


Recommended Reading

See also book reviews and recommendations on the PFLAG Greensboro web site:

<http://www.pflaggreensboro.org>

1. *The Transgender Child*: Stephanie Brill and Rachel Pepper. The Transgender Child is the first of its kind - a thoughtful manual for parents and caregivers of transgender children, written by one of our country's most respected gender therapists and an experienced researcher and author of books related to the GLBT community and gender variance. Detailed, up-to-date, and easy to read, this book should be the prime resource for parents of transgender children and teens, and anyone who deals with them. Highly recommended. Available from <http://www.genderspectrum.org> \$16.95

2. *Mom, I Need to be a Girl*: Just Evelyn. A wonderful story of one family's journey with their teenage child's transition from male to female. Available online at <http://www.Amazon.com>.
3. *True Selves*: Mildred L. Brown, PhD and Chloe Ann Rounsley. A serious book by a therapist with over 25 years of working with transgender individuals. Available online at <http://www.Amazon.com>
4. *Finding the Real Me*: Edited by Tracie O'Keefe and Katrina Fox. A compilation of stories by transgenders about their accepting, transitioning, and coming out process. Available online at <http://www.Amazon.com>
5. *Always My Child*: Kevin Jennings, Executive Director of GLSEN and Pat Shapiro, MSW. A superb book on dealing with GLBTQ children, especially during the coming out process. Many of the principles apply to dealing with ALL children. Available online at <http://www.Amazon.com>
6. *TransgenderEmergence*: Arlene Istar Lev, CSW-R, CASAC. An outstanding book of historical and current guidelines for addressing the needs of all gender-variant people, including transgendered children and youth. Available online from <http://www.Amazon.com>
7. *Becoming a Visible Man*: Jamison Green. There are far fewer books about female-to-male (FtM) transition than there are about male-to-female (MtF). When a leading activist and advocate for FtM presents his autobiography, it instantly becomes an important work. When it is well written and insightful, it becomes a must-have book for anyone interested in transsexual experience and history. Green's book exceeds these standards. Available online at <http://www.Amazon.com>.
8. *Confessions of a Gender Defender*: Randi Ettner, Ph.D. Although published in 1996, this book is still relevant today. Newcomers to transgender are showing up daily – especially parents of young children – who need her perspective. “Confessions” is made up of a series of anecdotes, notes, and memories accumulated over nearly three decades as a therapist. It encompasses segments about transgender patients ranging from young children to octogenarians. Dr. Ettner includes stories both happy and sad, as seen through her eyes. Available online at <http://www.Amazon.com>.
9. *Transgender Warriors: Making History from Joan of Arc to Dennis Rodman*. Leslie Feinberg. This book (published 1996), is often recommended to newcomers to the transgender phenomenon; the historical information is quite valuable. Feinberg starts with his own history, showing how he was led to investigate the history of transsexualism while working with the Workers World Party. His studies led to investigation of transgender throughout history. Avoiding the overall conflict about the definitions of various “levels” of transgender, Feinberg uses transgender in his book as an umbrella term for all persons who challenge the socially acceptable or cultural boundaries of sex and gender. All those who fall under this definition have experienced oppression, and representatives of all have fought back. These are the transgender warriors. Available online at <http://www.Amazon.com>

10. *Parrotfish*: Ellen Wittlinger. *Parrotfish* is a peek into the life of one high-school student as he struggles with the pressures of bullying, isolation and the unknown. Grady was born a girl. When he announced that he was actually a boy, his mother was devastated, his sister was horrified, and his father was.... well, at least his father was trying to be understanding. Grady's best friend since childhood, Eve, refuses to even look at him in school. She becomes part of the gang of girls whose primary reason for living is to torture Grady. Grady feels totally alienated and alone. Available online at <http://www.Amazon.com>
11. *Luna*: Julie Ann Peters Here is a wonderful book for teens (targeted for 15 and older) written from the perspective of Regan, a female high school sophomore. Her brother Liam, a brilliant senior, can't stand the person he is during the day. His true self, Luna, reveals herself only at night. For years, Liam has transformed himself into the beautiful girl he longs to be with help from his sister's clothes and makeup in the secrecy of their basement bedrooms. Now everything is about to change. Luna is preparing to emerge from her cocoon. Available online at <http://www.Amazon.com>
12. *Almost Perfect*: - Brian Katcher A well-done tale of high school romance with a new twist. Logan is a depressed high school senior in a western Missouri small town. His long-time girlfriend Brenda has recently dumped him. When a new girl at school – Sage – joins Logan and his buddy Tim's "team" in biology class, Logan quickly is attracted to her. Similarly, Sage is attracted to him. As they get to know one another and spend time together, Logan's typical male instincts lead him toward making out with Sage – but she resists. Logan is frustrated and angry, but still wants to be with Sage and Sage still wants to be friends with him. As Logan tries to understand why this beautiful girl is unwilling to make out, with even light petting, Sage finally tells him her secret – she is transgender. Logan freaks out – if this gets out, his buddies will think he is gay!! Available online at <http://www.Amazon.com>
13. *Raising My Rainbow*: - The heart of this memoir is love. Ms. Duron is a strong, loving mother. She doesn't just support her child C.J., but listens and respects his personal emotional needs. In this book we see and acknowledge the struggles of a mother fighting for her child's right to be himself. She does so even as she herself is berated for not forcing her child to conform to the standards of gender presentation in our society to be someone he is not. The book covers the period from Ms. Duron's early first awareness that C.J.'s interests differ from his typical older brother Chase's through C.J.'s entry into first grade. It details Ms. Duron's initial tolerance, then acceptance, of C.J.'s interests and creative gender expression. It shows the general societal resistance to a boy who likes "girl" things. The efforts Ms. Duron puts forth to support C.J. throughout this period reflect the love of this exceptional mother for her gender-creative child. Available online at <http://www.Amazon.com>

This continuing story can also be followed on Ms. Duron's blog - <http://raisingmyrainbow.com>. It would be especially valuable for any parent of a questioning or creative child.