



## **Read My Lips: A Complete Guide to Vaginal and Vulvar Health, Culture, and Pleasure**

*Debby Herbenick, Vanessa Schick*

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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 will be 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.

## **Read My Lips: A Complete Guide to Vaginal and Vulvar Health, Culture, and Pleasure Details**

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## **From Reader Review Read My Lips: A Complete Guide to Vaginal and Vulvar Health, Culture, and Pleasure for online ebook**

### **Elaine says**

I was surprised to find this in the library here in the USA, considering how on TV over here bare bottoms are fuzzed-out and women always seem to have sex with most of their clothes on. It is an enlightening and fascinating book which made me think and made me laugh, too. I recommend it!

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### **Pam Terry says**

Great information, easily laid out for reading. It was informative and plain, easy to understand. Very helpful for learning.

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### **Jaime (Twisting the Lens) says**

All of my reviews are originally published at:  
<http://twistingthelens.wordpress.com>

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Twat, cunt, vag, coochie, pussy va-jay-jay- no matter what you call it, for most, the vagina is a mysterious force that must straddle the dichotomy of two worlds- the image of purity and giver-of-life and the image of tempting seductress. It is easy to see why we do not know as much as we should about this amazing organ, and often steer clear of conversation in regards to the vagina. It is controversial for women to know about their bodies, and is still taboo in many ways. That is where Read My Lips comes in to fill the gaps (no pun intended) in our knowledge about this wonderful, beautiful, overlooked area.

Filled with many facts, starting with the anatomical basics and ending with vagina culture, Read My Lips gives us a comprehensive and entertaining look at the vulva. Celebrating different sizes and shapes, one should never see their vagina as being imperfect again, only different and unique. Herbenick and Schick give a history of shaving, douching, and other history of cleaning it up down there. They supply us with a bare-all examination of cultural stereotypes, as well as a more intensive view on sexual health and the myths surrounding.

So, if you are looking to begin your exploration into the vulva, or would like a deeper understanding of the magical world of vaginas, this book is a must have. While most may not be using the guide on how to make a vulva costume this Halloween season, there is sure to be something for everyone. This is an entertaining and informative step into the demystification of the vagina. By the end, every reader will be saying out loud: "Read My Lips- no more douches," which is really a great life-motto in general.

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## **Steve says**

A comprehensive guide for both owners of said equipment and fans thereof. Both highly informative and written for non-clinicians, this deserves inclusion in the sex/sexuality section of your home library.

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## **Adam Shields says**

Short review: Yes I am a guy, yes I read a book about Vulvas. Get over it, they are important to straight guys too.

On the whole I thought it was a fairly good and positive book. I was more interested in the cultural part than the health and pleasure part, but I thought the whole was good. There are two authors and one of them is funnier than the other. The health portions were a little dry and really addressed probably too wide of a range of issues for most readers. Everyone will find info that is not really targeted to them. Frankly a few of the questions disturbed me with their ignorance. If they really are questions that people have then sex education in the US is really in more trouble than I thought.

The cultural points were fairly interesting and really showed how little good research has been done in areas of sexuality and how much really needs to be done.

I have a long (almost 1500 word) review on my blog at <http://bookwi.se/read-my-lips/>

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## **Jessica says**

This book was downright fascinating. It is amazing how little a lot of women know about their own body (and by women I mean me). I didn't give the book 5 stars because there was some cheesy super feminist tree huggy stuff closer to the end, BUT the first half was really informative. I recommend that women take the time to read it, or if you are a man feeling a bit lost, it might be useful to you too.

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## **Allison says**

I give this a 5 for humor and 3 for informational. good book overall.

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## **Z says**

“Read My Lips” is an informative and engaging book. It’s neither a simple owner’s manual nor *Our Bodies, Ourselves* for a new generation. That’s not to say that this is a bad thing, only different. It’s full of interesting facts, first-person accounts of experiences with vulvas, and health information, and punctuated with warm humor. By choosing to write in a personal friendly, somewhat breezy tone, the authors take changes in social perspectives and communications styles into account; teen-to-mid-twenties-aged readers will likely warm quickly to the book’s conversational tone. The authors have made an effort to acknowledge trans\* / intersex

issues. The 1st chapter includes a clarifying statement regarding the use of the phrase 'women's genitals' and similar terminology in this book. Readers will learn about basic vulval and vaginal health and STDs. The authors support women's rights to safe, healthy, and enjoyable sexual lives. I liked the inclusion of first-person accounts by both women and men: having a vulva, choosing to interact (or not) with a vulva -- everyone has an opinion or some insight to share. Illustrations and detailed explanations both demystify and celebrate the structure, complexity and function of human female genitalia. I'd consider giving this book as a gift to adolescent girls, as well as some women in their twenties who may previously had limited access to such information as presented by women. It may also be a good choice for high school or community college libraries, where students will warm to the informal, empathetic tone.

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### **Naomi says**

Alright, I received this book from the publisher today off Netgalley and have not been able to "put it down". This book had a lot of buzz in my Goodreads group, Sisterhood of the Traveling Book, and I can see why. Although this book has a lot of important information for women to understand related to their own bodies, the authors did it in an engrossing and fun manner. I am very happy I requested this book and agree with some of the reviews I have read on it that it should be required reading, particularly for our younger girls who might have some embarrassment on the topic!

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### **Moises says**

Really informative, I think every woman and teenage girl should read this.

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### **Aja says**

Fantastic book and a must read for pretty much anyone. The conversational style is easy to read and understandable for readers at any level. The information that is presented is thorough and unbiased. Even the most self-aware women have something to learn from it. Show/discover/brace some vulvapride and read this book!!!

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### **Jennifer Rinehart says**

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 (so right there, I learned something new). Vulva and Vagina are not interchangeable terms and should not be used as such.

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.

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
2. make your own merkin (why would someone want to make a fake 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 2002.
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 gal pals 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!

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### **Nicole says**

I think every woman should read this no matter how much they think they know about their lady bits. No matter what you'll learn something new and even take away a new craft project or two...

Received this from NetGalley.

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### **Kari says**

Very interesting and informative book. Not something I would normally read, but I was intrigued when I saw it on Netgalley. The authors mix in humor with well researched facts. Definitely worth a peek. Maybe some men should take a peek as well.

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### **Wendy says**

This book was very well researched and well written. No question could have possibly been left unanswered. It was technically informative, thought provoking and relatively entertaining. Full of crafts and party ideas as well.

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