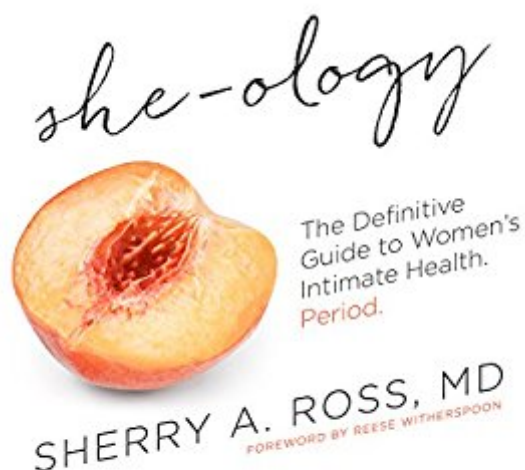


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She-ology: The Definitive Guide To Women's Intimate Health. Period.



WITH CONTRIBUTIONS BY:
BROOKE SHIELDS • CHRISTINA APPEGATE • JANE SEYMOUR • LISA GAY
HAMILTON • KATHARINE MCPHEE • ASHLEY BENSON • MEREDITH BAXTER
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UNABRIDGED • READ BY ERIN BENNETT



Synopsis

She-ology shines a light on the vagina, answering our most embarrassing questions with the goal of healthier and happier vaginas for women of all ages. Many women still suffer a long-ingrained dissociation with their own vaginas and a misunderstanding of what goes on "down there". With expertise and a dose of humor, leading ob-gyn, educator, and women's health advocate Dr. Sherry Ross addresses every urgent, confounding, culturally taboo or embarrassing question women have about vaginas, with the goal of healthier, happier lives for all. She-ology describes the state of the vagina at every age and stage of a woman's life. From first periods to postpartum to menopause, from the serious to the celebratory to the surprising, this book will make you feel a part of the vagina dialogue. Dr. Sherry - a leading ob-gyn, educator, and advocate in women's health - is equal parts best girlfriend, confidante, and skilled practitioner with over 25 years' experience in gynecology and obstetrics. With the help of many famous contributors, she answers your questions and concerns, such as: Where the heck is my G-spot? Since the vagina is self-cleaning, do I even need soap? Can I get HPV if I don't have actual intercourse? Is it too late, at 45, to have an orgasm? How can I be depressed after giving birth if I've always wanted a baby? Is there a such thing as a perfect vagina? I enjoy swinging or S & M, does that make me a pervert? What does safe sex even mean? What could possibly go wrong down there, and what do I do about it? Dr. Sherry's goal is that of healthier and happier women through a revolution of vagina information. This book will help you form, mend, or strengthen your relationship with that most commanding and complex of female organs - the vagina. Includes contributions from: Reese Witherspoon Brooke Shields Christina Applegate Jane Seymour Lisa Gay Hamilton Katherine McPhee Ashley Benson Meredith Baxter And many more

Book Information

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Customer Reviews

What a fun book! I spent 2 days and finished it. The information is so true. I have always been afraid to ask questions because I get so embarrassed. Had I known that other women and men have the same questions I would have read this book a long time ago. The guts to write all this information down. I suggest that everyone read this book, you will laugh out loud and be well informed about what is happening to your body as the years go by. Thank you for the learning experience Dr Sherry!

This book provides a wealth of information that all women should read. I learned a lot about the adolescent V which applies to my daughter. Grateful that Dr. Sherry took the time to write this. Great read!

This book is written by one of the best doctors I know. It is entertaining yet so filled with information and answers questions that you may have never thought of, or were too embarrassed to ask! It is a must read for every female !(I wish I'd had it in my late teens and 20's !)

I highly recommend every female purchase this book. Whether your a teen, young woman, or senior, you'll find expert advise and solutions . Speaking for myself, Dr. Ross has not only helped my female fears and misconceptions, but she's outlined a range of options to maintain good female health, I tell my friends she's my FEMALE MESSIAH . I can't encourage you enough to read and learn from her book. I guarantee once you do, she will be your hero too! .- Amy Hamilton

Highly recommend this book. I'm a nurse and her take on women's healthcare is spot on. Loved the chapters for us older women.

Oh, the stories only a vagina can tell. And they are told in *She-ology* – the new go-to book about everything vagina. Dr. Sherry Ross’s twenty-plus year career as an OB-GYN and a v-card carrying member give this book a unique, expert voice. It contains a plethora of knowledge including: how to properly clean your vagina, how to protect you and your

partner from sexually transmitted diseases, the dreadful C, birthing, fertility, the tween vagina, the shy vagina, the unavoidable aging vagina, and of course, the big O. Dr. Sherry takes the reader on her rounds with you as she conveys conversations with patients where the tales are as wide as a pair of legs in stirrups. Her warmth comes across in her storytelling treating each word like she does her patients with great care, intellect, respect and humor. With the turn of each page comes vital information and invaluable tips, some of which even the most bashful of readers will appreciate and embrace. Every chapter begins with a creative sketch of the vagina personifying the hot topic about to be covered along with a private story from a familiar celebrity patient. Dr. Sherry even shares bits and pieces of her own heartfelt journey in an engaging manner. A foreword written by Reese Witherspoon sets the tone with a beautiful tribute to the author and her dedication to women's health issues. Even if you can't utter the word vagina after reading this invaluable book, Dr. Sherry has successfully accomplished her goal in writing a relatable contemporary book counseling women about this vital organ and keeping it healthy. This book is a must-read that you will find yourself turning back to over and over to dispel myths, for advice, facts, or just for a laugh.

This is a must have book for any women! Sherry makes health issues accessible and funny at the same time. Recommend to all your girlfriends!

Excellent book!!!

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