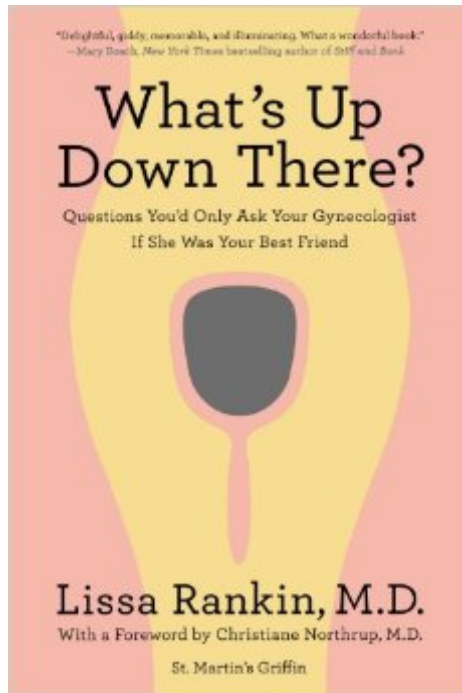


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# What's Up Down There?: Questions You'd Only Ask Your Gynecologist If She Was Your Best Friend



## 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

I just finished reading this book, and I quite like it. I am a sex-educator, and I am happy to report that I did know most of what I read in this book (phew! I've been doing my job just fine), but I am also happy to report that I learned a few things, some of them surprising (you can have two vaginas? Is

that vaginae?), some of them disturbing and upsetting (a potato in a vagina?!), some of them hilarious (a POTATO! In a VAGINA!) Some of the things I learned made me look at sex in an entirely different way (tantra!), and some made me think about transitions we never really talk about (menopause). This is a very body-positive, sex-positive, matter-of-fact, nurturing, informative book. I have a daughter. I'll put this in a special place in our family book shelf for her to discover when she's full of questions like these but too embarrassed to ask her old mother. It's exactly the straight-forward and affirming tone I'd like for her to hear when learning about her body and about sex. Above all, the author encourages all of us to treat ourselves kindly and to hold ourselves up, to demand the very best for ourselves and to learn to live well and happily in our own bodies. The only reason I gave it 4 instead of 5 stars is that I have a whole lot of questions of my own that I'd like to ask my GYN if she was my BFF that went unanswered here... and that I am too embarrassed to ask on . Maybe we need a sequel! Or maybe I just need to make friends with the author. I like her already!

This is not a book I would have chosen for myself... a friend bought it for me, almost like a dare, to see how I would react and if I would actually read it. So I did. On one hand, I feel like the author accomplished exactly what she set out to do. She answered some potentially controversial and embarrassing questions that most women, myself included, would be too ashamed to ask. Each chapter starts with an introduction of general information and perhaps an anecdote from the author, with the rest of the chapter in a Q&A format with real questions asked by real women, such as, "Is it safe to have sex during your period," "Can an abortion cause infertility," and "If I have breast implants, can I still breast-feed?" The author gives a truthful answer in a way that is understandable to those of us who have never taken a reproductive biology course. In that light, I can see why this book has been, and can continue to be, profoundly helpful for women everywhere. What drove me insane, however, was the author's tone. She constantly addressed the reader as "sweetie" and "honey," made references to frilly sparkly things and pink skirts, and kept encouraging the reader to giggle. Very, very rarely do I dislike a book because of the author's tone, but this was just too over-the-top. Almost every chapter ended with a speech about "embracing" this or that about our "coochies" and "yonis," and the entire final chapter was about finding sisterhood everywhere because we all have life-giving girl parts. Gag. For my personal tastes, this would be a one-star book; but in the interest of fairness and what the author accomplished in this work, I give it four stars.

This is an awesome book, I bought a copy for myself and one for my 22 year old daughter. Dr.

Rankin talks about things that truly you are too embarrassed to ask your dr, and things you should be able to talk to your daughters so they can believe in themselves and know that they are normal and unique individuals...to be adored the way they are made. I have a very big thumbs up for this book, thank you for writing this book.

This book is so incredibly helpful! So many of my questions have been answered, I wish my mom would have given me this book when I was 17 (she couldn't because it is just out)I am 22, but none the less I have learned a lot and have come to feel much better about insecurities I once had.What I love most is that everything is right here, no more surfing the web to find answers that I only so-so trust. Thanks Dr. Rankin you finally came out and answered so many questions that most books tip-toe around. I recommend this book for every female!

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 though 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!

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