



***Women's Anatomy of Arousal* Wins Coveted Book of the Year Award**

*The American Association of Sex Educators, Counselors & Therapists Honors Sheri Winston*

**For Immediate Release:** The American Association of Sex Educators, Counselors and Therapists (AASECT) has issued its 2010 Book of the Year award to Sheri Winston (CNM, RN, BSN, LMT) for her book, *Women's Anatomy of Arousal: Secret Maps to Buried Pleasure*.

According to sex therapist Joan Sughrue, chairman of the AASECT awards committee, "*Women's Anatomy of Arousal* won out over very tough competition. It delivers important and generally unavailable (and unknown) information about female genital anatomy in a style that is entertaining and accessible to lay readers. The result: women and their partners will enjoy more dynamic sex."

*Women's Anatomy of Arousal* pulls back the curtain on women's private parts, revealing the whole truth about what's down there. Says author Sheri Winston, "You'd think that in this Age of Information, we'd know everything there is to know about female genitalia. It's not the case, though. Women, their lovers and even medical professionals are missing essential information about how to turn a woman on ... *completely*. This missing information also has enormous implications for women's reproductive and sexual health. For years, I've been putting together the pieces about what's really down there. I'm thrilled that AASECT has chosen to honor me for my book, which brings together these many years of research."

Innovative as well as informative, *Women's Anatomy of Arousal* combines extensive images of erotic art with anatomy illustrations and multitudes of sidebars providing specialized guidance for men and women in how to honor and delight the female genitalia. Says Sughrue, "These unusual qualities contributed to our decision to give the AASECT Book of the Year award to Winston."

Winston brings a unique perspective to her work, including extensive medical training and a background of over twenty years as a nurse-midwife, gynecology practitioner and student of the ancient erotic traditions. Over the years, she has developed her own unique approach to sexuality education, called Wholistic Sexuality™, which integrates common and obscure information from modern science, specialized holistic healing know-how and esoteric sexual practices. She has been a sex teacher for about ten years. She is also trained as an artist and included her own anatomy illustrations in the book.

Sheri Winston's Center for the Intimate Arts, which is based in Kingston, NY, empowers men and women to have better intimate relationships and sex lives by offering a variety of educational products and services.

The American Association of Sex Educators, Counselors and Therapists (AASECT) is a not-for-profit, interdisciplinary professional organization. In addition to sexuality educators, sexuality counselors and sex therapists, AASECT members include physicians, nurses, social workers, psychologists, allied health professionals, clergy members, lawyers, other professionals, and students. These individuals share an interest in promoting understanding of human sexuality and healthy sexual behavior.

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