

YOU AND YOUR GENDER IDENTITY A GUIDE TO DISCOVERY

Author: **Dara Hoffman-Fox, LPC**

Date of Release: **June 17, 2016**

ABOUT THE AUTHOR



DARA HOFFMAN-FOX, LPC is a Licensed Professional Counselor and gender therapist in private practice. Frequently serving as a resource on transgender issues for the media, Dara is a prolific thought leader on the topic of gender identity, whose articles and videos have empowered thousands worldwide.

MORE ABOUT DARA HOFFMAN-FOX LPC

<https://darahoffmanfox.com/about-dara-hoffman-fox>

WEBSITE

<http://darahoffmanfox.com/>

CONTACT:

<http://darahoffmanfox.com/contact/>
discoveryourgenderidentity@gmail.com

BLOG

<http://darahoffmanfox.com/blog/>

VIDEOS AND PODCASTS

<http://darahoffmanfox.com/category/videos-podcasts/>

YOUTUBE

<https://www.youtube.com/channel/UC75HVYV-E-wYHGQlc4w3-GGw/videos>

MEDIA APPEARANCES

<http://darahoffmanfox.com/media/>

ACCOLADES

Colorado Springs Independent

Independent Inclusion Award Recipient: 2014

The Pride Center of Colorado Springs

Winner of the Community Activist Award: 2014

The Pride Center of Colorado Springs

Winner of Health & Wellness Champion Award:
2013

The Pride Center of Colorado Springs

Winner of Business of the Year: The Bohemian
Sanctuary, 2011

The Pride Center of Colorado Springs

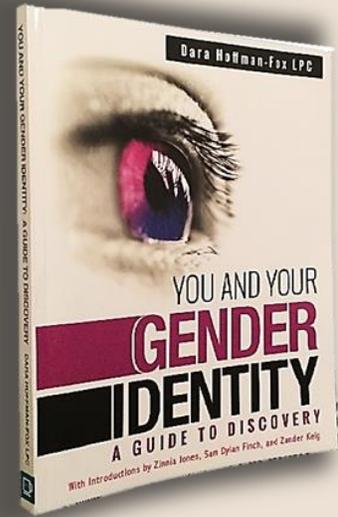
Nominee for Business Partner of the Year, 2009

Available June 17, 2016, *You and Your Gender Identity: A Guide to Discovery* can be purchased at discoveryyourgenderidentity.com.

ABOUT THE BOOK

Created for those who are overwhelmed by their feelings of confusion and uncertainty surrounding their gender identity, *You and Your Gender Identity: A Guide to Discovery* is the groundbreaking book that helps readers gain more clarity about their gender along a step-by-step journey of self-discovery.

Written by Dara Hoffman-Fox LPC – accomplished gender therapist and thought leader whose articles and videos have empowered thousands worldwide – *You and Your Gender Identity: A Guide to Discovery* leads readers along a self-paced, three-stage approach to gender exploration:



- **Stage One: Preparation**
The journey begins by preparing for what's to come, solidifying your motivation, revealing fears and building a support system.
- **Stage Two: Reflection**
You move ahead by looking back and trying to make sense of thoughts, feelings and behaviors you may not have understood before.
- **Stage Three: Exploration**
Through easy-to-follow exercises, you'll actively explore your gender identity, layer-by-layer, so you can form a more complete, authentic picture of yourself.

From the start, Dara Hoffman-Fox LPC explains why understanding your gender identity is an essential component to finding your place in the world and becoming your true, authentic self. Along the way, the book covers how to:



- **Understand Your Gender Identity**
Your gender is a core element of who you are and affects all areas of your life—greater awareness of this can lead to clarity and a stronger sense of self.
- **Sustain The Highs and Lows**
Resources, connection and self-care can help you stay on the challenging path of self-discovery.
- **Reveal and Uncover Your Fears**
Facing your feelings of fear, loneliness, and shame head-on—understanding why they're there can be one of the most empowering parts of the journey.
- **Reflect on Your Past**
Reflection through the lens of gender exploration can help you make sense of past experiences and how they formed who you are today.
- **Thoughtfully Explore Your Gender**
Thorough, step-by-step exercises and gentle contemplation not only help reveal your true self, but also allow you to travel at your own pace.
- **Discover and Embrace Your Authentic Self**
You will have a deeper understanding of your gender, yourself, and the options for “what's next” so you can express this authentic self to the world.

New Book Serves as Compass for Those Exploring Gender Identity

You and Your Gender Identity: A Guide to Discovery

By Dara Hoffman-Fox LPC

COLORADO SPRINGS, CO – Author and gender therapist Dara Hoffman-Fox LPC will be launching the release of a new book, *You and Your Gender Identity: A Guide to Discovery*, on June 17, 2016.

Written for those who are overwhelmed by feelings of confusion and uncertainty surrounding their gender identity, *You and Your Gender Identity: A Guide to Discovery* is aimed at helping its readers gain more clarity about their gender – a topic that is gaining more and more visibility in recent days.

“Gender identity confusion can complicate a person’s entire understanding of who they are,” explains Hoffman-Fox. “This can create stress, uncertainty of one’s place in the world, interpersonal difficulty, not having a solid ‘sense of self,’ and many other issues. This is why it is important and needs to be explored.”

A Licensed Professional Counselor and gender therapist in private practice, Dara Hoffman-Fox LPC is a thought leader on transgender issues who frequently serves as a resource for the media. Hoffman-Fox’s website, articles, and videos are viewed worldwide.

“The question I am asked more than any other is, ‘Can you please help me figure out my gender identity?’” Hoffman-Fox says. “This book is my way of doing something to help those who are in need of guidance, answers, and relief around questions they are having about this essential component of who they are.”

Using practical exercises, *You and Your Gender Identity: A Guide to Discovery* leads readers along a self-paced, three-stage approach to gender identity discovery: Preparation, Reflection, and Exploration. Along the way, the book covers:

- Why understanding your gender identity is core to embracing your full being
- How to sustain the highs and lows of your journey with resources, connection and self-care
- How to uncover and move through your feelings of fear, loneliness and doubt
- Why it’s important to examine your past through the lens of gender exploration
- How to discover and begin living as your authentic self
- What options are available after making your discoveries about your gender identity

“The hope is, by the time the reader reaches the end of this book, they will be closer to understanding not only their gender identity, but themselves as a whole,” says Hoffman-Fox.

You and Your Gender Identity: A Guide to Discovery
is available **June 17, 2016**

at discoveryyourgenderidentity.com and **Amazon**.

ABOUT DARA HOFFMAN-FOX LPC

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SAMPLE INTERVIEW QUESTIONS



- Why did you become a therapist?
- How did working with the trans, transgender, gender nonconforming community become the main focus of your counseling private practice?
- Talk about your (blog, private practice, videos, Facebook community).
- Describe the people who are reading your blog and watching your videos. What are you hearing from them?
- Why have you chosen to focus on transgender and gender identity topics on your blog and in your videos?
- Why is gender identity important?
- Tell me about your own gender identity exploration and how that helps in your private practice work and in the creation of the book.
- Why did you write this book?
- Who did you write this book for?
- How will this book help them?
- Why did you use the analogy of the “Hero’s Journey” throughout the book?
- How did your experience in your private practice inform or influence your book?
- Describe the format of the book.
- Tell me about the process of self-publishing this book.
- Why is journaling an important part of the discovery process?
- How can people create a community during this process?
- If a person has questions about their gender identity, can they come to you to find out?
- Let’s say a person has gone through the discovery process in your book and determines they are trans, transgender, or gender nonconforming. Then what?
- What are some of the stories you’ve heard from people who have read your book?
- What type of resources will you be creating next?

