



A Reading Group for Gay Men

*Dinner with open conversation about the experience
of growing up and living as a gay man
in a predominantly straight society.*

*Sponsored by Grace Episcopal Church
Wednesday evenings
January 9, 16, 23 & 30, 2008*

The venue will be chosen in light of the size of the group.

Featured on the Oprah episode, "When I Knew I Was Gay,"
Allan Downs is a clinical psychologist who, after years of private practice in Santa Fe,
has become director of Michael's House, an addiction treatment center in Palm Springs.

About the book:

A gay psychologist demonstrates how to heal the trauma of being a gay man in an uncompromisingly straight world. The inevitable byproduct of growing up gay in a straight man's world, the experience of shame in childhood and adolescence sends a boy the message that he is *other* and that he is worthless. To avoid feeling shameful later in life—and even after he is no longer explicitly shamed by his sexuality—a gay man will quietly rage against the memory of this message and strive to excel dramatically to prove it wrong.

Amazon.com reviewers write:

- ❖ I bought this book and have to say my only complaint is I lost sleep because it was so hard to put the book down. I would tell myself, "I will read just a couple more pages then go to sleep." I found this book to be one of the best books that I have ever read on this type of subject. If you are searching for a good book to read and learn at the same time, purchase this book.
- ❖ This book describes just about every gay man I have ever met -- including me... Probably 99% of the book talks about how the kind of behavior we have come to think of as "normal" and even expect from gay men (judgmental, prone to gossip, secretive, perfectionist, quick to blame, body-image problems, and more) is a way of dealing with the feeling most of us have had from childhood -- that of being "second-class citizens."
- ❖ Trust me on this one, guys, BUY THIS BOOK! If you read it and it turns out none of what Dr. Downs talks about applies to you, then not only are you welcome to tell me so on this board, but if you're anywhere within driving distance of Los Angeles, I will take you out to dinner, because I definitely need more people like you in my life. For the rest of us, this book offers a picture of what an emotionally healthy gay man looks like, and a roadmap to getting there.

To join the group or for more information: Patrick Malloy at 610.435.0782 / malloy@rcn.com