

The top half of the book cover features a photograph of a man and a woman. The man, on the left, is shirtless and has his index finger pressed against his lips in a 'shh' gesture. The woman, on the right, is wearing a red, off-the-shoulder top and looking slightly upwards. The background is a soft, out-of-focus blue.

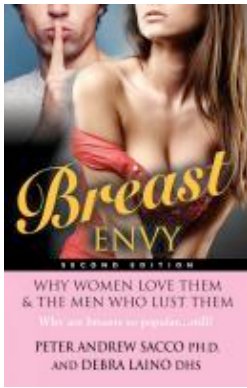
Breast ENVY

SECOND EDITION

WHY WOMEN LOVE THEM
& THE MEN WHO LUST THEM

Why are breasts so popular...still?

PETER ANDREW SACCO PH.D.
AND DEBRA LAINO DHS



Breast Envy is a fun pop-psychology book that tries to explain the competitiveness which exists in women today--namely, how far they will go to compete against other women for supremacy! Sigmund Freud coined "Penis Envy," how women used to envy men. Today there is Breast Envy, the nuances that women create for themselves. In the 2000's, how far have women really come into their own--creating a sense of independence from men, and "sexism?" Also by Peter Sacco: **PENIS ENVY: Does Size Really Matter or is it the Size of the Matter?**

Breast Envy

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BREAST ENVY!

WHY WOMEN LOVE THEM AND THE MEN
WHO LUST THEM

Peter Andrew Sacco Ph.D.

and

Dr. Debra Laino DHS, MS, M.ED

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First Edition

DISCLAIMER

This book is in no way designed, intended or guaranteed to diagnose, treat or modify challenged personalities. Heck no! This book provides a light-hearted look at why some people are the way they are... not living up to their truest potential because they haven't dealt with their *breast envy*! Throughout this book you will read our opinions as well as others, anecdotes, and inspirational thinking, as well as some actual intellect!

In its truest form, this book is supposed to be fun, comical, witty, charming and entertaining, and yes, *stupid at times*. With that stated, the authors of this book may occasionally come off appearing sometimes brilliant and insightful when throwing a surprise curveball and catching you off guard with an actual theory!

Since this book was written by both a male and a female, at best the intent is to remain totally unbiased. Okay, when one acts chauvinist or sexist, the other one will be there to even things up.

This book is in no way intended to be a slam or put-down of anyone we know personally or have come across from our research. As a matter of fact, it was you, the public at large who liked sharing your stories and insights with us via e-mail, chat-rooms, at seminars or in person. We just took what was given to us and made the best of it. We took the seeds of brilliance you planted in our creative minds, watered and fertilized them and helped them flourish into this plant... we mean book!

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For those who helped by supplying us with stories, we appreciate it very much! Thank you for being our words and conscience for inspiration. As promised right from the start, we would not use any last names for those contributing to this project and in some cases changed first names because the story would hit too close to home. We are very grateful for those willing to tell their story. Now should your husband, family member, or co-worker figure out that it is “you” we are talking about, you should be flattered that you know someone who should be a CSI or on the First 48!

Finally, it is highly recommended to consult with an introductory psychology text when in doubt of specific theories or terms we have not spelled out or explained well enough for you. The last thing we want to do is add further confusion to the already confused, and any degree of confusion to the not yet confused.

Thank you for choosing to read our book! We are sure you will get something out of it!

To all...Enjoy!

DEDICATION

This book is dedicated to all of the readers of Peter's first book *Penis Envy: Does size really matter or is it the size of the matter?* Peter and Debra would also like to dedicate this book to those who shared their stories, testimonies and insights with us (Names were changed to protect identities as promised). You helped make this project possible!

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INTRODUCTION

In our first book *PENIS ENVY: DOES SIZE REALLY MATTER OR IS IT THE SIZE OF THE MATTER* we left readers holding onto a variety of ideas surrounding the male phallic made quite popular by famous Psychoanalyst Sigmund Freud. Ideas were the only thing we had intended to leave readers grasping--no pun intended! From our findings, we informed readers that in the new millennium, size does and still matters! And when we refer to size mattering, we do so both in figurative and literal senses. Want to know more? Then read the book as we have our hands full with this one--once again, no pun intended! With that said... Welcome to *BREAST ENVY: WHY WOMEN LOVE THEM AND MEN WHO LUST THEM*.

What is it about breasts that both women and men find so captivating? We already know that the penis is widely discussed as well as “disgustingly” referenced anatomical structure. There is very rarely if any discussion about the vagina unless it is referred to in a *monologue*. However, when it comes to breasts, they can do no wrong! It would appear breasts, *on a woman that is*, are beautiful even if they are hanging down around a woman’s belly button we still hold a level of curiosity about what they look like. People love them... both men and women. Well, at the very least women love possessing a “nice rack” and men lust to possess a “nice rack”. And just like the penis, they come in a variety of sizes, shapes and colors. Men can select from a plethora of breasts they would like to possess after meeting the “right woman”. On the other hand, women can possess whatever breast-types they like in lieu of the wonders of modern technology. If a woman’s breasts are too small she can up the ante and get a breast enlargement. If they are the wrong shape or if she suffers from

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dysmorphia, then she can receive a breast augmentation. Finally, if they are too big, she can receive a breast reduction--liposuction for the titties! In actuality breast are quite transparent in this sense as with the drive and resources to have them modified they can look like anything we want them to look like.

Like our first book *PENIS ENVY*, *BREAST ENVY* is intended to provide insights, findings as well as both ancient and modern psychology theories on the pursuit of love, lust and happiness surrounding the female breast. In the 1970's, Marlboro cigarette manufacturers used an ad depicting a woman smoking a cigarette to characterize her rise to prominence in a male dominated world by using the cheesy slogan, "You've come along way baby." At first blush, to still refer to a woman as "baby" doesn't really characterize implicit respect as one might hope for. With that said... slogans/laws such as affirmative action, sexual equality and zero tolerance for sexual harassment have all come and gone, while some are taken more serious than others. As a modern society, we supposedly evolved and became more civilized and more respectful of one another. Men and women are supposed to be equal. The question truly begs for answer: *Are they? Or for that matter... can they be?*

Why is the female breast the greatest anatomical icon? Why aren't heads, arms, legs, hands, feet (well, at least in some countries they are), noses, ears, butts, teeth, heads of hair, vaginas, even penises treated with the same sacred, lustful reverence as the female breast? Sure, we wrote a book about the penis, but in plain sight it is not advertised or flaunted the same way as the female breast. Why?

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Well, for starters seeing a male penis that is bobbing and flapping to and fro in the open air is not a sight for sore eyes. Furthermore, for some, it is a method of aversion therapy for sex. Yes, after some women have witnessed a “strange penis” at a public beach either in the raw or in the banana hammock (also known as a Speedo or loin cloth) it was enough to turn them off of “the penis” for a while, indefinitely or permanently. (Now of course there are those women {and men} that do love a good looking penis---we certainly want to be fair to those individuals). On the other hand, men see a little bit of cleavage, even a crack the size of the knuckle on their pinky finger, they are secretly panting and screaming to see more! Funny, this same curiosity appeals to some women in a morbid way and some women need to see more to lay comparisons too others.

The media (movies and television) have desensitized the minds of viewers by leaving nothing to the imagination when it comes to women’s breasts. Haven’t you noticed that virtually all sex scenes in movies display the naked breast? Think about how many penises and vaginas you see in R rated movies. Zip. Zero. None! It is always the breasts that are flopping around on camera. Don’t get us wrong, the breast is a beautiful part of the female body and many like to see it. However, many women in the arts and professional industries have hollered from their roof tops that they want to be taken more seriously and not be seen merely as sex objects. Can actresses and like minds for that matter say they believe this is the case? One thing is for certain, in Hollywood and magazines, both numerical values and the letters of the alphabet have progressed. Can you say 38 and higher, and D-cup?

Capitalism and free democracy asserts the continuum of supply and demand. Wherever there is a demand for

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something, someone will always fill that need by bringing to the shelves a supply for it. It would seem in today's society there is a great demand for large breasted women or women with sexy breasts, and women are quick to address this need by showing and telling. Well, okay not all women are talking about how they got theirs as some claim they are the by-products of great genes, being fed corn grain cereals and working out, whereas most know they are the end result of \$5000 and 3 months of shaping and manipulation. In the end however, real or not real, they are accepted because that is what society likes...big, sexy tits!

Isn't it funny that both women and men possess breasts, but society as a whole finds women's breasts sexy and men's not as sexy or not interesting at all for that matter? Sure some women like a man with a muscular chest, but that isn't a great prerequisite for a man to be deemed sexy. Furthermore, some women are even turned off by men with sculpted muscular chests. Could it be that his chest is bigger than hers? Possibly! Conversely, men with big, sagging tits who walk around with shirts off are usually considered an eye sore. No one wants to see those udders, either men or women. Women might use them monetarily as a reference of comparison to their own, but that is usually short-lived and seasoned with admonishment. So, in the end, women's breasts are sexy, and men's, well let's just saythey are there!

What then are we left with? First, society as a whole likes women's breasts the best...even over the penis! Second, size does matter when it comes to breasts just as it does with the penis. Third, even though women have come a long way, so has the size of the breasts, either naturally or synthetically. Fourth, no matter the size, shape or color, someone from either

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gender will admire, envy and/or lust that particular breast. And fifth, endowments in public that are erect and have their own area code will lavish positive attention and adulation whereas an erect penis in the same public arena will garner disdain, disgust and outcry, and possibly an arrest! We say this because a man walking around with an erect penis will sooner be looked at as some kind of an offender or predator well before a woman who has large breasts with erect nipples would be considered the same. Sort of a double standard, but it is the truth!

With everything that has been said and written about women's breasts, the time has now come to discuss them in a different light. It is our goal to get to the heart of the matter once we can get through those 44 DD udders. Perhaps it is time to bare the truth about breasts since they have lain bare for public scrutiny from ages past, today and future times to come.

But before we get started on this in depth construct of breast envy we wanted to initially hear what you had to say:

Jack: "I like ALL breasts!"

Warren: Bottom Line: If a male comments on another woman's breasts, it will invoke feelings within that woman causing her to question her own."

Mary: "I think women are envious of other women's breasts because of the attention the big ones get!"

Jacob: "Boobs are like a car crash, no matter how bad-you're still going to look!"

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Meghan: “I do think that women with smaller breasts are jealous of women with larger breasts. The larger breasted women are viewed as more sexy and all women want to be sexy!”

Shawn: “I do know many men who are focused on just size, like many women who are focused on the size of (you know what). I think we like the novelty of them!”

Maverick: “Boobies are loved all around the world!”

Jim: “Breasts are life’s pleasure: a tool to bring forth sexual pleasure and a way to show off the female form.”

Laura: “I have at sometimes wished mine were bigger. Many women see boobs as a symbol of importance. I think breasts are a female archetype of sorts. Think about breast cancer if you will, the importance of breasts is palpable when you look at the devastation of breast cancer in our world.”

Welcome to *BREAST ENVY: WOMEN WHO LOVE THEM AND MEN WHO LUST THEM*, the journey into the world of the female breast. This is not to say we will not talk about men with big tits because we will and then some!

DEFINITION: BREAST ENVY IS...

The antithesis of Sigmund Freud's popular concept "penis envy" is to connote how women wished they could be more like men. Ironically, *breast envy*, a concept created by the two authors that connote the notion of women wanting to become more "womanly", "feminine" or more like other women they idolize or "envy". Incidentally, in 2008 and probably for over the last 25 years, North American women have shown less penis envy since the advent of women's liberation and equality in the workplace. Furthermore, more men than women are likely to possess penis envy and emasculate, envy and idolize men more successful than themselves.

In its truest nature, penis envy was devised to perpetuate a sense of strength, masculinity and liberation. In this day and age, most women can achieve or have achieved this status. Having said this, many women have undermined their own sense of femininity while pursuing equality (traditional male dominated success). Without an equal balance called androgyny, many women have teetered to the end of the fulcrum where most men once sat. Society and media have never stopped pushing the need for sexiness and femininity. Given today's technological age and media, we are bombarded with pictures and images of sexy people, especially women. Women are at crossroads in their pursuit of equality, yet falling into the trap of a gender role defined by men and society—SEXINESS!

Breast Envy is feeling a lack of femininity and the need to measure up to one's gendered peers consciously or unconsciously. Since breasts are that symbol of femininity, it is that area of the body that women are fixated on.

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To put it best, as actress Kate Beckinsale once was quoted as saying, "There's such a pressure on women that we put on ourselves and everyone else puts on us to look unrealistic and everything, but you just can't compare yourself to people in magazines."

CHAPTER ONE

FOR LOVE OF THE BREAST

You know what life really is? You're born; you suck your mother's tits. You get a little older; you suck your girlfriend's tits. You get married; you suck your wife's tits. That's what life is. Life sucks.

John Ryman

In the beginning was the breast in all its glory...

Well at least in the Garden of Eden. From Adam's rib, Eve was created and where was the rib taken from? The breast! Ironically, woman was created from the breast of a man or so the story goes. And from that moment on, it was the female breast, which became the object of desire for many men and women. Could it be men like women's breasts so much as a by-product of being co-creators of women? Are men so intuned with women's breasts because they feel connected to them? Is there some kind of magnetic, internal connection between women's breasts and the envy of men? Could large, buxom, bouncing breasts be a long lost fractioned kindred spirits to men? You would think so because of all the hoopla surrounding breasts. These are good questions, but as far as providing salient answers and reasoning, the chances of them being accurate are as probable as a 90 year old man being a donor at a sperm bank. We think you get the picture!

So then, where did this love of the female breast evolve? Since this is a book based on psychology, perhaps the best place is to start with reasonable and plausible theories. Some might assert the anatomical evolution for interest in the breast perhaps started in art. Yes, some might be inclined to believe the breast rose to major prominence due to the longings and breast fetishes of starving artists. And when we refer to artists as being starving, we are most inclined to make reference to them in both figurative and literal senses. Most artists in the old days drew, painted or sketched nude women because nudity was an honor. Breasts were generally made larger as to enhance the female figure and femininity. Since many artists were recluses and socially challenged (we are not being ignorant or arrogant but this is the truth about artists in times past), the most contact they had with women was during the

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sittings and then the eventual canvases. Long after the model left, the artist would possess the painting. Since photography and cameras were not created as of yet in medieval times, perhaps the paintings were that generations version of “girly magazines” and soft porn. The painter could take greater matters into their own hands once the subject left and the painting rested in front of them. Who knows what actually happened at that point...we have our suspicions!

Were these famous artists of ancient times nothing more than perverse minds living on the edge of the lunatic fringe or, had they connected with their long lost “kindred spirit”—the breast? Did they know something society didn’t yet know? How would they know oil paintings and water colors would give way to high gloss magazines known as Playboy, Sports Illustrated, Penthouse, Hustler and Buxom-blond Big-Titted Beauties? Were they able to peer into the looking glass of universal ether and see into the future? Perhaps they had the psychological wherewithal of famous Psychoanalyst Sigmund Freud and didn’t even know it. It’s possible they were Freud before Freud was even Freud! Or perhaps Hugh Hefner before Hugh was ever the icon he is today!

Freud and other psychological theorists believed in the strong attachment between mothers and their children. They believed the mother to be the most influential parent in the first couple of years of the child’s life and that this connection was vital for the positive psychological development of the child and their overall psychological health as an adult. To a degree, mothers were represented in the positive light as the “creators”. They brought “populations” into the world. This mentality still reigns true to this day. In 2010, given the amount of mouthy, ungrateful and sarcastic children, we’re sure some mothers would love to take some of their grown-up, uncaring, insensitive children out of this world...just a thought!

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Think about it for a minute. Okay, now that you've thought about it, who is considered the primary creators in human terms? Sure, God is the Father of creation, but

who maintains the turn-key operation and keeps the proverbial baby bouncing? That would be one "Mother Nature". Mother Nature is the mother of the earth. Creation and evolution is often times seen as "feminine". If it is perceived as feminine and birth and re-birth springs forward from the womb, then the evolutionary process must be female in nature. You see, it's simple; there is a balance here. A male has his place, but a female also has her place, which is quite clear. To put it bluntly, it is Mother Nature's breast from which all of the parts of nature suckle and feed on! It is Mother Nature's womb, which gives life and her breast which sustains life so to speak. The aspects of creation within the system are considered feminine.

What would be the best representation of femininity? Obviously, the entire woman would be the best and ultimate representation. With that said, not all women are mothers (see nuns, and even though some are known as Mother Superiors, that doesn't count) and not all women are feminine (see first book Penis Envy and bearded women). What is it then that would be a "selling feature" for femininity? Some might posit hair. Hair won't work because from the beginning of time on, many men had longer hair than women (see Vikings and George Washington—wig) and some men even had more total hair—body hair (see Cavemen and some guys named Gino and Guido who wear Speedos to the beach). We think you get the picture. Can you use legs? No. Some men have better looking legs than women (see cyclists) and some women have more hair on their legs than men (see some Eastern European countries). So then, legs are out. You might want to use the buttocks; however, the only associations they have with

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birthing are flatulent and waste management. Also, these creation processes are more commonly associated with men. Therefore, the ass won't serve as a good metaphor for creation. And really, that one should be obvious because what the heck does an ass have to do with creation?

Well, how about the most obvious—the vagina? You would think this would be the ultimate choice and it would make perfect sense and logic. However, with that said, the vagina is unfortunately not viewed as attractive enough. For the most part this isn't because the vagina isn't attractive because many are visually superior, but rather the mere fact that you barely ever see it. It doesn't dominate visual perception the same way a penis does (unless a woman is sporting a camel toe). The penis hangs there and you can see it. When it rises and stands at attention, you really see it. No matter how much pubic hair camouflages the pecker, when the trumpet sounds, it will pop its head through the thicket and make its presence known and in some cases...felt!

Can a vagina claim to do the same through a thicket of fur? Probably not!

Another reason the vagina would not make a great icon for feminism is due to the menstrual cycle. Though feminists would probably disagree with this there are obvious reasons to support the lack of femininity of the vagina. Since femininity is generally viewed as something that is beautiful, elegant, and insatiable most women will bleed from their genitals once a month. Women stuff pads in the orifice to control and clean the bleeding. This mere fact is generally not considered beautiful, elegant or insatiable. We don't think there are many women who would disagree with the fact that when blood and endometrial lining is expelling from their vaginas that it's not the most appealing. And most men don't understand this nor want to try and understand it. As a matter of fact, when this

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time of the month is associated with "PMSing" and men see the intense mood and "bitch swings", they come to associate the vagina as something not so nice. Whether this is a conscious or unconscious thought process the connection is still made. It is also "usually" off limits during that time of the month, so it is perceived by some men as a major inconvenience.

The vagina is the part of the body, which also gives birth. This is the part of the body, which brings babies into the world. If the baby comes into the world through this part of the body, so too must the placenta and umbilical cord. Some fathers who have witnessed the birth of their children claimed they could never look at their partner's vagina the same way ever again afterward. In fact, some fathers were deeply disturbed and/or sickened by the whole birthing experience that they were turned off of having sex with their partners. As unfortunate as this is, it is true in some instances. As people in the mental health field, we must say that these men need some help and in the long-run their relationships will most likely need some help as well.

Moreover, the birthing process is often times viewed as life's most beautiful experience as well as life's most painful experience. The amount of pain a woman endures through the birthing process is enough for some to never want to get pregnant again or withdrawal from sex for fear of getting pregnant again. Some women become extremely violent during the delivery process, cursing and swearing at the father, as well as squeezing hands and breaking fingers, and/or taking swings at the father for getting her pregnant in the first place. This sends a positive message to the male partner about the vagina? Yeah right!

Some babies are too big to come through the opening and the woman's vagina (perineum) has to be cut to allow junior into the world. The stigma of cutting genitalia to bring a child

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into the world isn't something most women sign up for. This further adds to the stigma of the vagina as being less attractive.

What about societies subscribing to vaginal binding? The vagina is bound with a leather lace when the female enters puberty and this is then cut open on her wedding night by her husband. How attractive does that sound for the general population? How healthy does that sound? And for that matter how the heck is that even remotely ethical, legal, or right? Furthermore, some cultures actually sever or remove the clitoris to diminish sexual arousal in pubescent females. How exciting does that sound for a woman to be missing a part of her genitalia? If you don't know the clitoris is the only organ used for sexual pleasure but these cultures essentially crap on that idea!

Finally, the proximity of the vagina to the rectum is very close. A woman's pleasure center is right next to her waste management system. For some men, the thought of going down on a woman is very disgusting because it is too close to a woman's asshole. There are not many ass holes that smell like roses if you get our drift or shall we say whiff! Many men don't know what they are doing down there anyway, and because it takes many women more time to climax, and some don't at all, men are required to spend a little too much time near a potential fire in the hole (who would know better than most men, right?). We do want to take a moment and recognize the men who do love licking, sucking, and kissing the asshole. They are out there! And after all of that time spent down there, some still don't get a woman to reach climax. With that said, they find the vagina less attractive. On the other hand, many women have been with men who don't know what they are doing, or won't go down on them and become frustrated with men sexually. The only type of foreplay they receive from men is attention to their breasts. The only thing most men will play

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with or want to play with before or during intercourse is a woman's breasts. So where does that bring us too? *BREAST ENVY!* It is interesting and after researching and thinking about breast envy, Deb remembered a guy she dated one time who use to call breasts *Fun Bags*. They would banter and laugh together about the concept of these plump areas of fat that not only bring pleasure to the female but are also so darn fun to hold and hang on to and essentially play with, i.e. Fun Bags!

In addition, we talked to many men throughout this book as well as women who have a fascination with nipples. One female (who did not want to be mentioned even with a name change), stated that she went out on a date with a guy one time and did not want to have sex with him because it was their first date. Instead, he sucked on her nipples for hours she said "like five hours, all night." She said it felt so good and was very erotic, so erotic that she climaxed. The next day she took her bra off and her nipples were stuck to the bra because they were raw from all of the sucking. Ouch!!

What is the anatomical part of a woman which best represents femininity, creation (including nourishment, a life food source), and sexiness and fosters the most attention from both men and women? Breasts! What anatomical part do women possess which makes them unique? Breasts! (However, when you read our chapter on *Heavage* men possessing big titties, a minimal argument could be made to the contrary).

What are breasts? What are their primary purposes on the human body? Both women and men possess them, but men's tits (both normally sized and beastly sized), get nowhere near the attention that women's breasts get, and they can be on the continuum from petite to extra large and men still want to see them. Our friend once said "breasts are like a car crash; no matter how bad you still want to look." It would appear breasts of any size on men seem irrelevant in the grand schemes of

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society. Breasts on women are relevant and paid homage too on some level. Why? What are breasts anyway other than mounds of flesh, usually composed of adipose fatty tissue sporting a red, bulbous nipple?

It should be pointed out in many men and some women that the underlying material compromising the breast is not fat rather muscle mass created in the pectoral majors.

Many women do like men with square and muscular chests more so than men lacking any size of pectoral development or on the extreme side of things with extremely fat tits. For these women who do like a developed chest on a man, she is generally attracted to the sense of strength that she may perceive from the muscle tone. If this same idea is true with women's breasts the sense of strength comes in the form of femininity and sex appeal rather than physical brawn. Such is life. Funny, but most men do not envy or care about other men who possess wonderfully, muscularly developed chests. From our book *Penis Envy*, the same cannot be said about men and their perception regarding penis size!

Prior to our digression, the focus was on women and breast envy and so should it be. Breasts on women are definitely more appealing regardless of size or shape. They serve a primary purpose in life and for life. In many ways they symbolize life. Women have the ability to use their breasts for the betterment of mankind, no pun intended. Perhaps some men who feel the need to suck on a woman's tit in order to make them a better person may have an argument. However, tit-sucking by grown men was not our intention here, nor were our implications toward Sigmund Freud's oral stage of psychosexual development and the Oedipus complex which will be discussed in later chapters. Our case and point argument is that women's breasts are often times used to feed their babies. Breast milk serves to help prevent childhood illness by producing another

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type of milk called colostrums produced by the mammary glands. Colostrums provide perfect nutrition for newborns which further provides support of why the breasts are the epiphany of femininity. Many men and some women believe breasts are nothing more than play toys, but they are fast to forget that they once were babies who probably had their mouths glued to their mother's tit at feeding times. For babies, the tit is never mistaken for a toy or bouncing mobile. It is viewed as breakfast, lunch and dinner as well as the tiny snacks in between. The breast is the archetypal representation of the life force for humanity. If we're going to discuss Freud in the context of breast envy, should we not also refer to his once esteemed colleague, the great Carl Jung? It was Jung who first made inferences to symbolism across the realm of humanity. He claimed there are certain innate symbols acknowledged and understood by people from the four corners of the earth even though they may have never receive instruction on what they are or how to use them. Breasts are one of these innate symbols in all four corners of the earth. Ironically, Freud and Jung had a parting of ways during their professional endeavors as Jung thought Freud placed just a little too much influence and interest on sex. Interestingly, many of Freud's theories on sexuality have proven to be true and hold their weight in gold. Furthermore, these same Freudian psychosexual aspects of theories found their way into Jung's symbolism—at least when it comes to the tit and breast envy. So Dr. C.G. Jung, Who is having the last laugh now?

Freud regarded sexuality as one of the cornerstones for discussing and explaining personality development. According to Freud, humans are highly evolved sexual animals. How highly sexually evolved are we compared to other animals? You don't see mature calves growing into cows chasing after their mother's udders...do you? If you want to discuss tits, there

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is absolutely no way you can allude to them and not make comparisons to cattle udder. If you ever need a representation of an anatomical body part representing life, would you not think the humungous flapping udders on a cow would make perfect sense? Furthermore, if breasts are associated with feeding and life, would cow tits not symbolize life even more so? If you think about it... man, a cow's breasts feeds humanity! Yes, we all at some point drink milk or consume dairy products of some sort.

We are fed by cows. We are fed by the tit. Of course adults don't actually go out to the barn and get their milk fresh from the tit directly, with the exception of people who live on farms and raise cattle, if you know what we mean. Then again...we're sure it has and does happen (see bestiality, male bonding rituals/initiations and other stupid pranks).

Above, we mentioned Colostrums in the human female breast milk; but did you know the cow's first milk, is also known to have colostrums in it? It is revered as the cow's "golden milk." In health stores/natural healing it is viewed as possessing much health and healing benefits? Yes, they sell this stuff in health stores in supplement format. Many people who use it boast its tremendous healing qualities and this is supported to some extent in research. There are also many grown men who anonymously boast the healing qualities of sucking breasts and consuming breast milk. On a side note: there are lactation fetishes where one of the only ways males will get aroused is by a leaking milky breast. We would love to throw some wonderful stat that 4 out 5 doctors recommend fresh breast milk from their wives breasts because it prevents heart disease, promotes hair growth and bigger penises, but we don't have any information to support this claim. We did however find information on colostrums and its health benefits (do Google search or visit your nearest health food store). And

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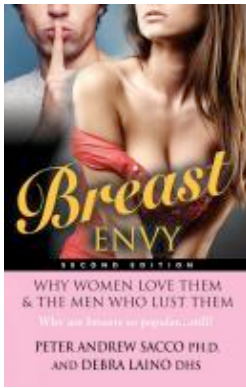
no, there were no proven findings to the increase in breast size (women) or penis size. However, there are potential links to prevention of diseases and infections such as thyroid issues, diabetes, lupus, ulcers, and shingles to name a few. Wouldn't you think one might actually be what they eat? You eat fat; you are more prone to get fat. You drink breast milk... you should get bigger breasts, you would think! Unfortunately for some women, it doesn't work out that way. As a matter of fact, women lacking breast size and who want bigger breasts might want to try what men with large breasts do...drink lots of beer. We guess in this case it is true about you are what you eat. Many of these men are life-sized kegs!

So where does this leave us? Breasts are symbols of creation. They belong to women and it is women who give birth. Breasts are symbols for life. Babies feed on them. Breast milk promotes growth and healing. Many grown men feed on them for egotistical and sexual healing as Marvin Gaye so eloquently avowed. Breasts are symbols of feminism. They are also perceived by many, particularly men as the symbols of female potency. Just as men's penises are often misrepresented in terms of potency and power, so too are women's breasts. There is no evidence suggesting that the larger a woman's breast, the more potent she is as a woman and a mother. Big breasts don't always produce milk and large-breasted women don't always produce children! To assert large breasted women are more potent as women/mothers would be the same as asserting that large-cocked men are more potent as men/fathers. And there is no evidence for either of these misconceived beliefs. But there is evidence of a psychology of sexuality that leads us to admire and become more sexually aroused by larger breasted women and more endowed men.

In the end, just as society views, primarily places a tremendous emphasis on penis size and potency, the same is

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done for the female breast. Society and the media throughout the ages have made breasts just as large as they did the phallic; larger than life or perhaps larger than they needed to be. Throughout history, larger breasts have been showcased to suggest femininity. Even in the world of fashion clothing has been made to accentuate the breasts of women placing them on a platform of sexuality.



Breast Envy is a fun pop-psychology book that tries to explain the competitiveness which exists in women today--namely, how far they will go to compete against other women for supremacy! Sigmund Freud coined "Penis Envy," how women used to envy men. Today there is Breast Envy, the nuances that women create for themselves. In the 2000's, how far have women really come into their own--creating a sense of independence from men, and "sexism?" Also by Peter Sacco: **PENIS ENVY: Does Size Really Matter or is it the Size of the Matter?**

Breast Envy

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