

Sexual Intelligence

by Kim Cattrall



For me, it was a desire to define myself more clearly beyond an iconic character I played for over seven years — a character I love and fully embraced. Samantha Jones captured people’s imaginations and earned a place in our collective culture.

After the first two seasons of *Sex and the City*, people began coming up to me wanting to share their own Samantha scenarios. This was flattering — but could sometimes be embarrassing as well. People assumed that I, like Samantha, had always enjoyed fabulous sex when, in fact, the opposite was true. As is the case for many women, sexual fulfillment came late. With the publication of my first book,

Satisfaction: The Art of the Female Orgasm, I wanted to reach out to women and men with the hope that what I had eventually learned could work for them in finding their own fulfillment.

With the success of the book came a huge response from readers wanting to know more. I was approached about having my own talk show as a forum for couples. As lovely as it was to get these requests, I had to turn them down. I’m not a sex expert or a therapist.

Still, the mail and the questions continued. I could see there remained so much to explore and learn — for myself as well as everybody else! — and that’s how the idea for this current investigation started. Having explored the Satisfaction of sexual desire, my aim now was to look at its sources and inspirations. I decided to call this new project Sexual Intelligence because I wanted it to be just that — a gathering of information and insights that might help increase understanding about sex.

For the next two years, working together with a small band of writers, researchers and a tiny film crew, we set out to trace and illustrate the quirky logic and impulses of desire, its sources and its rewards. Our process involved speaking to many people who could be any one of us, as well as to experts and people for whom the study of sexuality has been a life’s work. We





also traveled to extraordinary locations whose history in culture and art reflect a significant contribution to the story of sex in ways that continue to move us and speak to us.

This book and the companion documentary reflect our journey and celebrate all that we found. I hope you enjoy it. I feel wiser having done *Sexual Intelligence* — but the revolution continues!

— Kim Cattrall

(From Introduction, pg. 6)

“The whole world is connected by an erotic principle. And a great deal of creative life comes out of the connections between things. I mean, it’s a silly thing to say, but even putting chocolate sauce on ice cream is an erotic activity because you’re putting two things together for pleasure.” — Thomas Moore

“There’s this myth that if you understand something like sexual arousal, you won’t be able to enjoy it anymore. Just like there’s an idea that understanding something replaces the poetry of it and the experience of it. I have never once found that to be true.” — Michael J. Bader

Let’s Talk About Sex

It’s a big subject, where nature and culture collide. Sex excites our bodies, expresses our identities, feeds off our imaginations and touches our souls. It connects our deepest selves to the world outside. How we manage it determines the value it can have to enrich our lives.

But how do we navigate the mysteries of sex? We say we are swept away, possessed and overtaken — all of which acknowledge the force of desire but never its logic. Is it possible to develop a kind of sexual intelligence, one that can deepen our pleasure and give us a greater awareness of ourselves?

(From Introduction, pg. 10)



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