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Books Helpful to Individuals and Couples: Sex Therapy

Couples

General Sex and Communication

Barbach, L. (1984, 2001). *For Each Other: Sharing Sexual Intimacy*. New York: New American Library.

This book describes how the physical and psychological aspects can impact sexual intimacy. It gives advice for couples to improve sexual intimacy and satisfaction.

Barbara, Mona. 2008. *Bring Yourself To Love: How Couples Turn Disconnection Into Intimacy*. Dos Monos Press.

This book contains many exercises and examples for intimate couples to help bring love back into their relationships when arguments arise. It teaches couples how to bring humor, intimacy, and connection, and empowerment when one partner feels hurt or disappointed.

Crenshaw, TL. 1996. *The Alchemy Of Love And Lust*. Simon & Schuster.

This shows how hormones influence partner choice and sexual desire. This also teaches how to modify the hormones to achieve more satisfying and vigorous sexual intercourse.

Christensen, A. & Jacobson, N. (2002). *Reconcilable Differences*. New York: Guilford Press.

This book helps couples with easy-to-read chapters on how to understand each other and change. It provides situations where the reader can visualize themselves in the situation and how to perform the correct actions.

Crooks, Robert, and Baur, Karla. 2005. *Our Sexuality*. Belmont, CA: Thomson Wadsworth.

This general sexuality textbook gives comprehensive information about a variety of topics and includes how politics and culture impact sexuality and research. This textbook gives good sexuality education information. It shows how to maintain a healthy sexual relationship and strengthening communication between partners.

Fisher, Helen. 2004. *Why We Love: The Nature And Chemistry Of Romantic Love*. NY: Henry Holt.

Helen Fisher argues in this book that romantic behavior is caused because of the release of norepinephrine and dopamine in the brain; therefore, we are built to love. This book details how the brain surges these hormones when a person falls in love to create feelings of joy, obsessiveness, passion, and jealousy.

Gottman, John. 1999. *Seven Principles For Making Marriage Work*. NY: Crown.

This book reveals why people divorce and how to keep a marriage intact. This book contains a series of checklists, exercises, and quizzes designed to strengthen a marriage. A highly engaging and informative book; one of the better marital/couples self-help books.

Gottman, John. 2001. *The Relationship Cure: A 5 Step Guide For Building Better Connections With Family, Friends, And Lovers*. NY: Crown.

This guide takes Gottman's earlier book "Seven Principles" and expands it to all relationships, emphasizing how communication great and small in a relationship has significance. These five steps will help improve a person's interaction with any partner, whether it is a colleague, spouse, friend, or family member.

Gottman, John & Julie Schwartz Gottman. 2006. *Ten Lessons To Transform Your Marriage: America's Love Lab Experts Share Their Strategies For Strengthening Your Relationship*. NY: Crown.

This book contains examples of couples in unsatisfying communication and shows how to improve...and how to improve the scenario. This focuses more on the mechanics of having a successful and happy marriage instead of focusing on underlying issues and difficulties.

Gottman, John. 2011. *The science of trust: Emotional attunement in couples*. NY: Norton.

Builds upon other works and especially focuses on what creates attunement and how to 'down regulate' negative emotions. More 'science-y' than his other books, so it is slower going in the reading, but very good.

Hendricks, G., & Hendricks, K. (2002). *Conscious Loving: The Journey To Co-Commitment*. New York: Bantam Books.

Strategies are the framework of this program. Focusing on how power and control plays a role in relationships, balancing lives, and increasing intimacy.

Hendrix, Harville. 2007. *Getting The Love You Want: A Guide For Couples*. New York, Harper.

Harville Hendrix goes in detail about his own therapy called Imago Relationship Therapy. This guide is divided into three sections and a 10-week course to improve couples' difficulties. A very useful discussion of how one's earlier childhood and relationships influence partner choice.

Hyde, JS. 2013. *Understanding Human Sexuality*. McGraw Hill (text).

This comprehensive textbook is one of the better choices for a general guide to human sexuality.

Covers psychological and biological human sexuality and includes issues related to culture, research methods, and media in sexuality. This book can be utilized as a guide for an everyday living or for students in Sexuality courses.

Johnson, Sue. 2008. *Hold me tight*. Little Brown.

LeVay, Simon, and Valente, Sharon. 2011. *Human Sexuality*. 2nd ed. Sinauer Associates Pub.

This textbook helps students understand the sexual expression and its diversity. The concepts range from feminism, biology, medicine, and cross-cultural studies.

Love, P & Robinson, J. 1995. *Hot Monogamy: Essential Steps To More Passionate Intimate Lovemaking*. Plume.

This book expresses how being sexually skilled can improve sexual intercourse. And general sexual activity for a couple. It helps each partner determine their sexual interaction style and the use of sex toys, fantasy, games, and other experimentation.

McCarthy, B & McCarthy, E. 2009. *Discovering Your Couple Sexual Style: The Key To Sexual Satisfaction*. Routledge.

This book shows how each couple has unique qualities and a unique couple style. These qualities can be used to improve intimacy and eroticism within the couple's relationship style.

Michael, RT, Ganon, JH, Laumann, EO & Kolata, G. 1994. *Sex In America: A Definitive Survey*. NY: Little Brown & Co.

This book is the result of many years of thorough and insightful research into American sexual patterns and activities. The researchers are University of Chicago sociologists and the book contains thoughtful and insightful data about patterns of sexual interaction for individuals and couples in the United States aged 18-59. It can be seen as the signal large survey study not matched until in 2010 the University of Indiana published a newer sexual study building on the information from these researchers.

Ribner, David & Rosenfeld, Jennie. 2011. *Et Le'ehor (A time to love): The newlywed's guide to physical intimacy*. Gefen Publishing.

Written with Jewish couples in mind, the book addresses couples who have not had sexual intercourse or a lot of sexual experience before marrying. Ribner is a well-respected sex therapist.

Schnarch, David .1997. *Passionate Marriage: Love, Sex And Intimacy In Emotionally Committed Relationships*. New York, W.W. Norton & Company

The book is designed to address intimacy and the difference in couples and their communication patterns. The premise is founded on the physiological principle of individuation as a requirement for close intimacy in partnership. It focuses on the emotional and intimate connection of sexual activity, not just the mechanics.

Schnarch, David. 2002. *Resurrecting Sex: Resolving Sexual Problems In Your Relationship*. New York, Harper Collins.

This book discusses sex and how relationships work and the difficulties that may occur due to an illness or emotional problems. This guide helps the reader understand surgery, drugs, and how to overcome the difficulties.

Stanley, S., Blumberg, S., Markman, H., & Edell, D. (2010). *Fighting For Your Marriage*. San Francisco: Jossey-Bass.

This new book also comes with a DVD to help strengthen marriage, prevent divorce, and to stay happily married. It teaches couples how to talk more and fight less, strengthen friendship, and increase closeness.

Tannen, Deborah. 2001. *You Just Don't Understand: Women And Men In Conversation*. First Quill Edition.

This book shows how women make conversation for connections and intimacy and men like to make conversation for negotiating and independence. It helps couples communicate and understand communications better.

Vaughn, P. (2003). *The Monogamy Myth: A Personal Handbook For Recovering From Affairs*. New York: Newmarket Press.

Peggy Vaughn discusses how an individual needs to discover the myths about monogamy to overcome an affair or a partner or spouse. She discusses that every person is a risk of cheating and it is not just businessmen or men in general.

Weiner-Davis, Michele. 2003. *The Sex Starved Marriage: A Couple's Guide To Boosting Their Marital Libido*. NY: Simon & Shuster.

This book helps couples with different libidos and the impact of low desire and overcoming it.

Zolbrod, Aline. 1998. *Sex Smart: How Your Childhood Shaped Your Sexual Life And What To Do About It*. Oakland, CA: New Harbinger Pubs.

This has many examples, exercises and assessments to show how one's childhood can influence their sex life. This also shows how child abuse or sexual abuse can damage an individual and their sexuality.

Spirituality and Sex

Books

Gach, M. R. (1997). *Acupressure For Lovers: Secrets Of Touch For Increasing Intimacy*. New York: Bantam Doubleday Dell.

This book covers acupuncture and the relationship to sexual pleasure. This book contains many line drawings, pictures, tips, and exercises to help promote sexual intimacy and enjoyment.

Lacroix, N. (2000). *Tantric Sex: The Tantric Art Of Sensual Loving*. Southwater.

This guide helps couples find and create their own style of sexual loving. Couples can learn how to touch each other and themselves to fulfill their sexual potential.

Stubbs, K. R. (1999). *Erotic massage: The Tantric Touch Of Love*. New York: Tarcher.

This contains many erotic drawings and colored inserts with easy-to-learn methods. This is for individuals as well as couples to become more erotic, intimate, and sexual beings.

Websites

Tantra.com

www.tantra.com

This website has everything for tantra, tantric sex, and karma sutra. Memberships, blogs, workshops, and videos can be found easily on this website.

Eroticism and Fantasy

Bader, Michael. 2003. *Arousal: The Secret Logic Of Sexual Fantasies*. St. Martin's/Griffen.

Michael Bader analyzes some fantasies and the logic behind them to help people understand the message from the fantasies. This understanding helps the reader to improve their relationship.

Barbach, L. (Ed). (1988). *Pleasures: Women Write Erotica*. New York: HarperCollins.

In this book, women share stories about their sexual experiences for other women to read. Many erotica stories written to pleasure and stimulate women.

Barbach, L. (Ed). (1995). *Erotic Interludes: Tales Told By Women*. New York: Plume/Penguin.

This covers women's sexuality in every aspect in every lifestyle. This is written to affirm women's feelings about sex and sensuality.

Belge, Kathy. <http://lesbianlife.about.com/cs/sex/a/safersex.html>

Bright, S. (Ed). (2008). *Best American Erotica 2008*. New York: Touchstone Books.

This book contains the best stories from previous books and new stories. Susie Bright herself even includes her own story to share with every type of person and of every lifestyle.

Bright, S. *Herotica*.

Decosta-Willis, M., Martin, R., & Bell, R. (Eds). (1992). *Erotique Noire: Black Erotica*. New York: Doubleday.

This covers African American erotica along with Caribbean American, and Latin American both heterosexual and homosexual. It includes poems, short stories, letters, essays, and tales.

Foster, Nicole. 2009. *Ultimate lesbian erotica*. Alyson Press.

Friday, N. (1998). *My Secret Garden: Women's Sexual Fantasies*. New York: Pocket Books. (Friday has many good books on sexual fantasy, including *Women on Top* and *Forbidden Flowers*.) Common sexual fantasies that women have like rape to unusual situations such as lesbian fill this book by Nancy Friday.

Garber, Marjorie. 1996. *Vice Versa: Bisexuality and the Eroticism of Everyday Life*. Simon and Shuster.

Kudaka, G. (Ed). (1995). *On A Bed Of Rice: An Asian American Erotic Feast*. New York: Anchor. 80 short stories and poems of erotica are generated from Asian and Pacific, Indian Vietnamese, Japanese, Korean, and Chinese ethnicities with well-known stories and stories by all-new writers.

Maltz, Wendy & Boss, S. (2008) *Private Thoughts: Exploring the Power of Women's Sexual Fantasies*. Booksurge.

Mohanraj, Maryann. 2000, 2002. *Aqua Erotica*. Broadway Books.

Martin, R. (Ed). (1999). *Dark Eros: Black Erotic Writings*. New York: St. Martin's Press
Many erotic short stories fill this book along with romantic poems to help express African American sexuality. Most of the works in this book are from new writers.

Morin, Jack. 1996. *The Erotic Mind: Unlocking The Inner Sources Of Passion And Fulfillment*. Harper.

This focuses on how challenges are needed to keep the excitement in a relationship. This also explains one's erotic behavior pattern and how to modify it.

Mitchell, Stephen. 2003. *Can Love Last? The Fate Of Romance Over Time*. Norton.

This discusses how history, philosophy, and literature can play a part in why relationships do not last. It also provides theories on love, desire, and stability in romantic, committed relationships.

Perel, Esther. 2007. *Mating In Captivity: Unlocking Erotic Intelligence*. NY: Harper.

This discusses that people look for grounding and continuity in a marriage. It explains how habit and certainty decrease desire and that unpredictability is necessary for a healthy, happy, relationship.

Queen, C., & Davis, J. (Eds). (1997). *Sex Spoken Here: Good Vibrations Erotic Reading Circle Selections*. San Francisco: Down There Press.

Over 30 erotica short stories from well-known and new erotica writers with different diversities and sexual orientations compile this book.

Reynolds, Margaret. 1998. *Erotica: Women's writings from Sappho to Margaret Atwood*. Ballantine Books.

Taormina, Tristan, Lists feminist porn company sites in this online article. This is not porn produced for male consumption.

[HTTP://PUCKERUP.COM/FEMINIST-PORN/FEMINIST-PORN-COMPANIES-SITES/](http://PUCKERUP.COM/FEMINIST-PORN/FEMINIST-PORN-COMPANIES-SITES/)

Erotic Power Play (Safe, Sane, Consensual)

Books

Bannon, R. (1993). *Learning The Ropes: A Basic Guide To Safe And Fun S/M Lovemaking*. San Francisco: Daedalus.

Race Bannon discusses the myths that surround S/M lovemaking. There are many exercises that get the reader involved in fantasies to help the reader experience new situations.

Brame, G. G., Jacobs, J., & Brame, W. (1996). *Different Loving: The World Of Sexual Dominance And Submission*. New York: Villard/Random Books.

This covers how people who enjoy S&M enjoy the exhilarating adrenaline from pain and physical bondage. Couples who enjoy dominance and submission will also appreciate the experiences and scenarios portrayed in this book.

Easton, D., & Liszt, C. A. (1998). *The Bottoming Book: How To Get Terrible Things Done To You By Wonderful People*. Emeryville, CA: Greenery Press.

This beginner's book guides couples through tips on emotional and physical safety. This guide has many illustrations and easy-to-read chapters.

Easton, D., & Liszt, C. A. (1998). *The Topping Book: Or Getting Good At Being Bad*. Emeryville, CA: Greenery Press.

This book comes after "Screw The Roses, Send Me The Thorns" and can be pared with "The Bottoming Book: How To Get Terrible Things Done To You By Wonderful People". It includes advice and guides individuals on how to be on top.

Green, L. (1998). *The Sexually Dominant Woman: A Workbook For Nervous Beginners*. Emeryville, CA: Greenery Press.

This workbook for beginners teaches the reader how to become more sexually dominant. It also helps the partner learn to become more submissive.

Moser, C., & Madeson, J. J. (1998). *Bound To Be Free: The SM Experience*. New York: Continuum.

This book discusses the facts about what SM (sadomasochism) really is and how couples practice it. Students and human sexuality professionals would benefit from its unique details and in-depth analysis.

Scott, G. G. (1997). *Erotic Power: An Exploration Of Dominance And Submission*. Secaucus, NJ: Citadel/Carol.

This teaches women to become more dominate and men to become more submissive.

Taormino, T. (2006). *The Ultimate Guide To Anal Sex For Women*. San Francisco: Cleis Press.
This how-to book helps couples and women or men alone begin and enjoy the experience of anal sex.
This gives advice and tips to help give anal sex and how to receive anal sex.

Wiseman, J. (1998). *SM 101: A Realistic Introduction*. San Francisco: Greenery Press.
Readers will enjoy the easy-to-read chapters discussing Submission and dominance, bondage, and sadomasochism. It helps the reader understand consensual bondage, role-playing, and spanking.

Websites

Deviant Desires
www.deviantdesires.com

This website contains quick tabs for webcam sex, swingers, and female bondage. It also has adult classifieds, phone sex, and adult sex toys.

Sex Toys, Videos, And The Internet

Books

Blank, J. (2000). *Good Vibrations: The Complete Guide To Vibrators*. San Francisco: Down There Press.

This guide helps individuals understand the different types of vibrators and how to decide on a sex toy preference.

Semans, A., & Winks, C. (1999). *The Woman's Guide To Sex On The Web*. San Fransico: HarperEdge.
The easy-to-read chapters help women enhance their sex lives by using the internet. It discusses online relationships, cyber sex, and erotica.

Winks, C. (1998). *The Good Vibrations Guide To Adult Videos*. San Francisco: Down There Press.
This guide helps readers pick out adult videos based on storyline, performance, and cast diversity. This also lists some worth-watching movies for individuals and couples

Mail Order

Adam and Eve
PO Box 800
Carrboro, NC 27510
(800) 293-4654
www.aeonline.com
www.adameve.com

This website contains adult movies, toys for men and women, vibrators, and lingerie. With tabs to help the user navigate through the website, the user can browse the different sections of each category.

Blowfish

PO Box 411290
San Francisco, CA 94141-1290
(415) 252-4340
(800) 325-2569
www.blowfish.com

This website sells products to help enhance sexual lives. The website has anal plugs, vibrators, and glass dildos.

Condomania
Attention: Mail Order
1009 N. Orange Drive
Los Angeles, CA 90038
(800) 926-6366
www.condomania.com

This website has condoms, lubrication, massage oils, and even reviews on condom brands.

Eve's Garden
147 Summit Street, Bldg 3B
Peabody, MA 01960
(800) 848-3837
www.evesgarden.com

Electric and battery-operated vibrators, how-to books, and erotica are presented in this website.

Good Vibrations/Passion Press/Sex Positive Productions (Open Enterprises)
934 Howard Street
San Francisco, CA 94103
(415) 974-8990
(800) 289-8423
www.goodvibes.com

This website has blogs, a magazine, movies, and, vibrators. It also has sections for toys for men and toys for women.

Grand Opening!
126 SW 148th St #c100
PMB 3407
Burien WA 98166
(617)666-7826
www.grandopening.com

This sexuality shop online provides gift ideas, anal toys, batteries, bondage, music, books, movies, and cock rings, just to name a few.

Sinclair Intimacy Institute
PO Box 8865
Chapel Hill, NC 27515
(800) 955-0888
www.bettersex.com

This website provides sex education, toys for men and toys for women, sexual health, and lubrications.

Stormy Leather
2807 W. Sunset Blvd.
Los Angeles, CA 90026
(415) 626-1672
(800) 486-9650
www.stormyleather.com

Stormy Leather has leather corsets, harnesses, swings, and head gear. It has a section for plus sizes.

Toys in Babeland
707 East Pike Street
Seattle, WA 98122
(206) 328-2914; (800) 658-9119
www.babeland.com

Couples sex toys, anal play toys, books, movies, and vibrators fill this website.

STI's And Safer Sex

Organizations and Websites

American Social Health Association—Herpes/HPV Resource Center
PO Box 13827
Research Triangle Park, NC 27709
www.ashstd.org

This website has sections for professionals for testing and a section for the general public in the herpes section. The HPV section contains cervical cancer screenings and vaccines.

STI Resource Center Hotline
(919) 361-8400
www.ashstd.org

This hotline provides the caller with referrals for people who are concerned about sexually transmitted infections. Individuals can call the hotline between the hours of 9 am to 6 pm Monday through Friday.

Centers for Disease Control and Prevention
National STD Hotline: (800) 227-8922
www.CDC.gov

This website has everything someone would need to know about diseases, prevention and daily living. It contains topics such as work safety, traveler's health, healthy living, diseases and prevention, developmental stages, living healthy, and injuries.

HIV/AIDS Information and Resources
www.thebody.com

This resource center has everything an individual would need to know about HIV/AIDS. It has testing facts and medications and their side effects.

Journal of the American Medical Association (JAMA) HIV/AIDS Information
www.ama-assn.org

The American Medical Association website has topics for physicians, medical students, residents, and patients regarding ethics, assistance programs, and general knowledge on a variety of subjects.

National HIV/AIDS Hotline

English: (800) 342-2437, 24 hours a day

Spanish: (800) 344-7432

The National HIV/AIDS hotline can be reached 24 hours a day for individuals who need help and support.

Sexuality--General

Anderson, D. (2008). *Sex Tips For Straight Women From A Gay Man*. New York: HarperCollins.
This how-to book helps women understand what men want in the bedroom with tips and advice.

Angier, N. (1999). *Woman: An Intimate Geography*. New York: Random House
This book discusses the female physiology from research and from literature, art, and history.

Barbach, L. (2001). *For Each Other: Sharing Sexual Intimacy*. New York: New American Library
This program describes how sexual satisfaction is both physical and psychological aspects of a relationship. Increasing these aspects will ultimately increase sexual satisfaction.

Barbach, L. (1998). *Turn Ons: Pleasing Yourself While You Please Your Lover*. New York: Plume/Penguin.

This self-help book teaches the reader to restore the passion and satisfaction that has dulled a relationship over time.

Blank, H. 1999. *Big, Big Love: A Sourcebook On Sex For People Of Size And Those Who Love Them*. Greenery Press.

This sourcebook covers topics such as flirtation, BDSM, health risks, and STI's. This also covers how to take pleasure in one's own body.

Hall, K. 2004. *Reclaiming Your Sexual Self: How You Can Bring Desire Back Into Your Life* Hoboken: NJ: Wiley and Sons.

This book helps women treat low libidos without drugs or psychotherapy. It helps the reader understand what excites their sexual inhibitions and imbalances in their lives.

Joannides, P & Gross, D. 2004. *The Guide To Getting It On: A New And Mostly Wonderful Book About Sex For Adults For All Ages*. Goofy Foot Press (esp. for gen x-ers)

This book contains illustrations, definitions, and facts about sex. This is intended to help improve sex lives and becoming more intimate with their partner.

Koerner, Ian. *She comes first*.

Discusses female sexual pleasure with focus on oral sex.

Ladas, Alice, Whipple, Beverly, & Perry, John. 2005. *The G Spot*. Owl Books.
This defines the location of the G-spot with research and practical suggestions.

McCarthy, B., & McCarthy, E. (1998). *Couple sexual awareness: Building sexual happiness*. New York: Carroll & Graf.

This book is designed to help couples increase intimacy and satisfaction by helping the couple increase awareness.

Morin, J & Moris, J. 1998. *Anal Pleasure And Health: A Guide For Men And Women*. Down There Press.

This teaches couples and individuals how to have pleasurable sexual intercourse involving the anus.
This also contains exercises to help avoid problems like hemorrhoids and chronic pelvic pain.

Ogden, Gina. 1999. *Women Who Love Sex: An Inquiry Into The Expanding Spirit Of Women's Erotic Experience*. Cambridge, MA: Womanspirit Press.

This covers what women want in a sexual relationship and what they already know about sex. This helps the reader understand their own desire for sexual intercourse.

Paget, L. (2000). *How To Give Her Absolute Pleasure: Totally Explicit Techniques Every Woman Wants Her Man To Know*. New York: Bantam Doubleday Dell.

This book is for men who want to satisfy a woman with foreplay. It includes a guide of how to touch, please, romance, and kiss a woman.

Penner, CL, 1993. *Restoring The Pleasure: Complete Step-By-Step Programs To Help Couples Overcome The Most Common Sexual Barriers*. W Publishing Group (Formerly Word Books).

This program provides advice and helpful hints to encourage couples to restore their relationship. This also helps people overcome sexual difficulties and behaviors.

Penner, CL. 2003. *The Gift Of Sex: A Guide To Sexual Fulfillment*. NY: Nelson.

This guide covers addictions and the internet. This also covers STI's and intimacy and recovering from sexual problems.

Penner, C. (1994). *Getting Your Sex Life Off To A Great Start: A Guide For Engaged And Newlywed Couples*. Nashville, TN: Word Books.

This guide helps couples bust myths about sexuality and helps them learn about each other sexually, physically, and emotionally. It helps couples plan a honeymoon, family planning, wedding night, and working through disappointments.

Reinsch, J. M. & Beasley, ? (2009). *The Kinsey Institute New Report On Sex: What You Must Know To Be Sexually Literate*. New York: St. Martins Press.

This book has questions and answers to a variety of topics about sexuality. Topics include lovemaking, sexual dysfunction, STD's, homosexuality, and puberty.

Sheiner, Marcy. (2001) *Sex For The Clueless: How To Enjoy A More Erotic And Exciting Life*. NY: Citadel Press.

This focuses on the importance of fantasy and how to be comfortable talking about sexuality. This contains many exercises and information pertaining to sexual intercourse.

Stubbs, KR. 1999. *Erotic Massage: The Tantric Touch Of Love*. JP Tarcher.

This book has more than 100 drawings and pictures with easy methods. It has topics for individual and partner massage.

Schwartz, Pepper & Lever, Janet. 2000. *The Great Sex Weekend: A 48-Hour Guide To Rekindling Sparks For Bold, Busy, Or Bored Lovers*. NY: Perigee/Penguin Group.

This guide is designed to rekindle the passion over a weekend. This book focuses on how to forget about work and be with one another with new techniques.

Tiefer, L. (1994). *Sex Is Not A Natural Act And Other Essays*. New York: Westview Press.

This book is comprised of essays about sexuality, including female sexual dysfunctions.

Westheimer, R. K. (2006). *Sex For Dummies*. Foster City, CA: IDG Books.

This book contains everything about sex such as the male and female anatomy, masturbation, birth control, orgasms, and talking to teens about sex.

Winks, C & Semans, A. 1997. *The New Good Vibrations Guide To Sex: How To Have Safe, Fun Sex*. Cleis Press.

This guide contains many definitions, hints and tips, and advice about sexual intercourse. It also has many illustrations and sexual interests, like different types of condoms, that the reader can try and help make sex more safe and fun at the same time.

Winks, Cathy. 1998. *The Good Vibrations Guide To Adult Videos*. Down There Press.

This guide helps readers pick out adult videos based on storyline, performance, and cast diversity. This also lists some worth-watching movies for individuals and couples.

Wiseman, J. (1998). *More Than 125 Tricks To Make Good Sex Better (Vols. 1 & 2)*. (Order from author: PO Box 1261, Berkeley, CA 94701)

This book shows how little simple ways can impact sexual satisfaction and increase intimacy. It teaches the individual tips from different lifestyles, safer sex, and consenting sex.

Zoldbrod, A. (1998). *Sex Smart: How Your Childhood Shaped Your Sexual Life And What To Do About It*. Oakland, CA: New Harbinger.

This book describes how an individuals' childhood can shape their sex life.

Organizations and Websites

AASECT (American Association of Sex Educators, Counselors, and Therapists)

PO Box 5488

Richmond, VA 23220-0488

(804) 644-3288

www.aasect.org

Now:

P.O. Box 1960
Ashland, Virginia 23005-1960
Phone: 804.752.0026

This website contains resources about the organization and how to find a sex therapist. It has resources for member, professionals, and the general public.

Columbia University's Health Education Program
www.goaskalice.columbia.edu

This website has questions and answers section, general health, sexual health, mutual masturbation, drugs, fitness, and relationships.

The Kinsey Institute for Research in Sex, Gender, and Reproduction
Morrison Hall 302, 1165 E. Third Street
Indiana University
Bloomington, IN 47405
(812) 855-7686
www.kinseyinstitute.org

The Kinsey Institute website provides visitors with news and upcoming events, the history of the institute, and gallery. It also shows publications and the latest research.

Libida
www.libida.com

This website sells sex toys, movies, books, and gifts. It has sections for tips and advice and health information.

Planned Parenthood
(800) 230-7526
www.plannedparenthood.org

This organization gives information about pregnancy, birth control, STD's, and abortion. It also provides teen, male, and female health topics.

Sexuality Information and Education Council of the United States (SIECUS)
90 John St., Suite 704
New York, NY 10038
(212) 819-9770
www.siecus.org

This organization provides programs for abstinence until marriage and sexuality education. It also covers teen health, orientation, pregnancy, and reproductive health.

Society for Human Sexuality
www.sexuality.org
Women's Sexual Health
www.womenshealth.com

This website is designed especially for women and their health. It contains health conditions, hormone replacement therapy and tools and assessments.

Intimacy and Infidelity

Brown, Emily. 1999. *Affairs: A Guide To Working Through The Repercussions Of Infidelity*. NY: Jossey-Bass.

Emily Brown writes about five types of affairs: conflict avoidance, intimacy avoidance, sexual addiction, split self, and exit and how to repair each category.

Brown, Emily. 2001. *Patterns Of Infidelity And Their Treatment*. NY: Brunner-Routledge.
This book discusses the causes of affair and how to treat the involved third party.

Glass, Shirley. 2002. *Not "Just Friends": Protect Your Relationship From Infidelity And Heal The Trauma Of Betrayal*. NY: Free Press.

The author gives advice about infidelity with a scientific basis. This book helps the reader understand the guidelines and how vulnerable individuals are to the temptation of someone else.

Lerner, Harriet Goldhor. 1985. *The Dance Of Anger: A Woman's Guide To Changing The Patterns Of Intimate Relationships*. New York, Harper.

This guide tells about relationship situations and what women can do to change the relationships. This also discusses how anger affects relationships.

Lerner, Harriet Goldhor. 1989. *The Dance Of Intimacy: A Woman's Guide To Courageous Acts Of Change In Key Relationships*. New York, Harper.

This self-help book discusses how women need to define themselves and their needs. This tells women how to change their behavior from overreacting unthinkingly to thinking calmly.

Lusterman, Don David. 1998. *Infidelity: A Survival Guide*. New Harbinger Publications.

Don David talks about not only married people deal with infidelity, but also straight or gay long-term relationships have to go through the same rebuilding process.

Napier, Augustus. 1988. *The Fragile Bond: In Search Of An Equal, Intimate, And Enduring Marriage*. New York, Harper.

Augustus Napier talks about his own marriage and on some case studies. This focuses on how married couples today deal with infidelity and how to overcome the issue(s).

Pittman, Frank S. 1989. *Private Lies: Infidelity And The Betrayal Of Intimacy*. New York, Norton.

This covers couples who believe one is having an affair and couples whom have already had an affair. He discusses the four kinds of affairs: accidental flings, habitual philandering, in-love romantic, and marital arrangements.

Snyder, Douglas K., Baucom, D.H., & Gordon, K.C. 2007. *Getting Past The Affair: A Program To Help You Cope, Heal, And Move On—Together Or Apart*. NY: Guilford Press.

This program talks about how an affair happened and how to move past it and recover from it. This book helps couples leave the relationship or try to stay together.

Spring, Janis Abrahms. 1996. *After The Affair: Healing The Pain And Rebuilding Trust When A Partner Has Been Unfaithful*. NY: HarperCollins.

This manual helps couples recover from an affair by effectively communicating pain and anger to one another. This also shows how to rebuild sexual intimacy back into the relationship.

Spring, Janis Abrahms. 2005. *How Can I Forgive You? The Courage To Forgive, The Freedom Not To*. NY: Harper.

This book covers the four categories for forgiveness: cheap forgiveness, refusing to forgive, acceptance, and genuine forgiveness. The healing process that should take place should lead to genuine forgiveness and emotional resolution.

Subotnik, R & Harris, G. 2005. *Surviving Infidelity: Making Decisions, Recovering From The Pain*, 3rd ed. Adams Media.

This book discusses the types of affair and how to cope with infidelity. It also helps repair the damage and learn to trust the partner again.

Approaching Divorce

Ahrons, C. 1994. *The Good Divorce: Keeping Your Family Together When Your Marriage Comes Apart*. NY: HarperCollins.

This book talks about how to deal with a divorce when children are involved. The author talks about how staying together for a child is not a healthy option when divorced is being considered in a relationship.

Kirschenbaum, M. 1996. *Too Good To Leave, Too Bad To Stay: A Step-By-Step Guide To Help You Decide Whether To Stay In Or Get Out Of Your Relationship*. NY: Plume.

This guide helps a troubled reader through issues one at a time to help the reader get out of a bad relationship. It contains 36 questions to determine if the reader should try to save the relationship or leave it.

Infertility/Pregnancy

Ilse, Sherokee. *Empty Arms: Coping After Miscarriage, Stillbirth And Infant Death*. Maple Plan, MN, Wintergreen, 1990.

This guide helps provide options and making better decisions after a miscarriage, stillbirth, or infant death. The book shows families and friends ways to be supportive and understanding in these cases.

Leiblum, S. *Infertility: Psychological Issues And Counseling Strategies*.

The book covers topic such as fertility restoration, in-vitro fertilization, and surrogate parenting options. It also discusses the psychological impact of infertility and offers some advice on how to deal with the situation and provide treatment with counseling.

Pepper, Rachel. 2005. *The Ultimate Guide To Pregnancy For Lesbians: Tips And Techniques From Conception To Birth—How To Stay Sane And Care For Yourself*. SF: Cleis Press.

This guide is about what lesbians can do once the baby arrives. The guide has topics from the very beginning with an ovulation kit, to the baby's birth.

Westheimer, RK, 1999. *Dr. Ruth's Pregnancy Guide For Couples*. Routledge.

This guide is for couples planning to start a family from conception, pregnancy, childbirth, and parenthood. It teaches couples to stay healthy emotionally, physically, and sexually during the pregnancy.

Zolbrod, A. 1993. *Men, Women, And Infertility: Intervention And Treatment Strategies*. Lexington Press.

This discusses the different ways men and women deal with infertility and strategies for professionals. It covers how pregnant women can deal with anxiety of miscarriage during pregnancy and sexuality.

Male Sexuality

General

Birch, RW. 1997. *Male Sexual Endurance: A Man's Book About Ejaculatory Control*. Pec Pub.

Many techniques are used in this book such as the start and stop method. This book provides steps to help premature ejaculation.

McCarthy, B. & Metz, M. 2008. *Men's Sexual Health*. NY: Routledge.

The book talks about men's sexuality as well as women's and how to make sexual intercourse good for both partners and intimacy. The book covers topics like intimacy, pleasuring, and eroticism.

Penner, CL & Penner, JJ. 1997. *Men And Sex: Discovering Greater Love, Passion And Intimacy With Your Wife*. Nelson.

This book teaches men how to understand his wife's needs and desires. This book gives advice about women and how to increase passion and intimacy sexually for men.

Real, Terrance. 1998. *I Don't Want To Talk About It: Overcoming The Secret Legacy Of Male Depression*. NY: Scribner.

This book covers the males whom suffer depression. It also covers how men who are depressed express it by rage, workaholism, distanced relationships, self-destructiveness, and substance abuse.

Zilbergeld, Bernard. 2001. *The New Male Sexuality: A Guide To Sexual Fulfillment*. Boston, Little, Brown.

The guide covers the introduction to sexuality, the sexual reality, how to have better sex, and resolving problems. This discusses how good sex is feeling good about yourself, your partner, and what you are doing sexually.

Erectile Dysfunction

Milsten, R., & Slowinski, J. 2000. *The Sexual Male: Problems And Solutions*. NY: WW Norton.

This manual helps men and couples deal with and overcome dysfunctions like impotence. There is a self-evaluation to help men start dealing with impotence.

Metz, M. & McCarthy, B. 2004. *Coping With Erectile Dysfunction: How To Regain Confidence And Enjoy Great Sex*. New Harbinger.

This self-help book describes a treatment method using medical, psychological, and relationship-enhancing techniques. The treatment is couple-centered approach.

Premature Ejaculation

Birch. RW. 1997. *Male Sexual Endurance: A Man's Book About Ejaculatory Control*. Pec Publishing. Many techniques are used in this book such as the start and stop method. This book provides steps to help premature ejaculation.

Kaplan, Helen Singer. 1989. *PE: How To Overcome Premature Ejaculation*. New York, Bruner, Mazel.

The self-help guide contains step-by-step sexual help and exercises. The guide helps the reader recognize and understand the problem of premature ejaculation.

Metz, Michael & McCarthy, Barry. 2003. *Coping With Premature Ejaculation: How To Overcome PE, Please Your Partner And Have Great Sex*. Oakland, CA: Harbinger Press

This book explores the different types of premature ejaculation and to utilize exercises. This book is designed for couples.

Older Adults

Birch, Robert. 1999. *Sex And The Aging Male: Understanding And Coping With Change*. NY: Prentice Hall.

This book is written for men age 45 years and older. This book helps men keep a sexual and pleasuring relationship without the use of drug prescriptions.

Block, JD & Bakos, SC. 1999. *Sex Over 50*. Prentice Hall.

This guide helps couples reignite their relationship with new sex advice, suggestions, and ideas. This guide is designed for couples over 50 understand their body changes and use these changes to the couple's advantage.

Brick, Peggy, et al. 2009; *Older wiser, Sexually smarter*. Planned Parenthood.

Butler, Robert N. & Lewis, Myrna. 2002. *The New Love And Sex After 60*. Rev. ed. New York, Harper & Row.

The book covers aging, drugs, dating, remarriage, and finding help for men and women with sexuality issues after 60 years old.

Foley, Sallie. 2005. *Love And Sex For Grown-Ups: A No-Nonsense Guide To A Life Of Passion*. NY: Sterling Press. Released in paperback as *Modern Love: A No-Nonsense Guide To A Life of Passion*. 2006.

This guide is for age 40 years and over. It contains many question and answer columns about sex, love, passion, and relationships.

Friedan, B. (2006). *The fountain of age*. New York: Simon & Schuster.

This book discusses health care, retirement communities, menopause, nursing homes, work, relationships, and intimacy.

Gordon, Sol & Shimberg, Elaine. 2004. *Another Chance For Love: Finding A Partner Later In Life*. NY: Adams Media.

This book is about people finding the right partner by getting to know themselves and what they want in a relationship. It helps people making friends before making a relationship.

Keesling, B. 1998. *Making Love Better Than Ever: Reaching New Heights Of Passion And Pleasure After 40*. Hunter House Pub.

This book teaches couple's to deepen their love and intimacy for one another emotionally and physically.

Levine, Stephen. 1998. *Sexuality In Mid-Life*. NY: Plenum Pr.(Men and women)

The author addresses love, sex, desire, dysfunctions, and intimacy in mid-life for couples and individuals.

Price, Joan. 2011. *Naked at our age: Talking outloud about senior sex*. Seal Press.

Rako, S. (1999). *The Hormone Of Desire: The Truth About Testosterone, Sexuality, And Menopause*. New York: Three Rivers Press.

This book helps women going through menopause who lack sexual desire. Testosterone supplements help women during menopause and increase sexual desire.

Stagner, Patsy. 2004. *Baby Boomer Bachelorette: How To Have Sex At Least Once More Before You Die*. JPS Publications.

This book is for single women who want to get back into the dating scene or married women who want to improve their marriage. It shows women how to feel sensual and to attract a person.

Siegal, D. L., Doress-Worters, P. B., & Sanford, W. (1994). *The New Ourselves, Growing Older: Women Aging With Knowledge And Power*. New York: Touchstone/Simon & Schuster.

This book was composed of women growing older to share stories and advice about every aspect of life. It covers topics such as investment, retirement, health, and hormones.

Tallmer, M. (1995). *Questions And Answers About Sex In Later Life*. Philadelphia: Charles Press.

This book is written in a question and answer format to help individuals with questions or concerns for individuals in later life. It covers concerns about dating, impotence, sex, menopause, sex in nursing homes, and the hormone replacement therapy option.

Female Sexuality

General

Chalker, Rebecca. 2000. *The Clitoral Truth: The Secret World At Your Fingertips*. New York: Seven Stories Press.

This book covers an in-depth informative picture of the clitoris. It has myths and facts, history, and the anatomy of the clitoris.

Daniluk, JC. 1998. *Women's Sexuality Across The Lifespan: Challenging Myths, Creating Meanings*. NY: Guilford.

This textbook is for professionals who are trying to help females. It contains many exercises to address issues with females.

Davis, E & Greer, G. 1996. *Women, Sex, & Desire: Understanding Your Sexuality At Every Stage Of Life*. Hunter House.

This book covers women's sexuality with hormonal and neurological aspects. It discusses the daily changes during the menstrual cycle.

Diamond, Lisa. 2008. *Sexual Fluidity: Understanding Women's Love and Desire*. Harvard Univ. Press.

This controversial book covers women's sexuality in a political way. It covers whether or not women have an orientation, and if they choose their sexuality.

Ensler, Eve. 1998. *The Vagina Monologues*. NY: Villard.

This book addresses questions that women of all ages might (or do) have about their vagina.

Estes, Clarissa Pinkola. 1997. *How To Love A Woman: On Intimacy And The Erotic Life Of Women*. Sounds True.

This book is for everyone who wants to be loved by a woman. The book describes how relationships can fade or fall apart and that the relationships can be improved and strengthen.

Foley, S, Kope, S. & Sugrue, D. 2nd edition. 2012. *Sex Matters For Women: A Complete Guide To Taking Care Of Your Sexual Self*. NY: Guilford Press.

This guide is 'A to Z' on women's sexual health, including understanding the impact of a woman's personal history on her life, learning about physiology and functioning, addressing challenges like pain, trauma, body image, stis, disability and chronic illness, addressing relationship issues for both straight and lesbian women, and using resilience to overcome sexual difficulties. Good chapters on how to find a sex therapist, communication skills, and learning to masturbate and orgasm. Good resource lists.

Herbnerick, D., Schick, V. 2011. *Read my lips: A complete guide to the vagina and vulva*. NY: Rowman and Littlefield Pub.

Maltz, Wendy. 2008. *Private Thoughts: Exploring The Power Of Women's Sexual Fantasies*. BookSurge Publishing.

This book helps the reader understand how fantasies evolve and how women respond to their fantasies. These fantasies can also help the mind resolve underlying conflicts and issues.

Sanford, LT & Donovan, M. 1984. *Women And Self-Esteem: Understanding And Improving The Way We Think And Feel About Ourselves*. NY: Penguin.

This book is about women who think negatively about themselves and how to build positive self-esteem.

Our Bodies, Ourselves and *Our Bodies Growing Older*. (Boston Women's Health Collective) and Spanish edition: *Todas Cuerpos, Todas Las Vidas*.

These books are about women needing to come together to improve the inequalities such as health care and health in medicine.

Orgasm

Barbach, Lonnie. 1994. *For Yourself: The Fulfillment Of Female Sexuality*. This book has step-by-step techniques and exercises to please themselves.

Blasco, Sonia. 1993. *Camino Al Orgasmo*. NY: Simon & Schuster. This book helps women feel more connected when she has an orgasm.

Heiman, Julia & LoPiccolo, Joseph. 1987. *Becoming Orgasmic: A Sexual And Personal Growth Program For Women*. Englewood Cliffs, NJ, Prentice-Hall.

This book teaches people how to enhance sexual experiences. It assesses the reader's sexual history and teaches the reader to explore through touching.

Komisaruk, B., Beyer-Flores, C., & Whipple, B. 2006. *The Science Of Orgasm*. Johns Hopkins Press. This book discusses how the body changes during an orgasm and the connection between the brain and the genitals. I also discuss how factors like aging and drugs can affect the sexual response.

Solot, D & Miller, M. 2007. *I Love Female Orgasm: An Extraordinary Orgasm Guide*. Philadelphia: DaCapo Press.

This teaches couples and individuals different foreplay techniques and sexual intercourse. It offers tips for better oral sex and about female ejaculation.

Swift, R. (2005). *How To Have An Orgasm—As Often As You Want*. New York: Carroll & Graf. This self-help book teaches women how to have an orgasm as often as they want. It discusses how an orgasm works and the emotional and physical aspects of having a female orgasm.

Video

Becoming Orgasmic

Sinclair Intimacy Institute

PO Box 8865

Chapel Hill, NC 27515

(800) 955-0888

www.bettersex.com

This website has adult sex education, vibratos, toys for her, toys for him, toys for couples, sexual health, and movies.

Menopause and Midlife

Anderson, C. M., & Stewart, S. (1995). *Flying solo: Single women in midlife*. New York: Norton.

The book contains stories of women in midlife by the authors and it has tips and advice on being single

during midlife. It helps women deal with being alone, place of work, friendships, and lack of intimacy.

“As We Change” catalogs, www.aswechange.com. (800.203.5585).

This company provides clothes, footwear, intimacy, and beauty products to women.

Barbach, L. (2000). *The Pause: Positive Approaches To Menopause*. New York: Plume/Penguin.

This book helps women deal with the physical ailments of menopause. It helps women understand what is normal during menopause and what is not normal during menopause.

Blank, J. (2000). *Still Doing It: Women And Men Over 60 Write About Their Sexuality*. San Francisco: Down There Press.

This book contains stories of women and sexuality for women over 60 by women over 60. Some writers describe the use of fantasy, videos, sex toys, self-pleasuring, while some tell about their search for partners.

Doress, Paula Brown. 1994. *The New Ourselves, Growing Older: Women Aging With Knowledge And Power*. New York, Simon & Schuster.

This book covers the psychological, health, and social issues of women in their mid-life and older such as the use of birth control and childbearing.

Friedan, B. (2006). *The Fountain Of Age*. New York: Simon & Schuster.

This book discusses health care, retirement communities, menopause, nursing homes, work, relationships, and intimacy.

Love, S. 2003. *Dr. Susan Love's Menopause And Hormone Book: Making Informed Choices About Menopause*. NY: Three Rivers Press.

This informs the reader about the dangers of using hormone replacement therapy long term. This also helps the reader find other alternative options with a questionnaire about the reader's preferences.

Lynch, L & Woods, A. (eds).1996. *Off The Rag: Lesbians Writing On Menopause*. New Victoria Press

This book discusses Hormone Replacement Therapy, desire, and hot flashes for lesbians.

Northrup, C. (2007). *The Wisdom Of Menopause Journal: Your Guide To Creating Vibrant Health And Happiness In The Second Half Of Your Life.* New York: Hay House.

This guide helps women during the menopause stage with supplement and medication options. It helps women to record their health, concerns, and thoughts.

Vliet, Elizabeth. 2005. *The Savvy Woman's Guide To Testosterone: How To Revitalize Your Sexuality, Strength, And Stamina*. Chelsea Green Pub Co.

This guide covers how loss of testosterone can cause loss of sex drive, sexual pleasure and more issues. It also discusses the new testosterone therapy option for women.

Technique/Education/Didactic

Birch, RW. 1996. *Oral Caress: The Loving Guide To Exciting A Woman: A Comprehensive Illustrated Manual On The Joyful Art Of Cunnilingus*. Pec Pub.

This guide clearly illustrates the reader one how to pleasure a woman. This guide also has 52 pictures with a resource and recommended book section.

Blank, Joani. 1998. *I Am My Lover: Women Pleasure Themselves*. Down There Press.

This book has many pictures and stories of women who can pleasure themselves with their fingers, toys, and fantasies. This book can also help the male understand the sexual female body.

Dodson, Betty. 1987. *Sex For One: The Joy Of Selfloving*. New York, Crown.

This book shows that masturbation is healthy and is a form of sexual expression. This book explains why women should masturbate.

Ladas, AK, Whipple, B, 2005. *The G Spot: And Other Discoveries About Human Sexuality*. Dell Pub. Co.

This book contains suggestions and tips for both men and women in pleasuring the Grafenburg spot.

Love, Susan. 1995. *Dr Susan Love's Breast Book*. NY: Perseus.

This book describes the breast cancer diagnosis and the treatments available and how to cope with having breast cancer.

Martinez, MC & White, JC. 1997. *The Lesbian Health Book: Caring For Ourselves*. Seal Press.

This helps the lesbian reader receive the healthcare she needs. It includes a resource section with hot lines, organizations, web sites, and books.

Morin, Jack. 1981. *Anal Pleasure And Health: A Guide For Men And Women*. Burlingame, CA, Down There Press.

This guide helps men and women learn to enjoy the act of anal intercourse. It's helps couple's learn what problems could arise by having anal sex like hemorrhoids and chronic pelvic pain.

Moser, Charles. 1999. *Health Care Without Shame: A Handbook For The Sexually Diverse And Their Caregivers*. Greenery Press.

This handbook helps doctors understand the sexually diverse population. This also helps patients talk about sexual matters to their doctor.

Rubin, Ellen. 1998. *Bridging The Gap: A National Directory Of Services For Women And Girls With Disabilities*. 2nd ed. Educational Equity Concepts.

This book is for females who have a disability. This national directory contains helpful organizations, housing programs, support groups, and books to help a disabled woman or girl.

Stewart, Elizabeth. 2002. *The V Book: The Doctor's Guide To Complete Vulvovaginal Health*. NY: Bantam.

This book helps the reader understand the vulvovaginal functions, anatomy, and life changes. This helps the reader understand symptoms and what they mean.

White, Evelyn. (ed.) (1994). *The Black Women's Health Book: Speaking For Ourselves*. Seal Press.
This contains many stories for the black women about physical, emotional, and psychological health.
This contains personal essays and poems to help black women deal with issues such as abuse, incest, and suicide.

Wilton, Tamsin. 1999. *Good For You: A Handbook On Lesbian Health And Wellbeing*. NY: Cassell.
This handbook is for lesbians who want to understand the health care system. This handbook also covers drug abuse, cancer, artificial insemination, child care, relationships, and dealing with doctors.

Winks, C. 1998. *The Good Vibrations Guide: The G-Spot*. Down There Press.
This contains helpful hints and ideas to pleasuring the G-spot. This book helps females find out if they enjoy the sensation of stimulating the G-spot or not.

Winks, C & Semans, A. 1997. *The New Good Vibrations Guide To Sex: How To Have Safe, Fun Sex*. Cleis Press.
This guide contains many definitions, hints and tips, and advice about sexual intercourse. It also has many illustrations and sexual interests, like different types of condoms, that the reader can try and help make sex more safe and fun at the same time.

Desire (Women and Men)

Hastings, A. S. (1998). *Treating Sexual Shame: A New Map For Overcoming Dysfunction, Abuse, And Addiction*. Northvale, NJ: Jason Aronson.
This book explains how culture plays a part in hiding sexual shame and how sexual shame is an underlying issue of addiction, dysfunction, and abuse. By healing the sexual shame, the other issues of sexual distress can then be focused on and dealt with.

McCarthy, Barry & McCarthy, Emily. 2003. *Rekindling Desire: A Step-By-Step Program To Help Low-Sex And No-Sex Marriages*. NY: Taylor & Francis.
This program helps couples understand barriers and issues and how to resolve them to increase sexual desire and intimacy.

Weeks, Gerald & Gambusia, Nancy, 2002. *Hypoactive Sexual Desire: Integrating Sex And Couple Therapy*. NY: WW Norton & Co.
This book discusses hypoactive sexual desire disorder, or the lack of sexual desire. This book helps finding a therapist and a treatment for this disorder.

Weiner-Davis, Michelle. 2003. *The Sex-Starved Marriage: Boosting Your Marriage Libido: A Couple's Guide*. NY: Simon and Shuster.
This guide offers counseling to couple's with different libidos. This helps low-sexual desired partners to be stimulated and enjoy the pleasure.

Polyamory

Easton, D., & Hardy,. (2009). *The Ethical Slut: A Practical Guide To Polyamory, Open Relationships, And Other Adventures*. San Francisco: Greenery Press.

This book teaches individuals how to engage in open relationships and making sure all parties involved know the terms of the relationship. It also discusses polyamory, group, and other possibilities.

Race, Ethnicity, Sexuality

Books

Villarosa, L. (Ed). (2003). *Body And Soul: The Black Woman's Guide To Physical Health And Emotional Well-Being*. New York: HarperPerennial.

This book helps African American women with health issues that could arise and emotional stress that some doctors might not culturally understand. The book has many pictures and a reference section for personal use.

White, E. C. (Ed). (2006). *The Black Woman's Health Book: Speaking For Ourselves*. Seattle, WA: Seal Press.

This book helps African American women with issues such as homosexuality and sexual abuse. It also contains stories about times when doctors were not available and racism.

Organizations and Websites

Cultural Diversity in Sexuality—Website Links

<http://pages.prodigy.net/sixx/links.htm>

Native American Women's Health Education Resource Center

PO Box 572

Lake Andes, SD 57356

(605) 487-7072

www.nativeshop.org

The Native American Women's Health Education Resource Center website has a food pantry, prevention against violence, education, programs about their language and culture, and programs about leadership development.

Body Image

Brumberg, J. J. (1997). *The Body Project: An Intimate History Of American Girls*. New York: Random House.

This book uses inserts from a diary about the changing relationship from child to woman. It covers stories about women in the 1960's up to the 20th century and the changes that take place in each decade.

Cash, Thomas. 2004. *Body Image: A Handbook Of Theory, Research And Clinical Practice*. NY:Guilford.

This book is for physicians who encounter patients with body image issues. This book helps the reader understand what body image is and how it changes over the course of the life cycle.

Cash, Thomas. 1997. *The Body Image Workbook: An 8-Step Program For Learning To Like Your Looks*. New Harbinger.

This work book helps the reader lose unhealthy attitudes towards their body. It contains charts, illustrations, tables and ways to increase positive self attitudes.

Erdman, C. K. (1995). *Nothing To Lose: A Guide To Sane Living In A Large Body*. San Francisco: Harper San Francisco.

This book helps individuals of a larger size learn to accept themselves. It also teaches individuals about their body, food, and exercise.

Hirschmann, J. R., & Munter, C. H. (1995). *When Women Stop Hating Their Bodies: Freeing Yourself From Food And Weight Obsession*. New York: Fawcett Columbine.

This helps women with eating disorders and how to overcome them. This book is in companion with "Overcoming Overeating".

Hutchinson, Marcia. 1985. *Transforming Body Image: Love The Body You Have*. Crossing Press.

This book teaches the reader how to accept their body and learn to love it without changing it by using exercises.

Northrup, C. (2006). *Women's Bodies, Women's Wisdom: Creating Physical And Emotional Health And Healing*. New York: Bantam Doubleday Dell.

This book discusses the treatment of women's physical concerns like PMS, menstrual cramps, breast cancer, infertility, depression, childbirth, abortion, and menopause.

Pipher, M. & Ross, R. (2005). *Reviving Ophelia: Saving The Selves Of Adolescent Girls*. New York: Ballantine Books

This book tells about how American adolescent girls are becoming more depressed, acquire an eating disorder, and attempt suicide compared to years ago. This book helps parents by providing tips, advice, strengths, compassion, and strategies to help their adolescent.

Rothschild, Babette. 2000. *The Body Remembers: Psychophysiology And Trauma And Trauma Treatment*. NY: Norton.

This book is for clinicians and traumatized patients to help understand the psychological and physiological effects of trauma.

Wilhelm, Sabine. 2006. *Feeling Good About the Way you Look*. Guilford Press

Wolf, N. (2002). *The Beauty Myth*. New York: Anchor.

This book helps women feel better about them and learn to accept themselves. It helps women understand the no one is perfect and everyone has flaws about their body.

Body Massage/Body Work

Institutes and Workshops

Institute of Conscious BodyWork-Alive&Well!

1058 Redwood Hwy Frontage Rd.
Mill Valley, CA 94941
(415) 945-9945

www.alivewell.com

This website provides training for massage therapy and bodywork. It also provides continuing education, and events section. The website sells products such as massage oils, lotion, books, balance balls, pillows, tables and chairs, and table covers.

Foundation for Human Enrichment
PO Box 1872
Lyons, CO 80540
(303) 823-9524
www.traumahealing.com

The Somatic Experiencing Trauma Institute Foundation for Human Enrichment helps people find a practitioner specializing in healing trauma through body awareness, and buy from an online bookstore.

Foundation for Human Enrichment
6685 Gunpark Drive Suite 102
Boulder, Co 80301
303-652-4035
www.traumahealing.com

The Somatic Experiencing Trauma Institute Foundation for Human Enrichment helps people find a practitioner specializing in healing trauma through body awareness, and buy from an online bookstore.

Survivors of Sexual Abuse—see also bibliographies for 790 trauma and 790 003 treatment in courseTools

Male

Lew, Mike. 1988. *Victims No Longer: Men Recovering From Incest And Other Sexual Child Abuse*. New York, Nevraumont.

This book is geared towards men who have been sexually abused during childhood and how to deal with the abuse.

Hunter, Mic. 1990. *Abused Boys: The Neglected Victims Of Sexual Abuse*. Lexington, MA, Lexington.

This book helps the male victim understand the impact of childhood sexual abuse and its impact on physical and emotional aspects.

Scarce, Michael. 1997. *Male On Male Rape: The Hidden Toll Of Stigma And Shame*. NY: Plenum Press.

This book discusses male rape and how unrecognized it is. This also offers strategies for recovery and how to prevent it from happening again.

Female

Gil, Eliana. 1988. *Outgrowing The Pain: A Book For And About Adults Abused As Children*. New York, Dell.

This book tells common problems that adults experience when they were abused as a child and how to overcome the abuse.

Haines, S. 2007. *Healing Sex: A Mind-Body Approach To Healing Sexual Trauma*. Cleis Press.

This book is for all women who are survivors of sexual assault. It teaches women to say “yes” to sexual intercourse on her terms and with her desire.

Haines, Staci. 1999. *The Survivor's Guide To Sex: How To Have An Empowered Sex Life After Child Sexual Abuse*. San Francisco: Cleis Press.

This guide helps women move on after childhood sexual abuse. It teaches women how to stop being disconnected and anti-social by embracing their sexual preferences and styles.

Levy, Barrie. 1998. *Dating Violence: Young Women In Danger*. Seal Press.

Teens and/or their mothers discuss their stories of dating violence in this book. It also covers the impact dating violence has on pregnant teenage mothers and intervention and prevention strategies.

Maltz, Wendy & Holman, Beverly. 1987. *Incest And Sexuality: A Guide To Understanding And Healing*. Lexington, MA, Lexington.

Individuals and couples can learn to understand the effects of incest for survivors in this guide. It provides information on how to move on past the abuse.

Maltz, Wendy. 3rd edition. 2012. *The Sexual Healing Journey: A Guide For Survivors Of Sexual Abuse*. New York, William Morrow.

This personal therapy guide details what is considered abuse and identifying the many types of abuse. It helps uncover sexual dysfunctions and increase positive attitudes towards sexual intercourse.

NiCarthy, Ginny. 1997. *Getting Free: You Can End Abuse And Take Back Your Life*. Seal Press.

Many women share their stories of domestic violence and how they got out of the relationship. It discusses many issues women have when women want to leave, but don't know how.

NiCarthy, Ginny, Gottlieb, Naomi, & Coffman, Sandra. 1993. *You Don't Have To Take It: A Woman's Guide To Confronting Emotional Abuse At Work*. Seal Press.

This helps the reader tell if abuse is occurring at the workplace. This book also helps the reader recognize the problem and taking the appropriate steps to solve it.

Pierce-Baker, Charlotte. 1998. *Surviving The Silence: Black Women's Stories Of Rape*. NY: WW Norton & Co.

This book uses historical and cultural aspects in regard to rape in the black culture. It contains many stories of rape with black women and how they dealt with the situation.

Silverman, SW. 1996. *Because I Remember Terror, Father, I Remember You*. Univ. of Georgia Press.

This book is about the author's childhood and growing up being sexually abused by her father. After 14 years of being sexually abused, she tells her story and how she overcame her trauma.

Stone, Robin. 2005. *No Secrets, No Lies: How Black Families Can Heal From Sexual Abuse*. Harlem Moon. (for women and men)

This book discusses that many black women do not report sexual abuse to authorities. It teaches both men and women to confront the abuse and techniques for conversations.

Warshaw, Robin. 1988. *I Never Called It Rape: The Ms. Report On Recognizing, Fighting And Surviving Date And Acquaintance Rape*. New York, Harper & Row.

The author tells her story about being the victim of acquaintance rape and how to overcome it.

Problematic Sexual Behaviors

Coleman, Eli. 2002. *Sex Offender Treatment: Biopsychosocial Perspectives*. NY: Haworth.

This book is to help sex offender understand their crime and what kind of treatment that is available. This book discusses the brain and the abnormalities of sex offenders and the violent behavior.

Coleman, Eli. 1988. *Chemical Dependence And Intimacy Dysfunction*. NY: Haworth Press.

This book explores how chemical dependency impacts sexual intimacy and families. This shows many sexual dysfunctions and tips to treat the dysfunction.

Earle, Ralph & Crow, Geogory. 1989. *Lonely All The Time: Recognizing, Understanding And Overcoming Sex Addiction, For Addicts And Co-Dependents*. New York, Pocket Books.

Sexual compulsion takes many forms such as child molestation, phone sex, visiting prostitutes, and gives the addict a sense of control as described in this book. It also helps the addict overcome these compulsions.

Golden, Gale. 2009. *In The Grip Of Desire: A Therapist At Work With Sexual Secrets*. NY: Routledge. This helps the reader understand how sexual issues can be resolved with honesty and passion.

Hastings, AS. 1998. *Treating Sexual Shame: A New Map For Overcoming Dysfunction, Abuse, And Addiction*. Jason Aronson.

This book discusses how sexual shame needs to be resolved first because it is an underlying issue above other sexual issues such as distress, dysfunction, abuse, and addiction.

Kasl, C. 1989. *Women, Sex, And Addiction: A Search For Love And Power*. Harper Paperbacks.

Some people use sex as a way to substitute the feeling of love or power as described in this book. It contains suggestions, diagrams, and case studies to help the reader relate to sex and addiction.

Knauer, S. 2002. *Recovering From Sexual Abuse, Addiction, And Compulsive Behaviors: "Numb Survivors."* NY: Haworth Press.

This book explores the connections between compulsive behaviors, addiction, and being a victim of sexual abuse or addiction. This book helps the victim become a survivor by understanding the psychological dysfunction.

Maltz, Wendy. 2008. *The Porn Trap: The Essential Guide To Overcoming Problems Caused By Pornography*. Harper Paperbacks.

This guide shows the easily availability of pornography and how it impacts relationships. I has many checklists, exercises, and tips to help heal the addiction of pornography.

Schneider, Jennifer P. 1990. *Back From Betrayal: Recovering From His Affairs*. New York, Ballantine.

Weiss, Doug. 2001. *Partners Healing From His Addiction*. Discovery Press.

Weiss, Robert. 2005. *Cruise Control: Understanding Sex Addiction In Gay Men..*

Cross-dressing

Note: these books are about male cross-dressing. Female ‘cross-dressing’ is completely accepted in dominant culture.

Boyd, H. 2003. *My husband Betty: Love, sex, and life with a cross-dresser*. Seal Press.

Erhardt, Virginia 2007. *Head over heels: Wives who stay with cross-dressers and transsexuals*. Haworth.

Pain, Chronic Illness, and Disability

Alterowitz, R. 2004. *Intimacy with Impotence: The couple’s guide to better sex after prostate disease*. DeCapo Press.

Alterowitz, R., Alterowitz, B. 2011. *The lovin’ ain’t over: For women with cancer*. CIAT Inc Publisher.

Supportive guide with good specific suggestions for women with cancer and partners.

Barzuk, Kelli. 2003. *I laughed so hard I peed in my pants*. Incontinence and Pelvic Pain Clinic.

Baer, R. 2004. *Is Fred dead? A manual on sexuality for men with spinal cord injuries*.

Buehler, S. 2011. *Sex, love, and mental illness*. New York: Praeger.

Couples focused with good discussion of sexual problems and sex therapy approaches.

Brownworth, VA &Raffo, S. (eds). 1999. *Restricted access: lesbians on disability*. Seal Press.

Catalano, E., Hardin, K., & Tupper, S. (1996). *The chronic pain workbook: A step by step guide for coping with and overcoming pain*. Oakland, CA: New Harbinger.

DiGiacomo, Fran. 2003. *I’d rather do chemo than clean out the garage: Choosing laughter over tears*. Brown.

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- Katz. 2009. *Women Cancer Sex*. Hygeria Media. Pittsburgh.
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Organizations and Websites

American Cancer Society
(800) 227-2345
www.cancer.org

Association of Cancer Online Resources (ACOR)
www.acor.org

The Disability Resources (DRM WebWatcher)
www.DisabilityResources.org

National Alliance for the Mentally Ill (NAMI)
Colonial Place Three
3803 N. Fairfax Dr., Ste. 100
Arlington, VA 22203 (703) 524-7600; (800) 950-6264
www.nami.org

Educational Equity Concepts, Inc.
100 Fifth Avenue, 8th Floor
New York, NY 10011
(212) 243-1110
www.edequity.org

The Sexual Health Network, Inc.
www.sexualhealth.com

Sexuality Information and Education Council of the United States (SIECUS)
90 John St. Suite 704
New York, NY 10038
(212) 819-9770
www.siecus.org

www.streetsie.com
Online community for individuals who use a wheelchair.

The International Pelvic Pain Society
www.pelvicpain.org

National Vulvodynia Association (NVA)
www.nva.org

University of Michigan Center for Vulvar Disease
http://www2.med.umich.edu/healthcenters/clinic_detail.cfm?hc_id=&service_id=859&um_unit_id=&clin_dept=Obstetrics%20and%20Gynecology&search_clinicdept=Obstetrics%20and%20Gynecology&search_clinicname=&search_clinkeyword=Vulvar%20Disease&thissearch=

Vulvar Pain Foundation

PO Drawer 177
Graham, NC 27253
(336) 226-0704
www.vulvarpainfoundation.org

Developmental Disability:

www.sexualhealth.com: comprehensive Sexual health network site including information on sexuality and DD.

Brown, GT. 1994. *Human sexuality handbook: guiding people toward positive expressions of sexuality*. Association for Community living, Residential Services, 1 Carando Dr., Springfield, MA 01104, attn; Gail Brown, Director; 413.732.0531

Schwier, KM. 1994. *Couples with Intellectual Disabilities Talk About Living and Loving*. Woodbine House: 6510 Bells Mill Rd., Bethesda, MD 20817; p 80.843.7323.

Diverse City Press. Pubs. and videos: 33, des Floralties, Eastman, Quebec, Canada, JOE 1PO; 450.297.3080.

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TBLGI (just a few of the many)

General

Accord Alliance (replaces Intersex Society of North America). <http://www.accordalliance.org/>

Two online booklets are very helpful: *Handbook for Parents*, written by the ISNA Consortium and *Guidelines for Management of Disorders of Sex Development in Childhood*, written by ISNA Consortium

Alexander, Christopher. 1997. *Growth and Intimacy for Gay Men: A workbook*. Routledge.

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Organizations and Websites

Bisexual Resource Center
www.biresource.net

Gay.com
www.gay.com
Gender Education and Advocacy
www.gender.org

The World Professional Association for Transgender Health (WPATH)
www.wpath.org

Human Rights Campaign
1640 Rhode Island Avenue, NW
Washington, DC 20036-3278
(202) 628-4160
www.hrc.org

International Foundation for Gender Education (IFGE)
www.ifge.org

Intersex Society of North America (ISNA)
www.isna.org

Lesbian.org: Resources for Lesbian and Bisexual Women
www.lesbian.org

National Gay and Lesbian Task Force
1325 Massachusetts Avenue, NW, Suite 600
Washington, DC 20005
(202) 393-5177
www.nglftf.org

Queer Net
www.queernet.org

World Professional Association for Transgender Health, Inc. www.wpath.org

For Parents

Dew, RF. 1994. *The family heart: a memoir of when our son came out*. NY: Ballantine.

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Parents, Families and Friends of Lesbians and Gays (PFLAG)
1828 L Street, NW
Washington, DC 20036
(202) 467-8180
www.pflag.org

Couples

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TRAUMA: BOOKS FOR PROFESSIONALS AND GENERAL AUDIENCE

Sallie Foley, LMSW
University of Michigan

TRAUMA AND ITS TREATMENT: A BIBLIOGRAPHY:

Recommended readings (this is not a comprehensive list, but a compilation of thoughtful works on the topic.)

www.aboutourkids.org An online pamphlet (can be downloaded) offering listening tips, ways to provide practical help, etc. Nicely organized.

Guilford Press is a wonderful resource for excellent clinical books on the treatment of trauma. Only a few of the many are listed here.

Medscape has a very nice slide/text presentation with an overview of children/adolescents response to trauma. Would take about 15 to 30 minutes to review. Its offered as a CME credit for physicians through Medscape.

Website is: <http://www.medscape.com/viewprogram/1818>

You may have to register to get it but if you aren't registered for Medscape I highly recommend

it as a good resource of educational material presented in a friendly manner. They have sections (surgery, transplant, psychiatry, etc) that you can indicate interest in. They send you a bi-weekly e-mail of things you might be interested in. THERE IS NO COST to register. This site just gets better all the time.

Alexander, Debra W. (1999). *Children changed by trauma: a healing guide*. Oakland, CA: New Harbinger Press.

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www.jimhopper.com

The Trauma Center
www.traumacenter.org

VOICES (Victims of Incest Can Emerge Survivors) in Action, Inc.
(800) 796-4238

www.traumahelp.org

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The Network for Family Life Education

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