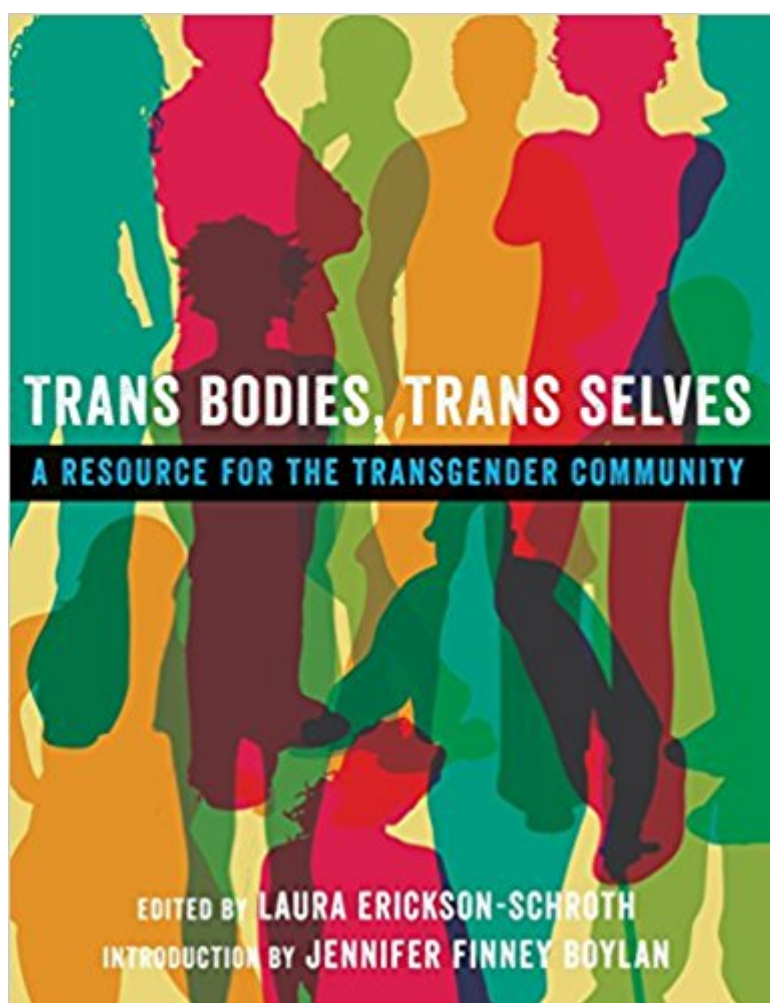


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# Trans Bodies, Trans Selves: A Resource For The Transgender Community



## Synopsis

There is no one way to be transgender. Transgender and gender non-conforming 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.

## Book Information

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## Customer Reviews

"[A] groundbreaking title" --Publisher's Weekly"As transgender people strive to gain more acceptance and legal protections, they will soon have a hefty new resource to assist them - a 672-page book, written by scores of transgender contributors, that encompasses social history, gender politics and wide-ranging advice on health, law, relationships and many other matters. Encyclopedic in scope, conversational in tone, and candid about complex sexual issues, the Oxford University Press book being released in mid-May is titled *Trans Bodies, Trans Selves* - a deliberate echo of a pioneering feminist health-resource book, *Our Bodies, Ourselves* that appeared more than 40 years ago" --Associated Press"I have been waiting for some time to see a book come out that is written for the purposes of providing timely information to transgender individuals to support them through their identity process. The comprehensiveness of this book is a major strength that can be applied to transgender individuals, their loved ones, and those who are in fields that impact transgender individuals. I have yet to have seen a book that incorporates information for individuals who identify on the gender spectrum-most books focus on one specific identity, whereas *Trans Bodies, Trans Selves* allows for the breadth of applying to many different individuals. This book appears to carry on the tradition of affirming many different transgender identities and the identification process." -Stephanie L. Budge, PhD, Assistant Professor, Counseling Psychology, University of Louisville"*Trans Bodies, Trans Selves* is the answer to the wishes of many trans individuals and their therapists and counselors for a comprehensive resource of critical information that is both accurate and reliable, on the one hand, and written in a respectful way that is addressed to trans and questioning readers rather than at them or about them. I wholeheartedly recommend this book." -Michael L. Hendricks, Ph.D., ABPP, Clinical Psychologist, Washington Psychological Center"...a community of people who are the best experts on themselves has come together to create a resource of information, mutual support, and political advocacy that will strengthen many. Thanks to *Trans Bodies, Trans Selves* and all the transgender folks who have been writing and teaching over the past many years, we, a group of cisgender women, now know that we can no longer say 'a woman's body' and mean only one thing." -From the Afterword by Wendy Sanford, author of *Our Bodies, Our Selves*"The many voices raised in the pages of *Trans Bodies, Trans Selves* are the vanguard of a rising tide. If you are new to transgender, transsexual, or trans\* experience, prepare to be swept away." -Jamison Green, President of the World Professional Association for Transgender Health (WPATH), co-director of the Transgender Law & Policy Institute,

and author of *Becoming a Visible Man*"*Trans Bodies, Trans Selves* comes at a moment in our history when transgender people are in the spotlight, but we are not yet the authority on our own lives. This critical resource will provide a beacon of hope for the transgender person in crisis who is facing a barrage of negative messages, life-threatening discrimination, and a lack of support and validation. We now have a volume that speaks to our lived experiences and provides the message that our lives matter, we are powerful in ourselves and our bodies, and we demand political, social, and legal equality." -M. Dru Levasseur, JD, Director of Lambda Legal's Transgender Rights Project and Co-Founder of the Jim Collins Foundation, providing financial assistance to transgender people for gender-confirming surgeries"

"One of the most grassroots, comprehensive transgender and gender nonconforming (TGNC) community-based literary projects I have ever seen. Lots of great people with diverse perspectives brought together to provide a truly holistic look at what is to be a TGNC person in all the various ways one may define that for themselves. A great resource that respects the immense intersectionality of trans and gender nonconforming people's lives. Finally a literary project that sincerely deserves the use of the term 'Groundbreaking'." -Imani Henry, Staff Organizer at the International Action Center (IAC), focusing on national organizing of LGBT people and communities of color"

"For years I wondered how to create a one-stop-shop book for the trans community with all the basic info trans people would need. *Trans Bodies, Trans Selves* has done it!" -Riki Wilchins, founder of GenderPAC and *The Transsexual Menace*, and author of *Queer Theory, Gender Theory: An Instant Primer*"

"*Trans Bodies Trans Selves* is a remarkably timely and much needed book that brings together collaborators across the spectrum of transgender health, culture, and history. At no other time has the transgender community been so poised to break out of its collective closet than now. It is vitally important to our communities of transgender people, advocates, and health care providers to have this volume of expertise at our fingertips. Dr. Erickson-Schroth has done us a great service by bringing together thoughtful thinkers and writers in the social and biological sciences to share complex knowledge that will empower each reader of this volume in new ways. Whether you are transgender, genderqueer, cis, scholar, health-care provider, social service provider, policy-maker, loved one, or other interested ally, you will find mind-opening and practical information and perspectives in this groundbreaking collection." -Jack Pula, MD, co-chair of the APA NY District Branch Committee on LGBT issues"

"It's impossible to make informed decisions about one's life in the absence of information. Happily, trans people now have a wealth of information in the form of *Trans Bodies, Trans Selves*." -Dallas Denny, Founding Director of the American Educational Gender Information Service (AEGIS), past editor of *Chrysalis Quarterly* and *Transgender Tapestry*, and former director of the *Fantasia Fair*"

"There has never been

a book just like *Trans Bodies, Trans Selves*. More than a medical textbook, much more than any individual's autobiography, this anthology of transgender health and history is personalized with interviews covering every point on the spectrum of transgender experience. Transgender and gender nonconforming persons will read this book and see stories directly relevant to their own lives. Others who read with a desire to learn about the experience of transgender life - for that is the correct term, 'life' not 'lifestyle' - will not be disappointed. People who said 'I have never met a transgender person' may feel they have met many of us in the pages of this book. [R]ecommended for everyone who wants to understand this wonderful, brave, diverse group called 'transgender.'"

-Rebecca Allison, MD, past President of GLMA: Health Professionals Advancing LGBT

Equality"TBTS is brimming with straightforward information about living a life as a gender-nonconforming person in the United States...illuminating even for people who are already well-informed... " --The New Republic"[T]his book clearly comes at the perfect time...Bridging the gap between being understandable to the newest of readers and being helpful to those more versed in transgender issues, the vastness of topics covered includes everything from sex work to sexual safety, from romantic relationships to personal feelings about one's changing body. The mix of personal stories and professional guidance from doctors and therapists allows the reader to have a well-rounded learning experience about each of the topics." --socialworker.com"Trans Bodies, Trans Selves offers practical suggestions on navigating life as a transgender person. From tips on how to transition socially to questions one should ask mental health professionals, the volume offers concrete transition-related ideas on a range of topics. It is strongly recommended to professionals who serve the TGNC community. *Trans Bodies, Trans Selves* has created a solid foundation upon which future research will emerge regardless of discipline. This resource will be cited for a long time." --Psychology of Sexual Orientation and Gender Diversity "Like its inspiration, *OBOS*, *TBTS* is not an academic treatise, nor is it meant to be, though much of the writing is quite academic. It is written for a broad audience inclusive of trans people and those who live, love, and work with them. There is thread of activism and a desire to be seen that runs through the book. Throughout the pages of information, stories and narratives are placed about the lives people are living, the struggles they face, and the joy they feel. Much of this is accomplished by the way the editor has chosen to format the book. There are many contributors who are featured in boxed narratives. This book can be used as a helpful resource to both the lay and the professional audience, as well as the transgender and cisgender person." --Shara Sand, *PsycCRITIQUES*"TBTS is an invaluable resource. A surprising wealth of material on trans people already exists, written by both trans and cisgender people, and in a broad range of genres and formats, including memoirs, histories, medical

journals, academic collections, and even graphic novels. This volume does an excellent job of consolidating much of that material into a 'one-stop' resource, while also providing extensive bibliographies at the end of each chapter for further exploration. TBTS is an ideal book for introductory reading, both for personal and classroom use." --Feminist Collections" This collaboratively written resource guide discusses virtually every aspect of transgender life, ranging from intersectionality and legal issues to health and art. Each chapter, written by transgender or genderqueer authors, incorporates anonymous quotations from respondents to surveys conducted by the editorial staff that demonstrate the diversity in transgender people's experiences and perspectives. A substantial work for public and academic libraries." --Library Journal

Laura Erickson-Schroth, MD, MA, is a psychiatry resident at New York University Medical Center. She is a board member of GLMA: Health Professionals Advancing LGBT Equality, as well as the Association of Gay and Lesbian Psychiatrists. She is a founding member of the Gender and Family Network of New York City, a group for service providers interested in the health of gender non-conforming children and adolescents.

Just received my pre-order copy today and so far has exceeded my expectation tremendously! Jennifer Boylan's preface is both articulate and moving. This book is a bible of the transgender experience. It covers health, biology, psychology, history and politics and includes hundreds of voices of both professional and laypersons and many cultures that encompass the transgender experience. I am a physician who cares for transgender patients and Mom of a beautiful transgender daughter. I would recommend this book as a reference for any person is trans or who has an interest in trans issues for any reason. It should be in all health, psychology and sociology libraries. Frankly, I so wish this book had been published many years ago when my own daughter came out to me. It is a book whose time has come and is a powerful voice for this amazing community. Thank you Laura Erickson-Schroth for this resource!

I am a medical student and I recommend this book all the time to doctors and healthcare providers who want to serve trans patients better. It doesn't make a lot of assumptions about background knowledge but it still has depth and captures a lot of the diversity of trans experiences. A lot of my trans friends love it and get something out of reading it, even though they obviously already have a knowledge base. I especially feel comfortable recommending it because it is written entirely by trans people. The intended audience is trans people, but I actually think that makes it more valuable to

read as a provider - to read the health and wellness sections from the POV of trans patients. It still includes a lot of definitions and side notes in little boxes for people who are not familiar with the topic. The format of the book is discrete essays by topic, and it is really too much to read the whole book all at once. The format is helpful because you can easily reference a given topic or assign a reasonable length reading for a class.

Invaluable Compendium of information. Finally the transgender tipping point has been reached! Items like this were not to be found 35 years ago. Now, both trans and non trans people have an excellent resource for information on transition, its implications and how best to achieve the desired goal of "being at one" with yourself. True it can be a bit choppy but I think in order to "catch all" since it seems to try to include everyone. Over all its a MOUNTAIN of information. May I suggest, Letters For My Sisters with a delightful forward by Lynn Conway. Have you ever felt yourself to be other than what your body is? Can can be a living hell. This book will help free you from that prison!

A comprehensive introduction to the different aspects of being a trans person. The book explores many facets of beings trans, including race, ethnicity, and culture and how these effect trans people as well as trans people in different religious traditions. There are also sections on coming out, transitioning, medical aspects like hormones and surgery, and much more. TBTS also goes beyond the simple idea of trans man and trans woman and discusses being gender queer and gender questioning and affirms those who do not identify as a specific gender. Besides being a great resource for those of us who are trans, this would make a wonderful textbook for a gender study class and would also be a tremendous resource for those serving or interacting with members of the trans community e.g., doctors, social workers, therapists, police officers, and others. This is a great book!

AMAZING BOOK... More complete than anything I've seen before. Whether you are considering transition, or are already transitioning this book is for you. Also great for friends and family, lots of information to help you support your loved ones. All medical and mental health providers should have this book. Whether already have trans\* patients or clients you will find this book an invaluable resource. Awesome illustrations; Katie Diamond is one of my favorite illustrators and their work in this book is nothing short of amazing. Lots of great writings from well-known providers and trans\* activists. This book is very well written and accessible to all who can read English. This is of course my opinion, so I may be overstating. This book is a must have for anyone interested in transgender

people and issues.

Since the time it was written, the military has lifted its ban on trans soldiers (June 2016) and started rolling out training for commanders (July-October). I forget the time frame, but recruiters can also take trans civilians. TRICARE does pay for hormones now, but not surgeries. Geronimo, girls!

I predict this book will become a text book in colleges across the country for LGBT studies. Very informative and easy to read. A must-have!

While this is an invaluable resource for those who are transgender or gender non-conforming, it is also wonderful for trans allies to get complete view of what it means to be transgender, and to learn how to offer support and advocate. The preface ends with "After 40 years, this is still the most important message I can send. Please share this book with others." I agree wholeheartedly.

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