



Real Talk for Teens: A Jump-Start Guide to Gender Transitioning and Beyond

Seth Jamison Rainess

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The first book devoted exclusively to issues of gender transitioning for youth. Real Talk takes early transitioning seriously and offers a roadmap of the issues that youth can expect to encounter in their journey. But Seth doesn't stop there. He provides youth with a guidebook of sound advice to help them navigate various stages of gender reassignment, including treatment options for hormones and surgery, coming out to friends and family, and tips for dating and disclosure. Seth offers an essential toolkit for building mental toughness and teaches youth how to take control of their destiny, achieve success, and live a happy, fulfilled life.

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