



# **Reclaiming Your Life: The Gay Man's Guide to Recovery from Abuse, Addictions, and Self-defeating Behavior**

*Rik Isensee*

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## **Reclaiming Your Life: The Gay Man's Guide to Recovery from Abuse, Addictions, and Self-defeating Behavior** Rik Isensee

Growing up gay in a homophobic culture can resemble growing up in a dysfunctional family. *Reclaiming Your Life* offers a soothing approach to healing from homophobic abuse, addictions, and self-defeating behavior.

"If you are a gay man who grew up in a dysfunctional family or were abused, be kind to yourself and read this book. It's full of validation, understanding, common sense, and wise guidance, like a good friend."

--Ellen Bass, coauthor of *The Courage to Heal*

"a wealth of information... it should be required reading for all gay men and their loved ones."

--*Lambda Book Report*



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#### **James Kyles:**

This book untitled Reclaiming Your Life: The Gay Man's Guide to Recovery from Abuse, Addictions, and Self-defeating Behavior to be one of several books which best seller in this year, that is because when you read this publication you can get a lot of benefit on it. You will easily to buy this specific book in the book retailer or you can order it by way of online. The publisher on this book sells the e-book too. It makes you quicker to read this book, as you can read this book in your Smart phone. So there is no reason to your account to past this book from your list.

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Why? Because this Reclaiming Your Life: The Gay Man's Guide to Recovery from Abuse, Addictions, and Self-defeating Behavior is an unordinary book that the inside of the book waiting for you to snap that but latter it will shock you with the secret it inside. Reading this book alongside it was fantastic author who else write the book in such incredible way makes the content inside easier to understand, entertaining method but still convey the meaning completely. So , it is good for you because of not hesitating having this any more or you going to regret it. This unique book will give you a lot of benefits than the other book have such as help improving your proficiency and your critical thinking means. So , still want to delay having that book? If I were being you I will go to the e-book store hurriedly.

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