level will also fall. So you don't want to, you know, not have sex if you can.

Scot McKay: And we're doing all this without drug supplements, shots, anything like that, all naturally.

Matt Cook: Nothing, nothing caveman style. It just has to do with simple tweaks in your behavior, basically. There have been some amazing studies that do show you that if you have more frequent sex, as long as you don't ejaculate, you just start building more testosterone, more oxytocin. Then you have these incredible feelings of love and connection, and, you can't get enough of the other person. And it doesn't end after the honeymoon period. It continues. I'm a perfect example. I've been with my wife 40 years and I've never felt this way. We both feel each have our hands all over each other all the time. It's crazy. And that's how we've been living for, for several decades. So to the point of how often a man should ejaculate for maximal power testosterone and all that, it's going to depend on a couple of things. So if you're on medications, let's say for high blood pressure or for, GERD, acid reflux or you've had stents put in or you have, ah, prediabetes or diabetes, whatever. Okay. If you're on medications, that generally means that you probably want to start looking at a schedule of maybe once every five, six, seven days. If you're a very healthy person, you don't take any medication and you're just raring to go. It might be every two or three days or every four days. And you can kind of play with that. The benefit of

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Matt Cook: having a schedule, it sounds like it's not spontaneous. It's really not. But it's

a benefit of a schedule is that you can have a lot of sexual pleasure constantly. And you're not done. You don't. It's not pump coming, done, you're ready, ready, you're ready. And you can have sex for as long as you want, as often as you want. And then when you're ready, you know, your day comes and you ejaculate. It, kind of resets things. And when you get into this, you start noticing that, Do you know the story in the Bible about Samson and his hair? You know, with the Lilah, she cuts his hair and he lose his strength.

Scot McKay: That's an interesting segue, but sure.

Matt Cook: Well, that is basically what I think it's about. Ejaculation. I think it's a metaphor for men. They come too often, they lose their strength. So if you're on a schedule, when you do ejaculate, you realize the cause and effect. You realize that you've. All of a sudden you're kind of like reset things. You start saying the warts and the flaws with your partner. You feel like your workouts aren't quite as good. You feel kind of like more attracted to other women. If you're, parir bonding with somebody, you're more attracted to other people other than your partner. And then that kind of goes away after a day, and then it's just perfect again. So you do notice it. But if you're like most men and you're, coming again and again, maybe once a day, it doesn't matter. Usually for a lot of minutes, once a day or more often than that, you don't notice the difference because you've always been doing it, so you've never noticed, what happens when you stop.

Scot McKay: One of the things I've noticed, as soon as I blow a load, I realize how hungry I am or how tired I am because I've satisfied that Need. So I'm on to the next one already. So I have noticed that dynamic before.

Matt Cook: You've noticed in the middle of the act, you feel hungry or, well.

Scot McKay: I mean, let me clarify. Have an ejaculation as soon as you're done, or even towards the end of the ejaculation itself, those few moments or whatever, you have a lot more clarity on what your next biological need is behind this one.

Matt Cook: That's true. I mean, what's astonishing to every man, really, is how your interest in things that you were super interested in 10 seconds ago becomes zero now because you blew your load. Yeah. Like, oh, yeah, I have no interest in that now. And then 20 minutes later, well, that's a different story. Or an hour later, a day later, depending on your health and your sex drive. When you come, when you ejaculate, you're secreting a hormone, prolactin and vasopressin. And those depress ability and interest to have sex again. So there was a guy, they studied in a lab and they had a jerk off, and they monitored his, his blood continuously. And they found that he could have orgasm after orgasm. And he didn't increase his prolactin or vasopressin, and that was the difference. And anyone who's multigatheric, including women, they don't increase prolactin or vasopressin after they ejaculate. So then they can do it again and again, basically. But that also combines orgasm with ejaculation, which for men is not the same thing. Right. It's not the same thing.

Scot McKay: Well, hold on a second. Can you affect that secretion of those hormones you just mentioned that make us not want to have sex again for a while?

Matt Cook: Yeah. Is there a way to limit exactly what you do? That's exactly what you do? So when I have sex for a half an hour, 40 minutes, I don't come. I stay relaxed down there. I have a little exercise that, a little mental thing which I practice to relax. That way I don't get blue balls. I can go on and on. I don't. I don't have the congested

feeling or the painful feeling afterwards when I'm. We're done, we're done. You know, maybe my wife has to go, you know, put. Do something. Go, go to her exercise class or something. and we're done. So I don't have that prolactin and invasopressant. I'm ready again. I can continue. I could go again. That's Why I say twice a day is really fun. It's amazing way to live.

Scot McKay: Well, to clarify, is there any way to lessen the effect of those hormones even if you do ejaculate?

Matt Cook: Absolutely, there sure is.

Scot McKay: What's that?

Matt Cook: So the way to do that, the best way is kind of follows some of the traditional lines that we've been sort of taught. They're kind of like olde fashioned behaviors that people really love that we createave. cuddling with somebody after you ejaculate, not just rolling over, going to sleep, you may not feel like it. I remember having a friend and he said, as soon as I come, I want to leave that apartment. I just want to leave her and I want to walk out the door.

Scot McKay: I don t. I't argue. He needs a hotter girlfriend.

Matt Cook: Well, that's just. Well, she was pretty hot, but that'not that's an extreme, but it's a common reaction. Roll over, go to sleep. You know, I'm done with this. But if you avoid that temptation to kind of withdraw and go to sleep, if you do cuddling and all that after ejaculation, it definitely lowers prolactin, vasopressin quicker and helps maintain the oxytocin better. So that's a really good and simple hack. And another one is when

you are, in between, let's say, sexual sessions, we have intercourse. If you do a lot of cuddling and kissing and caressing and all of that, that kind of touch, that will make it so that when you do come it has a lot less of a bad effect.

Scot McKay: Yeah, most of that makes sense. I think most of us guys have already noticed if we have any sexual

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Scot McKay: experience at all, that if our primary motive for a sexual experience with a woman is to get off, and as soon as that's over with, we literally get off and get out. chances are there's not going to be a second chance to have an even better sexual experience with that woman before because she'll basically block you and kick you out of her life. So I think anybody with any sexual experience, and indeed any true affection towards women in general, understands that, you know, we should savor sexual experiences. Perhaps the, be all, end all of sexual experiences not to blow a load. Sometimes simply satisfying her is going to be all that's necessary tonight. Or, you know, maybe you'll get interrupted by the kids or something, whatever it is. But we certainly shouldn't see the main goal of every interaction with every female human being we're attracted to as blowing our load. If after orgasm, we lose all interest in her and we just want to go home. That's neither fair nor is it good behavior towards that woman. Right?

Matt Cook: It's not good behavior and it's not a good way to live. So now. Yeah, what the thing that happens when you start this process, you start down this road, at first you go, what's the point? I always have sex so that I could come. You know, that's the great part about it, right? I mean, what is the point of having sex and not coming?

Scot McKay: Well, I think a lot of guys, you know, if they've read the work of, say, David Shade, understand almost instinctively. I think even guys who are young and perhaps still, you know, virgins even understand that it's pretty amazing to give women sexual pleasure. I mean, if she's exploding and squirting and having orgasms and scratching your back and biting her lip and screaming, you're going to feel a lot better about yourself and your own sexual experience. And if you simply blow your load all over her after 30 seconds and she's like a dead fish waiting, mean, there is more to this. We know that. And we're not satisfied unless she's satisfied.

Matt Cook: Yeah. So when I started this sort of new approach, at first I didn't feel that much pleasure and I wasn't coming, so I didn't have that either. But within a few months, I found that my sensation and my pleasure grew and grew. And I found this reliably for every guy that's doing this, pretty soon you have this whole body kind of orgasmic sensations for the entire time. It's just absolutely incredible. It just takes a few months to get there. And that's because this path in our bodies and our brains always exists, but we don't find it unless we actually avoid ejaculating each time. And then the sensation increases, the pleasure increases, and you never want to go back to the old way.

Scot McKay: So how do you get there?

Matt Cook: Well, you just try it and like I say, I would schedule something and it may be, two or three months. The biggest obstacle that I hear besides this, you know, what's the point is my girlfriend really wants me to come. You know, she gets a lot of pleasure out of that. Of course we do. Of course she does. You know, it's fun to have a woman come when you're doing something with her, and it's fun for her to have you come. Of course. however, it's one of those things where you kind of have to just sort of start. it doesn't

matter if she has a, orgasms or not. Usually women do have more orgasms. When men start this. It's amazing what happened to me and so many people. For example, I remember a guy who he said that his wife all the sudden like she would have one orgasm sometimes all of a sudden. Now because he wasn't blowing his load and pulling out, she started having five, 10 orgasms. She became very multi orgasmic and she never was before. That's because with his practice, she now could explore this sexual space that she never had before because it was always determined by his penis. You know, and that's very common for women to just start being really excited and super sexual for a while. And I will admit that for a man it's very difficult not to come if a woman is really having that kind of a time. It takes some practice.

Scot McKay: Or it takes being 52, you know.

Matt Cook: No, no, no, no.

Scot McKay: When I was single in my late 30s, my staying power was a lot better than when I was say 20.

Matt Cook: Yes.

Scot McKay: And it was because I could hold off on blowing my load. And I think a little bit of it is age related. So there's kind of like this balance of learning control, not blowing your load that easily, but also being able to of course maintain an erection that long. Add it all up and you have yet another pebble to throw on the mountain of reasons why younger women like older guys.

Matt Cook: Yeah, so. So somets, men lose some sensitivity. Quite a bit actually. even by

the time most beinner 60, they don't realize that they've lost 70 or 80% of their penile sensitivity. It can be brought back. It can be brought back, but they really lose a lot. And one of the complaints with older guys is that they thrust away and they don't come. It's really hard. That's called delayed ejaculation. That's the fancy word for it. That's a, that's not really what I'm talking about.

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Scot McKay: No, no. I'm talking about having intentional control.

Matt Cook: Yeah. And having that pleasure out of it so that it's incredibly pleasurable. But you don't give in to that temptation just to come. Exactly. You slow down, you stop, you do some little tricks just so you don't come too fast.

Scot McKay: Well, let me return to the question I originally asked. How do we figure out, how do we discover this art of having a full body sensation when we're having sex? Because I think that's something all of us as men have heard women can do. They have these Full body orgasms do, et cetera.

Matt Cook: Men can do it too. I've made I.

Scot McKay: How do we do it?

Matt Cook: Okay, here's what you do. First of all, you have to just understand one thing. We all think that sex is about tightening up and tensing up, especially around orgasm, ejaculatory. But it is not. Actually. If we learn to relax the root, which is where the penis enters the body, it's approximately like, you know, the scrotum area, you don't have to

be anatomically accurate about it, but if you just sort of think about that area and you just focus on that area and you just relax that area during the day, when you're on the phone, when you're in a meeting, I call it root focus. It's not a muscle movement, it's a mental focus. When you focus on that area, you actually relax that area. And then when you're having sex, when you're having intercourse or whatever it is, you're also relaxed in that area. And that allows you to reach very, very high pleasure points way beyond the point of no return. And you don't come, you have that whole body or organic sensation. And so I focus on that root focus, practice. And I've taught that to, tens of thousands of guys. And when you do that, you then can easily put that mental focus on that area. When you're having sex with part of your mind, the rest of it, you just feel your body and filling this whole orgasmic feeling. It's a, it's the most, it's very predictable. And it works for women too. root focus, they focus on their, obviously their vagina or area generally, sometimes their breasts. But when they're, when you're doing root focus, your body, that just focusing eye on that area, relaxing that area, it avoids blue balls. But more interestingly, it gives you whole body pleasure for as long as you're having sex. That's all very close to an orgasm. I would say about 70% of the pleasure of a full orgasm. But it goes on and on. It doesn't stop.

Scot McKay: So what you're talking about isn't exactly the opposite of a Kegel exercise where you're tensing it up on purpose and it's not exactly. You're just loosening it up on purpose. It's not physical at all. It's a mental, almost a meditation is what you're saying.

Matt Cook: It is exactly a meditation. But the advanced technique which I've learned, which I trained men to have multiple orgasm, actual orgasms without an ejaculation is just a step further than the focus, which is a reverse kegegle. Are you familiar with the idea of a reverse kegegle? Yes, it's, very subtle. You know, sort of the feeling like you're just letting go of your pee. And that is a sort of another step which allows you to start

having these orgasms without ejaculation. It just takes a little bit of time to do it.

Scot McKay: Well, yeah, that's what allows women to learn how to squirt, frankly. Is that sort of meditation exercise?

Matt Cook: Right?

Scot McKay: Yeah. Yeah.

Matt Cook: Some women have a lot of, their root in their breasts. Some of them more in. In their vagina or clitoris. Generally in their vagina. But for men, it's always in the same place. We're a lot simpler creatures that way.

Scot McKay: How about that?

Matt Cook: Yeah. and what happens to. I mean, I, When I was a kid, I had a dog. It would wait for me in our yard. And when I got home from school, it would be spinning around and running around, you know, so gratifying. You know, it's just all fired upuse. I was home. When you get into doing this, your neurons, your brain gets all fired up when you see your partner and she gets all fired up when he sees you. It's just hard to describe. It's so exciting to live this way. The sex is incredible. But it's all the rest of the time living together, you just, you just get so much pleasure and joy out of each other.

Scot McKay: Okay, so you mentioned there was a before and an after in your life, even personally. But you also said that you've been with your wife for 40 years and the sex is just as good as it always has been. Help me reconcile those twoures.

Matt Cook: No, no, no. I had this, I've been a sex and health researcher, but about 15 years ago is when I sort of reached this crisis point. Somewhere around 20, 25 years in my marriage, I see where I was bored and happy thinking about a divorce. And that's what really led me to look into this very seriously. I looked into tantra, daoist, hyurvedic traditions. They were complicated, they weren't tempting, they weren't interesting. then I stumbled on the small group of men and women that were practicing this, this practice. And it just was so easy compared to everything else. And that's what I just. One day I said to my wife, when we're, about to have sex, I go, I'm not going to come today. And she goes, you're not? I go, no. And, that's how it started. That's how it started. And as I said, she became like a lot of women, multi orgasmic for a while. And eventually a lot of times the women end up finding there's so much benefit for them to do this too, where they don't come, but they have lots of sex and the pleasure is like really, really great compared to what it was. The

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Matt Cook: beauty of this is. Are you familiar with the orgasm cycle, Scot? The orgasm cycle.

Scot McKay: Go ahead and define it.

Matt Cook: The orgasm cycle is for men. We think it ends like you know, 15 or 20 minutes or an hour later during the refractory period when we're ready to go again. But it's really about up to a week long. So after an orgasm, especially after hot sex, you're interested in other people rather than your partner. Women are too. It's called the Coolidge effect, named after the president Coolidge, where you're looking at other people. There's a whole story about that.

Scot McKay: But are you sure that's not the Clinton or Trump effect?

Matt Cook: Yeah, pretty. Yeah. I mean it's, it's, we all know this happens, but but also you start seeing flaws, the other person and you have emotional ups and downs. Women get kind of bitchy emotional, you know, so you're in this rocky period. A lot of men think that their girlfriends are just that way. But it really has to do with the orgasm cycle. So what happens is sometimes men, men start this and they have that leadership in the bedroom and then it's so great. And women have their multiorgasmic PA and all that. A lot of times they just realize that it's so much better when they don't come either to have 45 minutes of intercourse and the loving feelings and the, you know, near orgasmic pleasure. And they don't have any of those ups and downs. And it makes everything in their life so much better, so much easier to control addictive behavior, not to drink or smoke too much to be able to, control diet. Everything becomes easier, more pleasant, more easy for women and for men who practicing this.

Scot McKay: I've heard men reports that when they watch a lot of porn in the context of a long term relationship, if they blow their load watching porn, they feel angry and resentful and cranky towards their wife afterwards.

Matt Cook: That's right.

Scot McKay: This is all related, isn't it?

Matt Cook: Totally related. and we don't understand that this continues not just immediately after, but for days after.

Scot McKay: And it's not like you're angry and resentful because your wife isn't as hot

as the actress she just blew a load over. I mean, that could be a part of it.

Matt Cook: She doesn't seem to me. You don't see her. You don't see her as attractive. Your feelings of attraction diminish significantly after you've come. You don't feel like she's as pretty. She's not as pretty, not as attractive.

Scot McKay: So there's a physical hormonal aspect to that. It's, not purely. Well, my wife isn't as hot as this porn actress.

Matt Cook: Oh, no. It's all a hack, really. It's all in the brain with these chemicals. Oxytocin, prolactin, testosterone, dopamine. And when you're on this path, your girlfriend is always incredibly hot. Incredibly hot. You just can't get enough of her. Just like when you first met, the first few months or first six or eight months, that honeymoon period, it just goes for the rest of your life if you're together. So it's amazing. Now, one thing that I had wondered about when I started into this with. I told you I have all these guinea pigs out there. Human guinea pigs, yes. I wondered if it would make breakups worse if a man is practicing this, what I call nirvana sex. With apologies to Hindus, if a man is practicing this, hey, Hindus needs sex too. Yes, they do. And they break up. Like, say, you know, she goes, you know, it's just not good for us, you know, or someone has to move across the country. The other one doesn't want to go. Whatever it is, does it make it much harder to break up? And actually, I found that it makes it much easier in the sense that there's no high emotional drama where someone keys a car and they start stalking each other or whatever it is that those kinds of, know, really bad things that happen on a breakup, it's much, much more civilized, much happier, and you can remain friends, real friends. So it turns out that this type of love that it engenders actually creates a better system, even if you do decide to break up.

Scot McKay: Well, the last question I want to ask here is, okay, if this applies to women as well as men, how can we encourage our significant other to be on this similar, track with us?

Matt Cook: My role is not to pressure my woman about anything, especially around sex. It never ends well. So I just set an example, and I just wait for her to do whatever she does. And I figure I have to respect her choices, and her choices are hers are not mine. I found that that works the best. initially, I thought you know, ah, maybe you should come this time, honey. But that really backfired, so I don't say anything.

Scot McKay: It's like telling a woman to relax. It work?

Matt Cook: Yeah, it doesn't work either. That's the opposite of relax. That creates. So I don't, And I don't talk about sex much. I don't think it's a very helpful thing. It's really good to communicate about most everything except sex. I don't think talking about sex is usually all that productive. so setting the example, let's say you come every four times or every three days or every five days, whatever. She'll start exploring her sexual space. You'll have an incredible, very sexual woman on your hands. So be prepared for that. And maybe that's how she'll be for the rest of your, her life. Or maybe she'll decide she likes to follow what you're doing and not come each time. But I just leave it to her.

Scot McKay: How about that? Well, his name is Matt Cook. He's a health and sex researcher. And when you go to mountaintoppodcast.com

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Scot McKay: mattcook8letters. M, A, T, T, C, O, O, K. You will be transported to his

website. What are they going to find there? Matt, when they land on your website.

Matt Cook: I'm going to get you a review copy of Masculine Maximizer, which says great detail shows you how to do all this, but it's not long winded. It's really easy to follow. It's really fun. You just, join and then I'll send you my newsletter where I talk about, studies every day that, me and a physician, Dr. McGill, come up with. For men that are really interesting because you have to be healthy to have a great sex life, we show you the whole thing.

Scot McKay: That's fantastic, man. And you're going to give these guys all that for free?

Matt Cook: Yeah. It's a 29, \$5 25 book on Amazon and I'll give it you free.

Scot McKay: Cool. Very cool. Well, I appreciate this conversation. It's quite a bit different than what we've talked about previously on this show, which is always welcome, man. After 430 some episodes, it's always nice to have a reasonably original topic to discuss and I think you hit it out of the park. Thanks, Matt.

Matt Cook: Thank you so much. That's very kind. Appreciate it.

Scot McKay: Yeah, man. And, again, Matt Cook from Florida. Hope you come back on sooner than you know, however many years it's been.

Matt Cook: Look forward to it.

Scot McKay: Yeah, man. All right, guys. I also look forward to you going to mountaintoppodcast.com checking out our sponsors, JoCo, WillInKx, company origin in

Maine, the Keyport and Hero Soap. When you partake of any of the fine products from any of our three illustrious sponsors, please use the coupon code Mountain10 to get an additional 10% off while you're @mountaintoppodcast.com hey gentlemen, check into the Master Classasses every month. A, topic is on the table. We cover it fully with a big heavy hammer. Nothing is left out. You will emerge from those events, man, a whole lot smarter on the topic we're covering and you'll be on a trajectory to getting better as a man and with women immediately. So check all the masterclasses out. You can go to mountaintoppodcast.com/masterclass or jump directly to that page from mountaintoppodcast.com as well. And gentlemen, some of you, I still haven't talked to you on the phone for 30 minutes. I'm exactly who you think I'm going to be. I don't play a fictional character. Get on my calendar. Let's talk about where you are in your journey to getting better with women. All of that and more is there for you @mountaintoppodcast.com. and until I talkt to you again real soon, this is Scot McKay from X&Y Communications in San Antonio, Texas. Be good out there. The Mountain Top podcast is produced by X and Y Communications. All rights reserved worldwide. Be sure to visit www.mountaintoppocast.com for show notes. And while you're there, sign up for the free X and Y Communications newsletter for men. This is Ed Roy Odam speaking for, the Mountaintop Podcast.

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