



HOW WE STOP BEING SEX FANTASIES AND START HAVING THEM –

POP CULTURE, DESIRE, AND THE RECLAIMING OF
FEMALE FANTASY

BY BIANCA NAWRATH



**Poppkultur. Wie wir aufhören,
Sextantasten zu sein, und
anfangen, Sextantasten zu haben**
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Fantasy is power when we understand it. And there is a way to rediscover it.

»A (S)Excursion through pop culture that's not only great fun but also powerfully demonstrates just how political imagination is.« Mareike Fallwickl

»This book is intelligent, feminist, stirring, and entertaining, while also being brilliantly written. Anyone who doesn't read it is missing out.« Samuel Benke

How do movies, advertising, pornography, songs, and comedy shape our ideas about sex? And why is it still so hard to talk openly about (sexual) fantasies? Bianca Nawrath explores how our fantasies are deeply rooted in pop culture – through interviews, storytelling, reflections, and practical impulses, she aims to break down the taboos surrounding desire and explores the question: What do our fantasies reveal about us, about our times, and about our freedom? As everything becomes faster, louder, and more digital, and old power structures persist, how does that affect our feelings, thoughts, and desires? And when does intimacy turn into alienation? Bianca Nawrath's personal and social exploration of sexual fantasies focuses on the reconstruction of desire and fantasy through media, language, and emotional influences.

Bianca Nawrath is an author and actress. Born in Berlin in 1997, she appeared on camera for the first time at age 14 as the host of a youth program. She made her acting debut in 2018 and has since performed alongside Judi Dench, Jürgen Vogel, and Katharina Thalbach. In 2021, her first novel, »Iss das jetzt, wenn du mich liebst«, was published, followed by the novel »Wenn ich dir jetzt recht gebe, liegen wir beide falsch« (2023). In the fall of 2025, her latest novel »Schöne Scham« was published by FVA. Bianca Nawrath lives and works in Berlin.