

Sallie Foley, LMSW, Certified sex therapist

Books Helpful to Individuals and Couples: Sexual Health

An annotated reading list about sexual health covering a broad number of topics. Please see additional reading list for children and adolescents.

Order:

About sexuality and communication

Body image

Cross-dressing

Eroticism and desire

Erotic power play (safe, sane, consensual)

Female sexuality

Infertility

Infidelity affairs

Male sexuality

Older adults and sexuality

Pain chronic illness and disability

Polyamory

Race ethnicity sexuality

Sex toys videos and the internet

Sexually transmitted infections and sexual health

TBLGI and sexual health

Trauma –general

Subset: sexual abuse survivors and sexuality

Subset: sexual compulsions

History and science of sexuality

ABOUT SEXUALITY AND COMMUNICATION

Couples

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

This book describes how 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 couples to help bring love back into their relationships when arguments arise. It teaches couples how to restore 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 book discusses how hormones influence partner choice and sexual desire.

Christensen, A. & Jacobson, N. (2002). *Reconcilable Differences*. New York: Guilford Press.
This book helps couples to understand each other and change. It provides scenarios where the readers can visualize themselves in the situations.

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 strengthen 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 by the release of norepinephrine and dopamine in the brain; therefore, the hardwiring of love. This book details how the brain's neurochemistry changes 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 relate to each other in unsatisfying communication and shows how to improve. 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 describes in detail his 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. 1996. *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.

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 an individual’s understanding and enjoyment of sex. This is the encyclopedia of sex—lively and well-written. Very informative.

LeVay, Simon, and Valente, Sharon. 2006. *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 sexual activity for a couple It helps each partner determine their sexual interaction .

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.

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.

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 when the University of Indiana published a newer sexual study building on information from these researchers.

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

This book has questions and answers to a variety of topics about sexuality. Topics include lovemaking, sexual dysfunction, STI's, same sex relationships, and puberty.

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 differences 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 problems.

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

This book also comes with a DVD—focus is to help strengthen marriage, and 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 of a partner or spouse. She discusses that every person is potentially at risk for cheating.

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 address those differences and gives good exercises for overcoming differences.

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 interaction. It is well illustrated.

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.

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—including issues related to earlier trauma or sexual loss. Good suggestions for creating better relationships.

Organizations and Websites

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

www.aasect.org

This website contains resources about the organization and how to find a sex therapist. It has resources for members, 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, sexual activities, STIs, dating, effects of drugs on sex, negotiating problems in relationships, etc. A highly regarded website written by sexuality educators. Very informative.

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 lists publications and the latest research and has some books online at the site.

Planned Parenthood

(800) 230-7526

www.plannedparenthood.org

This organization gives information about pregnancy, birth control, STI's, and abortion. It also provides information on 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 sexuality education information and advocates for same. Excellent site.

BODY IMAGE

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

This book focuses on how to take pleasure in one's own body, and covers a wide range of sexual topics from flirtation, to sexual interactions, BDSM, to health risks.

Bromberg, 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 address unhealthy attitudes towards her;his 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 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.

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

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 addresses eating disorders and adolescence. Good advice and very compassionate.

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. Good understanding of body awareness and body memory.

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

This book addresses socialization and body image concerns for women. Encourages women to learn to accept and care about their bodies and move away from perfectionism .

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

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.

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.
This book helps the partner of a male cross-dresser understand the cross-dresser and learn to accept the person's actions and lifestyle in the relationship.

Erhardt, Virginia 2007. *Head Over Heels: Wives Who Stay With Cross-Dressers And Transsexuals*. Haworth.

Thirty women share stories about being in a relationship with cross-dressers, transgenderists, and transsexuals. It helps individuals learn to cope with the emotions associated with finding out the partner's gender issues.

EROTICISM AND DESIRE

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 messages in the fantasies. This understanding helps the reader to improve his/her relationship.

Bright, S. (Ed). (2008). *Best American Erotica 2008*. New York: Touchstone Books.
This book contains the best stories from previous books and new stories.

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.

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 African American sexuality.

Metz, M and McCarthy B. 2010. *Enduring Desire: Your Guide to Lifelong Intimacy*. Routledge.
This book addresses techniques to enhance and reignite passion in relationships. Based on the 'good enough sex' model developed by McCarthy, a thoughtful sensitive guide.

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

This book 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 understanding why relationships do not last. It also provides very helpful theories on love, desire, and stability in romantic, committed relationships. Good book for those who want insight into the 'whys' in relationship.

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

This discusses how 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 with different diversities and sexual orientations compile this book.

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

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

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 (sadoomasochism) really is and how couples practice it.

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 women or men 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.

This book discusses dominance, bondage, and sadomasochism. It helps the reader understand consensual bondage, role-playing, and spanking.

FEMALE 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.

Berman, L. (2010). *Real sex for real women*. DK Publishers.

This book suggests that sexual health and sexual interaction with partner must be prioritized and given importance, while at the same time the author stresses that real sex is not 'silver screen' .

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

This book gives 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 book discuss women's concerns as they span aging. Addresses societal pressures and myths.

Foley, S., Kope, S. & Sugrue, D. 2002. *Sex Matters For Women: A Complete Guide To Taking Care Of Your Sexual Self*. NY: Guilford. Press.

This book is a comprehensive guide to women's sexual health and sexual identity. Five sections cover: understanding your own sexual story, understanding your body, making peace with your body (chapters on body image, pain, chronic illness, disability, trauma and STIs), creating better relationships, and positively addressing any sexual problems that arise. Many helpful exercises and communication guides with partners provided.

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 readers understand what contributes to their sexual inhibitions and helps women restore sexuality in their lives.

Herbenick, Debby. (2009). *Because it feels good: A woman's guide to sexual pleasure and satisfaction*. Rodale.

Combining sexual health information and increasing women's self-awareness, the author encourages women to explore their own bodies and understand their enjoyment of sex.

Hutcherson, H. (2006). *Pleasure: A woman's guide to getting the sex you want, need, and desire*. Perigee.

A warm and thoughtful guide to creating pleasure in life based on increasing self-awareness and communication with partner.

Hutcherson, H. (2003). *What your mother never told you about sex*. Perigee.

A lively and informative guide to women's sexual health and sexual pleasure.

Ladas, Alice, Whipple, Beverly, & Perry, John. 2005. *The G Spot*. Owl Books.

This defines the location of the G-spot with research and gives practical suggestions for finding the G spot and seeking pleasure through G-spot stimulation.

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. Fantasies can serve as a guide to understand the self better and resolve underlying conflicts and issues.

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

This book discusses what women seek in relationships and what they know about sexuality. This helps the reader understand her own desire for sexual activity.

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

These books have withstood the test of time. They continue to be comprehensive health care manuals for women of all ages and from all walks of life. They are thoughtfully written, cover extensive topics and are easy to read. Great information about STIs and sexual health, pregnancy, child birth, relationships, sexual violence, body image and self-esteem.

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.

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.

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 and cultural influences on how dysfunction is viewed and treated.

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 sexual partners.

Barbach, L. (2000). *The Pause: Positive Approaches To Menopause*. New York: Plume/Penguin.
This book helps women deal with the physical side of menopause. Normalizes menopause and provides advice for coping with menopause healthily.

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 men and sexuality 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. Part of the wonderful *Our Bodies Ourselves* books.

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.

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 menopause with supplement and medication options. It suggests that women record their health experiences, concerns, and thoughts.

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.

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 whether testosterone treatment may be an option for some women.

Orgasm

Barbach, Lonnie. 1994. *For Yourself: The Fulfillment Of Female Sexuality*.

This book has step-by-step techniques and exercises to learn to masturbate and enjoy self-pleasuring.

Blasco, Sonia. 1993. *Camino Al Orgasmo*. NY: Simon & Schuster.

This book helps women learn to become orgasmic. Spanish.

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 become orgasmic in a step by step, cognitive behavioral approach that is well supported by research in sex therapy. May be used in conjunction with the *Becoming Orgasmic* video. 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. It 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 sexplay techniques and sexual interactions. It offers tips for better oral sex and describes 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.

Pregnancy

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 how to care for baby and each other once the baby arrives. The guide has topics from the very beginning with an ovulation kit, to the baby's birth. Excellent pregnancy guide.

Technique/Sexual Health/Didactic

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.

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 describes the G-Spot and gives suggestions in pleasuring the G-spot.

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

This book describes healthy breast care and includes information about breast cancer diagnosis, 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 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.

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.

Wilton, Tamsin. 1999. *Good For You: A Handbook On Lesbian Health And Wellbeing*. NY: Cassell.

A book to help understand the health care system. This handbook also covers drug abuse, cancer, artificial insemination, child care, relationships, and dealing with communication with doctors.

Winks, C. 1998. *The Good Vibrations Guide: The G-Spot*. Down There Press.

This book is a guide to help women find their G-spot and learn to enjoy the sensation of stimulating the G-spot.

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

This guide contains definitions, tips, and advice about sexual interaction. Illustrated. Also provides excellent advice about safer sex, condoms.

Video

Becoming Orgasmic—a video that uses a cognitive behavioral guided approach to teach masturbation. The woman in the video reads the book *Becoming Orgasmic* and follows the suggestions.

Video is somewhat dated but useful to teach masturbation techniques.

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.

Websites

Women's Sexual Health

www.womenshealth.com

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

INFERTILITY

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.

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 coping. It discusses how pregnant women can deal with loss/anxiety of miscarriage during pregnancy. Book also addresses how sexual activity is impacted by infertility and strategies for improving sexual interactions.

INFIDELITY AFFAIRS

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 couples can restore relatedness after affairs.

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 and focuses on workplace relationships and vulnerability of individuals to others.

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 teaches women how to change their behavior from overreacting unthinkingly to thinking calmly. It is often paired with Lerner's book *The Dance of Anger*.

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

Don David writes about infidelity in straight or gay long-term relationships.

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

Pittman discusses 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 happens and how to move past it and recover from it. This book helps couples leave the relationship or try to stay together. Thoughtful approach.

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.

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. Author states that for healing to take place there will need to be 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 affairs and how to cope with infidelity. Addresses ways to repair the damage from affairs and strengthen relationships.

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 for all couples.

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 addresses issues one at a time, in step-wise fashion, 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.

MALE SEXUALITY

General

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

The book talks about men's sexuality as well as women's and suggests ways to create intimacy and make sexual interaction good for both partners. The book addresses ways to create closeness, ways to sexually pleasure a partner, deepening communication, and eroticism.

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.

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

This book teaches how to understand a partner's needs and desires. This book provides advice for couples to enhance sexual relationships.

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

This book addresses depression, including issues related to rage, workaholism, irritability, distanced relationships, self-destructiveness, and substance abuse.

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

The guide gives a broad introduction to sexuality, dispels myths, discusses how to have better sex, and resolve problems. The book 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 erectile dysfunction. There is a self-evaluation to help evaluate concerns.

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 a couple-centered approach.

Premature Ejaculation Rapid 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.

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 suggests very helpful exercises. This book can easily be used by couples as well as individuals..

OLDER ADULTS AND SEXUALITY

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, focusing on maintaining a positive sexual life..

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

This guide is designed for couples over 50 to understand their body changes and adapt to the changes, enhancing sexual interactions in partnerships.

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 concerns after 60 years old.

Foley, S. 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 knowing yourself before setting out to find a partner. Discusses the importance of friendship in forming relationships.

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.

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 is written by women growing older who 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, erectile dysfunction, sex, menopause, sex in nursing homes, and the hormone replacement therapy option.

PAIN CHRONIC ILLNESS AND DISABILITY

Alderowitz, R. 2004. *Intimacy With Impotence: The Couple's Guide To Better Sex After Prostate Disease*. DeCapo Press.

This easy-to-read book helps couples that are dealing with erectile dysfunction with tips and advice for sexual interaction. It provides information about therapy and medications that are available.

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.

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.

This collection of essays, interviews, and poems tackle many illnesses and medical conditions. These conditions include birth defects, AIDS, mental illness, deafness, and assault for lesbians.

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.

This workbook helps individuals understand sleep patterns and nutritional needs for the body. It contains charts, diagrams, pictures, exercises for stress management, medications, and support groups.

DiGiacomo, Fran. 2003. *I'd Rather Do Chemo Than Clean Out The Garage: Choosing Laughter Over Tears*. Brown.

This book is written in a comedic tone to help the reader cope with cancer by the use of laughter. It discusses every aspect of dealing with the trauma of cancer with an added humor.

Goodwin, AJ & Agronin, ME. 1997. *A Woman's Guide To Overcoming Sexual Fear And Pain*. Oakland, CA: New Harbinger Pubs.

This book contains clinical examples and stories guided towards helping women increase their sexual comfort and pleasure. With many exercises, research, and pictures, it helps women understand specific disorders.

Katz. 2009. *Women Cancer Sex*. Hygeria Media. Pittsburgh.

This book helps women and their partners cope with cancer and the changes women may go through such as loss of libido, pain, and partner communication.

Kaufman, Miriam, Silverberg, Cory, & Odette, Fran. 2003. *The Ultimate Guide To Sex And Disability: For All Of Us Who Live With Disabilities, Chronic Pain And Illness*. San Francisco: Cleis Press.

This guide helps individuals with disabilities, chronic pain, and illness understand sex with information that is used to help the individual create a sex life that is suitable for each person. It also contains a resource list and exercises.

Kaufman, M. (2008). *Easy For You To Say: Q & A's For Teens Living With Chronic Illness Or Disability*. Toronto: Key Porter Books.

This book answers common and uncommon questions that teens with a chronic illness or disability have about family dynamics, friendships, and recreation, medical issues, and sexuality. It also contains an appendix for drugs and side effects.

Kroll, Ken & Klein, Erica Levy. 1992. *Enabling Romance: A Guide To Love, Sex, And Relationships For People With Disabilities*. Horsham, PA: No Limits Communications.

This book helps build self-esteem and build knowledge of contraception, reproduction, and sexual variations for people with disabilities. It includes advice, explicit drawings..

Laken, Virginia & Laken, Keith. 2002. *Making Love Again: Hope For Couples Facing Loss Of Sexual Intimacy*. Sandwich, Mass.: Ant Hill Press.

This book, written from the journals kept by Virginia Laken as her husband coped with prostate cancer and treatment, assists couples who are dealing with sexual dysfunction. Very informative, offers treatment advice to women and men proceeding as a team to create sexual intimacy after prostate cancer.

Levine, Laurence. 2008. *Understanding Peyronie's Disease: A Treatment Guide For Curvature Of The Penis*. Addicus books.

This book answers the most asked questions that urologists receive from patient's about Peyronie's disease. It discusses erectile dysfunction in terms of the disease and treatment options such as injections, shock waves, stretching therapy, and the use of medications.

Papadopoulos, C. (1989). *Sexual Aspects Of Cardiovascular Diseases*. New York: Praeger.

This book is for physicians, nurses, and other health care professionals--an educational tool and treatment resource for individuals with cardiovascular disease.

Perlman, G. 2005. *A Gay Man's Guide To Prostate Cancer*. NY: Haworth Press.

This guide provides stories and facts about prostate cancer diagnosis and treatment for gay men and their partners. It contains a glossary for medical terms and phrases.

Rozler, J & Rice, D. 2007. *Sex And Diabetes: For Him And For Her*. American Diabetes Association
This book discusses how sexual problems can occur with men and women that have diabetes. It provides tips and advice for preventing or delaying treatment options.

Schover, Leslie, American Cancer Society booklets. *Sexuality and the Woman with Cancer. Sexuality and the Man with Cancer*. See also her book for professionals.
These booklets contain helpful information about cancer and how it affects the individual and their families. It also discusses treatment options facts about cancer.

Schover, Leslie. 1997. *Sexuality And Fertility After Cancer*. NY: John Wiley and Sons.
This guide is designed to help people after cancer treatment and the loss of sexual desire. The book discusses the most effective infertility treatments, pregnancy, body image, low sex drive. It covers topics for gays, singles, and the survivors of childhood cancer.

Sipski, M & Alexander, C. 1997. *Sexual Function In People With Disability And Chronic Illness: A Health Professional's Guide*. Aspen Publications.
This guide is for professionals in the health care field who work with people with disabilities who have concerns about sexual function and sexuality. It discusses specific disabilities, illnesses, and the treatment of sexual dysfunction.

Stewart, Elizabeth. 2002. *The V Book: The Doctor's Guide To Complete Vulvovaginal Health*. NY: Bantam.
This book helps the reader understand vulvovaginal functions, anatomy, and life changes. This helps the reader understand symptoms and what they mean.

Woodward, J. 1982. *Signs Of Sexual Behavior: An Introduction To Some Sex-Related Vocabulary In American Sign Language*. Silver Springs, MD: TJ Publishers, Inc.
This book shows the signs for sex and sex-related vocabulary that is used by both men and women for interpreters or people interested in becoming an American Sign Language interpreter.

Organizations and Websites

American Cancer Society

(800) 227-2345

www.cancer.org

Flagship organization with vast resources including cancer education, treatment discussions, and finding support. It has an online bookstore and gift shop.

Association of Cancer Online Resources (ACOR)

www.acor.org

This website has a reference section that contains credible cancer websites and resources. It has a list of the different kinds of cancers, treatment, and has an online bookstore.

The Disability Resources (DRM WebWatcher)

www.DisabilityResources.org

This website contains resource information and a list of organizations available by state.

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

This website contains information about mental health and advances in research, also addresses mental health in the military, a list of mental disorders, medications, and finding a local NAMI organization for support and education. Excellent resource.

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

This website has information on teasing and bullying, disabilities, gender equity, books. This website is designed to help children develop self-esteem, confidence, and achievement goals.

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

This website has sections specifically for men's health and women's health, LGTB health, love and relationships, education on sexuality, and STI's.

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 helpful website has sexuality education for teens and adolescents as well as teen pregnancy, STI's, and sexual orientation.

The International Pelvic Pain Society
www.pelvicpain.org

This website helps individuals that suffer from pelvic pain find a health care provider and provides a booklet for education on chronic pelvic pain.

National Vulvodynia Association (NVA)
www.nva.org

This reference site helps women and their partners understand what vulvodynia is along with the causes, diagnosis, physician referral, and treatment. It has a helpful list of self-help tips.

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=

The University of Michigan Center for Vulvar Disease helps patients that have a chronic illness or an unusual vulvar condition. It contains a helpful booklet about the vulva, performing self exams,

pain, yeast infections, and much more. Excellent advice.

Vulvar Pain Foundation

PO Drawer 177

Graham, NC 27253

(336) 226-0704

www.vulvarpainfoundation.org

This website describes effective treatments for vulvar pain, and other resources.

Developmental Disability (see also resources on Child and Adolescent handout):

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

This website has sections specifically for men's health and women's health, LGTB health, love and relationships, education on sexuality, and STI's.

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.

Schweir covers a variety of topics ranging from companionship to sexual intimacy. This book is designed to help the family members understand the couple with disability's concerns about intimacy and sexuality.

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

This website sells books, videos, and CD's focusing on persons with disability who struggle with a variety of concerns.

Hingsburger, D. 1990. *I Contact: Sexuality And People With Developmental Disabilities*. Vida Pub.

This book discusses the freedom and basic rights that disabled people should have with regard to sexuality.

Kroll, K, Klein, EL. 1992. *Enabling Romance: A Guide To Love, Sex, And Relationships For The Disabled (And The People Who Care About Them)*. Harmony Books.

This book helps build self-esteem and build knowledge of contraception, reproduction, and sexual variations for people with disabilities. It includes advice, tips, and explicit drawings for sexual positioning.

POLYAMORY

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

This book is addressed to women who engage in open relationships, making sure all parties involved know the terms of the relationship.

RACE, ETHNICITY, SEXUALITY

Books

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

This book addresses many common health issues that could arise and emotional stressors that some physicians 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 addresses physical, emotional, and psychological health. This contains personal essays and poems to help black women deal with issues such as abuse, incest, and suicide.

SEX TOYS VIDEOS 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 safely. 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. This is women owned/women operated and donates 5% of their profits to breast cancer research. They do not cookie your computer nor sell their mailing lists. Any item ordered arrives in plain brown box with 'neutral' return address.

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 videos, toys for men and toys for women, 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. Also women owned and does not sell mailing list/no pop-ups, does not cookie your computer. Plain brown box mailing.

Pure Romance

www.pureromance.com

Another site that is women friendly. Narrows down the number of vibrators offered so does not feel as overwhelming as some sites. Excellent resource for purchase of vaginal dilators.

SEXUALLY TRANSMITTED INFECTIONS AND SEXUAL HEALTH

Organizations and Websites

American Social Health Association—Herpes/HPV Resource Center

PO Box 13827

Research Triangle Park, NC 27709

www.ashastd.org

This website has topics for professionals and the general public. Very helpful information about herpes. The HPV section contains cervical cancer screenings and vaccines.

STI Resource Center Hotline

(919) 361-8400

www.ashastd.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 government 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. Excellent information.

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.

SPIRITUALITY AND SEXUALITY

Books

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

This book covers acupuncture and its 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. Good explanation of tantra.

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

This contains many drawings and colored inserts with easy-to-learn methods.

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.

TBLGI (just a few of the many)

General

Beam, C. 2008. *Transparent: Love, Family And Living The T With Transgender Teenagers*. Harvest Books.

The book is about gay and transgender teens who face difficulties with humiliation and general daily living. It contains poetry and health advice the teens have for other trans teens.

Bigner, J & Wetchler, J. 2004. *Relationship Therapy With Same Sex Couples*. Routledge.

This book is for professionals to help them understand the treatment challenges and issues that may arise when counseling same-sex couples. This covers sex therapy, parenting, family dynamics, and clinical issues.

Boenke, M., et al. 2003. *Trans Forming Families: Real Stories About Transgendered Loved Ones*. Oak Knoll Press.

This book is intended for the family, friends, and partners who want to understand a transgender individual. There is a glossary of transgender terms, list of national transgender organizations, quotes, and poems.

Boyd, H. 2007. *She's Not The Man I Married: My Life With A Transgender Husband*. Seal Press.

This book discusses gender identity and how it impacts a relationship.

Brent, B. 2002. *The Ultimate Guide To Anal Sex For Men*. Cleis Press.

This book covers safety, preparation, and hygiene for anal sex. Giving and receiving anal sex, communication, toys, and accessories are also discussed in this book.

Brown & Rounsely. 1996. *True Selves: Understanding Transsexualism—For Families, Friends, Coworkers And Helping Professionals*. NY: Jossey-Bass.

This book describes the feelings and physical issues about being a transsexual. It has very descriptive chapters about the details in changing from gender to another gender.

Burleson, B. 2005. *Bi America: Myths, Truths, And Struggles Of An Invisible Community*. Routledge.

This book covers the bisexual community and their culture. It discusses the difference and commonalities of bisexual men and bisexual women.

Caster, W. 2008. *The New Lesbian Sex Book*. Alyson Pr.

Interviews and articles from over 30 women are compiled in this book about lesbians and their lives.

Chernin, J & Johnson, M. 2002. *Affirmative Psychotherapy And Counseling For Lesbians And Gay Men*. Sage Press.

Research examples and case studies given as examples to counseling lesbians and gay men in this professional book. There is an appendix section of resources for male and female clients.

Chernin, J. 2006. *Get Closer: A Gay Men's Guide To Intimacy And Relationships*. Allyson Press.

This guide helps gay men understand and realize relationships, short-term and long-term and the dynamics of a relationship.

Clunis, DM. 2002. *Lesbian Couples: A Guide To Creating Healthy Relationships*. Seal Press.

This is designed to help lesbian couples build intimacy and communication skills, work, money, marriage, and resolving conflict in this easy-to-read guide.

D'Augelli, AR. 1998. *Stigma And Sexual Orientation: Understanding Prejudice Against Lesbians, Gay Men, and Bisexuals*. Thousand Oaks, CA: Sage Publications.

This book shares antigay prejudice, stereotypes, and the consequences of homophobia.

Devor, H. (1999). *FTM: Female-To-Male Transsexuals In Society*. Bloomington, IN: Indiana University Press.

This professional book is for psychologists, social workers, and other that work in the mental health field. It covers female-to-male transsexuals, their lives, and their family's lives.

Diamond, LM. 2008. *Sexual Fluidity: Understanding Women's Love And Desire*. Cambridge, MA: Harvard University Press.

This book addresses women's sexuality by introducing the concept of fluidity. Although many women have a fixed sexual orientation that they identify early in their lives, other women may have more fluid sexual orientation and attraction throughout their lives.

Dreger, A. (1999). *Intersex In The Age Of Ethics*. Hagerstown, MD: University Publishing Group.

This professional book helps clinicians understand intersexuality including anatomy, identity, and sexual practices.

Garber, MB. 1996. *Vice Versa: Bisexuality And The Eroticism Of Everyday Life*. NY: Simon & Schuster.

This book discusses bisexuality using personal accounts, analysis, and clinical studies. It discusses the romantic and erotic lives of bisexuals.

Gay and Lesbian Medical Association: Creating Welcoming Clinical Environments for LGBT Patients
Website <http://www.glma.org/>

This website has easy tabs for finding a provider, advocacy, healthcare, marriage, and education for the gay and lesbian communities.

Goldstone, SE. 1999. *The Ins And Outs Of Gay Sex: A Medical Handbook For Men*. Dell Pub. Co.

This book is designed to answer most of the gay man's health concerns like STI's, bacterial infections, erectile dysfunction, HIV, oral sex, and permanent partnerships.

Hillman, Thea. 2008. *Intersex (For Lack Of A Better Word)*. Manic D. Press

This book shares what intersex is and the issues that individuals with intersex have. Topics include family, sex, gender, and their community.

Huegel, K. 2003. *GLBTQ: The Survival Guide For Queer And Questioning Teens*. Free Spirit Pun.

This guide helps teens that are gay, are questioning their sexuality, and teens who are curious about homosexuality.

Israel, G & Tarver, D. 1998. *Transgender Care: Recommended Guidelines, Practical Information And Personal Accounts*. Temple Univ. Press.

This book addresses diversity, orientation, and lifestyle for transpeople. Focuses on medical issues and need for good medical care.

Kantor, M. 1998. *Homophobia: Description, Development, And Dynamics Of Gay Bashing*. Westport, CT: Praeger.

This book discusses how specific aspects of homophobia can cause emotional disorders and disorders such as obsessive-compulsive disorder, and avoidant disorders.

Kantor, M. 2002. *My Guy: A Gay Man's Guide To A Lasting Relationship*. Sourcebook Cassablanca. This program has nine steps designed to help a gay man connect with his partner by building a stronger relationship and never giving up on love.

King, E & Markham, C. 1999. *Rubber Up: Every Gay Man's Guide To Condoms*. Cassell Academic. This book helps gay men use condoms by helping the individual understand why condoms should be used, how to choose brands, how to use one, using one with toys and lubrication, and HIV.

Kort, J. 2006. *10 Smart Things Gay Men Can Do To Find Real Love*. Allyson Press. This book helps gay men understand what they are looking for in a partner and why they look for those specific traits.

Kort, J. 2003. *10 Smart Things Gay Men Can Do To Improve Their Lives*. Allyson Press. This book helps gay men improve their lives by “coming out”, overcome/avoid addiction, understand love, and commit to a partner in this ten step program.

Loulon, J. (1987). *Lesbian Passion: Loving Ourselves And Each Other*. Duluth, MN: Spinster's Ink. This easy-to-read book helps lesbians understand the shame about homosexuality, human behavior, body image, addiction, and relationships.

Mackey, RA. 1997. *Gay And Lesbian Couples: Voices From Lasting Relationships*. Westport, CT: Praeger.

This book discusses what characterizes a long-term gay or lesbian relationship. Helpful to those not familiar with gay relationships.

Makadon, Harvey et al. *The Fenway Guide To Lesbian, Gay, Bisexual And Transgender Health*. This book helps healthcare professionals get a better understanding of the LGBT community. Excellent coverage of many concerns related to health and how sexual minorities experience health care.

Mancilla, M. & Troshinsky, L. 2003. *Love In The Time Of HIV: The Gay Man's Guide To Sex, Dating, And Relationships*. NY: Guilford.

This self-helps book guides gay men through relationships and sex and the seriousness that HIV presents among them. The book also addresses helping HIV men find a partner and/or create better connectedness with their current partner.

McNaught, Brian. 2001. *Now That I'm Out, What Do I Do?* St. Martin's Press.

This book helps any individual in the LGTB community balance family and spirituality and being gay. This book is very helpful for those that “came out” and have some trauma after they told loved ones and other people.

Morris, K. E. (2000). *Speaking In Whispers: African-American Lesbian Erotica*. Chicago: Third Side Press.

This descriptive book contains stories about African American lesbian erotica.

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.

Newman, Felice. 1999. *The Whole Lesbian Sex Book: A Passionate Guide For All Of Us*. SF: Cleis.

This book teaches lesbian individuals on sexual topics such as breast foreplay, group sex, and sex toys. It also covers safety, SM, masturbation, and transgender and bisexual orientation.

Ochs, Robyn. 1999. *Bisexual Resource Guide 2000*. Bisexual Resource Center.

This book contains 18 interviews with bisexual women of all races, relationship status, and some who are disabled. It includes a list of resources for bisexuals and guidelines for safe sex.

Ryan, C. & Futterman, D. 1998. *Lesbian And Gay Youth: Care And Counseling*. Columbia Univ Press.

This book helps counselors understand and learn about the lack of lesbian and gay care and counseling. Emotional risks, antigay violence, and secrecy are important topics in this educational book.

Sanderson, T. 2007. *The Gay Man's Kama Sutra*. Carlton Books

This book details sex positions, massage techniques, and games specifically designed for gay men.

Schell, J. 2008. *Lesbian Sex: 101 Lovemaing Positions*. Celestial Arts.

This book contains sex positions, tongue use techniques, and toys with the use of illustrations that are specifically made for lesbians.

Silverstein, C. 2004. *The Joy Of Gay Sex*. Revised. Harper.

This book contains a wealth of details including phone sex, pornography, kissing, HIV treatments, fetishes, and what to do about domestic violence.

Spencer, C. 1997. *The Gay Karma Sutra*. St. Martin's Press.

This book brings in Karma Sutra and how it can and is used in the gay male community; topics like AIDS, politics, relationships, homophobia, and gender are addressed.

Taormino, T. (1996–2000). *Best Lesbian Erotica*. San Francisco: Cleis Press. (Annual series)

A collection of lesbian erotica.

Walker, M. 1997. *Men Loving Men; A Gay Sex Guide And Consciousness Book*. Gay Sunshine Press.

This book contains sex tips and advice and illustrations of sex positions just for gay men. It includes photographs of male love and describes the spirituality of gay male sex.

Wolfe, Daniel. 2000. *Men Like Us: The GMHC Complete Guide To Gay Men's Sexual, Physical And Emotional Well Being*. NY: Ballantine Books.

This book addresses health and relationships with topics like “coming out”, harassment, and recreational drugs. Many charts, sidebars, and quotes.

Organizations and Websites

Bisexual Resource Center

www.biresource.net

This helpful website has a resource list for bisexuals and a section for youth that may be bisexual with a topic for parents of bisexual children. There is also a list for media resources for bisexuals.

Gender Education and Advocacy

www.gender.org

This website is focused on providing education and advocacy for gender variant individuals with topics about silicone use, breast cancer, and an extensive resource list for gender variant individuals.

The World Professional Association for Transgender Health (WPATH)

www.wpath.org

This website contains a resource list and a publications list for individuals that are transgender. There are sections for transsexual health along with a membership application to WPATH (formerly the Harry Benjamin Society).

Human Rights Campaign

1640 Rhode Island Avenue, NW

Washington, DC 20036-3278

(202) 628-4160

www.hrc.org

This helpful website contains information for the LGTB community with topics like military, parenting, aging, marriage, youth activism, and the workplace. The online store sells clothes, jewelry, books, calendars, and wedding supplies.

International Foundation for Gender Education (IFGE)

www.ifge.org

This website is designed to help promote the acceptance of transgender individuals. It contains a resource directory of scholarships, by state, and veterans.

Accord Alliance

Accordalliance.org replaces Intersex Society of North America

www.isna.org

The resource list provided at the website has books, videos, and bibliographies. The laws about intersex are also available for understanding and learning. Good links to other websites for teaching young people about disorders of sexual development.

Lesbian.org: Resources for Lesbian and Bisexual Women

www.lesbian.org

This website has suggestions for resources, videos, and a list of other website links for lesbians and bisexuals.

National Gay and Lesbian Task Force

1325 Massachusetts Avenue, NW, Suite 600

Washington, DC 20005

(202) 393-5177

www.nglftf.org

This website provides information about a variety of topics including activism, events, research, and the media.

For Parents

Parents, Families and Friends of Lesbians and Gays (PFLAG)

1828 L Street, NW

Washington, DC 20036

(202) 467-8180

<http://community.pflag.org/Page.aspx?pid=194&srcid=-2>

This website has an online store and sections for family and friends, lesbians and gays and bisexuals, transgender, advocacy, and scholarships.

Couples

Berzon, Betty. 2004. *Permanent Partners: Building Gay And Lesbian Relationships That Last*. New York: Plume.

This communication book is focused on helping gay and lesbian partners by discussing topics such as the inability to resolve conflicts, wanting sex, career demands, illnesses, and mid-life crises.

Berzon, Betty. 2001. *Positively Gay: New Approaches To Gay And Lesbian Life*. Celestial Arts.

This book focuses on topics such as building same-sex relationships and partnerships, religious dilemmas, having a gay family, legal and financial issues, and being gay and a person of color.

Clunis, Merilee & Green, G, 2000. *Lesbian Couples: A Guide To Creating Healthy Relationships*. Seal Press.

This book helps lesbian couples build communication skills and intimacy techniques and making decisions together as a couple. With topics like race and age differences, focus is on building healthier relationships.

Greenen, D. & Tunnell, G. 2002. *Couple Therapy With Gay Men*. NY: Guilford.

This book offers concrete and useful suggestions for counselors who are beginning to help gay men relationships. This book is a useful reference for mental health professionals focusing on family dynamics, couples therapy, and individual therapy within the gay male community.

Kort, Joe. 2003. *Ten Smart Things Gay Men Can Do To Improve Their Lives*. Alyson Press.
This book helps gay men improve their lives by “coming out”, overcome/avoid addiction, understand love, and commit to a partner in this ten step program.

McDaniel, Judith. 1995. *The Lesbian Couples Guide*. Harper.
This book teaches lesbian couples safe sex and partner sexual styles, setting boundaries, lesbian divorce, lesbian mothers, and aging.

Nelson, Craig. 1996. *Finding True Love In A Man-Eat-Man World: The Intelligent Guide To Gay Dating, Sex, Romance, And Eternal Love*. Dell.
The author uses personal experiences and interviews with gay men with topics like dating and surviving breakups.

Stendhal, Renate, 2003. *True Secrets Of Lesbian Desire: Keeping Sex Alive In Long-Term Relationships*. North Atlantic Books.
This book discusses the myth that lesbians in a long-term relationship stop having sex. It helps couples communicate needs, desires, fantasies, feelings, and fears.

TRAUMA AND TRAMA TREATMENT

SUBSET: SEXUAL ABUSE SURVIVORS AND SEX

SUBSET: SEXUAL COMPULSION/ADDICTION

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

Barlow, David & Craske, Michelle. (2007). *Mastery Of Your Anxiety And Panic: Workbook*. 4th edition. Oxford: Oxford Univ. Press.
This workbook contains strategies and techniques for individuals that suffer from panic attacks and agoraphobia. This includes techniques used in cognitive-behavior therapy and the importance of managing anxiety, panic, and avoidance.

Bright, R. (1996). *Grief And Powerlessness: Helping People Regain Control Of Their Lives*. London: Jessica Kingsley Pub.
This book helps guide individuals in a positive direction instead of using substance abuse as a way to cope with the loss of a loved one. It contains advice and hints to help the reader begin change and empowerment.

Campbell, A. (1993). *Men, Women And Aggression: From Rage In Marriage To Violence In The Streets—How Gender Affects The Way We Act*. NY: Basic Books.
This book discusses how men and women view aggression differently.

Carter, C. (1997). *The Other Side Of Silence: Women Tell About Their Experience With Date Rape*. Gilsum, NH: Avocus.
This book helps professionals recognize common date-rape situations, plan steps for recovery, and

answer the client's questions. It also includes a resource list of crisis centers according to the state.

Davis, M. (1995). *The Relaxation And Stress Reduction Workbook*. Oakland, CA: New Harbinger. Many breathing and calming techniques and self-assessment tools are utilized in this book to help the reader overcome stress, anxiety, and panic and increase physical and emotional well-being.

Figley, Charles. (1998). *Traumatology Of Grieving: Conceptual, Theoretical, And Treatment Foundations*. NY: Brunner-Routledge.

This book helps professionals distinguish between "normal" bereavement and post-traumatic stress disorder in clients. It teaches how to assess, diagnose, and treat post-traumatic stress disorder and help the clients grieve.

Foa, Edna et al. (2007). *Prolonged Exposure Therapy For PTSD: Emotional Processing Of Traumatic Experiences—Therapist Guide*. Oxford: Oxford Univ. Press.

This guide provides information that is needed for professionals to treat post-traumatic stress disorder clients by using prolonged exposure therapy. It describes exposure therapy treatment with sample scripts for sessions and goals for each individual client.

Foa, Edna, Keane, Terence, & Friedman, Matthew. (2004). *Effective Treatments For PTSD: Practice Guidelines From The International Society For Traumatic Stress Studies*. NY: Guilford Press.

This reference book is designed to help professionals help traumatized clients by customizing a treatment plan and an intervention and therapy method that would work best with each individual client.

Foa, Edna and Rothbaum, Barbara Olasov. 2001. *Treating The Trauma Of Rape: Cognitive-Behavioral Therapy For PTSD*. Guilford Press.

This book has step-by-step procedures for utilizing exposure therapy while assessing and treating survivors of sexual assault that also suffer from post-traumatic stress disorder.

Frankl, Viktor. 1997 edition. *Man's Search For Meaning*. Pocket.

The author shares his story about being imprisoned in the concentration camps in Auschwitz and how he found reasons to live. He discusses how a person's goal is to find a meaning and a purpose in the world.

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 book teaches women to understand the impact of trauma on their sexual health and to come to terms with the type of sexual activity and/or sexual interactions they want in their lives. Useful exercises and reflections.

Herman, J. L. (1992). *Trauma & Recovery, The Aftermath Of Violence - From Domestic Abuse To Political Terror*. New York: Basic Books.

This book discusses how to think and treat traumatic events and the affected traumatized victims.

Hyer, Leon and Sohnle, Steven. (2001). *Trauma Among Older People: Issues And Treatment*. NY: Brunner-Routledge.

The book provides case studies and discussions about considering the personality and memory of an elderly person who suffers from trauma and how to treat older adult clients.

Gartner, Richard. 2001. *Betrayed As Boys: Psychodynamic Treatment Of Sexually Abused Men*. Guilford.

This book is about young boys who grow up in incestuous family situations and the treatment that would be needed as adults.

Johnson, Susan. 2004. *Emotionally Focused Couple Therapy With Trauma Survivors: Strengthening Attachment Bonds*. Guilford Press.

This book uses techniques, research, and attachment theory to help heal relationships.

Levy, B. (2006). *In Love And In Danger: A Teen's Guide To Breaking Free Of Abusive Relationships*. Seattle, WA: Seal Press.

This book helps teens answer questions about abusive relationships and help them understand the consequences of staying in the abusive relationship. It includes facts about dating violence, tips, and advice for both the abed and the abuser.

Lew, Mike. 1990. *Victims No Longer: Men Recovering From Incest And Other Sexual Child Abuse*. NY: Harper and Row.

This book provides advice for the sexually abused male survivor to help him understand his childhood experiences, work through issues of trust and intimacy, and set future goals.

Lindquist, S. (2007). *The Essential Guide To Date Rape Prevention*. Trabuco Canyon, CA: Sourcebooks.

This book teaches the reader how to stay safe on a date, avoid date rape target places, and what to do in a date rape situation.

Litz, B. (2003). *Early Intervention For Trauma And Traumatic Loss*. NY: Guilford Press.

This book covers traumatic loss and trauma over the lifespan and how early intervention models can be used in children, adolescents, and adults.

Maltz, W. (2001). *The Sexual Healing Journey: A Guide For Survivors Of Sexual Abuse*. New York: HarperPerennial.

This book defines what abuse is and the different kinds of abuse there are. The author provides a guide to creating healthy and positive approaches to sex.

Maltz, W., & Holman, B. (1991). *Incest And Sexuality: A Guide To Understanding And Healing*. Lexington, MA: Lexington Books.

This book explains the impact incest has on its survivors by providing information on how to move forward past the abuse for the individual and partner.

Naparstek, Belleruth. 1999. *Health Journeys: A Guided Meditation For Healing Trauma*. Insight Paths.

This is designed to help change the feelings of fear, despair, anxiety, and isolation into positive feelings like empowerment, hope, and growth.

Naparstek, Belleruth. 2004. *Invisible Heroes: Survivors Of Trauma And How They Heal*. NY: Bantam. The author uses case studies and research on the brain to explain how trauma affects the left or right hemisphere of the brain and how to treat the traumatized victim.

Nicarthey, G. (2004). *Getting Free: You Can End Abuse And Take Back Your Life*. Seattle, WA: Seal Press.

This book is comprised of stories told by women who have experienced domestic violence and how they escaped from the abusive relationship. Each chapter focuses on an issue and can be easily read and understood by the reader.

Pierce-Baker, C. (2000). *Surviving The Silence: Black Women's Stories Of Rape*. New York: Norton. This book discusses the secrecy of rape within the African American culture and provides stories told by women that have been raped and how they dealt with that trauma.

Resick, Patricia & Monica Schnicke. 1996. *Cognitive Processing Therapy For Rape Victims: A Treatment Manual*. Sage Publications.

This book provides the reader with information about the effects sexual assault and provides treatments to help assist in the healing process.

Resick, Patricia. (2001). *Stress And trauma*. NY: Brunner-Routledge.

This book contains traumatic stress studies and focuses on the most important disorder, post-traumatic stress disorder. It uses research and psychological theories of trauma to help heal.

Rothschild, B. (2000). *The Body Remembers: The Psychophysiology Of Trauma And Trauma Treatment*. NY: Norton.

This book sheds light and insight to the physiological effects of trauma and the memory that the traumatized person has, including the relationship between somatic memory and trauma.

Siegel, Daniel. 1999. *The Developing Mind: How Relationships And The Brain Interact To Shape Who We Are*. NY: Guilford Press.

This book helps the reader understand the brain and how relationships interact with the brain and its processes.

Siegel, Daniel. 2007. *Mindful Brain*. W.W. Norton & Company.

This book provides the reader with tools needed to help maintain mental health and well being.

Siegel, Daniel. 2010. *Mindsight: The New Science Of Personal Transformation*. NY: Bantam.

This book shows how to use mindsight to help heal medical problems such as OCD, depression, traumatic memories, and addictions.

Siegel, Daniel. 2008. *The Neurobiology Of "We": How Relationships, The Mind, And The Brain Interact To Shape Who We Are*. 7 CD's. Sounds True.

These CD's explored how interpersonal relationships shape the mind and promote well-being.

Siegel, Daniel & Hartzell, Mary. 2003. *Parenting From The Inside Out: How A Deeper Self-Understanding Can Help You Raise Children Who Thrive*. New York: Penguin.

This book explores how one's own childhood can influence how one parents. It provides a step-by-step program to help gain an understanding of life story and learn how to parent and form a healthy relationship with children.

.Small, David. 2009. *Stitches...A Memoir*. NY: Norton.

The author tells the story of his childhood, having cancer at only 14 years old, how his parents neglected him, and how art and a therapist saved him.

Warshaw, R. (1994). *I Never Called It Rape: The Ms. Report On Recognizing, Fighting And Surviving Date And Acquaintance Rape*. New York: HarperPerennial.

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

Wiehe, V. R., & Richards, A. L. (1995). *Intimate Betrayal: Understanding And Responding To The Trauma Of Acquaintance Rape*. Thousand Oaks, CA: Sage.

This book provides information about acquaintance rape and strategies for therapists working with rape survivors.

Williams, Mary Beth & Poijula, Soili. (2002). *The PTSD Workbook: Simple, Effective Techniques For Overcoming Traumatic Stress Symptoms*. New Harbinger Publications.

This workbook helps the reader understand the type of PTSD they endured, its symptoms, and strategies to overcome the traumatic stress

Survivors of Sexual Abuse

Couples

Cohn, Ruth. (2011). *Coming home to passion: Restoring loving sexuality in couples with a histories of childhood trauma and neglect*. Praeger.

An extremely well written guide to increase communication and sexually healthy interaction between partners. One of the better books about couples and communication.

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. It also offers strategies for recovery and how to prevent rape 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 of common problems that adults experience when they were abused as children and how to begin to overcome the loss.

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 identify healthy sexuality and to work on regaining confidence in their own healthy sexuality.

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 learn to be more present in their bodies and address PTSD .

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. 2002. *The Sexual Healing Journey: A Guide For Survivors Of Sexual Abuse*. New York, Harper Collins.

This personal therapy guide details what is considered abuse and identifying many types of abuse. It helps address 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 relationships. It discusses the concerns women have when they want to leave a relationships , 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 recognize if abuse is occurring at the workplace; helps the reader take appropriate steps to solve address it.

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

This book discusses historical and cultural aspects of rape..

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 the reality that many black women do not report sexual abuse to authorities. It teaches both men and women to confront abuse and provides guidelines for addressing abuse.

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 she overcame it.

Compulsive/Addictive Behaviors

Carnes, Delmonico, & Griffin. 2007. *In The Shadow Of The Net: Breaking Free Of Compulsive Sexual Behavior*. Hazelden Publishing.

This book utilizes a 12-step approach to overcoming compulsive online behavior. It contains stories about the lives of online sex addicts and how they overcame sexual compulsion.

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

This book helps the reader understand sex offender crimes and treatments available. This book discusses brain differences and brain abnormalities of sex offenders with violent behavior.

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

This book explores how chemical dependency impacts sexual intimacy and families; discusses sexual dysfunctions and treatment. Coleman is a leader in the field.

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 phone sex, visiting prostitutes, cybersex. Provides a guide to help individuals gain understanding and move to 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 addressed as an underlying issue for many problems.

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 complexities.

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

This book discusses the easy availability of pornography and how it can impact relationships. It has many guides and communication exercises for couples who are trying to heal from one partners compulsive use of pornography.

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

This book shows that sexual behaviors can cause problems in other areas of a person's life. It helps gay men understand the difference between sexual compulsion and addiction and non-addictive behaviors. It has resources for recovery help if needed.

Organizations and Websites

Jim Hopper Child Sexual Abuse Resource Page

www.jimhopper.com

This website provides up-to-date information about research related to trauma and PTSD. Includes treatment information such as topics for men abused as children, how meditation and mindfulness can benefit both the therapist and the client.

The Trauma Center

www.traumacenter.org

This website is excellent. Besel Van der Kolk is a leader in the field and the website not only provides referral resource information, but links to many other excellent articles and websites.. It also has training and education programs for professionals. It has an online bookstore for purchasing books and videos.

VOICES (Victims of Incest Can Emerge Survivors) in Action, Inc.

(800) 796-4238

http://ibs.colorado.edu/cspv/infhouse/vioprov/vioprovDetails.php?recordnumber=1008&vio_name=viopro.

This website provides assistance, support, and help for victims of incest and child sexual abuse.

Web Sites

Youth Violence: ERIC Clearinghouse on Urban Education

http://eric-web.t.c.columbia.edu/pathways/youth_violence/

<http://www.usdoj.gov>

This website contains information on youth violence and its prevention and intervention.

HISTORY AND SCIENCE OF SEXUALITY

Meston, C. & Buss, D. 2009. *Why Women Have Sex: Understanding Sexual Motivations From Adventure To Revenge (And Everything In Between)*. NY: Times Books.

This book discusses why women have sex—thoughtful and specific, covering topics like the scent of an individual, genetics, humor, and revenge.

Peiss, K. & Simmons, C. eds. 1989. *Passion And Power: Sexuality In History*. Philadelphia: Temple University Press.

This book explains the experiences, conflicts, and ideas that shape sexuality through history.

Reiss, I. 2006. *An Insider's View Of Sexual Science Since Kinsey*. Lanham, MD: Rowman & Littlefield Pub.

This book explains how the field of sexual science took shape. Discusses several landmark sexuality studies.

Roach, Mary. 2008. *Bonk: The Curious Coupling Of Science And Sex*. Norton.

This book discusses social research and sexuality—delightful and interesting. Full of the history of sex research and some current research studies.

Seidman, S. 2003. *The Social Construction Of Sexuality*. New York: Norton.

This book discusses the ways in which culture and society shape sexuality, as well as the consequences of allowing some sexual practices and not other sexual practices .

Sallie Foley gratefully acknowledges the assistance of Kelli Mahan in the annotation of this bibliography.