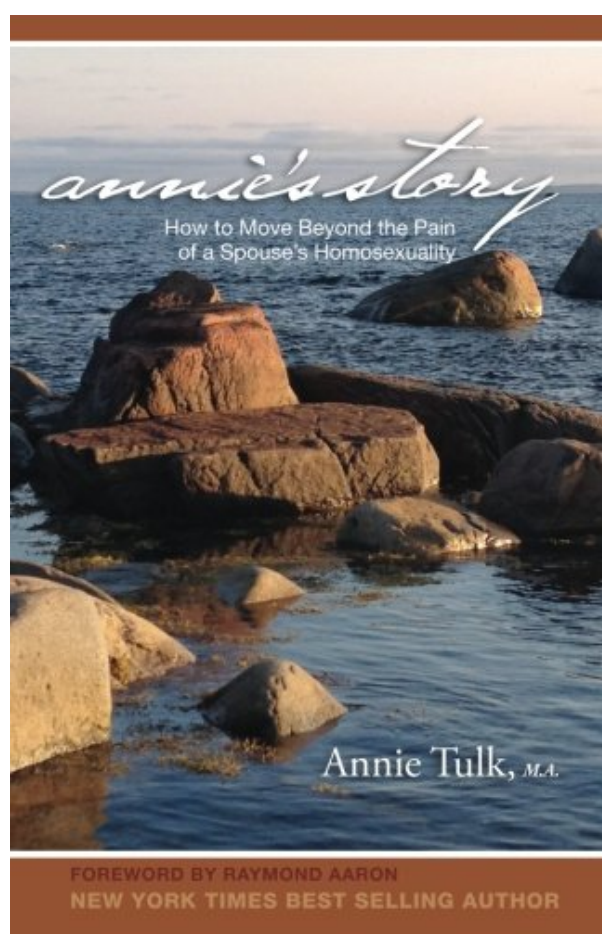
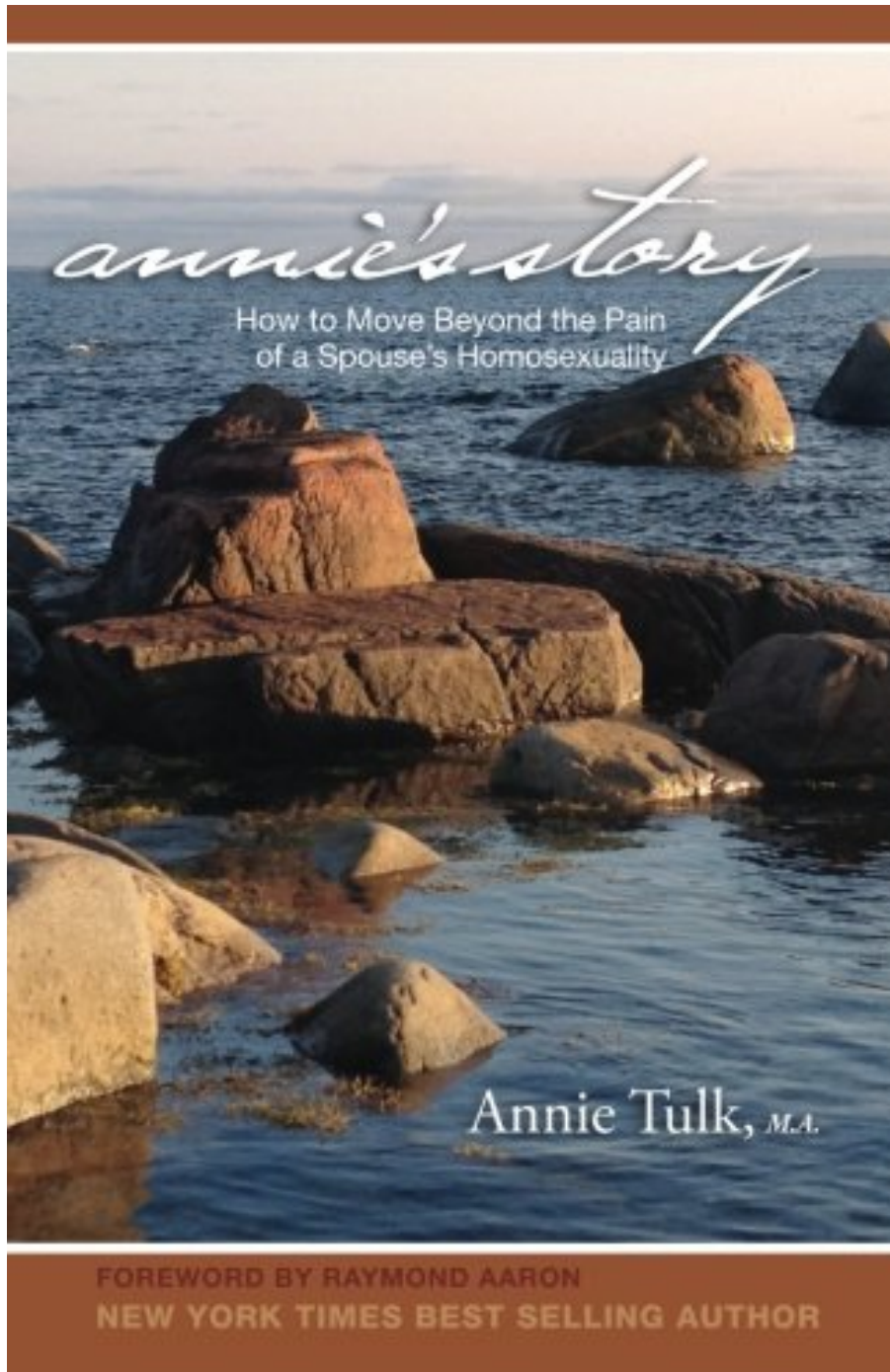


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## About the Author

Annie Tulk, M.A., is a Psychotherapist and Life Coach in Mississauga, Ontario, Canada. Her private practice deals largely with individuals struggling with sexual orientation issues and couples in Mixed Orientation Marriages. She is co-founder/co-facilitator of Straight-Forward, a peer-support group for the straight spouses of LGBT, and is a First Responder volunteer with Straight Spouse Network.

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annie's story: HOW TO MOVE BEYOND THE PAIN OF A SPOUSE'S HOMOSEXUALITY This book is a combination of an autobiography of a straight spouse and a self-help book for anyone dealing with sexual orientation issues. It is an inspiring book of self-reflection and self-discovery in overcoming emotional pain and finding inner peace and happiness. This book offers insight and hope for those struggling with their truths.

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0 of 0 people found the following review helpful.

A testament to choosing the healthier and happier path, over suffering the hand you are dealt..

By jim

The lessons from this book are so simple, so straight forward, and so universal that you don't have to be struggling with a mixed orientation marriage or issues related to homosexuality to appreciate the life lessons Tulk offers us. When our lives are turned upside down, as all lives inevitably are, if we focus on the blame, anger, pain, and how unfair our life is, not only will we multiply our own misery a hundred fold, we also miss an opportunity to be our best selves....to celebrate the positive experiences that helped shape who we have become, to allow the positive memories and emotions to imprint this moment in time instead of the bitterness, pain, and misery.

Tulk's story brought to mind something my grandmother used to say. Something to the effect of.. "The end of all relationships are painful; but if there were more sunny days than dark days, then there's a lot to celebrate! For the rest, the more the dark days dominated your relationship, the more you should celebrate that it's over! If no one's died and you think of the end of the relationship as a death, then you killed that piece of yourself instead of embracing it."

Through the lens of her painful realizations about her marriage, Tulk lays bare that inner turmoil that results when a relationship begins to unravel – fear, hope, fond memories, fresh pain, a chance to start fresh, the

burden of starting over, etc. One thing came clear to me through the author's story... we make our own future...we can choose to focus on our anger and bitterness and carry it, alone, for a long time... or we can choose, as difficult as it may be, understanding, compassion, and forgiveness and move forward supporting each other. Both paths are challenging...but only one fosters healing...the other breeds misery. Well worth the read!

0 of 0 people found the following review helpful.

This book is like a friend when you feel like you have no-one to talk to.

By Amazon Customer

This has been an excellent book for someone like myself who was feeling very alone in my grief over what felt like the loss of my marriage. Annie speaks with an authentic tone and shares her story in a way that feels like talking to a friend.

Her book helped me feel like I was not alone and also helped me to find words for what I was feeling at the time. She provides a blunt, honest and positive look at the difficulties that come when a marriage is changed through the realization of sexual differences. Thank you Annie for all kindness, and honesty.

0 of 0 people found the following review helpful.

A must read! Annie is so brave for telling her story!

By Tas

I found Annie during a time I needed her the most. I couldn't put this book down. I finished it within a day. Reading Annie's Story was so therapeutic. It was relatable on so many levels. The last 2 months she has been my Coach during my life transition. Honestly, I cannot say where I would've been without her. I was so broken, lost, scared, and unsure about my future. In such a short time she has helped me find my strength, confidence, joy, and faith again. I am so thankful for Annie. I have learned there are far better things ahead than what we leave behind.

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