

Synopsis of *EMPOWERING THE TRIBE* ~ *A Positive Guide to Gay and Lesbian Self-Esteem*

There are many "Real Life Stories" throughout the book. You will read about: RUSS and JOEY, high school sweethearts facing small-town challenges; MIKE, who feels that he plays second fiddle to everyone else's needs; DONALD, who is having a very difficult time coming out to his parents, feeling that he'll be of great disappointment to them; LUKE and JUAN, one partner is out, the other isn't; LEE, who is learning to see himself as attractive, desirable and lovable; JEFFREY, a twenty-something gay man searching for big-city love in all the wrong places; and MARIA, a lesbian struggling with the meaning of spirituality while her own minister father refuses to perform same-sex ceremonies. And there are many more stories that will touch your heart and challenge your own deep-seated beliefs about what it means to be gay in our society.

You'll read about coming out in the chapter titled, "What A Difference A Gay Makes" and about the pressure to be accepted in "A Thing of Beauty Is A Boy Forever." You'll find relationship guidance in "What Was I Thinking?", a discussion of loss and grief in "Surviving Grief," and thought-provoking issues in "The Religious Right Is Neither." And of course there are many more topics covered throughout the book; some chapters, like "Re-parenting For Parents," are written especially for the parents of gay people, and for gay as well as straight people hoping to become parents themselves.

You'll also find many affirmations and guided meditations all throughout *EMPOWERING THE TRIBE*, to assist you in dealing with the issues presented in each chapter. Also, there are self-assessment tests in the back of the book, and a comprehensive listing of gay and lesbian community centers across the country, advocacy services and HIV healthcare programs. All of which make *EMPOWERING THE TRIBE* a unique and invaluable approach to the possibilities of emotional health and lasting happiness.

Based on over a decade of clinical practice, *EMPOWERING THE TRIBE* will prove helpful in your own journey toward greater self-esteem, emotional well-being and spirituality. Whether you're gay or straight, there is something for you -- as well as for your friends and families -- to be found in *EMPOWERING THE TRIBE*. Look for a copy at your local gay and lesbian bookseller, Borders bookstore, Barnes and Noble, or through Amazon.com

