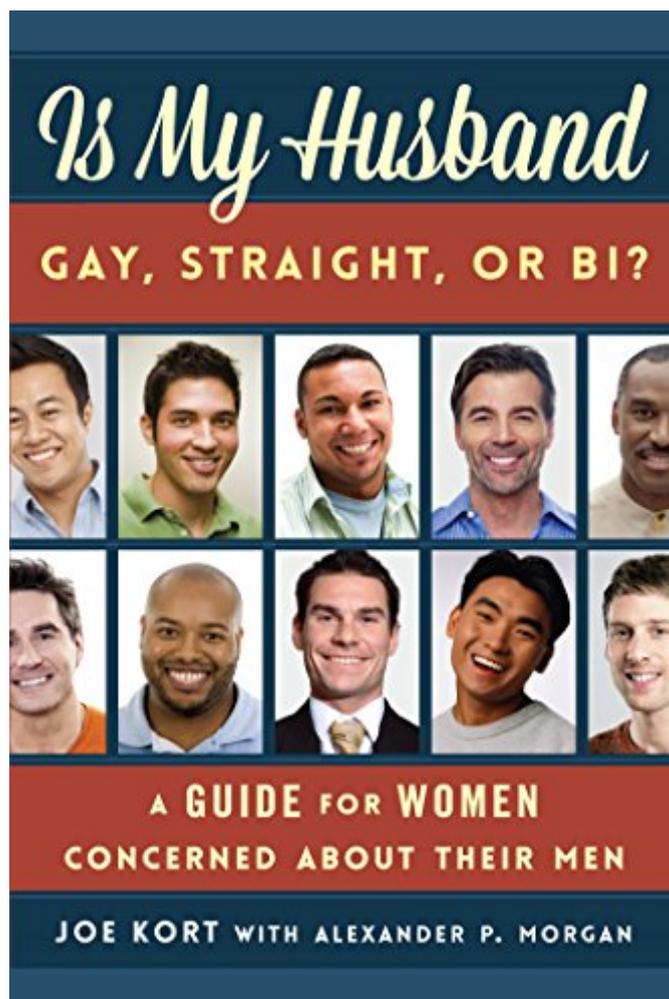


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# Is My Husband Gay, Straight, Or Bi?: A Guide For Women Concerned About Their Men



## Synopsis

Jennifer can't believe it. Just married and pregnant, she discovers that her husband has been meeting Brad for sex. When confronted, Tom doesn't deny it, but he insists it's just a thing and he isn't gay. Elsewhere, John's wife, Karen, discovers that her husband likes to watch gay porn. John doesn't understand his wife's reaction. Why does she care what he watches if he's not unfaithful? In couples therapy, Karen and Jennifer raise the same questions: Does this mean my husband is gay? Can my marriage survive? These and other stories illustrate the difficulties inherent when a wife or girlfriend finds out her man has had or wants to have sexual contact with other men. But many times, the man is not gay or even bisexual. Of course, some men with gay sexual interests are gay men in a process of self-discovery; they are coming out. These desires may only reflect a different side of a man's sexuality or some response to childhood trauma or experiences they have not fully processed. Here Joe Kort and Alexander P. Morgan make the distinction between gay men and straight men with gay interests clearer to women who want to know how they can overcome these revelations. The authors explain the many reasons why straight men may be drawn to gay sex; how to tell whether a man is gay, straight, or bisexual; and what the various options are for these couples, who can often go on to have very fulfilling marriages. *Is My Husband Gay, Straight or Bi?* is intended to help couples understand how male sexuality can express itself in ways that may be difficult to understand. Many marriages have been hurriedly terminated when couples (and their therapists) have lacked the information they needed to understand their current situations. This book provides the clarity, describes the choices, and (in many cases) offers hope for relationships and marriages that have been brushed off as doomed.

## Book Information

File Size: 1073 KB

Print Length: 241 pages

Page Numbers Source ISBN: 1442223251

Publisher: Rowman & Littlefield Publishers (September 11, 2014)

Publication Date: September 16, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00NPRQ82O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #444,702 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #21

in Kindle Store > Kindle eBooks > Lesbian, Gay, Bisexual & Transgender eBooks > LGBT Studies > Bisexuality #58 in Books > Gay & Lesbian > Nonfiction > Bisexuality #423 in Kindle Store > Kindle eBooks > Nonfiction > Politics & Social Sciences > Social Sciences > Gender Studies

## Customer Reviews

I admit, I read the book because I'm familiar with the writing of Alexander P. Morgan and have always found him to be an extremely gifted writer. I wasn't disappointed. But, what struck me about this book, what stayed with me the most was the compassion with which the often confusing fluidity of sexuality is handled. Joe Kort and Alexander Morgan are dealing with perhaps the most basic and yet rawly emotional aspect of human psychology, our need for intimacy, and they do so in a brave (meaning, not too clinical, yet honestly depicted) way. I found myself both in a crisis over the descriptions of intense sexual behavior and fantasy, and the explanations for that behavior, which is sometimes the male's only way to express the intimacy denied to them by the time they are eight-years-old (holding hands is for girls!) I became fascinated by the ways in which those fantasies are the reliving of, or the cravings to deal with the loss of intimacy and other issues of trust. The author makes a distinction between gay identity and sexual fantasy. We are clearly individuals and not so malleable as to fit cleanly into labels, and categories, and expectations. In clear language, and a wonderfully organized book, Kort offers acceptance. He points us away from despair or self-centeredness. He recreates scenarios and gives explanation for how women might learn to see their husband's sexual interplays, not as betrayal, but as manifestations of the men themselves thereby offering compassion and understanding rather than humiliation or broken dreams.

Based upon the latest research, *IS MY HUSBAND GAY, STRAIGHT, OR BI?* explores the complexity and fluidity of male sexuality. What I appreciated the most about this guide was its positive, nonjudgmental tone towards both the woman (wife) and the man (husband) in a difficult--often traumatizing situation. This book is a practical resource for women (and men) seeking answers about sexual issues in their marriage and a possible pathway back to a healthy relationship--either together or apart. Kort's assertion that conflict is an opportunity for growth and

renewal for oneself--and for your relationship--is one of the many stunning truths in this intelligently compassionate book. Highly recommended.

When the question arises out of the blue, "Is my husband, gay, straight, or bi?" most women, don't know what to do, let alone know where to turn. Thank goodness Joe and Alexander took the leap of faith to write a much needed resource for today's modern world. Making the point right out the gate that sexuality is fluid, Kort and Morgan grab human sexuality by the horns, begging the reader to defy all preconceived notions and explore the truth about a spouse's sexual proclivities. Breaking apart myths about gay and bisexual husbands, this book explores everything from anal sex desires to BDSM and everything in between, in a manner that a scared and curious spouse can easily understand and start to adapt to their personal situation. Erring on the side of mutually beneficial, this is not a one-sided, one-size fits all approach to uncovering a husband's truest sexual energy. It's a straight-forward, tell it like it is with real-life stories approach to talking about one of the things that makes most couples, uncomfortable - sex. Truthful without being overtly clinical, this no-nonsense approach to figuring out if your husband is gay, straight or bisexual also provides the tools to explore what sex has to do with it! Why keep it a secret and potentially make assumptions when getting things out in the open can be the difference between continuing to say I do or lovingly saying I don't! This book is now a must read for all my coming out clients, regardless of which side of the closet door they reside on.

As a sex therapist and sexuality educator, I am grateful for Joe Kort's book. There is too much fear and too little real understanding about 'why people are who they are'. Joe Kort's book is an insightful analysis of a rarely discussed, very misunderstood topic. It is open, informative, and thoughtful. Much needed in our field and by the couples we work with. We are doing our jobs as therapists when we can help people replace helplessness with education and empowerment. This book will be cited and recommended by me to the individuals and couples with whom I work. Very helpful!

I have mixed feelings about this book....The Upside:-The authors wade into uncharted waters attempting to add nuanced understanding to issues (especially the issue of bisexuality) that are often hit with a club and left unexplored or unexplained-They substantiate the infinite uniqueness of individual sexuality; the only predictor of a person's orientation, attractions, desires, emotional affection, excitement, motivations, etc...is each person for themselves-There's a nice balance to the mix of the anecdotal, case study, clinical, humorous, raw, etc... situations involving unique,

sometimes surprising self definitions...emerge spontaneously and frequently. As soon as you've figured out the nuanced category in which to place a given person, five more people pop up representing 5 new shades needing a new definition

The Downside:-For all their effort, they still manage to leave out important chunks normative sexual expression that were calling out to be included;-The authors would be well served to create a Bell Curve mechanism that continually pops up to remind readers that every human characteristic, trait, behavior, sex act, emotion....all occur across a spectrum of responses/variations and we should be inclusive of those broad ranges no matter what we are talking about-The book is very readable....helpful for grad students, confused spouses, clinicians, humorists...there's something for everyone

Overall I think its worth the read, just don't get bent out of shape when you read the five things that you don't agree with...sexual orientation and identity aren't about agreement, they're about self realization, authenticity, and self-worth, not external validation

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