

Trans+: Love, Sex, Romance, and Being You

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Kathryn Gonzales and Karen Rayne's accessible *Trans+* covers the challenges that transgender, nonbinary, and questioning teenagers and young adults are likely to face.

Trans+ is a guide through the joys and risks of coming out, transitioning, dating, and more. It works its way through issues ranging from consent to dysphoria to spirituality, delivering candid information and practical advice. No subject is off limits.

Gentle and affirming from start to finish, the book addresses complicated and sensitive topics in reassuring language. It neither sugarcoats nor exaggerates the difficulties of being transgender in today's world. Fun illustrations of happy teenagers enhance the friendly tone, and each chapter ends with a list of resources to find more information on its topics.

The book has limitations and acknowledges them. The language around gender is evolving with such speed that the words and phrases used here may be considered outdated in the near future. Solutions are proposed—for example, mentally substituting appropriate terms for outdated ones—to help future readers compensate for these potential issues.

Unlike most other books aimed at helping teenagers and young adults understand themselves as they grow up, *Trans+* is written by and for transgender individuals. It incorporates thoughts from transgender and nonbinary teenagers and young adults that reflect a wide range of experiences and opinions. This further emphasizes the idea that gender is a unique and individual experience, that there is no wrong way to express one's gender, and that everyone's gender is valid and worthy of respect.

For transgender and gender-nonconforming young adults seeking guidance as they navigate in the world, *Trans+* is a clear and welcoming text.

EILEEN GONZALEZ (September / October 2019)

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