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From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the World famous mountaintop podcast. And now your host Scot McKay

Scot McKay 0:17

All right, here we are again, gentlemen with another episode of the world famous mountaintop podcast. My name is Scot McKay at Scot McKay on Twitter real Scot McKay on Instagram. You can find us on the web as always, at [www dot mountaintop podcast calm](http://www.mountaintoppodcast.com) and I invite you to join our group of real men who are striving to be better men every day of our lives at the mountaintop summit on Facebook. Today we're going to delve into a realm that we have never even discussed here on the show before some may argue it's where angels fear to tread. But we're going to do it anyway. And part of the reason why it is right now right here and this particular show on this particular day is because I Found the proper guest to talk about this topic with his name is Mark Singh and he is an up and coming guy in the dating advice world, he's an NLP dating coach. And he comes from Colorado. Mark saying welcome to the show.

Mark Sing 1:17

appreciate you having me Scott.

Scot McKay 1:18

Yeah man pleasures all mine. And we just recorded an episode of your show, which is called the unapologetic man, which is a title I really like and had a good time doing that. So I anticipate we're going to have an equally excellent time here talking about the topic disor, which is raising daughters, like a man. And, you know, I think to kick this whole conversation off mark, it's pretty much an established fact that we as Guys, if we look forward to having children at all, and certainly I would offer in a moment of vulnerability that most of us as guys probably are terrified of potential fatherhood for a long, long time in our lives leading up to that moment, which we can talk about because it's relatively recent for you. But if we're interested in having children someday we usually think about having a son you know, a chip off the old block.

Mark Sing 2:11

But having a daughter is very special to is, it is man it's been a total Reality Check for me and as a dating coach, obviously I've been in the game for a long time myself 15 years of dealing with women and learning how to quote unquote seduce women and found the love of my life and we decided to have a

daughter together, a child together. And after three years of trying and not succeeding, we actually had to go through IVF which I can discuss a little bit the experience on that as well. And having that daughter just completely blew me away. My my perception of women has changed considerably. My appreciation of femininity and the nurturing aspect of it has absolutely blown up and even my own understanding of masculinity and what it means to be a man has completely changed. So having a daughter has been one of the most enlightening experiences of my entire life. And you know, before the show, we're talking to you and I were talking What do we want to discuss in this subject just kind of came up and we decided to roll with it. So yeah, I'm kind of excited to share my experience and some share some of the insights that I've had on being a father

Scot McKay 3:21

now you're a new father, your daughter is only a few months old and this is your first right

Mark Sing 3:25

this is my first Yeah, she's three months old and yeah, it's my first I wanted a boy like you said, and I actually have have this book sitting next to my bed. It's it's a written by a navy seal. It's like raising men. So I was reading this book, totally expecting to have a boy and then we did the gender reveal where I shot a bow and arrow into a balloon, and that was pink. And that was quite a big surprise. And I was like, wow, one of my friends came up to me after that, he's like, Hey, man, it's the players curse is like, a pretty accurate right there. So Yeah, things have really changed. But I look forward to kind of share some my insights on that.

Scot McKay 4:05

Well, you know, you've alluded now twice to this idea that having a daughter may change your view of women in general. And I've heard that before. Indeed a lot of these guys who were pickup artists and trying to get laid and talking about how to trick women into bed and stuff, you know, years on a decade or so later. These are the same guys, but now they're married and they have daughters, and they kind of have an OH MY GOODNESS moments where they think, you know, my attitude towards this has changed. And all the sudden, instead of trying to bang a bunch of chicks, they're thinking, my goodness, by the time my kid is 16 years old, I'm going to be that old, cranky guy on the porch with a shotgun. You know, is there really a transformation that takes place? Or is it more of a realization that hey, you know what, there's a little maturity involved in terms of evolving one's view of women and

Mark Sing 5:01

You know, I think it's a little bit of both because while my teaching centers on becoming a better man, and essentially becoming the best version of yourself through cleaning up some of the BS that's going on in your mind and really showing women the most confident, highest self esteem version of yourself. There's certainly some, for lack of a better word manipulation that is involved in some of the things that I've taught and even down to the principles like push poll and cold reading and those things that we do as pickup artists that do get attraction. There's a little bit of manipulation there. Now, the conversation and manipulation we can go into well don't women manipulate us to by wearing makeup and making themselves more beautiful? I mean, that's a whole different rabbit hole we could go down to but looking back on my life and some of the things that I've done in order to get it in. Yeah, there's that question of, you know, what if somebody does that to my daughter, you're looking at this beautiful baby in front of you knowing she's going to become a beautiful woman. And you know, guys are going to try to do that to her. And I'm teaching guys to do that. So there's the juxtaposition of what have I done in the past? What am I teaching men to do? And how do I feel about teaching this to men when it could be my daughter that they're doing it to. So one of the core principles of my teaching is to help men to become what I like to call a superior man. And in doing that, we don't need to use so much what might be called manipulation. But instead it's about presenting yourself to a woman in a way where she can see the authentic you, she can see that you actually will treat her well. But at the same time, sometimes I go back to some of my teachings and things like you know, push pull and cold reading that does have some manipulation to and I wonder, Well, what if somebody did that to my daughter? How would I feel about that? So it's given me some pause on some of the things that I've been teaching and how I can rectify that moving forward.

Scot McKay 7:03

You know, it really is kind of a reckoning of sorts when you have a daughter regarding what you really think of women. Because do I believe that women are sexual conquests? And that's their primary purpose? And that it's really cool to try to go trick them into bed or whatever? Or do I really believe that women are human beings to be respected now that I have one who I love in a much different capacity than I've ever loved a female human being before? And a lot of things start swirling around in your head, don't they? You know, how have I treated women in the past? What have I thought about women in the past and also not to be underestimated? What do I think about women's sexuality in general? A lot of times guys have kind of this Madonna whore complex thing working where you know, I want to go ahead and marry a virgin but at the same time, I want to decrease the worldwide population of virgins as much as I possibly can. A great thing to come to grips with is do we as men really respect a woman's right to be sexual? As I'm going out as a full grown man meeting women and creating potentially sexual relationships with them, am I judging them as slots for being sexual? Or have I afforded women the same sexual rights that I afford myself as a man? Am I looking past those societal constructs or constraints or mandates, whatever word you want to use to describe them about how women should act sexually, as you know, ladies, versus what we celebrate about men and their sexuality and how they should act. If you really believe that a woman has every right to a healthy happy sex life, then where the rubber is going to meet the road is when you father a daughter or two is I have, you have to ask

yourself, Am I going to be okay with my daughter having a potentially happy, healthy sex life Sunday.  
No,

Mark Sing 9:02

absolutely not. You're not? No, no, absolutely not. Now, I'm just kidding. But it makes me think of this T shirt I saw where it says dad, and and it's a mnemonic for defending against douchebags.

Scot McKay 9:16

Now, well, now that's a low view of man.

Mark Sing 9:18

No, of course it is. Of course it is. And I'm making a joke as to that. But when you talk about Will I be, you know, can I reconcile with the fact that she's going to, you know, be sexual at this point, man, I haven't even dipped my toe in the water of that yet. I mean, she's three months old. But as I think about it, Now, why is it that every instinct in me doesn't want that to happen and why as we as fathers, why is it that we as fathers want to prevent that So, so completely, that we have T shirts like that, right? That's a defending against douchebags, and we have the image of the father with his arms crossed, or perhaps a shotgun in his hands. When the suitor comes to pick up his daughter. Why do we have that so ingrained within us?

Scot McKay 10:09

Yeah, well, this show is definitely a baptism by fire for a young buck like you actually, three months into fatherhood. And so for that I offer no apology, but I definitely offer my sympathy and empathy because I've definitely been there myself, which is something we'll talk about. I'm reminded of a John Mayer song, which is now years old, called daughters. And the recurring theme of that song is father's be good to your daughters because daughters will love like you do. The sobering realization that's evident in the lyrics of that song is our view of women will become our daughters view of herself. We believe women are slots or not as worthy of respects or indeed not as valuable as men then we will have daughters low self esteem, who believe they should go around trying to find the love of a man who will respect them, especially if their fathers have not. Meanwhile, if we are fathers who empower our daughters, love our daughters, treat our daughters with respect, then they will go and find a man who respects them and treats them in a good, proper manner, because that's how they've been taught. Now, society nowadays would have us all believe that fathers don't matter. father's not only do not matter to our sons, which is a laugh, but they don't matter to our daughters either, which in my opinion, is equally laughable. We as

fathers are the providers of our household we protect, we make daughters feel safe and comfortable in our presence, the way we make our wives and our girlfriends, our female partners, whatever capacity they serve, as much as we make mama feel comfortable is as much as we make our daughters feel comfortable in our presence. And when our daughters are feeling safe and comfortable, then they can feel that their dad has meaning to them in a positive way. And they can look up to that meaning their dad represents in the family, and it has ramifications for our future. So in my personal history, when I was in my 30s, I decided I no longer wanted to have this double standard with regard to women's sexuality. I wanted to believe and act on that belief such that women had every right to be sexual as I did and be happy in their sex lives. And I'll admit, it's a challenge to somehow afford that right to your daughter because we do have that sexually protective instinct towards our daughters. And yet, I want my daughters to have healthy sex lives, and I have to have some sort of trust that what I've modeled for them in terms of what I have Healthy partnership should look like especially with my younger daughter and the rather healthy woman who is her mom, who I'm married to now, I have to trust that what we've modeled is going to translate into her making good sexual decisions. And yet at the same time, she has a right to an orgasm or two, she may grow up to be a heterosexual woman, and have sexual needs like any heterosexual woman would have. And that means she likes to have sex with a man. Now we could talk about what happens if your kids grow up with another sexual orientation. And that's something that a lot of guys who are heterosexual, don't even consider. But certainly in terms of thinking of our daughters and their sexuality, we look at that innocence of that baby and into her toddler years into our preschool years. And we just can't even think of the thought of her becoming a sexual being someday and in just about every way you can think of that's perfectly reasonable for us to think that way. But then all this sudden she hits puberty. She becomes a teenager, the boys start becoming interested. And we have to keep our head on straight and how PR make good decisions and help prepare her to have a healthy relationship with men in the future. I think that's really the bottom line.

Mark Sing 14:16

For all those years, I was so focused on the seduction element, how to get girls how to get them attracted, how to clean up the BS in my head, so that when I go up to a woman, and I present to her when I speak to her, she can immediately tell that I do have that high self esteem that I do have my inner workings together and that I am attractive. And it wasn't until I'm 42 and it literally wasn't until four years ago that I met my current partner Marissa and completely fell head over heels in love with her and really worked on how to develop a healthy relationship with a woman and letting myself get into that relationship committing myself fully Her loving her and actually needing her has helped me to realize that in having that healthy relationship with Marissa, my daughter is going to see that she's going to see how I treat Marissa she's also going to see how I treat her with love as the forefront Love is the forefront and vulnerability vulnerability as a man is at the forefront of my relationship with the both of them, my girls, and through that, that will be an example of the kind of guy that she'll get who just like I treat Marissa, well, will treat her well. Now, will I stand there with my arms crossed and say, Hey, you better treat her right. I mean, of course, you know, I'm the dead. But it just released something in me this protector feeling in me that I've never experienced before and it was really an eye opening event.

You know, when she was born, we had a really, really difficult pregnancy and that's something I wanted to touch upon in this podcast as well as that Any guys who are listening, even if you're a young man, and you're going to have kids in the future, the pregnancy, the birth doesn't always go as you expect it to. And I was supposed to deliver the baby and I was supposed to, you know, hand her to Marissa and have this whole big moment. But it did not go that way whatsoever. In fact, what happened was an emergency c section. And I was in stock in a different room, you know, almost crying my eyes out because I didn't know what was happening. Marissa was unconscious. She didn't get to be there for the birth of her daughter. It was very, very traumatic. Now new memories are being made where we're leaving that behind us. But when you have these expectations of what should happen, how it should be, you realize that life doesn't always give you what you expect. And that was a good first lesson for me as a new father. And as you said, as a young buck getting into this. I'm not necessarily young, but I'm definitely new to this whole thing. And I can't have these expectations for what she's going to be for all I know No, she's going to be completely opposite. I mean, for you, Scott, your daughters are into BMX, and I'm sure you never once anticipated that they would get into that. Maybe you were hoping they would. But things go differently than the way you think they will. And I think the only thing you can do is just love her with nothing held back. Give her all the lessons you can I mean, that's my plan anyway, teacher everything I can so that she has the tools to deal with things effectively if and when those challenges arise that we cannot predict what are going to happen.

Scot McKay 17:33

Oh, man, you still get to be a young buck. who's counting? Yeah, yeah. You know, you mentioned the inevitable adversity that comes up. And I'm sure that's what transpired leading up to and during the birth of your daughter certainly was traumatic for both you and your wife and probably for your daughter also, you know, those things happen. Life is what happens when we make other plans right. Yeah, yeah. Certainly, parenthood will throw challenges and stress and blood curdling emergencies and 2am ambulance rides at you. And people are like, well, hell no. You know, why don't I just keep it simple? Why don't I just avoid parenthood and live my life do what I want to do and not have this burden of these children around. And I'll tell you life, if you ask anybody who's ever actually gotten off of their couch, and going outside and had an adventure, they will invariably tell you that when you have your adrenaline pumping, when you're outside of your comfort familiarity zone, when you're experiencing something new when something is at stake, when everything is on the line, maybe that's when you feel most alive. You know, you kind of feel dead to the world sitting in suburbia watching someone else live on TV. And I would offer that part of the beauty of parenthood is feeling alive because the kids will bring fun enjoyment, and they will also bring unexpected twists and turns. You never really exactly know what to expect. Certainly you're living for someone other than simply yourself anymore. But you know, unless you're really self absorbed as a person, that's not such a bad thing. It feels great to have little kids love you and need you and look up to you and look like you and you know, marry a pretty woman. I've noticed that typically the kids tend to take on her good looks, you know, and God back that up. But that's one of the unexpected and definite truth about making sure you marry a beautiful woman is you'll have great looking kids. And indeed, when you marry a woman you actually like and you have

healthy self esteem, chances are near 100% that you'll actually like your kids because they'll be a nice mixture of both you and your wife. You know when you hate yourself When you can't stand each other, well, you know, all bets are off. And lots of comedians have cracked jokes about how people really don't like their own children, but they have to fake it. And that's a sad state of affairs. But the beauty of having children is it's always an adventure. And yet you have to take yourself a little less seriously. Certainly a lot of guys who maybe are in their late 20s or early 30s, they really dread this idea of telling dad jokes and becoming a goofball. And what those guys don't yet understand is if they were ever to become a single dad dating single moms, the single moms would absolutely love that dad like aspect of them and get horny over it. Dad jokes are wonderful to moms.

It's all part of the safety and security that we offer children. Mom may fluff the nest and take care of things inside the nest. Dad is like the eagle flying around the perimeter making sure the world is safe and protected and presided over for the family to, to feel safe and comfortable inside and for mama to do what she does as a woman. And yeah, your son's watching your daughter's watching, your daughter may emulate mama directly, your son may emulate you directly. And that's of course, wonderful. As long as again you have good solid self esteem. But see your daughter is also learning about men from you. Now, whether she becomes a BMX racer or now you know, I like you said I'm unexpectedly thrilled that my daughter not only was interested in doing one of my favorite sports over the course of my life, but also became arguably more passionate about it than I ever been. You know, she could have gone into something else. And as a dad, I would have been as I should have been equally supportive. And that has indeed happened. My daughter is not unit dimensional. She's into some other stuff, not necessarily things I'm particularly passionate about her. Personally apart from her interest in it, but you know, both she and my son have gotten into things that I am supportive of, because I love them and I want them to become good kids. But you know, having brought that up, I think now's a good time to segue into this idea of how do we raise daughters as men? What is our view of femininity? What is our role and helping shape who she is as a woman? And I'll go ahead and offer to kind of kick off this conversation here that we do not believe femininity to be weakness around here. We do not believe that self esteem, personal power, confidence and what I love to talk about the most, which is grants or mental toughness. We don't believe those are gender specific qualities. So we have gritty self confidence. Little kids who know how to win and know how to lose who can fall, scuff up their knees, brush it off and go back and fight again. And yet my son His little boy, hundred percent, and my daughter is all girl all the time. She's pink and purple long hair bows, my little ponies and Shopkins and giggles and yet, she may be mentally tougher than most grown men I know at age seven. And that isn't an indictment on anybody in particular, it's simply a nod to how we're intentionally raising these children. Also, Mom and I, we can bicker. We can be real with each other. We can be visceral because we trust each other. One thing mom and I mom being Emily Of course, one thing Emily and I never do is we never insult each other. We never put each other down. We never openly resent having met each other. We don't show signs of self loathing and self hatred. And next thing you know, we've got a 12 year old little boy and an eight year old little girl around the house who don't say I wish you never would have been born. mean they bicker over the TV remote. You know, sometimes one of them's in a cranky mood just like mom and dad are

afforded to be the other one knows how to back off. But people comment all the time about how my son is very protective of his little sister. And how little sister is very appreciative of Big brother and provides lots of joy and happiness to this family for all of us. And so the masculine feminine roles are very much intact in this household yet everybody has personal power. Everybody has to be respected. Yes, Mom and Dad make the rules. But the children do get some input on you know, what are we going to do this summer? What would you like to do? We value their opinions, we value their feelings. And the children in turn, typically value our decision making, they may not want to go to bed at night, and it may require a bit of an al dente, a attitude to get them to do what they need to do. But you know, all that's normal as parents and it's certainly normal for children. And just to think you have all This to look forward to wait until you have another one then that's like Bill Cosby once famously said, that's when you really become a parent. When you have siblings in the house, when we were in the hospital, we were in the hospital for a week, we were in the nursing unit at the hospital and it was all women in there. And watching these women deal with these babies coming in and being able to quell a crying baby who's absolutely upset and being able to know exactly what to do and just having this instinct and furthermore seeing Marissa just take into motherhood in a way that I felt like I was lacking taking into fatherhood. Like when they handed me the baby. I was like, What the heck do I do with this thing? And then during the first month, it was like, Man, this thing is just an annoyance machine. All it does is just annoy the hell out of me. What did I get myself into? Right? Well, seeing the power of that femininity really blew me away in that nursing unit. Seeing the women How powerful femininity is in its own way. It's a different kind of power for masculinity, but at the same time, it's very similar. But femininity is nurturing it's compassion. It's caring for its instinctual, knowing what that baby needs to hear or feel, and even knowing what we as men need to hear feel, or just a slight touch that makes us feel better after a long day's work. That really blew my mind and watching Marissa just last night, I was kind of spying on her she was putting the baby to bed and she was rocking the baby and reading her book and, and just watching her come into this motherly role makes me love and appreciate her so much more. And as she moves into that feminine role, I move more into my masculine role as the protector provider and provider of this household, making sure that the doors are locked and the lights are on and the security system is armed, making sure that I'm going to Brazilian Jiu Jitsu four times a week so that if you You know, something pops off I can protect my family and it really awaken something within me that I didn't have before and you think, well mark, you lost so much You can't go to the bars anymore and just like get you know, like a same night blowjob. And I'm like, Bro, I would give that up 10,000 times just to experience this just to see what I saw last night with Marissa rockin that baby to bed, I would give that all up again and again and again to do that, because while it was fulfilling in my 20s and 30s now that I've grown up a little bit and become more of a silverback, that is what I feel is the ultimate purpose of a man is to be the tribe leader is to father children and to lead their family into success having children that are you know, well put together well adjusted, and leading them into the society with a positive outlook on life and being able to problem solve and communicate and and do all these things that you and I Scott have worked so hard, and our That's our purpose is to hand it off. And while I expected to hand it off to a son, I'm even more excited now that I get to hand it off to a daughter, because it's just, it's just such a beautiful thing to be able to interact with that femininity. And I can't wait until whatever I mean, even if she's a total tomboy, and she wants to, you know, ride motorcycles, whatever she wants to do, I'm there with her. And I'm so excited. And by the way, we did IVF to get our daughter and we're



going to try for a boy now. So when you said hey, that's the real test of a father. I'm looking forward to that man because I want to sign too. I'll tell you what, same night blowjobs from Miranda women aside, I can tell you with 100% truthful confidence. We have gone on more adventures had more adrenaline rushes had a better time and grown more as human beings. Not only since Emily and I have been married, but especially since we've brought children into the world to share all of that adventuring with Yeah, I mean, anytime someone says, Hey, you know, once you're married, you're buried and when you have children, basically your life is over. That lifestyle is going to be what you make of it. It isn't necessarily the end of all the wonderful adventures you'll have in your life. Which brings me to another point that you brought up, you acknowledge what I have jokingly referred to consistently as God's dirty little trick. First of all, the whole idea of sex is designed to trick us into actually making babies because women are so sexy and they feel good and we just love to have orgasms. And then what happens is once the baby is actually born, it drives us nuts and makes our life a living hell and requires constant feeding and figuring out and we have no idea what it wants and it's ultimately frustrating, but it is really really cute which keeps us from killing it.

And you know, God's dirty little trick is one of the Those things that thank goodness is ingrained into every one of us. But I love what you said about that. And I also want to acknowledge the fact that you and your wife have not necessarily had an easy road. Even conceiving your children many ways your little daughters a miracle baby for both of you, right? Yeah.

Mark Sing 30:18

Yeah, we did. We did. IVF. And that to Scott, seeing her shoot herself, how do you know anything about IVF and what it takes to get the baby?

Scot McKay 30:28

I've never known anybody who was trying IVF to shoot themselves. And they may have wanted to, obviously when they saw the bill, yeah,

Mark Sing 30:38

yeah, yeah, thankfully, insurance covered that, thank God, but what I meant is shoot herself with shots. And she has to put it you know, in her thigh, and I mean, it was, I think it was like six shots a day for a month and then at the very end to trigger the release of the eggs. She had to do this one shot that looked like a foot long needle that she had to get all the way down. down into the muscle on her inner thigh. And she just took it like a champ. Not one complaint. Let's do it and now she's like, let's get

another one. Let's do this again. I'll fight. Do you remember all the shots you had to give yourself? She's like Yep, I want to do it again. And she's trying to you know, convince me to do it. So seeing what she went through, made me love her so much more and yeah, getting our daughter definitely was a challenge and never give up. And we got her a little onesy that says never quit on it. And when we put her in that thing, we realize just how hard we tried. A lot of the trying was fun. The IVF part was not fun. But how hard we tried to finally get that little baby and she's our never give up little baby and that just getting her is a testament to that lesson. I want her to know that never give up, never quit. You know, and that's going to stick with her for the rest of her life because she's a product of that and for that it's a beautiful thing. Sometimes challenges have within the actually all times challenges have within them. You know those seeds of progress and lessons that really stick with us the most. So, all in all, it was just a beautiful positive thing. Yeah. Now the challenge is somehow not letting yourself slip into miracle baby Deity worship. How does that work? Oh, well, I know several parents who tried for years and years and years to have a child. And once that precious little child is born, the kid just becomes an incredibly Spoiled Brat and owns his parents. Because, oh, my goodness, this is a miracle.

Scot McKay 32:31

kind of have to still treat the kid like a human being. Which I mean, I can only understand would be incredibly difficult. It's hard when your kids came along by natural birth. And, you know, interestingly enough, Emily told me when we were dating that it was going to be rather difficult for her to have a child and we may have an arduous road ahead of us. And she was pregnant a month and a half after we were married. So much for that, right. Yeah, but yeah, I mean, this has been an excellent talk. Excellent job. conversation about how to not just be a father, two daughters, but really, who we want to be as a father in general how to interact with mom and the art of raising our children to become strong, smart, successful adults. So this has been a lot of fun. It's some things came up that I certainly didn't plan for. And that happens a lot on this show. So I certainly appreciate everything you offered, and I can only wish you happiness and blessings along the road as you raise your daughter and seek to have another little child because you know, part of me knows what you got coming up and I'm smiling on your behalf. Because I think you'll just be thrilled at how life unfolds. And with that, I want to give these guys a chance to discover your podcast which I either was a recent guest on or will be in the near future depending on how your backlog matches up against mine because we're recording both of those shows on the same day. And that show is called the unapologetic Man podcast. And you can find it on iTunes and I will give you a link that'll send you directly to that. And that is [www dot mountaintop podcast.com](http://www.mountaintoppodcast.com) front slash saying si n g which is Mark's surname, and you'll be able to click on the link in the show notes page or memorize it real quick right now [www dot mountaintop. podcast.com](http://www.mountaintop.podcast.com) front slash saying si n g and add another high quality podcast to your subscription list. Mark saying from Colorado new dad to a wonderful, beautiful daughter. Thank you so much for joining us today. great conversation.

Mark Sing 34:42

Thank you so much for having me, Scott. I thoroughly enjoyed it.

Scot McKay 34:45

Yeah, man. Me too. And guys, if you haven't been to mountaintop podcast calm just yet. There's a whole lot to delve into and enjoy there. You can get show notes. You can download transcripts of every show and get special reports on How to conduct relationships with women how to get rid of your sticking points and best of all you can talk to me for 25 minutes for free simply by clicking on the red button at the upper right hand corner of the website. Let me know when you'll be available to talk and we'll get on the phone and you'll find out that I am exactly the guy you expect me to be and I look forward to talking to you hearing what's on your mind and figuring out a plan of action to help you reach the goals you want to reach be the man you were born to be and get the women in your life and the relationship in your life that you've always dreamed of. It's all there for you at WWW dot mountaintop podcast calm and until I talk to you again real soon. This is Scott McKay from x&y communications in San Antonio Texas. Be good out there.

Edroy Odem 35:54

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