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Sommario/riassunto	This book by Yvon Dallaire explores the topic of masturbation, addressing it as a societal taboo and providing comprehensive answers to common questions. It delves into the etymology, definitions, and psycho-social aspects of masturbation, examining its role in psychosexual development and societal attitudes. The book aims to update scientific knowledge, trace the evolution of perceptions, and assess the impact on public awareness, particularly among adolescents. It combines historical analysis with contemporary research to challenge misconceptions and highlight the normality and benefits of masturbation.