

Living Dangerously - MTP439

Scot McKay: live from the mist and shrouded mountaintop fortress that is X and Y Communications headquarters, you're listening to the world famous Mountain Top Podcast. And now here's your host, Scot McKay. All right gentlemen, welcome to yet another episode of the world famous Mountain Top Podcast. As always, I am your host, Scot McKay from X& Y Communications. And today we're going to talk about a topic we've never talked about before. I have no idea what's coming. This is a first time guest and I just read his blurb on Amazon for his book. I think we're gonna get along very well and have lots to talk about, but we're going to talk about living dangerously and it's goingna be a lot of fun. But before we get to that, I want to remind you that I am at Scot McKay on X Truth Social, YouTube and TikTok. I'm @realcoott mckay on both Instagram and Threads and the website is mountainoppodcast.com and if you'not on the Facebook group just yet, gentlemen, I'm going to keep inviting you because I want you to be a part of this community of men who are getting better with women that's at the Mountain Top Summit on Facebook. So without anything further, I want to introduce my first time guest to you. His name is Warwick KN and he's an author from Windsor Berkshire uk, where Windsor Castle is. It's a lovely part of Britain. And Warwick, welcome man.

Warwick Cairns: Thank you. It's good to be here.

Scot McKay: Yes, it's good to have you on board. I tell you what, you contacted me about being on the show and I loved the title of your book as soon as I read it. It's called how to Live Dangerously Simply and Concisely. And you know what man, I'm just goingna let you riff away on what inspired you to write a book like that.

Warwick Cairns: Well, I think you see more and more examples of what you might call health and safety madness. You, children not being allowed to go out and play in the streets, people having all sorts of safety equipment and things like that when getting on a bike to ride down the road. People just know when I was young, when my parents were young, it's just something you did in your everyday clothes. Now people have to wear all sorts of protective gear and I just thought it's a bit crazy. So I thought who's right here and who's wrong? So I just dug into with the research what is safe and what is dangerous. And I found some things that surprise you really? That things we think are ah, dangerous are actually safe. And things we think are ah, safe can actually be dangerous.

Scot McKay: Well, you're already speaking my language because I was one of those 10 year olde kids back in the late 70s who had a Schwinn scrambler and built some sweet jumps and started jumping trash cans and each other. Us neighborhood kids would, you know, line up underneath the jump and we'd jump each other. Right. And the only thing we had for safety equipment was our mullet us if we fell in into our head. So I'm interested to hear what you have to say about maybe what our either cognitive biases or blind spots are in terms of assumptions of what's dangerous versus what's actually not. Go for it.

Warwick Cairns: Yeah, so a lot of the things we think are dangerous are things we see reported in the media. Okay.

Scot McKay: Like flying on planes.

Warwick Cairns: Yeah, yeah, exactly, exactly. So because you don't turn on the news and see plane land safely, I mean, that's not news. So you see, you turn the news the

plane crashes in the sea. and because the world's a big place, there's a lot of planes. Every now and again planes do crash and you say, oh, okay, so this past year I've seen four reports of planes crashing in the sea or whatever. So flying must be dangerous, okay? And it's the way the media, magnifies things and shows all the things that you're afraid of, makes you believe they happen much more often than they really do. So for example, let's talk about flying. So there are people who are worried about getting on a plane. I, looked at the statistics. How many people fly how often and how many of those planes they get on crash. So here's the thing. Imagine if you imagine you wanted to die in a plane crash, imagine, imagine you got a really weird way of wanting to commit suic.

Scot McKay: I know, something I've indeed never imagined.

Warwick Cairns: Exactly. Yeah, but let's imagine there's someone out there, someone who's suicidal and wants to do it by dying in a plane crash. So they book a flight every day. And I think what's gonna happen soon or later? And I've seen all these crashes on the television, on Facebook and everything. you'd have to get a flight a day, every day for like 26,000 years to be certain of dying in a crash. That's how safred it is, on the plane. Now here's the thing as well, you take you 26,000 years to guarantee dying in A plane crash, if you took a flight a day, but driving to the airport, you would have died 20 times over during that period. So actually the

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Warwick Cairns: drive to the airport is much more dangerous than the flight itself. But we imagine that flying is more dangerous than driving. It's the opposite.

Scot McKay: I'm surprised it's only 20 times over.

Warwick Cairns: I. I know. I suppose this is on average number of car journeys. I mean, there are crazy drivers, There are people who are even m would die probably about several hundred times over in those 26,000 years, assuming they live long enough. But things loom large in our imagination because we see them all the time. And social media has magnified that quite a lot. So when in again we took them back to the 70s or whatever, you might have, you might sat with your parents and watched the news in the evening once a day. Okay, now you've got your phone, you've got tablet, you'whatever and then people, you check it all the time and a news alert will pop up on your phone. And so you will get news. If a plane crashes or something happens, you, you'll probably see that news, that same piece of news 10 times, 20 times in that one day. So the deep parts of your brain, the caveman parts of your brain say, oh, a plane crash happened, then 10 minutes later a plane crash happened. And you get, you see that so many times over. And the almost pre linguistic parts of your brain think this is really dangerous. It's how animals perceive danger. If they perceive things happening often there's the basic part of their brain is say of the emotions called the amygdala, which it is stimulated multiple times. And so whenever that stimulus happens, they get scared and they. So the same things happens with us before language even happens. Seeing those images of a plane crash or a car crash or whatever on your phone, on the news, on your computer, because it happens multiple times, a deep part of your brain says this is dangerous. Avoid it. Don't go anywhere near planes, don't go anywhere near cars. And so it's an instinctive thing and it'say caused by, the proliferation of media, but it's massively magnified by the the amount of news we see, the amount of scare stories we see. And it makes us much more afraid of things than we really need to be. As I say, it'take you 26,000 years to die in a plane crash if you wanted to, if you flew every single day.

Scot McKay: Yeah, you know, I've noticed in recent years fewer planes seem to be

crashing. And I think That's a testament to modern day aircraft, ATR is notwithstanding, those things tend to fall out of the sky. Only kidding. but not really. But I can't remember the last time here in the United States there was a domestic flight tragedy. I can't remember. it used to be at least one or two a year. You know, you see these horrible Images from the 70s of DC10's tumbling down the Runway and falling out of the sky sideways in Chicago. And everybody was really afraid of flying. Flying is not natural to human beings. So it's weird and it seems dangerous by virtue of its weirdness to human beings. You know, birds obviously are built to fly and they fly fearlessly. But you know, meanwhile, us humans who were kind of designed to stay on terra firma, can be very afraid of taking to the skies, just like a lot of people, my wife included, are afraid of open water, say like scuba diving, the Great Barrier Reef or something like that, because again, it's unnatural. That's, you know, sleeping with the fishes. But you mentioned the animals. And I've often thought how fascinating it is that even relatively evolved vertebrates like say monkeys can swing through trees fearlessly, 40ft above the jungle, in the canopy of the trees, without any fear of missing a branch and falling. Yet when a human being shows up, they scatter. So the psychology of monkeys allows them to swing fearlessly from tree to tree because of learned behavior, even if passed down through generations of monkeys. And yet they're taught that human beings are something to stay away from because, man, those people are scary. It's rather strange that we as humans socialize ourselves to be afraid of everything. You know, kind of to your point of it being media driven. I remember in late 2016, when ISIS was at a fever pitch and it was being reported on all the time, people here in the United States were hesitant to take a trip to Yellowstone national park for fear that ISIS would kidnap them and decapitate them. And indeed, that's completely irrational. Again, getting up and taking a shower and bumping your head and hurting yourself is a lot more likely than going to Yellowstone national park and having to deal with isis.

Warwick Cairns: Absolutely. So as a species, we've been recognizably human for about 200,000 years. When I say recognizably human, if I imagine if you go back, say 100,000 years, if you could somehow take a child from that time, bring it to the modern day and bring it up as a modern human, you would

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Warwick Cairns: never tell the difference. So we've been around quite a long time. We've only been technologically advanced for a century or 20 so it's a blink of an eye in evolutionary terms. So for most of our existence as humans, we're used to the savannas. We've evolved to hunter gatherer type of life. And so the speed at which things change, the ways in which we now live, are unknown to our ancestors, even to our grandparents.

Scot McKay: You brought up a fascinating point that, if I'm reading the room correctly in terms of what you're saying is that danger itself has evolved over the past hundred years for humans. Whereas in the past, we wanted to survive to age 5 without dying of some horrible disease, going further back, we had to hunt and kill for our dinner, which involved literally fighting and killing wild animals. So there was a lot more need for men in particular to be providers and protectors in the most primal sense of the word. And that was all pretty fraught. I mean, you could die doing all that stuff. You know, these days we have motorcycle road racing, we have bungee jumping. I didn't see many cavemen out there skydiving. You know, danger is a little different than it used to be, isn't it?

Warwick Cairns: It is, it is. To some extent life is too safe and that is dangerous. It's dangerous in the sense that we no longer do the same amount of exercise mean we

would had to run away from things, chase after things, if you faced a fear a couple of hundred years ago or a thousand years ago. So it would have involved some sort of fight or flight mechanism. Nowadays vias are sitting at your computer or they're in the office. And so you don't react to danger by running or chasing or fighting or anything like that. You react by getting stressed.

Scot McKay: Yeah.

Warwick Cairns: So what then happens? Because our life is so safe and so constrained, it actually can shorten a life expectancy because of the, you know, the high blood pressure, the, the levels of stress. And so safety can be dangerous.

Scot McKay: Isn't that amazing how postodnity and the life we live, our sedentary life, living vicariously, watching everybody else have adventures on TV is quite literally more dangerous to our health and than getting out there and doing things. It's amazing. You know, as you're talking, I'm wondering if in some Silurian hypothesis driven netherworld hundreds of thousands of years ago, cavemen went surfing, they figured out stuff like that, but it's just been lost in the annals of history. I mean, they built the pyramids 6,000 years ago, right?

Warwick Cairns: Yeah. Who knows I think that you, when you look at the, what you might call extreme sports, you look at the things that people, we talk about m motorbike racing and things like that. People, I think we have an inbuilt need to do stuff that tests us physically and exposes us to risk. And if the world doesn't do that, we create our own ways to do that.

Scot McKay: Isn't that funny? I mean it used to be part of our existence an extreme

sport was staying alive. Now we have to go create like ursat'versions of terror. I mean, you know, NFL football is a simulated battle between two tribes protecting their city.

Warwick Cairns: It is, isn't it? I, it really is. All of the fans on other side, they're physically and emotionally hurt when the other side looks like they're winning and.

Scot McKay: They feel oh, you're conquered.

Warwick Cairns: Yeah.

Scot McKay: And the other side gloats. And it is literally a physical battle to guard your end zone, AKA your village.

Warwick Cairns: And we need that. We need that as human beings. We need some sense of challenge, of consequences, of danger, of something to fight for and something to fight against.

Scot McKay: Well, all right, so let's talk about your book here, how to Live Dangerously. So far we've talked about how what we think might be dangerous in modern world, driven by media or rumor or whatever, really often isn't. And what we think is safe is often very dangerous. Like sitting around doing nothing. Right?

Warwick Cairns: Yeah.

Scot McKay: but your book is how to Live Dangerously. How much danger are we talking about here? Because first of all, you're a grown ass man and you're still here to talk about it. So you haven't been living too dangerously. But where do you draw the line

between safety and danger? What are you advocating? We get out there and actually do.

Warwick Cairns: I advocating that we do things that frighten us sometimes or push the limits of our fear and that will be different for different people. and in the book I talk about genetics and about theres a thingle dopamine receptor gene. Okay. Some people it orders to stimulate it need

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Warwick Cairns: quite big risks, quite big, challenges. And some people need less depending on what one you have. But what I'm recommending is that people, rather than just staying indoors and not doing anything, people do stuff that challenges them and that will vary. You know, some people would be like jumping a motorbike over across the Grand Canyon or something. And some people may just maybe giving a speech to 100 people in the room.

Scot McKay: For sure.

Warwick Cairns: Yeah. Different things with different people. And I'm not saying that everyone should become lion tamers or anything like that. In fact, in the book, I suggested a couple of my own limits and then I've ended up breaking them since because I. I'm 62 now. Am old now, but at the time, because I'ONE of the things I've always done since I was about 10 years old is skateboarding. And I've injured myself quite a lot doing that quite badly. But I said what my limits are. I wouldn't do anything that involves having metal work, or hospitalization. And since writing that book, I've broken my ankle and, dislocated it and had to have it put back with a metal plate. And I

also broke my pelvis and was in couldn't walk for three months. So both of those things were beyond what I thought I ought to with the risks I should take, but it happened.

Scot McKay: Well, what caused the injury, if you don't mind me asking?

Warwick Cairns: E. skateboarding.

Scot McKay: Oh, you're still skateboarding out there at 62, bro?

Warwick Cairns: Yeah, I am. Yeah.

Scot McKay: Good for you, man.

Warwick Cairns: I've actually been today and I came this evening as well.

Scot McKay: you must be a legend in your hometown, man.

Warwick Cairns: Yeah, yeah. I'm often the olde. I've been the oldest person at the skate park for about 30 years to tell the honest. But, you know, I would'an ambition. I would like to be still doing a reasonably high standard in my 80s. And I've got a. There's a guy in Japan and he often see things happen because I have an interesting approach to aging in Japan. I read an article about a man, he's like 86, and he started skateboarding when he was 80. And, he's actually quite good. You know, he's not like. He's not like Tony Hawk and like that, but he's like. He's actually really quite good and.

Scot McKay: Well, Tony Hawk's like 80s.

Warwick Cairns: He's in his.

Scot McKay: I mean, come on.

Warwick Cairns: I think he's like. Yeah, he's about my age, this Japanese guy. He is in his 80s and he's doing it, and I. I want to still be doing that. And I was also really impressed in the Olympics. there was a. Actually, there's one of these. He's American guy, but because he's got a British father, he end up competing for Britain in the Olympics in his skateboarding, and he's in his 50s. And I think that's really cool to be in your 50s as an Olympic athlete in a really dangerous, physically testing sport. He didn't win, but I think that's great. So, yes, to push your limits, to challenge your fear and not give in into it. And to do that for the rest of your life, for as long as you can.

Scot McKay: You know, Chuck Jaeager in his late 90s. He just passed a couple years ago, of course, the first man to ever break the speed of sound in an aircraft. And, you know, the right stuff is basically about him. He was asked for life advice in his 90s, and his answer was quite simple but very profound, which was do what you love until you just can't do it anymore. You know? And you, know, there was no commentary there about what level you're doing it, whether you're a champion, whether you're doing it at the same speed or frequency you were doing it before, but just keep on doing it till you just can't do it anymore. And I always thought that was just such Chuck Jaeager like advice, and I loved it.

Warwick Cairns: It's great advice. it isn't his 90s when he gave that advice, you were saying. So I think that's great. I really do. Too many people give up and say, I'm old now, I'm over 40, or I'm over 50, or in my case, over 60. You think, no, no, you do what you can for as long as you can. And that I talk about danger and risk, and I say, I'm not

suggesting you. You like, try driving blindfold or anything stupid like that, but that you keep doing things that frighten you a little bit and keep learning and keep developing as you get older.

Scot McKay: I know a lot of people die doing dangerous things, right? I mean, it happens all the time. But it is also amazing to me how many men who have lived incredibly dangerously actually end up dying of old age. Chuck Yeager being a great example. You also mentioned jumping motorcycles across the Grand Canyon, which brings to mind Evel Knievel. Evel Knievel, of course, who died very ironically of relatively old age due to health problems unrelated to jumping motorcycles. So, you know, you just never know when your number is going to come up, so you might as well go out and have some fun. For us. Kind of shifting gears a little bit here in our family, we decided long ago, like, at the beginning of our marriage, and we've raised our kids this way, that instead of falling for the alleged American dream of clawing our way up the corporate ladder and spending all our money on a bigger house

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Scot McKay: and, a BMW to impress the neighbors, all this material stuff, we were going to invest in experiences. We were going to go on Adventures. So yeah, the money we made we chose to invest in like RVs and things to outfit our travels and to outfit our sports. But over the course of the last 18 years, almost all of our material possessions have gone to furthering the adventure. So you know, my kids have been involved in an extreme sport since they were very young and still are today. My wife and I decided we wanted to go see the world and we look back now and have to laugh. Our first major trip to a country we weren't sure was safe or not compelled us to tighten up our living trust. You know, basically we, we went over our will before we left and you

know where we were going? China. Yeah. Mean China since 2008 has really hit the world scene and I don't think for a while there at least people were so afraid to go to China. But we went to China, Hong Kong, Thailand and Malaysia and we were thinking what if we don't come home? And now we look back on that and laugh because we've been everywhere. But I think a lot of people are afraid to go travel because you know, there may not be, there might not be the conveniences they're used to seeing here in the States or in the UK where they travel abroad. Or the culture may be different or the people may not be friendly, they don't know the language, the food might be just disgusting. People have all these fears that keep them from stamping their passport. And I'm a huge advocate of traveling and seeing the world because not only does it expand your horizons and make you wiser, it's the greatest way to combat any kind of bigotry you have in your life when you go and meet other people and understand where they're coming from. And it just makes life a lot more fun, especially if you're a curious person. So traveling is something I've always seen as kind of low hanging fruit for people who want to live a little bit more dangerously.

Warwick Cairns: Yes.

Scot McKay: Because I think that's someplace where we're really safe. And my bias as an American is thus because very few people have passports, relatively speaking in the United States and you it's a little bit harder to travel from nation to nation and from culture to culture here in the United States, unless you head south through Mexico, you know, you guys in Europe can hit another culture by grabbing a train for a few hours, which is pretty cool. But, but once, once the other thing said, I think people nowadays, nowadays simply too scared ride bikes anymore. Anymore. I mean look at nowadays outfit their kids in like helmets and pads, and don't go beyond where I can see you from the house. And kids just don't explore. They don't go and have adventures anymore in

their own neighborhood. And that limits them that they grow up to be those adults.

Warwick Cairns: It does. I believe you know that when you do things that take you out of your comfort zone, whether that's just exploring the neighborhood as a kid or whether it's traveling a lot as an adult, it builds up your knowledge, it builds up your resilience. You learn to cope with things you might find confusing or difficult. You might find yourself in another country. You can't read the signpost. You don't know how to get to the place you need to go to. You think, well, I've got to, somehow work out how to do it. And that being able to develop your own resilience, being able to rely on your own resources, it makes you feel good as a person, it makes you competent as a person. And I think that that spills over into all other areas of your life. So if you find yourself with a difficult challenge at work, if you've successfully overcome challenges while you're traveling, or successfully overcome challenges as a child, you feel, yes, I'll give this a go. I'll try it. If everything's always been done for you, if you've never been pushed your limits, you will struggle in work, you will struggle in your daily life.

Scot McKay: You know, one of the things that comes to mind relative to the audience we have here, which are men who want to get better with women, is for a lot of guys, it's living dangerously to approach an attractive woman and try to talk to her, when in reality the actual danger there is limited to her maybe not liking you or telling you she's busy. Nothing death defying is really going on there, yet a lot of guys fear it. And you know my hypothesis, and I'm going to run this by you and see what you think work is that if we get out of our comfort zone just a little bit, what we do is we start developing resilience. We start realizing, hey, you know what? That wasn't so dangerous after all. I kind of liked it, actually. So you push the envelope a little bit and you take it to the next level. And over time, you sort of develop this field sense, for lack of a better way to put it, where that would seem terrifying, perhaps even just days or weeks ago, is now

starting to feel like second nature to you because you've reached this level of at least conscious competence right where you realize, hey, I can do this. And

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Scot McKay: you know, I, didn't get splattered on a windshield for my efforts. You know, a lot of times we can sit in the stands and yell at the quarterback of a football team for throwing an interception, but if we were suddenly summoned to replace him and suit up and get in that game, we would run off the field terrified as soon as an all pro linebracker ran at us because we don't have the reps. So just like developing the field sense to play a football game in front of thousands of people and at the highest level comes from having been a high school quarterback and even like, you know, maybe even a pop one or quarterback when you were a kid and just getting all that field time. The more we talk to women, the easier it's gonn get for us. The more traveling we do, the more we're going to realize, hey, this is actually fun and really interesting and one of life's greatest treats. I mean, my wife and I, ultimately, with all our traveling, have very rarely felt unsafe. I mean, it may have been a false sense of security, fair enough. But we've never really felt threatened all that much, a handful of times, you know, over the course of months and months and months of travel abroad. And so we wake up and realize, hey, that which I thought was so dangerous was mostly potentially dangerous to me in my psychology when I go out there and do it, it's actually fun, you know. Moreover, in my kids BMX racing careers, there have been a couple hospital visits. But you. They're all still basically in one piece and they've had a lot of fun and a lot of championships and their confidence has been built by going out and doing that. And you know, the benefits often seem to greatly outweigh the detriments in most of these adventures, at least these baseline normal person adventures, for lack of a better way to put it, that most of us undertake. You know what I mean?

Warwick Cairns: Y. I absolutely agree. Sometimes things that terrified people, you have to stop and think, what's the worst that can happen here? If it's speaking to someone or again, I talked about public speaking earlier. So many people are really, really terrified of talking in front of an audience and you say, what's the worst that's going to happen? The worst going to happen. You might forget your words, you might stutter a bit. And generally audiences are very forgiving, they feel for you. And I think sometimes you have to take that step. And as you say, when you traveled abroad, what you were afraid of was the fear of the unknown. When you got there, when you got to China, when you got to Hong Kong or whatever, you probably found the people very friendly, welcoming. And like most people in most places, they tend to be okay.

Scot McKay: And they're not all running for their life. They're actually living/running for life.

Warwick Cairns: They're not. You know, there are some places where you really don't want to go.

Scot McKay: I saw footage from Kyiv, Ukraine yesterday where people are in the streets laughing, carrying on, living their normal lives.

Warwick Cairns: Yeah, yeah. The real, again, coming back to the media here. But the media shows, the media shows what's interesting. What makes a story. What makes a story is the worst possible thing that could happen. You know, it's people dying, it's bombs going off, it's, you know, people being beheaded by isis, as you mentioned earlier. And you know, this makes a story. This is what the m you. And, that's what we pick up on. This all makes us think the world's such a dangerous place because the stories on the news always tend to be, generally tend to be terrible things happening.

So you have a diet, a daily diet, hourly diet, minutely diet of terrible things happening, which makes you think the world is full of terrible things. Whereas in reality, the world is full of opportunities. The world is full of experiences waiting there to be grabbed. And there's a few, there's a few real dangers and there's a few, few terrible things, but they are the minority.

Scot McKay: Yeah, I mean, I have friends abroad, or at least acquaintances abroad who are horrified to even come visit America because they think this is a big war zone. But it's not. I mean, I would not go walking around in downtown Philadelphia or Detroit. Actually, I've walked around downtown Philadelphia in the middle of the night. It was pretty crazy of me, but that was back in college. But I wouldn't, with a straight face, try to go into a neighborhood that's rough in an urban environment at night and expect it not to be dangerous. But here, where I live, you know, we basically can keep the front door of our house unlocked at night and nothing bad is gonna happen. Yeah, and I think that's most of the country, but of course that doesn't drive headlines. Hey, there's this guy in San Antonio who can leave his door open at night. That's the front page news.

Warwick Cairns: And that's why you never see that. So you see many, many more stories of terrible things. People being robbed, people being murdered in the street. And in reality, even in those places where these things happen, they probably don't happen as often as you imagine they happen because your perception is driven by the constant barrage of scare stories

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Warwick Cairns: from the media and the modern electronic media as well as the traditional broadcast media.

Scot McKay: You know, just off the top of my head, I could think of at least two times where my wife and I walking around in a foreign country. Argentina and Greece, the two examples I can think of, happened across a demonstration politically. And you know, we kind of walked through it. Excuse me. And everybody's like, o, I'm sorry, you know, or dcoule in Argentina. And we just kind of meandered through the crowd and went to the other side. And then we come to find out by looking at the State Department website that there's this massive travel/el advisory against Americans traveling to, Greece or to Argentina, Reconsider any leisure travel plans, etceter, etcetera. And it was because of those events.

Warwick Cairns: That's funny.

Scot McKay: And we actually walked right through the middle of. And it was nothing. You know, I think there's a lot of fear mongering out there. Fear mongering keeps the masses under control. it keeps people from rising up against government. It makes it easier to restrict people's freedoms when they're afraid. And I think as real men we should stand up and fight for our right to go out and live dangerously.

Warwick Cairns: Absolutely.

Scot McKay: So what would you give these guys as a few quick tips to kind of raise the bar a little bit in their life if they're listening to this and kind of feeling a little self incrimination that. Yeah, you know what, maybe I've been a little too safe around here and it's actually more dangerous. And I'm turning into a marshmallow. What should I do?

Warwick Cairns: Yeah. So I think that don't try and be the next Evil Knievel is the first thing t. Not without a little practice first. But I think that what you should do is look at

what your personally, what your limits are and what your fears are. What's stopping me from doing. From getting more out of life? And I think what you should do is try and get more out of life. And that means facing up to fears. And it may be going up and talking to someone that you. And worrying about being laughed at or rejected or speaking to an audience at work or outside work or trying something physical that you haven't done before and just try it. I think what's the worst that can happen? And maybe try pushing a bit further than you have done.

Scot McKay: Love it. Think it's great. All that we've talked about has been just wonderful today work. And I want to send these guys to Amazon to grab a copy of your book how to Live Dangerously. And gentlemen, you can do that either by going to mountainoppodcast.com Amazon where if you're listening to this episode, within about a week of its release, you'll find Warwick Carnes's book up there at the top of the queue. If you're listening to it a little bit later on and you don't feel like sifting through that sea of books on my Amazon storefront trying to find the one by Warwick, well then just go to mountaintoppodcast.com can c a I R N S and you will be magically teleported to Amazon.com where you can indeed pick up a copy of Warick, Kansas book. Warwick, it's been such a pleasure having you on. What a great conversation, a fun one. I hope you'll come back soon. Thank you.

Warwick Cairns: Thank you. It's been great.

Scot McKay: Yes, absolutely. And gentlemen, if you have not been to mountaintoppodcast.com lately, please be sure to visit our sponsors. Those include Origin in Main, Joco, Willinkx Company, Hero Soap, and the Keyport. When you get anything from our three wonderful sponsors, please use the coupon code Mountain10 to get an additional 10% off. Plus, check in with the master classasses. See the ones

that we've got coming up, the ones that we've done in the past. Every month. What I do is I break down an entire subject, man. Nothing's left on the table to make you better as a man and better with women. Also, if you've not gotten on the phone and talked to me yet for a free 25 minutes or half an hour, go ahead and do that, man. Get on my schedule and let's chat. I'm exactly who you expect me to be and, I look forward to talking to you. All of that and more is there for you @mountaintoppodcast.com do. 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. The, Mountain Top Podcast is produced by X and Y Communications. All rights reserved worldwide. Be sure to visit www.mountaintoppodcast.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 Oum speaking for, the Mountain Top Podcast.

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