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FOR IMMEDIATE RELEASE

## **Award-Winning Writer Edits Anthology Celebrating Sensuality of African American Women.**

(Berkeley, California, March 21, 2010) -- *Can't Help the Way That I Feel: Sultry Stories of African American Love, Lust and Fantasy*, more than lives up to the promises of its subtitle. Edited by Lori Bryant-Woolridge, much-lauded writer and sensuality coach, the anthology includes smart, sexy stories that feature African American women who embody Ms. Bryant-Woolridge's dedication to encouraging women to explore, embrace and enjoy their sensuality. With characters in their 30's, 40's and 50's, this anthology sets itself apart from most current African-American erotic offerings by highlighting the sexual relevance of women of a certain age.

"This is erotica for the sexy, thinking woman who enjoys a certain elegance and sophistication to her erotic side, both between the covers of a book and her bed," Bryant-Woolridge explains.

Her approach is tempting and all-inclusive: The stories she chose highlight the fact that seasoned women are sexual and deserve to take pleasure in their bodies. *What Would Quincy Do?* finds a 49 year-old breast cancer survivor who gives her vagina a super sexy alter ego, and allows "Quincy" to create a bucket list of temptations to help her bring joy, passion and pleasure back into her life. A 54 year-old woman enjoys a pleasure-filled carnival ride, topped off by a fun house romp with a much younger ride operator in the thrilling *Tilt-a-Whirl*. In the tantalizing story *Party of Four*, a married woman who is anything but a stereotypical, frumpy housewife, becomes the hostess with the mostess by throwing her loving husband a small and intimate birthday party—in bed. And in *Bubble Music*, a God-fearing divorcee learns that God works in mysterious and sometimes pleasurable ways, when she can't resist getting her hands dirty at an erotic art party. In a unique twist, Ms. Bryant-Woolridge added a section entitled *Lead Me into Temptation*, in which readers are invited to add their own lust-inspiring finish to these sexy story starters.

Ms. Bryant-Woolridge explains "Ask any writer to list the perks of writing erotica, and always near the top is the liberation they feel when writing sexy. I'm giving my readers the opportunity to put pen to paper, tap into their sexual creativity and free their inhibitions."

*Lori Bryant-Woolridge is an Emmy-award winning author and sensuality coach. She is the creator of Stiletto U., a virtual university designed to encourage women to reclaim and enjoy their sensuality. Ms. Bryant-Woolridge is also the co-creator of Sexitude, a mind and body workout that combines mind and movement with the ultimate goal of making women feel comfortable and sexy in their own skin. She is the author of three best-selling novels --Read Between the Lies, Hitts & Mrs., and Weapons of Mass Seduction, and had a successful career in the broadcast television industry for 15 years. Bryant-Woodridge lives in New Jersey.*

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## A Quickie with Award-Winning Writer and Editor Lori Bryant-Woolridge

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**Q: It's the age old question: What is the difference between erotica and pornography?**

**A:** My basic definition is that erotica is artful, sexy storytelling meant to entertain and titillate, where pornography is sexual imagery meant to evoke a sexual reaction. But I have a slightly different take as well. I find erotica, like most fiction, to be one of the great self-help vehicles available to women. Sex is one of the areas that women are most curious *and* the least confident about, and yet they spend their adult lives trying to find their feminine identities through it. Too embarrassed to go to the actual self help shelves, they are willing to read erotica about characters dealing with sexual issues hoping to find help with their own. In the stories in *Can't Help the Way That I Feel* several of the most compelling characters share some of the same feelings about their love and sex lives—boredom, confusion, dissatisfaction, prudence—that many of us in real life do. But unlike most of us, they decide to take control of their hot sexy selves. Each woman finds herself giving in to temptation, and in its aftermath, learning something about herself, while growing into the woman she wants to be.

**Q: Why do you think that women are so drawn to erotica?**

**A:** In addition to what I stated before, erotica can be a manual of sorts. The writers have done the hard work of thinking up creative sex scenarios and readers are able to use these tricks and treats to add a spark to their own love lives. Having said that, I also think that women are drawn to erotica not only for the sex, and but also the way the women in these stories have sex. The characters in this anthology and most others, are not apologetic about their sexual desires. They have given into their lust and are experiencing sex IN THE MOMENT. They aren't harnessing their needs and wants with outdated values or the worry about what somebody is going to think of them. They aren't concerned about how they look or how well they perform. In fact, the sexual experience for these women is just that--an *experience* to be savored--and not a performance to be given. Their approach to sex is experimental, curious, adventurous, spontaneous, empowering and joyful. They allow themselves to give into temptation--some with strangers, others with their most significant others based on their own convictions. Most of all, they are pleasing themselves, and by extension their lovers, without judgment and/or guilt. That's powerful and very sexy! And it's the kind of sex life we real women would love to have. When I use erotica in my Stiletto U coaching, I advise clients to think about their own sex lives and compare them, not by act but by *attitude*, to those they read about between the covers of erotic tales. What they often learn from these stories is how to recognize their own sexual truth and build around that truth a sultry, lustful, healthy sex life.

**Q. There is a lot of erotic writing on the market now, especially in the African-American erotica. How is your book different?**

**A.** First, I would say, don't be so sure that all the African-American books you see out there that look like erotica are actually erotic stories. I can personally attest that my last book, *Weapons of Mass Seduction*, was not erotic fare but was packaged to look

like it was. Now, how is *Can't Help the Way That I Feel* different? Look at how it is packaged. I am so in love with this beautiful cover because it tells the reader immediately that this is erotica for the sexy, thinking woman who enjoys a certain elegance and sophistication to her erotic side, both between the covers of a book and her bed. The stories inside are written to entertain grown women, not nubile young things! We women of a certain age are sexier than ever and this anthology, with stories about women in their 30s, 40s, and 50s, was written to fill the age and life experience void in the erotica market. The writers also did a great job of putting these characters into some very imaginative sexual situations—a 54 year-old who gets her thrill on riding a carnival Tilt-a-Whirl; a 40 something executive who decides to bring adventure into her life by learning to surf, and for whom sex on the beach takes on mythical proportions; a 49 year-old cancer survivor with a new lease on life, who creates a special bucket list of temptations to help her bring lust, passion and joy back into her life; and a 30 something God-fearing divorcee who learns that God works in mysterious and often pleasurable ways when she gets her hands dirty at an erotic art party. The table of contents goes on and on, and each story as good as the next.

**Q: Tell me about the *Lead Me Into Temptation* story starters. How did you come up with this idea?**

**A:** This idea came from my sensuality coaching. I have given this homework to clients as an exercise to help free their sensual muse and build intimacy and sexual communication with their partners. So many of them have problems getting started, so I thought it would be a great idea to give readers the beginning and allow them add their own lusty finish right inside the book. Like my clients, I urge readers to turn this exercise into a special date night—light some candles, uncork a bottle of their favorite wine and grab a pen. Think about what a sexy gift it would be to have your own sultry fantasies sitting on your nightstand! My single clients find it to be a real confidence booster as well because it teaches them to tap into their sexual creativity and free their inhibitions on paper. Once they feel comfortable imagining the sexual person they'd like to be, that courage often translates into real life.

**Q: How can your readers get in touch with you?**

**A:** I love to hear from readers and invite them to contact me through the blog, [www.canhelpthewaythatifeel.blogspot.com](http://www.canhelpthewaythatifeel.blogspot.com) or at [authorlbw@yahoo.com](mailto:authorlbw@yahoo.com). On the blog you'll find lots of goodies, but mainly information about the fabulous writers who brought are responsible for the high quality of this wonderful book.

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