



# Ten Smart Things Gay Men Can Do to Improve Their Lives

*Joe Kort*

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Openly gay therapist Joe Kort provides 10 powerful and positive steps gay men can take to isolate and overcome self-defeating behavior patterns, and move in healthier and more rewarding directions:

Take Charge of Their Own Lives  
Affirm Themselves by Coming Out  
Resolve Differences With Parents and Relatives  
"Graduate" From Delayed Adolescence  
Avoid—or Overcome—Sexual Addiction  
-Learn from Successful Mentors Who've Been There, Done That  
Take Advantage of "Therapy Workouts"  
Achieve—and Maintain—Rewarding Relationships  
Understand the Stages of Loves  
Commit to Their Partner

These solid and reliable "Top 10" life steps that have been most helpful to Joe Kort's clients in his 16 years of working with hundreds of gay men, are presented in an engaging and easy-to-understand manner and are supplemented by case histories from his practice. These are time-tested, practical decisions gay men can make in their search for emotional, sexual and personal fulfillment.

**Joe Kort, MA, MSW, ACSW**, is a psychotherapist in private practice in Detroit. In addition, he is certified as an Imago therapist and leads two biannual workshop retreats, For Gay Men: The Retreat of a Lifetime, which helps gay men recover from being a stigmatized population, and Getting the Love You Want Couples' Weekend, which helps couples communicate more effectively. He is a member of the National Association of Social Workers, the Institute for Imago Relationship Therapy and the National Council on Sexual Addiction and Compulsivity. His writings on gay and lesbian issues appear regularly in *Between the Lines* newspaper and the *Detroit Free Press*.

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### **From reader reviews:**

#### **Rigoberto Hamilton:**

The knowledge that you get from Ten Smart Things Gay Men Can Do to Improve Their Lives will be the more deep you looking the information that hide inside words the more you get serious about reading it. It does not mean that this book is hard to comprehend but Ten Smart Things Gay Men Can Do to Improve Their Lives giving you thrill feeling of reading. The author conveys their point in selected way that can be understood by means of anyone who read that because the author of this publication is well-known enough. This specific book also makes your current vocabulary increase well. That makes it easy to understand then can go together with you, both in printed or e-book style are available. We recommend you for having that Ten Smart Things Gay Men Can Do to Improve Their Lives instantly.

#### **Lesley Dwyer:**

A lot of people always spent their free time to vacation or even go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book which you read you can spent all day long to reading a e-book. The book Ten Smart Things Gay Men Can Do to Improve Their Lives it is rather good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. Should you did not have enough space to create this book you can buy the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not very costly but this book features high quality.

#### **William Matthews:**

Precisely why? Because this Ten Smart Things Gay Men Can Do to Improve Their Lives is an unordinary book that the inside of the publication waiting for you to snap that but latter it will distress you with the secret it inside. Reading this book close to it was fantastic author who also write the book in such amazing way makes the content inside of easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any more or you going to regret it. This unique book will give you a lot of advantages than the other book have got such as help improving your expertise and your critical thinking method. So , still want to postpone having that book? If I were being you I will go to the guide store hurriedly.

#### **Mary Otter:**

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