



2023

**Gender
Diversity &
Sexuality
Books**



Jessica Kingsley Publishers

Welcome to our latest gender and sexuality book catalogue

We're thrilled to present you with our latest catalogue of books that celebrate the rich and diverse range of experiences from the LGBTQIA+ rainbow. Every book is written by people in our community for our community and alongside your favourites, look out for new releases like *Me and My Dysphoria Monster* by Laura Kate-Dale, *Pride and Joy* by Frank J Sileo and Kate Lum-Potvin and *A Trans Man Walks into a Gay Bar* by Harry Nicholas.

In addition to our usual books on gender we're delighted to have published eight books on the topic of asexuality and aromanticism, including *I am Ace* by Cody Diagle-Orians, *Ace Voices* by Eris Young and *Amazing Ace, Awesome Aro* by illustrator Victoria Barron.

Finally, we're excited to have published the first of its kind card set, *The Gender Deck* by Andrew Triska, which includes 100 cards to fuel better conversations about gender identity and expression.

We hope you'll find books that will excite and interest you – if you have feedback or an idea for our future publishing please do get in touch!

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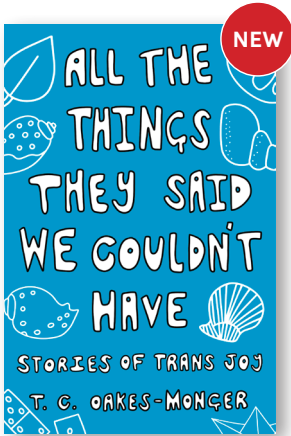
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All the Things They Said We Couldn't Have

Stories of Trans Joy

T. C. Oakes-Monger

Illustrated by Flatboy

Generous, uplifting and beautifully crafted stories that celebrate the joy of being trans

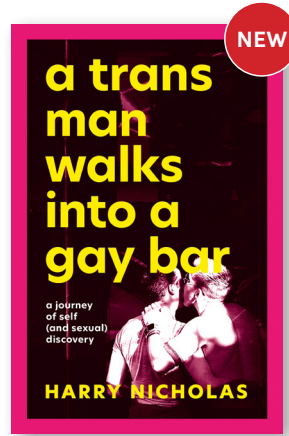
Transition has not been something linear for me, my joy has come in seasons.

Now, more than ever, trans people deserve to hear stories of joy and hope, where being trans doesn't have to be defined by fear and dysphoria, but can be experienced through courage, freedom, and the love and acceptance of their chosen families.

Through a series of uplifting, generous and beautifully crafted vignettes, T. C. Oakes-Monger gently leads you through the cycle of the seasons - beginning in Autumn and the shedding of leaves and identity, moving through the darkness of Winter, its cold days, and the reality of daily life, into Spring, newness, and change, and ending with the joy of long Summer days and being out and proud - and invites you to find similar moments of joy in your life.

Celebratory and empowering, these stories are a reminder of the power joy can bring.

ISBN-9781839971495 | JAN 2023 | £12.99 | PB | 144PP



A Trans Man Walks Into a Gay Bar

A Journey of Self (and Sexual) Discovery

Harry Nicholas

Raw, intimate and unflinchingly honest, this memoir shines new light on the complex intersections of gender identity, sexuality, sex and queerness

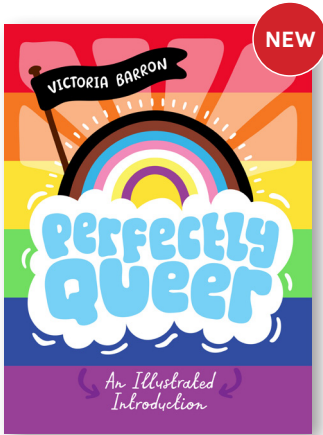
"On the bookshelves, there was plenty of stuff on being gay, and much needed, joyous accounts of what it is to be trans, but nothing really that encapsulates what it is to be both - to exist in the hazy terrain between."

After his relationship with his girlfriend of 5 years ended, Harry realised he was a single adult for the first time - not only that, but a single, transmasculine and newly out gay man.

Despite knowing it was the right decision, the reality of his new situation was terrifying. How could he be a gay man, when he was still learning what it was to be a man? Would the gay community embrace him or reject him? What would gay sex be like? And most importantly, would finding love again be possible?

In this raw, intimate and unflinchingly honest book, we follow Harry as he navigates the sometimes fraught and contradictory worlds of contemporary gay culture as a trans gay man, from Grindr, dating and gay bars, to saunas, sex and ultimately, falling in love. Harry's brave and uplifting journey will show you there is joy in finding who you are.

ISBN-9781839971839 | MAY 2023 | £12.99 | PB | 224PP



Perfectly Queer
An Illustrated Introduction

Victoria Barron

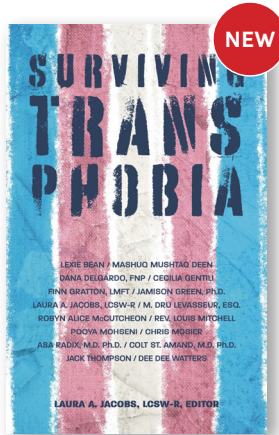
A perfectly queer illustrated introduction to LGBTQIA+ identities

The alphabet mafia? The queer umbrella? A little confused by--or curious about--the terminology and identities that make up the LGBTQIA+ community?

For allies and queer folks alike, this visual introduction uses bright and fabulous illustrations to explain the rainbow of gender identities and sexualities.

Activity pages, featuring a rainbow mascot--The Rainboa Constrictor--divide chapters on gender identity, assigned sex, sexual and romantic orientations, acronyms, and common queer-ies, to make things (hopefully) more Perfectly Queer!

ISBN-9781839974083 | FEB 2023 | £9.99 | HB | 96PP



Surviving Transphobia

Edited by Laura A. Jacobs, LCSW-R

An inspiring collection of essays by transgender and gender nonbinary experts and celebrities featuring personal experiences, vulnerability, guidance, and loving encouragement for those trans during times of heightened interpersonal and political transphobia

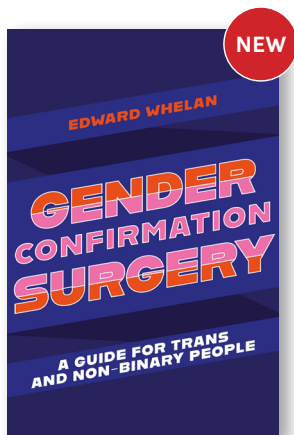
The transgender and gender nonbinary community is forever under siege. Institutional transphobia is enacted by those who would return us to the shadows, the closets, or worse.

Surviving Transphobia is an anthology by transgender and gender nonbinary celebrities and experts on endurance during times of severe hostility. We share the moments when we were vulnerable, were bullied, had needs dismissed, or were discriminated against, revealing our determination and how we have (sometimes) managed to thrive. We offer loving support as you brave agony and seek joy. We also speak to our allies.

We are activists, actors, athletes, authors, lawyers, doctors, nurses, therapists, sex workers, clergy, diplomats, and military veterans. We are of many ethnicities. We vary socioeconomically, educationally, and geographically. Some are neurodivergent. Several are disabled or have chronic illnesses. A few are HIV+. A small number were born elsewhere.

We have survived, here's how. And if we can survive... so can you.

ISBN-9781787759657 | SEP 2023 | £14.99 | PB | 224PP



Gender Confirmation Surgery

A Guide for Trans and Non-Binary People

Edward Whelan

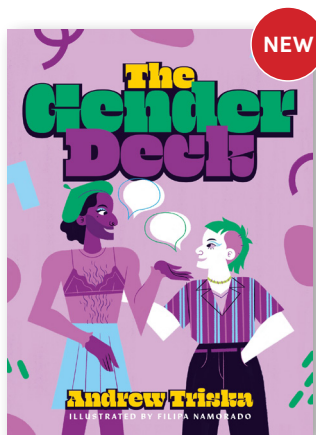
The first complete guide to gender confirmation surgery for trans and non-binary people

This accessible guide covers the range of gender confirmation surgeries available for all trans and non-binary people, including breast augmentation, chest reconstruction, vaginoplasty, phalloplasty, metoidioplasty, vocal surgery and facial feminisation.

With personal stories and illustrations throughout, this comprehensive resource will help you understand the full range of surgical options available. The guide offers an overview of the whole process, with information and advice about each procedure, including planning and recovery, sexual health and fertility, and insight into what to expect in the years following an operation.

This is essential reading for any trans or non-binary people considering gender confirmation surgery and will help you make the decision that's right for you.

ISBN-9781839970962 | AUG 2023 | £14.99 | PB | 224PP



The Gender Deck

100 cards for Conversations about Gender Identity

Andrew Triska LMSW

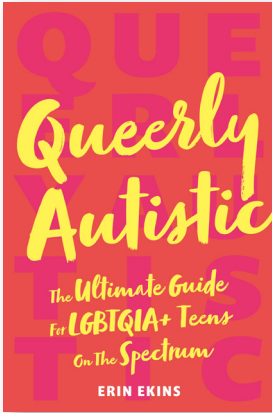
100 cards for Conversations About Gender Identity

This unique pack of 100 cards provides a useful tool to help guide conversations about gender identity in individual, group, family, professional and school settings.

With vibrant and inclusive designs, the four color-coded categories - consisting of reflective questions, interactive activities, interview-style questions and supportive questions - are designed to prompt and encourage deep, reflective and supportive discussions about topics related to gender identity, gender expression and relationships.

Developed by a renowned trans-identified psychotherapist, and with an accompanying guidebook instructing users on different formats and activities in which the cards can be used, this card deck is an ideal resource for professionals working with trans, non-binary and/or queer clients to have in their therapeutic toolkit.

ISBN-9781839974366 | JAN 2023 | £24.99 | CARD DECK



Queerly Autistic

The Ultimate Guide For LGBTQIA+ Teens On The Spectrum

Erin Ekins

The first comprehensive survival guide for LGBTQIA+ autistic teens

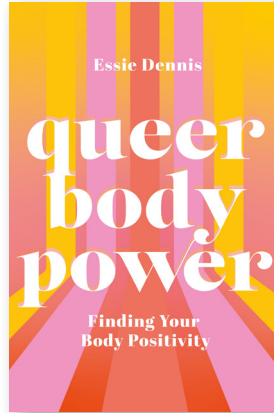
LONGLISTED FOR THE POLARI CHILDREN'S & YA BOOK PRIZE

In this empowering and honest guide for LGBTQIA+ autistic teens, Erin Ekins gives you all the tools you need to figure out and explore your gender identity and sexuality.

From coming out to friends and family, staying safe in relationships and practicing safe sex, through to self-care and coping with bullying, being out and about in the LGBTQIA+ community and undergoing gender transition, this book is filled with essential information, advice, support and resources to help you on your journey, and also works as a primer on all things LGBTQIA+ for non-autistic teens who are just figuring it all out.

Written by an inspirational autistic queer woman, this is a must-read for every autistic teen wanting to live their very best queer life.

ISBN-9781787751712 | APR 2021 | £12.99 | PB | 240PP



Queer Body Power

Finding Your Body Positivity

Essie Dennis

A radical call to arms for queer body positivity, providing inspiration, support and personal stories

As a young, queer, plus-size person, Essie Dennis has spent a lot of time feeling like they weren't enough - not queer enough, not feminine enough, not perfect enough. When they took to social media to share how they felt, they were overwhelmed by how many others felt the same.

I look too masculine to be non-binary

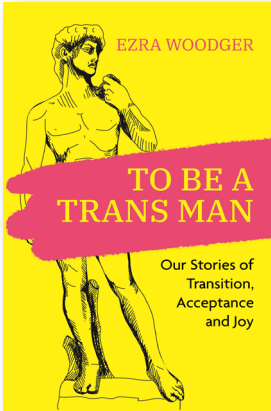
I look too feminine to be a lesbian

Am I too fat for drag?

Inviting you to challenge accepted beauty standards and the concept of 'the perfect body', Essie takes everything they have learned on their journey to self-acceptance and body satisfaction to help guide you towards loving your queer body. From gender, sexuality and reclaiming your body, through to food, politics, social media and fatphobia, this radical book starts a conversation about body image and mental health that queer people are so often left out of.

Fiercely and unapologetically written, and with honest advice and powerful stories from a diverse range of queer people throughout, this is an inspiring and necessary book that will show you that you are enough.

ISBN-9781787759046 | MAR 2022 | £14.99 | PB | 224PP



To Be A Trans Man

Our Stories of Transition, Acceptance and Joy

Edited by Ezra Woodger

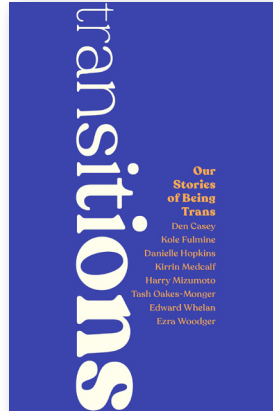
Illuminating and empowering interviews with trans men and transmasculine people on living openly and joyfully

Men in all stages of transition have come and gone from my life, and each one has been entirely different. It's difficult to feel as if you fail at being a man when you know there isn't a singular 'right' way to be one.

In this illuminating and radically honest book, Ezra Woodger interviews trans men and transmasculine people to interrogate what masculinity is and what it means to be a man. Covering a wide range of topics, from dealing with judgement and expectations - both external and internal - to the experience of gender euphoria, finding a community and the growth and openness that trans-inclusive spaces can provide, the stories in this book highlight the power of being true to who you are.

With contributions from trans men from across the UK and US, including Fox Fisher, Ezra Michel and many more, their words offer comfort, guidance and an important reminder of the joy and strength of existing as a trans man, regardless of how you look.

ISBN-9781787759602 | OCT 2022 | £12.99 | PB | 192PP



Transitions

Our Stories of Being Trans

Various Authors

Foreword by Sabah Choudrey, Juno Roche, and Meg-John Barker

A visionary, one-of-a-kind anthology on what it means to be trans today

SHORTLISTED FOR WORLD BOOK NIGHT 2022

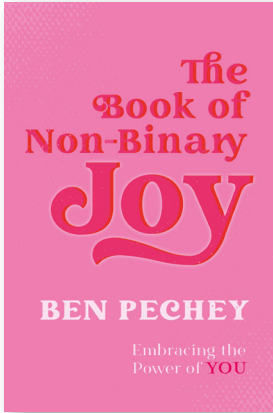
A visionary, moving and one-of-a-kind anthology of writing on what it means to be trans today and every day.

From the daily bite of anxiety as you go to leave the house, to the freedom found swimming in the wild, through to moments of queer rage and joy and the peculiar timeslip of reliving your adolescence, the stories in this collection reveal the untold lived realities of trans people to help inform, inspire and unite. Spanning a range of topics such as gender dysphoria, transphobia, chest binding, gender reassignment surgery, coming out in later life, migration and love and relationships, these unique first-person accounts celebrate the beauty and diversity of being trans and will empower others on their journey.

Showcasing eight new exciting trans writers, this extraordinary collection is a powerful and heartfelt love-letter to the trans community.

Jessica Kingsley Publishers will donate at least 5p per book sold to Gendered Intelligence (registered charity no. 1182558)

ISBN-9781787758513 | JUN 2021 | £12.99 | PB | 112PP



The Book of Non-Binary Joy

Embracing the Power of You

Ben Pechey

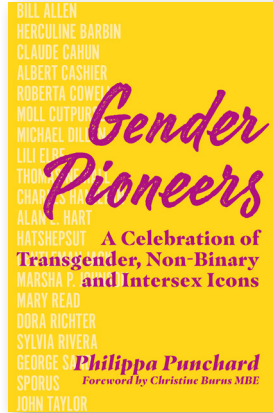
Embrace your non-binary self and love who you are with this witty, inspiring and unapologetic guide

Oh hello darling, and welcome to The Book of Non-Binary Joy! This book is here to help you be yourself - free from judgement and expectation - as you unlock more joy in your life. Take my hand, and let's start your journey of self-love today.'

Whether you are at the start of your journey or have been on the wild ride of gender introspection for a long time, this guide is here to help you thrive as your authentic - and most fabulous - non-binary self. With personal stories, valuable insights and interactive sections, this inspiring book covers a wide range of topics, including mental health, pleasure, fashion, understanding your past, allyship privilege and self-expression.

Written with warmth and unapologetic humour, and with bold illustrations throughout, Ben Pechey has created the ultimate safe space for you to embrace your non-binary life and start living.

ISBN-9781787759107 | MAY 2022 | £12.99 | PB | 224PP



Gender Pioneers

A Celebration of Transgender, Non-Binary and Intersex Icons

Philippa Punchard

Foreword by Christine Burns

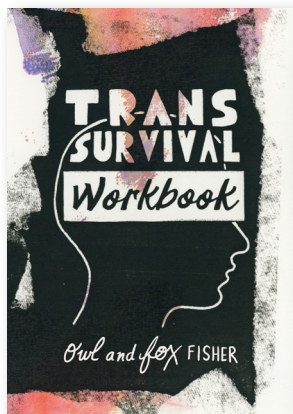
A unique collection of portraits celebrating the lives and lost histories of influential trans, non-binary and intersex people from around the world

This inspiring collection of illustrated portraits celebrates the lives of influential transgender, non-binary and intersex figures throughout history.

Showcasing the diversity of gender identities and expressions that have existed in all cultures alongside developments from recent years, the extraordinary stories in this book highlight the achievements and legacies of those who have fought to be themselves, whatever their gender. From activists, soldiers and historical leaders through to pirates, actors and artists, this book explores the life and times of over fifty trans and intersex trailblazers in their fight for equality, acceptance and change.

Poignant, educational and empowering, these are the gender pioneers everyone needs to know about.

ISBN-9781787755154 | AUG 2022 | £16.99 | HB | 120PP



Trans Survival Workbook

Owl and Fox Fisher

Companion workbook and journal to the popular *Trans Teen Survival Guide* to help trans and/or non-binary people explore their gender and what it means to them

'An engaging and powerful book' SUSIE GREEN

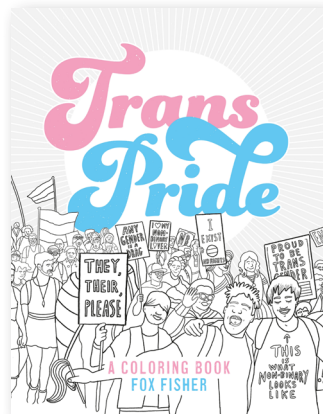
'Empowering' GENDERED INTELLIGENCE

Explore what it means to be you with your own personal *Trans Survival Workbook*!

Combining essential tips and practical advice with quizzes, activities and reflective exercises, this interactive journal allows you to document your transition, engage with your feelings and improve your mental health. With coming-out letters, colouring pages, fun games and inspiring stories, it is the perfect toolkit for discovering who you are and what your gender identity, gender expression and pronouns mean to you.

Written by two of the world's leading trans activists, and a follow-up to the bestselling *Trans Teen Survival Guide*, this empowering and unique book will be with you every step of the way.

ISBN-9781787756298 | JUN 2021 | £14.99 | PB | 114PP



Trans Pride

A Coloring Book

Fox Fisher

A fun, humorous and empowering coloring book for children, celebrating the diversity of trans lives

Trans rights are human rights!

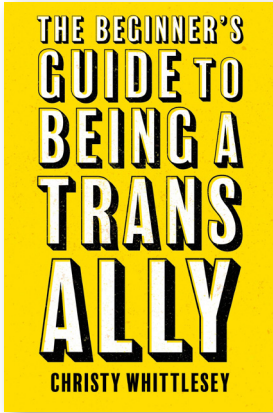
This fun and beautifully illustrated coloring book is perfect for inspiring children aged 5+ to explore their creative expression and learn about the beauty and diversity of trans lives. With over 100 pages of positive transgender and non-binary representation, the book includes illustrations of key figures in trans history, gender flags, key terms, empowering statements, awareness days and humorous drawings of tigers, seahorses, bunnies and so much more!

Designed by award-winning campaigner and artist, Fox Fisher, this book is a celebration of gender diversity and fluidity and will empower all children to be true to themselves, stand up for trans rights and let their imagination run wild!

What you will find inside this book:

- Black and white designs
- Child-friendly with bold, age-appropriate pictures
- Suitable for children aged 5+
- Designs in various skill levels
- A nice large format easy for children to use

ISBN-9781787758223 | MAY 2021 | £9.99 | PB | 112PP



The Beginner's Guide to Being a Trans Ally

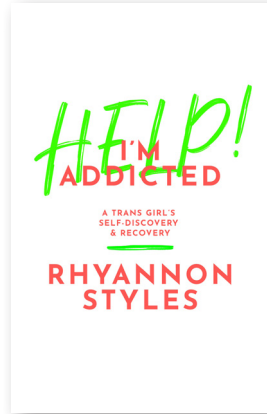
Christy Whittlesey

An essential guide for anyone who wants to be an ally to trans and/or nonbinary people

What does cisgender mean? What are people saying when they refer to “assigned” gender? Why is it not OK to say ‘preferred pronouns’? What is cis privilege? If you’re curious about the answers to these questions and want to learn more, this book is for you.

This easy-to-read guide offers information and advice to anyone wanting to understand more about trans experiences. It explains what gender identity is and arms you with the correct terminology to use. Filled with real-life examples and FAQs, it offers helpful strategies to navigate respectful conversations, speak up against transphobia and create inclusive relationships and spaces. It’s the ideal tool for anyone wanting to become a better ally to transgender and/or nonbinary people.

ISBN-9781787757837 | OCT 2021 | £9.99 | PB | 128PP



Help! I'm Addicted

A Trans Girl's Self-Discovery and Recovery

Rhyannon Styles

A raw, frank and practical guide to recovery from addiction and substance abuse from one of the stars of the trans community

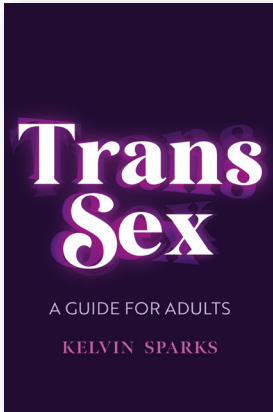
My name is Rhyannon, and I'm an addict.

In 2012, Rhyannon Styles began her gender transition, and attended her first 12-Step meeting - beginning two journeys which changed the course of her life.

Using her personal narrative as a springboard for exploring addiction, recovery and LGBTQ+ mental health, Rhyannon writes with searing honesty about the complexity of her experiences. The book spans a range of addictions including alcohol, food, sex and relationships, the internet and narcotics, and highlights the ways in which addiction and the transition process can overlap.

A first-of-its kind narrative, and a powerful account of recovery, this book offers advice, hope and support for those struggling with addiction in its many forms.

ISBN-9781787756588 | OCT 2021 | £12.99 | PB | 256PP



Trans Sex

A Guide for Adults

Kelvin Sparks

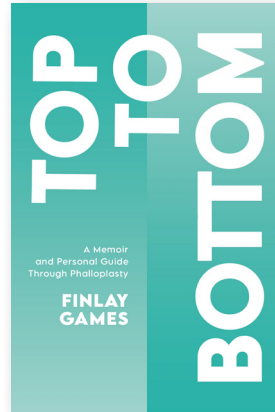
First of its kind sex education book for trans, non-binary and intersex people

Does a post-vaginoplasty vagina have a G-spot? Why do some trans people find they enjoy anal sex more after testosterone? And can people with post-surgical vaginas experience vaginismus?

Written by renowned sex blogger and educator Kelvin Sparks, *Trans Sex* is the essential guide to sex and bodies for all trans, non-binary and intersex people. Covering everything from post-surgical anatomy and hormone replacement therapy to sex toys, kink and safe sex, this empowering and practical guide also explores desire, pleasure and arousal (and why these aren't the same thing), how to navigate sex and consent with other people, as well as the difficulties many trans people experience in relation to sex, such as dysphoria and violence.

Raw, honest and nothing like the sex education you received at school, this guide is here to help you on your journey to sexual discovery and fulfilment.

ISBN-9781839970436 | NOV 2022 | £14.99 | PB | 224PP



Top To Bottom

A Memoir and Personal Guide Through Phalloplasty

Finlay Games

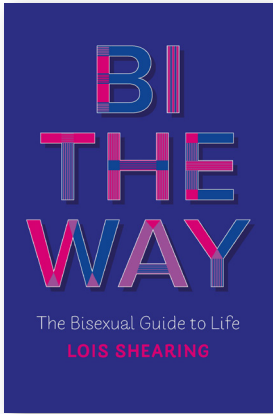
A witty, practical and insightful memoir and guide to the emotional and physical journey of having phalloplasty

"This book is about my penis. This is my story of going through lower surgery, specifically phalloplasty, and the adventures I have with my changing genitals along the way. Welcome to my journey."

After coming out as trans, Finlay Games was adamant lower surgery would not be a part of his transition, but as the years went by, and his gender dysphoria increased, he decided to explore surgical options. Detailing the emotional and physical journey of phalloplasty, this book takes the reader through Finlay's experiences, from the initial decision-making through each stage of the surgery to its completion, recovery and after-care. Describing how he had to relearn his body, sexuality and his relationships, Finlay shares his wealth of advice and tips on donor site options, different types of surgery, the referral process, essential items and resources, and looking after your mental health.

Part memoir, part self-help guide, this insightful, witty and deeply honest book highlights the life-changing impact surgery can have for trans people and provides hope to those on a similar journey.

ISBN-9781787755871 | APR 2021 | £14.99 | PB | 240PP



Bi the Way

The Bisexual Guide to Life

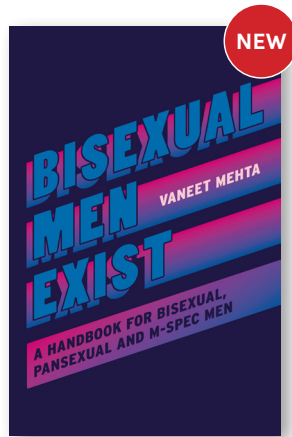
Lois Shearing

A first-of-its-kind survival guide for bisexual people, written by a leading figure in the bi community

Whether you are openly bisexual, still figuring things out or just interested in learning more about bisexuality, *Bi the Way* is your essential guide to understanding and embracing bisexuality. With first-hand accounts from bi advocates, it includes practical tips and guidance on topics including dating, sex, biphobia, bi-erasure, coming out, activism and gender identity, demystifying a community that is often erased or overlooked.

Rallying, honest and powerfully written, this must-read book is a manifesto for bisexual people everywhere and will empower you to live your most authentic bisexual life.

ISBN-9781787752900 | JUN 2021 | £12.99 | PB | 240PP



Bisexual Men Exist

A Handbook for Bisexual, Pansexual and M-Spec Men

Vaneet Mehta

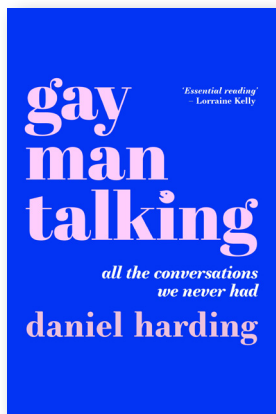
An empowering guide for bisexual men, providing personal stories, advice and support

"You're just being greedy." "Are you sure you're not gay?" "Pick a side."

Being a bisexual man isn't easy - something Vaneet Mehta knows all too well. After spending more than a decade figuring out his identity, Vaneet's coming out was met with questioning, ridicule and erasure. This experience inspired Vaneet to create the viral *#BisexualMenExist* campaign, combatting the hate and scepticism m-spec (multi-gender attracted spectrum) men encounter, and helping others who felt similarly alone and trapped.

This powerful book is an extension of that fight. Navigating a range of topics, including coming out, dating, relationships and health, Vaneet shares his own lived experience as well as personal stories from others in the community to help validate and uplift other bisexual men. Discussing the treatment of m-spec men in LGBTQ+ places, breaking down stereotypes and highlighting the importance of representation and education, this empowering book is a rallying call for m-spec men everywhere.

ISBN-9781787757196 | JAN 2023 | £14.99 | PB | 256PP



Gay Man Talking

All the Conversations We Never Had

Daniel Harding

A wise, witty and empowering exploration of modern gay relationships

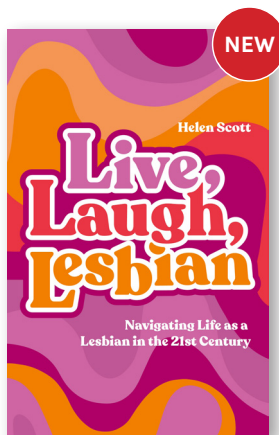
Son, Brother, Gay Best Friend. Lover, Enemy, Homo. Twink, Otter, Bear.

For many gay men, the relationships they have with other people are coloured by stereotypes, shame, and internalised beliefs that are often left unchallenged. Is being the 'gay best friend' really as fun and inclusive as people think? Sure, coming out to your parents is the hard part, but what happens next? And what if you're not the sexually promiscuous party boy everyone assumes you to be?

Through candid and humorous conversations with those closest to him, Daniel Harding unpacks modern gay relationships - from parents, siblings and friends, through to lovers, enemies, technology and ourselves - to explore how it's the relationships around us, breaking us down and making us back up, that are our defining moments.

Combining poignant and entertaining anecdotes with powerful interviews with other gay men and influential figures, alongside valuable insight from behavioural expert Judi James, this wise and witty book will help you to challenge the relationships you have with others - and yourself - allowing you to be truly proud of who you are.

ISBN-9781839970948 | SEP 2022 | £12.99 | PB | 288PP



Live, Laugh, Lesbian

Navigating Life as a Lesbian in the 21st Century

Helen Scott

First-of-its-kind self-help guide for lesbians by a popular online influencer and presenter

"Sometimes, it's easy to feel like the only lesbian in the world - let alone in the village. But wherever you are with your sexuality, you've just picked up a book with the word 'lesbian' in the title and I know baby you would be so proud."

From strap-ons and Lesbian Bed Death to dealing with homophobic microaggressions in the workplace and finding your second family, Helen Scott, lesbian big sister and lipstick femme in chief is here to hold your hand as you travel your own unique path to Gay Town.

Half memoir, half guide, and 100% big lesbian hug, plunge with Helen into the highs and lows of navigating lesbian life in the modern world and emerge with all the lesbian life hacks you'll need to get out there and live the life of your dreams.

Candid, wise, bold and hilarious - it's time to reclaim the L in LGBTQ+

ISBN-9781839978142 | OCT 2023 | £12.99 | PB | 224PP



How to Understand Your Sexuality

A Practical Guide for Exploring Who You Are

Meg-John Barker and Alex Iantaffi

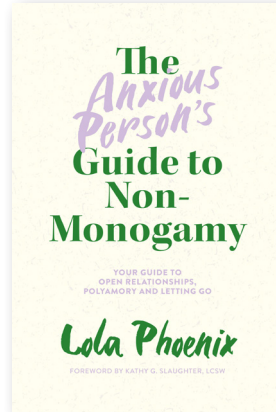
The ultimate guide to exploring and understanding your sexuality

Gay, straight, queer, pansexual, demisexual, ace...? Sexuality is complex and diverse, but it doesn't have to be confusing.

This down-to-earth guide is the ultimate companion for understanding, accepting and celebrating your sexuality. Written by two internationally renowned authors and therapists, the book explains how sexuality works in terms of our identities, attractions, desires and practices, and explores how it intersects with our personal experiences and the world around us.

With activities and reflection points throughout, it offers space to tune into yourself and think deeply about your own sexuality. You'll hear from people across the sexuality spectrum and in different relationship set-ups, and be inspired by the ideas of scholars, activists and practitioners. Sexuality is a vast and wonderful landscape - let this book guide you on your journey!

ISBN- 9781787756182 | NOV 2021 | £14.99 | PB | 352PP



The Anxious Person's Guide to Non-Monogamy

Your Guide to Open Relationships, Polyamory and Letting Go

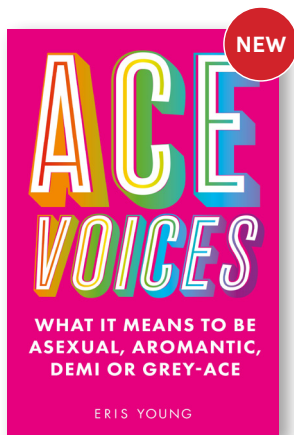
Lola Phoenix

Foreword by Kathy G. Slaughter, LCSW

Embarking on a non-monogamous relationship can be a daunting experience, opening old wounds that cause anxiety, fear and confusion, something Lola Phoenix knows about all too well. In this all-you-need-to-know guide to exploring non-monogamy, polyamory and open relationships, Lola draws upon their years of experience in giving advice and being non-monogamous to provide guidance for every stage of your journey, helping you to prioritise your mental health and well being along the way.

Beginning with advice on starting out - such as finding your anchor, figuring out your personal reasons for pursuing non-monogamy, challenging your fears and practicing self-compassion - the book proceeds to cover the emotional aspects of non-monogamous relationships, including dealing with jealousy and judgement, managing anxiety and maintaining independence, as well as practical elements such as scheduling your time, negotiating boundaries and managing your expectations, accompanied with activities for further exploration.

ISBN-9781839972133 | JUN 2022 | £14.99 | PB | 208PP



Ace Voices

What it Means to Be Asexual, Aromantic, Demi or Grey-Ace

Eris Young

A love letter to the ace community, exploring what it means to be asexual, aromantic, demi or grey-ace, and providing support, information and personal stories for a-spec people and their families and friends

How do we experience attraction?

What does love mean to us?

When did you realise you were ace?

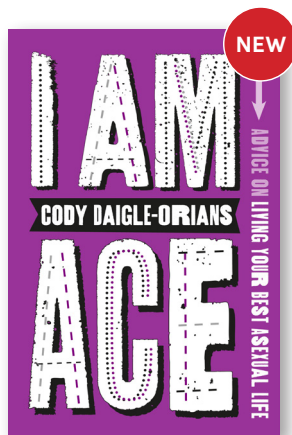
This is the ace community in their own words.

Drawing upon interviews with a wide range of people across the asexual spectrum, Eris Young is here to take you on an empowering, enriching journey through the rich multitudes of asexual life.

With chapters spanning everything from dating, relationships and sex, to mental and emotional health, family, community and joy, the inspirational stories and personal experiences within these pages speak to aces living and loving in unique ways. Find support amongst the diverse narratives of aces sex-repulsed and sex-favourable, alongside voices exploring what it means to be black and ace, to be queer and ace, or ace and multi-partnered - and use it as a springboard for your own ace growth.

Do you see a story like your own?

ISBN-9781787756984 | DEC 2022 | £16.99 | PB | 288PP



I Am Ace

Advice on Living Your Best Asexual Life

Cody Daigle-Orians

Advice book for asexual teens written by an asexuality social media influencer

How do I know if I'm actually asexual?

How do I come out as asexual?

What kinds of relationship can I have as an ace person?

If you are looking for answers to these questions, Cody is here to help. Within these pages lie all the advice you need as a questioning ace teen.

Tackling everything from what asexuality is, the asexual spectrum and tips on coming out, to intimacy, relationships, acephobia and finding joy, this guide will help you better understand your asexual identity alongside deeply relatable anecdotes drawn from Cody's personal experience.

Whether you are ace, demi, gray-ace or not sure yet, this book will give you the courage and confidence to embrace your authentic self and live your best ace life.

ISBN-9781839972621 | FEB 2023 | £12.99 | PB | 192PP

Hopeless Aromantic

An Affirmative Guide to Aromanticism

Samantha Rendle

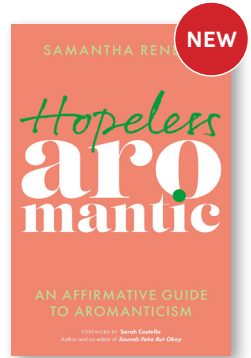
First guide on aromanticism, the lesser-known cousin of asexuality

If you've picked up this book, the chances are you have some doubts about your Happiness 101 assignment sheet. True love; candlelit dinners; 2.1 children; joint bank accounts - The One? It might make you want to run a mile - or you might just have a few big questions.

Aromanticism is defined as experiencing little to no romantic attraction to others. Sam Rendle, onetime aromantic asexual, sometime aroaceflux, and present-day label unspecified, knows a thing or two about the aro spectrum - and she has some answers for you.

You'll explore what aromanticism is, how aromantic people form relationships, how to know if you're aromantic and deal with internalised shame and societal stigma. With a history of aromantic representation, guidance on queerplatonic relationships, and testimony from your worldwide aro family - this is the affirmatory aro companion to have in your back pocket.

ISBN-9781839973673 | JUL 2023 | £12.99 | PB | 176PP

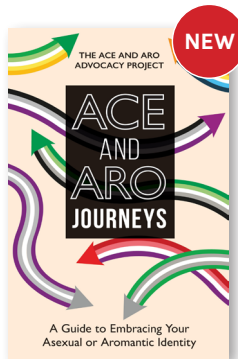


Ace and Aro Journeys

A Guide to Embracing Your Asexual or Aromantic Identity

The Ace and Aro Advocacy Project

The first guide to embracing your ace and/or aro identity



What does it mean to be ace or aro?

How should I approach the challenges that come with being ace or aro?

How can I best support the ace and aro people in my life?

Join the The Ace and Aro Advocacy Project (TAAAP) for a deep dive into the process of discovering and embracing your ace and aro identities. Empower yourself to explore the nuances of your identity, find and develop support networks, explore different kinds of partnership, come out to your communities and find real joy within.

ISBN-9781839976384 | APR 2023 | £14.99 | PB | 272PP

Ace Notes

Tips and Tricks on Existing in an Allo World

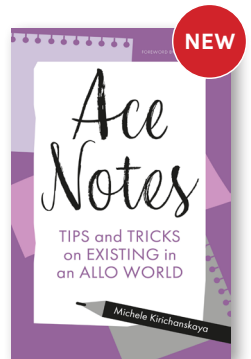
Michele Kirichanskaya

A deep dive into all things asexual

Am I sex-favorable, sex-averse or sex-repulsed?

As an ace or questioning person in an oh-so-allo world, you're probably in desperate need of a cheat sheet. Allow us to introduce your new asexual best friend, an essential resource serving up the life hacks you need to fully embrace the ace. Covering everything from coming out, explaining asexuality and understanding different types of attraction, to marriage, relationships, sex, consent, gatekeeping, religion, ace culture and more, this is the ultimate arsenal for whatever the allo world throws at you.

ISBN-9781839975226 | MAR 2023 | £12.99 | PB | 288PP





Amazing Ace, Awesome Aro

An Illustrated Exploration

Victoria Barron

This illustrated exploration is a fun and quirky guide to the ace and aro world

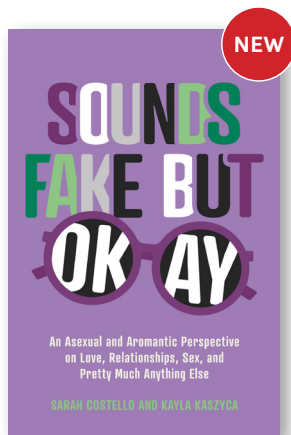
The split attraction model? Alterous Love? Queerplatonic relationships?

From the creator of *Perfectly Queer: An Illustrated Introduction*, this bold and brilliantly illustrated guide is written for anyone looking to explore the beautiful ace and aro communities; the acefluxes, the arospikes, the demis, the greys, the frays and more.

Separate the myths and stereotypes, and discover some of the wonderful intricacies that shape each spectrum, including: forms of love and attraction, common identities, microlabels, flags, and the entertaining community-led culture.

Packed with quizzes, activity sheets and a directory of further resources, this is a celebration of all things ace and aro!

ISBN-9781839977145 | JUN 2023 | £10.99 | PB | 96PP



Sounds Fake But Okay

An Asexual and Aromantic Perspective on Love, Relationships, Sex, and Pretty Much Anything Else

Sarah Costello and Kayla Kaszyca

Somehow, over time, we forgot that the rituals behind dating and sex were constructs made up by human beings and eventually, they became hard and fast rules that society imposed on us all!

True Love. Third Wheels. Dick pics. 'Dying alone'. Who decided this was normal?

Sarah and Kayla invite you to put on your purple aspec glasses - and rethink everything you thought you knew about society, friendship, sex, romance and more.

Drawing on their personal stories, and those of aspec friends all over the world, prepare to explore your microlabels, investigate different models of partnership, delve into the intersection of gender norms and compulsory sexuality and reconsider the meaning of sex - when allosexual attraction is out of the equation.

Includes exclusive 'Sounds Fake But Okay' podcast episodes.

ISBN-9781839970016 | FEB 2023 | £14.99 | PB | 160PP



Me and My Dysphoria Monster

An Empowering Story to Help Children Cope with Gender Dysphoria

Laura Kate Dale

The first children's book to fully explore what gender dysphoria feels like and how to cope with it

'An empowering read' SABAH CHOUDREY

'My new favourite children's book!' FOX FISHER

Nisha's monster follows her everywhere. It used to be small, but recently her monster has begun to grow. And as her monster gets bigger and bigger, Nisha feels more and more unlike herself.

When people refer to her as a boy, or when she tries to hide her true gender identity, Nisha's dysphoria monster grows larger and larger. Until, one day, Nisha meets Jack - a trans man - who shows Nisha how she can shrink her dysphoria monster back down to size.

This touching story is the perfect book for discussing gender dysphoria with children, explaining what it is and how they and their families can deal with it. It also includes an accompanying guide for parents with further information about gender dysphoria, terminology, and first-hand examples of the author's own experiences.

ISBN-9781839970924 | AUG 2022 | £12.99 | HB | 40PP



The Big Book of Pride Flags

Jessica Kingsley Publishers

Celebrate and learn about the LGBTQIA+ community with this colourful book of Pride flags!

'Lovely, lively and informative' JODIE MULLISH

'Bursting with pride' LESLÉA NEWMAN

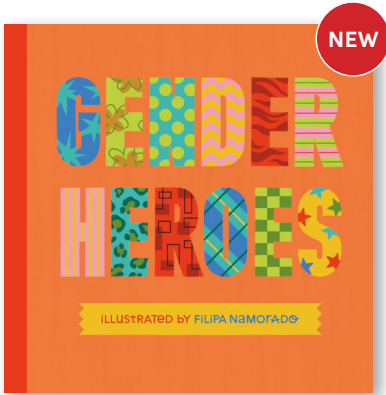
'Wonderfully colourful and vibrant' GARETH PETER

Celebrate and learn about the LGBTQIA+ community with this colourful book of Pride flags!

Featuring all the colours of the rainbow, this book teaches children about LGBTQIA+ identities through 17 different Pride flags. With fun facts, simple explanations and a short history of each flag accompanying beautiful illustrations, children will uncover the history of Pride and be introduced to different genders and sexual orientations. There's also a blank Pride flag design at the back of the book so that children can create their very own Pride flag!

With a Reading Guide that provides a detailed History of the Pride Flag and questions for further discussion, this inspiring book is a must-have for every child's bookshelf, library or classroom.

ISBN-9781839972584 | JUN 2022 | £12.99 | HB | 48PP



Gender Heroes

25 Amazing Transgender, Non-Binary and Genderqueer Trailblazers from Past and Present!

Jessica Kingsley Publishers

A vibrantly illustrated celebration of transgender, non-binary and genderqueer icons

Prepare to meet the gender trailblazers of past and present - who dress and express themselves however they choose!

Featuring icons from across art, sports, fashion, music, politics, civil rights and the media, this vibrantly illustrated book introduces children age 5+ to transgender, non-binary and genderqueer role-models who dare to be different - and are conquering the world as they go.

Packed with the triumphant tales of 25 gender heroes - including Laverne Cox, Elliott Page, Marsha P. Johnson, Gavin Grimm and Alok Vaid-Menon, as well as a glossary of key terms, this is an inspirational introduction for kids and educators alike - and a timely reminder that not all heroes wear capes.

ISBN-9781839973253 | APR 2023 | £14.99 | HB | 64PP



Pride and Joy

A Story About Becoming an LGBTQIA+ Ally

Frank J. Sileo and Kate Lum-Potvin

Foreword by Vanessa Williams

A charming and beautifully illustrated story, introducing children to LGBTQIA+ allyship

Joy loves her big brother, Noah. He's the best brother, skateboarder and cookie baker there is! So, when Noah is teased for being gay, Joy wants to help. But how?

Joy decides to become an ally - someone who supports others through their words and actions. With her best friend, Elliott, Joy takes action, baking 'Pride and Joy' cookies to raise money for the local LGBTQIA+ center. But when the bully tries to put an end to the bake sale, Joy learns that being an ally means using your words, too.

Written by an award-winning author team, and with charming illustrations throughout, *Pride and Joy* introduces children to LGBTQIA+ allyship and teaches them the value of inclusion and courage. Featuring a reading guide for adults and questions for discussion, this beautiful, uplifting picture book is a must-have for every young ally.

ISBN-9781839975264 | MAY 2023 | £12.99 | HB | 48PP



My Culture, My Gender, Me

Cassandra Jules Corrigan

The first picture book introducing children to the amazing gender identities and cultures that exist around the world

Gender diversity knows no borders...

Exploring identities that span the Indigenous Two Spirit people, the hijras of the Indian subcontinent, the mahu people of Hawaii, the female husbands of the Igbo tribe and many more, Cassandra Corrigan beautifully demonstrates that gender identities beyond the binary are a world-wide phenomenon.

This lovingly illustrated guide is an important testament that genders other than male and female have always existed - around the globe - and comes with additional materials to help children uncover the gender identities from their own cultures.

Perfect for parents, children, educators and professionals who work with gender-diverse children.

ISBN-9781839977626 | SEP 2023 | £11.99 | HB | 48PP



The Gender Book

Girls, Boys, Non-binary, and Beyond

Cassandra Jules Corrigan

An accessible, illustrated, introductory exploration of gender for children 5+

Ellie and Casey are back to talk about gender!

In this gloriously illustrated guide to gender identity, you'll meet demiboy and demigirl, agender people, greygender people, those who are AFAB and AMAB, and many more as Ellie and Casey guide curious children through the world of people who don't identify as their assigned gender at birth.

An invaluable resource for parents, classrooms and children alike.

ISBN-9781839977107 | AUG 2023 | £12.99 | HB | 32PP



Pride Families

Amie Taylor

A celebratory children's book about LGBTQIA+ families

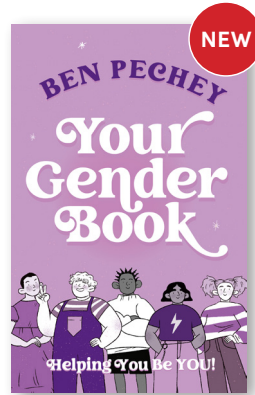
Families come in all different shapes and sizes, and each one is perfect!

Come and celebrate what it means to be a PRIDE FAMILY in this beautifully illustrated book written by LGBTQIA+ author, Amie Taylor and Illustrated by Kaspia Clarke.

LGBTQIA+ families come in all the colours of the rainbow. Perhaps you belong to a Pride family, or maybe you have a friend who belongs to a Pride Family?

This educational children's book explores what these families look like with a focus on trans, non-binary, gay, lesbian and polyamorous family set ups. Covering themes such as, pregnancy, donor conception and surrogacy alongside a guide for adults that helps explain terminology, this book is an invaluable resource for sharing and celebrating what it means to be a Pride family.

ISBN-9781839976810 | OCT 2023 | £12.99 | HB | 40PP



Your Gender Book

Helping You To Be You!

Ben Pechey

A fun and uplifting guide to exploring your gender for children aged 7-10

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.

ISBN-9781839976100 | NOV 2023 | £12.99 | HB | 176PP



He's My Mom!

A Story for Children Who Have a Transgender Parent or Relative

Sarah Savage

An empowering picture book for 3 to 7 year olds about transgender parents and family diversity

My Mom's name is David. He used to be a she but now he is a he! Last year he did this thing called transition. He took some medicine which made his voice deeper and he started wearing different clothes.

When Benjamin's cousin accidentally misgenders his mom David, Benjamin explains why misgendering is hurtful and why we need to treat trans people with respect. Benjamin speaks with confidence about transitioning and gender identity, and helps to educate and empower others with trans relatives or friends.

This brightly illustrated book for children aged 3 - 7 will aid discussion with children about a loved one transitioning or about trans people in general. Featuring a child with a mom who has transitioned, this book passes on an important message about acceptance and respect, and covers pronouns, dysphoria, family diversity and misgendering.

ISBN-9781787755741 | SEP 2021 | £10.99 | HB | 40PP



She's My Dad!

A Story for Children Who Have a Transgender Parent or Relative

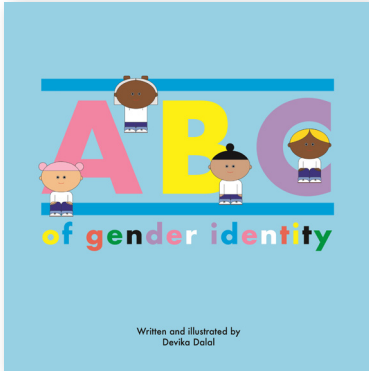
no author or keynote for this book

My Dad's name is Haley. She used to be a he but now she is a she! Last year she did this thing called transition. She grew her hair long, painted her nails in bright colours and started wearing different clothes.

When Mini's cousin accidentally misgenders her dad Haley, Mini explains why misgendering is hurtful and why we need to treat trans people with respect. Mini speaks with confidence about transitioning and gender identity, and helps to educate and empower others with trans relatives or friends.

This brightly illustrated book for children aged 3 - 7 will aid discussion with children about a loved one transitioning or about trans people in general. Featuring a child with a dad who has transitioned, this book passes on an important message about acceptance and respect, and covers pronouns, dysphoria, family diversity and misgendering.

ISBN-9781785926150 | | £10.99 | HB | 40PP



ABC of Gender Identity

Devika Dalal

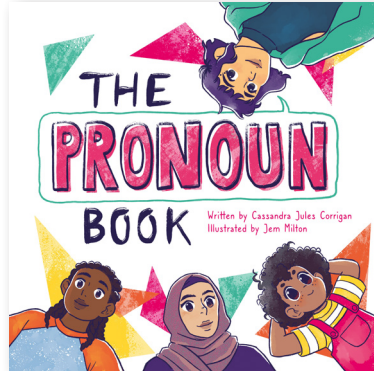
An A-Z of gender identities for kids age 5+ to help educate young readers on gender diversity

A is for Agender, B is for Bigender and C is for Cisgender. Welcome to the *ABC of Gender Identity!*

Gender identity is an important part of who we are, and how we express ourselves in the world. This bright and playful A - Z book is an introduction to 26 different genders, accompanying young readers as they explore and discover their authentic selves.

With simple explanations, a helpful guide for adults by Dr. Michele Angello, and a quirky cast of illustrated characters, this is the perfect book for learning about gender diversity with children age 5+.

ISBN-9781787758087 | JUN 2021 | £12.99 | HB | 64PP



The Pronoun Book

She, He, They, and Me!

Cassandra Jules Corrigan

A light-hearted illustrated introduction to gender pronouns and how to use and respect them for children aged 5+

Welcome to The Pronoun Book! Join Ellie and Casey as they introduce you to the wonderful world of pronouns. Learn about what pronouns are, how they relate to us, and why it's so important to get them right!"

This fun, engaging and empowering children's book is the perfect introduction on pronouns in relation to gender diversity and identity for children aged 5+. Through illustrated scenarios and explanations, it gently encourages children to learn pronoun etiquette and educates them on they/them pronouns, trans and non-binary identities, misgendering and neo-pronouns such as xe, zir and hir.

This illustrated book also includes a dedicated section at the back for adults, which includes a pronoun table, photocopiable pronoun labels and sample letters addressed to schools.

ISBN-9781787759572 | NOV 2021 | £11.99 | HB | 32PP

The Awesome Autistic Guide for Trans Teens

Yenn Purkis and Sam Rose

An awesome guide to life for autistic trans teens

Calling all awesome autistic trans teens! Yenn Purkis and Sam Rose want you to live your best authentic life - and this handy book will show you how!

With helpful explanations, tips and activities, plus examples of famous trans and gender divergent people on the autism spectrum, this user-friendly guide will help you to navigate the world as an awesome autistic trans teen.

Covering a huge range of topics including coming out, masking, different gender identities, changing your name, common issues trans and gender divergent people face and ways to help overcome them, building a sense of pride and much, much more, it will empower you to value yourself and thrive exactly as you are.



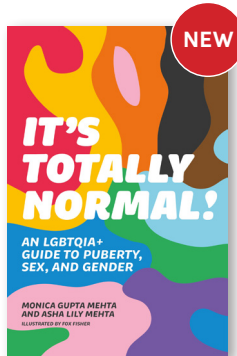
ISBN-9781839970764 | JUN 2022 | £12.99 | PB | 112PP

It's Totally Normal!

An LGBTQIA+ Guide to Puberty, Sex, and Gender

Monica Gupta Mehta and Asha Lily Mehta

An LGBTQIA inclusive relationship and sex education guide written specifically for queer teens.



Does fingering count as losing my virginity?

How do I know if I am ready for sex?

Does penis size actually matter??

Mother and teen duo Monica and Asha Mehta work together to answer your most pressing questions. Forget the penis-in-vagina basics - this is a queer friendly guide that'll have you rethinking the very definition of sex. Combining expert advice with the personal experiences of teens all over the world, prepare to plunge into the topics they don't cover in sex ed. Masturbation, pornography, fetishes - if you're not afraid to ask, they're not afraid to answer.

ISBN-9781839973550 | MAY 2023 | £12.99 | PB | 208PP

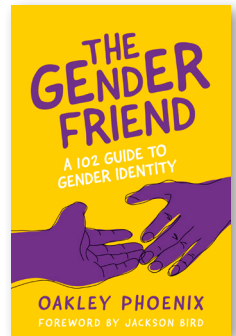
The Gender Friend

A 102 Guide to Gender Identity

Oakley Phoenix

Foreword by Jackson Bird

The definitive book for those looking to dig deeper and understand gender identity or their own gender journey



Moving beyond pronouns, the basics of social and physical transition and how to be a good ally, this definitive guide explores the ins and outs of gender - from affirming language, how to explore and question gender, coming out to parents, finding gender euphoria, supporting loved ones and yourself, and advice on what not to say. With self-reflective exercises, personal anecdotes and example scenarios, this book will teach you the secrets to becoming the best gender ally you can be. Written by a young black queer trans adult, this empowering and contemporary guide is your 'gender friend' who is ready to actively listen and advise you as needed.

ISBN-9781839973574 | OCT 2022 | £9.99 | PB | 144PP

Beyond Pronouns

The Essential Guide for Parents of Trans Children

Tammy Plunkett

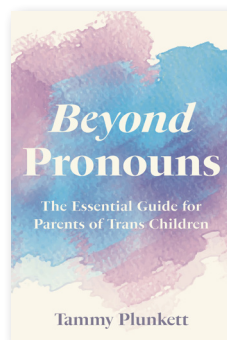
Foreword by Mitchell Plunkett

The go-to resource for parents with trans or gender-questioning children, authored by the parent of a trans child

If your child or teen recently told you they are transgender, non-binary or genderfluid, you're bound to have questions. You may wonder how best to support your child's transition and doubt whether you are making the right decisions.

Offering gentle guidance through the first 100 days and beyond, Tammy uniquely addresses the need for parents to be supported so they can best care for their child.

You will find ways to face common fears, have important conversations with your child, be a good ally and much more, with age-appropriate approaches that aim for a happy and connected family.



ISBN-9781839971143 | JUN 2022 | £12.99 | PB | 224PP

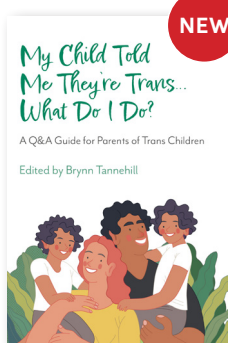
My Child Told Me They're Trans...What Do I Do?

A Q&A Guide for Parents of Trans Children

Brynn Tannehill

An FAQ book of commonly asked questions from parents of trans children with advice from leading experts, parents and activists

Sharing their experiences of how they navigated their child's transition to raise a happy and healthy child, the parents in this book will give you the tools you need to support your trans child to thrive, while the experts provide a research-based perspective on supporting trans youth. With answers to everything you need to know - from social transition, mental health and medical care, through to schools, faith and your personal feelings as a parent - this is the ultimate resource for any family with a trans child.



ISBN-9781839972775 | 21 FEB 2023 | £12.99 | PB | 304PP

Out

A Parent's Guide to Supporting Your LGBTQIA+ Kid Through Coming Out and Beyond

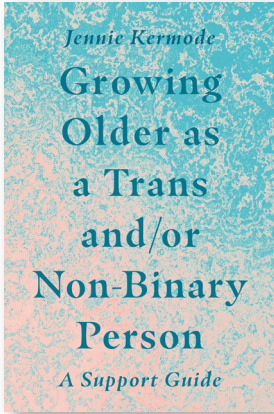
John Sovec, LMFT

An essential parenting guide on supporting your child before, during and after they come out

Offering essential guidance and advice, this book is here to help you with chapters that explore LGBTQIA+ terminology, understanding the coming out process, effective communication strategies, talking to your LGBTQIA+ kid about sex, the parents' process of acceptance, and the family coming out process.



ISBN-9781839974243 | 21 APR 2023 | £12.99 | PB | 192PP



Growing Older as a Trans and/or Non-Binary Person

A Support Guide

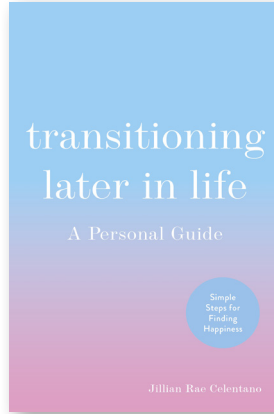
Jennie Kermode

The definitive guide to ageing as a trans and/or non-binary person, drawing on lived experience

Drawing on the experiences of older trans people and those transitioning later in life, this is a definitive guide to ageing as a trans and/or non-binary person. It covers the key health concerns and social issues affecting older trans people, including care homes, pensions, inheritance and funeral planning, as well as hormone use and physical changes, isolation and dementia.

Kermode also provides guidance for professionals looking to better meet the needs of these individuals and highlights the important factors that need to be considered at an institutional level to provide the best care for people across the gender spectrum.

ISBN-9781787753631 | FEB 2021 | £16.99 | PB | 160PP



Transitioning Later in Life

A Personal Guide

Jillian Rae Celentano

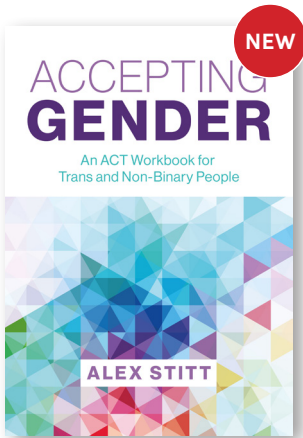
The first in-depth guide for people who are transitioning later in life

"This is my personal guide to help face who you are, accept who you are and love who you are, so you can watch your dreams and accomplishments flourish...If I can do it, you can do it too."

Jillian Celentano lived most of her life not accepting who she was. Since beginning her transition at the age of 55, she has been able to live authentically as her true self. In this helpful and practical guide, she offers advice to other people who are transitioning later in life.

Drawing on her personal experiences, she explores topics such as coming out to children, spouses and family, coming out at work, finding your authentic voice, experimenting with style and clothing, and stepping out in public for the first time. She explains how to deal with clocking and discrimination, body dysphoria and the importance of maintaining your physical and mental health. With candour and warmth throughout, this book will support readers on their path to self-love, happiness and acceptance.

ISBN-9781787757172 | JUL 2021 | £14.99 | PB | 192PP



Accepting Gender

An ACT Workbook for Trans and Non-Binary People

Alex Stitt

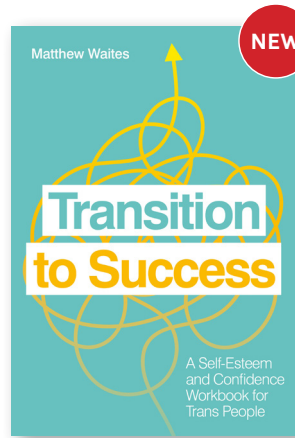
A self-help workbook for trans and non-binary people implementing Acceptance and Commitment Therapy

Sometimes it is difficult to identify and express our genuine gender identity. When we don't fit the ideal, the gender role, or the social script, we can feel trapped in ourselves. This "stuck" feeling is often reinforced by intrusive thoughts, mental rigidity, and self-judgement. Where do you even begin?

Non-binary counselor, Alex Stitt, lays the foundations for addressing these feelings with reflective exercises and activities rooted in acceptance and commitment therapy (ACT) that help you understand what gender is, the spectrum of different gender identities, how to identify and accept your gender, coming out, self-actualization and much more.

This interactive and humanizing workbook will help you identify your values so you can accept and embody what's most important to you in your gender exploration.

ISBN-9781839974328 | APR 2023 | £14.99 | PB | 208PP



Transition to Success

A Self-Esteem and Confidence Workbook for Trans People

Matthew Waites

A self-help workbook for trans people to help them set and achieve their personal and professional goals and build self-esteem and confidence

Identifying as a trans and/or non-binary person in today's society can be a daily challenge. However, these challenges can also lead you to experience a spectrum of emotions and experiences others can only dream of, and untold strength and power - if you know how to harness it!

Drawing upon the author's personal experiences as a trans man, and using life-coaching and mentoring techniques throughout, this workbook will give you the tools to defeat imposter syndrome, nourish your relationships, make strides in your career, and exercise safely, without compromising on that tuck or bind. With activities, tips and self-reflective exercises to enable you to reflect on your goals, challenges and life experiences, as well as your self-limiting behaviours, this workbook is here to support you during transition, on coming out, in your relationships, at work and with your physical and mental health. Trans joy is real - so seize every opportunity that comes your way.

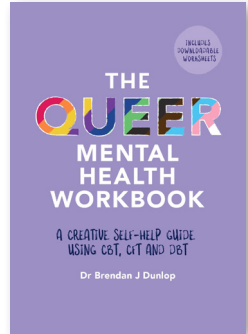
ISBN-9781839970511 | JUN 2023 | £17.99 | PB | 240PP

The Queer Mental Health Workbook

A Creative Self-Help Guide Using CBT, CFT and DBT

Dr Brendan J Dunlop

To be queer is to feel different - a felt sense that you don't fit in. This can be alienating and difficult and lead to mental health challenges and lower wellbeing throughout life. Using a range of therapeutic approaches, this comprehensive, down-to-earth self-help workbook is designed to be your personal mental health resource. The workbook is split into two sections - the first part focusses on laying the groundwork by exploring identity, psychological wellbeing, and mental health experiences in order to situate mental health challenges in context and improve overall mental health. The second half hones in on ideas and techniques applicable to specific challenges and situations. It explores difficult topics such as anxiety, low self-esteem, eating disorders, self-harm, suicidal ideation, shame, trauma, substance abuse, sleep, and low mood, all whilst maintaining a focus on your needs as a queer individual.

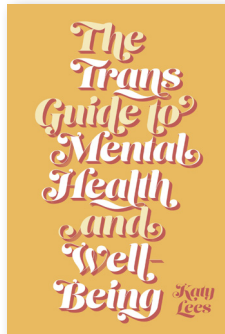


ISBN-9781839971075 | MAR 2022 | £16.99 | PB | 288PP

The Trans Guide to Mental Health and Well-Being

Katy Lees

An empowering self-help guide for trans and/or non-binary people setting out advice and strategies on a range of common mental health issues



This empowering self-help guide provides advice and strategies for trans and/or non-binary people on a range of common mental health issues including anxiety, depression, body image, trauma, suicidal thoughts and dissociation. It provides advice on neutralising negative thoughts, coping with transphobia, coming out, dealing with imposter syndrome, and implementing achievable self-care strategies and mindfulness techniques.

ISBN-9781787755260 | 21 APR 2022 | £14.99 | PB | 240PP

Am I Trans Enough?

How to Overcome Your Doubts and Find Your Authentic Self

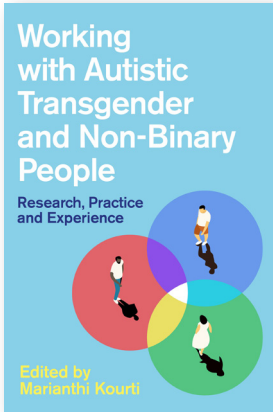
Alo Johnston

Born out of thousands of hours of research and conversations with hundreds of trans people, Am I Trans Enough? digs deep into internalized transphobia and the historical narratives that fuel it. It unveils what happens after you come out, or begin questioning living as a trans person, in a world that works against you.

Use this book as a space to engage with your fears and explore your doubts without the pressure of needing to be a perfect trans representative. If you are just beginning your trans journey, are twenty years into transition or have no idea if you are even trans at all, this book will help you to become your most authentic self.



ISBN-9781839975349 | 21 FEB 2023 | £14.99 | PB | 224PP



Working with Autistic Transgender and Non-Binary People

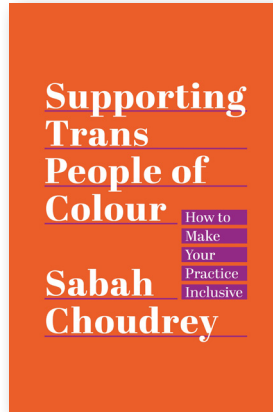
Research, Practice and Experience

Edited by Marianthi Kourti

An invaluable guide for professionals working with autistic trans, non-binary or gender-variant people to inform their daily practice

This empowering self-help guide provides advice and strategies for trans and/or non-binary people on a range of common mental health issues including anxiety, depression, body image, trauma, suicidal thoughts and dissociation. It provides advice on neutralising negative thoughts, coping with transphobia, coming out, dealing with imposter syndrome, and implementing achievable self-care strategies and mindfulness techniques.

ISBN-9781787750227 | 21 OCT 2021 | £19.99 | PB | 208PP



Supporting Trans People of Colour

How to Make Your Practice Inclusive

Sabah Choudrey

Guide for professionals and community organisers to ensure that their practice is inclusive of trans people of colour

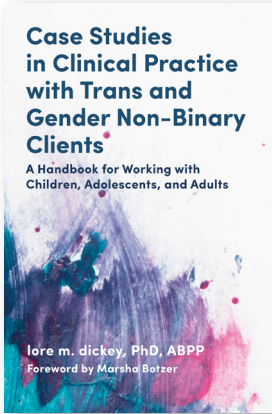
'Essential reading' DIVA MAGAZINE

Providing an accessible and authoritative introduction to issues around People of Colour (POC) trans inclusion, this book uses case studies, tips, checklists and anonymous survey results to set out best practice for any professionals working with trans people to create safer spaces, support and awareness.

An empowering and self-preserving tool, Supporting Trans People of Colour is an invaluable resource for therapists, counsellors, healthcare professionals, and those working in education and charities, as well as those wanting to make their approach and service more inclusive.

ISBN-9781787750593 | JAN 2022 | £16.99 | PB | 208PP

FOR PROFESSIONALS WORKING WITH GENDER DIVERSE GROUPS



Case Studies in Clinical Practice with Trans and Gender Non-Binary Clients

A Handbook for Working with Children, Adolescents, and Adults

lore m. dickey, PhD, ABPP

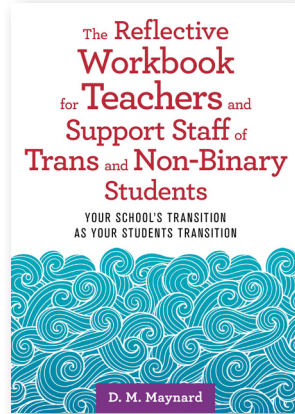
Foreword by Marsha Botzer

In-depth case studies of common clinical scenarios regarding trans and gender-variant clients

Exploring clinical examples of the lived experiences of trans people across the lifespan, this unique and authoritative book addresses topics such as attending school, puberty, employment issues, suicide, bullying, autism and intersecting identities. Divided into three sections, childhood, adolescence, and adulthood, the book brings the case studies to life and dispels common myths by including short responses from leading professional experts.

By enabling a greater knowledge of work with trans people and therefore filling an important gap in available literature, *Case Studies in Clinical Practice with Trans and Gender Non-Binary Clients* allows mental health providers to understand the nuanced differences of handling clinical concerns for their trans clients.

ISBN-9781787751934 | APR 2021 | £22.99 | PB | 208PP



The Reflective Workbook for Teachers and Support Staff of Trans and Non-Binary Students

Your School's Transition as Your Students Transition

D. M. Maynard

A unique and inspiring workbook providing guidance to school staff who have students who are transitioning or questioning their gender

IN THE MARGINS BOOK AWARDS - WINNER

A reflective workbook aimed at teachers and support staff of students who are transitioning or questioning their gender. This book provides insights, practical tools, and opportunities for self-reflection. It discusses the unique needs of teachers and schools as they navigate supporting the gender journeys of their transgender, non-binary, or gender questioning students by enabling staff to identify, understand, and incorporate the needs of this population.

ISBN-9781787752177 | JAN 2021 | £19.99 | PB | 240PP

FOR PROFESSIONALS WORKING WITH GENDER DIVERSE GROUPS



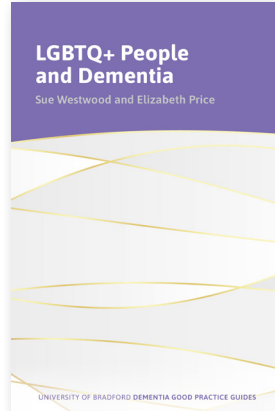
Strategies for Child Welfare Professionals Working with Transgender and Gender Expansive Youth

Gerald P. Mallon, DSW

Strategies for child welfare and youth care professionals to deepen and improve working relationships with transgender and gender expansive youth and their families

Expert guidance for child welfare and youth care professionals looking to increase their knowledge about, and skills in, working with transgender and gender expansive youth and their families. Many professionals working in child welfare and youth service (including line workers, supervisors, managers, and administrators), lack adequate knowledge about trans or gender expansive identities, which means they are not sufficiently prepared to address or respond to the needs of trans or gender expansive youth. This guide will provide readers with the information they need to do their jobs effectively with youth of all genders, including guidance on relationships, discrimination, mental health, foster care and homelessness. It provides examples of successful practice in a variety of case narratives from youth and their families.

ISBN-978178753884 | JUN 2021 | £22.99 | PB | 208PP



LGBTQ+ People and Dementia A Good Practice Guide

Edited by Sue Westwood and Elizabeth Price

Bringing together research, policy and the voices of LGBTQ+ people with dementia, this good practice guide highlights the importance of a person-centred approach.

Care and support should recognise and validate different - and often intersectional - LGBTQ+ identities. Readers are encouraged to move away from the idea of equality as treating everyone the same, towards treating everyone as individuals.

The vast changes in the social and legal status of LGBTQ+ people through recent decades can uniquely affect their later lives. Dementia services are often under-prepared to meet their needs, and there can be prejudice and discrimination.

Creating LGBTQ+ inclusive services can be challenging. The book explains how to deal with these challenges, giving lots of practical examples. 'Food for thought' sections offer opportunities for reflection.

Becoming more informed about LGBTQ+ lives and creating services which are LGBTQ+ inclusive will improve the experiences of LGBTQ+ people living with dementia and encourage the best possible quality care.

ISBN-9781839973307 | JUL 2023 | £16.99 | PB | 144PP



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