



# Men Like Us : The Gmhc Complete Guide to Gay Men's Sexual, Physical, and Emotional Well-Being

*Daniel Wolfe, Gay Men'S Health Crisis*

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## **Men Like Us : The Gmhc Complete Guide to Gay Men's Sexual, Physical, and Emotional Well-Being**

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THE DEFINITIVE RESOURCE FOR ALL ASPECTS OF GAY MEN'S SEXUAL, PHYSICAL, AND EMOTIONAL LIVES, this indispensable, landmark book will empower you to take charge of your health, your relationships, and your life.

For nearly two decades, Gay Men's Health Crisis (GMHC), the world's largest and most respected not-for-profit AIDS service organization, has provided vital support, education, and health information to gay men in the New York City area. Now, with Men Like Us, their guidance--and the insights of hundreds of gay men across America--can help you. Practical, down-to-earth, and accessible, this authoritative health resource covers such topics as

- Finding Doctor Right
- Your sex life vs. the rest of your life
- Sexually transmitted diseases: How to protect yourself, tell if you have them, and treat them
- 5 tests and vaccines no gay man should go without
- Guidelines for gay couples: Rekindling romance in long-term relationships
- Aging well: Strategies for mind and body
- An AIDS primer: Choices for the newly infected; antiviral drugs and how they work; deciding when to start antiviral therapy; determining if your therapy is working; and what to do if it's not
- Spirituality: Waking up inside; working for the gay good
- Mental matters: Meditation; stress reduction; finding a therapist; dealing with depression, anxiety, and psychotropic medications

Filled with expert advice--from leading doctors, lawyers, therapists, and fitness instructors to "ordinary gay men" whose stories provide important voices of experience--Men Like Us opens a window onto the ways we gay men, in all our diversity, care for ourselves and each other.

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#### **Samuel Rascon:**

The book Men Like Us : The Gmhc Complete Guide to Gay Men's Sexual, Physical, and Emotional Well-Being can give more knowledge and also the precise product information about everything you want. Exactly why must we leave the great thing like a book Men Like Us : The Gmhc Complete Guide to Gay Men's Sexual, Physical, and Emotional Well-Being? A number of you have a different opinion about guide. But one aim this book can give many information for us. It is absolutely suitable. Right now, try to closer with the book. Knowledge or info that you take for that, you can give for each other; you can share all of these. Book Men Like Us : The Gmhc Complete Guide to Gay Men's Sexual, Physical, and Emotional Well-Being has simple shape however you know: it has great and big function for you. You can look the enormous world by open up and read a e-book. So it is very wonderful.

#### **Charles Baker:**

The book untitled Men Like Us : The Gmhc Complete Guide to Gay Men's Sexual, Physical, and Emotional Well-Being contain a lot of information on the item. The writer explains the girl idea with easy method. The language is very easy to understand all the people, so do definitely not worry, you can easy to read that. The book was published by famous author. The author brings you in the new time of literary works. It is easy to read this book because you can read on your smart phone, or gadget, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site in addition to order it. Have a nice read.

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#### **Calvin Lee:**

As we know that book is significant thing to add our information for everything. By a book we can know everything we wish. A book is a pair of written, printed, illustrated or maybe blank sheet. Every year ended up being exactly added. This publication Men Like Us : The Gmhc Complete Guide to Gay Men's Sexual, Physical, and Emotional Well-Being was filled concerning science. Spend your spare time to add your knowledge about your research competence. Some people has different feel when they reading a new book.

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