

Wolf: A Memoir of Love and Atonement

Is This Your Situation?

Do you feel you're not being completely honest with your partner—you're hiding a painful past?

Or, do you feel that another person is not being totally honest with others—including you—is hiding a past that deeply affected them?

The hiding can cause detachment, suspicion, anger and rages. At its worst, it can cause depression, divorce and death.

For people in pain from trauma, true intimacy can come from facing their past and forgiving those—including themselves—who caused the trauma.

"McNamara has poured his soul into an honestly told, sometimes disturbing memoir that forces readers to examine their past, their behavior under stress, and how it is all connected."

-- Andy Watson, media producer

This Memoir is Truly Unique

There is an explosion of memoirs about how the authors overcame a traumatic experience. This book goes farther—telling the story of how the author sought atonement for the damage in a relationship caused by their refusal to face their traumatic past.

Where most love stories are about romance, courtship, death or divorce, this story is about working through painful struggles in a committed relationship—a relationship that endures with trust, honesty and unconditional love.

"Carter has crafted a complex memoir, skillfully weaving powerful vignettes from brutally traumatic experiences. The rewarding result is a compelling drama on its own, but also an invaluable guide to anyone dealing with the lasting impact of almost any trauma. A phenomenal piece of work!"

-- Ken Kaliher, journalist

"This is an outstanding piece of work! It grabs your attention. I thoroughly enjoyed it!"

-- Gary Nereson, writer and veteran of war

Who Will Appreciate This Book

This true story is a clear example and powerful inspiration for anyone:

- Struggling to hide a painful past
- Feeling phony around others
- Wanting to face their trauma, but too frozen in fear to even try
- Wanting to share their past, but not knowing how and where to start
- Wanting to atone for the damage they caused in their relationships with others
- Or, anyone wanting to help a traumatized person in any of the above situations, but not knowing how and where to start

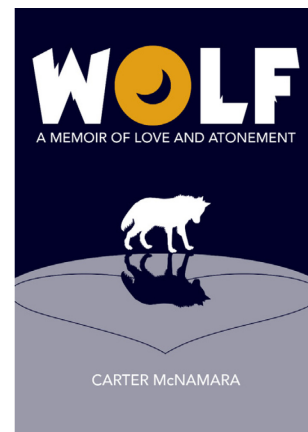
"This book was quite a page-turner. I haven't stayed up past 2 a.m. reading in years. It was very well done!"

-- Michael Olesen, adult child of an alcoholic

Get Your Copy

You can find the paperback and eBook at <https://store.authenticityconsulting.com/> or on Amazon. You can also find places to order your copy at the author's website, cartermcnamara.com.

The paperback is \$15.99 and the eBook will be offered at an introductory price of \$0.99 for a limited time. Order yours now!



About the Author

Carter McNamara is an award-winning author; a thought leader in his professional fields of peer coaching, action learning, and organization development; and a valued consultant and trainer for nonprofits and businesses, large and small, around the world.

He grew up in western North Dakota, in a traumatic family situation, and learned skills that no child should have to learn in order to survive. As an adult, he had to work hard to unlearn many of those skills so he could thrive in his family, life and work.

In his retirement, Carter has decided to share the true stories of his childhood and what he learned from them. He hopes his stories inspire others and their loved ones to face their own painful experiences and to learn from them. He hopes others feel empowered, where appropriate, to make amends for any hurt they caused when struggling to face their pain.

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Field Guide to Nonprofit Program Design, Marketing and Evaluation

Field Guide to Consulting and Organizational Development with Nonprofits—winner of the 2007 Independent Publisher Book Award, Bronze Award for Business category

About the Publisher

In addition to consulting and training, Authenticity Consulting, LLC has been publishing since 2001. Their previous publications are based on their 25 years of consulting and training experience. This book is their first foray outside of the nonprofit and business markets.

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