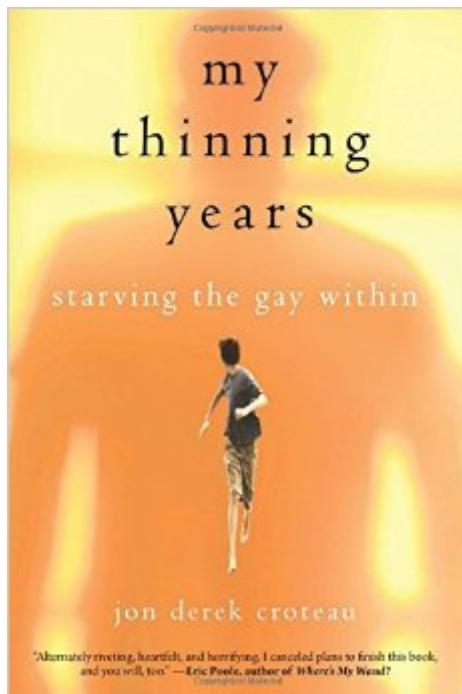


The book was found

My Thinning Years: Starving The Gay Within



Synopsis

As a child, Jon tried desperately to be his father's version of the all-American boy, denying his gayness in a futile attempt to earn the love and respect of an abusive man. With this he built a deep, internalized homophobia that made him want to disappear rather than live with the truth about himself. That denial played out in the forms of anorexia, bulimia, and obsessive running, which consumed him as an adolescent and young adult. It wasn't until a grueling yet transformative Outward Bound experience that Jon began to face his sexual identity. This exploration continued as he entered college and started the serious work of sorting through years of repressed anger to separate from his father's control and condemnation. *My Thinning Years* is an inspiring story of courage, creativity, and the will to live--and of recreating the definition of family to include friends, relatives, and teachers who support you in realizing your true self. In 1996, Jon wrote a song dreaming about finding a love and being able to live openly and freely. The song lyrics are in *My Thinning Years* and he recorded the song this summer with Broadway great Miguel Cervantes for others to hear. The song is available on iTunes and Spotify and profits will benefit The Trevor Project.

Book Information

Paperback: 240 pages

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Product Dimensions: 5.9 x 0.8 x 8.9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (68 customer reviews)

Best Sellers Rank: #580,916 in Books (See Top 100 in Books) #41 in Books > Gay & Lesbian > Nonfiction > Coming Out #629 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #745 in Books > Biographies & Memoirs > Specific Groups > LGBT

Customer Reviews

4.5 Stars 'My Thinning Years: Starving the Gay Within' is the incredibly emotional and powerful memoir of the author's struggle with suppressing his sexual identity along the problems he developed as forms of denial - eating disorders, obsessive exercising, and an intense homophobia. I can honestly say that there wasn't one single part of this memoir that didn't move me in some way.

The author writes with an honesty so blunt and open - by the end of the book I felt as though I knew him on a personal level and had gone through all of his struggles, defeats, acceptance, and love right along with him. The book is an emotional roller coaster the entire way through. I don't have visceral reactions (like crying) to books very often, but this one had me sobbing. During the first part - where the author describes his childhood, the emotional and physical struggles he endured, along with the pain - my heart broke for him. Although I don't have any of the same issues the author deals with in the book, I was easily able to identify with him because of traumatic and terrible things that I have experienced. I found that I was able to put myself in his shoes and it was as if I could feel the things he did - emotionally and physically. I almost had to stop reading at a few points because I was sobbing too hard and I was so upset that I didn't know if I could continue reading. I'm so glad that I did, because the second part of the book is one of hope and love. Even though I cried through some of this part of the book too, it was for completely different reasons. The strength and courage the author found in order to not only endure but to overcome his problems and come to accept himself was phenomenal. I was definitely cheering by the end of the book - where things had reconciled themselves.

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