

Happy Vagina The

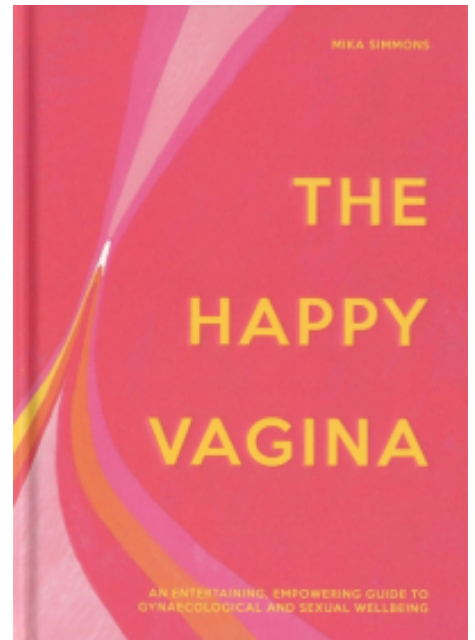
by SIMMONS, MIKA

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The Happy Vagina shines a light on both the unique and sometimes awkward facts about everything gynaecological, creating an open dialogue for all sexes and generations.

In a world where the vagina is still, too frequently, considered taboo, this book aims to entertain, educate and enlighten. Mika Simmons, creator and host of 'The Happy Vagina' podcast, rightly believes that this taboo is problematic and can lead to a whole host of health issues. Intimate health and pleasure can be hard to talk about, regardless of background or experience, The Happy Vagina is here to smash this stigma for women, and men.

Covering everything from the myth of the wandering womb to mindful masturbation and orgasms to period poverty, the history of contraception, pregnancy and being childfree, Mika's approachable and positive message urges all of us to know, and appreciate, our own bodies.



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