



FOR IMMEDIATE RELEASE

Contact: Andrea Kiliany Thatcher
andrea.thatcher@smithpublicity.com
856-489-8654 x319

Bound:
A Daughter, a Domme, and an End-of-Life Story
By Dr. Elizabeth Anne Wood

Question: Why did you decide to write *Bound*, and when did the writing process start?

Dr. Elizabeth Anne Wood: My Mom was a writer. She'd been a journalist by training, but most of her work was administrative. Still, she loved to write. When she was sick we talked about writing a book or an article together about our unconventional relationship and about her sexuality and illness.

Ultimately, though, her illness made it impossible to write, but also, we both realized we couldn't have told the story together because of concerns about hurting one another's feelings. Specifically, I'd have been too afraid of hurting her feelings to be emotionally honest. I took a lot of notes while she was sick and was very open about the fact that I was going to write this story. She even gave feedback and input on the title!

Question: You've said that healthcare providers are reluctant to discuss death or sexuality. Why do you think that is, and do you have any advice for today's caregivers?

Dr. Wood: I think it's fascinating that sex and death remain hard to talk about despite how pervasive the representations of them are in our media. Game of Thrones comes to mind immediately! But very few of our media representations of sex and death depict the most common experiences of these facets of our lives. Nor do we see enough thoughtful conversations about them. So that's one thing: at least in the dominant culture we don't have a lot of modeling of these things.

Specifically related to medicine: doctors don't typically get much training in talking about sex with their patients, or even in sexuality in general. And death is hard for many doctors to talk about because so many are trained to see death as a failure of treatment. The focus is on healing, not on creating the best death possible for a person.

Question: How can the aging, or their relatives, better advocate for their sexual health?

Dr. Wood: Doctors are unlikely to ask you – especially if you’re a woman over 40 – about your sex life and how it’s being affected by your condition, so you have to be willing to bring up the question. A year ago I attended a workshop with Joan Price at Woodhull’s Sexual Freedom Summit and she had us all memorize a statement to say to our doctors. It went something like this: “My sexuality is important to me and I want to enjoy it as long as I can. I need you to be able to talk to me about my sexuality and how my health or my treatments might affect it. Are you able to do that?” And of course if the answer turns out to be no, then you have to be willing to ask for another doctor who can.

Question: You’ve said that the purpose of your book is to open spaces for conversation between parents and their adult children, between caregivers and those who need them, and between health care providers and patients and that the quality of our lives depends on them. Can you elaborate on that?

Dr. Wood: This is SO important to me. Some of the most important elements of our lives - aging, illness, sexuality, caregiving, and death – are among the hardest to talk about.

About 34 million people – that’s 1/10 of the population – are caregivers in any given year. Quality of life, especially at the end of life, rests on several things, but one foundation is good communication. People, as they are aging, need to talk to the people who love them about what kind of care they want as they get old, or if they get sick. And those are not one-time conversations. People’s ideas about care needs, or end-of-life wishes, develop and change over time.

Patients and health care providers need to be able to talk about a person’s needs for intimacy and pleasure, and need to be able to discuss how the care they receive will affect it. They also need to be able to talk about how to adapt to those effects, or how to accommodate the person’s sexual relationships or desires as best they can. These conversations are hard, and my hope is that books like mine will help people have some of those difficult conversations. It’s often easier to open a conversation if you have something to point to or share that isn’t immediately personal.

ABOUT ELIZABETH ANNE WOOD:

Elizabeth Anne Wood is a SUNY Chancellors Award-winning Professor of Sociology at Nassau Community College in Garden City, NY. She is also Senior Strategist for Woodhull Freedom Foundation, the nation’s only human rights organization working full time to protect sexual freedom as a fundamental human right. She earned her Ph.D. at Brandeis University in 1999 for a study of gender, power, and social interaction in strip clubs, and has written critically about sexuality and society ever since.

Born on an Army base in Kentucky, she grew up in the suburbs of Philadelphia and now divides her time between Queens, New York and Jamaica Plain, Boston. She is a devoted fan of Amtrak, and an avowed cat person.

Connect with Dr. Wood at ElizabethAnneWood.com, facebook.com/ElizabethAnneWoodAuthor, twitter.com/elizabethsitps and instagram.com/elizabeth.anne.wood/

Bound: A Daughter, a Domme, and an End of Life Story will be released in August 2019, and available wherever books are sold.

ADVANCE READER COPIES OF *BOUND* AVAILABLE UPON REQUEST

###