

Starting Over: Create an Inspiring New Story After Your Relationship Ends

A Four-Day Retreat Just for Men





Every year, millions of men experience the painful conclusion of a meaningful relationship. If this is you, read on...

We're taught that men are tough, don't need emotional support, and that time is all that's required to recover. But the cliché of a stoic, hyper-independent man doesn't convey the truth. The anguish of a broken heart is felt just as poignantly for men as it is for women. But sadly, men don't often get the social support they need to heal.

The Starting Over retreat is for men who are called to a different kind of story. This program acknowledges that men are tough but also vulnerable. They can take care of themselves and receive support from others. They know that time heals some wounds, but time may not be enough to heal a broken heart.

The ending of a deep, meaningful relationship calls for uncommon bravery that is internal and spiritual. After a major breakup, a man is called to examine his connection to himself, his life, his work, his primary relationships, and his purpose and mission. Finally, he is challenged to discern the mysteries of real, lasting love.

Starting Over is for guys who have gone through a breakup and are still processing grief and confusion about what went wrong. It is also for guys who have already partially healed and want to start dating again but don't want to fall back into old negative patterns. This workshop will also appeal to men beginning new relationships who recognize they still have issues to work through before fully embracing a new partner.

This four-day retreat is for any man who may be...

- In shock about what happened and why his relationship ended
- Stuck in a loop and can't stop thinking about his former partner
- Grieving, feeling the intense pain of the ending of a cherished relationship
- Full of guilt, shame, or resentment for how the relationship ended
- Processing intense feelings and struggling to manage himself and his life in a good way
- Trying to ground himself before he starts to think about dating again
- Is ready to date but wants to be sure he won't recreate the patterns that doomed the previous relationship
- Feeling insecure about women and sex
- Ready to go deeper in exploring love and life with three seasoned guides



**“Awakening is the purpose that
enfolds all purposes.”**

— Stephen Batchelor



This four-day retreat will...

- Allow space to discuss and process your feelings of grief, shame, and resentment so you can move on
- Illuminate shadow patterns, so you don't recreate them in your next relationship
- Clarify and release the habits and stories that have kept you from being understood and loved in the ways you want to be
- Deconstruct disabling thought patterns that inhibit the full expression of your vital and attractive masculinity
- Help you create new visions, priorities, and goals for the next phase of your life journey





The statistics aren't promising.

The success rate for first marriages is 50%. Second marriages fare even worse. Approximately 70% of second marriages end in divorce. So whether you are looking to get married or create a meaningful, long-lasting, and passionate relationship, it is vital to understand your role in the dynamics that played out.

If you don't want to repeat the same painful patterns in your post-divorce/breakup relationship, join us and give yourself a powerful opportunity to...

- **Gain emotional clarity that enables you to rewrite a positive story about what happened and where to go next**
- **Learn mindfulness techniques that will allow you to break out of self-defeating patterns**
- **Generate irresistible feelings of strength and confidence**
- **Discover what you desire and what's most important to you in this phase of life**
- **Empower yourself to have a rich connection and an exciting sex life**
- **Understand how to navigate the stages of long-term relationships so you don't lose love again**
- **Learn to communicate with the vulnerability and strength that creates true intimacy**

Meet Your Guides



Dr. Jed Diamond

has been helping men to live fully, love deeply, and make a positive difference in the world for over fifty years. He holds a Ph.D. in International Health and is a Licensed Clinical Social Worker. He is the author of 17 books, including *The Enlightened Marriage: The 5 Transformative Stages of Relationships* and *Why the Best is Still to Come*, *Looking for Love in All the Wrong Places: Overcoming Romantic and Sexual Addictions*, and *Surviving Male Menopause*. You can learn more about Jed and his work at www.MenAlive.com



Shana James, M.A.

holds a Master's in Psychology. She employs her DiSC personality and behavioral assessment certification to improve her clients' communication and relationships. She recently published the acclaimed book, [Honest Sex](#). In it, she explains the most effective type of honesty for creating closeness, what sex is, and how to communicate desires and upsets to create more intimacy. For more on Shana, visit www.shanajamescoaching.com



Dr. Mark Pirtle

is an integral therapist, teacher, speaker, author, and filmmaker. His work reveals the through-line between objective science and internal spirituality. He's written and produced a documentary film that is now playing nationally on PBS titled, [Is Your Story Making You Sick?](#) Mark teaches for the [Andrew Weil Center for Integrative Medicine Fellowship Program](#). For more information on Mark, visit www.drmarkpirtle.com



Starting Over

is for men who believe in love but don't have much time to waste. If you are ready to prioritize your love life to ensure you get the love you deserve, join us!

Starting Over will be hosted at the historic Tubac Ranch, nestled in the foothills of the Tumacacori Mountains, 50 miles south of Tucson. Spring

in Tubac promises warm days and cool nights with breathtaking sunrises and sunsets. The sky at night is pitch black with an abundance of stars from horizon to horizon. You will enjoy comfortable accommodations, spacious quietude, and be treated to a plentiful variety of nutritious and delicious foods lovingly prepared by the Ranch's expert chefs at every meal.

If this retreat is calling you,

reserve your free 30-min Discovery Call so you can ask questions and get clear about your goals and intentions. Our utmost priority is that you get the transformation you're seeking. Click any of

these links to book a call with [Shana](#) or [Mark](#). To book an appointment with Jed, email him at jed@menalive.com and put "Discovery Call" in the subject line.

What you get:

- 4-days all inclusive of room and board and the historic Tucac Ranch
- Three world-class thought leaders in relationships and recovery
- Programming for the mind, body, and soul
- Transformation that will last a lifetime



When:

March 16, 2022, at 3 pm –
March 19, 2023, at 1pm

Where:

The Tubac Ranch
80 Kenyon Ranch Road Tubac, AZ 85646