

FEATURE

Forty years ago, Nancy Friday attracted outrage when her book, *My Secret Garden*, revealed that women **do** have sexual fantasies – resulting in a generation of women talking about sex! Now, leading British sex writer Emily Dubberley has written a new book, *Garden of Desires: The Evolution of Women's Sexual Fantasies*, featuring fantasies from over 400 women and revealing what women are dreaming of today – the results may surprise you!

Top Ten Facts You Didn't Know About Female Fantasy

1. Fantasy Favourites

The most popular 'themes' of female fantasy include submission, domination, exhibitionism, voyeurism, gender fluidity, group sex and, of course, simply sex with a lover.

2. Where do they come from?

Psychoanalysts suggest that sexual fantasy may be used by the brain to process our emotions and experiences. We create fantasies to counteract anxiety and pain - fantasies substitute pleasure where conflict exists.

A Woman's fantasies give a level of insight into what she values, the way she feels about herself and possibly her sexual desires. Our fantasies reflect who we are, offering a highly individualised way to enhance our own pleasure.

3. Romance isn't dead. Or is it?

Fantasy research shows that, while some women do have romantic day-dreams, romance is by no means a ubiquitous part of female sexual fantasy. It's fair to say that in this day and age, flogging is more popular than flowers in the mind of a female fantasizer.

4. Sexual Appetite

Fantasies about food are a popular female fantasy – but we're not talking Brad Pitt lying on a silk bed covered in chocolate! Instead, many women dream of feeding a lover to make them fat, or even being fattened up themselves.

5. Size Doesn't Matter

While the media may perpetuate the myth that the man is his manhood, 'size' is relatively absent in female fantasy. In fact, a study has revealed that within couples, 85% of women are happy with their man's member while only 55% of men were happy with it themselves!

6. Submit? You First!

In this post-50shades world, it is assumed that women are more accustomed to submissive fantasies. However, numerous women who have submissive fantasies also fantasise about being the dominant too! Also, new research has found that people who enjoy BDSM may actually be emotionally healthier than women who are 'vanilla', as they are more open, conscientious and tend to have more security in their relationships.

7. Paranormal Passion

From Twilight to True Blood - paranormal fiction on the bookshelves and on TV has been a hot topic over the last few years. This is reflected by a number of women's fantasies' which involve mythical creatures including minotaurs, vampires and even werewolves.

8. Do women change their appearance in fantasies?

Despite living in an era where image is everything, relatively few women fantasise about becoming more 'sexy' in their fantasies. Though some women dream of wearing sexy underwear or airbrushing their body image slightly, on the whole women's fantasies focus more on the perception of the sexual acts involved rather than being perceived as a 'sexually attractive' woman.

9. Porn or Pocahontus?

Only a handful of women use porn as inspiration for their sexual fantasies - more women draw inspiration from mainstream media. These inspirations are often borne out of childhood media, making for an intriguing list. In their earliest fantasies, women have admitted to being inspired by Barbie, Thomas the Tank Engine, Snoopy and Disney Princesses!

10. The More the Merrier

Group sex is one of the most common female sexual fantasies, including fantasies ranging from an orgy in a chocolate bath to being ravaged in a public crowd. Interestingly though, the woman is almost *always* the center of attention - no matter how many people are involved!

***Garden of Desires: The Evolution of Women's Sexual Fantasies* by Emily Dubberley is on sale now for £10.99 and published by Black Lace.**

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What are women's sexual fantasies in 2013?

To mark the 40th anniversary of *My Secret Garden*, the seminal book which revealed women's sexual fantasies (long before *Fifty Shades of Grey*), Emily Dubberley is discovering what women dream about today. She talks to Dr Brooke Magnanti about her findings.



Image 1 of 2
 Emily Dubberley is researching what women really want in the bedroom for her new book, *Garden of Desires* - to mark the 40th anniversary of the seminal 'My Secret Garden'.

REAL LIFE STORIES

Garden Of Desires: facts you didn't know about female fantasies

Published Friday, Oct 11 2013, 16:01 BST | By Reveal | Add comment

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Considering three separate couples had sex in a box for a Channel 4 programme this week, it is fair to say society has never been more open when it comes to having and talking about sex.

Rewind forty odd years though and discussion of sex was relatively taboo – that is, until author Nancy Friday burst onto the scene with *My Secret Garden*, a ground-breaking collection of real women's fantasies.

Before then, only men were believed to hold fantasies and Friday's book quickly became a multi-million-selling revolution.

Fast forward to 2013 and readers can now get their hands on *Garden of Desires*, a modern day book which tracks the way female fantasy has evolved since the seventies.

Emily Dubberley, a leading sex writer, spoke to over 400 women aged 16-78 about their deepest, darkest, innermost thoughts – and she uncovered surprising results...

Here's a few:

Fantasy Favourites



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MailOnline

Submissive, dominant, voyeuristic, group, and when in love: Women's top sexual fantasies revealed... but which are YOURS?

- Garden Of Desires: The Evolution of Women's Sexual Fantasies
- Written by Emily Dubberley who interviewed hundreds of women
- Focuses on what today's women really want to happen in the bedroom
- Aims to rework Nancy Friday's seminal 1973 book *My Secret Garden*
- Book is released on 12 September for £10.99 (Black Lace)

DOMINANT FANTASIES

When the roles are reversed and the man becomes the submissive to the female dominatrix. Role-play includes cheating on a partner and being in control of a sex slave. With research suggesting it's very popular, and almost a third of people report having these fantasies at some point, the (sometimes literal ball-buster is a very popular role indeed.

The fantasy is about the woman being in control of what happens in bed and inflicting both pleasure and pain as she sees fit.

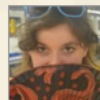


More and more women are relishing the idea of playing a dominatrix ordering around a submissive man in bed

FOR BOOKS' SAKE TALKS TO: EMILY DUBBERLEY

INTERVIEWS

BY ALI WILLIAMS



27TH NOV 2013



Emily Dubberley, founder of Cliterati.co.uk, is best known for her prolific – and informative – research into sex and sexuality.

Her latest book, *Garden of Desires*, is in many ways an updated version of Nancy Friday's seminal *My Secret Garden*; its sub-title echoing that of the book published 40 years earlier.

Drawing on fantasies from over four hundred women, it focuses on how women interact with their own perceptions of their sexuality, and whether this has changed since Friday's exploration in the 1970s.

But why write this book now?

"Friday updated her research every decade after writing *My Secret Garden*," Emily Dubberley points out. "However, there was no update planned for this year – 40 years after it was first written.

"As an almost-40 year old woman who benefited from growing up in a world that accepted women fantasised, I wanted to pay homage to Friday and explore how women's fantasies – and sexual realities – had evolved during the time that solo female sexual exploration has been accepted as existing."

One of the real strengths of the book is its lack of condemnation or judgement of any of the responses to the questionnaire. There is academic analysis but, as she says, "labelling is used as a form of social control" and therefore there is a detachment that indicates the role of "an objective reporter."

The ten most common female fantasies are...

20 September 2013 by Cosmopolitan | 0 Comments

Emily Dubberley's new book Garden of Desires features fantasies from over 400 women, exploring what women are fantasising about today. The results may surprise you...

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Submit? You First!

After the Fifty Shades of Grey-induced BDSM craze, it became expected to indulge in submissive fantasies. Even though being dominated might turn you on, women also fantasise about being dominant too – known as being 'switch' in the fetish world. The role reversal is empowering and puts women in the driving seat – so to speak – meaning our needs are satisfied first and foremost.

20 WAYS TO TURN YOUR MAN ON

10 BEST GIRL ON TOP SEX POSITIONS

DNA DATING - COULD IT WORK?



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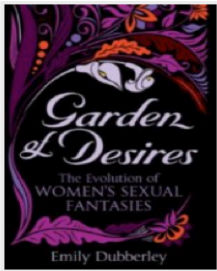
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Garden of Desires by Emily Dubberley



Garden of Desires

12 September 2013

Garden of Desires is inspired by Nancy Friday's ground-breaking book, My Secret Garden, which was the first book to demonstrate women have sexual fantasies and challenge public opinion that they did not exist. I surveyed over 400 women about their fantasies, in addition to drawing on every book and academic paper I could find about female sexual fantasy, along with my experiences as founder of Cliterati.co.uk and Scarlet over the last decade. It starts with a history of sexual fantasy, then moves into chapters about the various fantasy themes, along with current perspectives on what they might mean – plus the fantasies of course – and finishes by confronting some of the more pervasive sex myths reflected in surveys women submitted.

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Whoa that's hot: The top 5 female fantasies

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Women enjoy sex. We like to think about sex, we like to imagine doing sexy things, hell, we reeeally love having it too, so why is female desire still approached with such a sneer? Well, read Emily Dubberley's new book Garden of Desires, The Evolution of Women's Sexual Fantasies and find out why.

A lot has changed since the release Nancy Friday's seminal My Secret Garden over forty years ago. Little things like the invention of the

internet, iPhones and the semi-acceptance that women like to do things like fantasize about having sex. But how much has really changed about wanting to know, or talk about it?

Well Emily says: "Stick a pin in a timeline and women will be presented as either sexual and dangerous or sexless and virtuous. Both of these are equally untrue – and equally damaging."

The relationship between women and our sexuality has been fraught over the years but is this still as tense a relationship as it was in Nancy's world? A world in which Cosmo, yes COSMOPOLITAN ran the first line: "Women do not have sexual fantasies, period. Men do."

Well if we think about slut-shaming, rape jokes, casual sexual inequality then the answer is yes. Sure, we tend to talk a lot more about sex and are on the whole, a lot more open, but there are still things that are a relative no-go.



Garden of Desires to be unveiled at Sh! Women's Erotic Emporium

Posted: August 29, 2013

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Author and journalist Emily Dubberley is launching her latest book, Garden of Desires: The Evolution of Women's Sexual Fantasies, at an invitation-only party at Sh! Women's Erotic Emporium in Hoxton, London, on September 5th.

The whole subject of female fantasies was not generally recognised, even within the pages of Cosmopolitan, until 1973 when Nancy Friday's collection of real women's fantasies, My Secret Garden, was published. Now, 40 years on, Dubberley has created an in-depth guide to women's fantasies in the modern era.

"I have spent the last 20 years of my life researching female sexual fantasy," said Dubberley. "I realised this when I was putting together my first talk about Garden of Desires: The Evolution of Female Sexual Fantasy, which features fantasies from over 400 women of all ages, sexualities, races, and positions on the gender spectrum. Over the last few months, I have read every academic paper and book written about female sexual fantasy that I could find, I have spoken to leading academics in the field, and I have learned more about sex – and women – than I could imagine, even after over a decade running Cliterati.co.uk. These findings are detailed in the book."

She added: "I was very excited when Sh! kindly offered to sponsor the launch – they are at the forefront of female sexual development."

On finding out that one of the most popular fantasy scenarios includes the thrill of being able to penetrate a partner, Sh!, which manufactures a range of leather harnesses and silicone dildos, created a stunning one-off strap-on which will be raffled on the night. The proceeds from the raffle will go to Bish Training, a comprehensive sex and relationships education site for young people.

PSYCHOLOGY TOMORROW magazine

AT THE INTERSECTION OF ART AND PSYCHOLOGY

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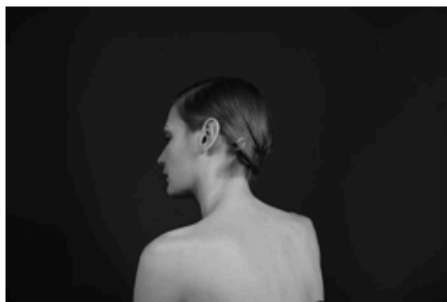
FEATURES

Garden of Desire

Emily Dubberley | September 2013 - Issue 8 | 3 Comments

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[In her extraordinary book, *Garden of Desires: The Evolution of Women's Sexual Fantasies*, leading British sex writer Emily Dubberley explores the meaning of desire and discovers new truths about female sexuality. Through self-reported stories, and a thorough survey of contemporary psychology. Dubberley curates a red hot and completely original book. In this brief excerpt, Dubberley addresses questions such as what sexual fantasies are, why have them and whether they change.]



WHAT IS A SEXUAL FANTASY?

Sexual fantasies can take many forms. They can be whispers of thoughts that pop in and out of a woman's head or complex narratives that have evolved over time; they can be used for arousal during sex, masturbation, both or neither; they can be used to escape reality with no physical sexual stimulation at all. They can be romantic, clinical, sensual, violent, all of the above or something else entirely. They can be used to inform erotic stories, whether as a form of intellectual exhibitionism or as a means to make money – possibly both. A sexual fantasy can be inspired by reality, can inspire reality or could be something that the woman concerned would never wish to make come true at all. In short, every woman has her own experience of fantasy, defining her own inner world for herself. Dr Susan Block said, in an article for *CounterPunch*: