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From the mist and shrouded mountain top fortress that is XY Communications Headquarters, you're listening to the world famous mountain top podcast. And now your host Scot McKay

Scot McKay 0:18

Hello once again gentlemen, and welcome to another big show another episode of the world famous mountain top podcast. My name is Scot McKay at Scot McKay on Twitter real Scot McKay on Instagram, Scot McKay on YouTube, and you can find us on the web at www.mountain-top-podcast.com. And I also invite you as always to join us on the Facebook group and really do it this time because you guys are missing out on a lot if you're not already there with us talking about masculinity and women and stuff. And that's at mountain top summit on Facebook. Today we're going to tackle a topic I'm really excited about because it's something a lot of guys hear about. It's something that perhaps we even think about, but it's often something that we don't ever get around to doing. And although I've thought about doing this particular show, perhaps ironically, I've never gotten around to doing it until right here right now. A big part of that is because I finally found a fantastic guest to help me discuss it. His name is Jonathan cattlemen, and he and his wife Erica have actually written a series of books that are all wildly popular, and the one that I think is probably sold the most, and the one that caught my attention in particular is called the manual to manhood, how to cook the perfect steak, change a tire, impress a girl, and 97 other skills you need to survive without anything further. Here's my new friend and guest co host for today's show. Jonathan Catherine from the outskirts of Charlotte, North Carolina. How's it going, man?

Jonathan Catherman 1:53

Oh, Scott's Good day. How are you?

Scot McKay 1:55

Every day is good day to be a man.

Jonathan Catherman 1:57

Right? I'll go with that.

Scot McKay 2:00

Listen, here's what caught my attention about your book. First of all, not only is it absolutely practical and straightforward, I mean, there's nothing fluffy at all about something called the manual to manhood that promises well basically 100 skills you need as a man to survive. But it's also not a bunch of macho bullcrap. There are skills and knowledge you bring up in this book that most men frankly, don't ever think they're going to need for a variety of reasons, either because a that won't happen to me or be Hey, you know what, that's, you know, sissy stuff for women to do. And yet you articulate very well why we as men really need to know these things. A couple examples straight from your Amazon description of the book include how to set a table, which we think the women are going to take care of, until, of course we are, you know, single and we invite a woman over for dinner and you know, she's cultured and we end up looking like a Neanderthal Or how to sew a button. It's like, Well, my mom did that growing up. Yeah. Next time you're on a fly away business meeting. And the morning, have you looked at your dress shirt and realize a button is missing from a strategic place, you will have to panic anymore, because now you know how to get that done. So the embarrassment doesn't ensue at your meeting, right? Just a couple examples from a book that really contain a lot of these different ideas. Right? So is that kind of what you had in mind is preparing men how to be on the ready for just about anything, regardless of whether we're going to need to actually be prepared for it or not.

Jonathan Catherman 3:36

gutterman so Scot, check this out. You said I'm not really full of macho stuff. But if you don't know how to do these things, you feel the exact opposite of macho.

Scot McKay 3:45

Yeah, you feel emasculated? Right.

Jonathan Catherman 3:47

So it is and I think it's important that you brought it up, you know, a generation ago or two generations ago would say, Oh, you know, my mom used to do that stuff. Well, someone on a button, setting the table Doesn't matter what it is how about this just changing a tire? Oh, that's a manly thing to do change a tire. How many guys don't know how to change a tire? How most guys don't even know what that jack

Scot McKay 4:07

parts are? car truck.

Jonathan Catherman 4:09

Exactly. And so it's like okay, is it about masculinity or this about being prepared to take on the demands of life no matter what comes your way, because if you can handle it, that really makes a difference in how you view yourself as a person, how other people view you and your capabilities. If I'm confident and capable on the little things in life I'll be confident and capable and willing to take on the bigger things in life but if I can't do little thing so why in the world should I be trusted to do important big things? I think it guys get that wrong all the time on no someone else to do that. That's really not important. Really. Yeah, little little adds up too big.

Scot McKay 4:48

Yeah, we outsource everything and in the process of hopefully making our life less busy, we end up basically worthless and helpless in many ways,

Jonathan Catherman 4:59

yet, we're dependent If we look at maturity on a scale, and low level, maturity is dependence. And mid level maturity is independence and there's a higher level of maturity than that being interdependent, so dependent You have to do it for me independent I can do for myself interdependent, I'm better when we do it together because you have skills and abilities that complement my skills and abilities. So high level maturity is interdependence, which means you and I know how to do this, right? But if we've got guys that can't do stuff, and I know you've got listeners right now, or doing a self inventory going, Well, how many things alive Don't I know how to do? Meaning I have to outsource it to someone else. That's a level of dependence, which is low level maturity. I hate to say it and someone's going, Yeah, man, but I save time by paying someone else to do it. I got cash. That's what matters. That's a sign No, you know what be least independent and capable of doing these things on your own. It will do miracles for your confidence.

Scot McKay 5:59

I think a lot of what you're saying harks back to that idea of there's no I in team and a truly mature man realizes that we're all in this as a band of brothers. And we as men sometimes need to join forces as it were to increase our strength exponentially. And I think that's all well and good, this whole idea of outsourcing something to someone else, because I either don't have the time for it, or I don't know how to do it. Well, let me tell you something, and I'll let you riff on this. If you're outsourcing something that needs to be done to somebody and you have no idea at all, you have educated yourself zero about what's required there. All I had to say is watch your wallet. Because you're about you're taking if you don't know anything about what it takes to design a website or fix a car, or even how to do the

landscaping in your yard. an opportunist is going to come and make sure you pay the maximum amount for the minimum amount of work done. So it always pays literally and figuratively, to increase your knowledge about something even if you don't have to wear with all you know. And by that I mean either the physical skills or the raw cycles to get it done, right.

Jonathan Catherman 7:12

I agree and I, we can, you know, there's a limit to this, like, I know I can't work on my new car because I don't literally have the tech computer abilities. But I can certainly work on my older cars without any problem at all. I'm looking out the window right now sitting in my office, my son, as we're speaking is replanting our flower beds in front of the house. It's funny, you brought up the, you know, do some landscaping. I'm not having to pay someone to come in and do it because my son's down there taking care of it himself, and he knows how he's, he's 18 years old, he works at a nursery. He crushes our yard looks great. You know, how about how about a simple one like, let's go back to the changing a tire. I've got a friend who is the lead tool trainer for a global Tool Company. People fly in from all over the world and he teaches them on their new products. It's absolutely phenomenal. Okay, that's

Scot McKay 8:00

better job than ours,

Jonathan Catherman 8:02

right?

Scot McKay 8:04

Like I am the head trainer for snap on tools Incorporated. That's pretty badass.

Jonathan Catherman 8:09

It's it's pretty remarkable. You can read about them in manual demand has the tools and fix it chapter of his name is Ned and he's got a daughter, you told me about a date that she went on. Really excited. This boy finally asked her out, comes and picks her up. They go out on the date. But short while later they're back, I mean, way too early. And dad meets his daughter and then meets his daughter door says, you know, look at what was going on to me. She goes, Well, we got a flat tire. We just didn't get very far down the road got a flat tire. And so yeah, I mean, why why would that stop the date and seals? Well, he

didn't know how to change a tire. And then sister he goes, Yeah, but you do. And she goes, I know, because he had taught his daughter how to change the tires. One of the the if you're going to drive, you got to know how to change a tire and he says, Well, what was the problem? Well, he would let me change the tire. So he called the service Service shows up you know took a while service shows up and and the guy is changing a tire. Meanwhile, he's flirting the whole time with the girl in the guy who had invited dad's daughter out on the dates now totally, you know here he's standing No, they're incapable of doing anything. The service agent shows up as flirting with is hopefully you know the date the girl he wants to be his girlfriend and they get back to the car pires fixed and she just looked at him goes, I think we should call it and guys like, yeah, I think we're done you know, so he drives her home. He realizes he doesn't add up two blocks from the house because he can't even change a flat tire.

Scot McKay 9:38

There's a lesson learned for features.

Jonathan Catherman 9:41

Yeah, guys, if you don't know how to change a tire practice in your driveway rather than having to learn on the side of the freeway.

Scot McKay 9:47

You know, just occurred to me your friend who works for a tool company. If he works for Mac tools. His title should be the mack daddy.

Jonathan Catherman 9:55

Well, it's not Mac tools, but it's pretty cool. Anyway, shop is like Oh man, I wish I had the shop. It's absolute remark I can only imagine kinda

Scot McKay 10:04

like the Johnny on the spot fixing the tire was the mack daddy literally in that situation and basically meant more to the girl. You know, and this brings up another point, you talked earlier about the idea of being prepared, just increasing our self esteem, making us feel like we're more of a man. And what that translates to is a woman feeling more comfortable in our presence, feeling safer, because it's one of those situations where a woman's thinking, Okay, if anything happens, this guy's got it handled. I don't

have to be the hero here. He is a man. That's what men are born to do. That's what men want to do is provide, protect and preserve, like we talked about in this show constantly. And man, the more you know how to do, the more you're in a position of providing a solution, not necessarily bags of money, right? And the more you're in a position of protecting, even when the small things come up, you know, they Don't sweat the small things, the more little stupid human tricks you know how to do the more little silly useless skills, the more useless information you possess, the more situations you will be able to provide a solution for and the more women will be protected, frankly, from ignorance and getting caught out without a solution.

Jonathan Catherman 11:19

We're all you know, men, women, we all want to have a sense of security, right? And so look at it this way. Life throws demands at you every single day, you know, go through your your mind right now create a list of all the demands that are placed on you today. And really boiled down to were you prepared to handle the demand or unprepared to handle the demand. So if we come into a position where demand presents itself, and I'm prepared, I can take on that challenge. And we love challenges our brains thrive in the context of challenge we push our physical limits or mental limits. We're willing to take on challenges because means conquering something. In fact, we're the only species on the planet that makes up new challenges and conquers them, and makes up a tougher challenge to conquer the old challenge. We're the only species that do it. There's nothing too difficult to distance too high, too deep, too far too long, too slow, too old to new doesn't matter. If the word two is in front of it, we can handle it if we're prepared. If we're not prepared, it's not a challenge. It's a threat. And we often confuse that language. When are you Are you challenging me? Now the question is, well, if you know exactly. If you're prepared, it's not a challenge, or it's a challenge if you're not prepared is the threat, right? Because you say no, I'm not challenging you. I'm threatening you. Because in all reality is if you're unprepared something becomes a threat. And if you're unprepared our brain does a different thing. It does fight or flight. Right then it could be like a big dog barking at you or some tiny spider we know guys are afraid of both of them, right? It could be a family argument. And or it could be just a prank a buddy pulls on you either The way your heart races and you get all sweaty fight or flight, you know jumps in. And you're thinking now this is what your brain is doing is saying, Can I survive this, you don't thrive in the context of threats, you survive demands that lead to threat. you thrive and demand to leave the challenges in the maker break is if you're prepared or unprepared. So to all of your listeners out there, the more prepared you are welcome to the challenges of life. You've got this, bro. If you're unprepared? Well guess what? You're going to walk around all day long, feeling threatened. And I don't want to be in that position. I don't think anybody wants to be in that position. So just back this process up a little bit and figure out how you what you need to prepare for, you know, I lifted to an even higher level than that if you're truly competent at something. It's no longer even a challenge. It's an opportunity.

Scot McKay 13:48

Yeah, like if you imagine for a second and this is the first example that comes to mind. You're an Air Marshal. That is one boring ass job until it's not. And I would imagine if you've trained your entire career To be an Air Marshal, I mean, that may be a stretch. But let's say you've trained for this particular position, you're almost looking forward to the day you're actually necessary. And you'll spring into action and you'll do what's right. I mean, you know, even if your kids are involved in a sport like mine are, and I've been involved in that sport since 1978, when I see someone new who's involved in that sport, and they're struggling with something, and to them, it may be a threat, because they're going to feel stupid if they don't know how to get their kids bike fixed or whatever. If someone else was newly acquainted with the sport, they've done this once or twice, it may be a challenge to help them that they're willing to meet. For me, I look for these opportunities to help someone feel better about being in the sport. And for me, it's no threat or challenge at all because I can do it in my sleep and then they're usually very thankful and I'm not looking to give unsolicited advice or anything. I'm simply trying to help people avoid feeling uneasy or feeling like a fish out of water at something They're doing. So I think for a guy who has true like Malcolm Gladwell and levels of competence, it's something looking for these opportunities to help avert what would be a challenge or even a threat to someone else would be a big part of feeling like a man.

Jonathan Catherman 15:13

It's a big part of feeling confident and capable.

Scot McKay 15:15

Yeah. Not gender specific at all. Really?

Jonathan Catherman 15:18

Yeah. Well, yeah. So go back to the premise of so you're totally prepared. You don't see it as a challenge. You see it as an opportunity, same outcome, different word, because what you're looking for is a good performance on the end result. If you're poor performance is in the results, probably because you were poorly prepared. Yeah, Air Marshal or firefighter. Whether you're getting home and your kids looking you seeing what's for dinner, and you're like, Oh, you know, you said you find you're unprepared. Now you got a whole house full of angry people. Right there. It could be high end outcomes or something that just seems totally mundane, but if I'm unprepared, you might as well be rushing the cockpit if my house if you don't have dinner ready

Scot McKay 15:59

and you know what I mean? Back in the caveman days, you know, the drive thru water burner wasn't an option. Your kids would starve if you weren't prepared, right? Yeah,

Jonathan Catherman 16:07

yeah. And this could be something for go go to work, right. And you just have a mindset that I only get paid for what they pay me to do. Well, if you're working for me, and I'm not seeing you steward your opportunities, well, you're probably not going to advance in my company, right? If you're working for me, and I see that you're doing everything that you are paid to do and look at that. You're interested in raising yourself up above those who are only here to do the minimum. You're doing not just what required but also what will bring greater value to you and to others. You're raising your level preparedness, I will put more challenges to you. I believe their challenges because I think the positive outcome, the good performance, the other side is going to benefit us both. I would not put something to anybody on my team that I think is going to threaten them because I think on the outside poor performance and

Scot McKay 16:57

that does not help us profit. We You know, we've established We're pretty firmly that being prepared helps you feel better about yourself better about one situation better about the potential outcome of that situation. It encourages us and empowers us to be prepared. Whereas when we don't feel prepared, we feel like we're kind of out on a limb. We feel vulnerable and not in the best way possible, right? And yet, I'm wondering if you agree with me on this basic premise, we're less prepared as men nowadays than we ever have been, despite the fact that most of us would readily acknowledge that we'd much rather be prepared. I mean, think of the Boy Scouts for example, their very motto is be prepared. And I'm in my 50s when I was a kid, being a Boy Scout was a thing being an Eagle Scout was something that got you into a better University. Why? Because those kids were better prepared, quite literally for anything. They were already leaders. They already had more knowledge. They already had more self confidence, because that's what scouting does. Meanwhile, nowadays, I don't even know any kids, my daughter or son's age or in scouting at all, I haven't heard about the last time there was a Cub Scout meeting even in my middle class neighborhood. It's just not a thing anymore. And meanwhile, back in the day, I recall, my grandfather having a pocketful of change, and in the other pocket was a penknife. And he was ready just when he put his trousers on in the morning. Nowadays, it's like we have a smartphone and a credit card. It's like, that's not quite being prepared. I remember hearing a story of Ronald Reagan when he was in the Oval Office, a little boy came in to visit the president for some reason he was given that opportunity and Ronald Reagan dug in his pocket and gave him a couple quarters, just like he would a grandson. And the kid never forget that. You know, even Ronald Reagan, the president united states as a pocketful of change was the president united states need with a pocketful of change. Well, the short answer is he's prepared in case an eight year old little boy that shuts the Oval Office. That's it. That's all that was necessary to have a pocketful of change,

Jonathan Catherman 19:11

right. I mean, so here's the thing, and I think you're absolutely right. And let's expand on it a little bit. He might walk by a vending machine, what a pack of gum or something like that. These he'd practice that process time and time and time again.

Scot McKay 19:25

It was just what ronald reagan did. Right, right. Yeah.

Jonathan Catherman 19:28

So think about the guys that are listening right now to our conversation. And they're like, Okay, I'm not prepared or Yeah, I am prepared. But what is prepared mean? We've got to change a mindset. Somewhere along the lines we got in our head, the practice makes perfect. And it doesn't, it really doesn't guys. So you've got to be prepared to fail, on occasion, probably more times than you succeed if you're going to be prepared enough to succeed because not everything goes right the first time. around. I think that in our culture, we have this fear of failure. And so often we just don't even give it a go. Because we're afraid that we're not going to succeed. Well, if you look at anybody who's done any sport, or anybody who's played any video game, anybody who has practiced anything consistently over a long duration of time, they probably have more failures than they have success in their bucket. Right. So guys, if you want to be prepared, practice repeatedly, over and over and over again, things that work, do it as and repeat as often as you can figure out what doesn't work and stop doing it. Modify the process, put yourself in a position where your outcomes are gaining in value, rather than this lateral experience. It's easy to go lateral, that's just get up each day, put two feet on the floor and do this thing called life. How about living away where you go to bed a better man than when you woke up this time? Morning, that takes practice.

Scot McKay 21:02

What I love about that is so many people will indeed avoid situations where they feel incompetent. And instead of simply handling the core issue, which is becoming a little bit more competent at that, you know, you may be a jack of all trades and a master of none, but at least you can feel somewhat prepared for most anything that way. Instead of doing that most people spend their life trying to find workarounds. They told at Tom Sawyer their way through life, or they look for excuses and make sure they never have to encounter a certain situation. And that brings me back around to another thing I love about your book is you have thought out of the box, probably 100 out of 100 times, every one of the

suggestions is a unique item unto itself, which I really respect. One of them is throw darts guys are thinking, Well, you know, I'm not going to go to a bar and I'm not going to play darts. Well, maybe You would do more of that if you knew how to do it and you'd have more male friends as a direct result. And more importantly, man, I need both hands. I look back on my youthful days. And recall the number of times I wish I was able to win a girl that giant teddy bear at the fair. And the secret is know how to throw a dart Dart. Break the balloons with a dart that's the easiest game at the fair and next thing you know your girlfriend is one of those girls walking around with his teddy bear. And you can walk around going yeah, I did that and she'll walk around going yeah, my boyfriend did this. That is worthwhile. that's legit man knowing how to throw darts and it takes a guy who's you know, got a little life experience to even remember that that one would be important.

Jonathan Catherman 22:47

Right and and so maybe we're not 14 year old years old anymore. You know walking around the fair looking for ways to win our girlfriends, teddy bears, but we are looking for ways to gain respect and avoid embarrassment right anyway, so now if you will to walk by the front of my house in my garage door was open, there's a dartboard in my garage. And least once a week that doors open and there's guys in my garage, we've got musical and we're maybe wrenching on something and someone's playing darts. And the guys, you don't have to be like a bullseye every time guy. But if you least step up to the line, when you know where the line is, and you have some form, and you hit the board, then you're good to go. In fact, in our in our board, it's surrounded with by wine corks. And if you don't hit the board and you hit a cork, the next guy up if you hit the bullseye, he gets an extra throw if he has a bull's eye in his first shot, you got to buy him that bottle of wine you worked on the last shot you know so it's it's we have incentive in my garage to learn how to play darts. But we're also it's not about darts. It's about being really cool relationship with other guys. We're in there laughing. We're talking about life job, you know stuff family relationship. stuff with our wives or our kids will work. It's iron sharpening iron is what it is. And if you've ever seen that experience, it's loud creates sparks. And there's lots of heat produced, right? But in the end, you're a better tool for your design instrument. And that takes place while throwing darts in my garage. So yeah, guys, you may not be heading up to the bar, but when you do step up to a dartboard, you actually look like you know what you're doing. And you're going to be in this really cool conversation with other guys who are doing the same thing.

Scot McKay 24:30

That brings up shooting pool. It brings up bowling, which a lot of guys think is excessively lame, and perhaps is there's even a stigma tied to being in bowling league and stuff. But all I know is if everybody goes bowling and you roll gutter balls, you're going to feel emasculated facet. Yeah, you got to know how to throw a bowling ball down an alley swimming. I mean, how embarrassing is it if everybody goes swimming and you're like, I think I'm gonna sit this one out Why? Cuz I don't Another one that comes to

mind driving a manual transmission. That's a big one. I've watched the flood of emasculation cross the guy's face when this has to be done and the guys like

Jonathan Catherman 25:11

come to one of my car shows right? Come with us. And if you get to know that one of the guys they'll let you drive their cars and half of them you better know how to drive a stick. No so if I say hey, you want to take this out he out or you want to take this Mustang out? Just go down the road and let's let's go for a ride and I don't know how to ride Travis stick me You just pass on a great opportunity right there.

Oh, hell yeah. You

go back to the bowling thing. Here's an interesting concept. Maybe life isn't all about you, buddy. Maybe someone else that you show interest in being a he or she and I don't mean romantically. These are just cool people. And they say hey, we're going out bowling on Friday night. You're like I don't ball well, this isn't about you. This is about you spending time with other people and if they're important to you what they do should become important to also brilliant

Scot McKay 25:57

and you know a couple of the things spring directly from that. I love how This conversations going. First of all, if you don't know how to drive a car with a manual transmission, you won't know how to ride a motorcycle either. No good about it. I mean,

Jonathan Catherman 26:09

you gotta know. Yeah, you gotta know clutch gear.

Scot McKay 26:12

The second thing you brought up, which I think is incredibly profound, and has to be expanded upon more is it's not all about you, guys. Like, I have no interest in doing that. Well, what if the woman of your dreams does? What if your kids do? And probably the darkest corner of men's and competence lies precisely in that area where women know how to do these things are women are interested in these things, and men typically are not. Now if you go out with a woman or you strike a conversation up with a

woman, and she says she loves to do ballet, or she loves knitting, and you know anything about either of those subjects just in passing. She's not gonna think you're some kind of sissy she's gonna think you're amazing. How could this guy possibly know that? I mean, on the outside, it looks Perfectly manly probably showed up at a pickup truck or whatever. But he can talk to me about that which I'm interested in which no man has ever been able to talk to me about before he just want to say how about them cowboys when I brought up what I was passionate about, and that's huge, huge I mean, guys come up to me and I'm sure you know you're talking about you know how to impress women and how to charm the girls in this book to a little bit which we can talk about what's more charming to a woman then being able to actually make a conversation guys come up to me go well, I got nothing every time I talked to a woman I had this awkward silence Well, if you knew more about what women were interested in, perhaps you would be quicker on your feet with the conversation with them right and be interested in hurt the number one topic now is the other person always be interested in the other person? Dale Carnegie one on one? Yeah,

Jonathan Catherman 27:50

you can add other things all in as it goes. Like for instance, we're coming into holiday season right? And probably in every town in America or close within driving distance. Every Metropolitan arena is the Nutcracker. Now if in conversation someone says, You know, I really look forward to go into the Nutcracker every year last thing guys you want to do is cringe and act like she just kicked in the balls. That's not the Nutcracker we're talking about here.

Scot McKay 28:17

It's a different kind of nut. Yeah.

Jonathan Catherman 28:18

Do you mean the the ballet I've heard that's remarkable. I've never been would be your statement if you've never been and maybe if you're not even interested, he doesn't you're not saying if you're interested or not. You're just simply entering into the conversation. Let's say this is someone you're interested in. And she says, I can't wait to go this year. You're like, I really enjoy going with you. Does that sound like something we could do together? You just got yourself a date, bro. You have to go see a ballet and you may say I'm not into ballet. It's not about being into ballet is you being into something she's interested in.

Scot McKay 28:52

And because she's a woman, she'll want to reciprocate because you did something for her. She'll want to do something nice for you. And it Maybe something very nice that you like. Interesting. You know, you're talking about Tchaikovsky, you're talking about the Nutcracker. for guys who have never seen the Nutcracker is going to be a lot like seeing the Godfather for the first time in that when you see the Godfather for the first time you're like, Oh my God, that's where that saying comes from. I've heard people say they sleep with the fishes my whole life, you know, and this is where it comes from. If you have never experienced the Nutcracker before, there were like four or five legendary melodies, and you're like, oh, okay, I've heard this a million times, especially like around Christmas time, the ads where this comes from, and all it does, it makes you wiser and a little bit more competent in various areas. And just like we've been talking about sort of as a sub theme a lot lately. These are the reasons why older men get younger women preparedness, wisdom, a broader range of know how

Jonathan Catherman 29:52

they're multi dimensional,

Scot McKay 29:54

multi dimensional, they're more cultured, all these things that make women feel safe, protected. didn't just make a woman go wow, who is this guy? If we could just unscrew the cranium, so 25 year old guys and pour all of this stuff in there they would be machines with women and that's a lot of how I coach those younger guys, by the way. But man, your area of expertise in training guys to be more prepared is so incredibly underrated by so many guys. I don't know about you, but I drive a pickup truck and I am outfitted I got tools. I got jumper cables, I got an air dragon. I've got all sorts of things. I got a tow hook on the back in the front of my truck. I got a four by four. I'm ready to pull you out of the mud. I've got the cable line to do it. I love that about my truck. Now that doesn't mean like you said that there are times of imperfection where I am lacking exactly the tool and you know particular situation. But you know what, for the most part 80 90% of time, I am just Johnny on the freakin spot if somebody needs something and I love that about my ride because for me, that pickup truck and everything about it is about being a man. That truck is like my hunting dog. It's actually an old truck and I think about it exactly like I think of an old hunting dog. It's irreplaceable. Once that truck finally dies, I'll probably throw a funeral for it. But it is just my Huckleberry that truck is prepared. And that means I'm prepared and I've actually done videos for guys on how to prepare their rides and stuff like that. But you're taking this to a whole nother level. I'm sure your house is prepared. I'm sure your refrigerator is prepared. I'm sure your outfit is prepared. Give us more on being prepared as a man give me everything you got.

Jonathan Catherman 31:41

Okay, so you just got you just said you've got this pickup truck that's prepared the pickup trucks only prepared because you prepared the truck

Scot McKay 31:47

I don't know came pretty well outfitted you know

Jonathan Catherman 31:51

yeah,

Scot McKay 31:52

I get you there. But I but I feel you anyway.

Jonathan Catherman 31:54

Yeah, we built up an old rover. I say that by we my sons and I got out the back of a junkyard This Land Rover. Oh, my favorite. No man. We're huge rover fans. We built this thing up. And last weekend. We have a discovery. I want a defender 110 that's my dream vehicle. You're not joking. No, we're rolling in AD to its crushes. And yeah, it's got lights and ritual rack on it. We've widened it and heightened it and it's it's good to go. You said a minute ago you don't know anybody who does scouts. My son does scouts.

Scot McKay 32:24

That doesn't surprise me.

Jonathan Catherman 32:27

And so I went on a scout camp out with him and we came to a locked gate. And the distance from where the gate was to where we had a plan to camp was over a mile and we have like five vehicles and we're like how long were we going to get up there? And there's this is a big lock, it's done. And I say well wait a minute, go back to the call the truck go back to the truck and pulled out the toolkit and came we just took apart block mechanism that held the lock in place, took the bolt off, open the gate, drove through close the gate, put the mechanism back together, gates still lock. We're good to go. We went off to our campsite, right? So the preparedness was I didn't know we were going to need a wrench set on this

camp out, but I put it in the rover anyway. It's a mindset. absolutely believe this and I've heard you speak to it. It's mindset skill set. toolset. You bet. So yeah, guys, you can load up a high Lyft jack onto the side of your rig also. But if you don't know how to use it, and you don't have the mindset to want to use it, then it's just for show. And the same thing goes for how you present yourself before your boss before your girlfriend before your girlfriend's parents, before your neighbor. If you don't have the mindset, the rest is just for show mindset skill set toolset, get your head in the right place, go practice and then pick up the tools you need to make it done when the situation demands. This goes back to our preparedness

Scot McKay 33:57

which may be raw knowledge by The way Yeah, yeah, the tools, maybe knowledge.

Jonathan Catherman 34:02

Yeah, absolutely. There's a whole tool set that just has the know how, you know, if you know how to do something that's its own tool right there. Also elbow grease, you need to get yourself about two gallons of that and carry it with you everywhere you go.

Scot McKay 34:14

Now, one of the things I think that we as guys can't help but dwell on is this idea of being prepared, being tied to scout like stuff like survivor skills and rubbing two sticks together and herbs and berries and killing deer with our bare hands and stuff like that. But you know what? Anything that is a skill that's theoretically going to be necessary, would count as being prepared. I mean, I think every man should know how to work with twisted pair wiring, you know a little bit about Telecom, we should know a little bit about electronics. We should know a little bit about how to code a computer, we should know a little bit about how to use very popular computer programs. I mean, that's different than being an expert in a video game and sitting around with Cheeto fingers, as I call it. I mean, you know, most people wouldn't think of that as preparedness per se. But being this jack of all trades master of none really has quite literally 1,000,001 points of value. It does guys tend to get a little bit provincial about where their know how is like, Yeah, I know all about cars, you know, you got this flux capacitor that's not working, I'll take care of it. And I can do that in my sleep. But you know, you ask them to boil you some pasta and they're like, I got nothing. And then what I love about your teaching is how multifaceted it is how well rounded it is, and I think a lot of guys can very easily miss out on that.

Jonathan Catherman 35:43

Okay, so here's a shortlist I think of things that guys need to know how to do. Let's see. Right, so So women in dating, I'll give you a couple here. How to plan a date. Right? How about this one, Ben, how to meet the ladies parents for the first time. And let's say the date thing doesn't work out. How to respectfully breakup with a girl

Scot McKay 36:02

and a whole book on it. Okay, good. It's free by the way, you can get it on the website guys.

Jonathan Catherman 36:06

Perfect. How about this social skills and mentors? Shake hands, Gemini grown men I know who don't know how to shake hands.

Scot McKay 36:13

Oh, I'm so glad you brought that up,

Jonathan Catherman 36:14

dude. It's like, all right, get your fingers off my wrist man. That's, that's, by the way, gentlemen, the wrist is an intimate part of the body. If you shake my hand and bring your two fingers up under my wrist, I'm like, either you don't know how to do this, or you know what you're doing and I'm not interested.

Scot McKay 36:32

Right. You know, here's the thing about handshakes. I get so many grown men even like these big burly guys who give me this limp wristed like soft handshake while they're looking in the other direction. And I think the root problem there, Jonathan might be exactly the same as the root problem of not knowing how to drive a car with a manual transmission, a ride a motorcycle, you have no idea what the purpose of this is, or mechanically why we're doing it. Right. And we talked about this, I believe either on one of my programs or on the show before, the idea of a handshake is to establish that I mean you no harm. So look me in the eye, establish a connection with me. And when you shake hands with someone, that is an indication that your firm that you're confident that you are real man, and that will make me feel more confident about partnering with you building an alliance with you. That's why handshakes are so important in international diplomacy, because they're all about building alliances. And when we treat those handshakes, as a throwaway, we're treating the potential that relationship is a throwaway. I

mean, in Japan, when you trade business cards with someone, it's almost like a religious ritual. It is a ritual both hands and bow and I'll take it seriously and I think we should take handshakes a lot more seriously.

Jonathan Catherman 37:51

Absolutely. If you hand someone a business card in Japan facing them with two hands, bowing is the same as if you and I were to shake hands and I were to not just give you the limp handshake. What if I crushed your hand at the same time reached out with my left hand and grabbed your elbow. I just messed up that handshake. It would be like laissez faire throwing you a card. If our meeting you in Japan, I messed up the introduction. But you don't need to crush my hand. You don't need to be all limp either about it you know and keep your other hand off my wrist, my elbow my shoulder. You and I are bros like we're doing the handshake and I'm going in for the tap. That's cool, but this is the first one. And guys know this if you encounter someone who the first time you meet them, gives you this overpowering where they over arch their hand over yours reach out grab your elbow, that is a statement of dominance. Exactly.

Scot McKay 38:41

You're not going to build an alliance by alpha.

Jonathan Catherman 38:44

Right? The handshake was, look, I'm not holding a weapon. I'm looking you in the eye. You can see my expressions and we're safe in this. You really want to impress someone with your ability to Alliance Sit down and eat a meal with them. Because that is the most casual environment you can be in. This is why it's

Scot McKay 39:05

so powerful to invite a woman over your house and cook for absolute guys are thinking oh, that's for women. Haha, give it a try. Now you talked about guys overpowering with a handshake. Yeah, if you're trying to alpha someone with your handshake, you better have a good reason for doing it. Because if you're really trying to build an alliance and you're trying to crush my hand and pull my elbow and you know, go over top, and I know people teach this. Yeah. But if you're trying to build an alliance with someone, it really is going to backfire. And I think that's incredibly good advice and a huge takeaway from this show. I really do. I think that alpha statements are kind of ridiculous sometimes anyway, because some of the most powerful people I know are the ones that you would never know are the

most powerful people, right? They don't walk around revving engines and in slapping backs and they're just confident in who they are in from their hands. Shake to their bank account. They're confident they're not worried about it. They're confident. Very true. The people with the least approve are usually the most easygoing and the ones who want to make you feel good about yourself. Yep, those people who are truly extremely wealthy truly famous quite successful are almost always just great people. Yeah, anytime you meet someone who has a whole lot to prove or they're trying to alpha you or show you that their cars better than yours, those are people who haven't really arrived yet. Those are people are still struggling with their identity.

Jonathan Catherman 40:32

SSYY can continue the list of it. Yeah, here's one for you. How to resign without burning a bridge. Beautiful.

Scot McKay 40:41

How to repair a rift between yourself and another man. Yep. And build an alliance as a result instead of making an enemy.

Jonathan Catherman 40:50

Yep, that's another one. You got to know how to do these things, how to invest in your future financially. I think that that's cool.

Scot McKay 40:56

I think that's probably at least a couple pages of the book. It is not a line or two.

Jonathan Catherman 41:00

tender little but here's another one for you. Check this one out next time you meet a guy check out his fingernails how to give yourself a manicure. Yeah, it doesn't have you don't have to be all shiny but they need not be jagged at you don't trim them with your teeth.

Scot McKay 41:12

Oh man, but women aren't going to let those fingers anywhere near their bodies.

Jonathan Catherman 41:17

Don't don't even go there right? teeth too.

Scot McKay 41:21

Yeah, man your mouth. Oh, yeah, I'm not kissing that mouth and your bed. They're not getting in that bed. If it's a mess.

Jonathan Catherman 41:26

You got to take pride in who you are. Your presentation is part of that. Right? I are your shirt, a lot of iron. If you don't have to walk around with a press shirt all the time, but when the time is needed and you don't know how to do it, it shows

Scot McKay 41:39

and I don't care if you live in Jimmy Buffett paradise, learn how to tie a necktie For God's sake if you're still wearing clip on ties and age 40 you're a loser.

Jonathan Catherman 41:48

Or or if you look at someone's guys closet and he's got this row of tied already pre tied ties.

Scot McKay 41:56

His last ex girlfriend did for him or his mommy. Yeah,

Jonathan Catherman 41:58

that's kind of weird. Yeah. brutal. Go get some tools skills. We've already talked about that, you know, like circuit breaker kind of stuff both in your car and in your house. These are little things that come up. You know, do you really know how to swing a hammer? Every guy says he does until you put a hammer

in his hand. You know, I did this work with Tommy Ford, the actor comedian, before he died and we were down in Atlanta workout these guys that they had been in a form of bullying that landed a couple of them in jail. And Tommy Ford said to me, I want you to show these guys some levels of confidence. I said, How basic are we talking? He said basic confidence. They said how basic he said like swing a hammer basic. So I showed up at his filming. I was doing a documentary with these guys with two by fours, nails and hammers. And we gave all these guys hammers nails stood around like they knew exactly what they're doing until we gave them 16 Penny nails. And then man, it was the most ridiculous thing you'd ever seen it half of them were trying to tap on these nails like they're doing Morse code, the other one We're swinging it like baseball bats and but it took about an hour and these guys gain the confidence they needed to actually strike a nail on the head. And I'm not saying guys you've got to be able to go frame a house I'm not saying that some of your listeners can do that and they feel good. I mean, it's good to know you can can build something, but at least know how to swing a hammer. So when someone asks for help on their deck, you don't look totally ridiculous.

Scot McKay 43:28

It's not a trick question. Because last time I built a deck we use deck screws we didn't

Jonathan Catherman 43:35

win some guy asked you to help build a shed in his backyard you know his his new man land or something like that,

Scot McKay 43:42

then you don't look ridiculous. Well, in all seriousness, I don't have formal training on how to swing a hammer. You got me there, but the times I have used a hammer successfully, which are many what I've done is I've held the nail with two fingers and started the nail so it held then rose up a couple inches and hit it a little harder till it was probably about a quarter of the way in there and then whacked it a few times just so I needed without denting the wood around the nail until it was flush. Yeah, I mean, I don't know if I call that swinging a hammer. But that's how I would tactically use a hammer to get the result that I want it right. I don't know if I'm right or wrong.

Jonathan Catherman 44:19

You're moving in the right direction for sure. You got some guys right now that are going like dang man. It's like tap tap bang, because you've got framers out there that are a one and done when it comes to drive in the 16. Penny nailing right? But I'm not again, we're not asking you every guy to be that guy.

What I do believe is important whether it's swinging a hammer, or knowing how to use a wrench or just knowing that there's no such thing as a left handed screwdriver that you have some basic tool knowledge how to know which kind of nuts are typically left lugs pack a lot of guys don't even know ready Teddy lefty Lucy, right.

Scot McKay 44:56

Oh, just the way most nuts and bolts are when in doubt. That's the rule. But you're right you know basic tools, skills, basic cooking skills, basic style points, basic etiquette, basic electronics, basic computer coding. All of these things basic health, basic first aid, we didn't even talk about that man, how much of a man will you feel like if you save someone's freaking life, advanced life saving, you know, in water, all of those things. The more about that, you know, the better off you are, the more confident you feel. And like we said, from the outset, Jonathan, it's all about making women feel safe and comfortable in your presence. And the more you know, the more competence you have in these skills that really aren't so rare, but everyday skills that most guys still overlook, the better you're going to feel about it, the more you're going to feel like a man. So I really appreciate this conversation very, very much. I mean, if you wanted a practical conversation, man, he just delivered for you. This is great. And I want to go ahead and point you to Jonathan Catherine's book, which I've added to my Amazon On influencer page and you can get on Amazon it's called the manual to manhood, how to cook the perfect steak change a tire impressive girl and 97 other skills you need to survive. He also has great books, a whole series of books manual to middle school for your younger sons, a similar book for girls, written by his lovely wife, Erica, co written with him on that to help girls in that situation. And you can look at the whole library of books and Jonathan Catherine and when you go to the Amazon influencer page and get you some and the price is right on these books, you can have it delivered to your door for under 10 bucks and have it as a manual that you can take right off your bookshelf. So good to have you on the show my friend and even better to make your acquaintance. love what you're doing. It sounds to me like you're making the world a better place.

Jonathan Catherman 46:49

Thanks, Scot man. It's good having these conversations and it's good to know that the guys are out there getting better at discovering becoming who they are and being confident capable and everything they do.

Scot McKay 46:59

Yeah. For the record, I think that's the vast majority of us as men. We all want to be here. We all want to be better men.

Jonathan Catherman 47:05

Yeah, we want to be confident when we capable gain respect, avoid embarrassment make today better than yesterday. I think that if you're in the in that arena, you're going to be a good man.

Scot McKay 47:15

And by the way, I did set up a URL that points to manual to manhood, if you'd like to go directly there, and that's www.mountain-top-podcast.com/front-slash-manual-MANUAL. And there you will find Jonathan Katherine's book. So guys, also if you haven't been to mountain top podcast, com, now is the time to up level your life. draw that line in the sand. Make today that reckoning where you say, I'm going to get this part of my life handled? I talked about that in a recent newsletter. And it's just like in Tombstone, when Wyatt Earp and Doc Holiday face their adversaries and it was a reckoning, it was leading up to something, there was a point where this had to be handled or disaster was going to strike. And a lot of you guys are letting days and weeks and months turn into years and decades and you're not doing anything but what you did yesterday again today, and you'll do it again tomorrow. And you're surprised perhaps when your career is going nowhere, when you don't have the woman in your life you want and when your life's not filled with those adventures you always dreamed of. Well, now's the time to change that today should be the reckoning and the way to get started on that to draw that line in the sand is to get 25 minutes with me for free by going to www.mountain-top-podcast.com and exactly the guy you think I'm going to be not playing a fictional character on this podcast. When we get on the phone together. I think you'll be very pleasantly surprised to find that I am the real actual dude you think I am and I am ready, willing and able to help you get to the point you want to be. Just like we talked about on this podcast. You can go it alone or you can build alliances with other men for the betterment of your And for the world and that's what I want to talk to you about. So go to [WWW dot mountaintop podcast.com](http://WWW-dot-mountaintop-podcast.com) and click on that red button and get on the phone with me for 25 minutes for free. Until I talk to you again real soon. This is Scot McKay from XMY communications in San Antonio Texas be good out there.

Edroy Odem 49:27

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