

## Matthew Todd

### Writer

Matthew Todd is a multi-award-winning writer and one of the UK's leading gay voices. He was Editor-in-chief of the UK's best-selling gay magazine, Attitude, for 8 years where he interviewed countless celebrities including Madonna, Lady Gaga, Daniel Radcliffe and Prince William, who made history by sitting for the cover of Matthew's last issue, becoming the first member of the Royal family to speak out against homo, bi and transphobic bullying.



## Publications

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### Non-Fiction

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Publication Details	Notes
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**STRAIGHT  
JACKET**

2016

UK: Bantam  
Press

Written by Matthew Todd, editor-in-chief of Attitude, the UK's biggest-selling gay magazine, STRAIGHT JACKET is a revolutionary self-help book for gay men. Following the massive response from readers to his original article, Matthew used it as the basis for his keynote address at the Terrence Higgins Trust annual conference, where it met with a standing ovation.

Groundbreaking in its approach, STRAIGHT JACKET looks beneath the shiny facade of contemporary gay culture and confronts the harsh truths and realities facing many gay men today. Frank and uncompromising, it looks at...

- \* why gay people suffer from disproportionately high rates of depression, addictions, suicidal thoughts and behaviour, and how many experience great difficulty in sustaining meaningful relationships
- \* how growing up in the closet can overwhelm the gay child with a deep shame that constrains the development of self-esteem, and explains how problems emerge in adulthood in diverse ways
- \* how gay men overcompensate for gay shame by pursuing unobtainable perfection - aspiring to have perfect bodies, boyfriends, lives - and how gay culture, which celebrates drug abuse, body fascism and sex addiction, is built on this collective shame which serves to compound these problems

Offering practical solutions to difficult problems and advice on how gay men can find happiness, self-fulfillment and secure relationships, STRAIGHT JACKET is a call-to-arms for the gay and wider community to acknowledge the damage done to gay people by societal shame across the world. It also recognizes the vital importance of putting into place systems that offer help and support to the many hundreds of thousands who need it.

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