



What Your Mother Never Told You About Sex

By Hilda Hutcherson

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In her ob-gyn practice, Dr. Hilda Hutcherson has seen women of all ages who have questions about sex. Now, in this down-to-earth book, she answers those questions and more as she addresses every sexual matter that has an impact on the lives of women.

Combining up-to-date medical science with good old-fashioned girl talk, Dr. Hutcherson discusses sex in a lively tone that's as educational as it is engaging. With facts on female (and male) anatomy, aphrodisiacs, fantasy, orgasm, birth control, and more, she shows how to overcome sexual problems — and achieve sensational sensual experiences.

Your mother may not have known what to tell you about sex, but Dr. Hutcherson will give you a real, honest education on sex and sexuality. And with a special chapter on talking to your daughter, you can pass your wisdom on to the next generation.

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Editorial Review

From Publishers Weekly

Hutcherson, codirector of the New York Center for Human Sexuality at Columbia Presbyterian Medical Center, believes that many women have unfulfilling sex lives. They may be hesitant to speak to their partners, uneasy about their appearance or, most likely, they simply have questions they've never been able to ask about sex. An obstetrician and gynecologist for more than 20 years, Hutcherson believes the key to better sex is knowledge. She offers a comprehensive look at men and women's bodies, including key information about erogenous zones, as well as chapters on different elements of sex, such as kissing, intercourse and oral stimulation. Hutcherson also discusses special topics such as sex during pregnancy and after menopause, and has a useful, albeit too brief, chapter on teaching daughters the facts. Complete with diagrams of anatomy and sex positions, this book is aimed at helping women first become more comfortable with their own sexuality, then work on their sexual relationships. Hutcherson's suggestions about massage, getting away from the kids for a weekend and being creative in bed are not unique. But her approach is so thorough and the writing so reassuring that even readers who would otherwise never pick up a sex manual will likely be comfortable with and grateful for this book.

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From Library Journal

Would that all mothers knew as much about sex as gynecologist and Columbia University professor Hutcherson! Her book, divided into five parts, is comprehensive yet neither confusing nor overwhelming. She begins with a section on female and male sexual anatomy, going into much detail about the vulva/vagina and offering a useful list of "things to do with a soft penis." Part 2 is a basic sex manual that discusses kissing, touch, outercourse, oral sex, anal sex, intercourse, and "enhancers." The next part covers keeping in shape, birth control, and safer sex, followed by a section on sex during pregnancy, aging sexuality, and talking to one's daughter. Part 5 is especially thorough, covering a wide variety of medical problems and psychological issues, from the effects of diseases and medications on sex to sexual dysfunctions. Even with all this detail, the book is a user-friendly and easy read, with sidebars and good illustrations. Although heterosexually focused, it's gay-friendly. This reviewer's only wish is for even more illustrations. If you have limited funds for updating your public library collection on female sexuality, this is the book to buy. Martha Cornog, Philadelphia

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Review

"A wonderful resource for both patient and physician, this book is clear, complete, and replete with valuable information."—**Marianne Legato, M.D., founder and director, Partnership for Women's Health, Columbia University**

"Comprehensive...user-friendly."—**Library Journal**

"A no-holds-barred discussion that attempts to dispel those myths and break through the taboos that foster the hang-ups many women continue to have about their bodies and sex."—**Ebony**

“Dr. Hilda Hutcherson delivers the kind of frank, down-to-earth information about sex and sexuality that so many of us need and crave. [She tells you] everything you always wanted to know about sex but were afraid to ask. With facts, drawings and plenty of plain-spoken advice, this is a great book to share with your daughter when it’s time to have ‘the talk.’”—**Linda Villarosa, author of *Body & Soul: The Black Woman’s Guide to Physical Health and Emotional Well-Being***

“Answers questions that women would like to ask their gynecologists. An honest and detailed book covering all aspects of female sexuality. An extremely valuable addition to any woman’s library.”—**Rogerio A. Lobo, M.D., Sloane Hospital for Women, Columbia University College of Physicians & Surgeons and New York-Presbyterian Hospital**

“Her approach is so thorough and the writing so reassuring that even readers who would otherwise never pick up a sex manual will likely be comfortable with—and grateful for—this book.”—**Publishers Weekly**

Users Review

From reader reviews:

Maurice Miller:

In this 21st century, people become competitive in each and every way. By being competitive today, people have to do something to make these survive, being in the middle of the actual crowded place and notice by simply surrounding. One thing that oftentimes many people have underestimated the idea for a while is reading. Yes, by reading a guide your ability to survive boost then having chance to stay than other is high. For yourself who want to start reading some sort of book, we give you this specific *What Your Mother Never Told You About Sex* book as beginner and daily reading e-book. Why, because this book is usually more than just a book.

Mary Molinari:

What Your Mother Never Told You About Sex can be one of your beginning books that are good idea. We recommend that straight away because this e-book has good vocabulary that may increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to set every word into enjoyment arrangement in writing *What Your Mother Never Told You About Sex* yet doesn't forget the main level, giving the reader the hottest and based confirm resource information that maybe you can be one of it. This great information can easily drawn you into brand-new stage of crucial contemplating.

Frances Hayes:

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Danna Bullock:

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