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SPEAKERS

Scot McKay, Edroy Odem, Dr. Thomas Jordan



Edroy Odem 00:00

Live from the mist-enshrouded mountaintop fortress that is x & y Communications Headquarters. You're listening to the world famous mountain top podcast, and now is your host. Scot McKay, Hey. How's



Scot McKay 00:18

it going? Gentlemen, welcome to another episode of the mountain top podcast. As always, I am your host. Scot McKay from x and y communications, today we're going to talk about a topic that is starting to come up more often than it ever has before, especially when we're talking about younger people getting into relationships together. My guest is a returning guest. Indeed, He is Dr Thomas Jordan from New York City. He's a clinical psychologist, author, faculty member at New York University, love life researcher. He has the website that I will point you to later, called the love life Learning Center. And he is indeed the author of the book on Amazon, learn to love. Guide to healing your disappointing love life. Before we get started, I want to remind you guys that you can head over to mountaintop podcast.com get all the free goodies. Join us on the Facebook group, mountaintop Summit, if you haven't already, gentlemen, and of course, I'm on Twitter. I'm on Tiktok, I'm on YouTube at Scot McKay and on Instagram at real Scot McKay, so with nothing further. Dr Thomas Jordan, but you can call him Tom, welcome back to the show. Tom.



Dr. Thomas Jordan 01:29


Hey, thanks for inviting me, Scott. Thank you.



Scot McKay 01:32

Yeah, man, we had a great show last time talking about what to do if you're in a disappointing love life, because that's what your book is all about, and I invited you back this time to really hit

this topic with a big, heavy hammer. And it's transactional relationships. You know, without giving you anything, first person, I would love to hear your take on what exactly transactional relationships even means. What's that idea? What ideas does that phrase trigger in your mind?

 Dr. Thomas Jordan 02:03

The one word that pops in is contract. Wow, contract between two people. I do this for you, if you do this for me, and vice versa.

 Scot McKay 02:14


So I think the first thing I think of when I consider a contract is an actual contract, like a prenup. But I don't think you're limiting the scope. Let's

 Dr. Thomas Jordan 02:24

include that prenup is making sure that certain needs and wants get covered at the beginning of a relationship. So I would put that, I think that's a form of transactional relationship. There are others. You can define them in terms of what people are asking for, what they're needing from each other. Another word comes to mind is business. It's transactional. Relationships are common in the business world. I have something to sell you, you have something to give to me. And we make an agreement, we negotiate and we make an agreement. Well,

 Scot McKay 03:04

in a way, I would say that's what business is all about, isn't it? I mean, it's nice to have relationships, but in a business relationship, when we're doing business together, I'm purchasing something and you're selling something to me, and we both benefit from it transactionally, absolutely,

 Dr. Thomas Jordan 03:18

absolutely, and that's that. So when you, when you transport this concept into the love life area, this is where the interesting ideas come out. Because personally, and I'll make my position clear right at the beginning, I don't think it belongs there.

 Scot McKay 03:38

I think that's fair enough Go ahead. I

 Dr. Thomas Jordan 03:40

think, I think it's there for certain reasons, and the reasons that concern me, and they touch on

why I got into this love life research to begin with. I think people in recent decades have gotten kind of confused, perhaps a little bit discontented with love relationships. They've had disappointments that were difficult to resolve, and I think there's been questions about marriage that have come up recently, whether or not marriage is necessary. There are a lot of questions coming up now, especially by younger people, as to what a love life should consist of. A good example of that would be the relentless, and I love to use that word, because it is indeed relentless. The divorce statistic, 40 to 50% for first marriages, a whopping 60% for second marriages and 73% for third marriages. That's the percentage of people who will face divorce in a love relationship, in a marital love relationship. Now that has been around for a long time, and I think that's the problem. I look. At that as a problem that needs a solution that we have not found yet. My research has been focused on finding a solution for that, because I don't, I don't think 50% divorce rate. I That's not good enough, in my view. Scott, it's not good enough. It's like throwing the dice 50, chance when you get married that you'll be together. If you ask me, why is that relentless? I'd say, and I've said it before, many, many times on podcasts, in front of audiences. The reason for that is people don't work on their love life. We work on everything else, social life, family life, work life, medical life, educational life, love life is important to work on. And my book is about how to work on your love life. And I suggest to people that the best and my research indicated to me that the best way to work on your love life is psychologically. It's not what to wear, where to go. Okay, those are good things, but the point that I'm making is there's some preliminary work to do, and the preliminary work is in the psychology, what I like to call in my book, The psychological love life. This is the expectations, the unconscious learning about love relationships that you bring to love life situations that determine shape the love life experience you're going to have. And during this love life research, which I conducted in my practice over the past 30 some odd years, I collected information about how people repeat big word, repeat another big word, replicate, recreate the unhealthy conditions that they've learned that they don't know exist in their psychological love life, over and over and over again until they get to a tragic state of resignation. And I know that there's a lot of people out there who are resigned to living without love because I wrote a, I wrote an article a while back. You know, every once in a while, I write a post on my my website, love life Learning Center, com. And I been out there since 2012 I wanted a like, an online library of articles that really speak to real love life issues and how to resolve them, what to do about them, and I wrote this article called living without love in your life. Wow, what a tsunami of responses I got. And I read every one, and I responded to some, and I learned some things from what people said to me. I revised the article a couple of times, and I learned as a consequence of those comments that there are too many people out there that have given up on love, and the reason they've given up on love for the it's exactly for what I'm talking about. They don't know what's in their psychological love lives. They're repeating it over and over again until they reach this point of just saturated disappointments and they're not interested in getting hurt anymore. Well, you



Scot McKay 08:05

know what you're talking about, would provide at least a modicum of an explanation as to why the divorce rate for second and third marriages is incrementally higher than even for first marriages. Because people have these unconscious habits, these unconscious minds speak of, and they just keep replicating them as you



Dr. Thomas Jordan 08:25

Oh, absolutely. And, you know, I'm going to use a dirty word to kind of put it into context. It's familiar. And the root of the word familiar is family. Your love life begins the day you were born. The first classroom is the family of origin. You're unconsciously learning. You don't know that you're learning, and you don't know what you're learning. You're unconsciously learning from experience how relationships love relationships go. They don't have to be romantic. The emotion of love is the only requirement. So love life begins the day you were born and ends the day you die. So love life is an evolving set of experiences, and these are the experiences that teach us what to expect in a love relationship, how to act, what we expect from the partners that we have. You know, let me put it in simple language, who we love and how we love them is essentially encoded in your psychological love life. Now you can open that up like a book and read it. I have this service I'm providing through my website. In my practice, I do love life consultations on the phone for people that read my book, perhaps are interested in these ideas and want to understand what their psychological, love life consists of. And it doesn't have to take forever. Learning is a very user friendly concept. We learn right from the beginning of life. We learn through school. We learn middle age. We we're always learning. We human beings, learn very, very well. So. So once you realize it's learning that's the problem, you can unlearn. That's guaranteed. If you've learned something you can unlearn it, not always easy. You have to, you know, be persistent, stay with it, get to know what's going on, understand what you've learned and what's unhealthy about it, and move the learning in another healthier direction, but that's I call that the unlearning method, and I talk about that in my book as well. Unlearning what we've learned with consciousness now, because you've been able to identify it. That's the way to climb out of these repetitive patterns so they're not in control of your love life anymore, putting the control back into you and your conscious choices.



Scot McKay 10:43

Well, two things there. First of all, we were talking about people getting married and then getting divorced. I would purport that a big reason why those divorces happen is because the couples should never have gotten married to begin with, whatever they had learned about their love life from birth, like you said, translated into a thought process that led to them being with the wrong person, either because, well, they're hot, but I ignored all the other red flags. I believe I deserve to be hurt. I believe I'm not allowed to be happy, or perhaps I've learned how to be this manipulative, horrible person, and I'm putting this other person through suffering, and I'm right, either aware of it, or I'm not aware of it, uh huh. Or, to bring us back on topic here, I have been trained my entire life to believe that this is all about what's in it for me? Yes,



Dr. Thomas Jordan 11:40

absolutely. Let me. Let me add something to what you're saying. You great. I would add to that. I believe I agree with you, but I would put it into a percentage. I think a percentage of people marry the wrong person, and the solution is to get out. Great,



Scot McKay 11:57

yeah, for sure, because we're talking about not a 100% divorce rate, right?



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Dr. Thomas Jordan 12:02

I think that to clarify, I think there are people who marry someone they shouldn't have married, but in the course of that relationship, both people are able to work together to grow into a better relationship, and I am optimistic that that is possible. I've witnessed it myself. So I believe that couples can also be a place where people learn work together to improve their relationship as well. So and I want to, as we segue back to the topic, I want to make a point that let's talk about why a transactional relationship has occurred in the love life psychological area. Okay, let's why is that happening? And I, I believe, and this is a controversial statement, indeed, but I believe that transactional relationship is a defensive relationship, when people don't know what's going on in their love lives and they're experiencing hurt, disappointment, hurt. You got two choices, really, if you're aware that something you can work on, then you can choose to work on it. If you don't know it's something to work on or the familiar is just too strong. What you can do is develop defensive relationships. Defensive relationships involve a measure of control, and if you think about it, a transactional love. I'm putting that in quotes. Love relationship is really an effort to control, difficulty, hurt, the unpredictability, the uncontrollability of love. And a love relationship. Let's make a contract. Let's make an agreement. Let's nail down what we're going to get in this relationship so I don't suffer future disappointment. I believe transactional relationships are defensive relationships. They're based on fear of intimacy and the hurt that could happen, they can be based on what you pointed out a couple of minutes ago, narcissism, self centered learning experiences in life, they indicate a lack of trust in love relationships. So people want to in that state of mind and heart. They want to nail it down. They want to exercise some level of control to make sure that they avoid disappointment and hurt, and that's my belief about transactional relationships.



Scot McKay 14:35

Well, right on. And to that point, I don't know about you and your practice, but lately it seems like whenever I talk to anyone under 30, not everyone, but a shockingly high percentage of those folks who are looking to date and perhaps get into a relationship, it seems as if the concepts you're talking about like intimacy, and I would add to that connection. Mm. Don't even compute anymore. It's like, what is that? What does that do for me? Where is the objective reward that comes to me for engaging in intimacy or trying even to connect with this person who I'm going to try to date? I hear a lot of men saying, Well, you know, I'm in it to get laid here, so of course, I'm going to have to take her out to dinner, or tell her she looks good, or feed her some kind of psychology that makes her want me. It just seems like it's all supposed to be one big game we play together. Otherwise why be here? And they'll add on to that, by the way. Tom I don't want to be a parent, really, because, I mean, I was such a crappy kid, all I did was sit around the house and sponge off my parents. I wasn't good for a whole lot. So what would my purpose be? You know, so why in the world would I want to make babies and have to raise them? Because there doesn't seem to be a whole lot in it for me there either. Really, I just want to live this hedonistic life where someone else serves me, and I guess whatever I can get away with contractually giving back to them. I mean, so be it. But I certainly don't want any kids, and I probably don't even want to be married either. It's just really a shame that someone would get to a point where they don't even understand the subjective benefit, even conceptually, of intimacy, connection, yeah,

D

Dr. Thomas Jordan 16:21

yeah, yeah. I think I think that putting it into a little bit of a context. I think the pandemic had

year, year. I think I think that putting it into a little bit of a context, I think the pandemic had something to do with disconnecting us a bit. Indeed. I think the digital revolution is weighing in there as well people, in addition to this divorce rate that won't go away, people are free to try alternatives and sometimes get stuck there. So there's a lot of there's a lot of places where people can come to some belief that a non intimate love life is a better love life. It guarantees certain things, objective things, the word you used, and they lose faith in the experience of intimacy. Now, I think that has certainly happened, and it's time now for us to remind people of how important intimacy is. Think of it this way, falling in love, right? Is, in many respects, it has a psychology to it, but let's put that in the background. It has learning elements to it, but we'll put that in the background and just assume that love. You fall in love. You know, the phrase suggests a person falls down. You're it's an involuntary experience, right? And the real problem with that is, once that experience takes place, the type of relationship you form to contain that experience of love is going to say a lot about how, how much survival that love feeling has you know whether or not it's being taken care of or it's being diminished or destroyed, because you're setting up an unhealthy relationship as a consequence of falling in love. And I think that a transactional relationship, for example, say, I fall in love and I set up a transactional relationship, because I'm concerned that I'll be disappointed unconsciously, I'm concerned that I'll be disappointed in the same old way. So I want to react to my feeling of falling in love with a bit of control, and I want to make sure that I get certain things out of this relationship, and I can hold my partner, the the counterpoint to this contract to account. So I have, I have like in the contract, if you don't deliver what I want, I have a document. I have a concept in mind where I can make a complaint. I can say you're not, you're not compliant with the rules of this contract. So I believe a transactional relationship, as I'm describing, is not an intimate relationship. It's not intimate it's focused on what I Big word I get, the other partner is left to be focused on what he or she will get.



Scot McKay 19:21

Now, hold on, just a second. You're giving us great information here, but I want to underscore something that you're talking about right now. In my practice, it is breathtaking to me to see how many people, and this is not gender specific. I know the men go in their own way. Want to blame women for this phenomenon, and I know angry feminists want to blame men for this phenomenon, but it seems like when we get into these transactional relationships, transactional by design, it is flabbergasting to any person who's undertaking a potential or even extant transactional relationship that the other person would have any needs or desires. Well, they're in it for themselves too. Do you mean this person isn't going to just give me what I want? They're not here to serve me. And then people are disappointed when nobody wants to get into relationship with them, because they're almost broadsided by what the other person's demands, wants, needs are in that relationship, and they're like, oh, there's that. You mean you're not just here to serve me, and the dating advice out there does not help. It's all a bunch of hypnotic videos saying, here are the three simple words that you whispered in someone's ear to make them do your bidding. And to my utter disappointment and perhaps horror, it sells like hotcakes. I mean, dating advice that makes the most money is here's how to get someone else give you what you want, and call that a relationship. But when both people are vying for position like that, it almost seems like the breakup is inevitable. Tom inevitable,



Dr. Thomas Jordan 20:50

inevitable. There's going to be disappointment. That's the other dirty word. There's going to be disappointment. At some point, I find that the control that this implies eventually rubs people

disappointment. At some point, I find that the control that this implies eventually rubs people the wrong way sooner than later, often right, sooner than later, and the person who's coming at a relationship with a lot of self centered drive, let me put it that way, that's someone I want to take aside, and I want to say To them, you don't need dating advice. You need personality advice. You need to look inside and try to understand where you learned how to be so self centered, so narcissistic. There are stories behind that kind of behavior. In my experience, in my practice, I tend to be I'm an interpersonal analyst by training. I tend to think in terms of interpersonal relationships being the best and worst of human nature. You know, it's a place of healing, but it can also be a place where we learn a lot of unhealthy things that we continue to replicate in the course of our lives. So I want a person to I invite people to talk about their history, interpersonal history, so they can understand where these things come from, because nine times out of 10 people are going to tell me stories about how they grew up in a home, for example, where there was a lot of narcissistic behavior and self centeredness, and they themselves were in relationships in the family they perceive that as self indulgent on one person's part and so on. So this is the kind of thing that once you get someone to understand where this is coming from, to understand what's unhealthy about it, to understand how it's being replicated in their relationships, now you have an opportunity to invite that person to consider a more intimate type of love relationship, to educate them, to talk about, you know, people have asked me, What do you have? Dr Jordan as an as a definition for intimacy. You know, when I originally wrote the book, I did the opposite. First, what I did is I developed a definition for a non intimate relationship. I found, as a consequence of my research, 12 unhealthy relationship experiences that I think trouble the love lives of a lot of people, and I'll give you a quick rundown of what they are. They're the kinds of experiences that we have in our earlier life that get replicated and re created in adult life, for example, abandonment, big one, abuse, control, dependency, dishonesty, dominance, exploitation, intrusion, mistrust, neglect, rejection and the one we're talking about self centeredness. These are experiences that people can be exposed to at vulnerable times in their lives where the definition for what to do in a love relationship gets established. Now when what I did with that listing is I explored how people be got influenced by it, etc, etc, and in my own learning method, how to help people climb out of these influences, what I discovered is that The opposites are healthy. Relationship, experiences, commitment, respect, freedom, independence, honesty, equality, consideration, respect for privacy, trust, devotion, acceptance, mutuality. These are all catch words, in my opinion, for a up to date definition of what intimacy is if you develop a relationship with these qualities, or most of them, you're going to develop a relationship that takes good care of love, the emotion love, allow it to be cleansed of problems and. A mutual working together, equality, freedom. These are, these are words that introduce people to the importance of intimacy. And of course, you know when a when a self centered person, for example, here's an example. Self centered person discovers that what they were taught growing up is really not good enough and an intimate love. Relationship is far, far, far more gratifying. It is more gratifying. Love lasts longer. Love is cleansed of its problems and such. This kind of experience where people realize, for example, I'll give you a simple example convincing someone that dishonesty is not the way to solve love life problems, and perhaps that's what they learned. You know, grow up in a family where your father cheats on your mother, your mother cheats on your father, the drama and the conflict that resulted as a consequence of that. So now a son or daughter, you know, uses deception in their love relationship has a divorce or two, and Zeno therapist's office, for example, a counselor's office, why? Because I'm depressed and I don't feel my love life has any real value and can't last and so on. And they discovered that they were exposed to dishonesty early in life, and they incorporated it into their love life as adults. So what a wonderful moment to have somebody look at that and say, Ah, maybe there was something wrong with what I learned. Maybe what I learned doesn't work. Maybe what happens is, I hurt people, and people hurt me, and that's not

good enough. So what's involved in practicing honesty? Honesty means that we tolerate the vulnerability that's involved in telling the truth to someone we love. I gotta tell you, Scott, it brings tears to my eyes to have a moment in an office with someone who reaches that kind of insight. Well,



Scot McKay 27:09

I can imagine, because for so many years, if this person was raised in the kind of environment you're talking about, or, you know, whatever it was that caused this person to arrive at the conclusion that relationships really should be transactional. Uh huh. What's going on there is that any of these more subjective values, well, they just feel esoteric to them, like, what does that even mean? You know? So I don't even know what intimacy is. I don't even know what connection looks like. Therefore, I don't see the value of it. All I know is, if I get something out of it, I guess I'm doing pretty well. Now I'm going to give you an example. I read a Facebook post that was beautiful, frankly, from a gentleman I've known probably for 15 to 20 years, all the way back to the pickup artist era. And if you know anything about the pickup artist era, it was all about transactional dating. Here's how you get laid. And women are sex objects, and we're just trying to tickle our fancy by putting them into bed. And as you might imagine, Tom it was rather common for a lot of these pickup artist types to say, Well, I never want to get married. I mean, that's like sacrificing your personal power at the altar. And I certainly don't want to make babies. Because, I mean, if I'm a father, and if I'm having to be responsible or something crazy like that, well then I can't go whoring around anymore. Uh huh. Well, this beautiful post, 15 years hence from the pickup artist movement, was from one of the guys who used to teach that stuff, perhaps indirectly, but he used to teach that stuff, and now he's married to a wonderful woman who he adores, and he just became a father for the first time a month ago, uh huh. And now he fully understands all of those subjective intimacy moments and oh yeah, and the closeness he feels with his wife, and he looks into his son's eyes, and he sees himself in there. Now he feels this wonderful love and he's embracing the responsibility to share with this boy and to grow with his wife and to build a family, and the eternal significance of leaving a legacy, and all these things that, for better or worse, Tom often we don't see till we're hitting the face with it in real life. Yeah,



Dr. Thomas Jordan 29:27

and unfortunately, he's the lucky one, because there are some people that never get there, and that's tragic. That's really tragic. They get to what I mentioned earlier. They get to the state of resignation, where they and commonly in their 50s and 60s, perhaps even 40s. In some instances, I'm not sure how many disappointments it takes. It depends on the individual, but you know, some people want disappointments. That's it. They write off love, and they want these more controlled versions of dealing with the opposite. Sex, or with anybody same sex, anybody they fall in love with. The point is that, you know, this kind of problem can make it to resignation, and that's a person who's very difficult to help because they're pretty convinced that love is not let's see what's a good word, a safe experience to have. And you know when you were describing the no pickup artist qualities, the emphasis there was on power and control, and that's the defensive part. Now, is action when, yeah, whenever I hear that language, my my experience automatically makes me think that this is an individual who's protecting himself from hurt, because power, the opposite is hurt, hurt, loss of power, vulnerability, these kinds of words. So when people pour on the power need, you know, and it's

really about getting control in a situation like dating or love life or sexual life, I tend to say, Okay, let me go looking for what's on the other side of this so that the possibility of healing can take place. You're not going to heal a power driven person by dealing with the power that's the defense, that's the wall. The only healing that's going to take place is when they come closer to the idea of, okay, why am I? Why am I so rigid in keeping myself safe? What? What am I protecting myself against these kinds of questions, open it up and allow a person such as the person you're describing, I don't, I don't know what insight or understanding or experience perhaps they had that helped him go from being, you know, sex object oriented, to someone who is interested in intimacy, both romantic as well as parental, I don't know, but my guess is that he realized that love is a vulnerable feeling, love is a sensitive feeling, love is an intimate feeling, and in order to play in the field of love, I'll say, you have to be willing to practice. And I use that word. I've been married for 30 years. I love my wife deeply, but I practice tolerating the vulnerability. And that's a very honest statement, Scott, practice tolerating the vulnerability that comes with being in a love relationship over time. And I think that kind of humility about love, that it's something you practice. You have to practice communicating, you have to practice intimacy, even when it's uncomfortable. That's important. Well,



Scot McKay 33:00

you know, you're talking about all of these personal traits that would lead someone to think of relationships transactionally. And the one word that comes to mind to kind of wrap the ball up is fear. I'm afraid of losing power. Yes, afraid of losing control. I'm actually afraid of what this woman might do to me unless I keep her under my thumb, or when, and yeah, hurt. That's something to be afraid of. And my definition of true love is, I'm no longer afraid of this woman. Uh huh. I've lost the fear. Yes,



Dr. Thomas Jordan 33:31

let's go to a slightly difficult place. Okay, back in 1990 what was it? 1992 I'm laying on an analyst's office here in New York, and this older analyst is listening to me describe how my girlfriend has moved into my bachelor pad, and I was 41 years old at the time, and 4041, years old, and I, I was describing how anxious it made me, and he's listening very focused on what I'm saying. He goes, Aren't I supposed to congratulate you? And I, I says, it doesn't feel that way. And he says, why? I says, because now I can get hurt. I said to him, and I didn't really think to say that. That sentence sort of flew out of me, if you know what I mean, and this is what he said, and I'll never forget what he said. He's now long gone. He's a very important person in my emotional development, and I always, I cherish this statement, which he's I'm about to tell you what he said. He said to me, where'd you get the idea you could be in love and not get hurt? It's



Scot McKay 34:53

dangerous well, but it's an extreme sport. Is what it is, well,



Dr. Thomas Jordan 34:58

but here's what I on I understood. Okay, look, you fall in love with someone. You're not in

but here's what Tom understood. Okay, look, you fall in love with someone. You're not in control of it. You're participating in an experience with someone. They're your partner in the experience, right? They're not your colleague, they're not your business associate, they're not someone you're going to control. There's someone who loves you back. So that love, you're both stepping into it, and you're going to share the experience. You don't control it, and she doesn't control it, or he doesn't control it, the other person doesn't control it. So the possibility of hurt not intentional, if there's real love, there's unintentional hurt, it's a hurt that occurs because there's two different people. They might disagree, they might see things differently, they might not like what they experience, and they might need to communicate about it. All of that difference between you and the person you love might be hurt. It might be temporarily hurtful, but it's something to work out. That's the point. It's not something to run away from. It's not something to build a gigantic wall around yourself over. It's something to communicate about, share your feelings about, work out, problem solve with the person you love. That's what he intended in his statement. Well, the thing



Scot McKay 36:25

is, it has to be worth it, and it's only going to seem worth it to take these risks of hurt or whatever is going to happen that's unknown in the future, if you really understand the subjective value to be gained from taking that risk. Uh huh. You know, we talked about partnership here. Certainly, business partnerships are partnerships, but there's so much more to life than transaction. I think that's the bottom line here. Tom, and once we realize that a woman can be our partner, not only to help us get what we want, but to help share the greatest joys of life, to share the pain of life as we walk through it, together, companionship, even connection. Having someone who trusts you, who loves you, gets you all of that. It's a real shame that we've lost our sense of even recognizing that that could be there for us, but also embracing the fact that we can go for it, as long as we're willing not only to do that work ourselves to get to that point, but to find the right person who likewise understands that common goal. I think this has been a wonderful conversation, and I appreciate you coming back on. His name is Dr Thomas Jordan. He's in New York, as you can tell from the sirens and the car horns in the background, which I've gotten used to enjoying when we have guests on from New York. You used to annoy me, like, how am I going to get rid of that post production? But now I just roll with the punches, which is kind of a metaphor for a good, subjectively solid relationship. Also, I suppose there you go. Tom Jordan is a clinical psychologist. He's the author of learn to love, Guide to healing your disappointing love life. And when you go to mountaintop podcast.com front slash Jordan, you will head to his love life Learning Center. What are they going to find there? Tom,



Dr. Thomas Jordan 38:09

oh, they'll find all kinds of articles, more than 300 of them about real love life issues, solving love life problems, helping to make love life decisions, the real stuff, real answers for real questions. They'll also find some podcast videos that I've done. They'll find the reference to my book. My wife and I have a little bit of information there for anyone who wants to have a love life consultation by phone with us directly. So there's a lot of good stuff on that website.



Scot McKay 38:43

Fantastic. Dr. Thomas Jordan, thank you so much for joining us again and and inspiring us...

Fantastic. Dr. Thomas Jordan, thank you so much for joining us again and imparting your wisdom upon us. I think it's just wonderful.



Dr. Thomas Jordan 38:51

Thanks, Scott, thanks for inviting me. I had a good time. Yeah, likewise,



Scot McKay 38:54

as always, gentlemen, head over to mountainpodcast.com and get the free stuff. Okay, you can download sticking points solved. It's a book that contains answers to emailed questions from men just like you about what they're facing in their daily lives with women and as men. And you'll get practical answers to just about anything you can think of when you consult that book. Also, if you're not on my daily newsletter, I've said this The past few shows you ought to be, because it's free and it's fluff free. Also check out our sponsors, origin in Maine hero soap and the key port, and use the coupon code mountain 10 to get 10% off anytime you partake of any of our sponsors. Fine goods. Last is certainly not least, guys, some of you still haven't talked to me on the phone for 25 minutes or a half an hour about what's going on. I'm exactly who you think I'm going to be. I don't play a fictional character. When you get on the phone with me, we'll talk about where you are right now, where you want to be, and if it makes sense to put a coaching program together, that's what we'll do. All of that, and more is there for you at mountaintoppodcast.com 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 40:04

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