

a crossdresser's companion:

♂
20 steps to successfully
♀

passing

as a woman
in public



louise allen and jane butt

A transvestite's companion:
20 steps to successfully
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Introduction

Welcome to our guide to successfully passing as a woman in public. And congratulations on your decision to live your life out of the shadows. We've helped so many people just like you, we're happy that we can offer some assistance in what can be one of the most challenging and yet rewarding things you may ever do.

We have combined years of training, expertise and experience of helping transvestites and transgender people to bring you the information, support and encouragement you need to live happy, fulfilled lives.

We can take on the role of your sister, your mum or your aunt - the friend who can guide you down the path towards womanly beauty. Biological women grow up with this support and take it for granted. But without it, you are likely to find your path strewn with difficulties. This is just part of a programme of support that can help smooth the way for you.

Our combination of talents works so well for you because we focus both on the inside and the outside. Jane's speciality is empowering you from the inside.

As a Clinical Nurse Specialist, specialising in sexual health needs, Jane has spent years working with transvestite and transgender people, then established her own support group, which has been running successfully since 2005. Jane's focus is on teaching you how to feel good about yourself, how to build the confidence and self-esteem that are crucial to success.

Louise's background is in fashion, and for many years she has run her own image consultancy, working primarily with transvestites and transgender people to develop their self-image, and establishing a specialist reputation in the field. From Louise, you can learn not only how to dress as a woman but how to really flatter your body shape, how to choose the right colours and styles so you develop your own individual look - and it looks great.

This concise ebook covers the most important components of a truly feminine presence, appearance and beauty, distilled into an easy-to-read 'companion'. It will help you to cultivate the subtle feminine cues: the power of submissiveness, the charm of vulnerability and the guidance of your feelings.

You'll find easy-to-follow exercises, like visualisation, to enhance your feminine presence, and we'll show you how to access the confidence-boosting potential of positive thinking.

But this ebook is only a small taster of the help, advice and support we can offer you in our complete programme: *1001 Secrets of Feminine Cross Dressing*.

You'll find out more about this comprehensive ebook and what it can do for you on our website www.transcafe.net. Drop by in your coffee break and find out how we can help you live a life of joy and happiness by releasing your inner woman.

You are not alone

If you're anything like most of the transvestite and transgender women Jane and I have worked with over many years, you dread the thought of going out as a woman and not passing.

The thought of leaving the safe haven of your own home to go out in public as a woman for the first time can be absolutely terrifying. Many of the women we've worked with have shared their experience of that first time, and the fear they felt, with their beautifully manicured hand on the front door, trying to open it and step outside.

Much of the anxiety the women experience when thinking about going out is a result of media stories, reporting assault or abuse from people who are, at best, rude and ignorant. That anxiety makes it so much more difficult to take your first step.

Another common factor is the concern many t-girls share about how to cope with those looks they are likely to receive from people who have noticed that the body underneath does not match the clothes. This can be an agonising time.

You worry that they are going to laugh at you or that you will run into someone you know and they will ridicule you in some way, which can be really painful when it occurs.

So whether you cross dress, are a transvestite or transgender, passing as a woman is a real concern. But the first thing to reassure you is that you are not alone: one in ten men is estimated to cross dress at some point in their lives. And there's plenty of support at hand.

After all our years working with many transvestites and transgender people from all walks of life, we've discovered there are some key things that really affect every t-girl's appearance in public.

The good news is that we've identified these main areas that can make all the difference between a failed misadventure and your wonderful passing. These are key secrets that you can use today, out in public, to help you pass more effectively as the beautiful woman you want to be.

You see, Jane and I have worked within the trans community for years now. You'd be amazed how many trans women do struggle with the fundamental issue of passing as a woman. So with all our work on image construction we felt it was important to offer a book to help as many people as we could with this process.

The definitive prize for a cross dresser is to achieve that feminine status and be

taken as a genetic woman in the wider community. Passing is a real buzz; it means you have achieved the ultimate goal. You're a woman now!

What you like about cross dressing

This book is intended for the trans community in general so will be equally useful for anyone who is looking for support with passing as a woman, whatever their reasons. That includes all kinds of different profiles, and each one is individual.

Cross dressing in female clothes can involve anything from a man dressing in women's clothes all the time to someone who simply enjoys cross dressing occasionally. It may be in public or only in private. Many transvestite men just like the feel of something soft against their skin and find it calming and reassuring.

Wearing women's underwear underneath that business suit could be enough to help you get through a difficult day. Or perhaps your idea of relaxation may be slipping into a silk nightdress when you get home in the evenings. At the other end of the scale, there are men who choose to dress as a woman all the time. Whatever your preferences, you'll find helpful advice here.

TIP:

**Think about why you dress as a woman and how it makes you feel.
Focus on the positives, not the negatives.**

Your femininity is what counts

Your success rate in passing as a woman in public is, perhaps not surprisingly, dependent on your femininity. But contrary to what some men understand, being feminine is much more than just the clothes you wear.

It encompasses everything from body language and voice pitch to how to conduct yourself socially - and a number of other factors that we will cover in this booklet.

So what are the crucial things to remember? How do women behave? How do you get outside the front door for the first time dressed in female clothing?

If you are forty, would you need to act and dress in the same way a forty-year-old woman would when out in public, so as to not bring any unwanted attention to yourself?

We'll help you answer these questions, beginning with a look at what femininity is all about and how to achieve it.

The first thing to learn is that one of the most crucial elements of your femininity is your psychological 'posture'.

Although gender roles have changed drastically over the past few decades, it remains true that society still defines some characteristics as essentially masculine or feminine.

Much of it dates back to the Victorians (men don't cry, for example) but some of it is just plain cave man - or woman. Even so, you'll recognise a great deal of truth in these generalisations.

TIP:

Being a feminine cross dresser is not just about beautiful feminine clothing. Observe how women behave differently from men, both physically - for example, women don't sit with their ankle resting on their knee - and psychologically.

Don't be too dominant

As a man, you learnt by observation of those around you that men tend to be more dominant than women, more physical and more aggressive. Conversely, women have learnt to play a more passive role.

To get what they want, men are more likely to go straight for it; women, on the other hand, are likely to take a less aggressive, perhaps less obvious, way of achieving their ends.

In fact, if women behave in a way that is expected of a man, no-one seems to view it favourably - you only need to watch one episode of *The Apprentice* to see that. If you appear to be aggressive or dominant, you will seem more masculine, which in turn will limit your passing in public.

So your first task is to unlearn what you know about being aggressive and dominant and to start to enjoy the freedom of becoming more submissive in your interactions with other people.

The great thing is that you can practise this anywhere: at work or with friends. Just notice when you are taking an aggressive or dominant attitude and ask yourself whether you could use a more feminine, passive approach.

Think about how genetic women would behave in the same situation and try it out.

TIP:

For example, a friend wants to watch *Die Hard* but you are in the mood for *What Women Want*. You might casually talk about how great Helen Hunt looks when they are making out in the café, exerting a more subtle influence, instead of simply arguing it out.

Show your vulnerability

Another traditional view is that it is okay for a woman to show her vulnerability, whereas men should solve problems without asking for help or support.

Cross dressing allows time for you to escape from this social pressure - so make the most of it!

Feel free to admit that you need help or advice, that you'd like to chat something through, that you have no more idea than the next woman how to change a tyre!

To become more vulnerable is to appear more feminine. No-one has all the answers all the time - as a woman you can admit that.

TIP:

Let's face it, even men admit they never ask for directions! Enjoy how feminine it feels to admit that you need support from time to time.

Practise until it becomes second nature.

Get in touch with your feelings

Living in the female role is great. It allows you to get in touch with certain feelings that are difficult to reach in the male identity.

When you are dressed as a woman, allow yourself to explore your feelings as a woman.

This is a fantastic time to be able to exercise your right to have empathy with others, cry at a weepy film and be able to say things that are usually difficult for a man to communicate.

Replace the handshake or the playful punch on the arm with a hug or - better still - the words 'I love you' or 'I'm sorry'.

TIP:

Women find it much easier to talk about their problems than men so take the chance to share some of your feelings with a partner or friend.

Experiment with your wardrobe

So far we've talked psychology, but the next bonus is that you get a greater opportunity to experiment with your wardrobe!

I'm sure you've noticed how women are 'allowed' by society to cross dress and explore the freedom of any kind of clothing whenever they choose.

These days, women wear trousers all the time, even those traditional male preserves of suits, waistcoats and shirts! As recently as the early 1950s, this was so frowned upon that women could lose their job if they turned up in trousers! Now it is so commonplace that women even wear trousers designed for men - and no-one notices. Now, as a t-girl, you too have this freedom to enjoy full or partial cross dressing - so take the time to explore new styles and relish the liberation of wearing whatever you want.

TIP:

Feel comfortable dressing at home before you decide to go out.

Enjoy the metrosexual revolution

It's accepted that some men are wearing more feminine clothing more frequently - such men are now simply thought of as being 'metrosexual'.

It is no longer the case that all men are expected to be rugged and masculine.

Men can still remain masculine while they take care of their appearance, use moisturiser and hair gel, and spend more time grooming.

Plus, these men are not afraid of openly sharing their more feminine side. Brad Pitt and David Beckham are among the more famous personalities linked with this new movement.

Being in touch with your feminine side is hailed as being the way for men to go. This benefits you too.

TIP:

Build your confidence by gradually introducing female clothes into your day to day wardrobe and experimenting with what feels comfortable.

How to go out fully crossed dressed for the first time

Contemplating leaving your home for the first time dressed as a woman is scary. Where to go, what to do and who you will see can often be worries that stop you from going at all! But you have done the groundwork so that will help to make it a good experience.

Appearing confident is always the best way to start. You need to maintain your dignity and calm and to focus on feeling good about yourself.

It is possible that you will meet someone who is unkind, but it's a lot easier than you might think to simply take a deep breath, hold your head high and go for it, sister! On your first time out, you might invite a trusted friend to go with you.

Going with someone else always makes you feel more confident.

If you are feeling concerned someone might be looking at you or you're feeling nervous, then having a friend with you can always give you some valuable reassurance.

When you are out, you may worry that people are looking at you. When we have been out with the trans women we work with, we often find they are looking at other people to see if they are being looked at.

Most of the people they look at seem to us to be caught up with their own little worlds and are looking in shop windows, talking to friends or just passing and not taking any notice of the trans woman.

Some helpful ideas for when they do look at you is to smile at them. Smiling makes you look friendly and disarms a lot of people as they do not seem to expect it these days.

Look through the practical tips in this booklet to help boost your confidence with passing. When you feel that you have removed the more masculine traits, your self esteem will be boosted as well as your self belief.

Stay strong and relax. If you feel a little tense, take some deep breaths to help you to stay calm. You know when you've had that look in the mirror before you left home that you look good, so remind yourself of that and go and have fun!

TIP:

Be confident. Stay calm. Smile. Making sure your behaviour is feminine will help your passing.

Where to go

Going for a walk seems to be the most popular option with a lot of the transvestite women we have worked with.

Perhaps for those who are more confident, fancy dress parties can also be a good place to start. It gives you the perfect opportunity to be able to be as outrageous as you like and indulge those long-held fantasies. Plus you will probably get a comment about having fabulous legs!

You might be lucky enough to have a transvestite or transgender group that meets close to you.

Often these groups have facilities for you to change your clothes, so you can take the opportunity to cross dress in style in a safe environment.

TIP:

If you're nervous, keep the first outing short so it's more likely to go well. This way you can build confidence at a comfortable pace and get more adventurous with each trip out that door.

Visualise your success

One of the most powerful ways you can ensure the best possible passing is by rehearsing your success in your mind. Visualisation is a very potent self-help technique used to assist people to achieve those things they really want, especially when they aren't sure how they are going to get them.

For you, this could really help to get outside the front door the first time, plus it is great for helping alleviate stress. Most of all, visualisation will help you to create a more powerful feminine presence.

The idea is to spend some time each day, at least ten minutes, imagining yourself out doing the thing that you most desire. If you want to go out dressed as a woman and be as accepted as such as you interact with other people, then this is what you need to focus on.

Rehearsing in your mind will bring your unconscious mind on board with your goal, and you'll find yourself doing things in a more feminine way without even trying.

Find a good time when you can be alone and relax, preferably at the same time and in the same place each day. Close your eyes. Take some deep breaths and relax the muscles throughout your entire body.

In your mind you need to see yourself dressed as a woman in the situation you want to master. Allow yourself to experience everything about it in your mind's eye.

You can try different techniques. Some people see themselves as if they were watching someone else. Some prefer to see the world through their own eyes. Some people find it helpful to hear the sounds associated with your success, the compliments from strangers or the greetings from regular acquaintances.

Also notice how things feel in your rehearsal. Sense the soft fabric of the clothes against your skin, you might feel the sun on your skin, or the cool evening breeze in your hair.

Notice how wonderfully feminine you feel throughout, and notice how much you enjoy the experience of passing every time it happens.

TIP:

Rehearse your first outing in your mind, over and over again, until it feels so natural to visualise your success.

Use the power of positive thinking

Positive affirmations are also really useful. The power of positive thinking can be a wonderful thing. The idea is that by thinking you already have what you want puts it in the here and now, rather than keeping it in the future.

Make sure you think helpful, encouraging thoughts, rather than beating yourself up for not looking good enough. You most certainly are good enough and you deserve kind treatment from others.

Tell yourself that people are noticing you for all the right reasons and that you look fantastic! You'll be amazed how different you feel. Repeat it every morning and a few times during the day for a more powerful effect.

TIP:

Create a short mantra about how good you look and repeat it to yourself 10 or more times in the morning.

Hide that masculine bulge

When wearing something tighter, shorter or trousers, having a bit of a bulge in the lower area can reduce the feminine look you are trying to achieve. Nothing is worse than seeing a woman in a beautiful dress with an unsightly bulge swinging about.

Tucking the penis and testicles away helps with achieving a more feminine shape. The idea here is that you push the testicles back into the sack they descended from when you hit puberty. This may be a bit uncomfortable to start with.

Of course if you are taking feminising hormones, your testicles will have shrunk anyway, making it a bit easier. After pushing the testicles back into your abdomen, you then tuck the penis back in between your legs.

The other less complicated method some cross dressers use involves big knickers or control pants. These are the pants genetic women use to hide larger stomachs and they can be very useful in holding things in place discreetly for you. Some t-girls like to couple these with some control-top tights.

Some other pants that are specially designed for cross dressers are called gaffs. These can be found on many specialist clothing websites. They have a restructured crotch that smooths down your front to create a smooth, feminine look.

Using tape can also help with tucking the masculine bulge between your legs, but you need to beware of using one with too much adhesive unless you have either waxed or would like to!

TIP:

Control pants, tucking and gaffs can all help give you a smoother look.

Care for your skin and have a close shave

Testosterone can make skin feel thicker than a genetic woman and quite rough. On the whole men do not tend to look after their skin, which can make it look less healthy. Most women spend time on their skin to try to stop the ageing process that happens all too soon for us.

Cleansing the skin will help to give it a more youthful look and will help it to look more feminine. Use moisturisers to soften the skin, especially after shaving. Using a moisturiser with some sun protection factor in it will help it to stay looking younger for longer as the sun is very ageing. Males are lucky, though, as their thicker skin tends not to wrinkle quite so easily.

The most frequently cited reason many transpeople give for not being able to make it out of the front door the first time is facial hair. This can be a big give away, particularly if you have a very heavy five o'clock shadow. There is no magic answer and you know the solution already. Make sure when you go out that you have recently had a very good, careful shave.

One other option is to use a depilatory cream that leaves your skin hairless and smooth. Choose one that is suitable for the face and do a test somewhere inconspicuous to check you are not too sensitive. Laser treatment or electrolysis are effective at permanently removing facial hair. You should consult a reputable professional.

TIP:

Experiment with reasonably priced moisturisers and free samples before you spend a fortune on something that's no better than a cheaper alternative.

Practise your make-up

Getting make-up right is not easy. You don't want it to look like something a man in drag might wear; you want it to look feminine and age-appropriate.

Think of how young girls look when they are first trying out make-up and how over the top it can look. You need to make sure you practise before you go out in public so that you don't have this prepubescent look for your everyday wear.

Make-up should be applied carefully and not be too thick. If you don't feel confident about putting it on, the best thing to do is to apply only a little - just start with some lipstick. It helps to give some colour to the face and will help you feel more feminine.

Going for more neutral shades will not give too heavy a look. Many beauty counter assistants are usually quite happy to demonstrate their products on you whilst giving you some lessons in what products work well for you.

TIP:

Less is more if you are not sure what you are doing. Practise at home before you go out.

Make sure you smell sweet

Male and female bodies produce natural, and different, smells. Genetic women do not sweat as much as men and therefore do tend to smell a bit sweeter for longer. So how do you overcome this?

Make sure you shower thoroughly and use a good anti-perspirant/ deodorant to help to mask any unwanted male odours.

Top that with a female perfume to make you smell more attractive. You don't want the smell of the perfume to be overpowering. Just spray a couple of squirts into the air and walk through the mist.

TIP:

No amount of perfume is a substitute for a shower!

Try out a wig

How to achieve that feminine swish of the hair might be a bit of a problem when there are some masculine factors to consider first, such as having to keep it tidy, short and masculine for work, for example, or so that no one will guess your secret. More difficult still, you might have a very high forehead or receding hairline.

If you fit any of these categories, it is well worth thinking about investing in a wig and the internet might be quite a good place to start your search.

There is a whole variety out there, and it's probably true that the quality will vary in line with the price, so fix your budget early on.

Remember that if you don't want to draw too much attention to yourself it is worth thinking about your age. Most genetic women over the age of forty do not tend to have hair longer than shoulder length; it gives that 'mutton dressed as lamb' impression and may make people look at you longer than you would want them to.

TIP:

Choose a colour that complements your skin tones and a shape and style that suits your age and face shape.

Practise a feminine voice

Many t-girls also worry about passing due to their deep voices. It may make you feel nervous talking in public - asking for help in a shop, for example - if your deep voice does not match your clothing.

If you are trying to pass as a woman in public, a deep voice will give you away as much as that five o'clock shadow.

Finding your feminine voice is therefore extremely important if you want to pass more easily. Things to remember include varying your pitch. Men tend to have more of a monotone pitch, which is talking using only one tone.

Women use more inflection in their tone, using higher and lower pitches to emphasise different parts of a sentence. If you listen closely to a woman, her tone has a more lilting quality to it, a bit more sing-song than a man.

TIP:

Use the TV and radio - listen to how women speak and practise copying them. Record yourself and listen back.

Choose your trans name

When you meet someone new, or are out with friends and dressed as a woman, being called Arthur or Harry is a bit of a give-away of your masculinity. Before you go out it is always useful to have a female name to go with the trans persona you are working to achieve. Louise and I have heard some interesting names.

Choosing a name is a very personal experience. Sometimes names are chosen to show strength, sometimes femininity. Names can be chosen that mean something to you.

You might want to choose the name of a woman you have admired, or a woman you were close to and who played an important role in your life. Many other women also tend to go for something that begins with the same initial as their male name to help cover for any mail that may turn up at the house. The important thing is to go for something that you feel comfortable with.

TIP:

Think hard before you decide on your name because it's not so good to chop and change. Buy a baby name book to find the meanings. We recommend *The Complete Book of Baby Names* for a comprehensive guide to naming.

Find clothes and shoes that make you feel great

Always make sure your clothes are appropriate for the activity you are engaged in. Have a good look in a full-length mirror to assess how you look. One key to passing as a woman is to make sure the fabrics of your clothes are not over the top. Silk is always wonderful against the skin, but when worn jogging it will look out of place!

Spend some time before you go out looking at what other genetic women of your age wear to go shopping, for example. Does this normally incorporate leather mini skirts or would jeans and a t-shirt be more fitting? High heels to go out for a walk in the country is just not sensible.

You also need to be comfortable in the style you choose. Oozing confidence makes you feel good and can be a real turn on for those you are trying to impress.

The websites that sell trans shoes and clothing are not always useful for finding everyday wear as the clothes can often be quite sexy - more suited to drag acts or the bedroom than the high street. When you want help with passing, this sort of clothing may be better suited to someone who is more of a fantasy t-girl.

Your age is also relevant. When we are younger, women can get away with dressing in a more sexy way. Once you get past your twenties, you are more likely to start to draw negative attention if you are too overtly sexy. Bring on a more subtle approach.

Specially designed shoes for cross dressers may be better for your feet, so when you need a pair of strappy heels, specialist websites would be the place to look. There are many high street shops that have clothes for the taller woman as well as offering larger size shoes. It is worth having a good look around both websites and the shops. Obviously the internet is ideal if you are worried about shopping. It is worth trying things on before buying them to make sure they fit and look good. If you buy from catalogues, they will have size guides to show you the measurements you need to take. When you buy from catalogues you don't usually have to pay to return the clothes if they do not fit.

TIP:

If you buy clothing, shoes or accessories from websites, check their returns policy before you spend your hard-earned money.

Conclusion

As you can see, there are a number of points to consider before you venture out in your female persona. Your goal is obviously to pass as a woman in public, and when you put these keys into practice, you will find that your femininity blossoms in ways you could never have imagined.

At first there may seem to be quite a few keys to consider, but really they are quite easy to incorporate into your overall persona. While this ebook is not designed to be a comprehensive guide, it will serve as an excellent resource to help you remember your checklist.

The tips and exercises we've given you are the first of many you can try. The fun part is that you can take these exercises and use them as a springboard. Why not try making up your own exercises to practise the different keys? As you know by now, the most important thing is to have fun!

Of course the key to your success in passing is your feminine appearance, and the most powerful way to appear feminine is to create your own personal style - one that matches both your male body shape and your female persona. As you practise different styles you will gradually discover the one that best suits you. The good news is that we have had years of helping trans people to find their ideal personal style. Over the course of our work we've identified seven overall categories that cover the personal style of almost every t-girl with whom we have worked.

Now, we've taken our years of experience and compiled a personal style guide that can help you to get a better idea of what style best suits you.

Once you've identified your own personal style, you'll be amazed at how much time and money you can save. No more needless experiments buying clothes that you soon realise don't feel or look right at all.

Now you can build a wardrobe that is congruent with your own personality, and discover how much more womanly you begin to look - and feel! Passing has never been easier.

Our style guide, *Know Your Style*, will tell you how to find your style theme.

Find out more at www.transcafe.net.

Some useful websites

Here are a few of our recommended websites. The first one is our favourite - it's our own site! Some of these sites deal brilliantly with discrimination towards the trans community, and a range of other key issues.

We did not want to overload you with lots of them, hence this selective list. You can follow the links from these sites to find a great range of other information resources.

They are also useful for finding supportive communities. It can be a huge help to find other people who have a similar shared experience to your own. There are also areas in the sites that provide some literature you can download to share with people you care about to help them understand about being trans and what it means to you if it is not done in a sexualised way.

Of course, one of the most essential support books for anyone who cross dresses is our own ebook *1001 Secrets of Feminine Cross Dressing*. You can order your copy here.

www.transcafe.net

www.gires.org.uk/

www.beaumontsociety.org.uk/

www.gendertrust.org.uk/

www.transgenderzone.com/

Terminology

Many of you will be familiar with the terminology associated with this topic, but for others this will provide a useful guide to some of the terms we will use in this book and which you will hear in your own groups.

Coming out: Telling others about your cross dressing, being a transvestite or transgender.

Cross dressing: Dressing in the clothes of the opposite sex.

Genetic woman: A woman who was born a female.

Passing: The term used for appearing and being accepted in public as a different gender from your birth gender.

T-girl: Another name for a transvestite.

Trannie: Another name for a transvestite, sometimes used perjoratively.

Trans: Anyone who is transsexual, transgender or transvestite.

Transgender: People who wish to change their social and physical role to that of the opposite sex to the one they were born.

Transitioning: The stage where someone who wishes to change their gender will start to live in the social role of the new gender.

Transphobia: Irrational fear of transvestites.

Transsexual: This is another term used to describe people who have surgically changed their gender.

Transvestite: This is someone who enjoys or feels the need to dress in the clothes of the opposite sex.

TS: Shortened version name for someone who is transsexual.

TV: Another name for a transvestite.

Visit www.transcave.net to find more helpful and life-enhancing information including other ebooks by Jane Butt and Louise Allen

1001 Secrets of Feminine Cross Dressing
20 Vital Keys to Successfully Coming Out as a Transvestite
Know Your Style

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