



## Coming Out to Ourselves: Admitting, Accepting and Embracing Who We Truly Are

By Rev Jerry D Troyer

Balboa Press, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. With the words, . there is no such thing as those people. There is only us, Jerry Troyer welcomes everyone who has struggled, and really everyone who reads this book, to truly love and take care of themselves. --Anthony Bidulka, Lambda Award-winning novelist and author of the Russell Quant detective series Have you ever wondered why? Why can you lose weight, but not keep it off? Why can t you seem to stay clean and sober? Why do your relationships all end the same way--badly? Why do you keep buying things that wind up not making you happy? The cause of self-defeating behaviors can often be shame--from our sexual orientation; an event we ve experienced, such as getting pregnant before marriage; a messy divorce; a job loss; or being abused as a child. Frequently, it has to do with what somebody told us when we were growing up, and we accepted whatever it was they said as our truth. But where did we get the idea that it is wrong to be gay? Who said we...

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