

# True Selves: Understanding Transsexualism

True Selves: Understanding Transsexualism - For Families, Friends, Coworkers, and Helping Professionals

Author: Chloe Ann Rounsley; Mildred L. Brown

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This edition about transsexuals for their friends, families, co-workers, and helping professionals, brings clarity, understanding, and reality to a difficult subject in an easily readable form and salutes the humanity of everyone involved.

- Buy at kalahari.net
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About the Author

Mildred L. Brown is a clinical sexologist and therapist in private practice in San Jose, California. She is also professor of clinical sexology at the Institute for Advanced Study of Human Sexuality in San Francisco.

Chloe Ann Rounsley ([www.rounsley.com](http://www.rounsley.com)) is a writer, journalist, and editorial consultant based in the San Francisco Bay Area. Inside Flap Copy

While transsexualism may seem a rare phenomenon, statistical data indicates that about 10% of the population is transsexual. Add to that number the friends, family, coworkers, and professionals who treat them, and it becomes apparent that the experience of transsexualism affects a great number of people. Mildred Brown--one of the country's most experienced clinicians in the field of transsexualism--and journalist Chloe Rounsley have written the first book that combines authoritative information and compassionate insight into the transsexual experience. Filled with wisdom and understanding, this groundbreaking guide paints a vivid portrait of the myriad conflicts transsexuals face on a daily basis and the courage they must summon as they struggle to reveal their true essence to themselves and others. Using real-life stories, actual letters, poems, and other compelling examples, the authors give a clear understanding of what it means to be transsexual. And the book offers important recommendations for the friends, families, coworkers, and professionals who treat these commonly misunderstood individuals. In addition to breaking down common misconceptions about transsexualism, the book offers important recommendations and guidance about dealing with both the phenomena and with the transsexual person. The authors illustrate how the support of family, friends, and professionals can help ease the burden of confusion, fear, and frustration that plagues the lives of transsexuals. And, the book provides a wealth of down-to-earth information including:

- A clear explanation of the differences between transsexuals and homosexuals, lesbians, transvestites, drag queens, and female impersonators
- Basic information about the emotional and physiological components of the transsexual experience that will help to demystify this often misunderstood group
- Suggestions for friends and family to help them cope during the difficult adjustment period

(This text refers to an out of print or unavailable edition of this title.)From the Back Cover

Filled with wisdom and understanding, True Selves paints a vivid portrait of the conflicts transsexuals face on a daily basis &mdash; the courage they must summon as they struggle to reveal their true being to themselves and others. This classic resource offers valuable guidance for friends, families, coworkers, and professionals who are struggling to understand these people and their situations. Using real life stories, actual letters, and other compelling examples, True Selves gives a clear understanding of what it means to be transsexual and offers practical suggestions for dealing compassionately with these commonly misunderstood individuals. Reviews

"True Selves is thorough and comprehensive. . . . This is a serious and important book. If you know a transsexual, care about a transsexual, or are interested in understanding transsexuality, True Selves should be on your reading list. "

The Transsexual New Telegraph

"The best popular introduction to transsexualism for all involved&mdash; transsexuals, soffas (significant others, family, friends, allies), and the professionals working with and serving them&mdash; is True Selves."

The Independent Press Book Review

"First-person accounts from transsexuals augment general readability and put human faces on the issues discussed."

## Booklist

"Each chapter poses questions and confronts common misconceptions about transgendered people and offers recommendations to caregivers and family. . . . presented in a simple, straightforward style and is easy to understand."

## Gender Identity Journal

"With real life stories, letters, poems, and more, this is a first coming-out collection for the TS community."

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