



## A Positive View of LGBTQ: Embracing Identity and Cultivating Well-Being

By Ellen D. B. Riggle, Sharon Scales Rostosky

Rowman & Littlefield. Paperback. Book Condition: new. BRAND NEW, A Positive View of LGBTQ: Embracing Identity and Cultivating Well-Being, Ellen D. B. Riggle, Sharon Scales Rostosky, A Positive View of LGBTQ starts a new conversation about the strengths and benefits of Lesbian, Gay, Bisexual, Transgender, and Queer (LGTBQ) identities. Positive LGBTQ identities are affirmed through inspiring firsthand accounts. Focusing on how LGTBQ-identified individuals can cultivate a sense of wellbeing and a personal identity that allows them to flourish in all areas of life, the authors explore a variety of themes. Through personal stories from people with a variety of backgrounds and gender and sexual identities, readers will learn more about expressing gender and sexuality; creating strong and intimate relationships; exploring unique perspectives on empathy, compassion, and social justice; belonging to communities and acting as role models and mentors; and, enjoying the benefits of living an authentic life. Providing exercises in each chapter, the book offers those who identify as LGBTQ and those who support and love them, as well as those seeking to better understand them, an opportunity to explore and appreciate these identities.



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