

The Velvet Rage Overcoming the Pain of Growing Up Gay in a Straight Mans World Second Edition



BOOK DETAILS

- Author : Alan Downs
- Pages : 272 Pages
- Publisher : Da Capo Lifelong Books
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BOOK SYNOPSIS

Today's gay man enjoys unprecedented, hard-won social acceptance. Despite this victory, however, serious problems still exist. Substance abuse, depression, suicide, and sex addiction among gay men are at an all-time high, causing many to ask, "Are we really better off?" Drawing on contemporary research, psychologist Alan Downs's own struggle with shame and anger, and stories from his patients, *The Velvet Rage* passionately describes the stages of a gay man's journey out of shame and offers practical and inspired strategies to stop the cycle of avoidance and self-defeating behavior. Updated to reflect the effects of the many recent social, cultural, and political changes, *The Velvet Rage* is an empowering book that has already changed the public discourse on gay culture and helped shape the identity of an entire generation of gay men.

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