

Contents

Acknowledgments	ix
Introduction: It's Okay, Everybody Does It, But Nobody Ever, Ever Talks About It	1
1 The Demonization	5
2 The Coming of Age	39
3 The How	69
4 The Trigger	107
5 Locating It	139
6 The Show	167
7 The Substitution	195
8 Within Relationships	227
9 For Health and Empowerment	251
10 The Norm	273
Conclusion	297
Media References	299
Bibliography	315
Index	329
About the Author	349