



Osez être une maman sexy (Osez...) (French Edition)

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Forte de son expérience de maman, Ovidie tient d'abord à rassurer les femmes : ni la maternité ni la sexualité ne doivent être soumises à des idéaux de performances. La première chose est de se réconcilier avec son corps, sans culpabilité ni objectif inat-teignable, de prendre soin de soi, surtout. Ensuite, il s'agira de favoriser les moments à deux : si le rapport au conjoint est for-cément différent, ce peut être l'occasion d'explorer des pratiques sexuelles encore inédites. Car non, être mère ne veut pas dire renoncer à être femme, pleinement, avec son conjoint, au travail, avec ses amis, d'autres partenaires éventuels. C'est même sûrement la clé pour vivre au mieux son rôle de parent : penser à soi, profiter, jouir, tout ça ne peut que rejaillir positivement sur nos enfants.

Auteure, réalisatrice (deux documentaires diffusés sur France 2), et éducatrice sexuelle pour adultes, le travail d'Ovidie gravite principalement autour de la liberté sexuelle de la femme. Elle est l'auteure de plusieurs guides Osez, notamment Osez l'amour pendant la grossesse et Osez découvrir le point G.

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