



Fresh Milk: The Secret Life of Breasts

Fiona Giles

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While countless breastfeeding guides crowd bookshelves, not one of them speaks to women with anything approaching bestselling author Fiona Giles's level of intimacy and vitality. In *Fresh Milk*, through a provocative collection of stories, memories, and personal accounts, Giles uncovers the myths and truths of the lactating breast.

From the young mother grappling with the bewildering trappings of maternity wear to the woman who finds herself surprisingly aroused by new sensations, and the modern dad who learns the ins and outs of breastfeeding, the portraits in Giles's eye-opening book offer a funny, wise, and comforting resource for women -- and even their friends and partners who have had, or expect, intimate experiences with the pleasures and pain of lactation.

By turns poignant and informative, sexy and witty, empathic and empowering, *Fresh Milk* delivers everything we wanted to know about breastfeeding that our mothers never told us.

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