

Self-Help

By Michael Ryan

What kind of delusion are you under?
The life he hid just knocked you flat.
You see the lightning but not the thunder.

What God hath joined let no man put asunder.
Did God know you'd marry a rat?
What kind of delusion are you under?

His online persona simply stunned her
as it did you when you started to chat.
You see the lightning but not the thunder.

To the victors go the plunder:
you should crown them with a baseball bat.
What kind of delusion are you under?

The kind that causes blunder after blunder.
Is there any other kind than that?
You see the lightning but not the thunder,

and for one second the world's a wonder.
Just keep it thrilling under your hat.
What kind of delusion are you under?
You see the lightning but not the thunder.

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Michael Ryan was born in St. Louis, Missouri in and was educated at the University of Notre Dame, Claremont Graduate School, and the University of Iowa. While at Iowa, Ryan was the poetry editor of *The Iowa Review*. Ryan has taught at colleges and universities across the country and is currently on the faculty at the University of California—Irvine.