

my gender workbook

My Gender Workbook: A Journey of Self-Discovery and Empowerment

my gender workbook is more than just a book—it's a transformative tool designed to help individuals explore, understand, and embrace their gender identity in a safe and supportive way. Whether you're questioning your gender, looking to better understand yourself, or seeking to support others on their gender journeys, this workbook offers guided exercises, thought-provoking prompts, and insightful reflections that encourage deep personal growth.

In a world where conversations about gender are becoming more open and diverse, resources like my gender workbook are invaluable. They provide a structured yet flexible space to navigate complex feelings and societal expectations related to gender. This article will delve into what makes my gender workbook such a meaningful resource, explore its key features, and offer tips on how to make the most of this empowering guide.

Understanding the Purpose of My Gender Workbook

At its core, my gender workbook serves as a companion for anyone looking to explore the many facets of gender identity. It's not about fitting into neat categories but about discovering what gender means to you personally. The workbook often includes exercises that challenge traditional gender norms and encourage self-reflection, helping readers articulate their feelings and experiences in a way that words alone sometimes cannot achieve.

Why a Workbook Format Works

A workbook format is particularly effective for engaging with topics as nuanced as gender because it invites active participation. Instead of passively reading information, users are prompted to write, draw, and respond to questions tailored to their unique experiences. This active engagement helps solidify understanding and fosters a sense of ownership over one's gender identity journey.

Additionally, the interactive nature of my gender workbook makes it a versatile tool—for solo reflection, therapy sessions, or group workshops. It can be revisited multiple times, with new insights emerging as you grow and change.

Key Features of My Gender Workbook

My gender workbook typically includes a variety of components designed to address different aspects of gender identity and expression. These features make it a comprehensive and accessible resource for users at any stage of their journey.

Reflective Prompts and Questions

One of the most powerful elements of my gender workbook is the series of reflective prompts that encourage deep introspection. These prompts might ask you to consider how you relate to gender roles, examine the impact of societal expectations, or explore your feelings about your body and presentation. By writing down your thoughts, you create a personal record of your evolving understanding.

Practical Exercises

Beyond reflection, the workbook includes practical exercises such as journaling tasks, role-playing scenarios, or creative activities like drawing or collage-making. These exercises are designed to help you express your gender identity in non-verbal ways and to experiment with different gender expressions in a low-pressure environment.

Educational Content

Many versions of my gender workbook include educational sections that provide context on gender diversity, terminology, and history. This information helps users feel more informed and connected to the broader gender community, reducing feelings of isolation or confusion.

How to Use My Gender Workbook Effectively

Engaging with my gender workbook is a personal experience, and there's no "right" way to use it. However, some strategies can help you get the most out of this resource.

Set Aside Dedicated Time

Treat the workbook sessions like appointments with yourself. Setting aside quiet time without distractions

allows you to focus fully on your thoughts and feelings. This intentionality enhances the quality of your reflections and insights.

Be Honest and Open

The value of my gender workbook comes from sincere self-exploration. Don't censor your thoughts or feelings—write what truly resonates, even if it feels confusing or uncomfortable. Remember, this is your private space for discovery.

Revisit and Reflect Regularly

Gender identity can be fluid and evolving. Revisiting your workbook entries over time can reveal patterns, growth, or shifts in perspective. Consider setting reminders to review your work every few months to track your journey.

Seek Support When Needed

While the workbook is a powerful tool for self-guided exploration, some topics may bring up strong emotions. Don't hesitate to reach out to trusted friends, support groups, or mental health professionals who understand gender diversity to discuss your experiences.

The Broader Impact of Using My Gender Workbook

Using my gender workbook can have ripple effects beyond individual understanding. It often leads to increased self-confidence, improved mental health, and stronger communication with loved ones about one's gender identity. For many, it becomes a stepping stone toward living authentically and advocating for greater acceptance in their communities.

Empowerment Through Language

One of the challenges many face is finding the language to describe their gender experience. My gender workbook helps by introducing inclusive terminology and encouraging users to define gender on their own terms. This empowerment through language can be a profound step in self-acceptance.

Building Allyship and Community

The insights gained through the workbook can also prepare individuals to educate others or to join peer support groups. Sharing your journey can foster empathy and understanding, strengthening the bonds within the gender-diverse community.

Choosing the Right My Gender Workbook for You

There are various editions and styles of my gender workbook available, each catering to different age groups, cultural backgrounds, and needs. When selecting a workbook, consider the following:

- **Inclusivity:** Look for versions that acknowledge a spectrum of gender identities and expressions.
- **Accessibility:** Choose a workbook written in clear, approachable language that feels welcoming.
- **Depth:** Depending on your comfort level, select a workbook with either introductory content or more in-depth exercises.
- **Format:** Some workbooks are digital, while others are print. Pick the format that suits your style of engagement.

Reading reviews or seeking recommendations from LGBTQ+ communities can also guide your choice toward a workbook that resonates with your personal journey.

Incorporating My Gender Workbook Into Everyday Life

The work you do in my gender workbook doesn't have to stay confined to its pages. Many users find creative ways to bring their insights into daily life:

- **Journaling:** Extend workbook reflections into daily or weekly journaling to track ongoing thoughts and feelings.
- **Artistic Expression:** Use art, fashion, or other creative outlets to experiment with gender expression inspired by workbook exercises.

- **Conversation Starters:** Share parts of your workbook journey with trusted friends to foster open dialogue about gender.
- **Goal Setting:** Translate workbook discoveries into actionable goals, such as trying out new pronouns or exploring different styles.

These practices help integrate your gender exploration into a fuller, richer experience of self.

Exploring gender identity is a deeply personal and evolving process. My gender workbook offers a compassionate, insightful, and empowering means to navigate that journey with clarity and confidence. Whether you're just starting to question or have been on this path for some time, this workbook can be a steadfast companion, illuminating the diverse and beautiful spectrum of human gender.

Frequently Asked Questions

What is 'My Gender Workbook' about?

'My Gender Workbook' is an interactive guide by Kate Bornstein that explores the complexities of gender identity, offering exercises and insights to help readers understand and challenge traditional gender norms.

Who is the author of 'My Gender Workbook'?

The author of 'My Gender Workbook' is Kate Bornstein, a writer, performance artist, and gender theorist known for their work on gender identity and transgender issues.

Is 'My Gender Workbook' suitable for beginners exploring gender identity?

Yes, 'My Gender Workbook' is designed to be accessible for beginners, providing clear explanations and interactive exercises to help individuals explore and understand their own gender identity.

How does 'My Gender Workbook' approach the concept of gender?

'My Gender Workbook' approaches gender as a fluid and socially constructed concept, encouraging readers to question binary definitions and explore a spectrum of gender identities.

Can 'My Gender Workbook' be used in educational settings?

Yes, many educators and counselors use 'My Gender Workbook' as a resource to facilitate discussions about gender diversity and inclusivity in classrooms and support groups.

Does 'My Gender Workbook' include personal stories?

Yes, the workbook includes personal anecdotes from Kate Bornstein as well as contributions from others, which help illustrate different experiences of gender.

What age group is 'My Gender Workbook' intended for?

'My Gender Workbook' is generally intended for teens and adults interested in exploring gender identity, though younger readers may benefit with guidance from a supportive adult.

Are there updated editions of 'My Gender Workbook'?

Yes, the workbook has been updated over the years to include new insights and reflect evolving understandings of gender and transgender issues.

How interactive is 'My Gender Workbook'?

'My Gender Workbook' is highly interactive, featuring exercises, quizzes, and prompts that encourage readers to actively engage with their own gender identity and beliefs.

Where can I purchase or access 'My Gender Workbook'?

'My Gender Workbook' is available for purchase through major book retailers, online platforms like Amazon, and may also be available at local libraries or LGBTQ+ resource centers.

Additional Resources

My Gender Workbook: A Comprehensive Review of Its Impact and Utility

my gender workbook has emerged as a significant resource in the landscape of gender studies, personal exploration, and educational frameworks. Designed to assist individuals in understanding and reflecting on concepts of gender identity, expression, and social constructs, this workbook functions as both a practical guide and an introspective tool. Its nuanced approach to gender encourages users to engage critically with their own experiences and societal norms, making it a valuable asset for educators, counselors, and anyone seeking to deepen their understanding of gender diversity.

Understanding the Purpose Behind My Gender Workbook

At its core, my gender workbook aims to demystify the complex and often fluid notions of gender. Unlike traditional texts that may offer rigid definitions, this workbook adopts an inclusive methodology that

respects the spectrum of gender identities and expressions. It invites users to explore their personal narratives, challenge preconceived biases, and engage with the broader cultural and political dimensions of gender.

The workbook's structure is particularly noteworthy. It blends educational content with reflective exercises, enabling a dual approach of learning and self-assessment. This makes it especially effective for those who prefer active participation over passive reading. Additionally, the workbook's accessible language ensures that it resonates across diverse age groups and backgrounds, from adolescents navigating identity to adults involved in social justice or diversity training.

Key Features and Content Breakdown

My gender workbook is organized into thematic modules, each focusing on different aspects of gender. These include:

- **Gender Identity and Expression:** Exercises encourage users to define and articulate their sense of self beyond binary constraints.
- **Socialization and Gender Norms:** This section explores how societal expectations shape behaviors and attitudes, often unconsciously.
- **Intersectionality:** The workbook examines how gender intersects with race, class, sexuality, and other identity markers.
- **Language and Pronouns:** Users are guided to understand the importance of inclusive language and respectful communication.
- **Activism and Advocacy:** Practical advice and resources empower readers to engage in gender equity initiatives.

This modular design enhances the workbook's adaptability in various contexts, from classroom settings to private reflection. Furthermore, the inclusion of real-life scenarios and case studies enriches the learning experience by providing concrete examples of gender-related challenges and triumphs.

Comparative Analysis: My Gender Workbook Versus Other

Gender Resources

In the expanding market of gender-related educational tools, my gender workbook stands out due to its comprehensive and interactive nature. When compared to more conventional gender studies textbooks or online articles, the workbook's engagement-driven format fosters a deeper connection with the material.

Many gender resources tend to focus either on academic theory or personal storytelling. My gender workbook successfully merges these elements, offering scholarly insights alongside personal reflection prompts. This balance makes it particularly effective for both self-guided learners and facilitators seeking structured yet flexible material.

In contrast, some digital platforms and apps offer quick quizzes or brief definitions but lack the depth and sustained engagement found in my gender workbook. The workbook's emphasis on critical thinking and continuous dialogue about gender nuances contributes to its reputation as a more holistic educational tool.

Pros and Cons of Using My Gender Workbook

Every educational resource has its strengths and limitations, and my gender workbook is no exception. Understanding these aspects can help potential users determine its suitability for their needs.

- **Pros:**

- Inclusive and non-binary approach to gender concepts.
- Interactive exercises promote active learning and self-discovery.
- Adaptable for diverse audiences including educators, therapists, and individuals.
- Encourages intersectional understanding, enhancing cultural competence.
- Supports advocacy and social justice engagement.

- **Cons:**

- Some users may find the reflective nature time-consuming or challenging.
- Requires a baseline willingness to engage with potentially uncomfortable topics.

- Less suited for those seeking quick factual overviews rather than in-depth exploration.

These considerations highlight that while my gender workbook is a powerful tool, it works best within contexts where thoughtful engagement is possible and encouraged.

Applications and Practical Uses of My Gender Workbook

The versatility of my gender workbook lends itself to various practical applications. Educational institutions increasingly incorporate it into curriculum modules that address diversity, equity, and inclusion. Its structured yet open-ended exercises allow instructors to tailor sessions according to class dynamics and learning objectives.

Therapists and counselors also utilize the workbook as part of gender identity exploration and support for transgender, non-binary, and gender-questioning clients. The workbook's emphasis on self-reflection and personal narrative aligns well with therapeutic goals of self-understanding and empowerment.

Beyond formal settings, individuals seeking to navigate their gender journey independently often find the workbook a helpful companion. It provides language and frameworks that can facilitate conversations with family, friends, and support networks.

Integrating My Gender Workbook Into Digital and Community Spaces

In the age of digital learning and virtual communities, my gender workbook has shown adaptability. Some organizations offer digital versions or companion online forums where users can share experiences and insights. This hybrid approach combines the privacy of personal reflection with the benefits of communal support and knowledge exchange.

Community groups focused on LGBTQ+ advocacy or education also incorporate the workbook into workshops and discussion groups. This collective engagement fosters a shared understanding of gender diversity, which is crucial in combating stigma and promoting inclusivity.

Looking Ahead: The Role of Educational Tools Like My Gender

Workbook in Gender Discourse

As societal awareness of gender complexity continues to evolve, educational resources like my gender workbook play an increasingly critical role. They challenge traditional binaries and encourage expansive thinking that acknowledges the diversity of human experiences.

The workbook's reflective and intersectional approach aligns with contemporary movements emphasizing empathy, inclusion, and social justice. By equipping individuals with knowledge and self-awareness, it contributes to broader cultural shifts toward acceptance and equity.

Moreover, as gender-related policies and conversations influence workplaces, schools, and public spaces, tools like my gender workbook provide foundational understanding necessary for meaningful dialogue and action.

In essence, my gender workbook is not merely a book but a catalyst for ongoing education and personal growth within the dynamic field of gender studies. Its impact is felt not only in individual journeys but also in the collective movement toward more inclusive societies.

[My Gender Workbook](#)

my gender workbook: My Gender Workbook Kate Bornstein, 1998 With My Gender Workbook, Bornstein brings theory down to earth and provides a practical approach to living with or without a gender. She also takes aim at efforts to naturalize gender differences.

my gender workbook: My New Gender Workbook Kate Bornstein, 2013-08-06 This updated edition of Bornstein's formative My Gender Workbook (1997) provides an invigorating introduction to contemporary theory around gender, sexuality, and power. The original is a classic of modern transgender theory and literature and, alongside Bornstein's other work, has influenced an entire generation of trans writers and artists. This revised and expanded edition extends that legacy, offering an accessible foundation for examining gender in the reader's life and in the broader culture while arguing for the dismantling of all forms of oppression. For fans of the original, Bornstein's new material merits a fresh read...--Publishers Weekly, starred review Cultural theorists have written loads of smart but difficult-to-fathom texts on gender theory, but most fail to provide a hands-on, accessible guide for those trying to sort out their own sexual identities. In My Gender Workbook, transgender activist Kate Bornstein brings theory down to Earth and provides a practical approach to living with or without a gender. Bornstein starts from the premise that there are not just two genders performed in today's world, but countless genders lumped under the two-gender framework. Using a unique, deceptively simple and always entertaining workbook format, complete with quizzes, exercises, and puzzles, Bornstein gently but firmly guides readers toward discovering their own unique gender identity. Since its first publication in 1997, My Gender Workbook has been challenging, encouraging, questioning, and helping those trying to figure out how to become a real man, a real woman, or something else entirely. In this exciting new edition of her classic text, Bornstein re-examines gender in light of issues like race, class, sexuality, and language. With new quizzes, new puzzles, new exercises, and plenty of Kate's playful and provocative style, My New Gender Workbook promises to help a new generation create their own unique place on the gender

spectrum.

my gender workbook: *My Gender Workbook* Kate Bornstein, 2013-06-19 Gender isn't just about male or female anymore - if you have any doubts, just turn on your television. RuPaul is as familiar as tomato ketchup with national radio and television shows, and transgendered folk are as common to talk-shows as screaming and yelling. But if the popularization of gender bending is revealing that male and female aren't enough, where are we supposed to go from here? Cultural theorists have written loads of smart but difficult-to-fathom texts on gender, but none provide a hands-on, accessible guide to having your own unique gender. With *My Gender Workbook*, Kate Bornstein brings theory down to Earth and provides a practical approach to living with or without a gender. Bornstein starts from the premise that there are not just two genders performed in today's world, but countless genders lumped under the two-gender framework. Using a unique, deceptively simple and always entertaining workbook format, Bornstein gently but firmly guides you to discover your own unique gender identity. Whether she's using the USDA's food group triangle to explain gender, or quoting one-liners from real gender transgressors, Bornstein's first and foremost concern is making information on gender bending truly accessible. With quizzes and exercises that determine how much of a man or woman you are, *My Gender Workbook* gives you the tools to reach whatever point you desire on the gender continuum. Bornstein also takes aim at the recent flurry of books that attempt to naturalize gender difference, and puts books like *Men are from Mars, Women are from Venus* squarely where they belong: on Uranus. If you don't think you are transgendered when you sit down to read this book, you will be by the time you finish it!

my gender workbook: *My Gender Workbook* Kate Bornstein, 2013 Gender isn't just about male or female anymore - if you have any doubts, just turn on your television. RuPaul is as familiar as tomato ketchup with national radio and television shows, and transgendered folk are as common to talk-shows as screaming and yelling. But if the popularization of gender bending is revealing that male and female aren't enough, where are we supposed to go from here? Cultural theorists have written loads of smart but difficult-to-fathom texts on gender, but none provide a hands-on, accessible guide to having your own unique gender. With *My Gender Workbook*, Kate Bornstein brings theory down to Earth and provides a practical approach to living with or without a gender. Bornstein starts from the premise that there are not just two genders performed in today's world, but countless genders lumped under the two-gender framework. Using a unique, deceptively simple and always entertaining workbook format, Bornstein gently but firmly guides you to discover your own unique gender identity. Whether she's using the USDA's food group triangle to explain gender, or quoting one-liners from real gender transgressors, Bornstein's first and foremost concern is making information on gender bending truly accessible. With quizzes and exercises that determine how much of a man or woman you are, *My Gender Workbook* gives you the tools to reach whatever point you desire on the gender continuum. Bornstein also takes aim at the recent flurry of books that attempt to naturalize gender difference, and puts books like *Men are from Mars, Women are from Venus* squarely where they belong: on Uranus. If you don't think you are transgendered when you sit down to read this book, you will be by the time you finish it!

my gender workbook: *Your Gender Book* Ben Pechey, 2023-11-21 'This book is here to hold your hand; to answer your questions; soothe your soul; help you understand yourself in new ways. The best place to start is at the beginning. The best time is now! So, turn the page and let's explore who you are!' If you are at the start of your journey with gender identity, or looking to help someone who is, this insightful guide offers a safe space to celebrate you becoming your true - and most joyful - self. With fun activities, resources and LGBTQ+ role models throughout, this book sheds light on everything from gender identity, sex, pronouns and expression, to barriers, mental health, allyship and finding happiness. Written in Ben Pechey's trademark witty, upbeat and vibrant style, this empowering tool will help you engage with your gender creatively and become your most authentic self.

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information on sexually transmitted diseases, contraception, and homosexuality.

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array and types of trans experiences , social networking and emotional support systems for trans people, navigating medical care, from the common cold to gender-specific procedures, what transitioning looks like, from a variety of different approaches, how legal systems interplay with gender and trans issues, extra challenges based on gender, race, class, age and disability, skills and information on being a successful trans ally. Bringing these personal matters into the light of day, this reader-friendly resource is written for students, professionals, friends, and family members, as well as members of the transgender community itself.

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my gender workbook: Lost in Trans Nation Miriam Grossman, 2023-07-18 Throughout our country, atrocities are taking place in doctor's offices and hospital operating rooms. Physically healthy children and adolescents are being permanently disfigured and sometimes sterilized. Those youth say they're transgender, and we—their parents, teachers, therapists, and doctors—are supposed to agree with their self-diagnosis and take a back seat as they make the most consequential decision of their lives: to alter their bodies in order to, we are told, "align" them with their minds. Medical, educational, and government authorities advise us to support the "gender journeys" of still developing kids, including medical interventions with poor evidence of long-term improvement. This would not be acceptable in any other field of medicine. Indeed, the treatments our medical authorities and Washington call "crucial" and "life-saving" have been banned in progressive Sweden, Finland, and Britain. Dr. Miriam Grossman is a child and adolescent psychiatrist whose practice consists of trans-identified youth and their families. In *Lost in Trans*

Nation, she implores parents to reject the advice of gender experts and politicians and trust their guts—their parental instincts—in the face of an onslaught of ideologically driven misinformation that steers them and their children toward risky decisions they may end up mourning for the rest of their lives. The beliefs that male and female are human inventions; that the sex of a newborn is arbitrarily “assigned”; and that as a result the child requires “affirmation” through medical interventions—these ideas are divorced from reality and therefore hazardous, especially to children. The core belief—that biology can and should be denied—is a repudiation of reality and a mockery of what hard science teaches about being male and female. Dr. Grossman believes that parents know their child best; they especially know if they have a son or daughter. But currently in our country when it comes to gender identity, everyone knows better than mom and dad. Schools enable students to live double lives—Patrick at home, Patti at school. Activists tell kids their loving homes are “unsafe” when parents voice doubts about the child’s new identity. For refusing to see their son as their daughter, parents might be reported to protective services, a development that can lead to a family’s destruction. Lost in Trans Nation arms parents with the ammunition to avoid, or, if necessary, fight what many families describe as the most difficult challenge of their lives. Parents will learn what to say and how—at home, at school, and if necessary, to police when they appear at the door. “Don’t be blindsided like so many parents I know,” warns Grossman, “be proactive and get educated. Feel prepared and confident to discuss trans, nonbinary, or whatever your child brings to the dinner table.” Whether it’s the “trans is as common as red hair” claim, or the “I’m not your son, I’m your daughter” proclamation, or the “do you prefer a live son or a dead daughter” threat, says Grossman, no family is immune, and every parent must be prepared. No child is born in the wrong body, Dr. Grossman reassures us, their bodies are just fine; it’s their emotional lives that need healing. Whether you’re facing a gender identity battle in your home right now, or want to prevent one, you need this book to guide you and your loved ones out of the madness.

my gender workbook: Passing/Out Kelby Harrison, 2016-05-13 *Passing/Out* adopts an inter-generational, inter-disciplinary, and inter-subjective approach to the closeting and revelation of sexual identity, exploring questions of embodiment, ethics and identity in relation to 'passing' or being 'out'. Presenting the latest theoretical and empirical work from scholars working across a range of disciplines including sociology, cultural and media studies, philosophy, gender studies, literary studies and history, this book discusses the nature and history of sexual identity and the manner in which identity functions within social relationships. In recognition of the transformative impact of queer theory upon the study of sexuality and identity, *Passing/Out* constructs a dialogue between the work of scholars whose intellectual careers began prior to the advent of queer theory and those whose work has been more immediately and directly shaped by this approach, with a view to breaking new ground in the field of identity. Shedding light on the meaning of 'passing' and 'outing' in relation to identity, this volume will be of interest to social scientists and scholars of the humanities working on questions of sexuality, identity, embodiment and ethics.

my gender workbook: Inventing Transgender Children and Young People Heather Brunsell-Evans, Michele Moore, 2019-10-08 The essays in this volume are written by clinicians, psychologists, sociologists, educators, parents and de-transitioners. Contributors demonstrate how ‘transgender children and young people’ are invented in different medical, social and political contexts: from specialist gender identity development services to lobby groups and their school resources, gender guides and workbooks; from the world of the YouTube vlogger to the consulting rooms of psychiatrists; from the pharmaceutical industry to television documentaries; and from the developmental models of psychologists to the complexities of intersex medicine. Far from just investigating how they are invented the authors demonstrate the considerable psychological and physical harms perpetrated on children and young people by transgender ideology, and offer tangible examples of where and how adults should intervene to protect them.

my gender workbook: Introduction to LGBTQ+ Studies Deborah P. Amory, Sean G. Massey, Jennifer Miller, Allison P. Brown, 2022-11-01 *Introduction to LGBTQ+ Studies* offers accessible, academically sound information on a wide range of topics, including history, culture, and Queer

Theory; an exploration of LGBTQ+ relationships, families, parenting, health, and education; and how to conduct research on LGBTQ+ topics. The book explores LGBTQ+ issues from the ancient world to contemporary global perspectives. Employing an intersectional analysis, the textbook highlights how sexuality and gender are simultaneously experienced and constructed through other structures of inequality and privilege, such as race and class. The text supports multiple learning styles by integrating visual elements, multimedia resources, discussion and project prompts, and resources for further research throughout the textbook. An OER version of this course is freely available thanks to the generous support of SUNY OER Services. Access the book online at <https://milneopentextbooks.org/introduction-to-lgbtq-studies-a-cross-disciplinary-approach/>.

my gender workbook: *The Soul of the Stranger* Joy Ladin, 2019 Evocative readings of the Torah through the lens of transgender experience, exploring the ways trans perspectives can enrich our understanding of religious texts, traditions, and God

my gender workbook: *Trans Bodies, Trans Selves* Laura Erickson-Schroth, 2014-05-12 Trans Bodies, Trans Selves is a groundbreaking, personal, and informative guide for the transgender population, covering health, legal issues, cultural and social questions, history, theory, and more. It is a 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.

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