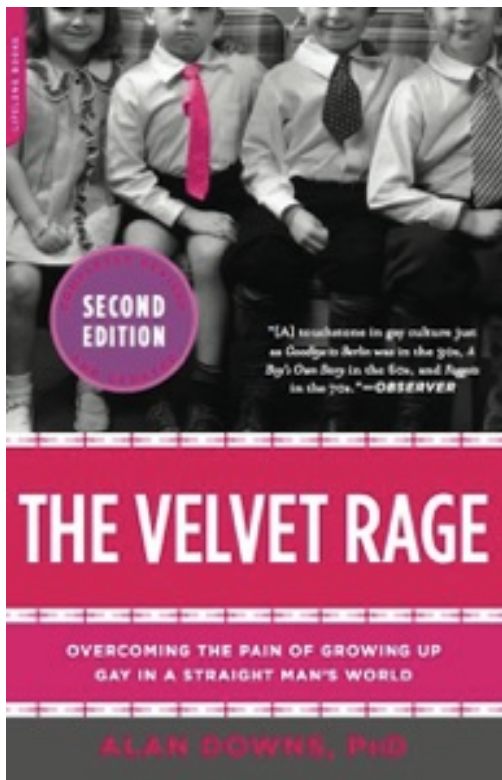


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In *The Velvet Rage*, psychologist Alan Downs draws on his own struggle with shame and anger, contemporary research, and stories from his patients to passionately describe the stages of a gay man's journey out of shame and offers practical and inspired strategies to stop the cycle of avoidance and self-defeating behavior. *The Velvet Rage* is an empowering book that has already changed the public discourse on gay culture and helped shape the identity of an entire generation of gay men.

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