

10 Smart Things Gay Men Can Do To Improve Their Lives



BOOK DETAILS

- Author : Joe Kort Ph.D.
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BOOK SYNOPSIS

Openly gay therapist Joe Kort provides 10 powerful and positive steps gay men can take to isolate and overcome self-defeating behavior patterns, and move in healthier and more rewarding directions: Take Charge of Their Own Lives Affirm Themselves by Coming Out Resolve Differences With Parents and Relatives Graduate From Delayed Adolescence Avoid - or Overcome - Sexual Addiction -Learn from Successful Mentors Whove Been There, Done That Take Advantage of Therapy Workouts Achieve - and Maintain - Rewarding Relationships Understand the Stages of Loves Commit to Their Partner. These solid and reliable Top 10 life steps that have been most helpful to Joe Korts clients in his 16 years of working with hundreds of gay men, are presented in an engaging and easy-to-understand manner and are supplemented by case histories from his practice. These are time-tested, practical decisions gay men can make in their search for emotional, sexual and personal fulfillment

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