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The Way Out: The Gay Man's Guide to Freedom No Matter if You're in Denial, Closeted, Half In, Half Out, Just Out or Been Around the Block

Chris Nutter

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'The Way Out is a guidebook written specifically to assist gay men in breaking out of the self-imposed prisons of 'straight' and 'gay' into an authentically powerful life of compassion and wisdom, but the insights it contains are essential to breaking out of all self-imposed prisons.'

Gary Zukav

Author, *The Seat of the Soul* and *The Dancing Wu Li Masters*.



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CHRISTOPHER LEE NUTTER

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worth my time, and all praised *The Way Out: The Gay Man's Guide to Freedom No Matter if You're in Denial, Closeted, Half In, Half Out, Just Out or Been Around the Block*:

0 of 0 people found the following review helpful. Five StarsBy Roger P. Wattsas advertised2 of 2 people found the following review helpful. Good Read for the LGBT Community and Their Straight AlliesBy Gary P. HotchkissA close friend introduced me to this publication in the hopes of working through a situation we were both experiencing at the time. I was glad to have read it. It is down to earth, respectful, and relevant. I was glad to have shared the reading time with him and wished that we had been given a better chance at going over it in tandem. All that in hand, this is a good read and opens the "closet" doors on what is (but should not be) a taboo issue in America in 2010: being gay and being okay with it. People need to get the hell over it. People are gay and that is okay.1 of 1 people found the following review helpful. Interesting ReadBy Andy HunterI enjoyed this read - found Nutter to be thoughtful and intuitive about what he shared - I have recommended this book to numerous friends who really struggle with being gay. I would recommend this to anyone who is struggling with being out and or coming out. It would be helpful for therapists dealing with gay clients as some of Nutter's thoughts could really help clients.

Book by Nutter, Chris

Revolutionary. --The Long Beach Blade (The Long Beach Blade)Christopher Lee Nutter's new book gives every indication that it's more than a conventional gay self-help tome. --Publishers Weekly (Publisher's Weekly)You may not immediately want to, but you'll surely recognize yourself in these pages. --Genre magazine (Genre magazine)Nutter is on to something, and the timing of *The Way Out* has been ideal. --Time Out New York (Time Out New York)A gay Dr. Phil with a heavy dose of Dalai Lama. --Gaywired.com (Gaywired.com)Christopher Lee Nutters mix of ancient wisdom and contemporary idioms is bound to resonate with young gay male readers. --Echo magazine (Echo magazine)In *The Way Out*, Nutter uses his life's humorous anecdotes as a guide for gay men who are coming out, as well as those who are aggressively gay, come to the realization that the typical gay life doesn't have to be one of pain and confusion. --Bay Windows (Bay Windows)Nutter attempts to help gay men work through their baggage, overcome insecurities, deal with a busted heart, and essentially empower themselves to live the most honest, healthy, authentic life they can. --Frontiers magazine (Frontiers magazine)*The Way Out* expresses the newness and adventure of a man who is finding his soul, and who has the courage to say publicly what he's learning. --San Francisco Bay Times (San Francisco Bay Times)When we speak of role models, many times we think of athletes, movie stars or historic figures. Christopher Lee Nutter is the real thing. --Ambiente Magazine (Ambiente Magazine)Leading the way out, Nutter offers advice on escaping the gay herd mentality. --Express Gay News (Express Gay News)*The Way Out* should be required reading for gay readers of all ages, from questioning teens to experienced adults. --Miami New Times (Miami New Times)*The Way Out* is a means to step outside of habitual thoughts that cast the self as an unwitting and powerless victim of circumstance. --Edge Miami (Edge Miami)Writing this deeply confessional book required an astonishing amount of self-realization for the author himself. --HX Magazine (HX Magazine)*The Way Out* is going to be revolutionary. --AOL Coaches (AOL Coaches)*The Way Out* is a book about eliminating the confusion of social identity and finding your true self. --OutOnTheNet.Com (OutOnTheNet.Com)*The Way Out* is a guidebook written specifically to assist gay men in breaking out of the self-imposed prisons of straight and gay into an authentically powerful life of compassion and wisdom, but the insights it contains are essential to breaking out of all self-imposed prisons. --Gary Zukav, author *The Seat of the Soul* and *The Dancing Wu Li Masters* (Gary Zukav)Christopher Nutter shares his personal story with candor and honesty, providing insights and observations that are sure to help other gay men no matter where they happen to be on their own journey. --Neil G. Giuliano, President, Gay and Lesbian Alliance Against Defamation (Neil G. Giuliano)Christopher Nutters own self-exploration identifies real challenges for gay men, and gives insights and tools to help us be our best selves. --Alan Van Capelle, Executive Director, Empire State Pride Agenda (Alan Van Capelle)*The Way Out* may prove to be an enduring post-gay survival guide for the twenty-first century gay man. --Jack Drescher, MD, Chair, Gay and Lesbian Committee, American Psychiatric Association. (Jack Drescher, MD)Christopher Lee Nutter is a new player in the great American debate about values. --The San Francisco Chronicle (The San Francisco Chronicle)One of the Best LGBT Books of 2006. --IN Los Angeles Magazine (IN Los Angeles Magazine)*The Way Out* chronicles what it means to be a gay man in America. --OutInAmerica.com (OutInAmerica.com)Nutter brings us a how-to for the gay everyman, both a handy guide for newbies and a thoughtful refresher for those of us who think we've already been there, done that. --Out magazine (Out magazine)The author of a compelling new book for gay men, *The Way Out* relates his own journey from the closet to the party scene to despair to enlightenment and invites you to join him on his path to affirming the true self. --The Advocate (The Advocate)About the AuthorChristopher Lee Nutter has been shedding new light on the gay experience for over a decade through ground-breaking journalism in *The Village Voice*, *Details*, *The Advocate*, *The New York Times*, *Vibe*, *The Gay and Lesbian Worldwide*, and many others. He has also written for *Cargo*, *New York Magazine*, *Time Out New York*, *HX*, *The New York Post*, *Lambda Book* and appeared on *VH-1* and the *Metro*

Channel's Naked New York. Excerpt. Reprinted by permission. All rights reserved. Introduction: Finding My Way Out

I have spent my entire life looking for the way out of pain. However, no matter what form it took—fear, depression, bitterness, anxiety, jealousy, loneliness, addiction, anger, judgment, self-criticism, you name it—and no matter how much it hurt, for most of my life I didn't think of it as pain. Rather I qualified these feelings as symptoms of my imperfection. In other words, I thought the pain was me. As an adolescent growing up in the suburbs of Birmingham, Alabama, in the '70s and '80s, I was in a lot of pain. But by the time I was sixteen, I was sick enough of being listless and depressed to do something about it. I decided that I wanted to be happy. And I was certain that the way to do this was to correct my imperfections. The most serious of these imperfections was my homosexuality—it was my fatal flaw, my original sin that I had not chosen to commit. Though by my midteens I had accepted that this condition was never going to change, I could not really accept that I was gay. To me that would have meant accepting that I was a lonely, pitiful and defective human being, that I was not loved by God, that I was less than straight men, that the only others like me were shadowy discards from society. Doing that would have meant accepting that I was never going to be happy, so that was out of the question. My sexual attraction to men, however, was by no means the only imperfection I needed to cloak. Compared to the fabulous Pretty in Pink teens I grew up with, I was absolutely riddled with imperfections—I wasn't beautiful; I wasn't rich; I wasn't masculine; I wasn't confident; I wasn't athletic. As I became hyperaware of these inadequacies, too, I slowly became both ashamed and embarrassed to be me. To remedy this I became devoted to getting gorgeous and becoming popular—in other words, to getting "perfect." And college became the set where I was able to successfully act the role of a privileged pretty boy. Playing this role felt like the very first shot of morphine after a lifetime of debilitating pain, and I often felt high. But whenever the morphine wore off, I would find myself hurtling back into the void, and it was as if I had never left. Meanwhile, my sexuality was literally in the closet—that's where I kept my gay porn, on a high shelf in a small closet blocked off by a large chair. I even did such a number on myself that, whenever I saw a guy I thought was gay, I would find myself thinking, "Ugh, how horrible that would be." Then I would momentarily move into a kind of twilight zone of awareness of the fact that I was this person I pitied. I was in a state of shock over my own being. Then in 1993 I made a monumental shift in how I experienced my life when I rebelled against the depression that still tormented me and looked inside myself for the first time for its source in the form of my own thoughts. Not only did learning how to fight my thoughts mark the beginning of the end of depression for me, it awoke a nascent awareness of my power to change the reality of my life by looking inward rather than outward. As a result, the way I lived my life began to change. First I ditched my plans to go to law school and decided instead to follow my lifelong dream to become a writer. Even more significant, for the first time in my life I began to question my belief that I couldn't come out of the closet and be happy. There were few images of gay people in the media then, so it was still a very lonely time to be gay. And I couldn't even say the word "gay" out loud, so I was at a total loss as to how to go about coming out. Then opportunity struck. One night I read in *Details* magazine that they were starting a new section that readers could submit stories for. And I had a revelation: I would write an essay about life inside the closet and thereby come out in the process. As much as going through with it scared me, and as much as it seemed an impossible long shot that it would be selected, I became aware of a silent, certain knowledge about what to do next: write that essay. And so I did.