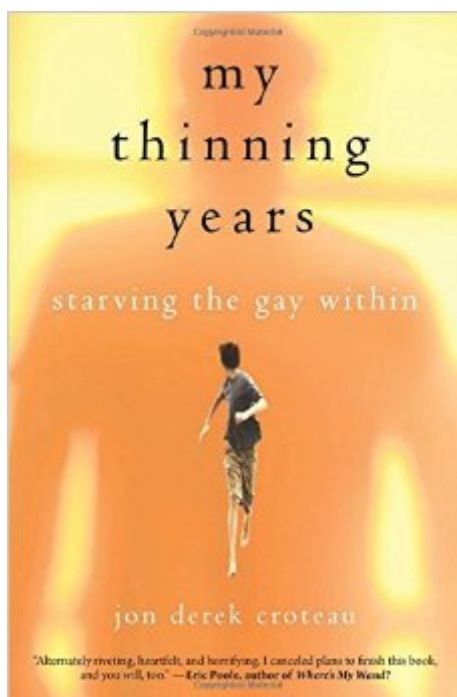


The book was found

# My Thinning Years: Starving The Gay Within



## Synopsis

As a child, Jon tried desperately to be his father's version of the all-American boy, denying his gayness in a futile attempt to earn the love and respect of an abusive man. With this he built a deep, internalized homophobia that made him want to disappear rather than live with the truth about himself. That denial played out in the forms of anorexia, bulimia, and obsessive running, which consumed him as an adolescent and young adult. It wasn't until a grueling yet transformative Outward Bound experience that Jon began to face his sexual identity. This exploration continued as he entered college and started the serious work of sorting through years of repressed anger to separate from his father's control and condemnation. *My Thinning Years* is an inspiring story of courage, creativity, and the will to live--and of recreating the definition of family to include friends, relatives, and teachers who support you in realizing your true self. In 1996, Jon wrote a song dreaming about finding a love and being able to live openly and freely. The song lyrics are in *My Thinning Years* and he recorded the song this summer with Broadway great Miguel Cervantes for others to hear. The song is available on iTunes and Spotify and profits will benefit The Trevor Project.

## Book Information

Paperback: 240 pages

Publisher: Hazelden (September 9, 2014)

Language: English

ISBN-10: 161649509X

ISBN-13: 978-1616495091

Product Dimensions: 5.9 x 0.8 x 8.9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (68 customer reviews)

Best Sellers Rank: #580,916 in Books (See Top 100 in Books) #41 in [Books > Gay & Lesbian > Nonfiction > Coming Out](#) #629 in [Books > Health, Fitness & Dieting > Mental Health > Eating Disorders](#) #745 in [Books > Biographies & Memoirs > Specific Groups > LGBT](#)

## Customer Reviews

4.5 Stars'*My Thinning Years: Starving the Gay Within*' is the incredibly emotional and powerful memoir of the author's struggle with suppressing his sexual identity along the problems he developed as forms of denial - eating disorders, obsessive exercising, and an intense homophobia. I can honestly say that there wasn't one single part of this memoir that didn't move me in some way.

The author writes with an honesty so blunt and open - by the end of the book I felt as though I knew him on a personal level and had gone through all of his struggles, defeats, acceptance, and love right along with him. The book is an emotional roller coaster the entire way through. I don't have visceral reactions (like crying) to books very often, but this one had me sobbing. During the first part - where the author describes his childhood, the emotional and physical struggles he endured, along with the pain - my heart broke for him. Although I don't have any of the same issues the author deals with in the book, I was easily able to identify with him because of traumatic and terrible things that I have experienced. I found that I was able to put myself in his shoes and it was as if I could feel the things he did - emotionally and physically. I almost had to stop reading at a few points because I was sobbing too hard and I was so upset that I didn't know if I could continue reading. I'm so glad that I did, because the second part of the book is one of hope and love. Even though I cried through some of this part of the book too, it was for completely different reasons. The strength and courage the author found in order to not only endure but to overcome his problems and come to accept himself was phenomenal. I was definitely cheering by the end of the book - where things had reconciled themselves.

[Download to continue reading...](#)

My Thinning Years: Starving the Gay Within GAY: 13 STORIES OF MAN ON MAN (GAY MM ROMANCE, GAY BDSM, FIRST TIME, MM/MMM MULTIPLE PARTNER, FORBIDDEN TALES, STEAMY TABOO STORIES, ALPHA MALES TOO BIG TO FIT IN, GAY MENAGE THREESOME STORIES) The Joy of Gay Sex: An Intimate Guide for Gay Men to the Pleasures of a Gay Lifestyle Straight Man Seduced by the Gay Priest (Taken by the Gay Priest 1)(MM, MMM, Menage, Straight-to-Gay, First Time Erotica) GAY: EROTICA: Straight to GAY - 11 Book MegaBundle of First Time Gay Sex Stories: Bisexual Curious Forced MM Romance Sex LGBT Short Story New Adult Contemporary Cowboy Cheating Taboo Forbidden Spanking the Naughty Stud (Taken by the Gay Priest 2)(MM, MMM, Menage, Straight-to-Gay, First Time Gay Erotica) Solutions to Women's Hair Thinning and Loss: Restoring Beautiful Hair Thinning the Herd: Tales Of The Weirdly Departed Low Carb: The Ultimate Low Carb High Protein Diet To Lose Your Weight Quickly without Starving Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Perfect Girls, Starving Daughters: The Frightening New Normality of Hating Your Body Low Carb: Proven Low Carb Homemade Cookbook That Will Help You Lose Weight Without Starving! (Includes High Protein and Low Carb Diet Recipes That Will Promote Rapid Weight Loss) Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for

Young People (Gremlin and Thief CBT Workbooks) Discover the Power Within You: A Guide to the Unexplored Depths Within Gay New York: Gender, Urban Culture, and the Making of the Gay Male World, 1890-1940 Gay: STRETCH : 3 Book Gay Bundle (Contemporary Stepbrother Paranormal Menage Taboo MM Erotica) (Alpha Male Fiction) Bad Debt Book 1: Reluctant Gay BDSM (Bad Debt - Reluctant Gay BDSM) Radically Gay : Gay Liberation in the Words of Its Founder Making Gay History: The Half Century Fight for Lesbian and Gay Equal Rights NYC Gay Bars 2015: Bars, Nightclubs, Music Venues and Adult Entertainment in NYC (Gay City Guide 2015)

[Dmca](#)