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| 1. Record Nr.           | UNINA9910814680203321  |
| Autore                  | Riggle Ellen D. B  |
| 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<br>1-4422-1283-7<br>1-283-36228-7  |
| Descrizione fisica      | 1 online resource (207 p.)   |
| Altri autori (Persone)  | RostoskySharon Scales  |
| Disciplina              | 155.3/3  |
| Soggetti                | Sexual minorities<br>Gender identity<br>Positive psychology<br>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 |