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The Velvet Rage is a
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pathos, anger,
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wounded actors make

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their way by uncertain stages toward a light of authenticity and self-acceptance their culture does not want them to find or even see. In its pages, through anecdotal moments and analytical passages, one is constantly catching glints of ...

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provides a three-stage model for the journey gay men are encouraged to take in order to (i) embrace their sexuality, (ii) acknowledge what habits or addictions they rely on to compensate for insecurity; and (iii) discover a life of authenticity and subsequently enjoy

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healthy relationships.

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psychologist Alan Downs's own struggle with shame and anger, and stories from his patients, *The Velvet Rage* passionately describes 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 behaviour. Updated to

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Pete Lee is a pianist, composer and

bandleader based in

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Music with distinction

in 2012, Pete has

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Velvet Rage performed as both a jazz pianist and a pop keys player. 2018 will see the release of Pete's debut album, *The Velvet Rage*. The album will showcase a collection of his own compositions, which he has arranged for a 10-piece ensemble, including string ...

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Product ...

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The Velvet Rage was first published in 2005, but it has been a slow-burn success – in each of his royalty statements Downs has noticed that sales have markedly increased. On the last,

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Our 'velvet rage'
comes out when these
compensating strategies
begin to weaken and
crack, leaking out
ferocious and foul bouts
of poisonous rage, often
directed at innocents.

Downs provides a lot of

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first-hand testimony
from other gay men as
to how these
compensation tactics
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to earn love and
acceptance by being
more, better, beautiful,
sexier – in short, to
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