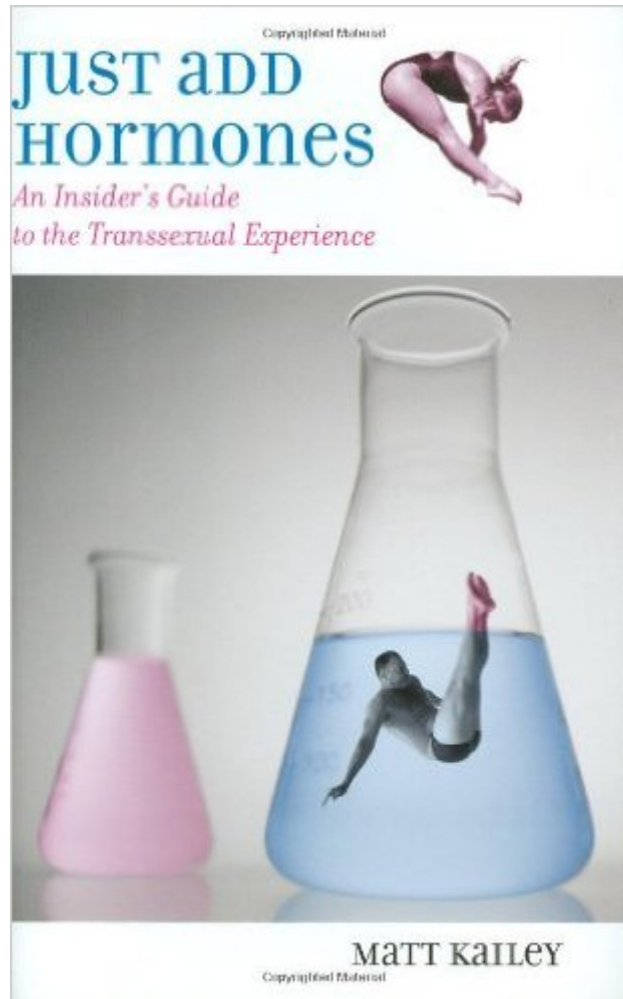


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# Just Add Hormones: An Insider's Guide To The Transsexual Experience



## 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.

## Book Information

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## Customer Reviews

Denver transman Matt Kailey and I must be about the same age, but we came to this space of manhood by such different paths. I picked up his book in order to help myself navigate my way around the many brilliant and varied genders of San Francisco, where every other person you meet on the scene is doing something about gender, not just sitting there and taking it. Consequently, as Kailey realizes, we sometimes don't know even the basic rules of etiquette when it comes to this new frontier. And, in addition, I was drawn by the pastel cover illustration, so apt and so clever. You might not be able to see it well in the reduced image but when you get the book you'll see it's apparently a woman diving into a large chemical test tube vat thing of a pearly blue liquid, and there's a man in it, his pose diametrically opposite and yet strangely synchronous to the woman above him. This is an allegory, I suppose, for Kailey's life, which changed gradually and organically and now he is--well, what? "What's in a name" indeed, that becomes one of the chapters, one that tells us, in simple to follow anecdotes and stories, how even the terms that we use to describe others and especially ourselves are like windows that open out into the light, or else separate us from the outside world. Actually Kailey argues against the notion of the opposite, If it weren't for our fixation with binary gender style, so that "men" and "women" are supposed to be complete 180 degree opposites of each other, we wouldn't be in the terrible social mess we are now. So maybe that front cover image isn't so cool after all. He compares a particularly trying part of his transition to that "gray zone" that you get between sleeping and being awake.

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