A man should be mentally, physically, spiritually, and emotionally available

To his partner

A man should be mentally, physically, spiritually, and emotionally available

To his children

A man should be mentally, physically, spiritually, and emotionally available

To his community

A man should be mentally, physically, spiritually, and emotionally available

To the other children in his community

I'm a man,

At least I think

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A man should abandon Power Over

A man should embrace the notion of Power Of

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I'm a man, At least I think I am