

It was pitch black outside, but I was wide-awake. My wife of seven years was in the bed next to me in our brand new custom-built home—our dream home that we had moved into just two months earlier.

By all outward appearances, everything should have been great. Our house was done, our three children were asleep in their own wing of the house, the stock market was climbing, my income was rising. But I couldn't sleep.

It was 1:00 AM. I could hear my wife breathing, so I knew she was awake too. But she was silent—the loud kind of silent, the heavy kind of silent. I knew something was keeping her up. My dad always said to never ask a question unless you are ready for the answer, so I considered my next words carefully, “Is something bothering you, honey?”

Her answer was not what I was expecting. Something wasn't just bothering her, plenty of things were bothering her—namely me, our marriage, and the fact that our life (and my life specifically) was about to change. She said that she was unhappy with our marriage, and that she didn't love me anymore. She told me that she had tried numerous times to get my attention, and she couldn't handle it anymore.

I felt like a Volkswagen had been dropped on my head.

This was my wake-up call as man. And whether I liked it or not, the process of waking up was a challenging one. Ten months later, I moved out. Two months after that, we were going through a divorce, and my life and the lives of my children were changed forever.

This process of “waking up” has been my own personal journey, and it is the inspiration behind this writing. This book is about how you can answer your own wake up call, and what you can make of your life as you strive to be a good man in your roles as husband, father, leader, businessman, and friend.

Maybe a Volkswagen hasn't been dropped on your head yet. Maybe you're starting to feel the impending weight. Maybe you've already experienced the shock of change. Regardless of where you are, I invite you to dive into this book, and consider your own man's journey as you become the man you want to be.