

PRESS RELEASE - August 01, 2003



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Los Angeles , CA —Many gay men's efforts to achieve happy, healthy, and satisfying lives are thwarted by clinging to self-defeating behavioral patterns. Try as they might, they keep making the same mistakes; their lives become frustrating, and often they give up working towards change altogether. The only way to move beyond this point of stagnation is to isolate these behaviors and begin the process of consciously moving in the opposite direction.

Openly gay therapist Joe Kort brings 16 years of experience working with hundreds of gay men in individual and group settings as well as workshops and retreats to his book, **10 Smart Things Gay Men Can Do to Improve Their Lives** (Alyson Publications, August 2003) which provides 10 powerful and positive steps gay men can take to achieve a healthier, more rewarding life.

They Are:

1. Take Responsibility for Your Own Life
2. Affirm Yourself by Coming Out
3. Resolve Issues With Your Family
4. Graduate From Eternal Adolescence
5. Avoid (or Overcome) Sexual Addiction
6. Learn from People Whose Lives Are Working Well
7. Take Advantage of Therapy "Workouts"
8. Maintain Rewarding Relationships
9. Understand the Stages of Love
10. Commit to a Partner

These solid and reliable "Top 10" life steps that have been most helpful to Joe Kort's clients are presented in an engaging and easy-to-understand manner and are supplemented by case histories from his practice. These are time-tested, practical decisions gay men can make in their search for emotional, sexual, and personal fulfillment.

"Joe Kort has written a fine book. He writes well, grounds his insights in theory, appropriately shares his personal experience and provides clear guidance for gay men to accept themselves and learn how to create and sustain a durable and loving relationship. I recommend it to its intended audience and to the straight community who want to be better informed about gay relationships."

Harville Hendrix, Ph. D. Author: *Getting the Love You Want: A Guide for Couples*.

About the Author

Joe Kort, MA, MSW, ACSW, is a psychotherapist in private practice in Royal Oak, a suburb of Detroit. He is a certified Imago therapist and leads two workshop retreats: "Reclaiming the Man in the Mirror," which helps gay men recover from being a stigmatized population, and "Getting the Love You Want Couples' Weekend," which helps couples communicate more effectively. He is a member of the National Association of Social Workers, the Institute for Imago Relationship Therapy, and the National Council on Sexual Addiction and Compulsivity. His articles on gay and lesbian issues appear regularly in *Between the Lines* newspaper and the *Detroit Free Press*.

Joe Kort's practice specializes in sexual addiction, childhood sexual, physical and emotional abuse, depression and anxiety.

He offers workshops for couples and singles. He runs a gay men's group therapy and a men's sexuality group therapy for straight, bi and gay men who are struggling with specific sexual issues.

His therapy services are for gays and lesbians as well as heterosexuals.

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