



The Testosterone Files: My Hormonal and Social Transformation from Female to Male

Max Wolf Valerio

[Download now](#)

[Read Online](#) ➔

The Testosterone Files: My Hormonal and Social Transformation from Female to Male

Max Wolf Valerio

The Testosterone Files: My Hormonal and Social Transformation from Female to Male Max Wolf Valerio

Max Wolf Valerio crafts a raw, gripping, and poetic account of life before, during, and after injecting testosterone. Valerio's detailed observations about a lesbian transitioning from female to a heterosexual male highlights the physical and emotional differences between women and men, and alternately challenges and confirms readers' assumptions about gender.

Valerio presents his story in three parts: the height of his transition, in which he witnesses his own increased energy and sex drive while struggling with gaining confidence in his male self and bearing witness to his own demise as a woman; life before testosterone, when as Anita, a self-identified lesbian out for fourteen years, he confronts startling moments of awareness of a deeper, earlier dream of who he really is; and life after testosterone, when the experience of living in the world as a man is at once a homecoming and a confirmation that male behavior is at least partly rooted in biology.

The Testosterone Files addresses the most fundamental issues of transitioning, from buying men's underwear to choosing a male name, as well as the profound subjects of male privilege, physical power, and existing as a male who was once distrustful and critical of men's intentions. Valerio's honest and forthcoming opinions on gender, identity, and self-perception comprise the core of this intensely personal and absorbing narrative which grapples with the tough and complex issues that emerge in a world whose assumptions about gender binaries are being increasingly challenged as more people openly self-define across the gender spectrum.

The Testosterone Files: My Hormonal and Social Transformation from Female to Male Details

Date : Published May 4th 2006 by Seal Press (first published April 13th 2006)

ISBN : 9781580051736

Author : Max Wolf Valerio

Format : Paperback 352 pages

Genre : Lgbt, Transgender, Glbt, Queer, Nonfiction, Gender, Autobiography, Memoir

 [Download The Testosterone Files: My Hormonal and Social Transfor ...pdf](#)

 [Read Online The Testosterone Files: My Hormonal and Social Transf ...pdf](#)

Download and Read Free Online The Testosterone Files: My Hormonal and Social Transformation from Female to Male Max Wolf Valerio

From Reader Review The Testosterone Files: My Hormonal and Social Transformation from Female to Male for online ebook

Zoen says

I related with so much of this book, and am surprised at how long it took me to read this, based on the reviews I'd read previously. Coming from a similar background as Max, I have begun to understand myself even better through his wonderfully expressive words. I nodded many times while reading this, disagreed minimally, and had several epiphanies while processing this information. Though I did not have the same level of aggression as he experienced, I realize this is his authentic experience which he has openly shared with us. My rating is not based on whether I would hang out with the guy, it's a well written book that delivers its promise to tell you of the experience of one transsexual man. His words are sewn together like a true poet, painting a vivid picture of the silvers of his life he chose to share in these pages. Hearing the inner dialogue of his thoughts as he transitioned, it sounded similar to things I have thought throughout mine, some of which I was too uncertain to say aloud. It is reaffirming to see that I am not the only one. Thank you, Max, for sharing this intimate experience.

Loads of reviewers took issue with things he said in the course of this book - choosing tiny moments to capture and even misquote. I read one review the other day that quoted him as saying that "if I had a penis, I'd rape!" - NOWHERE in the book that I read did he say that, instead, he actually said "I WOULD NOT rape." and "It is wrong too rape." I took his thoughts on this topic to be the musings of a transman trying to make sense of a senseless act through his experience with testosterone, coming from a feminist background, and now having something, even a sliver of relating to a very different sex drive. I also read that someone was upset about his descriptions of the differences between women and men, and also upset that he said he preferred the simplicity of the binary "male" to all the ambiguous labels (I'm paraphrasing) - I'm sorry - there's nothing anyone can do to quell all the sensitivities and triggers out there. If you've put off reading this because of similar reviews, my advice is, read this book with the mind that you are reading someone ELSE'S experiences and inner dialogues: not your own.

Bucket says

overall good and worth the read, although many, many conclusions were had that caused me to cringe in disagreement.

Peyton Del Toro says

He's smart, but a total dick. Quite an awful, sexist, transphobic read.

CaseyTheCanadianLesbrarian says

There's a justification of rape in this book that is completely unacceptable.

Aaron says

My reaction to this book was very mixed. I did not like the author and didn't like spending time with him in the book; I don't think he's someone I'd like to know in person. He has some personality traits, interests, and perspectives that I don't appreciate or agree with. The book was very well-written and even poetic at times. Some of his experience resonated with me quite strongly, while some of it was quite foreign and even off-putting. I'm glad I read it, but don't think I'd recommend it to anyone else or ever want to read it again.

Jake Greenhalgh says

This would be an excellent read if it wasn't so awfully problematic (the author's constant sexualisation of women is so gross).

Bart says

The Testosterone Files was a load of misogynist clap trap, male privilege overload. Max Wolf Valerio writes that how after he started T, he had desires to rape women (and wonders why there isn't more rape) and found pleasure in scaring women. Of course, he reminds himself that having these feelings is wrong. Yea. The only refreshing part is when Valerio's partner suggests that just because Valerio *was* a lesbian-feminist does not mean he still *is*. Disappointingly printed on Seal Press.

Ocean says

i can totally see why so many people hate this book. i can also see why so many people love it.

PROS:

- *lyrically written
- *occasionally really funny
- *probably the best-written & most personable book on trans issues i've read so far
- *engaging, especially the first half
- *i am a sucker for autobiographies of countercultural people. this made me want to take a time machine to 1980's san francisco really badly!

CONS:

- *he says some really fucked up shit about women. (and he could NEVER have gotten away with saying this stuff in a feminist-press-published book if he wasn't trans. just sayin'.). it was perhaps honest, but it made me really uncomfy at spots, and kind of made me hate men more than i already do.
 - *this could have been at least 25% shorter. the ending REALLY drags.
-

Paige says

I've been putting off writing this review for awhile because it's a hard thing to talk about. There's a problematic rape part that is not in any way alright and there's also some really negative things stated about women throughout the book. While I did find some of the book enlightening to the experience of transitioning it's very much marked by its time and I can only hope that things are moving forward in a positive direction where no one would ever think those things are okay to think about rape and they certainly shouldn't feel alright writing them and publishing them. Morally I just can't condone it.

Gayle Pitman says

This book was engaging and unnerving at the same time. The Testosterone Files details Max Wolf Valerio's gender transition and early experience with testosterone. On T, Valerio experienced powerful changes to his body, but was somewhat unprepared for the impact T had on his thoughts, perceptions, and day-to-day experiences.

Valerio's writing is poetic and lyrical, with a raw and edgy quality. It reads almost like poetry. Moreover, his writing is brazenly honest, to the point of being uncomfortable. That said, I value the deep level of honesty. If this were a sanitized and politically correct account of Valerio's transition, I would have found it wholly uninteresting.

The reason I gave The Testosterone Files four instead of five stars is that I wanted to hear more about the experience of being an active lesbian feminist of color and subsequently going through a gender transition. Valerio writes extensively about his experiences in the San Francisco Mission District '80s anarchist counterculture, but includes little about his shift from lesbian feminism. Valerio (when he was Anita) wrote a piece for the landmark anthology *This Bridge Called My Back*, then wrote a piece as Max in the follow-up anthology *This Bridge We Call Home*. I find that whole experience fascinating, and would have liked to have read more about it.

Sadie Forsythe says

I had a hard time accepting some of it. There were several times that Valerio linked a feeling or behavior to his hormonal changes that I believed could still be behaviorally/socially mediated. I acknowledge that this could easily be my inability to let go of my own worldview however, but it still posed a challenge. I thought it an interesting read all the same.

Edit: I see a number of people stating in their reviews that this book includes a justification of rape. I think this is a shallow and reactive interpretation of the subject matter. I know the part they are referring to. It was a painfully honest, blunt discussion of the subject, but I do not believe Valerio intended it to justify rape. Admitting feelings and impulses is not the same thing as condoning actions based on them and I think conflating the two discourages honest discussion of such subjects. It's the same as insisting that if we never admit to something's existence then it doesn't actually exist. That elephant is still in the room, even if we studiously never mention it.

Alex says

It's hard to review the book from a literature standpoint, though it was well-written, as other reviewers have said. When I saw that Michelle Tea endorsed this book, I had certain expectations, which were all shattered based on Valerio's chauvinistic and misogynistic opinions.

Emma says

This book was not at all what I expected. The beginning was interesting and the book as a whole did offer some interesting insights but the entirety of the middle of this book was quite disturbing and much too drawn out. He spent chapters upon chapters talking about the objectification of women, about how he personally was objectifying them, all the while coming alarmingly close to justifying rape. Even though I can see why he would have wanted to include how he was transitioning mentally in addition to physically/socially, this portion, specifically the objectification/rape justification could have been summed up in a paragraph if it was determined that it really needed to be included. It felt like justification to the "boys will be boys" and "they just can't help it" mantra which was rather disappointing. I wouldn't recommend this to a friend, nor would I re-read it.

Akiva says

Pretty mixed feelings about this. He's a great writer, but I just don't buy his premise that T made his politics and beliefs about women's rights change all on its own.... I'm sure he wants to believe that. Towards the end he makes his first motions towards "Hmm, maybe I shouldn't indulge every manly impulse I have, T or not. Maybe some of them aren't acceptable no matter where they come from." So there's that.

Diana Coe says

Max Valerio captures the universal theme that runs through the many stories I've heard from so many transmen, including my own boyfriend. As a poet, his prose is sometimes lyrical. He contemplates the vivid outlines of the lemon tree just outside his basement apartment. At other times, the force of his words punch you in the chest with the aggression and pent-up energy he has experienced on his journey to becoming the man he was meant to be.

Like many transgendered people, Max was betrayed by his own body. Expecting to grow up into a man, he had to readjust his thinking — learn to accept the fact that he was, at least biologically, female. In the early eighties, when gender reassignment was utterly taboo, Anita Valerio—lesbian feminist— decided to correct the biological imbalance that made her a genetic woman.

Valerio details the long and arduous path to manhood. He recounts, not only the physical changes that take place, but the wild range of emotions as well. Most notably, he talks about aggression. His own, which wells inside of him and spills over like Victoria Falls—rushing, booming, loud. Max recounts the initiation rites,

the rites of passage, that he endured once he was fully recognized as a man in society.

His writing is raw and honest. He admits to characteristics that developed that one may not necessarily be proud of. Dangerous, dark instincts that some sense of right or restraint or that pale shadow of female upbringing kept him from acting upon. Maximilian Wolf Valerio gives insight into the little known world of transitioning one's gender through hormone therapy. When it would be easier to be stealth, he came forward and opened a door to let in some light.

A light that helps not just me, but other partners of transmen, get a better understanding of the battle between waning estrogen and the rush of testosterone. I am forever an admirer.
