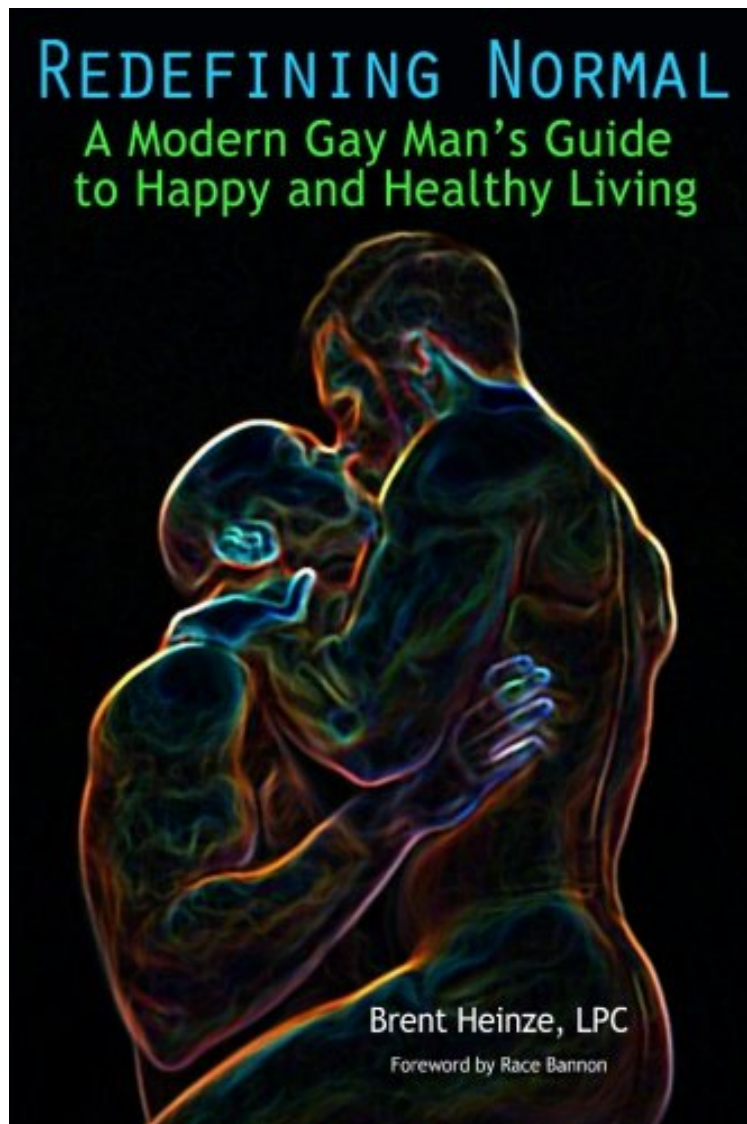


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Redefining Normal: A Modern Gay Man's Guide to Happy and Healthy Living

Brent Heinze

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"Redefining Normal: A Modern Gay Men's Guide to Happy and Healthy Living" is a smart, funny, serious, and sometimes irreverent look at the variety of ways gay men see themselves and interact with each other. It challenges and encourages individuals to address those issues keeping them from creating a more fulfilling life and offers suggestions on ways to overcome difficulties that cause negative impacts in their lives. It discusses topics relating to dating, flirting, using technology, cruising, sex, relationships, self-improvement, and creating strong support networks while offering perspectives and techniques helpful in making sustained life changes. This is a must read for those living the gay life or those who want to gain a better understanding of challenges faced with the gay community.