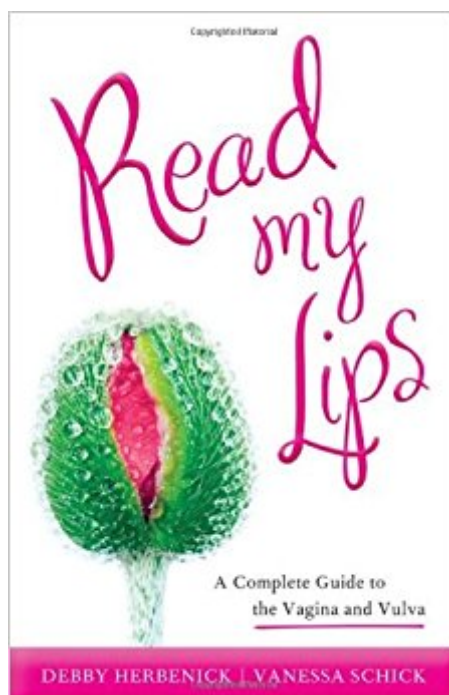


The book was found

Read My Lips: A Complete Guide To The Vagina And Vulva



Synopsis

Many, if not most, people remain in the dark about the actual workings of the vagina and vulva. The primary purpose of *Read My Lips* is to educate women and men about the vulva and vagina in a manner that is smart, informative, and entertaining. Readers, both women and men alike, will come to think differently about women's genitals and become a little more curious and a lot more comfortable with them. They will learn more about the female body in terms of health, sex, pleasure, culture, and art. Though based on sound scientific and medical research, *Read My Lips* is accessible to the masses, so women and men who are curious about the clitoris, Brazilian waxing, labiaplasty, or whether the G-spot really exists, will find something of interest in these pages. Chapters focus on sex and the vulva/vagina which, in spite of the many interesting cultural and historical aspects of vulva and vagina lore, remains of central interest to many people - as it should, given that women's genitals, and how they work, especially in regard to sex, remain a mystery to so many well-intentioned lovers. In keeping with the overall theme of celebration and education, the authors take a sex-positive, pleasure-focused perspective on women's genitals, pointing out the parts that can help women to enjoy sex and feel more comfortable in their own bodies. Tips on technique will also be shared alongside information on vaginal health.

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Customer Reviews

I am a guy. So I waited until I was not the first reviewer. Take my perspective with a grain of salt. I am a nanny for two girls (2 and 4), married for almost 15 years and my wife and I lead a small group

for newly married couples to help them develop stronger marriages. I spend a fair amount of time reading and thinking about issues of sex and marriage. Because most of my perspective is on married sex (and within a church based, Christian context), there are subjects I wish were handled differently. But on the whole I think it was a very good book and I glad that books like this are written. That being said, the book really is two books that are written together. One part (these parts are mixed together, not a part one, part two) is the sexual health and care questions and answers. This was of less interest to me (I am a guy) but I did learn a few things and had a couple conversations with my wife over them. The part that I think is more useful generally and I was more interested in, is the sociological look. This is somewhat reminiscent of Mary Roach's book Bonk. It is funnier than the sexual health parts. A good example of the discussion is a study that traces how nude models are shown on Playboy. They share a research study about how all of the Playboy centerfolds have been presented. This is one of those studies that many will make fun of, but there is a real point. One interesting point that the authors are concerned about is that never was the labia actually shown (the inner lips that are quite variable among women), they are either hidden by the shot, or airbrushed out. There were multiple sidebar comments (in general I am not a fan of sidebar comments, but in this book they served a real point) about women and men that have an inappropriate understanding of what female genitalia should look like because line drawings and even Playboys are inaccurate. Another trend that is noted from this study is the changes in pubic hair. Starting in the 1980s and speeding up in the 1990s, more and more of the Playboy models were shown without pubic hair. This has lead to a perception that many women (maybe most of younger women) also remove their pubic hair. But when asking average women, the majority of women remove very little pubic hair and only a small percentage actually regularly remove all pubic hair. The point isn't so much to suggest there is a right or wrong way, but that there is a wide range of what women do, and you should do what is right for you. As a final point, I do want to note that every chapter has a craft project around the vagina or vulva. I am not crafty, but I have enough women in my life that are, that I think this probably was a good way to lighten the mood and bring some fun to the book. Overall, this is not a perfect book, but it is a good contribution to a subject that surrounds us, but is actually too little thought about and too little thought about well. _____ A digital copy of this book was provided by the publisher for purposes of review. A longer review is published on my blog Bookwiser. I wrote a long (1500 word) review on my blog.

This is a review of a book about vaginas and vulvas. If you faint at the sight of Janet Jackson's breast or if spicy talk makes you swoon, best keep moving, things are about to get real. First off,

when people are talking about vaginas, the region they are speaking of is actually the vulva, the vagina is only the inner part (so right there, I learned something new). Vulva and Vagina are not interchangeable terms and should not be used as such (also new info). Here are some more gems of wisdom from the book;

1. Don't Douche, it damages natural flora and causes infections.
2. If you like the idea of unusual pubic hair, there are now plenty of color options for you to try.
3. Vulva dyes are bad news unless you like the sensation of fire ants biting the skin of your ultra sensitive labia majora (imagine that, fire ants on your L-A-B-I-A!).
4. Try to avoid perfumed products, soap too.
5. Love your vulva and it will love you back.

Vulva Crafts - bet you didn't think a book about vulvas would have a lot of crafts, well, it does. Watch out Martha Stewart, craft'd! Here are some of the more interesting crafts

1. make a vulva shaped tampon cozy, you will be the envy of all.
2. make your own merkin (why would someone want to make a pubic hair wig, I don't know and will probably never find out)
3. make paper panties, invite some friends to make some too, "Hey Betty, wanna hang out this weekend? We can catch the new romcom or, hey, we could make some paper panties! Squeee!"
4. Pube-encils - Make a stencil for your pubes! Yeah, I added that exclamation point there at the end to simulate excitement, but strangely I'm not feeling it. Stencils are so 2004.
5. Make a Vulva - out of alginate.
6. Knit a vulva, it's a great conversation piece, imagine discussing it with your in-laws!
7. Make a vulva costume - you'll be a showstopper at the office Halloween costume contest.
8. Papier Mache panties, yeah, I'm not sure what to do with them afterwards either, plus the starch is itchy.

This book is chock full of info, including new (well, new to me, anyway) terminology:

- vattooing - tattoos on your vulva - imagine a teeny tiny George Bush (get it? a bush on your bush?!) tattooed on your labia.
- vafacial - getting a facial or skin treatment on your vulva, usually in conjunction with waxing; removing ingrown hairs, exfoliating (youch!), applying calming lotion, etc.
- vajazzling - having sparkly things affixed to your mons - I refer to this as the Edward Cullen effect (actually, I use a different word than Cullen, it starts with the same two letters but it ends with, anyways, you get where I'm going with this).

There's history too, first off, the history of pubic hair going so far as to mention the lack thereof in classic art (David, The Venus of Willendorf) then the history of vulvas, vulvas as religion and vulvas as the characters in humorous stories. The Mesopotamian Goddess of the Vulva, The Asian Goddess Cunti, Nin Imma and the Sheela-na-gigs of Ireland are discussed at length as is the long and varied history of vulva flashing, apparently flashing your lady parts was a particularly amusing weeknight pastime in pre-Renaissance times. I'm going to hit up my galpals and see if we can't bring it back! there are lots of opportunities for vulva love;

Host a Speculum Party - I shiver with horror at the thought, but hey, to each his own, right? Check out the Vagina Monologues! Instead of a book club, why not start a vulva crafting club!!!

- I'm not sure which of my mom friends to hit up first!

First, I want to preface that I am a Christian, married mother of three. Okay, so this book is full of a lot of beneficial information regarding all things that have to do with our "female parts". Even if your mother was more open and shared with you some information about your vulva area, this book is very helpful! I would have given it four stars, because there were some parts of the book I could have done without having to read, but since that is purely personal preference and my own sensitivity, I had to give it five. It is not a book to read to your hormonal teenage daughter, but excellent for older, more mature women. It also has helped me a lot in how I speak to my girls about their bodies and how to care for them. It also dispels some old wives tales that most of us grew up on on the the care of our delicate areas. It is a book that helps to not only understand, but also appreciate what God made! I am very glad I purchased this book, but I am not putting it out on display in our family library. Hah!

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