



Vaginas: An Owner's Manual

By Carol Livoti, Elizabeth Topp

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An engaging, thorough, and much-needed explanation of the working vagina, *Vaginas* is a book of accessible facts written by down-to-earth authors whose only agenda is female education. The authors (the mother is an ob/gyn, the daughter a writer) avoid the flowery language and feminist agenda of other books on the subject. They take readers from the mood swings of puberty to the hot flashes of menopause with warmth, humor, and candor. Subjects include the lowdown on hymens, a word on waxing, tips on retrieving lost items, heavy periods, working out the vagina, significant problems (STDs, ectopic pregnancies, fibroids, yeast infections, herpes), ways to keep an aging body performing, and the fun stuff — sex.

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Editorial Review

From Publishers Weekly

This empowering, sex-positive guide to womanhood is for anyone who has ever found herself uninformed or misinformed about her own machinery. Topp, a single, 20-something writer, teams up with her mother, Livoti, a seasoned gynecologist, to demystify the female reproductive system. The younger author felt lucky to grow up with a mother who was knowledgeable and forthcoming about the female anatomy, especially when she reached her teen years and realized that most of her friends weren't so lucky. Too many women are uncomfortable discussing their private parts with friends or even doctors, say the authors, and this can lead to misconceptions about their own bodies. Despite the catchy title, this is a deep examination of the body. Starting with an overview of the basic organs, then moving into menstruation, maintenance, menopause and medical problems, the authors investigate every nook and cranny of those elusive female parts. They explore sex, contraception, STDs and abortion from a nonjudgmental, pro-choice, woman-to-woman perspective. Although the snippets of banter between mother and daughter (as well as the anecdotes from the life of an ob-gyn) add little, this is a never condescending and always articulate resource.

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Review

"I've been bugging my mother to write it all down since I was fourteen. So at 27, as an aspining writer, with some relevant material of my own on the topic I thought what better than to collaborate on a projectmat will bring powerful information into the hands of women everywhere; So here finally are stories and information from a seasoned gynecologist, as told to her daughter,

Users Review

From reader reviews:

Larry Murray:

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Carol Anthony:

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Joseph Mitchell:

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