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Opening extract from
**The Booby Trap and Other Bits
and Boobs**

Written by
Dawn O'Porter

Published by
Hot Key Books

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INTRODUCTION BY DAWN O'PORTER

I am obsessed with tits.

I stare at them – I can't help it. I am the woman you catch glaring at your nipples in the gym changing room, and I find it almost impossible not to pass comment on a pair that I find attractive. It's a perversion that I don't bother trying to hide. Most of my female friends will tell you that I sneak a peek whenever I can. Skype me and I will flash you, then probably ask to be flashed back. Get changed at my house? Expect to be gawked at. I can't help it. I just love them. Tits. BRRRRRRRR.

As well as my appreciation for the way they look, their function blows my mind. Having watched my sister's children suckle from them and grow, I understand the value of their power. But I only have to let down the guard of my subconscious down for a millionth of a second to have my mind flurried with reminders that those fountains of life may also be the source of death. It's a negative connotation I have learned to suppress enough for my love of boobs to be a true pleasure in my life, but it's always there somewhere. I was six years old (two days off seven) when my mother died of breast cancer, on 21st January 1986. I am still full of questions about who

my mother was, and why it happened. Everything I am stems from a fear of abandonment or the fear of history repeating itself, and at the age of thirty-four I can cry on demand if I dare think back to being six years old.

And now, still, boobs are scarcely off my mind. So off the back of the obsession I give you: *The Booby Trap and Other Bits and Boobs*. An entire book about boobs. You. Are. Welcome!

What you are about to read is a vibrant mix of fact and fiction, prose and poetry. We have drawings too – even a photo of a feminist’s torso! When my publishers, Hot Key Books, gave the go ahead for this book, the brief was simple: ‘Get as many famous people as you can to write whatever they like about anything to do with boobs at any point in their life.’ So that’s what I did – I shamelessly approached everyone I had access to, and the result makes for brilliant reading.

What makes this even better is that proceeds from the sales of this book will be split between my three favourite breast cancer charities. I couldn’t decide which one of them to pick so I picked them all. We have Breast Cancer Care, Breakthrough Breast Cancer and CoppaFeel! So that’s care, research and awareness all covered. At the back of the book you can find out a bit more of what each charity does along with all of their contact details.

The thing about breast cancer is that if you catch it early, the chances of you being absolutely fine are very very high. Most breast cancers are found by self-examination, so before you start reading, please put down this book, lift up your top, and have a good feel of your boobs. Also at the back of the book is a step-by-step guide on how to check your boobs properly.

Make it part of your routine, get to know how they feel so you know if anything changes. Who said groping couldn't save lives?

Done? Great, let's crack on . . .

BREAST CANCER **BREAKTHROUGH**

Breakthrough Breast Cancer is the UK's leading charity dedicated to stopping women dying from breast cancer through improving early diagnosis, developing new treatments and preventing all types of the disease.

Breakthrough Breast Cancer set up a research centre dedicated to breast cancer when no other existed in Europe. Today, we fund 25% of the breast cancer research in the UK as well as campaigning to ensure survival rates are among the best in the world.

The need for Breakthrough Breast Cancer's work has never been greater. Breast cancer affects more women every year and is still the most commonly diagnosed cancer in the UK.

Breakthrough Breast Cancer wants all women to be breast aware. Our award-winning Touch Look Check (TLC) campaign teaches women the common signs and symptoms of breast cancer that they must look out for, as the earlier breast cancer is found the better the chances of beating it.

Find out more at www.breakthrough.org.uk or @BreakthroughBC



We at Breast Cancer Care are incredibly grateful to Dawn for all her fantastic support over the years. She has taken part in our nationwide fundraising campaign Pink Fridays, appeared on Channel 4's Million Pound Drop Live, and got on her bike to cycle from London to Paris to raise money for our services. Dawn also gathered together a host of comedians and performers to create the inaugural Best Friends Ball in September 2013. Dawn's support has helped us continue our essential work for the nearly 50,000 people diagnosed with breast cancer each year in the UK. Breast Cancer Care is the only specialist breast cancer support charity working throughout the UK. Through our face-to-face, phone and online services we are able to provide direct support to the millions of women and their families who face the devastating physical and emotional impact of living with breast cancer, every day. Visit www.breastcancercare.org.uk or call our free helpline on 0808 800 6000.



CoppaFeel! is on a mission to stamp out late detection and diagnosis of breast cancer by ensuring that you know the signs and symptoms of breast cancer, know what your boobs look and feel like normally, check your boobs regularly throughout your lifetime and have the confidence to seek medical referral if you detect any changes. We want to make this as habitual as making a cup of tea because it could just save your life. So, isn't it time you checked your boobs?

www.coppafeel.org

Over 49,000 women and 400 men are diagnosed with breast cancer each year in the UK.

Knowing the signs and symptoms of breast cancer and what your boobs look and feel like normally could save your life. Start the habit of a lifetime today. The earlier breast cancer is diagnosed, the easier it is to treat.

Know your boobs!

Why?

Why not? You feel your boobs anyway, so get to know them a little better. That way, you'll spot any problems faster than you can say 'CoppaFeel!'

What?

You need to know what it is you're looking and feeling for. Learn and familiarise yourself with the possible signs and symptoms, but remember that there can be many reasons for changes in the breast which are harmless.

When?

Whenever. There is no good or bad time for boob time. Perhaps get your partner to lend you a hand and remind yourself to cop a feel regularly. We can remind you, by the way, with our handy iCoppaFeel! app.

Where?

Wherever. At the bus stop? On top of a mountain? In the shower perhaps. Find a place for boob time in your routine and try to keep it up.

Who?

The person you need to see if you find anything unusual is your GP. Share your worries and remember, you know your boobs better than anyone and because you've copped a feel regularly, you know your boobs better than your GP and will be in a better position to tell them what is normal for you.

