



My Thinning Years: Starving the Gay Within

By Jon Derek Croteau

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Jon Derek Croteau brings a heady mixture of raw emotion, pathos, and humor to his powerful journey from self-hatred and punishment to self-affirmation and healing as a gay man in My Thinning Years.

As a child, Jon tried desperately to be his father's version of the all-American boy, denying his gayness in a futile attempt to earn the love and respect of an abusive man. With this he built a deep, internalized homophobia that made him want to disappear rather than live with the truth about himself. That denial played out in the forms of anorexia, bulimia, and obsessive running, which consumed him as an adolescent and young adult. It wasn't until a grueling yet transformative Outward Bound experience that Jon began to face his sexual identity. This exploration continued as he entered college and started the serious work of sorting through years of repressed anger to separate from his father's control and condemnation. My Thinning Years is an inspiring story of courage, creativity, and the will to live--and of recreating the definition of family to include friends, relatives, and teachers who support you in realizing your true self. In 1996, Jon wrote a song dreaming about finding a love and being able to live openly and freely. The song lyrics are in My Thinning Years and he recorded the song this summer with Broadway great Miguel Cervantes for others to hear. The song is available on iTunes and Spotify and profits will benefit The Trevor Project.

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My Thinning Years: Starving the Gay Within By Jon Derek Croteau Bibliography

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Editorial Review

Review

“Croteau’s courageous disclosure of his arduous journey toward self-acceptance is especially relevant for many gay men who have been disenfranchised from their families of origin. This book also illuminates the realities of male eating disorders, adding considerably to the literature on anorexia, still wrongly perceived a solely a female disease.”

--John Killacky, “The Gay and Lesbian Review Worldwide”

“I canceled plans to finish this book, and you will, too. Alternately riveting, heartfelt and horrifying, Jon Derek Croteau's descent into anorexia and obsessive running as a means to deny his true self is spellbinding.”

--Eric Poole, author of *Where's My Wand*

"Jon Derek Croteau's powerful new book is a beacon shining on the puzzle of life."

--Bob Dotson, *New York Times* bestselling author of *American Story*, *a Lifetime Search for Ordinary People Doing Extraordinary Things*

"*My Thinning Years* is a triumphant, reassuring and intelligent examination of ability, strength and resilience for all to admire. Much like life, not everything works out as planned for the narrator, but he leaves the reader with a resounding sense of peace.”

--Christopher Verleger, edgemediacom

“Jon Derek Croteau writes with unstinting honesty, and courageously explores the harmful effects of bullies long after they’ve left the scene. But he also reveals the plain fact that the greatest bully we have to win over is often the one within us.”

--James Lecesne, co-founder, The Trevor Project

“A fantastic and harrowing story, told deeply and honestly...an emotional read...a generous, hopeful book I dearly hope gets into the hands of the many people who face similar hardships and desperately need to hear Jon Derek Croteau’s story.”

--Randy Harrison, actor, *Queer As Folk*

“*My Thinning Years* is a powerful story about overcoming adversity. Jon Derek Croteau’s courage, honesty, and unflinching passion are sure to both inspire and keep the pages turning!”

--Jenni Schaefer, co-author of *Almost Anorexic*, author of *Life Without Ed* and *Goodbye Ed, Hello Me*

“*My Thinning Years* is not just a labor of love but a love-letter to those who are struggling silently and suffering deeply with an eating disorder. Jon Derek Croteau sheds incredible insight and a heartfelt vision for surviving and thriving in your life.”

--Jess Weiner, author of *A Very Hungry Girl* and *Life Doesn't Begin 5 Pounds from Now*, and CEO of Talk to Jess, a social messaging brand consulting firm

"This inspiring true story proves that people can learn to embrace who they are and have the happy endings they deserve."

--EdgeNewYork.com

"*My Thinning Years* is an inspiring story of one man's struggle with anorexia, with sexual identity, and his struggle for selfhood."

--Betsy Lerner, author of *Food and Loathing*

"*My Thinning Years* is an emotional journey through Jon Derek Croteau's struggle with eating disorders and accepting his identity as a gay man. In his struggle to accept his sexuality, Croteau attempts to erase his pain through trying to erase himself. Men's experiences of anorexia and bulimia are underrepresented in media, medical and personal accounts. This is an honest, powerful and raw insight into the self-punishing, self-harming and consuming force of eating disorders."

--Grace Bowman, author of *Thin*

"*My Thinning Years* is the story of all of us as we come to terms with who we are. As I raced through these pages like the runner within them, I was reminded of my own trials as a straight man learning to love who I am and not fear life's spotlight. It takes courage to tell your story, to come out, to remove yourself from an abusive relationship. These pages help usher in our more tolerant present and our ever-evolving hearts."

--Award-winning recording artist, Will Dailey

"Written in such a way that you really do feel how deep the pain went as well as feel such joy for the author when he has successes."

--Jill Will Run Blog

"A wonderful read. Such a beautiful book about the power of acceptance--of yourself and others. I would definitely recommend this book"

--Knowing the Difference Blog

"*My Thinning Years: Starving the Gay Within* is a compelling memoir and it is wonderful to see the evolution of a life of pain transformed into a life of honesty and purpose."

--jugglinglife.com Blog

"At one point in my career I was working with a group of teens as a counselor – all had eating issues, identity issues and food issues. Four of the males in the group were anorexic and I wished I had had a copy of this book to share with them all; they were not alone it was a struggle for many."

--Patricia'sWisdom.com

"Jon is a really incredible writer. The way he shared his story - his battle with himself - his body - his mind - his father - his heart - my goodness. It was phenomenal. Intense. Real. Raw. Heartbreaking."

-- goodgirlgoneredneck.com

"The author writes with an honesty so blunt and open - by the end of the book I felt as though I knew him on a personal level and had gone through all of his struggles, defeats, acceptance, and love right along with him. The book is an emotional roller coaster the entire way through. I don't have visceral reactions (like crying) to books very often, but this one had me sobbing."

-- A Dream Within Dream Blog

"The author hopes his candid memoir will help others to stop punishing themselves and to accept themselves as they are. *My Thinning Years* is a thoroughly engaging, touching, and sometimes funny memoir, which presents a portrait of a sensitive and gifted young man growing up with a quick-tempered, abusive, and

homophobic father...Jon's story is gripping, honest, and well-written, and it's also a hopeful, inspiring story about success."--sukosnotebook.net

"By sharing his story, Jon has reaffirmed that an honest life is worth living, being true to yourself is the worthiest life goal there is."

--wordsmithonia.blogspotcom

"Jon Derek Croteau is a very talented writer as well as someone who takes emotional risks when it comes to writing this story."

-- sveta-randomblog.blogspot.com

About the Author

Jon Derek Croteau, Ed.D., is on a mission to make a difference and help those who are in need, disenfranchised, or impacted by discrimination. A senior partner at a leadership consultancy for higher education and healthcare clients across the globe, he is also deeply involved in several foundations and nonprofits, where he champions for equal rights and effective leadership. The author of three academic books on staff development and leadership as well as numerous articles for journals and periodicals, he is a highly sought-out speaker on the topics of eating disorder recovery, body image, and coming out. Jon legally married his partner, Justin Croteau, in 2007 and currently resides in Vermont. In 1996, Jon wrote a song dreaming about finding a love and being able to live openly and freely. The song lyrics are in *My Thinning Years* and he recorded the song this summer with Broadway great Miguel Cervantes for others to hear. The song is available on iTunes and Spotify and profits will benefit The Trevor Project.

Users Review

From reader reviews:

Adrian Kester:

The book *My Thinning Years: Starving the Gay Within* make one feel enjoy for your spare time. You can use to make your capable more increase. Book can for being your best friend when you getting pressure or having big problem with your subject. If you can make examining a book *My Thinning Years: Starving the Gay Within* to get your habit, you can get a lot more advantages, like add your own personal capable, increase your knowledge about several or all subjects. You can know everything if you like open up and read a reserve *My Thinning Years: Starving the Gay Within*. Kinds of book are a lot of. It means that, science book or encyclopedia or others. So , how do you think about this publication?

Gail Tate:

Nowadays reading books become more than want or need but also get a life style. This reading addiction give you lot of advantages. The advantages you got of course the knowledge the rest of the information inside the book that improve your knowledge and information. The knowledge you get based on what kind of e-book you read, if you want drive more knowledge just go with education and learning books but if you want experience happy read one along with theme for entertaining such as comic or novel. Typically the *My Thinning Years: Starving the Gay Within* is kind of reserve which is giving the reader unpredictable experience.

Nancy Gump:

Does one one of the book lovers? If so, do you ever feeling doubt while you are in the book store? Attempt to pick one book that you never know the inside because don't assess book by its handle may doesn't work at this point is difficult job because you are scared that the inside maybe not since fantastic as in the outside seem likes. Maybe you answer might be My Thinning Years: Starving the Gay Within why because the wonderful cover that make you consider with regards to the content will not disappoint you actually. The inside or content is actually fantastic as the outside or cover. Your reading sixth sense will directly assist you to pick up this book.

Hattie Godfrey:

This My Thinning Years: Starving the Gay Within is fresh way for you who has interest to look for some information given it relief your hunger details. Getting deeper you into it getting knowledge more you know otherwise you who still having bit of digest in reading this My Thinning Years: Starving the Gay Within can be the light food for you because the information inside that book is easy to get by simply anyone. These books acquire itself in the form which is reachable by anyone, yep I mean in the e-book contact form. People who think that in guide form make them feel tired even dizzy this publication is the answer. So you cannot find any in reading a book especially this one. You can find what you are looking for. It should be here for you. So , don't miss this! Just read this e-book style for your better life and also knowledge.

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