



Reclaiming Your Life: The Gay Man's Guide to Recovery from Abuse, Addictions, and Self-defeating Behavior

Rik Isensee

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Growing up gay in a homophobic culture can resemble growing up in a dysfunctional family. *Reclaiming Your Life* offers a soothing approach to healing from homophobic abuse, addictions, and self-defeating behavior.

"If you are a gay man who grew up in a dysfunctional family or were abused, be kind to yourself and read this book. It's full of validation, understanding, common sense, and wise guidance, like a good friend."

--Ellen Bass, coauthor of *The Courage to Heal*

"a wealth of information... it should be required reading for all gay men and their loved ones."

--*Lambda Book Report*

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Lisa Potter:

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