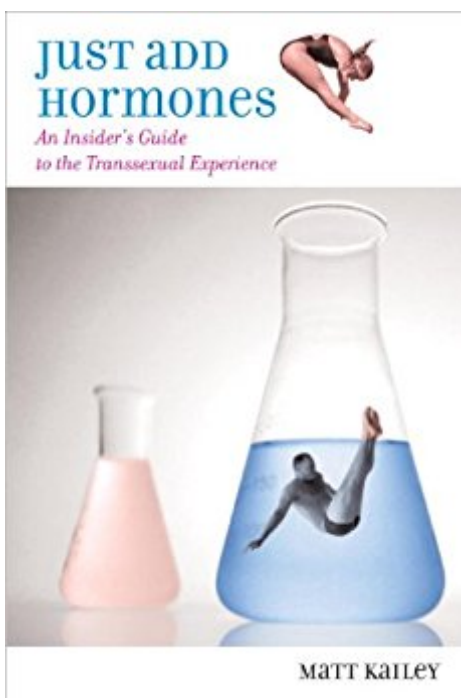


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# Just Add Hormones: An Insider's Guide To The Transsexual Experience



## Synopsis

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. From the Hardcover edition.

## Book Information

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## Customer Reviews

This is an excellent read, not just for the trans\* community, but for all human beings. Kailey presents a very rational, open-minded approach to the transgender process -- physical, mental, emotional -- and beautifully describes how labels are not just damaging but constricting and unnecessary. Each human being is a unique individual, and should be treated as such, rather than trying to squeeze people into predefined boxes that usually don't truly apply to any one person, let alone a whole group of people. As such, his book spoke eloquently to my libertarian / anarchist philosophy. Also, it helped me feel validated, not just as a gender-nonconforming person, but as a human being in general. We don't need labels to define us for society's convenience. What we need is to live and let live.

I was able to read this book in about an hour and a half. It is a good book for those who know nothing about transsexuals, especially the FTM experience. This book is written from the perspective of one who was born female and acted "female", ie wore girly clothes, dated men, got married, etc. She did not become he until the age of 42. I am transitioning myself right now, at age 48. I did not relate to the book that much but there was good information therein. I would recommend it especially to those who were females who wore makeup, heels, got married and were generally seen as female most of their lives, and had to learn to act and look male while transitioning. I did not have this experience myself, as I was called a boy from birth, all during girlhood (even though I had to wear dresses at school in the 60's) and called sir most of my adult life at least 75% of the time. A better book to relate to for those of us who felt male and acted and looked male before we transitioned is Jamison Green's *Becoming a Visible Man*. BOTH books are great however and I recommend both!

Gave this to my mom when i came out. I feel it answered a lot of questions and wasn't over the top or science jargon heavy. Just a down to earth book

This book is great for anyone who wants to get a first-person perspective on female-to-male gender transition - obviously Matt Kailey doesn't speak for everyone, but his experience gives a good idea of what it's like. I especially appreciated his take on gender stereotypes and gendered expectations - as a man he was no longer "allowed" to show certain emotions (like telling someone that their new baby was "so adorable" because this is seen as unmasculine) or the observation that after having chest surgery he is now allowed to walk around without a shirt, something that he certainly wouldn't have been able to do beforehand.

Matt did such a great job in providing so much information and education on transgender and gender related issues. This is a good read for anyone that has a friend, relative, or loved one that doesn't fit in the typical gender "buckets" Thank you Matt for all that you shared in this book!

Helpful book when I was first researching the effects of hormone replacement therapy.

Excellent book! Fun read and very informative. I can really identify with the author. I'll be lending this book to my friends and family so they might understand me better.

It's okay - have read much better.

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