

## SEXUALITY BOOKLIST

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### **SEXUAL EDUCATION - LEARNING ABOUT FEMALE SEXUALITY AND DESIRE - ACROSS THE LIFESPAN**

*Come As You Are – Emily Nagoski*

*Finding & Revealing Your Sexual Self* by L. Bennet & G. Holczer (great book for helping women learn about their bodies, what pleases them, and how to communicate with a partner about it)

*Women’s Anatomy of Arousal-* Sherry Winston (one of my favorite books for women- has great pictures.)

*In Search of Aphrodite: Women, Archetypes and Sex Therapy* by Chelsea Wakefield

*Sex Matters for Women* by S. Folie, S. Kope D. Sugrue (excellent, grounded, factual, and very thorough sex education book for women)

*Wanting Sex Again: How to Rediscover Your Sexual Desire and Heal a Sexless Marriage* by L. Watson

*Becoming Orgasmic* by J. Heiman & J. LoPiccolo

*The Elusive Orgasm* by V. Cass

*Return of Desire* by Gina Ogden (exploring desire from the perspectives of heart, mind, body and spirit).

*Passionista-* Ian Kerner (Kerner is young and hip and married...great book for younger women)

*Women’s Sexualities... Women Share Intimate Secrets of Sexual Self-Acceptance* by C. Ellison

*Women’s Sexuality across the Life Span: Challenging Myths, Creating Meaning* by J. Daniluk

*The New Love and Sex After 60* by R. Butler & M. Lewis

### **BOOKS FOR MEN (AND WOMEN WHO WANT TO LEARN ABOUT MALE SEXUALITY)**

*The New Male Sexuality: The Truth about Men, Sex, and Pleasure* by B. Zilbergeld

*The Centerfold Syndrome* by G. Brooks

*Coping with Premature Ejaculation* by M. Metz, & B. McCarthy

*She Comes First-* Ian Kerner (For men who really want to pleasure a woman- fun and informative)

### **SEXUALITY, EROTICISM, UNDERSTANDING YOUR SEXUAL AROUSAL TEMPLATE**

*In Search of Aphrodite: Women, Archetypes and Sex Therapy* by Chelsea Wakefield

*Arousal: The Secret Logic of Sexual Fantasies* by M. Bader

*The Erotic Mind* by J. Morin (exploring core erotic themes)

*In the Garden of Desire: The Intimate World of Women’s Sexual Fantasies* by Wendy Maltz

*Mating in Captivity: Unlocking Erotic Intelligence* by Esther Perel (Perel also has a series of you-tube posts and a Ted Talk about infidelity)

### **SEXUAL HEALING/SEXUAL ABUSE**

*Coming Home to Passion: Restoring Loving Sexuality in Couples with Histories of Childhood Trauma and Neglect* by Ruth Cohn

*The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse* by Wendy Maltz

*Sexual Anorexia: Overcoming Sexual Self-Hatred* by P. Carnes

*Sex in the Forbidden Zone: When Men in Power... Betray Women’s Trust* by P. Rutter (the classic)

### **SEXUAL COMPULSIVITY/PROBLEMS OF PORNOGRAPHY/SEX ADDICTION RECOVERY PRACTICES**

*Living a Life I Love: Healing Sexual Compulsivity, Sexual Addiction, Sexual Avoidance, and Other Sexual Concerns* by W. Edwards

*Out of the Shadows* by Patrick Carnes (classic work by the founder of the treatment movement)  
*The Porn Trap* by W. Maltz  
*Erotic Intelligence: Igniting Hot, Health Sex While in Recovery* by A. Katehakis  
*The Couple's Guide to Intimacy* by B. and G. Bercaw (a guide for rebuilding intimacy after recovery)

**SEXUALITY – from Theology, Philosophy, History, Cultural, Archetypal perspectives**

*The Soul of Sex: Cultivating Life as an Act of Love* (Jungian perspective – somewhat philosophical) by Thomas Moore- who also wrote on Soul Mates)  
*Sacred Pleasure: Sex, Myth, and the Politics of the Body* by sociologist and feminist historian Riane Eisler (this is an excellent book- but a long one)  
*The Erotic Impulse: Honoring the Sensual Self* Edited by D. Steinberg  
*Our Whole Lives* – A wonderfully outlined sexuality program that invites reflection and conversation, begins with developmentally appropriate modules for children and covers the life-span – a collaborative effort by the United Church of Christ and the Unitarian Universalists.

**RELATIONAL SEXUALITY**

*Love Worth Making* – by Steven Snyder  
*Passionate Marriage: Keeping Love & Intimacy Alive in Committed Relationships* by David Schnarch