

CONTRIBUTOR

2

Books to Help Black Women Reclaim and Explore Their Sexuality



Ashley Cobb

September is here, and that means goodbye summer and hello Sexual Health Awareness Month. [The World Association for Sexual Health](#) set aside September as the month we observe sexual health with the goal to dismantle taboos and create conversations around pleasurable and safe sexual experiences. Sex and sexuality is still pretty taboo and misunderstood, especially when it comes to Black female sexuality. Women aren't taught what it means to be sexual. [Black women](#) particularly have been hardwired by civil rights, slavery and religion to not center

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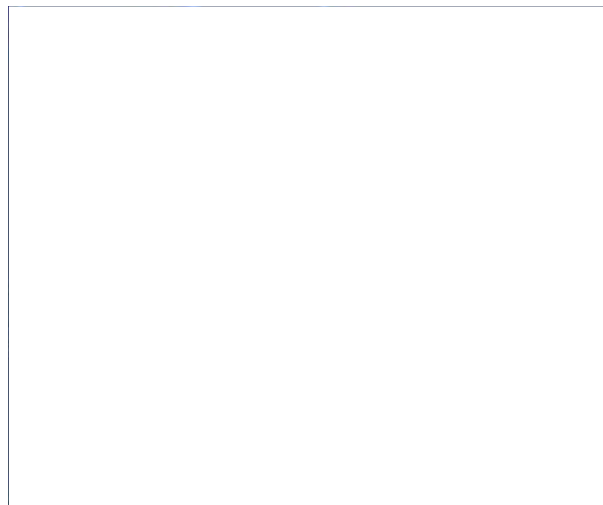
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is all about. If you want more resources on how to learn about your body and all of its pleasurable areas, I've made a list of books that might save you a google search or two. Although buying a new [sex toy](#) or trying out different positions is great, reading a book about sexuality allows you to really delve into how you feel about [sex and intimacy](#) on a whole new level.



Courtesy of pexels.com

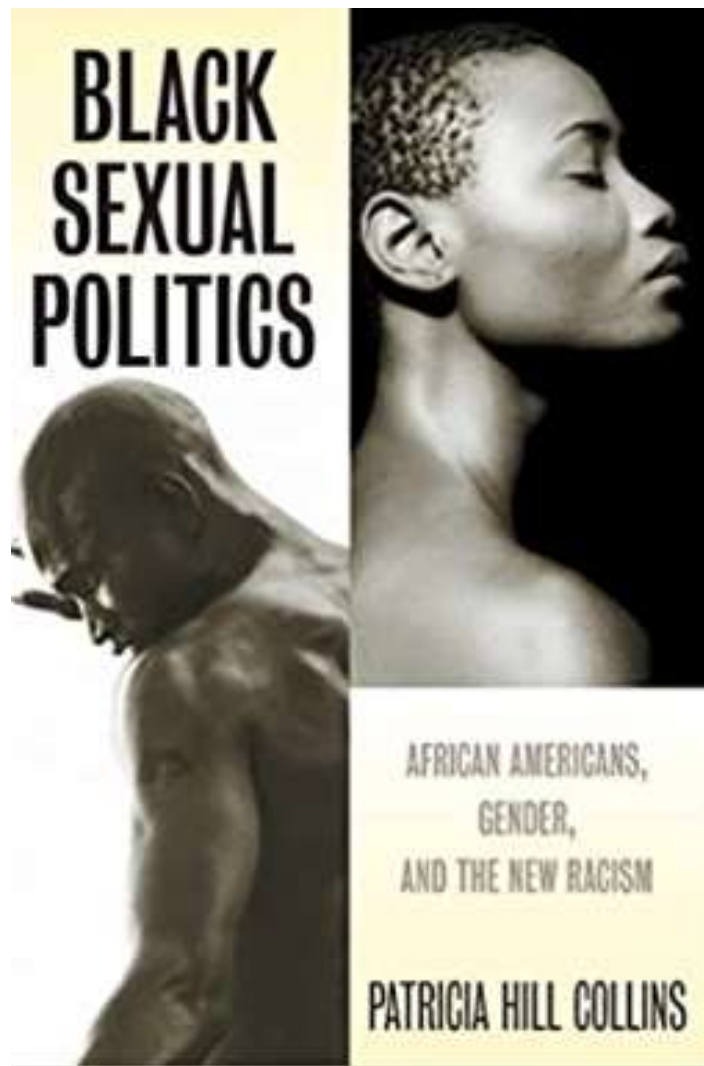
[“Black Sexual Politics: African Americans, Gender, and the New Racism”](#) by Patricia Hill Collins



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Collins highlights the critical connections between race, sexuality, and politics, but she also brings in pop culture theories to strengthen her arguments. She presents depictions of black women and their sexuality in media (alongside the presentation of black masculinity in the media) to create what she calls “progressive black sexual politics.” For those who believe that theory and practice are in opposition, Collins also addresses the importance of “honest bodies” in a time when sexual violence and [HIV/AIDS](#) are all too present in the black community.



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The Latest Sex Toy You Need for Your Next Date Night Rendezvous - Black Love

BlackLove.com Related Articles:

[*The Black Love Guide to Love, Sex and Intimacy*](#)

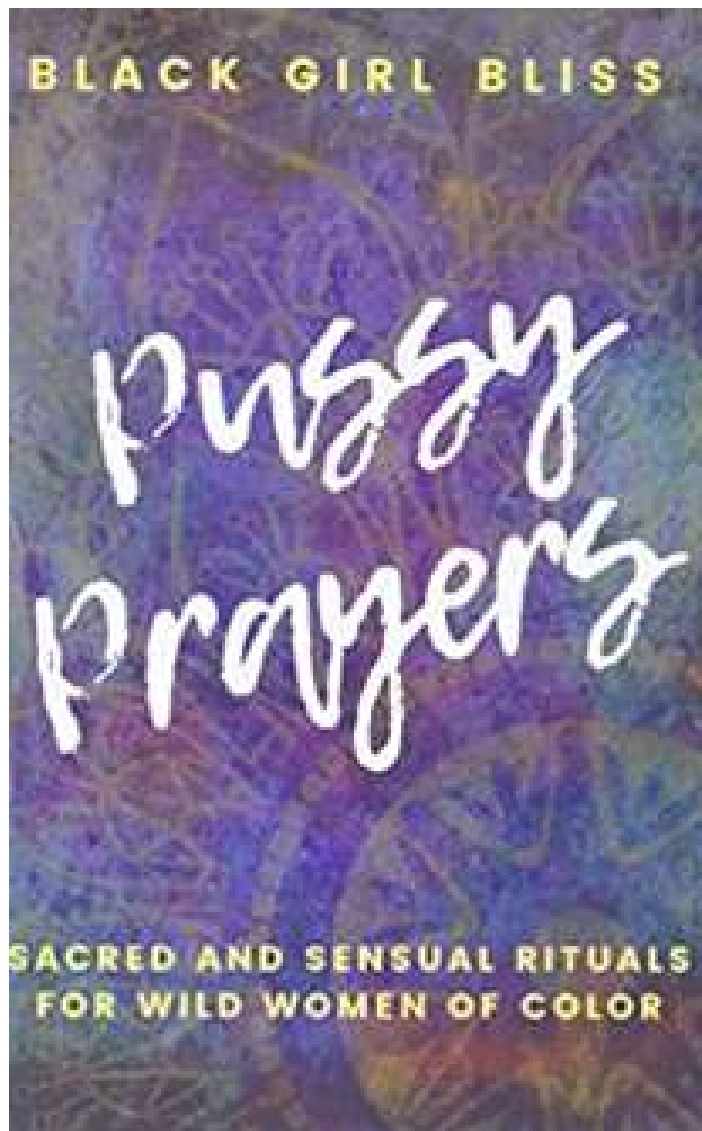
[*This Sexuality Doula Wants You to Stop Saying Yes to Sex Your Body is Saying No To
You Can Have a Great Sex Life While Dealing With Sexual Trauma*](#)

[“Pussy Prayers: Sacred and Sensual Rituals for Wild Women of Color”](#) by Black Girl
Bliss



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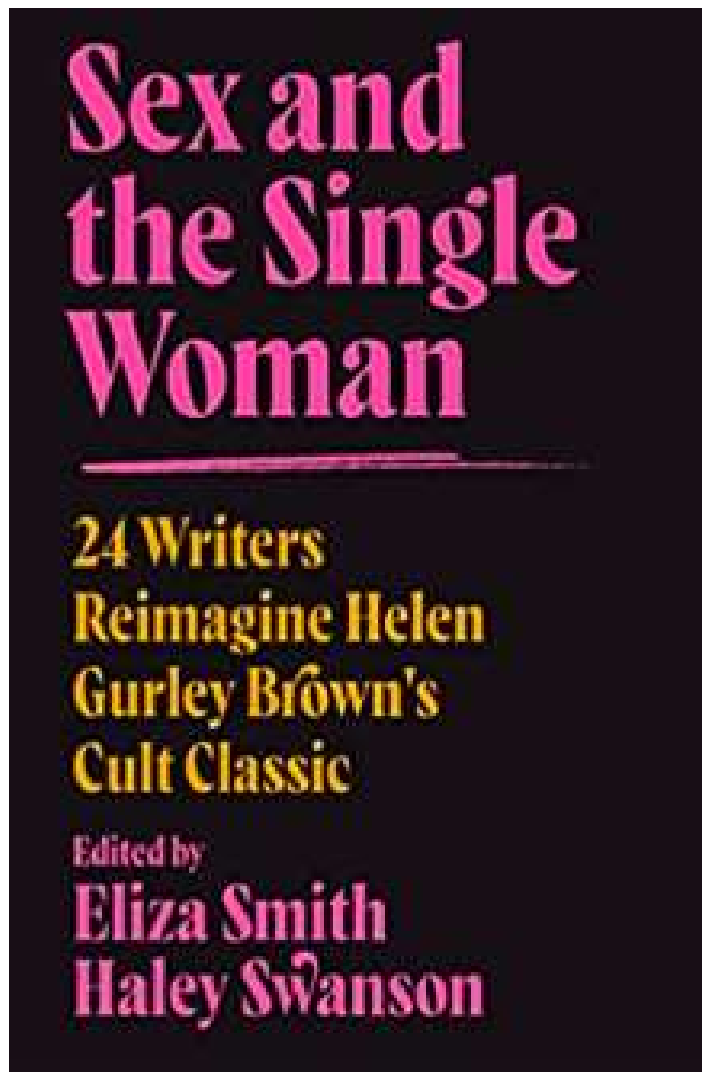
Pussy Prayers is about rekindling the connection to your pleasure center – the space through which you manifest worlds – regardless of the body parts you do or don’t have. These pages speak to the unique sexual experiences of Black women and femmes in order to help them heal from [trauma](#) and miseducation while learning how to powerfully conjure up a life that is dripping with sweetness – all by getting in touch with the one part of yourself that was divinely designed for pleasure. Here, you’ll find stories, sister-girl-talk, and practical, easy-to-do rituals to begin your personal journey of understanding the importance of [pleasure](#), its connection to manifestation, and ways to increase your personal power.

[“Sex and the Single Woman”](#) by Eliza Smith

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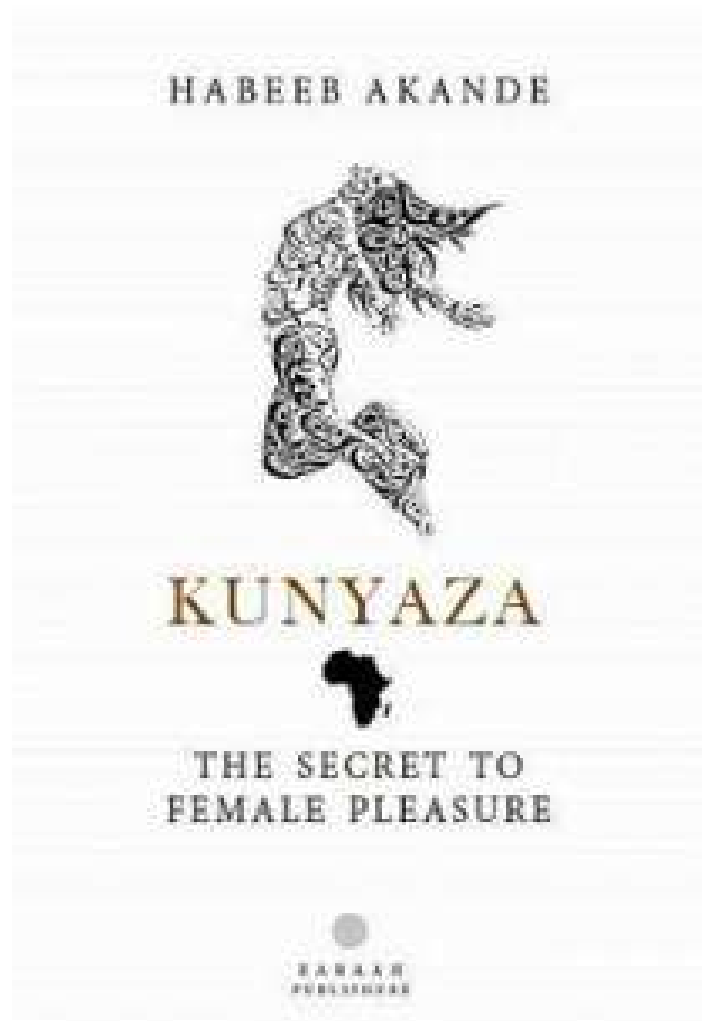
This fresh, voice-driven feminist anthology reimagines Helen Gurley Brown's seminal work *Sex and the Single Girl* in time for its 60th anniversary, featuring twenty-four essays about contraception and [abortion](#), queer and trans womanhood, polyamory, [celibacy](#), interracial dating, bodies of all kinds, consent, sex work, and IVF.

[“Kunyaza: The Secret to Female Pleasure”](#) by Habeeb Akande



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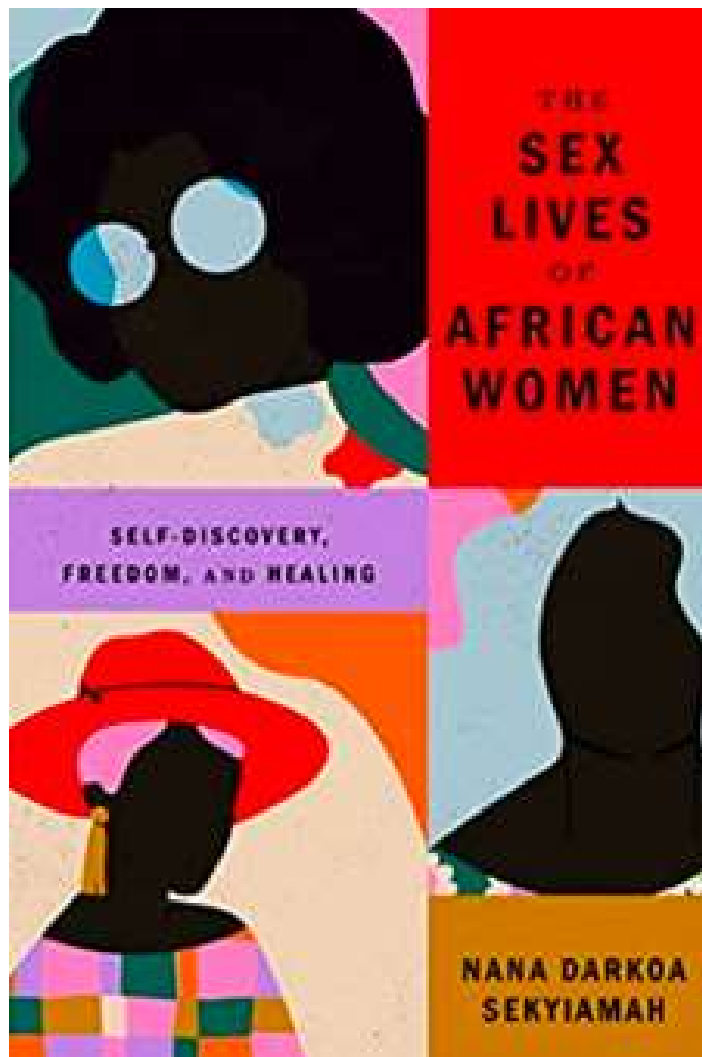
The book examines the cultural impact of Rwanda’s pleasure-based sensual tradition and investigates whether it empowers women. It also explores the psychology of female desire, analyzes female ejaculation and G-Spot and investigates the controversial practice of labia pulling. Drawing on extensive research from Western-trained sexologists, psychologists, and ssengas (female sex educators) from Africa, the book provides an intimate and illustrated guide on how to make a woman ejaculate.

[“The Sex Lives of African Women: Self-Discovery, Freedom, and Healing”](#) by Nana Darkoa Sekyiamah

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The Sex Lives of African Women is an empowering, subversive book that celebrates the [liberation](#), individuality, and joy of African women’s multifaceted sexuality. From a queer community in Egypt, to polyamorous life in Senegal, and a reflection on the intersection of religion and pleasure in Cameroon, [feminist author](#) Nana Darkoa Sekyiamah explores the many layers of love and desire, its expression, and how it defines who we are. Sekyiamah has spent decades talking openly and intimately to African women around the world about sex for her blog, “Adventures from the Bedrooms of African Women.” For this book she spoke to over 30 African women across the globe while chronicling her own journey toward sexual freedom.

Sexual health is just as important as mental, physical and emotional health. Take this month to examine your sexuality, discover what you like and dislike and learn your body and its relationship to pleasure.

Tags: [Ashley Cobb](#), [Black Women](#), [Healing](#), [Self-Pleasure](#), [Sex](#), [Sexual Health Awareness Month](#), [Sexualitv](#), [Wellness](#)

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Jackline Mahila

My self acclaimed smart husband used to always grab my phone out of my hand and look at my messages possible infidelity. I recently came to find out he was actually not a saint, he's been cheating on me. A thanks to this software genius hacker at 'hackingloop6@gmail .com, who hacked his phone and gained more disgusting details that proved his infidelity, I never felt much betrayed. Really sucked. I would recommend 540 - 0785, he's a legit and reliable hacker...

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Shee Priya Kapul

There is actually so much to bear when it comes to relationships. No matter how good you are to them to discover my fiance whom I thought could be a backup but it seems I have been deceiving myself for so I had to reach out to hacksecrete@gmail.com who got so many truthful and amazing reviews on them in a blink of an eye, the service was delivered perfectly. I was able to see his whatsapp messages, call logs, lied to me about all the money i sent to him and his mails were the worst I could ever imagine..

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