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SPEAKERS

Scot McKay, Edroy Odem, Chris M. Lyon



Scot McKay 00:01

It's primal...archetypal, even...within every one of us as men to make a difference, but with now over 8 billion of us on Earth, it can seem more difficult than ever to find a way to do so, and make the world a better place. And even if you do, how do you get recognized and appreciated when most of us feel invisible? Yet, gentlemen, we all know when you're a man who matters to the world, it's almost automatic that you'll matter to women more as well. If you're listening to this episode within a few days of its release, this month's masterclass for men is coming up this Wednesday, May 29, at 8pm Eastern Daylight Time. It's called Be a man who matters and you will emerge ready not only to make a real lasting difference in the world, women will feel a primal magnetism towards you. When you are a man who matters to the world you matter to women by design, claim your ticket and join a group of like minded men. this coming Wednesday, go to [The Mountain Top podcast.com](https://www.themountaintoppodcast.com) front slash masterclass.



Edroy Odem 01:21


From the mist-enshrouded mountain top fortress that is x&y Communications Headquarters, you're listening to the world-famous Mountain Top Podcast, and now your host Scot McKay.



Scot McKay 01:34

Alright, Alright gentlemen, this is your main man, Scot McKay coming at you again with another episode of the world-famous Mountain Top Podcast. I don't know how we did it. And I'm here to tell you, I'm excited we're about to get to it. We have not talked about dominance and submission, you know, being a dominant or a submissive, of being a dominant guy versus being like a submissive dude. Women being dominant and submissive. We haven't really covered that nearly as much or nearly as well, as we should have by now after 400 and some odd shows. Well, today is the day we change everything and I've got the perfect guest for it. Her publicist reached out to me and told me the name of her book and I was immediately all in check it out, leading and supportive, love the truth about dominant and submissive relationships. My guest is named Chris M Elian, and she's going to talk about all of that and more with you and we're


gonna get to some of the details of exactly how that's gonna play out in just a second. But before we do, I want to remind you guys that on X, I'm at Scot McKay, I guess as long as tick tock is going to remain existence in the United States of America. I'm at Scot McKay there at Scot McKay on YouTube. The only place it's really different is Insta, where I'm at real Scot McKay. And guys, listen, if you're not a member of our Facebook group yet, let's change that. It is The Mountain Top summit on Facebook and the website always is just mountain top podcast.com. But you guys know that already. So without anything further, I want to welcome my guest, Chris, Amma Elian from the wonderful little enclave of gold Canyon, Arizona. Chris, welcome.

 Chris M. Lyon 03:20

Thank you so much, Scott. I'm so glad to be here with you. Yeah,

 Scot McKay 03:23

I think we're gonna have a fun conversation you and I were getting along just fine. Before we got started. It says here, you're certified in applied neuroscience and brain health. Obviously, you're the author of this popular book on the subject. And among the things you love to do professionally, and I sure personally, too, are identifying dominant and submissive relationships and give like a one to one course on that for who you're referring to probably accurately enough as vanilla people. I'm hoping to be more pistachio ripple myself, but a lot of people are vanilla. And you claim to explain personality traits that aren't well known that surround this particular topic. And others, I'm sure. And one of the things that you lead with is that dominant partners can often be sensitive and caring. So why don't we go there first, you know, a lot of times, especially men, we almost fear that if we come off as dominant, right? It's abusive. You know, we're telling somebody what to do. We're keeping a woman under our thumb, where you have a significant other who's somehow weaker, and kind of at our whim, and it's just kind of an abusive relationship, by definition, but that's not really what it's all about isn't.

 Chris M. Lyon 04:39

It isn't. It's not what submissive partners want at all. They're not wanting the abuse. They do want the clarity. They do want someone to be sure what they want. But it's interesting how people think that the dominant person should be domineering. When in so many years of doing this work, I have found that the true dominant It's in relationships are actually very caring, nurturing people who are sensitive. And they even are very conscientious enough to be second guessing themselves probably more than they should. And what they do is, it's their job as a leader in the relationship to really be open to and paying attention to their partners, wants, needs, concerns, hard limits, etc. And I love what you said about the vanilla thing, because the people who've I've worked with over the years, a lot of them have been in these type of relationships, and they're vanilla. And I've also worked with many people who have been in the lifestyle as well. So it can really be just about any lifestyle. Doesn't really matter which one it is, can be any belief system, etc. Yeah,

 Scot McKay 05:44

when you say the lifestyle, you're referring to Swingers, actually, I'm

C

Chris M. Lyon 05:48

referring to BDSM. But yeah, this BDSM would be those are people who, you know, do a lot of different types of role playing different types of, you know, skills and gear and different things like that. There are a lot of people into that lifestyle more than people may realize. And also swingers as well, the Yeah, Swingers alternative as well, our polyamorous as well, right.



Scot McKay 06:11

So we used to think of the lifestyle capitalized as kind of a euphemism for swingers. But I guess that's evolved to include, you know, BDSM, and all kinds of alt lifestyles sexually.

C

Chris M. Lyon 06:23

Right? I think, the 80s Yeah, since the 80s. People who have been in the BDSM community have been calling it the lifestyle. So really, I think if you're living any specific lifestyle, like you said, people are calling it a lifestyle. Other people don't feel they have a lifestyle. But either way, I've worked with so many people and had so many readers and followers who are either one, but they would still be in a leader follower dynamic. If they're not in one, that would be their relationship orientation. Right?



Scot McKay 06:51

Okay, so I can fully grasp that. I think something we need to clarify here is that image of say, a dominatrix, like a guy hiring a woman to whip him and beat him and spank him and dress up in leather and tie him up and put a ball gag on him and all that stuff, right? Whereas I think, the more dare I use the term vanilla mindset that may spring forth into our imagination. When we think of someone being dominant is the guy who's the head of the household. He's the man of the house, he makes decisions in the best interest of his family, hopefully. And I realize already because we've talked about this that you haven't been voraciously consuming this podcast, you're a guest on here for the first time. You're not basically our target demographic anyway. And yet, when you talked about that idea of being a leader, and a man whose dominance in a relationship, it really is understanding the loves fears, wants and needs of his wife, his significant other, any children in the household, and making decisions that are in the best interest of others, instead of being well selfish, narcissistic bastard, right? So you have two things going on there, you have this kind of almost purely sexual image of the dominatrix. And someone who's a submissive in that role playing environment sexually. And then, you know, the more day to day dominance role of being the head of the household. So are these related? I mean, this one guy tend to be the other guy, do they tend to walk hand in hand? Or, you know, where's the gray area there?

C

Chris M. Lyon 08:25

Well, I love when you mentioned the dominatrix. And using that as an example, most of the people I know who are dominant tricks is they were who do that type of work, their submissive partners. Isn't that interesting? Yes, people don't realize that. Because so many people are leaders and movers and shakers in the world, alphas if you will. And then when they come home, in their relationship, they don't want to have to make all the decisions, they don't want to have to do the leading, they want to kind of give that over to someone else and be the follower. I also have seen that with true dominant partners, they in other parts of their lives are good at following they respect authority in some ways. They're good at following they're good at working together working as a member of a team. So yeah, people have a lot of misunderstanding about this dynamic.



Scot McKay 09:17

Well, I'd like for you to talk more about that because what I hear you kind of alluding to is that this isn't about being a control freak simply because I'm the dominant partner or the dominant in the bedroom. It's more about my personality type and perhaps being dominant means I'm more about being passionate about order and and making sure things are taken care of and crossing my T's and dotting my eyes. It isn't about me being Machiavellian or anything negative like that. It can be almost purely positive. Right?



Chris M. Lyon 09:46

Whether you're micromanaging your household or you're not. You're more freeform depends on you know, whatever type of structure you desire. A good leader in the household good dominant partner is not domineering,



Scot McKay 10:00

there's a difference between those words, it's not semantically the same at all right?



Chris M. Lyon 10:05


The number one problem that I've seen with this dynamic with people is that submissive partners, they fall for someone, and they think that that person is a real leader. And then later it goes down the line, they end up not having that leader, they end up taking over the leadership because they have to, they don't want to, it actually really puts them off to do it. And they're waiting for that person to take the lead while that person is doing whatever they want. So the problem is, is that submissive partners find these people who seem confident and know what they want, they think they are a dominant partner. They end up being just domineering and selfish. So there's a domineering and selfish partner, and then there is a dominant partner, and they are two completely different things. Or if



Scot McKay 10:51

their illusion of being dominant was just a ruse, then their relationship ends up like a ship
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without

 Chris M. Lyon 10:57

a rudder. Yes, it's when they don't get the proper training that they need. They need to get the training to be the leader in the relationship. And it blows my mind how so many of the submissive partners come to me year after year and say, Hey, can you give me some information on how to help my dominant partner lead and how to help them be a better dominant? Can you tell me what books to read? Can you do the thing? And my first answer is, why aren't they on fire to do that themselves? If they really are a dominant, which I in my head? Most of the time I find out? They're not.

 Scot McKay 11:28

Let's put it that way. A dominant is as dominant does, right. Yes, yeah.


 Chris M. Lyon 11:33

So after conversation, we find out no, they're not a leader. They just wanted to do have things their way and do things the way they want to do it a real dominant when they're dating. When they find someone they are interested in, a lot of the times that submissive partner does the pursuing people don't understand that either. And the real dominant partner doesn't ask someone to send them pictures of themselves, like, you know, sexy pictures of themselves. They don't tell them what to do. You don't do that outside of the commitment. It's not a relationship, what are you doing, trying to lead them? When you're not in a relationship, if you don't have a commitment, that's when you're supposed to be vetting. So real dominant, most times that I've seen I've experienced with people, is they will kind of sit and observe when they're dating someone they'll watch, they'll listen, they'll ask questions, and let some time go by to see if they want to make that commitment. That obligation to be the leader in the relationship, that it's not about asking what you want upfront, it's not

 Scot McKay 12:32

Oh, this is fine people circuits, because it goes against everything we've always assumed. And I'm raising my own hand, which is why I'm glad we're having this Show and why you're the expert. So the scenario you're talking about where you know, mostly men are listening to this. So let's talk to the guys out there. When we as men, for example, take a woman out on a date. And we're in evaluation mode, we're asking questions, and we're deciding whether or not we want the second day, what we think of this woman, what we've done is we've transcended a zone A lot of guys never get out of which is I'm chasing women, and I'll take anybody hot, who can fog a mirror, and that'll be enough for me, you know, this kind of desperation, because I've been on a dry spell lately. Whereas when we become a chooser instead of a chaser, a lot of guys first of all don't understand that's not gender specific. In other words, it's not like, oh, women can just go around rejecting men, because every guy wants them. And then we're left


holding the bag, because women, if they don't choose us, I guess we're Sol, but really, that's not gender specific, because he or she, gay or straight, by the way, who has options in their relationships can choose, they have that power? So is that dominant?

 Chris M. Lyon 13:46

No, if you're coming with that energy that you're saying, instead of I hope they like me, I hope I impress them, right? If you're coming with the energy of, you know, there's billions of people out there, I'm gonna find my person. And

 Scot McKay 14:00


no one ever go well for me on dates, regardless, these women tend to like me, right?

 Chris M. Lyon 14:05

I know what I want. I you know what, number one, I'm going to have an adventure. Dating is going to be an adventure, you name it, I'm going to take it as an adventure number one, number two, I'm going to learn something about me when I go on this date. And number three, I'm gonna learn something about the world. If those are your goals, and you go in there with that kind of energy, you're you're you're open, you're open and you're learning and you're growing, it's great. You're not going in with some kind of like trying to control the situation, try to manipulate it, you're not going in and sure of yourself with some kind of lack of confidence, wondering if someone will approve of you. That's the weaker position. And that's not going to help you manifest someone who's like minded who's ideal for you.

 Scot McKay 14:46


The Hold on a second before we continue, you're not treating the word dominant as synonymous with confident are you

 Chris M. Lyon 14:56

I would say for anyone, anyone that's going into a dating experience. should go in with that mindset, not out of a mindset of lack. As far as the dominant, the dominant submissive, should we call it more of vetting. But they should be not messaging for weeks and weeks on end. First of all, they should be talking and messaging a few times getting on the phone and or meeting right away, if they decide they want to get to know each other. And going in with that mindset, that open mindset that I described, both of them should be, the dominant partner needs to have that too. Just going in, like, let me see what I can learn. Let me have my adventure. Let me see what I can learn about me and the world. And if it clicks, that's great.

 Scot McKay 15:37


All right. So you know what, it's occurring to me very clearly right now, Chris, this is the point in our podcast, where we should probably pivot towards you giving us that one on one level class for us so called vanilla people, you know, or even people who are maybe Neapolitan, on identifying dominant and submissive relationships, because I can tell you, most of our heads are probably already spinning based on what you've described to us thus far. So put it in a nice, neat order that you prefer to put it in for us and just kind of describe what's going on here. Sure, and

 Chris M. Lyon 16:11

keep in mind that I've worked a lot with the mind over almost a quarter of a century, I'm also a board certified hypnotist, and I have spoken with 10s, of 1000s, of dominant and submissive partners. So I'm just using my own personal and professional experience that I've had to share this, as far as vanilla, you know, or just anyone interested in its dynamic, you have to decide first, what your relationship orientation is, you have to decide whether you're somewhere in the middle of the spectrum, or on one of the sides, one of the ends of the spectrum as a dominant or submissive partner, or leading and supportive partner, whatever you want to call it, right? Captain and first mate type thing.

 Scot McKay 16:54

So that's the first thing we have to identify, you have to identify


 Chris M. Lyon 16:57

it, you can't try to make yourself be that you already are, you just need to develop the skills for it. So if you're a dominant or submissive partner, by the way, the submissive partner, it could be a misnomer. So the dominant term, but submissive partners are quite often the stronger person in the relationship. And they are also some of the greatest leaders in the world. So people don't understand that. So if you're, you have to identify Am I more of a leading partner or more of a supportive partner, which, which I am I, and there is, there's a little bit of a, like, there's some profile points in my book that can help you with that. But if you're supposed to think that you're supposed to be dominant, because you think that's what all these women want, it won't fit. If you're not, it won't work, it'll just cause a lot of grief for you. And I've seen it hurt a lot of families over 1020 30 years. It's a mess. It's a problem. So first, you have to decide which one you are.

 Scot McKay 18:00

Fair enough. But please give us a few bullet points that will help us self identify. Because right now, it all sounds like a big oxymoron. I mean, it sounds like if I'm stronger, if I'm the stronger person in the relationship, I may be the submissive and you know, a dominant person isn't necessarily already in charge, they may be more of a helper, you know, what are the actual identifiers, give us some clues,




 Chris M. Lyon 18:22

right. And it's, it's more identifying what type of partner you are and what type of a person so the dominant partner, okay would be someone who is just wanting to and driven to take the lead, not in just telling people what to do that could be domineering, it's to find out what people are needing and wanting what the partner is needing, what they're wanting, how to make their life better, how to help them fulfill their purpose, right? Seeing the things that are important to them, how you can make that better.

 Scot McKay 18:51


So dominants are like organizers. It can be an organizing thing,

 Chris M. Lyon 18:55

or you can take that information in, take all that data and have them help you organize it. It's just, there's so many ways you can do that. So many colors of it is just, it really is individualized, right? So it's not really saying a dominant one or two different things. They are very, very conscientious people who are open to being and want to be sensitive to what's going on with their partner what their needs are, and to help them get it that way. And they're also wanting to get the relationship led in the right course where they know what their relationship needs. And if they don't, they'll learn it. They'll learn about perhaps making bids. They'll learn about what brings relationships together and what destroys them. They'll learn how to make it strong. It's not about their way their way is one of the things that goes last,

 Scot McKay 19:42


right? What do you mean by making bids?

 Chris M. Lyon 19:45

Well, like the Gottman terminology, John Gottman, he had worked with people for 50 years, couples for 50 years and he has done a lot of studies finding that when someone comes to you with a bid, which is a way to get your attention away to have some kind of positive interaction, a way to get affection, something like that. When someone comes to you with a bid, you have a choice, whether you're going to turn toward it or away from it. When someone says, Hey, got a minute, No, I'm busy. You just turned away that bid, that was an opportunity to make your relationship closer.

 Scot McKay 20:20

So a bit is defined here as a take it or leave it situation? Well,

 Chris M. Lyon 20:25

yeah, it's a deal. You they're gonna bring, you're gonna come to somebody saying, hey, I want to show you this, or, Hey, can I give you a kiss, or, Hey, I want to explain what happened on my during my day, or any of that they're coming to you for some kind of positive interaction or connection. And you get to decide how you're going to deal with it. Okay, people who are leaders in the relationship know that these bids are opportunities, they know that it's, it's an opportunity to turn toward that bid. And to have that, that moment, that time of connection. And to do it time after time. If you don't turn toward those bids enough, then it causes your relationship to have more distance, less connection. See, these are the kinds of things you need to be leaders at, you need to learn these things, not how to tell people what to do. This is what ruins relationships when someone thinks they're supposed to just tell everyone what to do. Got it.



Scot McKay 21:17

So it isn't simplistic at all, in that sense. Not at all, not the way we're trained to think about it, right? The dominant



Chris M. Lyon 21:24

role in a lot of ways can be heavy lifting, as far as what the people in the relationship are needing, and what the couple needs, not what they want, telling them what they want them to do. That is not leadership in in a dominant submissive relationship, that is not a good leader.



Scot McKay 21:42

Now on the other hand, that doesn't necessarily mean that submissive folks have all the mirror image character flaws, compared all the strengths that a dominant person would have, it would be I'm hoping, a complementary set of strengths. You



Chris M. Lyon 21:59

nailed it, both people bring their own personal strengths into the relationship. So



Scot McKay 22:03

okay, perfect. I'm tracking with this a little bit more than I was five minutes ago. Go ahead and give us some bullet points for how we can identify either ourselves or someone else as a submissive partner.



Chris M. Lyon 22:16

It's somebody who definitely wants someone to take the lead. They want to have confidence that they care enough to take the lead.



Scot McKay 22:23

And they could have been a captain of industry, for example, all day at work, but they're a submissive partner. Many



Chris M. Lyon 22:31

of them are God. Okay, that submissive partner wants a soft place to lay their head, they want a safe space. Okay, there's two things that you need for connection, one is to feel heard, and the other one is to feel safe. That's it. So they need to be able to feel heard, and have that safe space. At the end of that day. They don't want to have to make all of those decisions, they want someone else to say, hey, you know what, tonight, here's what we're gonna do. Now,



Scot McKay 22:58

that's more of a description of a classic feminine gender role. I want the man to be the provider protector. If a man can make me feel safe and protected in this environment, then all my feminine gifts can spring forth effortlessly, because I'm not afraid of everything anymore. Everything's handled.



Chris M. Lyon 23:14

True. But it's interesting how, if you look at it the other way, the dominant partner has to feel safe and hurt as well. Absolutely. So they feel safe being in a leadership position, they feel safer, being able to make those decisions based on what people's wants and needs are, they feel safe about that. So that submissive partner, what they do is they're supposed to be following the lead, they can ask questions, they are obligated to share what they're thinking, what their concerns are, what they want, what they see, they even guide the dominant partner. But when the plan is made, to benefit both, they're good at following that's what kind of team player they are in the relationship. They're very good at that. Okay,



Scot McKay 23:55

so you mentioned that the dominant partner needs to feel safe to and we've talked about that a lot around here, you know, at least from the masculine perspective, if we give and we lead, and we provide, and we protect, and the woman just always says, that's not enough, I don't feel safe yet. Or you know, now that I feel safe, I'm going to call you names and invalidate you, instead of making you feel like you did a good job and giving you the positive feedback you need or worse, I'm not going to give you any feedback, I'm just gonna leave you hanging. That's where the dominant person starts feeling unsafe. Because they have, they have no grounding, they have no feedback, you know, they don't know if what they're doing is being effective. And that's all they want to be. And



Chris M. Lyon 24:26



CHRIS M. LYON 24:50

that's why I tell people we have a lot of submissive partners who are conflict avoidant, and they don't want to so called top from the bottom, which by the way, a top does not equal a leader in the relationship, just 10 gently but either way back to this submissive partner. They don't want to take the control. So a lot of times, they'll be quiet, they'll withhold and that will completely screw the leader over. And that's not a good scenario. So it's the leaders responsibility to guide them to have that space to sit and talk, gather the information, give the information to come into that understanding, it's both of their responsibility to make sure that they are heard by the other. So the leader can say, Look, we're not having the conversation, and I'm not getting this, I didn't know this information when I made this decision. And this kind of blew up on us. So what we need is we need to go somewhere and sit down and talk every week or you know, from time to time, sit down and just talk things out and want you to share with me what's going on what's on your mind and your heart and your, you know, your concerns. I need to know that. So if you need any help with feeling safe about that, let me know. And I will do what I can to help you feel safe and heard. Because I need that information when



Scot McKay 25:47

the vulnerability is actually strength. Yes, yes. 100. So again, this is really interesting that a lot of our assumptions Kress about domineering versus dominant, and even even male leadership versus women's submission and how the tables can get turned on that. And how people really kind of misunderstand what dominant and submissive really means in a relational context. And it isn't even necessarily about sex. We haven't even talked about that yet. Sure, I would like for you to talk to us about what really does make either a dominant or submissive partner feel that safety and indeed that satisfaction in a relationship. What do we want, Chris? Well,



Chris M. Lyon 26:30

the dominant partner wants to hear from the submissive partner about what's going on what they need, etc, etc, they also want that validation, they want to be validated. And submissive partners are really good at believing in the leadership of their partner, really adoring them, I see that in a lot of healthy dynamics. So the dominant partner wants someone who will follow them, who believes in them, who will share with them what they're wanting and needing, but will also be validating them. And they can turn their belly up to them, as well, they can be vulnerable with their partner, that is so important. So they need that they need again, everyone needs to feel safe and heard. The submissive partner wants to see that strengthen their partner, yes. But they also want we go back to this, it's the typical thing that we say they want the sensitivity, they really do. And that's to tap into that is it's it can be tough for some people, but it's doable. They want them to be sensitive, they want them to be able, the submissive partner wants the dominant partner to be able to hear them and go deeper with them emotionally, to have more of an understanding. And they want to know that they have the confidence in the decisions that they're making, they really need to have that. Sometimes they want a little micromanaging as well, not all the time. But sometimes they want to be able to check in about what they're doing. And they want that structure. So sometimes the leader has to oblige. Even if it's in texting, there's some apps that are used. But sometimes a submissive partner feels good when they have that structure in place. Both of them can feel more comfortable with structure. And boy, that's a completely different conversation. But structure, I

will I'll tell you, if I don't have time to tell you a bunch of ideas about it. I can tell you, and it does involve protocol, but structure is what helps both partners stay in their dominant or submissive space. You know,



Scot McKay 28:28

as you're talking, it becomes obvious to me that nobody's saying nobody who's not broken or psychotic has ever said to themselves, man, I'm looking for a relationship where we Stonewall each other, have no idea what's going on in each other's heads and never get vulnerable with each other and basically are roommates. Yes. You know, so nobody ever. Right? And yeah, I just don't think people know how to do anyway. Right? Yeah, yeah. And that's why I appreciate everything you've shared with us today. And although I think a lot of these guys and myself included, are going to need maybe a second listen to the show to really unwrap what you're talking about. Because it's so novel in its simplicity, which is basically my favorite kind of episode where we have a firm grasp on the obvious that nobody's doing. And I really appreciate the fact that you brought that to light today and almost as men told us, that's okay. That's what we should be doing. And I think that's fantastic. So we've dispelled some myths, and we've clarified some truths and what more can you ask from an episode right?



Chris M. Lyon 29:29

There you go.



Scot McKay 29:30

There you go. Her name is Chris M lion and she is the author of leading and supportive love the truth about dominant and submissive relationships. And you know, gentlemen we've only scratched the surface here if you want to find her book I have it at the top of my Amazon influencer Q at mountaintop podcast.com front slash Amazon. Especially if you're listening to the show within a week or two of it coming out her book will be right there. Smack dab at the top. Also when you go to The Mountain Top podcast dot Calm front slash lion, l y o n, right? You'll go to www dot Coach lion.com and see the entire universe of what Chris lion has to offer and what she's been up to lately. Chris, what a great show. I sure hope you'll come back.



Chris M. Lyon 30:16

I would love it. It's been a pleasure and an honor. Yeah, well,



Scot McKay 30:19

the honor is all ours. And I really think this has been a unique and excellent show. And what I love most about it is that we've kind of come back down to some of the central kind of unifying principles that we talk about all the time around here, but we've done it in a different and exciting way. And I just I think that's great. Guys, if you go to mountaintop podcast.com The first thing you could do is check out our guests check out show notes, and get in on my

newsletter, where every day I'll send you new and fluff free ways to be a better man and also to succeed with the women in your life. I want to thank our sponsors and today I especially want to talk about heroes soap heroes soap has been coming out with Aloe Shave Gel, they've been coming out with new shampoo products, shower gel and brand new scents like honey bourbon and teak wood and man, I tell you what, I just got a brand new shipment of all these new scents and I mean, I just wish I could take a shower with about 10 different bars of soap at a time. I mean, I just don't know which one to choose. It is a total party at their website and you are spoiled for choice. So I'd recommend going [The Mountain Top podcast.com](http://TheMountainToppodcast.com) front slash heroes soap and supporting them with your business also, as you know Jocko willings company origin and main sponsors this show as do the guys at the key port, where you can design and build your 21st century everyday carry device. When you support any of those sponsors, please use the coupon code mountain 10 To get an additional 10% off and by the way, guys, I want to talk to you on Zoom. Get a place on my calendar reserve your spot let's do that for free won't cost you a dime. We'll talk about where you are right now where you want to be with women. And if it makes sense to put a plan of action together to get you there you and I working together will will do that too. So all that's there for you and more at mountain top podcast.com And until I talk to you again real soon. This is Scot McKay from X & Y Communications in San Antonio, Texas. Be good out there

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Edroy Odem 32:26

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