Here’s What’s In Your Workbook. Look!

Preface to the 21st Century Edition
The first edition of this book was published fifteen years ago. This is the first and—given that I’m already sixty-five years old—the last time I’ll be updating it. Here’s where I say why I did the update, and explain some new conventions in this version.

1. Welcome to Your New Gender Workbook
This is your on-ramp to the book, darling. You’ll find out why studying gender is important to making your life more worth living. You’ll find out about me, Kate Bornstein, and why it’s me who gets to tell you all this stuff about gender. And there’s also a fabulous gender aptitude quiz in here that you won’t want to miss!

2. Finding Gender. Arrrr, There Be Pirates!
That’s right, pirates! And a treasure map. Why? Because gender is a buried treasure that very few people know about and even fewer people try to dig it up. You’ll have a look at the basic components of gender, and how they play out in you. And there are two puzzles: one scary simple, and the other just plain scary.

3. Let X=X
X may mark the spot on the treasure map, but X means so much more. Getting to X is a journey through fifteen cultural spaces of regulations, of which gender is only one. And, there’s a movie break—no, really, you go watch a movie. And there are robots!
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4. Let Why Equal Why 83
So . . . why is gender? And just how perfectly gendered are you?
There’s an in-depth exam to find that out exactly.

5. There’s Only One Gender: Yours 113
This chapter is jam-packed with theory—which is another word
for unproven ideas that could be big fat lies. But if the theory
in this chapter is close to correct, you’re going to find out a
whole lot about your unique gender and the kind of fun you
can have in it. Two big bonuses: rhyme games!! AND 101 gender
outlaws name their genders in their own words. Imagine that.

6. SEX! SEX! SEX! SEX! SEX! Sex! 151
I forget what this chapter is about. But you won’t. Not ever.

7. Get Ready to Do Your Gender 187
Most everyone goes through their life without paying much
attention to their gender(s). Yes, you have more than one of
them. Everyone does. This chapter is filled with drills that will
help you become comfortably aware and focused on the
performance of your gender(s).

8. Do Your Gender Mindfully 199
Just what the chapter title says: you get to consciously make
and implement decisions about your gender. You’re going to
learn about all the drag you already do in life, and there’s a
comprehensive look at cultural playgrounds where you can
practice any new genders that strike your fancy. There’s story-
telling, whips and chains, and a four-page comic you can show
your friends and family when they ask you what the fuck is up
with your gender!
9. The Missing Piece is Nothing, and We're Going to Find It Nowhere

Welcome to the wild and wacky world of paradox. What does it mean to the dominant culture that two of its fundamental building blocks are collapsing? Gender as man-and-woman-only and sexuality as homo-and-hetero-only are so last century, and you're going to find out why. You're also going to read the real story of the Garden of Eden, and God's thoughts on morality. Yep.

10. OK, Now What?

This is where you'll learn how to achieve world peace through sex positivity and gender anarchy. Tra-la, how fun!

Acknowledgments

I try to figure out how to thank all the thousands (yes, thousands) of people who helped me write this book. And, just like in some movies, there's a surprise at the end of the credits.
Dear Students and Teachers of Gender & Sexuality,

If any of the following statements or questions intrigue, tantalize and/or outrage you, please check them off.

☐ Can you change your own gender, like you’d change clothes?
☐ Are there really only men and women? No other genders?
☐ How do your race, age, class, political ideology and religion affect your gender? What else affects your gender and sexuality?
☐ What role might activists fighting for equity along the lines of sexuality and gender play in the formation of a viable social justice coalition of marginalized people?
☐ Aren’t robots and pirates fun?
☐ Is there something about your gender and/or your sexuality that would make your life more worth living if you actually did it and could talk about it freely?

Did you check off one or a few of those? OK, please do the work in this book. When you’re finished, come back and see how much you’ve changed your point of view in each of these areas—even the question of robots and pirates. (I sure hope you like robots and pirates, because there are a lot of them in this book.) And you should know: I wrote this workbook to be fun. Really. So, please go have some fun with it—you’ll get extra points when you laugh out loud.

PS – Here’s a small sample of the fun and games on the inside. Could you have filled in the blank on your own?

If you really don’t want to offend me, dear, just trash your assumptions and end the fear! I’m not he, I’m not she. There’s more options, you see. I’m a blend. I transcend. I am gendergender.