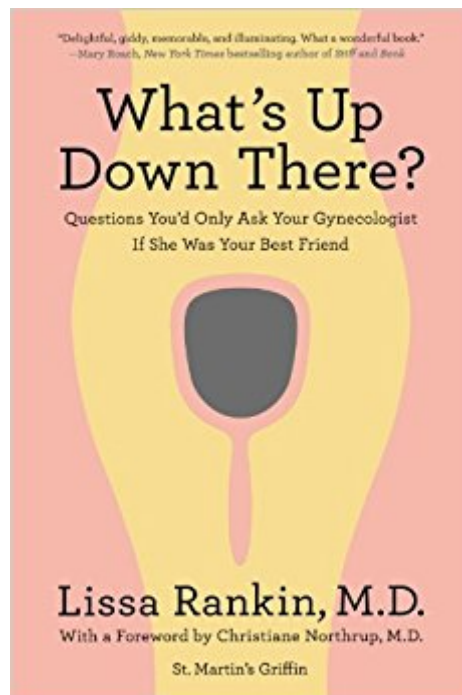




The book was found

What's Up Down There?: Questions You'd Only Ask Your Gynecologist If She Was Your Best Friend



Synopsis

In this funny, outrageous and empowering book, Dr. Lissa Rankin answers all the secret gynecological questions that most women wonder about, but have always been afraid to ask. Suppose you had a wise, warm, funny best friend—who just happened to be a gynecologist. You're out with the girls for cocktails and the conversation turns to sex, and then to girly parts. One by one, you start asking her all the questions you've secretly wondered about—and discover that you have a lot in common. If you were to write those questions down, then you'd have *What's Up Down There?*, a life-changing little book that answers:— Do old ladies have saggy vaginas?— How do male gynecologists have a sex life without feeling like they're stuck at the office?— Is it normal for your inner labia to hang out of your outer labia?— Can the baby feel its mom having sex during pregnancy?— How common is it for one's boobs to be two totally different sizes? And so much more! As outrageously funny as it is empowering, this book reveals how to love yourself and your body—and will have you recommending it to every woman you know. From off-the-wall sex questions to serious topics of women's sexual health, *What's Up Down There?* provides answers to women of all ages and stages.

Book Information

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Customer Reviews

Written entirely in Q&A form, this ob/gyn guide is alarmingly frank. (One question: “Does having anal sex give you a stretched out butthole and make it so you can’t hold in your farts and poop?”) The subtitle says the book answers questions a best friend would tackle if

she were (or “was,” as the grammatically incorrect wording says) a gynecologist. But would most readers really talk to pals about such things? Rankin tries to sound chatty, but chapter titles such as “pee” and “butts” simply come across as unprofessional. She litters the book with expressions such as “va jay jay” (instead of vagina), “boobs” (instead of breasts), and “the big O” (instead of “orgasm”). Some readers may want to know about the author’s sex life, but others may find it off-putting. (She “chats” with her vagina, which she calls her “yoni.” Sanskrit for “source of life.”) Still, the book does give good medical information, and surprisingly, the well-respected Christiane Northrup, MD, author of *Women’s Bodies, Women’s Wisdom* (1994), writes a glowing foreword. Just don’t whip this book out on a crowded train. --Karen Springen

“Imagine sitting next to a warm, charming, funny gynecologist on a seven-hour flight where they’re handing out free cocktails. Reading *What’s Up Down There* is that sort of experience: delightful, giddy, memorable and illuminating. What a wonderful book.” — Mary Roach, New York Times bestselling author of *Stiff* and *Bonk* “Once in a generation there’s a book like no other. You’re holding it in your hand. Buy it. Bet you’ll love it. Bet you’ll read it more than once. Bet you laugh and cry each time you do.” — Rachel Naomi Remen, MD, bestselling author of *Kitchen Table Wisdom* “Lissa Rankin is a sassy, brilliant, articulate, funny, fun, loving genius. Every woman must read this NOW.” — Regena Thomashauer, author of *Mama Gena’s School of Womanly Arts* “Dr. Lissa Rankin provides answers to the questions every woman always wants to ask her doctor--and some that they’ve never thought to ask, but should. Best of all, she does it with both humor and style.” — John Gray, New York Times bestselling author of *Men Are from Mars, Women Are from Venus* “Dr. Lissa Rankin is a woman’s health visionary, and *What’s Up Down There?* is just what every woman needs: a gynecologist girlfriend who answers the kinds of questions that women are still afraid to ask. This book is a pleasure. Read it. You’ll see.” — Christiane Northrup, M.D., New York Times bestselling author of *Women’s Bodies, Women’s Wisdom* “I laughed, I cried, I wanted to throw my arms around Lissa Rankin and thank her wildly! *What’s Up Down There* is a book of rare honesty, comfort and humor that casts a feminine eye on the most powerful and vulnerable part of the female body.. *What’s Up Down There* has everything I’ve ever wanted to know about vaginas but was too shy to ask!” — Sheila Kelley, author of *The S Factor* “Dr. Lissa has served up one of the hippest, coolest, straight speaking books

on women's genital health, function and fun. Finally!!!

— Lou Paget, bestselling author of *How to be a Great Lover*

— Dr. Lissa Rankin has written a courageous book, providing information about topics that few others are willing to tackle. And when she doesn't know the answer, she says so, giving us all the more reason to trust the answers she does give. *What's Up Down There* dispels myths while reminding us of the beauty and mystery of our girl-bodies.

— Diana Daffner, author of *Tantric Sex for Busy Couples*

— Lissa is that approachable OB/GYN we all wish we had. In this frank, enlightening, funny book (you know you're in for a treat when the table of contents makes you laugh) she answers all those questions and every other question I've ever had about my girly bits in 30 years of being a woman, 20 years of being a lover (sorry if that's too much information mum) and 5 years of being a mother.

— Lorraine Regel, co-author of *The Survival Guide for Rookie Moms*

— With humor, honesty, personal candor, and professional expertise, Lissa Rankin breaks through the shame and discomfort most of us feel about discussing the most intimate of subjects. She makes shocking feel comfortable, outrageous becomes commonplace, confusing becomes simpler and suddenly, discussing menstruation, birth control, genital piercing, and so much more, is like a conversation with a great friend over coffee.

— Elissa Stein, author of *Flow: The Cultural Story of Menstruation*

— Yes, I know *What's Up Down There* is written for women, but I read it cover to cover, with the kind of ghoulish fascination most men have when contemplating the mysteries of the female body. And it delivered, providing answers to the kinds of questions every guy I know has wondered about, but wouldn't dare ask the women in our lives. Lissa's approach is so straightforward, so funny, and so reassuring that it made me want to dump my own primary care doc and see her instead.

— Armin Brott, bestselling author of *The Expectant Father*

— Lissa Rankin transitions from doctor to BFF without missing a beat, tackling even our most embarrassing questions with the utmost candor and without a speck of judgment. She rips off the flimsy paper sheet we've used to cover any unfounded shame or confusion we've experienced for being female. Embarrassing? Try empowering!

— Jory Des Jardins, co-founder of *BlogHer*

— Every woman needs to be open and honest about her body with her gynecologist. This book answers important questions you may have been afraid or embarrassed to ask. Every woman's body is magnificent and needs to be honored and treated with loving care by her doctor and herself.

— Judith Orloff, M.D., author of *Emotional Freedom*

First, I am a 64 yr old man. I am on male HRT. I don't remember how I came across this book but bought the ebook for my eReader (Sorry Jeff, not a Kindle) and was fascinated by the book's

information. The author was, at the time she wrote the book, an OB/GYN. She has since moved on to Integrative Medicine. But when she wrote this book it covers almost every thing a person might want to know or should want to know about a woman's body as it progresses through life that involves reproductive health. I found it so fascinating that I bought three hard copies of the book to give to women I thought could get something out of it: my wife, my holistic Christian counselor and my sister-in-law a midwife. If I find other women who I think could get something out of it I will order copies for them. I consider this an IMPORTANT BOOK and I am giving this book to women I feel need it this year of 2015. In the past I have said you need to read this book. This year, 2015, if I feel it is an important book, I am buying and then giving the book away. This is a book I am giving away. Lissa Rankin has written two more books related to Integrative Medicine. I am giving away copies of these books to friends of mine as well. This writer is a MUST READ! If you have chronic pain and depression I highly recommend that get and read Gary Kaplan's Total Recovery available here on as well. He is another Integrative Medicine doctor. Integrative Medicine is the PRESENT-FUTURE if you have more than one medical problem!

This book had me laughing and wincing in horror at the same time. It's amazing how women still don't respect the physical parts that makes them women. Dr. Rankin actually told me things I didn't want to know in this book! Like bananas can do a lot of damage to women's organs, or that potatoes can grow in my vagina. But I'm glad I purchased and read this book. If you are a reader who is easily offended, this book is not for you. She discusses **everything** from front to back, and she doesn't hide the information behind formal language. I was surprised when I got to the anal section of the book, assuming it was going to be all about the vagina. I think teenagers need to know the information in this book, but I can see parents having a problem with their teenagers reading it. Suggest moms--and dads--give it a read and share. Men need to know this stuff, too. She doesn't, as one reviewer states, argue against natural childbirth. She does say that there are alternatives and it's a personal choice. Hers was to do it with drugs, while a friend **tried** to do it naturally. So if you are looking for a frank but informative book about "down there", I highly recommend this book.

This book is AWESOME! I learned so much and loved it! I read it in a few days. She is so accessible and honest!!! LOVE LOVE LOVE it! All women should read it, there is so much we don't know about our own bodies.

This book is well written and I would recommend this book for women and girls that are curious

about learning about their bodies or even men who want to learn about women. I've read other books like this that were published around the 80's and 90's but since they didn't know as much it isn't really accurate for this day and age. I love this book because it is more recent and is written by a female OB/GYN!!!!

I'm 49. I need info on menopause. Since this book is mainly questions from real people, I thought surely there would be some good info here. Not so much. I did learn that after menopause, my "Yoni" (vagina) and I are free to ride off into the sunset on whatever adventures we may desire. Make friends with your "Coochie". (Vagina) If she gets dry, lubricate. Now, don't get me wrong, there were tiny bits of info that might be useful. But not \$9 worth. It might be useful for someone in their late teens or early twenties, but for this menopausal old lady, been there, done that.

My daughter really liked this book. It answered questions for her and clarified some information for me too.

I already knew a lot of things that were in this book, but I found it highly entertaining. I would recommend all of my friend's read this book. It was hilarious and I couldn't put it down. My daughter is 2, but when she grows up I would want her to read this book to learn about things that I don't want to discuss with her, but that she should know. I think that over and over, the message is clear throughout all of the material, we are all unique and everything we question about our bodies is normal. I think that this is a positive message that all women need to understand. Great book!

OMG.. this is so funny I can't stand it. I love how she writes. She gives you great info directly and so naturally, I swear I would love to see her do stand up on around the stories in this book.. Absolutely love it. For the gals who aren't so enthused about it.. Lighten up!!! Go get a mirror and stare at your jojo for a 1/2 an hour or so and go see What's Up Down There.

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