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Worley, Kristen, and Joanna Schneller. (2019). Woman Enough: How a Boy became a Woman and Changed the World of Sport. Toronto: Random House Canada.

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Kristen Worley's book "Woman Enough" is a unique autobiography that uses Worley's story of self-discovery to examine societal barriers against transgender individuals. The book details Worley's struggles with gender identity and mental health within the context of her life, demonstrating the influence that sports had on her as both an outlet and an opponent. While Worley is clearly well-read in the scientific topics raised throughout the book, such as the lack of correlation between testosterone concentration and athletic performance, she avoids the use of overly scientific terminology. Her primary research method consists of seeking the opinions of leading scientists in fields such as gender, biology, and medicine. While not required for an autobiography, these perspectives give context to Worley's story that may be helpful for readers unfamiliar with the transgender experience.

One of the most distinctive things about "Woman Enough" is Worley's use of the narration itself to show the difference in her life before and after transitioning. Everything *before* is written in the third person, and everything *after* is in the first person. To further the emotional distance, her narration of the past is distant and blunt; the thoughts and feelings of her pre-transition self are described in an almost clinical manner. While the first-person narration evokes empathy and

immediacy, the third person simply presents Worley to be observed.

This lack of connection to Worley's early life is deliberate and even essential. Worley states that she finds it difficult to speak so candidly on her experiences; her early life was categorized by parental abuse, gender dysphoria, and alienation. The dimension of her gender diversity strengthens the need for distance. Worley's relationship with her identity is complex, and perhaps not meant to be easy to understand. "People want to imagine that transitioning … is simple and linear and clear," but Worley's experiences— both in realizing and accepting her gender identity, and in her subsequent struggles for acceptance from a world that once adored her— say otherwise (p. 1). However, she also notes that this is not a universal experience for transgender people, as everyone's understanding of gender is specific to them (p. 2). That these statements comprise the very first chapter of the book is surely not accidental either; they serve as a basic introduction to gender diversity, introducing readers to key concepts that will be explained in more depth later. In this way, Worley again takes steps to ensure that her story is open to all readers, even those who may be previously unfamiliar with the transgender experience.

A second theme prominent throughout "Woman Enough" is Kristen's relationship with her chosen family, the Worleys, whom she met through her former wife Ali. While almost everything in Kristen's life changed, the support and acceptance of the Worleys remained consistent. Even from the moment she met them, brought home as Ali's date, the family made her feel at home in a way that was equally new for them— "Ali had brought dates home before," but her father had never welcomed them as easily as he did Kristen (p. 51). In many ways, Kristen's eventual transition from "Ali's partner" to a part of the family in her own right is foreshadowed in the

introduction of the book. Ali's father "treated Chris like the son he'd never had", and Kristen and Ali's friends "used to call them 'the twins'" so often were they seen together (p. 54, p. 62). It wasn't just Kristen who transitioned; much of her life, including her relationships with the Worleys, did the same. However, like any transition, the process wasn't easy.

Kristen often allowed herself to rely on the rest of the family in a way she did not with Ali. Her upbringing was traditional and followed strict gender roles— roles that Kristen herself came to internalize, as she struggled to fit the identity she'd been assigned. Growing up in a culture of restrictive cis-heteronormativity would have implicitly taught her that, as a "man", after she married a woman, she would have to become the provider and protector of the household. There would be no more room to need help, *especially* from the wife she was meant to support. And while Kristen's time with the Worleys helped her overcome some of the ideas of her upbringing, her thoughts during her marriage to Ali showed that she still clung to this idea. That, and the guilt she felt at doing what she viewed as uprooting Ali's life and marriage by coming out, continued to negatively impact her mental state even after she understood her diversity.

The struggle with mental health was not new to Worley, and it is touched on throughout the book. Starting from a young age, her gender dysphoria was a source of great shame for her, particularly due to her awareness that no one else felt the same way. This alienation, and the unhealthy coping mechanisms Worley turned to at various points to escape it, worsened as she aged. Worley explains this with the idea of a switch: something inside her would "flip", as her brain resisted "what a 'boy' was supposed to be" (p. 26). She struggled to fit the category of "boy" even before she understood why; however, when introduced to the idea of gender dysphoria, she

rejected it instinctively. While Worley never explicitly connects the dots, she provides enough context earlier in the book for the reader to understand that this rejection was thanks to her upbringing and its strong pressure to conform. These layers of nuance, present throughout the book, allow Worley to convey more subtle points without having to go into depth on topics she may find difficult to talk about.

This nuanced approach to Worley's writing is particularly prevalent in the section of the book dealing with transphobic Olympic policies. While Worley's lawsuit was an issue with a clear right and wrong, she takes the reader through a buildup of small inequalities following her return to sport post-transition. Only after appealing to the reader's sense of injustice does Worley pivot to the need for change in the institution of sport, which appears a logical next step in context.

For instance, small amounts of testosterone are necessary to maintain the health of a trans woman taking estrogen: this simulates the same conditions present in cis women, who naturally produce testosterone (p. 121). However, bodies like the IOC impose strict limitations onto the amount of testosterone female athletes are allowed to have, sometimes even going so far as to examine an athlete's genitals. They "do not test the testosterone levels of XY male athletes," or "limit the amount [...] transitioned XX males can take" (p. 122). It is only women subjected to this scrutiny— and "if a woman looks the way she's 'supposed to'—[namely,] blond and beautiful…—no one ever questions her gender or measures her testosterone levels (p. 114). Nor are trans women the only ones affected; XX athletes such as Dutee Chand and Caster Semenya were forced out of the Olympics entirely due to natural conditions that gave them higher-than-average testosterone levels (p. 120). The Stockholm Consensus, an Olympic summit responsible for the testosterone

limit, “never answered [the question of where they got the limiting number], or provided any studies to back it up”, while experts consulted by Worley confirmed that testosterone has no affect on athletic ability (p. 121). It is here that Worley fully steps into using her story to raise awareness, demonstrating that transphobia in sport is not just an issue for trans women. The transphobic policies that prevented Worley from competing in the Olympics are a result of generally misogynistic beliefs held by committee members, and their fear of trans women affects *all* women. Worley’s presentation of this information via her story creates the sense that the reader is reaching this conclusion at the same time as she is, making it feel less like a lesson and more like a conversation with a friend.

Throughout the book, Worley’s accessible integration of research makes her intentions clear. By requiring no prior knowledge of the topics she discusses, and by introducing them through the lens of her own experiences— making the reader empathize with and understand her— Worley aims to reach as broad an audience as possible. This is not solely a book for academics; however, it would be useful to scholars of human rights, gender studies, and systematic discrimination. Worley’s intention for the book was likely to raise awareness of the discrimination and institutionalized prejudices against women in the world of sport. I believe that her approach was well-thought-out and lacked major flaws. Empathy is easily dismissed as a strategy, but particularly in matters of human rights, it can be a powerful tool to change minds and public opinions on marginalized groups. Likewise, awareness is also often enough to spark change, as demonstrated by Worley herself.