



# Hide and Speak: How to Free Ourselves from Our Secrets

*Kittredge Cherry*

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# Hide and Speak: How to Free Ourselves from Our Secrets

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## **Hide and Speak: How to Free Ourselves from Our Secrets** Kittredge Cherry

Coming out of the closet is the definitive experience for many lesbian and gay people. In "Hide and Speak: How to Free Ourselves From Our Secrets," Kittredge Cherry provides a program to guide readers through the process of discovery, acceptance and appropriate disclosure of a lesbian or gay sexual orientation. This multi-stage process helps readers to gain insights that can change their lives. "Hide and Speak" also examines the spiritual dimensions of coming out and draws connections between lesbian and gay issues and other personal secrets, including addiction and childhood abuse. Complete with practical exercises, "Hide and Speak" inspires lesbians and gay men to break silence and begin to speak.

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