

To whom it may concern,

My name is Mark. I was referred to the Mankind programs when I moved to Marin from Sonoma County. Upon entry into the program I was under the impression that I had already known many of the "answers". I could not have been more wrong. I learned so much about my part in my relationship issues.

Steve, the program facilitator, ran the 52 classes with kindness, and concern, with patience and understanding. He diligently worked with all of us on a weekly basis asking us to become responsible and accountable. Of the many things I learned some of the most important issues where:

1. It is not about the partner. It is about me. I cannot be responsible for others actions but I am directly responsible for my own.

2. I also learned that violence is not necessarily physical in nature. I have never been a physically violent man but the class showed that I was completely unfair in respects to emotional, financial and sexual treatment toward my partners. I had no idea.

I have learned many tools in the class which enable me to deal with "fatal peril" as it presents itself to me from many directions on many days.

My favorite tools to use are "taking a time out" and practicing "empathy".

I have been married to my wife for six years. During my 52 week program my wife gave birth to my third daughter. The class gave me an opportunity to bring significant real life stressors in a safe environment for prominent solutions.

Steve made this class much more than I had expected it to be. He is one of those men that you cross paths with and walk away feeling so blessed to have shared a part of your life with. A man who's authentic concern projects itself each week in class values, concepts and the overall execution of peace as a moment to moment decision. It was obvious that Steve not only taught the class, but he also "walked the walk" and lives by the principles he asks us to practice. This made me want be a better man myself.

Emily ran the clerical part of Mankind for me with attention, kindness, and professional grace. She promptly returned phone calls and answered any questions with patience, and a solid understanding knowledge of any concern I may have regarding the clerical helm of the ship. I know she does a ton for our groups.

I want to sincerely thank Steve, Emily and the men and woman whom I had not met who run Mankind with the greatest of thanks.

The tools and knowledge I have learned will not only help my current relationship but it will also shine through as I was a role model for my daughters. This was a very healthy and valuable experience for me. THANKYOUALL.