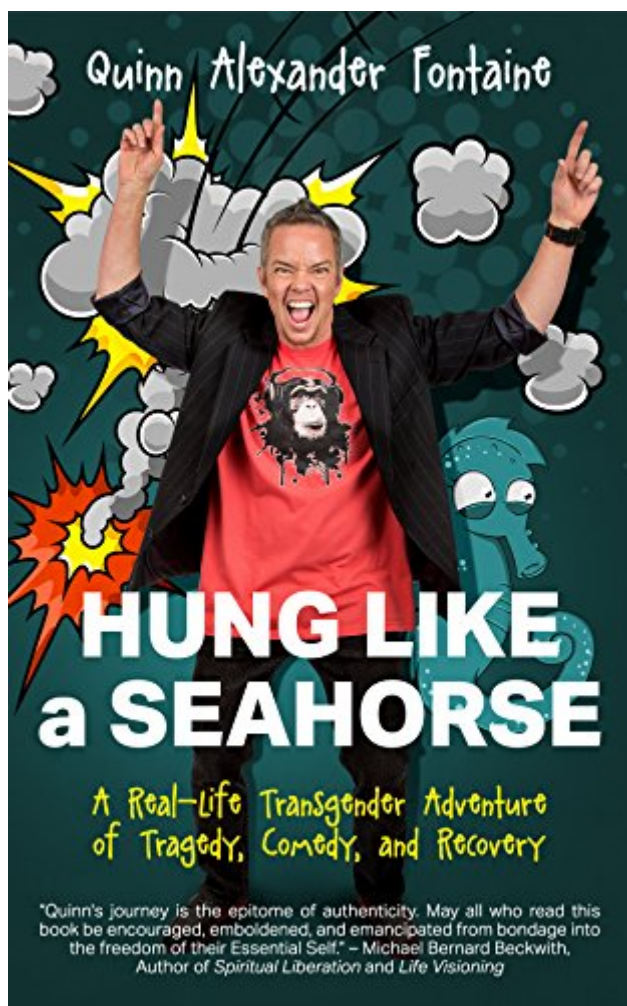


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# Hung Like A Seahorse: A Real-Life Transgender Adventure Of Tragedy, Comedy, And Recovery



## Synopsis

We each have a story, and we are not our story. So many of us get trapped by thinking we are less than others or unlovable or that we should not be taking up space altogether. This book will remind you that you are here for a reason. Quinn tells about the nitty-gritty of his journey of healing work to recover from childhood trauma and multiple addictions, and his full acceptance of being transgender. In this book you will:

- Read How Quinn Gets Through the Tough Times
- Gain a Sense of Freedom to Be Who You Truly Are
- Feel Inspired and Encouraged to Shine Your Light More Brightly
- Learn How to Set Yourself Free and Give Others Permission to Do the Same
- Discover Ways to Share Your Beautiful, Ever-Evolving Authentic Self With the World

“Quinn’s journey is the epitome of authenticity. May all who read this book be encouraged, emboldened, and emancipated from bondage into the freedom of their Essential Self.”

• Michael Bernard Beckwith, Author of Spiritual Liberation and Life Visioning

“This book is funny, heartbreaking, inspiring, and transformational.”

• Eliot Laurence, Producer, Screenwriter of Claws and Welcome to Me

“‘Hung Like a Seahorse’ is not just about the transgender experience, it is about the human experience and how we can move beyond our limitations to understand each other better.”

• Jillian Brasch, Occupational Therapist, Author of The Last Gifts

“Not since reading Conundrum has there been such a courageous, powerful, and insightful telling of a trans child coming of age with the multitude of challenges one must face!”

• G. Sterling Zinsmeyer, Executive Producer of the Opera, Fellow Travelers, and the Award-Winning Film, Latter Days

## Book Information

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## Customer Reviews

Quinn has remarkable insight into the way he shows up in the world and great ability to describe a well examined life. *Hung Like a Seahorse* is a blend of humor and a careful processing of trauma which should be read by anyone in a helping profession.

Quinn Alexander Fontaine's compassion for all living things and their struggle is the drumming heartbeat beneath this message to love ourselves, as we are. To know that we are enough. Quinn's description of feeling trapped in a body that doesn't match his gender, in a time and place where he doesn't yet have a name for what he is experiencing, or anyone to turn to, helped me to understand the experience of being born transgender. His message is universal and full of timeless truths for anyone who is struggling with releasing their past, surviving trauma and embracing a life filled with love and intention.

It is hard to imagine the intensity of an internal struggle that makes up the life of just one individual. Quinn Fontaine shares, with such honesty, the life altering obstacles that he overcame to become the trans man that he is today. I believe that this book could saved lives. I hope it does.

Having known Quinn through every faze of his existence, as Kathleen, and as Quinn, I can say this is as candid as it gets. I too have suffered through my own kind of traumas and mental illness challenges. I was amazed as I read this book that we both have ended up on the same path at this point in our lives, though we came through such different paths to get here. For anyone struggling to find the me they were meant to be, before life got hard, this is a really great guide to starting the way home. Quinn reminds us to play, to love, and most importantly learn to embrace our truth. A must read for anyone with young people in their lives. Live, Laugh, Love, and read this book.

If *Hung Like a Seahorse* is any where as funny and heartcentered as the man who wrote it (which of

course it is!), readers are in for a unique and powerful memoir. Quinn Alexander Fontaine is an inspiration!

Best read this year. Fontaine speaks his truth and, as we take the journey with him guided by his wit, wisdom and energetic leadership, we too are invited to become free -- free to be uniquely, genuinely and safely ourselves. Fontaine shows the way, walks by our side and entertains us the whole way. Being consciously committed & present has big payoffs, and Quinn proves that. I am already looking forward to his next book.

Quinn's transformation story is heartfelt, honest, and inspirational. He doesn't sugarcoat the challenges he's faced as a survivor of abuse and addiction or as a trans man, but he uses humor to deliver what is ultimately an uplifting and enjoyable read.

Quinn is clever, witty, and charming. The book is insightful and cleverly written with an appeal to all. A pleasure to read!

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Always Be Yourself Unless You Can Be A Seahorse Then Always Be A Seahorse: Notebooks For School (Back To School Notebook, Composition College Ruled)(8.5 x 11)(School Memory Book)(V2) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Four Revenge Tragedies: The Spanish Tragedy; The Revenger's Tragedy; The Revenge of Bussy D'Ambois; and The Atheist's Tragedy (Oxford World's Classics) The Real Book of Real Estate: Real Experts. Real Stories. Real Life. Identifying as Transgender (Transgender Life) Norris the Seahorse Takes on the Bullies: A Cosmic Kids Yoga Adventure Realm of the Pygmy Seahorse: An Underwater Photography Adventure Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Hawaii Real Estate Wholesaling Residential Real Estate Investor & Commercial Real Estate Investing: Learn to Buy Real Estate Finance Hawaii Homes & Find Wholesale Real Estate Houses in Hawaii Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Adventure Guide Nicaragua (Adventure Guides Series) (Adventure Guides Series) (Adventure Guides Series) (Adventure Guide to Nicaragua) The Transgender Teen: A Handbook for

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