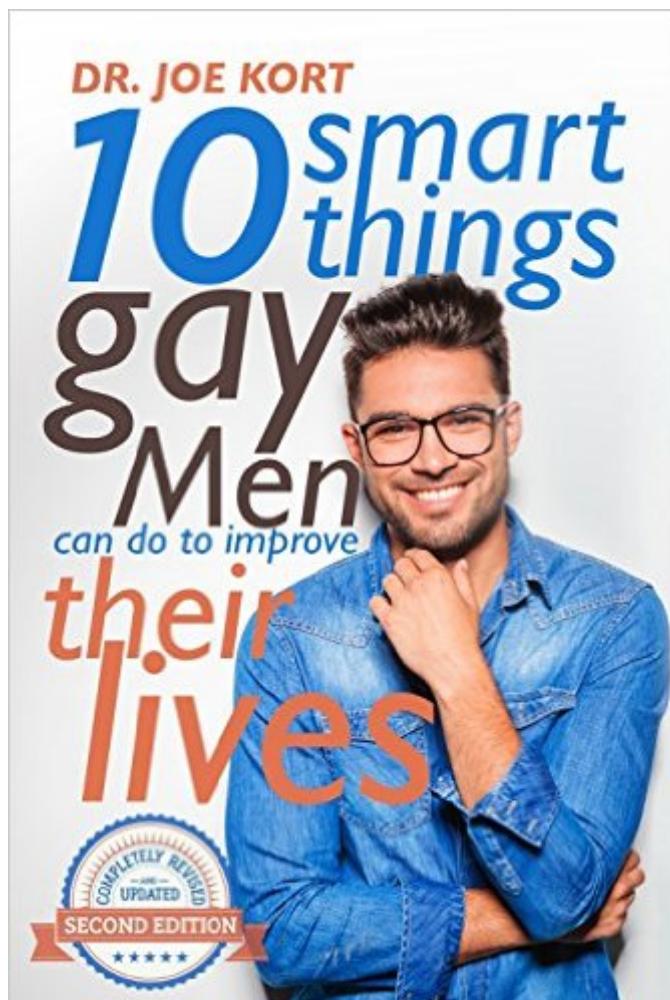


The book was found

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

Paperback: 220 pages

Publisher: Joe Kort; 2 edition (March 8, 2016)

Language: English

ISBN-10: 0997389826

ISBN-13: 978-0997389821

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 13.9 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #357,805 in Books (See Top 100 in Books) #27 in Books > Gay & Lesbian > Nonfiction > Coming Out #1672 in Books > Self-Help > Self-Esteem

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.

[Download to continue reading...](#)

10 Smart Things Gay Men Can Do To Improve Their Lives GAY: 13 STORIES OF MAN ON MAN (GAY MM ROMANCE, GAY BDSM, FIRST TIME, MM/MMM MULTIPLE PARTNER, FORBIDDEN TALES, STEAMY TABOO STORIES, ALPHA MALES TOO BIG TO FIT IN, GAY MENAGE THREESOME STORIES) Straight Man Seduced by the Gay Priest (Taken by the Gay Priest 1)(MM, MMM, Menage, Straight-to-Gay, First Time Erotica) GAY: EROTICA: Straight to GAY - 11 Book MegaBundle of First Time Gay Sex Stories: Bisexual Curious Forced MM Romance Sex LGBT Short Story New Adult Contemporary Cowboy Cheating Taboo Forbidden Spanking the Naughty Stud (Taken by the Gay Priest 2)(MM, MMM, Menage, Straight-to-Gay, First Time Gay Erotica) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) ESP8266: Programming NodeMCU Using Arduino IDE - Get Started With ESP8266: (Internet Of Things, IOT, Projects In Internet Of Things, Internet Of Things for Beginners, NodeMCU Programming, ESP8266) Tennis Strategies: The Top 100 Best Things That You Can Do to Greatly Improve Your Tennis Game Gay: STRETCH : 3 Book Gay Bundle (Contemporary Stepbrother Paranormal Menage Taboo MM Erotica) (Alpha Male Fiction) Bad Debt Book 1: Reluctant Gay BDSM (Bad Debt - Reluctant Gay BDSM) CRUISING THE GAY NUDE BEACH - Gay Travel Tales: Australia - Book 3 Legal Guide for Lesbian & Gay Couples, A (Legal Guide for Lesbian and Gay Couples) GAY: BENT OVER (Gay Babysitter Forbidden Younger Man Alpha Male Steamy Seduction Collection) Ice

Hockey Jocks: First Time Straight To Gay - Locker room Hazing (First time Gay M/M) Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) Effective TCP/IP Programming: 44 Tips to Improve Your Network Programs: 44 Tips to Improve Your Network Programs 100 Things Sharks Fans Should Know and Do Before They Die (100 Things...Fans Should Know) Dirty Talk : Secrets For Women and men, Straight, Gay and Bi, Spice Up Your Sex Life and Have Mindblowing Sex: (Sexuality, Intimacy, Sexting, Confidence, Relationship) (Great Sex Book Series 1) EROTICA: BISEXUAL MEN HUSBAND, TRANNY, FIRST TIME GAY M/M BUNDLE (MMF Bisexual Threesome with MM Romance Adult Short Stories): Gender Swap Romance Box Set (Rear Entry & Tgirl Erotic Tales Series 2) SLOW MOTION WEIGHT TRAINING - FOR MUSCLED MEN & CURVIER WOMEN - FASTER MUSCLE GAIN AT HOME OR GYM - HOW TO VIDEO LINKS INSIDE (Weight Training, Bodybuilding) (HOW TO BOOK & GUIDE FOR SMART DUMMIES 2)

[Dmca](#)