



# My Gender Workbook: How to Become a Real Man, a Real Woman, the Real You, or Something Else Entirely

By Kate Bornstein

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Gender isn't just about "male" or "female" anymore - if you have any doubts, just turn on your television. RuPaul is as familiar as tomato ketchup with national radio and television shows, and transgendered folk are as common to talk-shows as screaming and yelling. But if the popularization of gender bending is revealing that "male" and "female" aren't enough, where are we supposed to go from here? Cultural theorists have written loads of smart but difficult-to-fathom texts on gender, but none provide a hands-on, accessible guide to having your own unique gender. With **My Gender Workbook**, Kate Bornstein brings theory down to Earth and provides a practical approach to living *with* or *without* a gender.

Bornstein starts from the premise that there are not just two genders performed in today's world, but countless genders lumped under the two-gender framework. Using a unique, deceptively simple and always entertaining workbook format, Bornstein gently but firmly guides you to discover your own unique gender identity. Whether she's using the USFDA's food group triangle to explain gender, or quoting one-liners from real "gender transgressors", Bornstein's first and foremost concern is making information on gender bending truly accessible. With quizzes and exercises that determine how much of a man or woman you are, **My Gender Workbook** gives you the tools to reach whatever point you desire on the gender continuum.

Bornstein also takes aim at the recent flurry of books that attempt to naturalize gender difference, and puts books like *Men are from Mars, Women are from Venus* squarely where they belong: on Uranus. If you don't think you are transgendered when you sit down to read this book, you will be by the time you finish it!



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## My Gender Workbook: How to Become a Real Man, a Real Woman, the Real You, or Something Else Entirely By Kate Bornstein Bibliography

- Sales Rank: #166676 in Books
- Published on: 1997-12-20
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: .63" h x 6.98" w x 8.86" l, 1.07 pounds
- Binding: Paperback
- 304 pages



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### Editorial Review

#### Amazon.com Review

Kate Bornstein's 1994 book of autobiographical theory, *Gender Outlaw*, drew a line in the sand about the whole boy/girl thing. "Who needs it?" America's most active transgender activist questioned. Now, in *My Gender Workbook*, Bornstein has assembled a collage of simple exercises, quizzes, puzzles, and essay questions that systematically break down our ingrained ideas about how women and men--and whoever is in between--should act. Bornstein's breezy, "hey, let's all discover who we might really be" style works to make this potentially threatening material accessible and even intriguing to almost all readers. Just glance down, check out who--or what--you thought you were, and get ready to answer a few questions.

#### Review

**My Gender Workbook** [is] the most complete guide to living with or without gender to have been written to date, putting books like *Men are From Mars, Women Are From Venus* squarely where they belong: on Uranus. -- Seattle Gay News

[T]he most exciting and difficult aspect of *My Gender Workbook* is the way it never relents. It asks a question, then another, then another, answering questions with more questions... Bornstein never tells us what or where the genderless promised land might be, but by the end of the book you do get the sense that she never describes it because she understands its indescribability so deeply. -- *Hungry Mind Review*

[Bornsteins] ideas are both novel and intriguing. -- *Baltimore Alternative*

*My Gender Workbook* may take a leap of faith to crack open, but the charm, wit, and quiet intelligence of its author will almost undoubtedly keep you along for the whole trip. And it is a trip, let me tell you. -- *The Toronto Star*

"**My Gender Workbook** [is] the most complete guide to living with or without gender to have been written to date, putting books like *Men are From Mars, Women Are From Venus* squarely where they belong: on Uranus." -- *Seattle Gay News*

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**Winner of the 1999 Firecracker Alternative Book Award, Special Recognition/Wildcard Category: Self Improvement**

#### About the Author

**Kate Bornstein** is the author of *Gender Outlaw* (Routledge, 1994) and co-author of the novel *Nearly*

*Roadkill* (1996). She lives, writes and rehearses her stage work in Seattle.

## Users Review

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#### Thomas Lemos:

The book *My Gender Workbook: How to Become a Real Man, a Real Woman, the Real You, or Something Else Entirely* give you a sense of feeling enjoy for your spare time. You need to use to make your capable much more increase. Book can to get your best friend when you getting pressure or having big problem together with your subject. If you can make looking at a book *My Gender Workbook: How to Become a Real Man, a Real Woman, the Real You, or Something Else Entirely* to be your habit, you can get much more advantages, like add your own personal capable, increase your knowledge about many or all subjects. You are able to know everything if you like open and read a book *My Gender Workbook: How to Become a Real Man, a Real Woman, the Real You, or Something Else Entirely*. Kinds of book are a lot of. It means that, science guide or encyclopedia or other folks. So , how do you think about this guide?

#### Tessa Krieger:

In this period globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher which print many kinds of book. The book that recommended for you is *My Gender Workbook: How to Become a Real Man, a Real Woman, the Real You, or Something Else Entirely* this guide consist a lot of the information from the condition of this world now. This book was represented how do the world has grown up. The terminology styles that writer use to explain it is easy to understand. Typically the writer made some exploration when he makes this book. Honestly, that is why this book appropriate all of you.

#### Cynthia Cisneros:

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