

General References Regarding Health, Well-Being, & Spirituality for LGBT Individuals

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List compiled by Lee Beckstead, Ph.D., Aspen Grove Counseling, updated 11/08. Lee has not read all these references, but they come recommended. If you have any questions, concerns, or feedback about any of them—or want to add to the list for others—let Lee know at leebeckst@yahoo.com or 801-581-0422.