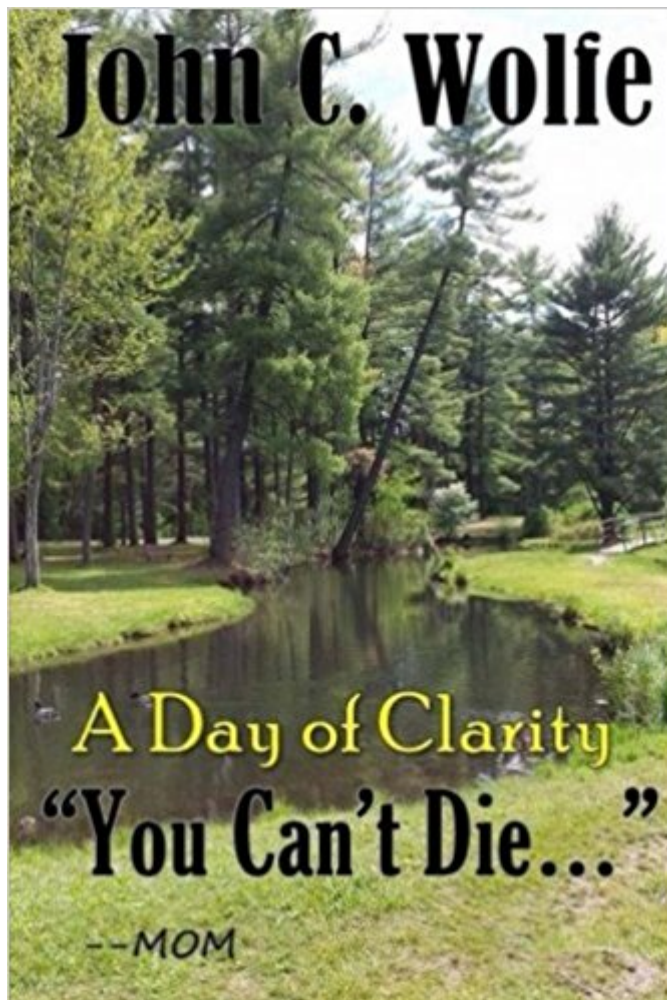




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# "You Can't Die": A Day Of Clarity



## Synopsis

“A DAY OF CLARITY,” by John C. Wolfe, is a detailed account of one man’s attempt to master alcohol. By the time he’s twenty years old, he is convinced that alcohol improves his character and abilities in all facets of life. At first, it’s hard to dispute his thinking. He rises quickly in his career as a writer. As Chief Speechwriter to the Governor of New York, he writes over a thousand speeches while drunk. He drinks in restrooms, courtrooms, even in the delivery room where his son was born. He even manages to sneak drinks into a three-way meeting with the Governor and former Secretary of State Henry Kissinger. He finds a way to drink in every situation, except once, on September 11, 2001, when he finds himself in withdrawal among the rubble of the World Trade Center. Finally, after ten years, he is coaxed into treatment by family and friends. He emerges from rehab twenty-eight days later. One night in the church of an Alcoholics Anonymous meeting, while sober but disoriented, he inexplicably swallows a lethal dose of a narcotic medication meant to assist his recovery. His heart stops twice and he is placed on life support. He is thought to be suicidal, banished from the State Capitol and mandated to a psychiatric center for a month of observation. While there, he becomes convinced that the strain of sobriety caused his overdose. He comes to believe that he is suffering from a mental illness that only alcohol can control, and he vows to never stop drinking again. Soon after his release from the psychiatric center, he returns to his daily routine of heavy drinking. There are countless hospital and rehab stays and severe alcohol withdrawals in detox units. His family turns to the last best hope for a recovery at the prestigious Caron Foundation in Pennsylvania. Twenty days into his treatment there, he claims the walls are closing in around him and runs from the facility. That night, he gets drunk in Reading, PA, returns to Caron the next day, then runs back to his lake house in the Adirondacks. Within two weeks, he is physically unable to go fifteen minutes without a drink without suffering dangerous withdrawal symptoms and risking a seizure. He knows he is going to die and accepts it. Opting to spend his final summer at his beloved lake house, he stays inside so no one is able to see his condition. There was little left for his family and friends to do. It was just a matter of what killed him first, alcohol or suicide. Just three months after leaving treatment in Pennsylvania, relatives find him gravely ill on the floor of the lake home and bring him to an emergency room. Doctors weren’t sure if he would live. He is heavily medicated through the withdrawal process, then sent to the detox unit. A month later, he walks out of the hospital completely sober for the first time in twenty-five years. Doctors predicted a long and difficult recovery. They warned that his alcohol abuse had stunted his emotional growth by more than twenty years. They said that all the years of intoxication may have been masking a mental illness. They said he could be agitated, confused and even

paranoid for as long as two years. More than anything else, *A Day of Clarity* is the story of a man's distrust of himself. He uses alcohol as an elixir to control all facets of his life – his mood, his decisions, even his health. He drinks to temper his anger, regulate his physical comfort and stifle what he feared were psychotic impulses. He drinks to prevent another inexplicable near death experience. At the age of forty-seven, he must begin what he believes is an impossible task: Starting all over again, right where he left off 25 years earlier, disavowing everything he believed was true when he first learned it, and relearning it all over again, while anxiously waiting for a day of clarity.

## **Book Information**

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## **Customer Reviews**

John C. Wolfe is the former Chief Speechwriter to New York Governor George E. Pataki. He has worked as an advertising copywriter, a magazine editor and the Senior Writer for the Monroe County Executive in Rochester. He was Pataki's Chief Speechwriter nearly ten years. He spent the remaining two years of Pataki's tenure as Senior Writer to the SUNY Chancellor in Albany. In 2007, he retreated to the Adirondacks where his writing was limited to a series of published op-eds in several newspapers, including the New York Times and the Times of Israel. He began writing about his experience in 2014.

John has a way of sharing his story so that it makes it seem as if you are either standing next to him the whole time, or peering into a mirror at yourself. We all grapple with demons of our own and every last one of us can relate to the choices that led John down a dangerous path. It could have gone so

very wrong but he decided to change. Then he actually did. His struggle is the human struggle. His success should be held up as a shining example.

Painfully raw memoir ... relatable on so many levels. You will not be able to put this book down. Evokes every emotion - you will laugh and cry at the same time. Brave exposition and depiction of the impact addiction has on the sufferer and those who love them. Wish I could write a review that does the book justice. So proud for this author and the bravery and authenticity required to share his story with the world. Thank you.

This is a gripping account detailing how one man spent decades integrating a highly successful career into his life controlled by alcoholism, and how his own control slowly slipped away. It is an incredible look into his struggle to find the strength to overcome seemingly the biggest influence in his life. It is inspiring and eye-opening on many levels, and difficult to put down. An amazing, raw and honest book that's worth every minute.

Wolfe writes with a profound sophistication, while still maintaining an effortless nature that makes this quite the page turner. Years as a speech writer have undoubtedly taught him to make a narrative that is clear, concise, eloquent, and thematic, while still being an absolute joy to take in. This book is a story of redemption, love, loss, and rebranding that is simply impossible to put down. To read it is to learn from it, and I'm a better person now than I was before I read it.

This book was a roller coaster of emotions for me, one minute I was laughing out loud and the next my eyes would fill with tears. This book was written in a way, that kept me turning the page, I wanted to see what his next move would be. I hope, he will share more stories in the future, his wit and gift for writing, had me not wanting the book to end.

This courageously powerful account of the author's struggle with alcoholism further cements that even with all the love and support in the world, the power to fight addiction must come from within. I have known John for 12 years and even though as he said "You know how the book ends", my eyes were pooled with tears as I turned the final page..

Excellent account of a young man's struggle with alcoholism. The author tells a difficult story but adds humor. The story will give hope to those who suffer from alcohol addiction.

A powerfully written book describing one man's long struggle with addiction while holding a position of influence in Gov. Pataki's administration. Wolfe brings us along on his wild ride with a writing style that will keep you riveted and eager for the next chapter. You won't want to put this down until you finish.

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