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# Sexual Identity? Moving From Confusion To Clarity (Dr. T's Living Well Series Book 12)

DR. T'S LIVING WELL SERIES

# SEXUAL



# IDENTITY?

MOVING FROM  
CONFUSION TO CLARITY

Dr. RICHARD L. TRAVIS



## Synopsis

**\*\*Completely Updated in December/2016\*\*** Sexuality is one of the most important and defining aspects of our lives. The human experience of sexuality not only involves the aim of procreation, but has several other functions as well. Sexuality can strengthen and deepen a relationship; can serve as a method to relieve tension; is widely seen as a way of self-expression; and not to minimize it, it is usually a joyful activity. Humans have a far more complex sexuality than any other species. This kind of complexity broadens the opportunities to have more fun and derive more pleasure from sexual activities, but it is also a source of problems associated with desires, wishes and actions associated with sex. In this book, we examine a less positive aspect of human sexuality; the sexual problems, pain, and confusion of teenagers. This age is traditionally the time for building identity in human development, and sexuality is seen as an integral part of this process. Although the available sources of information seem to be almost infinite, finding the appropriate way for any individual is probably harder than ever. This book, however provides many links and Youtube video links for adding to your knowledge base on how to manage your confusion. In this book you will find some interesting input from men and women who have suffered and/endured the process of sexual confusion and share their stories. There is no need for any teenager to feel alone and isolated in today's technological and socially connected world. So while there may be pain in adolescence, there is hope and wisdom from your peers and your elders readily available to you.

## Book Information

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## Customer Reviews

Dr. Travis provides an enriched amount of worthy information concerning sexuality; information for teens, parents and adults in the life of kids who are dealing with their sexual orientations. I have a cousin who did not "come out" until after college and had established his office as a psychologist...after he married, had a child and was divorced. How I wish he had had this kind of information during his struggling years; also, I would have wished this book for his parents, extended family and other adults in his life. I think many times how his family could have gained from today's information/insights that didn't exist twenty years ago. Another great book on parenting is Love Parenting Today there is no reason to deal with these topics without a knowledge-based perspective like Dr. Travis provides. This is a book that offers clarity to questions such as: the difference between sex and gender, is sexual orientation a choice, is it a mental illness, differences between male and female attitudes and activity, are there really benefits of disclosure, etc. The author provides tips for parents, information to decrease bullying, explains the role of the media and what it has produced, family issues and school conflicts, religious support and thoughts on how to handle non-support. Read this book for yourself; gift it to a family member and other involved adults in your loved one's life. Then your discussion can be an educated conversation!

An incredible book that helps us understand those who had or is currently struggling with sexual identity. Very well researched and it is easy to see that it is 100% factual. I really like the section on How to Deal with the Religious Conflicts. The advice given is useful to anyone of any sexual orientation. Very well written to answer questions from the individual, family, friends, peers and society on sexual identity. A must read for any parent who wonders if their child some day might face this challenge.

This short book is packed with all of the information needed to understand teen sexual identity development, and how to be of help to GLBTQ youth. It outlines exactly what to do, and what NOT to do, to support a teen who may be questioning their sexuality. I loved how the book included

"Good points for family and friends," outlined the 4 Stages of Identity Development, provided tips for parents, and included TONS of useful links to additional resources. Super helpful and easy to read.

This is a must for anyone who has a child or young adult in their life who may be struggling with their sexuality. Do yourself a favor and read Dr. Travis's book. You owe it to your loved one to fully understand the scope of their struggle. You owe it to yourself to have a full empathetic view of their path. The better your understanding, the bigger peace of mind you have in guiding them on their life path which leads to their balance. This book covers the range.

This book is an essential resource for everyone. It provides clear and unbiased, well researched information to assist anyone dealing with a young person with confusion of sexual identity. One minor criticism - i would have liked to see the book cover Intersex individuals as well. It covers most other possibilities, and it would be good to see that one addressed as well.

I found the book well researched and written. It's a must read for parents who are having difficulty accepting their LGBT children. When speaking of verbal and physical abuse during high school years, my experience has been that it starts even earlier in middle school. Any bullying policy must specifically include sexual orientation.

A very concise book regarding gender confusion and the issues teens face as they struggle with grasping their sexual orientation,

Some good information but I guess I just expected more from the title. Would have liked more discussion of working through the confusion age appropriately.

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