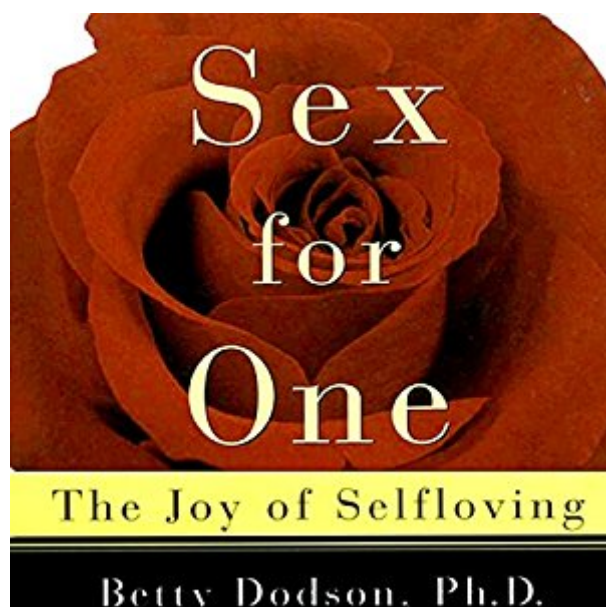


The book was found

Sex For One: The Joy Of Self-Loving



Synopsis

For more than 20 years, Betty Dodson has been dedicated to taking the shame out of masturbation, showing it to be a healthy form of sexual expression. With warmth and intelligence, and informative line drawings, Dodson explains how anyone can learn to fully enjoy the pleasures of self-love, pointing out that masturbation is still the safest sex.

Book Information

Audible Audio Edition

Listening Length: 4 hours and 56 minutes

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Whispersync for Voice: Ready

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#1148 in Books > Self-Help > Sex #2360 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

Sex for One is the latest version of a book that Betty originally self-published as "Liberating Masturbation," in the early 1970s. I own all three revisions of this book, and treasure them all. This is a very important book to read if you seek to understand your sexuality. I discovered it in the early 1980s, and was deeply moved by Betty's honesty and open attitude about sex. As a young man coming of age in the turbulent 60s, I was listening to feminists to try and understand what women wanted and where I fit in with that. Betty is a sex-positive feminist, and her rational, non-judgemental approach to sexuality really helped me come to terms with my own sexual energy. It was so refreshing to hear a woman talk so openly about her wants, needs and desires, and to see that women were indeed sexual creatures, too. Nowadays, we have Susie Bright, Carol Queen, Annie Sprinkle and many others who are sex-positive women speaking out, but Betty was an early and vital groundbreaker for this kind of material. She struck such a strong resonance with me that I wrote to her and we have been penpals ever since. I am therefore a bit biased, being a friend and fan of hers. The book tells of her experiences with her own sexuality and the workshops she led for

women to discover orgasm for themselves and open exchanges with other women. It has some of her own beautiful artwork of couples and single people, including drawings of female genitalia (some of which demonstrate the origins of the Valentine Heart), to illustrate the material she discusses in the text. It is very tastefully done, and educational for those who are not familiar with the bodies and behaviors of others.

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