



# Just Add Hormones: An Insider's Guide to the Transsexual Experience

*Matt Kailey*

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## **Just Add Hormones: An Insider's Guide to the Transsexual Experience** Matt Kailey

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.*

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