



# Outing Yourself: How to Come Out as Lesbian or Gay to Your Family, Friends, and Coworkers

*Michelangelo Signorile*

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## **Outing Yourself: How to Come Out as Lesbian or Gay to Your Family, Friends, and Coworkers**

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No matter how much you prepare, coming out as gay or lesbian is a difficult, emotional process -- a process that will continue long after the words are spoken and the secret is out. There's no magic formula, but *Outing Yourself* by Michelangelo Signorile offers structure, guidance, and straightforward advice to all those:

WHO ARE STRUGGLING WITH THEIR SEXUALITY AND UNSURE OF WHAT TO DO  
WHO HAVE ACCEPTED THAT THEY ARE GAY BUT ARE STILL AFRAID TO COME OUT  
WHO CONSIDER THEMSELVES OUT OF THE CLOSET BUT REALIZE THEY HAVE FARTHER TO GO

Signorile's 14-step program -- complete with exercises, meditation notes, and anger checks, as well as the accounts of the coming-out experiences of other lesbians and gay men -- shows how you can successfully handle this life-changing, life-renewing process. A guide for the coming-out journey, *Outing Yourself* will convince all who read it that, in the words of the author, "The stress of coming out will never be as hard on you as the stress of staying in was."

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