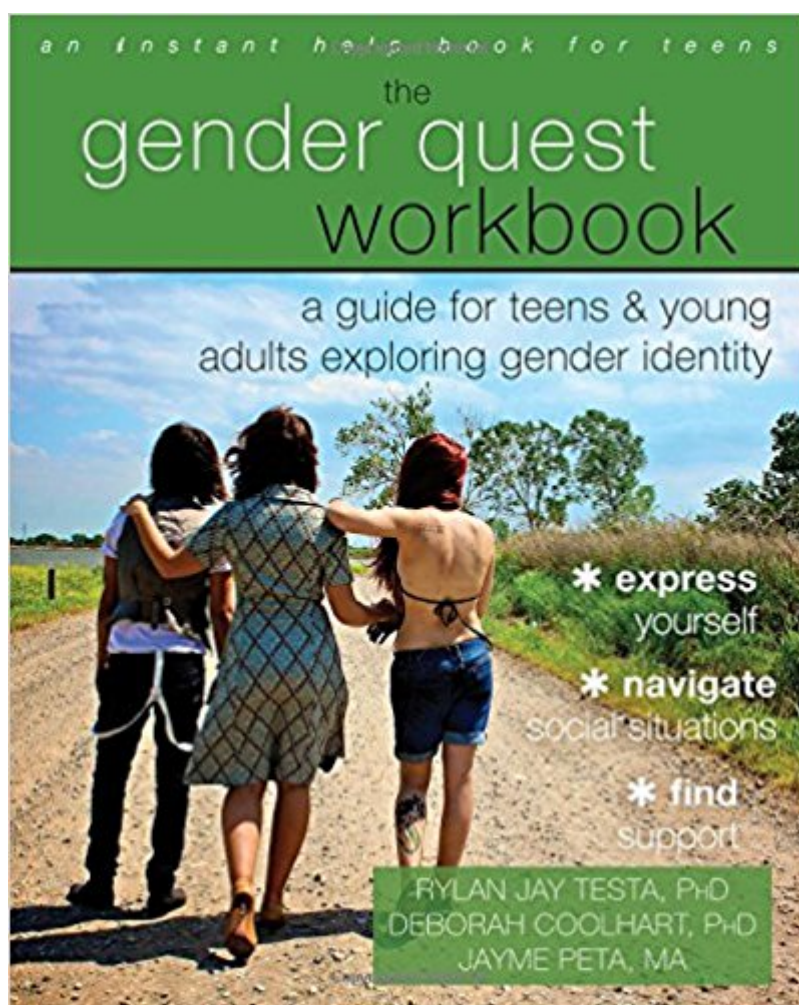




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# The Gender Quest Workbook: A Guide For Teens And Young Adults Exploring Gender Identity



## Synopsis

This one-of-a-kind, comprehensive workbook will help you navigate your gender identity and expression at home, in school, and with peers. If you are a transgender and gender nonconforming (TGNC) teen, you may experience unique challenges with identity and interpersonal relationships. In addition to experiencing common teen challenges such as body changes and peer pressure, you may be wondering how to express your unique identity to others. The Gender Quest Workbook incorporates skills, exercises, and activities from evidence-based therapies—such as cognitive behavioral therapy (CBT)—to help you address the broad range of struggles you may encounter related to gender identity, such as anxiety, isolation, fear, and even depression. Despite outdated beliefs, gender no longer implies being simply male or female, but rather a whole spectrum of possibilities. This fun, engaging workbook is designed specifically for teens like you who want to explore the concept of gender and gender identity and expression—whether you already identify as TGNC or are simply questioning your gender identity. The activities in this book will help you explore your identity internally, interpersonally, and culturally. And along the way, you'll learn how to effectively express yourself and make informed decisions on how to navigate your gender with family, friends, classmates, and coworkers. The book also includes chapters on sex and dating, balancing multiple identities, and how to deal with stressful challenges when they arise. The Gender Quest Workbook also features a brief downloadable guide for clinicians that explains ways professionals can better serve gender-expansive youth. The guide will address ways to help youth working with gender identity build resilience against gender minority stress, among other topics.

## Book Information

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Average Customer Review: 4.6 out of 5 stars— See all reviews— (9 customer reviews)

Best Sellers Rank: #14,179 in Books (See Top 100 in Books) #2 in Books > Teens > Personal Health > Sexuality & Pregnancy #3 in Books > Teens > Social Issues > LGBT Issues #4 in Books > Teens > Social Issues > Dating & Intimacy

## Customer Reviews

This workbook is a wonderful resource for teens and young adults who have questions about their gender. The authors present complex information in clear language with plenty of examples, followed by questions and exercises to help each youth develop deeper self-understanding. The writing is gentle, wise, affirming, cautious when it needs to be, and inclusive of a wide range of gender identities and experiences. While The Gender Quest Workbook is presented as a self-help book for teens, it is also a sophisticated how-to book for parents and professionals who want to engage a young person in discussion about how they experience gender and what they need to do to live safely and authentically. I wholeheartedly recommend this book!

Nice book for older kids and teens to complete in their search for gender expression & identity. Use it therapeutically in my counseling sessions with teens beginning their gender identity journey. Nicely written, a lot of good information for parents, too!

I have purchased this for three clients and all three have loved the book and found it very useful. I also purchased a copy for my supervisees and supervisor! The book does a great job of walking clients through the process of self-identification and coming out, or simply meeting them where they are at. It's a high-quality therapist resource.

As a former textbook editor for students in this age group (who has a personal interest in transgender issues), I was extremely impressed with the clear and user-friendly format of this workbook as well as its friendly and approachable yet still knowledgeable tone. It feels as though a wise and supportive aunt or uncle had an arm around readers, guiding them through the text and its engaging, explorative exercises. The exercises are fun to do, and step-by-step guidelines make them non-threatening and effective. The book is comprehensive, with chapters devoted to gender identity and expression as well as relationships with family, friends, and classmates. A lengthy values checklist is insightful and should prove useful to all readers. There are tools throughout to help readers examine thoughts and feelings (such as an emotions journal) and practical guidance regarding serious issues like safe environments for coming out. In summary, an extremely valuable resource for both transgender young adults and those who know them.

This book has been incredibly helpful in work with my clients! As a social worker who primarily works with youth I have had nothing but positive responses, dialogs and feedback about it. One of

my clients is only just beginning to create a narrative around her experience as a young gender nonconforming person using the activities and writing exercises in the Gender Quest Workbook. It has taught me a lot as well, and I reference it often in my work with young people. My client's say that the information and activities are informative, helpful and fun!

This was a gift to a friend so I do not know first hand, but it was highly recommended by our family therapist.

Definitely geared towards kids/teens

Just fine.

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