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The first edition of the Joy of Sex considered sex on moving motorbikes. "If you have access to a private road, the hazards are yours," counselled the book's ironically surnamed author Dr Alex Comfort. Thirty-six years and 8m copies in 22 languages later, that passage has been excised from the New Joy of Sex. Funless if sensible safety legislation has since made sex on moving motorbikes illegal. Doing it on horseback (as mentioned in the 1972 edition) is also outlawed. So stop that too. More importantly, The New Joy of Sex offers a woman's perspective for the first time. Psychologist Susan Quilliam has updated the original manual with 43 new sections. While acknowledging that Comfort was "fully committed to women's pleasure", Quilliam argues that we have since learned more about how to achieve it. So, for instance, there's much more on the clitoris (the old edition had only four sentences). Hurrah! But the book's still only targeted at straight couples. Boo!Quilliam's updated version aims to reflect four decades of socio-sexual change. Out goes the prostitution section ("We didn't think it had anything to do with loving relationships"). In come hormones, sex shops, striptease, sex during pregnancy, and a harrowing section on penis injuries caused by vacuum cleaners ("very hard to repair satisfactorily"). There's also lots about cybersex. "Text, email, webcams, teledildonics can all be used to wind each other up to fever pitch during the working day prior to extended evening action," she writes. Quilliam, though, might have mentioned that some bosses frown on virtual foreplay during office hours. Some things remain. The big toe, for instance. "The pad of the male big toe applied to the clitoris or the vulva generally is a magnificent erotic instrument," wrote Comfort, words that appear unchanged in the new edition. Quilliam reckons to have cut only 9% of the original. And there is also a section about horses, though not about lovemaking while astride moving ones. Equine roleplay has been practised since Aristotle was ridden horse-style by his lover. Those with bigger budgets than his might consider using a bit and saddle, or even pulling a small trap during S&M sessions, Quilliam suggests. "Either sex can be the steed," she adds, in a remark typifying The New Joy of Sex's egalitarian spirit. Happy days! A revised and updated edition of the book famous for helping couples discover how sex can be playful, erotic, passionate, exhilarating, and most of all, pleasurable. The Joy of Sex revolutionized how we experience our sexuality. An international bestseller since it was first published in 1972, Dr. Alex Comfort's classic work dared to celebrate the joy of human physical intimacy with such authority and candor that a whole generation felt empowered to enjoy sex. Now fully updated, revised, and reillustrated, The Joy of Sex once again sets the standard as the world's most trusted sex manual. Substantial revisions from sex expert and relationship psychologist Susan Quilliam include new information on: • Key scientific discoveries in the fields of psychology, and sexology • The Internet and couple-friendly pornography • The importance of sex to our growth as people and partners • Maintaining a fulfilling sex life as we get older Above all, The Joy of Sex emphasizes the importance of happy and healthy sexuality in our lives.DR. ALEX COMFORT was one of the world's leading experts in the field of human sexuality and one of the most versatile authors of the twentieth century. He died in March 2000 at the age of eighty. SUSAN QUILLIAM is a relationship psychologist and an advice columnist. She writes, broadcasts, and presents internationally on topic...Title:The Joy Of Sex: The Ultimate Revised EditionProduct dimensions:288 pages, 9.04 X 6.72 X 0.99 inShipping dimensions:288 pages, 9.04 X 6.72 X 0.99 inPublished:December 29, 2009Appropriate for ages:All ages Continue reading the main storyWITH its forthright prose, little-before-discussed-in-the-suburbs erotic advice and amusing pictures of an ardent naked person known popularly as the Hairy Man, "The Joy of Sex" was a revolution in its time. Published in 1972, when sex was still supposed to take place in the dark and under the sheets, the book thrust itself into public consciousness with all the subtlety of a gigolo at a convention of bishops. It was also stunningly popular, a well-thumbed fixture of bedside tables across America that spent 343 weeks on the New York Times best-seller list. The book has undergone various tweaks and expansions over the years, and six years ago the Hairy Man and his somewhat less hairy female partner were relegated to wherever old hippies go to retire. But now comes a completely revised version of the book, written, for the first time, for women as much as for men. It tackles an array of modern topics unheard of in the 1970s, like Internet pornography, AIDS and Viagra, and features photographs (and drawings, when things get too graphic) of a suitably buff 21st-century couple. But still. In a society where, if anything, people talk and think far too much about sex already, what is the point of reading anything else about it? Is there really anything new to say? Yes, indeed, said Susan Quilliam, a British sexologist, advice columnist and relationship counselor who extensively revised the book, which will make its American debut next month (the British version came out in September). People desperately need help in negotiating the culture's bewildering sexual messages, she said. MORE ON THE SUBJECT The British version of the new book. "Because we are more sexualized, we need something that is credible, accurate and authoritative," Ms. Quilliam said. As pervasive as sex is, she said, society seems just as ignorant and nervous about it as ever. And who could blame people for being confused, bombarded as they are by explicit images, impossible expectations and contradictory, alarming information from an ever-expanding array of media promoting the notion that everyone should be having amazing, contortionistic sex all the time. Particularly if they get their information from the Internet, as teenage boys increasingly do. "There's an awful lot of stuff out there that's inaccurate," Ms. Quilliam said. Ms. Quilliam, who is 58 and divorced, and who arrived for a recent conversation wearing a cardigan over a racy silk camisole, was hired to rewrite "The Joy of Sex" by its British, as was its author, Dr. Alex Comfort, who died in 2000). She had plenty of experience, having already written a number of sex and relationship books. She also had fond memories of discovering the original book with her boyfriend in Liverpool back in the day. One weekend, they saw the book, which belonged to one of his roommates. "We disappeared into his room and came out at the end of the weekend," she said. In retrospect, it was an innocent time: a time before AIDS and after the Pill, a time when condoms could be considered optional (Dr. Comfort, at least, considered them "useful protection," but only for birth control; the updated book has a diagram showing exactly how to use one, and repeats the old British Army motto: "put it on before you put it in"). Love seemed free and the possibilities endless. But even the doctor might be shocked at what has happened since then. An illustration from the original book. Credit... Charles Raymond and Christopher FossMs. Quilliam noted that people have more sex with more partners and think nothing of talking about it the next day in Starbucks, on the bus, on their cellphones as they walk along the street. College students hook up instead of dating. Magazines aimed at teenage girls publish practical advice on where to put what, and what to do then, when performing oral sex. Sexual images loom down from billboards, leap out of television sets and beckon from computers. Old-style pornography has become modern erotica; the newer, hard-core versions can be easily found by anyone with a computer. But conversely, argues Ms. Quilliam, with the new libertinism has come a parallel and opposing strand: a better understanding of the repercussions of casual sex. "We have a lot more freedom about sex, but at the same time we're starting to realize that sex is serious," she said. In the 1970s, Americans were like adolescents when it came to sex, she said, we're sort of 19 or 20." On the other hand, she said: "There's an awful lot of trivialization of sex. I am absolutely in favor of making sex fun, pleasurable, loving, playful. But this is serious stuff. You sleep with somebody and it bonds you to them. "Men growing up in Alex Comfort's time had a very different education," she said. "I'm not saying they're all new men now," Ms. Quilliam said, but she gets a lot more letters from men saying "I've slept with her and now I love her," than saying that they want a one-night stand. (She also gets a lot of letters from men saying, "I've found it and I don't know what to do with it.") Which brings us to the clitoris. "He mentions the clitoris, he honors the clitoris, he says it's important," said Ms. Quilliam of Dr. Comfort. "That was a lot more than most people did in those days. But he only mentions it in passing a few times and has no specific section on it. "Not because he was anti-clitoris," she added, "but because he just didn't know." If Dr. Comfort was a man before his time, he was nonetheless still a man, and his book was written from a man's perspective. "He had a section on tactful ways to take a woman's virginity," Ms. Quilliam said. "He had a section called 'frigidity.' I'm sure he was a lovely man, but he said that most men, given a young and attractive partner, can always get it up — it's only when a woman lets herself go that he has a problem. And you're going, 'No, no, no!' But that is what it was like then." Dr. Comfort said, too, that another part of the female genitalia, the vulva, was "slightly scary" to many males. Ms. Quilliam's version has replaced his passages with some suggestions on the proper erotic care and treatment of a vulva and the observation that its image has been "beautifully immortalized in feminist artist Judy Chicago's exhibition, 'The Dinner Party'." (Dr. Comfort, an English gerontologist who wrote the book because so many of his patients were profoundly ignorant about even the basic mechanics of sex, seems to have had other limitations. He practiced his own joy of sex by ditching his wife and moving to a free-love commune in California, a move that made him happy but did not do much for the family he left back home.) CHANGES Susan Quilliam revised "The Joy of Sex." Credit... Jonathan Player for The New York Times Technology has moved on considerably since Dr. Comfort was grooving to his own tune, all those years ago. There was no Internet and no e-mail. There were no cellphones, no JDate, no Skype sex and no such thing as "teledildodonics," devices that allow partners thousands of miles apart to combine virtual sex with real sexual pleasure, via computer. There was no such thing as an MP3 player that doubled, in a pinch, as a vibrator. There was, apparently, sex on moving motorcycles, or at least in Dr. Comfort's book. Ms. Quilliam has dispensed with that and has also removed references to prostitution and to sex on horseback. Intriguingly, she has added a section speculating on how to perform the "Venus butterfly," the fictional sexual technique that was featured on the television program "L.A. Law" in 1986 and is supposed to drive women wild, every time. The new book also aims to reflect the latest research about the biology of sex. Here are some of the things, according to Ms. Quilliam, that we know more about now than we did in the 1970s: "The arousal cycle, hormones, the clitoris, the relevance of the nipples, how erections work, aphrodisiacs." We know, too, (or at least she knows) that in addition to the elusive G spot, women can also enjoy two other sexual pleasure points, should they be lucky enough to locate them: the A spot, deeper inside the vagina that sex was dirty." Ms. Quilliam said of Dr. Comfort and his revolutionary book. "I'm saying: 'Let's normalize this. Most people don't have screaming orgasms every weekend.' "She continued: "Have fun, have love, have sex. But don't give yourself a hard time if you're not doing it 24-7."

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