



MUSLIM WOMEN DESERVE PLEASURE TOO

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Nearly 50% of British women are dissatisfied with their sex lives, research reveals. Dissatisfaction is likely to be higher amongst Asian Muslim women according to sex educators working in the UK.

Despite Islam granting women the right to sexual fulfilment with their husbands, many Muslim women do not feel entitled to pleasurable sex like their male counterparts. It's a taboo topic that must be addressed.

"Large percentage of Muslim women from South Asian backgrounds are dissatisfied with their sex lives," says Muslim sexologist **Iffet Rafeeq**. This is mainly due to three reasons according to Rafeeq; a lack of appropriate sex education, a lack of recognition for female sexuality, and the myth that 'good women' do not enjoy pleasurable sex.

“In our desi culture, (female) sexuality is so sinful,” says intimacy coach Pallavi Barnwal. From a young age, Asian women are led to believe that intimacy is shameful and that they should not speak about sex, even with their husbands!



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Habeeb Akande is a writer, sex educator, and public speaker. He is the author of *A Taste of Honey: Sexuality and Erotology in Islam*, and *Kunyaza: The Secret to Female Pleasure*.

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