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SPEAKERS

Scot McKay, Edroy Odem, Avrum Weiss

 E Edroy Odem 00:05

From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the world-famous Mountain Top Podcast. And now, here's your host, Scot McKay.

 Scot McKay 00:18

All right, how's it going, gentlemen, welcome to yet another episode of the world-famous Mountain Top Podcast as always, I am your host, Scot McKay. And we're going to talk about fear of women today. And I have a returning guest, his name is Dr. Avraham, vice and the first time he was on, let's just say there was a very powerful response to what he had to say about the reasons why we as men are afraid of women, even if we don't really want to admit it to ourselves. It's affecting us in one way or another. So it's been a couple of years since I had him on the show. So I've invited him back this time to talk more in depth about how fear of women in particular affects our ability to approach and meet women, as well as the early stages of relating to them in very big ways. Sometimes, probably resulting in the kind of failures we were hoping wouldn't happen. Before we jump into that I want to remind you guys that you can find me on Facebook at The Mountain Top summit Facebook group. Some of you guys haven't joined that yet. Go for it. We're having a thriving group of guys there who are talking about lots of fun things all the time every day. Also, I'm at Scot McKay on AX at Scot McKay on Tik Tok, and on YouTube at real Scot McKay on Instagram, and hope to connect with you guys at one or more of those social media outlets. So without any further, I want to introduce you to Dr. adverum. Vice once again out from Thank you, man for joining

 A Avrum Weiss 01:49

us. My pleasure to be back. We had a lot of fun last time. Yeah,

 Scot McKay 01:53



Scot McKay 01:53

you know what you're passionate about this particular subject, written a book about it called *Hidden in Plain Sight*, how men's fears of women shaped their intimate relationships. And I don't remember talking much about the title in particular last time. But that is really an interesting, fascinating, actually title for a book about being afraid of women hidden in plain sight. What inspired that title? What is it that's hidden in plain sight? Right? Yeah,



Avrum Weiss 02:22

the men's fears are hidden in plain sight. But let me talk about it from a man's perspective. And from a woman's perspective for men. You know, over the last decade, almost every man who I've talked to about this idea, the first response is the same, which is like kind of bow up and get defensive. Because I've suggested that they're afraid, which is not something men like to hear, right, much less afraid of a woman. But Scot, within 60 seconds, almost every man I've talked to, you can almost see the recognition. They're like, Oh, wait a minute. And that would make a lot of sense. And then we sort of walked back through territory that we've covered and not understood. And with that idea in mind, a lot of things that didn't make sense, then make sense. So for men, it's right there. It's just such a sort of aversive idea to men that they don't want to think about it that way. But as soon as they do, then a lot of things start to make sense. For women, it just is a crazy idea. It's really difficult to convince women, that men are afraid of them, because they're just looking at the surface. And they're saying you're bigger than me, you're stronger than me, you earn more money than me, all these ways in which your dominant, why would you be afraid. So women see themselves in a one down position. So it's really challenging to convince women, which is a problem in intimate relationships, because those fears are driving a lot of the conflict in the relationship. And the women are misinterpreting it. That's



Scot McKay 03:57

amazing. And that it goes way beyond the surface. Yes, of the aspects of that topic we've talked about on the show. So I want to dive right in there. Because I think that's extremely on topic. One thing I've noticed, Avraham that, you know, I'm sure that you'll nod and laugh when I tell you this is most women are completely oblivious to the concept, let alone the reality of what's commonly called approach anxiety. Like, I'm afraid to approach this woman and say, Hey, I saw you from over there, and I wanted to meet you. Women just think that can't be possible. Right? For the reasons you mentioned. I mean, you're bigger, stronger than me. Why would you be afraid of me? I'm a girl, right? But when you talk to attractive women about this, they'll often respond with the assumption of like, wow, that is absolutely out of left field to me. I just thought that 95% of all the men out there weren't interested. And the 5% who did come to me were the ones who got all nervous and tripped over themselves. I'm like, Well, yeah, okay, those guys are come talk to me. They just were completely completely oblivious to it. And of course back home and our own male psychology, we as guys know that the worst humiliation in the world is being beat by a girl. Yeah, so we, in our competitive mindset think this is a win loss scenario, this is a zero sum game that either I'm going to be accepted or rejected. And if she blows me out as the pickup artists used to say it, it'll be humiliating everybody point and laugh like an old Charlie Brown cartoon. So this is why the guys who are like, the most macho guys I've ever met, are often the most afraid to approach women. And then if you say, Hey, are you afraid of some girl? I go, No, hell no, man, you know, I fought two tours in Iraq. I'm not afraid of

nothing, you know, nevermind, these guys don't go to the doctor because they're afraid of injections, either. But you know, it's probably another story. So talk to me more about how this kind of weaves its petty paste into that early relationship process. And, you know, women are kind of blindsided by these fears men show right, and how men don't even maybe even blindsided by themselves is what I hear you saying?

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Avrum Weiss 06:03

Well, let's take this a lot deeper and talk not just about dating and attraction, but about sex, because some of your readers or listeners are single, and some are in committed relationships. And the same issues that men have with sex are the same issues that you're talking about approach anxiety. So go back to your example of the guy in the pickup situation, who's afraid to approach a woman. What's interesting about that guy, is that he may have a job in which he called cost 30 people a day. Or he may be the kind of person who would go into a social event and be completely comfortable talking up the biggest, most powerful person in the room with no anxiety at all. So the question we have to ask ourselves is what vulnerability is on the line romantically and sexually, that is frightening to men that is not on the line in those other situations where money and power may be at stake? So I think the answer is that men are so socialized to believe that our value as human beings is equal to the extent to which we please and take care of other people. So a real man, the wife doesn't work, she doesn't need to work, because he's going to take care of I'm putting real man in quotes here, which you can't see. But they're in quotes. And so when you know, he takes care of her, she doesn't have any distress. And so men often experience any kind of unhappiness in their partner as an indictment of their masculinity. So it gets freighted with all that stuff. So a lot of sex therapists now are talking about how many men have inhibited sexual desire, which seems like an oxymoron, right? You don't think about men, but because there's so much performance, anxiety, and so much of their self worth feels tied up in pleasing women, in getting validation and acceptance from women, they begin to avoid sex, because they're so scared of everything that comes with it. So that that approach, anxiety becomes sexual anxiety and long term relationships with a lot of the self esteem and validation, dependent on women's approval, and validation. So,



Scot McKay 08:28

among other things, this explains why a guy would come to me and say, you know, I can ask out all the women who are average or, you know, barely acceptable to me. And I can talk to women I'm not attracted to, anytime you want at the drop of a hat, and I can even get them to be attracted back to me. But as soon as I'm actually legitimately attracted to a woman, and I find myself face to face with her, that's where everything falls apart, and I turned into a bowl of oatmeal. Right?

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Avrum Weiss 08:59

So what's changed in that situation? What's different?



Scot McKay 09:02

Well the sex part is what's at stake? Yeah and

well, the sex part is what's at stake. Yeah, and

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Avrum Weiss 09:05

it's vulnerability, if I don't think much of you, and you don't approve of me, who cares? I didn't think much of you to start with. So if I apply for a crappy job, and I don't get it, I'm not going to lose sleep over. But if I come across the dream of my life, then I'm really anxious about whether or not they're going to approve of me. But it comes down to that. You know, think about when you were a little kid, and you went to the pool with your mom, and you stood on the end of the diving board, and you're getting ready to dive in. What do you do right before you jump in the water, you stop and you turn on you look at your mom, right? You want your mom to watch you go off the diving board. It's not as satisfying if you just jump off the board. You want mom to see you and be proud of you and think my brave little boy. So this is stuff we all grew up with. And it all gets transferred to our adult relationships.



Scot McKay 09:59

that need for approval? Yeah, is what you're talking about. And then of course, being an approval seeker is the kiss of death in the dating world as an adult or quasi adult, you know? Yeah. High School, it

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Avrum Weiss 10:12

starts right. For men or women. Yeah. Yeah.



Scot McKay 10:15

You know what's interesting, as you're talking, I'm thinking about the interactions I have. And even within our family or immediate family, when one of my kids becomes accomplished at something, yeah. And they're passionate about it. And they're very good at it, you know, like I said, and they're already a champion at it. It's like, there's this shift in their mindset. And indeed, in my relationship with them, I'm thinking of my son and my daughter, and their BMX racing here, both of them became, you know, pretty solid champions, there came a time when they knew they were good at this. Yeah, they knew that they had it in them to win, the confidence was there, you know, and of course, when you're good at something, you tend to like it more and be more passionate about it, it kind of grows, when they were self motivated. When they're like, I love this sport, I want to win, I can't wait to go out there and crush the competition, it's just going to be a blast. They kind of like let go of my hand and said, Alright, Dad, just don't watch and cheer. But you don't need to give me a big pep talk before I go up there. Finally, my daughter one day about two years ago said, Dad, trust me. She's like, 10, she goes, Dad, I know what to do. And that was actually a turning point in my relationship with her probably general, in a sport like that anything can happen. But it's amazing how consistent she is when I just stay out of her way and let her do her thing.

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Avrum Weiss 11:37

So the differences, it's lovely language, that you use the differences that your daughter or son could gain a confidence that they're good at it. Because it's very obvious to see if you finish ahead of other people, you're good at it, man, really obtain that level of confidence in relationships. And so they're always checking with women, I had a guy who told me that he could tell if his wife was upset with him when he walked in the front door of the house. And what he meant was before he saw his wife, that he could feel in the air, whether she was so it was so critically important to him, that he developed such a sensitivity. He was so focused on whether or not his wife approved of him that he felt like he could tell in the air before he even saw her.



Scot McKay 12:28

What do you think was going on there?



Avrum Weiss 12:30

I think that his feeling good about himself was completely dependent on his wife being okay with him. And so the first thing he did when he walked through the door, was turn on his sensors to see if he was in trouble, which is more like a little boy than a grown man. Wow, I so often heterosexual relationships take on the characterization of a parent child relationship, which typically becomes a very low or no sex relationship. Since most people don't want to have sex with their mother. Most people don't



Scot McKay 13:02

I think you nailed it.



Avrum Weiss 13:03

I mean, the best way I ever heard this described was, she can't be your mommy and your lover at the same. Right? Exactly. There's a rite of passage that has to happen. Right. And that's exactly the bind. That's why lack of sex happens in so many relationships. What's sad about it truly is, you know, men can get into a very critical place here and blame women for this. I don't think it's women's fault any more than it's men's fault. Women don't want a child for a husband. They're not happy with how this breaks out any more than men men don't want to be a little boy. And women don't want you to be a little boy. And so it's a it's a mess that men and women both get into not that women do to men.



Scot McKay 13:46

So basically what's going on here if you go back to the primal instincts, you know, yeah, design of the masculine feminine dance itself. At its core. Yeah, men are the providers and protectors, women, once they feel safe, and guarded. And you know, you alluded to this at the very beginning. Yeah, then all of those feminine gifts of joy, fun, playfulness, or play, you know, I noticed anytime you add a fullness to a word, you can easily drop the fullness, like joyfulness is

just joy, right? All of those things that women bring to the world, all those things that frankly, we live for a weekend and make life beautiful and wonderful. Yeah, those are freed up when we are providers and protectors. This is why when women are single moms and they have to take on that masculine role of providing and protecting they have very little time left for those other things a little further up the mais lobbying hierarchy of needs like fun play, whatever, and when you take a woman out on a date and you have everything handled, and you take her on a two hour vacation, like I like to talk about, they get horny adverum They can sexually ignited by that. Yeah,

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Avrum Weiss 14:52

I mean, it's it's a very confusing and complex situation that you're referring to. So what you're saying is absolutely right. And you know, it's right. Because if you go to the women's literature section of any bookstore, you will see books that the publication industry refers to as bodice rippers. There used to be on the end caps in the grocery stores, I don't see them there anymore, because I guess you know, me too, or whatever. But these are books in which women are not raped. But their initial hesitation and fears are overcome by a persuasive, dominant man.



Scot McKay 15:29

Right? Like when women say I want a man who will take me, yeah, and knows what he wants and takes it. That's

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Avrum Weiss 15:34

the erotica that women read. And that's what you're talking about. But at the same time, when you talk to women, about what do you want from a man in a relationship? That's not what they'll say? Because they're a little embarrassed that that's what turns them on. And so what they'll say is, I want a man who's sensitive, I want a man who's emotionally open. I want a man who's my not in the hierarchy above me. But they're both true. And so men are completely confused. I'm so glad I am not a young man today. I don't know what the hell there was a The New York Times had a great story, maybe 10 years ago, they asked young man, what did you learn about sex? And how did you learn it? And of course, they all learned about sex from pornography. And what they learned was, you have to have an enormous penis, you have to be dominant and rough and in command and incharge. They take that and they go into the real world with real young women, and doesn't go very well. And so they have no idea what's expected of them. And we've taught them. You know, when we talk about men and sex, we talk about performance. Right? What a crazy word, but think about what we're teaching men that we use the word perform, we don't say, did you enjoy yourself? Did you feel close to your partner? We say did you perform? Like it's, you know, a sporting event. And so we confuse the hell out of these poor young guys. And there's a very famous sex therapist named Esther Parral, who says that, you know, women experience men approaching them as more of asking for a favor than stating a desire and that is not sexy. Wow,



Scot McKay 17:21

there's so much to unpack. Yeah, from what you just talked about enough. Oh, man, first of all, lest these guys come at us with torches and pitchforks, let's cover the most basic concept you talked about there, which is why is it so darn confusing? Yeah, that women want to be taken, uh, dominated sexually, but they also want someone sensitive and they've got someone who's, well, what goes on there and, you know, fill in the gaps here for me because you're the expert is, first and foremost, a man has got to make a woman feel safe and comfortable. That doesn't necessarily mean what we think it means. In other words, we don't have to be this big burly. First out the limo kind of dude, who takes bullets for people. We don't have to beat up thugs who you know, try to rape her at the ATM. First order of business is to not shame her to not confuse her to not make her feel stupid or unwanted or to highlight your need for sex above any other potential redeeming qualities she has, so she doesn't even feel seen or heard just wanted. There used to be a Jane's Addiction song called Jane says which actually musically isn't the best song. But there's a fascinating line in there about this poor girl who's named Chang who apparently isn't so socially successful. That's my read on the song. Yeah. And the line is something to the effect. And this is a paraphrase. She has no idea what love is. She only knows when somebody wants her. And I think that's probably the kind of line that would hit a lot of pretty girls right between the eyes. Yeah, absolutely. And we as guys think, Well, isn't that our job, I'm supposed to, like seduce her and I'm supposed to get her in bed somehow. Because you know, I'm horny, and I want some poontang and women want to be seen they want to be acknowledged. And guys are so darn afraid of being put into just the friendzone that they forget to realize that the dangerous word in the phrase just be friends isn't friends. It's just you know, I I am best friends with my wife and we're hot and horny for each other at the same time. So when you make a woman feel like a woman, you've got her back, you know, you've gotten to know her. You're not representing a threat, but rather a protection. And you know, I'm sure you cringe at the phrase sexual threat the way I do when it's used in a allegedly good way. Right? What happens is she opens up her femininity can start to blossom, and then you're kind of like her. Well, I'm gonna use the word you don't like. But from a performance perspective. She kind of wants to take you in the bedroom and see what you're capable of. Hmm, you know, hey, this guy is a provider. He's a protector, he makes me feel safe. He makes him feel wanted. I actually feel like we've connected. And you know, there's that word vulnerability that a lot of guys confuse for weakness when really it's strength. Yeah, right. So yeah, that word vulnerability when women say they want a guy like that really crosses up a lot of men psychologically. But what she wants you to do is risk having that conversation, she wants you to risk talking to her getting to know her in a way where there may be a deal breaker, you may not get along, instead of trying to hide it because you're afraid of her or afraid of the result. And what happens is when she gets horny, and she feels safe with you, she wants to feel the dominance she wants to feel you take her. And it's all about that context. But a lot of guys are trying to put the cart before the horse, proverbially. Because of that other thing. You mentioned pornography. Yeah, this is training men, not only to see sexual interaction between men and women a certain way. But also it's flatly, frankly, objectively, a cheap substitute for having to do all that heavy lifting and perhaps feel the shame of rejection from actually talking to real women nowadays, exactly. It's like a vicious circle.

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Avrum Weiss 21:12

Yeah, exactly. There's an old saying that women have to feel loved in order to want to have sex. And men have to have sex in order to feel love. And so you can see the problem in men and women coming together. Because what you're talking about, I would call intimacy, all the things you talked about, I would put under the umbrella of intimacy, women are turned on by

intimacy. And men are less secure about themselves. And so they need sex as a validation, to feel love. And so they can sometimes come across in a more needy, please, please validate me and tell me I'm okay. Which is the opposite of what women are looking for.



Scot McKay 22:01

And once again, not to be overlooked, that creates another adversarial situation where men are thinking in terms of a zero sum game, when Yes, I get what I want, or you get what you want. Not this give and take thing. I get



Avrum Weiss 22:15

what I need. But I think women understand women think that men are hornier than women. And I don't think it's about if it were just about hardness men would just masturbate and say we don't need women. So it's not about the need for an orgasm. It's about the need for connection and closeness and intimacy, which men are most familiar with getting through sex. So women see men coming on to them a lot and think, Oh, he's just horny. But I don't think that's right. And I think that what's being expressed, is a sort of distorted way of saying, I need to be close to you. So one of the things I say to men often when men are in a very vulnerable place and talking with me, I will often say that, have you talked to your wife about this? So a guy will say, I'm really worried about my heart, you know, everybody in my family, my dad died at 45 A heart attack, and I'm getting heart Florida that that that's talking about that? And I'll say, Have you talked with your wife about that? And he'll say, No, I'm not comfortable. I'm, like I said, you know, if you do, I pretty much promise you, you're gonna have really good sex. And they look at me, like, I'm out of my mind. But I know I'm right. I know that if they come to their wife and talk about something that is tender, and vulnerable, and open, I know how she's gonna respond as



Scot McKay 23:42

guys talk to women, and they get to know women. And they kind of put what we're talking about here to the test the vulnerability, the knowledge that we gain, you know, by listening to this podcast, or reading your book, or wherever we gain it, right? That, hey, you know, this will probably be alright, because these are proven principles, and they tend to work once we start getting feedback from women that's more positive than we're used to. Yeah. And we're starting to realize, my goodness, I'm the same guy, but all of a sudden, I'm attracting women more often and more easily than that need, you know, that needy Ness? You know, you know, the INS is kind of like the phrase exactly need and neediness are kind of the same thing. That neediness subsides because we got this. Yeah,



Avrum Weiss 24:30

but let me say part a little differently. Because you said attracting women. You said that several times. And I think that's a trap that men fall into. Okay, fair, they start to think that dating is like being a salesman, that success is based on the most number of sales, but in dating, you're not trying to make a lot of sales, you're trying to make one sale. And if you think about it, if

assuming you want to be in a monogamous relationship, if you don't, that's beyond my expertise. But if you're just looking for one person to love and be loved by, it doesn't matter if who you are is not attracting a lot of people, you only need it to attract the right person. And so if you go with the risk of being yourself, and a lot of people aren't interested, good, that's good to find that out on the front end, keep looking till you find the person that that's not a bad sign. That's a good sign. And then you find the person who is attracted to what you are. The problem is, if you're trying to get a lot of women to be attracted to you, you do that by not being yourself, but by being the person you think they're going to like. And then no one is going to be attracted to you. Well,



Scot McKay 25:45

I agree with you 1,000%. However, let me level set where I was actually trying to go with what I was saying, okay, because everything you just said is absolutely on point. And if you are looking for the right person, I mean, that's the one who's going to matter. And if you have a bunch of women who aren't really compatible with you at all, and they are trying to tell you this, and you exactly quote unquote, rejected, then you're barking up the wrong tree. Exactly. And that is a huge topic in and of itself. Where I was going is kind of like a psychological state that my little daughter started experiencing when she started winning races. Yes, like, I can stop worrying about this. Yeah, I can stop being a wadded up, and afraid that I'm going to experience some sort of victimhood when I go out and do this, instead of a fear of talking to women, and perhaps finding out that they don't like me all the sudden, this starts feeling like fun. This is like leisure time, instead of a job exam. Once you have a good rapport with women in general, and they seem to like you and be comfortable with you where perhaps the pattern in the past with something opposite to that, then you stop worrying about am I enough, you start being less needy, yeah, and you expect good things to happen. And then what kind of blossoms fourth, and this is where I'm going to dovetail it back with the point you so eloquently made, which is I can become a chooser. And my choice is coming from an informed place, that's muddied up by fear.



Avrum Weiss 27:11

Yeah. And the critical point is that when someone is not interested in me, that doesn't mean that I am not interesting or worthwhile, it means that we're not a good fit. And so it's not being shut down. It's not being rejected. It's not You're not good enough. It's none of that. It's that it just wasn't right between us. And it's no more of a diss to her than it is to you. And it's good to find that out on the front end. Yeah,



Scot McKay 27:39

and when you have a modicum of success with women, who are like you, and are kind of on your team with you, which is something I harp about constantly after, I'm like, Guys, why are you trying to go to this woman who's nothing like you? Right? It's perhaps, like, psychologically broken, but she's got a nice ass, you know, right? I mean, why are you judging your ability to succeed with women on these flawed scenarios to begin with, you know, if you find a woman who's into the same thing as you are, and it's

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Avrum Weiss 28:10

not, so we teach them, because they're doing what we do, if you watch you know, all that it's, it's all about going to a bar and trying to get the most attractive woman in the bar interested in you. That's regardless of whether you like her or she likes you or anything else.



Scot McKay 28:24

Why don't we give these guys some action steps from what do you tell guys? What do you teach guys? What do you suggest to guys when they come to you? And I'm thinking, as I say this all all of us, if we're honest with ourselves, have to be able to raise our hands and nod and agree with at least something in this podcast having happened to us at one point or another, what do you tell these guys? What are the action steps? What can we do?

A

Avrum Weiss 28:49

It's a great question. And the listeners may not like my answer, because it's going to be a little longer than they might like, but being less anxious, and in it feeling inadequate, and all the things being less afraid depends almost entirely on having a good life, outside of your dating life. So if you have a life with good friends, and I don't just mean guys that you go drink with, I mean, the guys you can actually talk with, if you have a life with good friends, and people who love you and people you love, then you're just not going to be as afraid of dating and intimacy and relationships. Because if you go out on a date with somebody on Friday night, and it doesn't go very well, you're going to go with your friends on Saturday night. And so it's just a part of the weekend. It's not like oh my god, I'm a terrible, inadequate, worthless person. So the better the rest of your life is, the less frightened you are likely to be about the things we're talking about. So it takes time to build a life you and men try to solve the problem the wrong way. They say Oh, I just need to find a woman and I feel good about myself, but it doesn't really work that way. You really have to go through the, you know, step by step, building a life. And not only that, but when you meet women, and women see that you have a close group of friends and people you love, they are attracted to that, because they see your capacity to be close to people, and that is attractive. People



Scot McKay 30:18

buy on the approval of others. Yeah. This is why women are watching how you treat women who clearly aren't sexually attractive to Yes,

A

Avrum Weiss 30:25

yes. And how you treat your neighbor, and how you treat your dog and how you treat your friends? What kind of person you are? And are you the kind of person that I would want to relax and be open and vulnerable? And



Scot McKay 30:40



Scot McKay 30:40

what would you say to a guy who is experiencing a pattern where he'll meet women, maybe he'll get along with them. But then after a date, she's going, you know, I'm just not feeling it. And I don't really want to tell you why. As opposed to just a guy who's afraid of this odd rejection every once in a while, and perhaps is even sworn off even talking to women because he's so wadded up in fear. What if there is a very real pattern here where women are just saying, you know, I really don't want to put it into words. But no, I'm not. You think



Avrum Weiss 31:12

that both attraction and lack of attraction are mutual? Meaning you and I met a couple years ago, we chatted before the show, I liked you. I know you liked me. I wasn't worried about whether or not you liked me, because I could I know what it feels like to talk to somebody that we like each other. Okay, so if you're on a date with something, and she says, I'm not really feeling it, my guess is you're not either. And you confuse the situation by thinking, Oh, I like her. And she doesn't like me, probably not. Probably there wasn't a good connection between the two of you, which is not an indictment of you. It's just not a good fit. And so that's the first step is to not think that it's an indictment of you. And the second part is that the reason that nothing may have happened in terms of you know, chemistry, may be how terrified you are to be close to another human being. And that's probably not something you're going to solve dating, that's probably something you're going to have to solve in other relationships in your life before you get more comfortable being intimate in a sexual relationship.



Scot McKay 32:16

So that answer kind of sounds like if not A, then B. Yeah, like the first line of defense is Oh, come on, dude. Are you looking at this chick through rose colored glasses? Because she's hot? And honestly, truthfully, you don't really like her for any other reason other than pure sexual conquest? Or is there something different going on here? And if there's something different going on there, and yeah, I feel like we connected and everything, then it's time to look at option B, which is I'm just horrified at connecting with people. And she can see it and she's not attracted. She's not into it. She doesn't feel it.



Avrum Weiss 32:47

Yeah. And if she didn't feel it, but chances are it wasn't there to be felt, and that you are trying to convince herself that it was you're trying to convince yourself of something that didn't happen. Well,



Scot McKay 32:59

the beauty of this, as I see it algorithm is we have full responsibility for the change we want to see in our life. Yes. And I think you have presented a good potential solution, which is to get in front of more people build your life, build your confidence in lots of ways. And I would add kind

of the icing on that cake. Realize everything we talked about today is true, whether we want to admit it right now to ourselves or not. It's just that it involves a modicum of courage to go out there and give it a shot.

A

Avrum Weiss 33:28

There's a chapter in the book, which I'm really happy about, which is a chapter for guys who are asking the same question that you're asking how do I you know, concrete steps, what can I do? And I sort of walked them through the process of finding a group of guys to meet with regularly and talk like this, like you and I are talking not like in a bar, but in a more personal open way. And the chapter sort of walks guys through basically what I suggest is use the book to start a book group because guys are not threatened by the idea of a book group. If you say I want to start a men's group, you probably a lot of people are going to run away. But if you say I want to start a book group and use the book as the first book in the Book Group, which will get the conversation moving in a more personal open kind of way. And then hopefully that becomes a group of guys that you meet with on a regular basis and learn about closeness. Yeah,



Scot McKay 34:21

add yours to the many voices calling for a return to that amongst men. Yeah, I think it's very, very important because guys are, like you said at the outset of this podcast, kind of feeling isolated, you know, and COVID didn't help. Horribly. So yeah, his name is Dr. Avraham, vice. He's an author and psychologist and he is indeed the author of hidden in plain sight. How men's fears of women shaped their intimate relationships. If you are listening to this particular episode within a few days of its release, you will find Dr. vices book at the top once again of my Amazon influencer Q at mountaintop podcast that conference slash Amazon and also you can go to The Mountain Top podcast.com front slash avrum A v r u m, and be teleported to Alpha vice phd.com, where you can find all you want to know about Avrom and his work. Dr. Vice, thank you so much for coming back to the show. Always

A

Avrum Weiss 35:19

enjoy it. Let me just add one thing to that Scott. Sure I return every email I get. And so if you have listeners who have questions about what you and I talked about today, or they're reading the book, and they have questions, if you email me, I will answer.



Scot McKay 35:31

Yeah, man. Also, if you want an invite to The Mountain Top summit and interact with my guys there, I'd love to see that happen. Sure.

A

Avrum Weiss 35:38

Tell me more about it. Send me an email. Tell me more about man. Hey,



Scot McKay 35:41

there's a bonus there, gentleman there you're gonna get to interact with the man himself. Once again, thank you Dr. vise for joining us as it was last time and incredibly enlightening and



Avrum Weiss 35:49

powerful show. Thanks for the work you're doing Scott. Yeah, likewise, sir. And gentlemen, when



Scot McKay 35:54

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Edroy Odem 37:18

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