

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

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Author: Matt Kailey

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Matt Kailey lived as a straight woman for the first forty-two years of his life, and then he changed. With the help of a good therapist, chest surgery, and some strong doses of testosterone, Kailey began living life as the man he'd always wanted to be. In Just Add Hormones, he answers all the questions you've ever had about what it's like to live as a transsexual.

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## About the Author

Matt Kailey is an author, journalist, public speaker, and female-to-male transsexual. A former social worker, he now writes and speaks on issues of gender and sexuality. Kailey lives in Denver, Colorado. Reviews

"Parts of Just Add Hormones dwell, wittily, on the author's own experiences . . . other chapters offer a cheeky insider's discussion of pesky pronouns, pants-packing, bathroom blues, and on-the-job jitters. But the real worth of Just Add Hormones stems from its thoughtful analysis&mdash;at times philosophical, at times political, and at times polemical&mdash;of a life-changing decision."

Richard Labonte, Q Syndicate

"A heartfelt plea for mainstream American society to understand, accept and support gender diversity . . . Kailey describes all with frankness, engaging his reader with honesty and a touch of humor."

## Kirkus Reviews

"This book is a natural for the gender issues shelves."

## Booklist

"Anyone who has ever contemplated, is just curious about, or finds him or herself in the midst of gender transformation will appreciate and applaud this extraordinary, comprehensive journal. Both informative and quite fascinating, Kailey delivers his life story with a compassionate eye and a true heart."

Jim Piechota, Bay Area Reporter