

# JUST add Hormones

*An Insider's Guide  
to the Transsexual Experience*



MATT KAILEY

# Just Add Hormones An Insiders Guide To The Transsexual Experience

**KJ Lindholm-Leary**



## **Just Add Hormones An Insiders Guide To The Transsexual Experience:**

*Just Add Hormones* Matt Kailey, 2006-06-01 Matt Kailey lived as a straight woman for the first forty two years of his life. Though happy as a social worker and teacher he knew something wasn't right. Then he made some changes. With the help of a good therapist, chest surgery and some strong doses of testosterone Kailey began his journey toward becoming a man. As his body morphed and his voice dropped Kailey began noticing subtle shifts in the way he was treated. Men suddenly stopped offering to change flat tires for him but insisted on talking to him about women and bodily functions. Women got nervous when he baby talked to their infants but routinely asked him to move heavy things around the office. In these everyday exchanges Kailey recognized the many ways we define what it means to be male. He also realized that with few role models he had to learn to accept himself as a person between two genders. As he writes about his transition from female to male Kailey answers all the questions you've ever had about what it's like to live as a transsexual. From the fear of public restrooms to deciding whether to pack his pants Kailey explains what the world looks like from his new vantage point. A position more people are discovering as gender transitions become increasingly common. More than a memoir *Just Add Hormones* is full of sound advice for those who may be questioning their gender. And through his story Kailey offers valuable insights to the families and friends of those who have started a transition. Funny, fresh and incredibly candid *Just Add Hormones* can help us all consider and even laugh at our own notions of what it means to be a man or a woman. [Just Add Hormones](#) Matt Kailey, 2006-06-01 Matt Kailey lived as a straight woman for the first forty two years of his life. Though happy as a social worker and teacher he knew something wasn't right. Then he made some changes. With the help of a good therapist, chest surgery and some strong doses of testosterone Kailey began his journey toward becoming a man. As his body morphed and his voice dropped Kailey began noticing subtle shifts in the way he was treated. Men suddenly stopped offering to change flat tires for him but insisted on talking to him about women and bodily functions. Women got nervous when he baby talked to their infants but routinely asked him to move heavy things around the office. In these everyday exchanges Kailey recognized the many ways we define what it means to be male. He also realized that with few role models he had to learn to accept himself as a person between two genders. As he writes about his transition from female to male Kailey answers all the questions you've ever had about what it's like to live as a transsexual. From the fear of public restrooms to deciding whether to pack his pants Kailey explains what the world looks like from his new vantage point. A position more people are discovering as gender transitions become increasingly common. More than a memoir *Just Add Hormones* is full of sound advice for those who may be questioning their gender. And through his story Kailey offers valuable insights to the families and friends of those who have started a transition. Funny, fresh and incredibly candid *Just Add Hormones* can help us all consider and even laugh at our own notions of what it means to be a man or a woman. [The Fenway Guide to Lesbian, Gay, Bisexual and Transgender Health](#), **The Routledge Handbook of Trans Literature** Douglas A. Vakoch, Sabine

Sharp, 2024-04-30 The Routledge Handbook of Trans Literature examines the intersection of transgender studies and literary studies bringing together essays from global experts in the field This volume provides a comprehensive overview of trans literature highlighting the core topics genres and periods important for scholarship now and in the future Covering the main approaches and key literary genres of the area this volume includes Examination of the core topics guiding contemporary trans literary theory and criticism including the Anthropocene archival speculation activism BDSM Black studies critical plant studies culture diaspora disability ethnocentrism home inclusion monstrosity nondualist philosophies nonlinearity paradox pedagogy performativity poetics religion suspense temporality visibility and water Exploration of diverse literary genres forms and periods through a trans lens such as archival fiction artificial intelligence narratives autobiography climate fiction comics creative writing diaspora fiction drama fan fiction gothic fiction historical fiction manga medieval literature minor literature modernist literature mystery and detective fiction nature writing poetry postcolonial literature radical literature realist fiction Renaissance literature Romantic literature science fiction travel writing utopian literature Victorian literature and young adult literature This comprehensive volume will be of great interest to scholars and students of literature gender studies trans studies literary theory and literary criticism

**Tiresian Poetics** Ed Madden, 2008 Blind seer articulate dead and mythic transsexual the figure of Tiresias has always represented a liminal identity and forms of knowledge associated with the crossing of epistemological and ontological boundaries In twentieth century literature the boundaries crossed and embodied by Tiresias are primarily sexual and the liminal and usually prophetic knowledge associated with Tiresias is based in sexual difference and sexual pleasure Indeed in literature of the twentieth century Tiresias has come to function as a cultural shorthand for queer sexualities This book argues for the emergence of a Tiresian poetics at the end of the nineteenth century As Victorian and modernist writers reimagined Ovid's tale of sex change and sexual judgment they also created a poetics that grounded artistic or performative power in figures of sexual difference most often a feminized often homosexual male body which this study links to the developing discourses of homosexuality and sexual identity

BOOK JACKET The SAGE Encyclopedia of Trans Studies Abbie E. Goldberg, Genny Beemyn, 2021-02-26 Transgender studies broadly defined has become increasingly prominent as a field of study over the past several decades particularly in the last ten years The experiences and rights of trans people have also increasingly become the subject of news coverage such as the ability of trans people to access restrooms their participation in the military the issuing of driver's licenses that allow a third gender option the growing visibility of nonbinary trans teens the denial of gender affirming health care to trans youth and the media's misgendering of trans actors With more and more trans people being open about their gender identities doctors nurses psychologists social workers counselors educators higher education administrators student affairs personnel and others are increasingly working with trans individuals who are out But many professionals have little formal training or awareness of the life experiences and needs of the trans population This can seriously interfere with open communications

between trans people and service providers and can negatively impact trans people's health outcomes and well-being as well as interfere with their educational and career success and advancement. Having an authoritative academic resource like The SAGE Encyclopedia of Trans Studies can go a long way toward correcting misconceptions and providing information that is otherwise not readily available. This encyclopedia featuring more than 300 well-researched articles takes an interdisciplinary and intersectional approach to trans studies. Entries address a wide range of topics from broad concepts e.g. the criminal justice system, activism, mental health to specific subjects e.g. the trans pride flag, the Informed Consent Model, voice therapy to key historical figures, events, and organizations e.g. Lili Elbe, the Stonewall Riots, Black Lives Matter. Entries focus on diverse lives, identities, and contexts including the experiences of trans people in different racial, religious, and sexual communities in the United States and the variety of ways that gender is expressed in other countries. Among the fields of studies covered are psychology, sociology, history, family studies, K-12 and higher education, law, political science, medicine, economics, literature, popular culture, the media, and sports.

*Transgender 101* Nicholas Teich, 2012-03-06. Written by a social worker, popular educator, and member of the transgender community, this resource combines a portrait of transgenderism with a history of transgender life and its unique experiences of discrimination. Chapters introduce transgenderism and its psychological, physical, and social processes; describe the coming out process and its effect on family and friends; discuss the relationship between sexual orientation and gender; and explore the differences between transsexualism and lesser-known types of transgenderism. Each chapter explains how transgender individuals handle their gender identity, how others view it within the context of non-transgender society, and how the transitioning of genders is made possible. Featuring men who become women, women who become men, and those who live in between and beyond traditional classifications, this book is written for students, professionals, friends, and family members. From publisher description.

**Counseling Transgender and Non-Binary Youth** Irwin Krieger, 2017-07-21. An informed guide to supporting and working with transgender and non-binary youth. Topics of discussion include gender identity, sexuality, transitioning, and mental health. Additional resources and suggested reading lists make this an essential reference for all professionals who counsel transgender youth.

Trans Bodies, Trans Selves Laura Erickson-Schroth, 2014-05-12. There is no one way to be transgender. Transgender and gender-nonconforming people have many different ways of understanding their gender identities. Only recently have sex and gender been thought of as separate concepts, and we have learned that sex, traditionally thought of as physical or biological, is as variable as gender, traditionally thought of as social. While trans people share many common experiences, there is immense diversity within trans communities. There are an estimated 700,000 transgendered individuals in the US and 15 million worldwide. Even still, there's been a notable lack of organized information for this sizable group. *Trans Bodies, Trans Selves* is a revolutionary resource, a comprehensive reader-friendly guide for transgender people, with each chapter written by transgender or genderqueer authors. Inspired by *Our Bodies, Ourselves*, the classic and powerful

compendium written for and by women *Trans Bodies Trans Selves* is widely accessible to the transgender population providing authoritative information in an inclusive and respectful way and representing the collective knowledge base of dozens of influential experts Each chapter takes the reader through an important transgender issue such as race religion employment medical and surgical transition mental health topics relationships sexuality parenthood arts and culture and many more Anonymous quotes and testimonials from transgender people who have been surveyed about their experiences are woven throughout adding compelling personal voices to every page In this unique way hundreds of viewpoints from throughout the community have united to create this strong and pioneering book It is a welcoming place for transgender and gender questioning people their partners and families students professors guidance counselors and others to look for up to date information on transgender life

**Transgender History** Susan Stryker, 2009-01-07 Covering American transgender history from the mid twentieth century to today *Transgender History* takes a chronological approach to the subject of transgender history with each chapter covering major movements writings and events Chapters cover the transsexual and transvestite communities in the years following World War II trans radicalism and social change which spanned from 1966 with the publication of *The Transsexual Phenomenon* and lasted through the early 1970s the mid 70s to 1990 the era of identity politics and the changes witnessed in trans circles through these years and the gender issues witnessed through the 90s and 00s *Transgender History* includes informative sidebars highlighting quotes from major texts and speeches in transgender history and brief biographies of key players plus excerpts from transgender memoirs and discussion of treatments of transgenderism in popular culture

*Transgender History, second edition* Susan Stryker, 2017-11-07 A timely second edition of the classic text on transgender history with a new introduction and updated material throughout Covering American transgender history from the mid twentieth century to today *Transgender History* takes a chronological approach to the subject of transgender history with each chapter covering major movements writings and events Chapters cover the transsexual and transvestite communities in the years following World War II trans radicalism and social change which spanned from 1966 with the publication of *The Transsexual Phenomenon* and lasted through the early 1970s the mid 70s to 1990 the era of identity politics and the changes witnessed in trans circles through these years and the gender issues witnessed through the 90s and 00s *Transgender History* includes informative sidebars highlighting quotes from major texts and speeches in transgender history and brief biographies of key players plus excerpts from transgender memoirs and discussion of treatments of transgenderism in popular culture

*Helping Your Transgender Teen, 2nd Edition* Irwin Krieger, 2018-01-18 This book offers essential guidance to parents of transgender and non binary teens to help them support and understand their children It alleviates common concerns parents have and gives advice on hormones and surgery use of pronouns and how to transition socially It also includes sample family letters case studies and further reading

*The Handbook of Gender, Sex, and Media* Karen Ross, 2013-12-04 *The Handbook of Gender Sex and Media* offers original insights

into the complex set of relations which exist between gender sex sexualities and the media and in doing so showcases new research at the forefront of media and communication practice and theory Brings together a collection of new cutting edge research exploring a number of different facets of the broad relationship between gender and media Moves beyond associating gender with man woman and instead considers the relationship between the construction of gender norms biological sex and the mediation of sex and sexuality Offers genuinely new insights into the complicated and complex set of relations which exist between gender sex sexualities and the media Essay topics range from the continuing sexism of TV advertising to ways in which the internet is facilitating the re invention of our sexual selves

**Out of the Blue** RoxAnne Moore,2017-09-15 Out of the Blue is a mother s story of her family s transformation after learning their daughter wanted to become their son Part study on GLBT social issues part revelation of the personal journey toward accepting her transgender child the author suggests that parents who say I just want my child to be happy might not realize what that really means At last A smart wise and practical User s Manual of a memoir for ordinary small town families whose children are no longer normal in the eyes of neighbors relatives and fellow churchgoers Written for parents who feel lost ashamed and utterly helpless this book offers down to earth examples of what to read how to listen and where to seek support from surprisingly sympathetic sources Moore is a brave and unusual writer who includes notes essays and manifestos by others whose interpretations of family lore may be more accurate than her own She moves back and forth in time to face her illusions change her mind and rethink past attitudes This is the real deal a how to guide that keeps on working Sheryl O Donnell Professor of English University of North Dakota This touching account of a family s journey from a mom s perspective is not only heartwarming but enlightening at the same time The author opened her heart to her readers and shared the ups and downs her family faced during this unique time in their life As a mom of an openly gay son myself I have encountered several of the same thoughts questions confusions and uncertainties as this author has shared in her story We never get to etch out the exact path our children will walk in life but reassuring them that they re loved and cherished UNCONDITIONALLY is key in any person s growth and inner strength Regardless of your viewpoint on GLBT issues this story will apply to some aspect of life for all parents and what they want for their children This is a must read to understand the thoughts struggles joys and reliefs that go along with a transgender journey Very well written a treasured account of a mother s love Karyn Hippen author Make Me New one woman s fight to mend a broken past Please feel free to contact the author directly at roxanne moore live com

**Letters For My Brothers: 4th Ed.** Megan Rohrer,Zander Keig,2014-08-24 In today s fast paced world the internet can provide quick answers to personal questions But when an individual raised by society to live breathe and look at the world with female eyes transitions to male some of the most enlightening helpful and profound advice can only come in retrospect Letter to my Brothers features essays from respected transmen mentors who share the wisdom they wish they would have known at the beginning of their journey into manhood

In the Margins Shannon T. L. Kearns,2022-08-09

Moving the conversation beyond transgender inclusion to demonstrate the unique and vital theological insights transgender Christians can provide the church Father Shannon Kearns is familiar with liminal spaces He s lived in them his whole life And while his experience as a transgender man has often made it difficult for him to fit in especially in the context of Christianity it has also shaped his perspective in important ways on complicated gender transgressing aspects of theology and Scripture In the Margins weaves stories from Shannon s life into reflections on well known biblical narratives such as Jacob wrestling with the divine Rahab and the Israelite spies Ezekiel and the dry bones and the transfiguration of Jesus In each chapter Shannon shows how stories have helped him make sense of his own identity and how those same stories can unlock the transformative power of faith for those willing to listen with an open mind and stand alongside him in the in between

Psychopathology in Women Margarita Sáenz-Herrero, 2014-10-14 Gender has a fundamental influence on the human brain not only by virtue of biological and hormonal differences between the sexes but also because of the impact of gender specific cultural social anthropological and environmental factors Nevertheless the relation of gender and psychopathology remains a largely neglected field Gender perspective has been treated as a paradigm in this book on psychopathology because it determines the way in which a psychiatric symptom is defined perceived and understood This conception of gender as being of key importance in the definition of psychiatric symptomatology is exceptional in the literature The book opens by examining historical and cultural aspects of mental health in women worldwide and the relation of sex brain and gender with coverage of both neurobiological and psychosocial aspects The significance of gender with regard to specific aspects of psychopathology is then addressed in detail A wide range of psychological disorders are considered as well as hormonal influences and issues concerning body image self identity sexuality and life instinct It is hoped that this book will make a significant contribution in ensuring that gender perspective receives due attention within descriptive psychopathology

*Why Smile?* Marianne LaFrance, 2013-01-22 A charming thoughtful book one that makes a powerful case for smiles as social acts with consequences Boston Sunday Globe When someone smiles the effects are often positive a glum mood lifts an apology is accepted a deal is struck a flirtation begins But change the circumstances or the cast of a smile and the terms shift a rival grins to get under your skin a bully s smirk unsettles his mark Marianne LaFrance called the world s expert on smiles investigates the familiar grin and finds that it is not quite as simple as it first appears LaFrance shows how the smile says much more than we realize or care to admit not just cheerful expressions smiles are social acts with serious consequences Drawing on her research conducted at Yale University and Boston College as well as the latest studies in psychology medicine anthropology biology and computer science LaFrance explores the compelling science behind the smile Who shows more fake smiles popular kids or unpopular kids Is it good or bad when a bereaved person smiles These are some of the questions answered in this groundbreaking and insightful work To read it is to learn just how much the smile influences our lives and our relationships

21st Century Communication: A Reference Handbook William F.



Eadie,2009-05-15 Highlights the most important topics issues questions and debates affecting the field of communication in the 21st Century     Focus on the Fabulous Matt Kailey,2007 Collection of fiction poetry and creative non fiction from Colorado s top writers in the GLBT community

The Top Books of the Year Just Add Hormones An Insiders Guide To The Transsexual Experience The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have enthralled audiences this year. Just Add Hormones An Insiders Guide To The Transsexual Experience : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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