



Behind its spicy title and cover, author Sandy Daley's book holds loads of good advice on relationships.

Once she's gotten your attention with its V-word title, women - and even men - who read [Sandy Daley](#)'s "Whose Vagina Is it Really?" will certainly gain some invaluable advice and insight on personal relationships.

"I want people to see that this is not just fluff," said the vivacious [Toronto](#)-based journalist, actress, radio personality and author of the new self-published book, which offers good basic information for women behind its risqué title and cover.

"The book highlights issues of concern for us - money, love and even abuse. There are do's and don'ts for women to follow and abide by which will help them to find true happiness and contentment," said Daley.

"My intention is not to offend, but to enlighten and empower women through humor and real-life experiences," she added - explaining that the book's attention-getting title came from one of the many personal experiences she shares in the book.

Months after ending a painful relationship with a man she thought she'd marry, he called out of the blue with an outrageous question.

"This gentleman called me one night and demanded to know if my privates still belonged to him," Daley recalled.

She wrote about the incident in her column, "Real Talk with Sandy" in the [New York](#)-based weekly Street Hype newspaper, and the response from women and men was overwhelming. In the column, she questioned, "Whose vagina is it, really?" and the book idea was born. It was finished in a year.

There are humorous portions of the book, but the discussion of physical abuse is deadly serious. It's an experience that Daley knows first-hand.

"I have a chapter on abuse and I have experienced that in a relationship. I stayed unfortunately too long," confessed Daley, who said it was a comment from her son that sparked her escape from the situation.

"My 7-year-old son said, 'Mommy, you know you have to leave,' and I thought I don't want him to think this is part of a normal relationship," said Daley. "I want women to know that they have options," she said.

And how does Daley feel about baring her personal life to the public?

"I am very open to it because it helps me as well," she said. "It is nice to hear the ladies say to me, 'Sandy, I am glad that you wrote this book, but you must know that it is much bigger than you right?' In the end, it is not about me, but about us all."

Born in bustling [Kingston, Jamaica](#), she would spend time in quiet, rural Trelawney parish, her mother's home. It was there she began to read and write with vigor. The book has been written about in Toronto, [Jamaica](#) and the [U.S.](#), making Daley a sought-after guest on radio shows.

More than 1,000 books have been sold in the two months since publication, but the author is looking for more.

"I'm self-published, but it's my hope to be picked up by a big publisher and get a distribution deal," she said. The book is currently available at [amazon.com](#) and Daley's website: [www.sandydaley.com](#).