



When Your Spouse Comes Out: A Straight Mate's Recovery Manual

By Carol Grever, Deborah Bowman

Taylor Francis Inc, United States, 2008. Paperback. Book Condition: New. 208 x 152 mm. Language: English . Brand New Book. Effective therapeutic self-help techniques for a straight mate's recovery One of the most traumatic events that can happen in a marriage is discovering your mate is gay. When Your Spouse Comes Out: A Straight Mate's Recovery Manual is a comprehensive exploration of the trauma that provides practical steps that successful individuals have taken to keep this event from ruining their future. This guide offers solid therapeutic techniques for self-help and presents poignant true stories that illustrate that the damage is not irreparable. The book examines the various reactions to the coming-out event, the personal challenges and obstacles often experienced, and shares lessons learned and some of the secrets of transformation. When this crisis hits home, isolation, depression, anger, grief, and self-recrimination take root. When Your Spouse Comes Out: A Straight Mate's Recovery Manual presents role models, analysis, practices, and activities promoting long-term emotional recovery for heterosexual men and women whose intimate partners are gay. The text includes integrated exercises helpful for class work and student discussion and case studies of people who recount their stories and explain...



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