



SJ Tierney
Author of "The Vagina Buffet"



"The Vagina Buffet is a lighter look at a serious subject and if I can help even just one woman to relax and appreciate her vagina as normal then my quest has been successful," S.J. said.

SJ is a mum and Brazilian Waxer. In her recently new book, "The Vagina Buffet," she shares her experiences of having a vagina (and waxing them) to dispel myths and start women talking about their vaginas.

Why did you write "The Vagina Buffet?"

As a Brazilian waxer, I was asked the same question day after day, week after week. 'Am I normal?' It got me thinking - 'Why are they asking me?' 'Why aren't these women talking with their friends, their GPs, their gynaecologist? Their questions prompted me to dig deeper into this unknown territory and as a result The Vagina Buffet was conceived.'

I want to start a discussion about vaginas and help women to feel comfortable with their "lady gardens."

Why is it called "The Vagina Buffet?"

It's actually one of the chapters in the book. I was explaining to my renal specialist the natural therapies I was using to treat my lady issues and his response was, "Sounds like you've had a smorgasbord on your vaginal!" Bingo! My title was determined and it has great cut-through. It certainly gets everyone's attention.

How long did it take you to write the book?

I wrote the book in my spare time over a period of five years. I fell pregnant and had a baby soon after I started writing, so that slowed me down a bit.

Is this your first book? Do you have any plans for another book?

Yes, this is my first book and I plan to keep writing. I have three other books in the pipeline.

You've self-published the book, how did you go about that?

I had a team of local people working with me to produce the book. An illustrator, a designer, proof readers, an editor and a life coach. I've published through CreateSpace and Kindle Direct Publishing (divisions of Amazon).

Why did you self-publish?

I initially went to several publishing

houses. Their response was positive, but with a risqué title and publishers unsure of what genre to place the book in, they all said no.

Several authors mentioned how easy it was to self-publish, but I didn't know how to fund the project. Before I bought my waxing salon I'd spent many years in advertising and marketing in Newcastle. I have several contacts in the industry (designers, illustrators, PR) so I jumped in, feet first! I'm also a bit of a control freak, so self-publishing is right up my alley.

What is the main message you hope to get across in your book?

I want women to love their lady bits – warts and all. I want them to know that it's normal for one vagina to look different from another, and it's normal to have hair in all sorts of places. I want men to understand our lady gardens a little better and I'd love parents to talk openly and honestly with their daughters about their bodies.

Your husband features quite a lot in the book. How does he feel about that?

My husband is English, so it's not really his style to be so public about his privates. I've convinced him to share his stories, in the hope that males too will know that it's normal to wax and groom. And when you groom together, it's twice the fun!

How are readers responding to your book?

The response has been quite overwhelming to be honest. I've had very positive reviews and many wonderful emails from readers. One lady said, "It was so enlightening. It gave me a whole new appreciation for my lady bits." She said she read it twice and then gave it to her partner to read.

I love feedback on the book and encourage people to get in touch.

Who is the book written for?

My target audience is women 25+, but it's certainly

not exclusive to this group. I've had a huge response from male readers of all ages, girls as young as 13 and women in their late 60s. It's really for anyone with a vagina or anyone living with someone who has a vagina.

When you were researching the book, what was one of the most interesting facts that you learnt about "lady bits?"

I would have to say the word "vagina" itself. Just mentioning the word gets such a reaction from people – good and bad. Even though "vagina" is commonly used in society these days there's still a stigma attached to it. It has been quite interesting to see how people respond.

What is your favourite story in the book?

I love the story my father-in-law told me about dating in the 60s at the Mecca Dance Halls in the UK. He said women used to place their own vagina juice behind their ears to indicate they were available and "on the pull."

I've never heard of this happening, so I was quite shocked, but also intrigued. I thought it was only Chanel No.5 behind the ears in those days!

Why do you think many people do not openly talk about vaginas?

I really don't know how to answer this. My family has always been really open about this topic, so I struggle to understand why everyone isn't as open as I am. I guess it's because people are told that vaginas are in someway 'dirty' and you don't talk about them? Perhaps people don't think their vagina is normal and they are embarrassed to talk about it. Maybe people can email me and tell me why – I'll blog about it and let you know.

Where is your book available?

My book is available through Amazon. com. It is also available at the *Book Hog* in The Junction and *MacLean's Bookstore* in Hamilton. Details are on my website www.vaginabuffet.com.

It is available in eBook format and paperback.

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