



Coming Out Coming Alive

Grace Lawson

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The book includes the following sections: Coming Out - Describes the coming out process and provides stories from the author's coming out process. Will be extremely helpful to those questioning their sexual orientation or gender and amusing to those who have already come out. Spirituality and mental health - Will be helpful to anyone who is struggling with their spirituality and the feelings they have about themselves. Love, relationships and dating - Provides practical tips and good advice. Life transformation - Provides the key steps that will help you transform your life. GLBTT resources - This is an extensive section providing hotlines, coming out groups and resources, book lists, online resources, GLBTT-friendly churches, and national/local organizations that can help you. GLBTT who are coming out or who are dissatisfied with some aspect of their life and want to change it will find this book very helpful. Also any straight person or therapist who wants to help or better understand gay people will also find the book helpful.



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