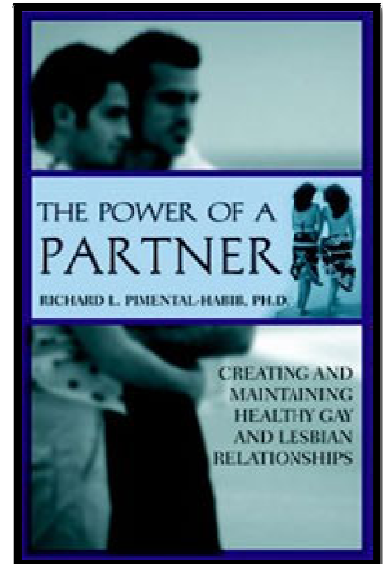


Synopsis of *THE POWER OF A PARTNER*
~ *Creating and Maintaining Healthy Gay and Lesbian Relationships*

Lovers, Life partners, significant others...siblings, mothers and sons, fathers and daughters...best friends, ex-lovers, colleagues. These are some of the relationships by which we define ourselves. They create the fabric of our lives. They illustrate the richness of our humanness, challenge our interpersonal skills, and give the world a window into who we are. For better or for worse, consciously or unconsciously, we are our relationships.

THE POWER OF A PARTNER provides a self-help blueprint using the experiences of other gay and lesbians to help you through the rough spots, those deep and troubling waters where others have dared to tread. Real-life stories highlight a wide variety of pertinent topics, and are culled from Dr. Rick's 15-year private practice as well as from personal experiences with friends and family. They illustrate honestly and openly the relationship issues most important in the lives of gay men and lesbians. Presented in a user-friendly format that suggests what works and what doesn't *THE POWER OF A PARTNER* will help you experience three therapeutic fundamentals:



1. I am not alone with my problems.
2. There is hope for my relationship(s).
3. Here are practical guidelines I can try myself (we can try together).

Learning from each other is really such a simple idea, a common-sense approach to attaining a healthy and happy life. In *THE POWER OF A PARTNER* gay men and women share both their successes as well as their difficulties, providing the reader with healthy role models from whom to learn.

The first section, titled "Partners", covers a wide range of topics: finding a healthy monogamous relationship, dealing with a "open" relationship, staying friends with the ex, tending one's heart with care and nurturance in preparation for a new lover, learning the difference between love and lust, and understanding why we choose whom we choose.

The second section, "Family and Friends", looks at issues surrounding different types of platonic friendships, family relationships, and work relationships as well as what's at stake in these relationships when one decides to come out as gay or lesbian.

In the third section of the book, "Therapy", there is an extensive discussion about how to heal and move on after a loss, as well as several relationship meditations and commonly asked questions (with answers) that address additional topics of concern.

The primary goal of this book is to help you - and your loved ones - understand the myriad dynamics involved for healthy gay and lesbian relationships of all kinds. We indeed have within us the ability and power to choose, develop, and maintain healthy, ongoing relationships. The way we learn to nurture these relationships is by committing to personal growth, rigorous honesty, and increased self-awareness. For these are the qualities of healthy self-esteem - for ourselves, for our partners, for our community.

THE POWER OF A PARTNER will inspire you: to be willing to take risks, to learn to embrace vulnerability, and to commit to loving relationships of all kinds. It will teach you to use the creativity, aliveness, and freedom within. Let the journey begin!