

001 Show Notes: Scott McKay From X&Y Communications

Welcome to the very first episode of the Bad Girl's Bible podcast. In this episode, I interview Scot McKay from X&Y Communications and the Mountain Top Podcast. We talk about a range of issues from the importance of communication to masculine v feminine energy and everything else to keep your relationship and sex life red hot and satisfying.

In This Episode You'll Learn

- 3.45 - Why Avoiding Netflix and chill is vital
- 4.50 - Why finding your best friend is more important than finding someone hot.
- 6.35 - The importance of communication.
- 7.05 - Why relationships aren't hard work if you're with the right person.
- 10.45 - The mistake people make when they try to spice things up.
- 12.25 - We talk about the value of arguing the right way.
- 14.05 - Why Scot and Emily give each other space to be angry and frustrated.
- 17.25 - One of the most important things about sex.
- 19.15 - Why sex shouldn't be so serious.
- 21.00 - How men can bring more masculine energy and women can bring more feminine energy to their relationship.
- 27.45 - We talk about how people carry negative experiences from previous relationships into their current relationship and why it's dangerous.
- 30.50 - We talk about the major reasons why relationships fall apart.
- 35.45 - Scot's tips on how to improve your sex life.

More About Scot McKay

You can get in touch with Scot and learn more at <http://deservewhatyouwant.com> and <http://mountaintoppodcast.com>

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