



Have I Finally Found Out How To Just "Be"?: One Man's Journey from Marital Crisis to Self- Discovery

Pat Gaudette

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This is a journal of self-discovery by a man I will refer to as "John." His journal covers a span of 89 days as he attempts to come to grips with his wife's betrayal and subsequent exit from their marriage, their impending divorce, and his new role as a middle-aged single parent. "John" is not his real name but he is a real person struggling with issues that many men (and women) will be able to relate to.

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