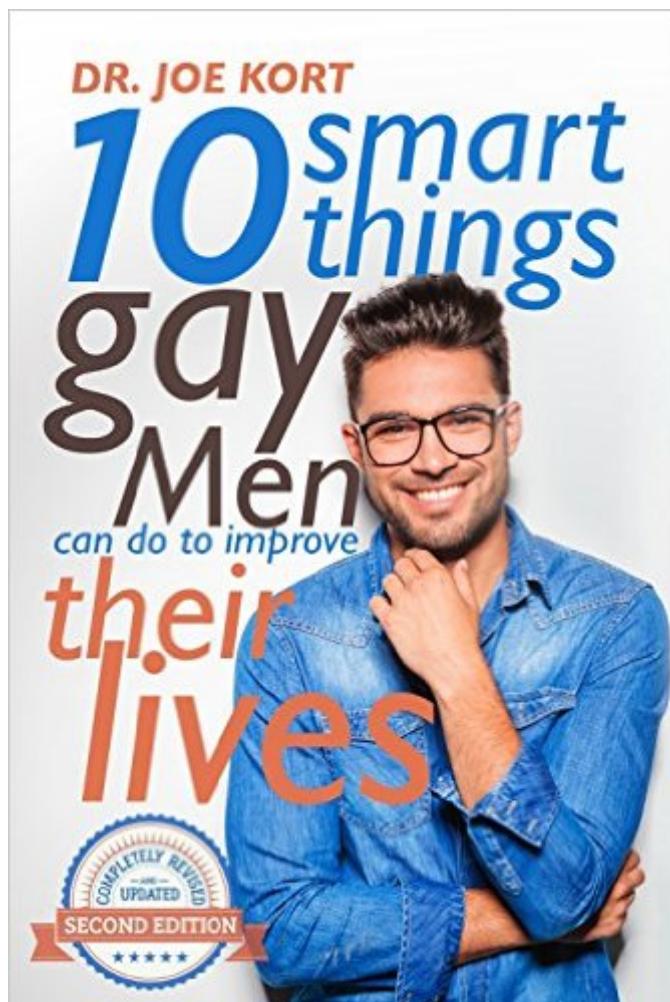


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10 Smart Things Gay Men Can Do To Improve Their Lives



Synopsis

Would the small gay boy you once were look up to the gay man you've become? This is the question Dr. Joe Kort explores in *10 Smart Things Gay Men Can Do to Improve Their Lives* (completely revised and updated edition) as he guides readers through the complex journey of becoming a fully self-actualized gay man. Learn the five biggest mistakes gay men make when seeking a relationship. Understand how to deal with loved ones who disapprove of your being gay. Overcome damaging patterns that are holding you back from enjoying a healthy sex life. Learn how to identify your own internalized homophobia, a chronic issue that prevents many gay men from leading satisfying lives and keeps them from having healthy relationships. This updated and revised edition is more sex positive than the first edition and includes a new chapter on exploring erotic turn ons and sexual interests. Out-of-Control Sexual Behavior (OCSB) is also addressed for those struggling with sexual issues. After coming out, a gay man will typically feel better at first, but often the good feelings don't last. This is because 'coming out' is only part of the beginning of the journey. This book provides a map for navigating the whole long passage of becoming the gay man you want to be.

Book Information

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Customer Reviews

This review of the first edition appeared in White Crane Journal #62, Fall 2004 Back in the mid-80s, when I was in private practice as a gay psychotherapist, I used to give clients a copy of Scott Peck's *The Road Less Traveled* after their first session. The book very nicely described issues that regularly come up in therapy by recounting case-histories of Peck's clients and, more importantly, presented how the psychotherapeutic process of talking over one's personal life

history can dramatically change patterns that have proved painful and unfulfilling. Peck focused on the distinction between a neurosis and a character disorder as unifying theme of all the case histories, and so of his description of healthy personality functioning. (He also explained why paying the therapist was an essential part of the healing process "something every therapist in private practice has to confront.) Reading about other people's psychological patterns and life problems "and especially how they solved them" in itself can be amazingly healing, and can certainly provide motivation for making changes for oneself. I loved Scott Peck's book (it helped me through a midlife crisis of my own). I was happy to give it to prospective clients to get them started on their own healing journey down that road less taken to psychological insight and self-understanding. Well, if I were in back in practice today, I'd buy a case of Joe Kort's 10 Smart Things and start passing them out! Though more succinct and to the point "and less quasi-religious" than Peck, Kort does precisely the same thing. Through recounting case-histories of clients he has seen in his 16-year psychotherapy practice, Kort presents a list of ten maxims for the successful gay life.

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