

## **Two Spirits, One Heart book excerpt**

*To parents of LGBT(Q) youth reading this book, I believe the most important things I told my child through my actions and words were that he was loved and he deserved to live a life of truth. Can you imagine waking up each day knowing you could not be your true self? To be compelled to lie about whom you are and how you feel to those you love? When our child "comes out" we as parents "come out" with that child. Through this coming out process, we must deal with the same feelings and questions of integrity, worthiness and love: Will my brothers still love me when they find out that my child is transgender? What will my friends think? Will others judge me as being a bad mother? What will my employees or employers think?*

*Aiden and I walked a similar path of fear, possible rejection and confusion over how to tell the truth. I also know that at times Aiden walked a different path because he changed his body to live his truth. Aiden's journey required much more courage than I ever had to face. Yet at the end of the day, both Aiden and I wanted to say that we were proud of the words we spoke and the person who showed up in the world. I also wanted to look in the mirror and say, "Today, I loved my child with my whole heart . . ."*

Amazon link:

<https://www.amazon.com/Two-Spirits-One-Heart-Transgender/dp/1936833182>