



Becoming Gay: The Journey to Self-Acceptance

Richard Isay

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Now revised and updated for the 21st-century, *Becoming Gay* is the classic guide on how to accept one's homosexuality. By exploring the psychological development of gay men through personal case histories—including his own—Dr. Isay shows how disguising one's sexual identity can induce anxiety, depression, and low self-esteem. Individual chapters tackle acceptance in any stage or circumstance of life, whether it be adolescence, married-with-children, retirement age, or living with HIV and AIDS. Dr. Isay's insights provide invaluable support to gay men and will enliven families, friends, and therapists who want to better understand the process of coming out and help their loved ones or patients to embrace a positive gay identity.

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