



Golden Men: The Power of Gay Midlife

Harold Kooden

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Perhaps nowhere is the American obsession with beauty and glorification of youth more prevalent than in gay male culture. Aging, however, is an inescapable fact of life. Negativity and prejudices about this inevitable process can often result in a midlife misspent in self-loathing and despair.

Noted gay psychotherapist Dr. Harold Kooden draws on new research and his vast professional experience to separate facts from fears, as he examines aging and its impact on key areas of gay life: body image and sexuality; physical and spiritual health; work and play; friendships and relationships.

For the first openly gay generation in the U.S. entering a new life stage, this remarkable book offers help, strength, support, and direction-revealing how the skills mastered in a hard-won struggle for survival, recognition, and respect can play an important part in every gay man's empowerment and acceptance of his self in midlife.

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