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Titolo	A positive view of LGBTQ [[electronic resource]] : embracing identity and cultivating well-being / / Ellen D.B. Riggle and Sharon S. Rostosky
Pubbl/distr/stampa	Lanham, Md., : Rowman & Littlefield, 2012
ISBN	9786613362285 1-4422-1283-7 1-283-36228-7
Descrizione fisica	1 online resource (207 p.)
Altri autori (Persone)	RostoskySharon Scales
Disciplina	155.3/3
Soggetti	Sexual minorities Gender identity Positive psychology LGBTQ people
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	An introduction -- Authenticity -- Self awareness, personal insight and growth -- Freedom to create new rules -- Stronger emotional connections with others -- Freedom to explore relationships and sexuality -- Compassion and empathy -- Mentors, role models, and activists -- Belonging to an LGBTQ community -- A positive view.
Sommario/riassunto	A Positive View of LGBTQ starts a new conversation about the strengths and benefits of LGBTQ identities. The authors discuss eight life-enriching themes including living authentically; increasing self-awareness and compassion; creating flexible gender rules and supportive relationships; being positive role models; working for social justice; and belonging in LGBTQ communities. Suggested activities help readers cultivate their own positive identities and help others understand how they can support those they love who may identify as LG