

# Men's Volume One

## Writers' Bios



### **Jean-Paul Bedard**

Jean-Paul is author behind the very popular blog "Breathe Through This". As a survivor of childhood sexual abuse, he is a leading advocate raising awareness for other male survivors of sexual abuse to find their "voice". Most recently, Jean-Paul completed a Double Boston Marathon (84.4km) to raise funds for the Gatehouse Treatment Centre in Toronto, a nonprofit organization that specializes in working with survivors of childhood sexual abuse. Jean-Paul is also a "featured contributor" to the Huffington Post. When he's not sitting in front of his laptop, Jean-Paul is pursuing his passion of endurance running. Having completed almost 100 marathons, Jean-Paul considers his representing Canada at the prestigious Comrades Ultra Marathon in South Africa to be his greatest athletic achievement.

<http://breathethroughthis.com>



### **Doug Dane**

Doug has a past that contains the following ingredients ... adoption, physical abuse, emotional abuse, sexual abuse, self-abuse, alcoholic parents and violence. He has a present full of time, freedom, money freedom, great health, full relationships and abundance. How he went from A to B is an inspiring and motivating story. He has no formal education but managed to find his way through serious study and application of alternative education and personal development from teachers like Bob Proctor and others. Douglas, now an international key note speaker and coach has turned his own personal experience into a duplicable system to help people.

[www.talkingworks.com](http://www.talkingworks.com)



### **Rod Endacott**

After farming for 20 years, and running a landscaping company for another 20, Rod opted for a change and began attending university again. Back in the 1970's he studied what little was offered in ecology; today his interests lie in sharing his experience of working with the land. In particular he enjoys discovering of power of words . . . their meanings and their ability to facilitate mysticism. He believes mysticism, as always, contains the root of our connection with the earth and one another.



### **Robert Feagan**

Robert is a father, a son, a brother, and a husband. He is a committed community member, working with a variety of community organizations leading towards what he hopes to be a better world. He also works in the 'south', with students from the university where he teaches and does research, building homes in partnership with Habitat for Humanity and their Global Village program. Robert's journey is a conscious one – aware of the beauty, difficulty, and wonder of his own trek through life, and how it connects to the people and the creatures with whom he shares this world..



### **Brian Garner**

Brian was born into a large family, the seventh of thirteen children who helped their parents run a large dairy farm operation in Oxford County. Following graduation from high school, Brian had a very serious accident on the farm, falling over forty feet onto a cement floor thus causing him severe brain damage, multiple fractures as well as leaving him with epilepsy due to the TBI. After recovery Brian went on complete two degrees; a BA (Psych & Soc majors) and fifteen years later his Bachelor of Music Therapy (Hons). He completed his Clinical Internship in New York and has worked in both Ontario and Texas for seven years before returning to Ontario; now running his Music Therapy business and being Director of Music at a local Guelph Church – the type of position he has held since being seventeen years old.



### **Ross Gordon**

Ross lives in Burlington, Ontario, and is the father of son Sean and daughter Caitlin. He is at work on his book *Ten Steps to Loving Yourself* 10 out of 10. He offers talks at schools to support teens and parents of teens in loving themselves, and is presently working on a series of public talks and workshops that support attendees in living life guilt free, and developing powerful communication abilities. He continues his volunteer work in the Family Division of Landmark Worldwide, Toronto office.



### **Rod Keays**

Rod is a student of Adult Education with the intent of teaching his recently published book on critical men's issues. *The Naturally Good Man* and *The Ten Thousand Blades of Life* is a history of male purpose. It explores the theme that men have accomplished the cultural goals that were set out for them over ten thousand years ago. Rod's larger purpose is to lay out the next steps that men will uncover as they adapt in the ever-changing gender landscape. He has been a director on the boards of many non-profit societies related to men's issues and was a 15-year president of a mountain retreat centre for building community between men and boys. In addition to writing Rod has a love of gardening with a 30-year career as a landscape designer and installer. His other interests include: hiking, camping and reading.

[www.thenaturallygoodman.com](http://www.thenaturallygoodman.com)



### **Mark Mattin**

Mark is an artist, craftsman, gardener, numerologist, tarot reader and an amateur historian. A lifelong "flaneur", he explores our world one step at a time. He has always believed we cannot know where we are going if we do not know where we have been. Sharing his rambles and olden day tales is a favourite pastime. Mark has overcome many challenges successfully and continues to stand tall and be himself in a bold and forth rite manner. He believes he possess all he needs to face any adversary. He marches forward, united with family and friends towards renewed health and happiness. So it has been and so it will always be.



### **David McAuley**

David is a dedicated and loving father, grandfather, son, brother and partner who offers the gifts of his time, profession and resources to help create balance and equality in his community. His present passion is to realize the creation of an urban co-housing/intentional live-work community in Guelph and to spread the learnings of this to others seeking the need to return to a closer, more healthy, socially and environmentally sustainable home.

[www.jdm-arch.com](http://www.jdm-arch.com)



### **Evan Mead**

Evan is a 22-year-old Toronto-born independent film-maker currently operating out of the Greater Toronto Area. At age 5, he was diagnosed with Aspergers Syndrome, and though he required support in school for his learning disabilities, he got mostly good grades and today he is considered very sociable and outgoing amongst his friends and colleagues. In High School he took a co-op program for television production at Rogers TV, and still volunteers there. Evan studied at the Toronto Film School from 2011 to 2013 and, while he has always been fond of writing and storytelling, it was there he discovered his passion for directing movies. He has directed a music video and two short-films that he wrote (one completed, one in post-production – to be completed 3rd quarter 2014), and he is currently in the process of writing and developing his first feature film. As someone with a visual mind, film has always been something that has fascinated Evan, and he can't wait to see ideas of his own come to life on the silver screen!



### **Keith Meyer**

Keith is a born communicator a person who has a strong moral and social compass and who is in his element, listening to and helping others who have been demoralised and afflicted or aggrieved by the actions of others. This no doubt comes in part from his own life's experiences, dealing with depression and anxiety as well as his numerous roles and vast management experience in the business world. Today he is a mentor and teacher to many who don't have the years of wisdom and hindsight to draw on that he has had.



### **Glenn Peirson**

Glenn was a man of compassion with a powerful connection to healing. He walked boldly wherever he found himself, from the highlands of Kenya to Moose Factory. A man for all seasons, he was a physician, musician, husband, father, son, brother, uncle, friend, mentor, athlete, spiritual giant, poet, gardener and great lover of the complexities of the brain and the multi-faceted Land of Narnia. When he was diagnosed with cancer in February 2007, Glenn put his skills at out-of-the-box thinking and collaboration to use in staying alive for longer than anyone might have thought. The rigours of his disease and its treatment claimed him in November 2009. He was 44 years young. His phenomenal legacy now resides in his book, *I am Keats as you are*, and in the lives of all whom he loved and all who loved him. The book is dedicated to his two children, Theodora and Henry.

<http://www.physicianmusician.com> .



### **Dan Racicot**

After his retirement from high school teaching in 1997, Dan devoted much of his time to completing several lifetime projects in the arts and literature. A series of life crises, however, created an important detour into the realm of Men's Studies and the development of support groups for men in the Sudbury community. Enamoured of the Northern Ontario wilderness, he became an avid kayaker. Currently he is devoting time to his interest in digital art, and continues to lead a self-study group based on the Teaching of G.I Gurdjieff which he has studied continuously since 1964.

[www.mountaintop.ca](http://www.mountaintop.ca)



### **Guy Stefan**

Guy is a passionate student of life. Although he studied for four years at York University and the University of Toronto exploring his love of Fine Arts, Literature and Psychology. Overall, he has a Phd from SOHK (School of Hard Knocks), and brings a richness of inquiry to all that he does as a Singer-Songwriter, Ambient Composer, Public Speaker/ Storyteller, Psycho-Spiritual Counsellor, Shiatsu Therapist, Writer, and Healing Music Circle Facilitator.

[www.guystefan.com](http://www.guystefan.com)



### **Govert van Ginkel**

Govert is an expert in dealing with stress, open communication skills and strengthening resilience in individuals and organizations. Presenting to hundreds of people each year, he is an international speaker (Europe & N-America) with a master's degree in law, a masters degree in Neuro Linguistic Programming, trainer in Nonviolent Communication, the Alternatives to Violence Project (AVP), the Expert Center for Restorative Justice in Education (ECHO) and facilitator for Restorative Circles. He also is the chairman of the Mankind Project Foundation in The Netherlands. When you get Govert you get practical how-to's that decrease stress and miscommunication while increasing mutual understanding, productivity and workplace satisfaction. He is a humorous speaker who delivers his message in an insightful and playful manner. He'll show you how to access the hidden potential that is in all of us.

[http://www.govertvanginkel.nl/index\\_en.php](http://www.govertvanginkel.nl/index_en.php)



### **Grant Waldman**

Grant has resided in British Columbia, Canada for over a decade. He has been involved with men's work for nearly 18 years. He initiated in the Mankind Project (MKP) in the spring of 2006, and was previously on the board for over 2 years as the Vancouver Island representative. Prior to the MKP, Grant was involved in men's groups in Indianapolis, Indiana, Toronto, and the Sunshine Coast. Grant is the Executive Director and Wellness Coach at West Coast Men's Support Society, an organization whose mission is: Helping men, families and community to create full, healthier lives. Grant graduated from York University in Toronto with degrees in History and Business. He is currently pursuing his MA in Counselling Psychology at Yorkville University in Fredericton, NB. Grant is an accomplished and published singer-songwriter and a member of his local Folk Guild. Learn more at his website: [www.waldocreative.com](http://www.waldocreative.com). Grant has also published poetry and has recently published his first book. Grant has been married to his loving partner Annik for 26 years, and has a 17 year old son, Nathaniel.



### **James Wells**

James Wells is a full-time tarot consultant and circle process practitioner in Guelph, Ontario. He is the author of *Tarot for Manifestation* and *Tarot Circle Encounters*. James enjoys trees, good food, close friends, reading, writing, and long walks.

[jameswells.wordpress.com](http://jameswells.wordpress.com)