

Sexuality Resource List:

Our website:

www.fullembodiment.org

Books:

**Come As You Are*, Emily Nagoski

Best sex therapy book written—focused on women, but excellent material

**Better Sex Through Mindfulness*-Lori Brotto

Lots of excellent research and exercises

**Out in the Open*, Louis Schultz

Must read book to understand men

**Women's Anatomy of Arousal*, Sheri Winston

Great for understanding female anatomy

* *Guide to Getting it On*—Paul Joannides

**Vagina*, Naomi Wolf (the first few chapters, gets to political after that)

**The Erotic Mind*, Jack Morin

Great for understanding how to explore sexual fantasies as road to healing early attachment wounds

**The Survivors Guide to Sex*, Staci Haines

Best book for survivors—lots of great exercises, similar to *Sexual Healing* listed below

**The Intimate Couple*, Jack Rosenberg

Living an Orgasmic Life: Heal Yourself and Awaken Your Pleasure—Xanet Pailet

Naked at Our Age: Talking Out Loud About Senior Sex- Joan Price (**she has a variety of books on senior sex and grief**) **including**

Better Than I Ever Expected: Straight Talk about Sex After Sixty—Joan Price

Sexual Healing, Staci Haines

Mating in Captivity, Esther Perel

Excellent for spicing up long-term relationships

The Sexual Healing Journey—Wendy Maltz

Good info on male survivors

Sex on the Brain—Daniel Amen

Lots of good science

*Your Brain on Love—audio series Stan Tatkin

My favorite source on attachment

Slow Sex, Nicole Daedone

Ethical Slut, Dossie Easton and Janet Hardy

Making Love Real, Harel and Hirschman

Hold Me Tight, Sue Johnson

<https://medium.com/@ChrisDonaghue>

sex positive articles by a sex therapist

<https://medium.com/survivors>

<http://www.oprah.com/oprahshow/child-sexual-abuse-6-stages-of-grooming>

OUR BODIES, THEIR BATTLEFIELDS

War Through the Lives of Women

By Christina Lamb

A book on the sexual assault war crimes against women

<https://www.livingwell.org.au/home/about-us/staff-and-team/>

Gary Foster-male survivors

On Raising Sons

<https://humanparts.medium.com/on-raising-sons-7bfe3eb83f7e>

TEDtalks:

Emily Nagoski-Unlocking the Door to your Authentic Sexual Wellbeing

Amy Jo Goddard—Owning Your Sexual Power

Tips for men and dating:

Mate: Become the Man Women Want

[Tucker Max](#) (Author), [Geoffrey Miller PhD](#)

Poly and Kink

Books by Dossie Easton—The Ethical Slut

The New Bottoming Book

The New Topping Book

Porn and Sex Addiction

It's Not About the Sex: Moving from Isolation to Intimacy after Sexual Addiction by [Andrew Suskind](#)

TEDtalk:

How to Be a Sex God—Greg Schmidinger-Porn Induced ED and other sexual problems

The Great Porn Experiment

<https://youtu.be/wSF82AwSDiU>

How Porn is Destroying Young Men

<https://youtu.be/3adhnlRoxig>

Films:

Men's sexuality:

The Mask You Live In—Netflix

https://youtu.be/PaIna_k8Ne0 trailer

<https://youtu.be/I1OI9B0V5IA> full movie

Great documentary on the toxicity of patriarchy and how it affects men and drives crime

"The Feminist in Cellblock Y"

<https://www.youtube.com/watch?v=JYxTzsabkH8>

The Good Men Project

<https://goodmenproject.com/>

<https://mankindproject.org/>

Misrepresentation.com

Boyhood Shadows—a documentary on male sexual abuse

<https://vimeo.com/61440945>

A Danish Children's TV Show Has This Message: 'Normal Bodies Look Like This'
The program aims to counter social media that bombards young people with images of perfect bodies.

<https://www.nytimes.com/2020/09/18/world/europe/denmark-children-nudity-sex-education.html?smid=em-share>

Sexological bodywork: <http://sexologicalbodyworkers.org/>

HAI global Human Awareness Institute

<http://www.hai.org/>

beautiful, deep sexuality/intimacy workshops if you can tolerate being around naked people. There is always a choice to be naked or not

Light/Dark Institute

<http://www.lightdarkinstitute.com/>

Blog on African women and sexuality

<https://adventuresfrom.com>

"Sex Lives of African Women" Nana Darkoa Sekyiamah

<http://www.afrosexology.com/home>

great resource to support healthy sexuality among African Americans

Betty Martin—superb info on consent and touch
Wheel of Consent

<https://bettymartin.org/videos/>

https://youtu.be/auokDp_EA80

Miss Jaiya—erotic blueprints

<https://missjaiya.com/>

take the test to discover your erotic styles

Trauma Healing:

Somatic Experiencing:

www.traumahealing.org

teens

S.E.X by Heather Corinna

Peggy Orenstein—*Boys and Sex*
Girls and Sex

<https://www.upworthy.com/5-everyday-ways-to-teach-your-kids-about-consent>

<http://www.makesexeasy.com/consent-accidents-consent-violations/>

Brain Science:

Daniel Siegel

Norman Doidge

Rick Hansen

LGTBQ and the church

<https://youtu.be/rP01bH9Ljf4>

Sex, God, and the Conservative Church: Erasing Shame from Sexual Intimacy, Tina Schermer Sellers

<https://www.soulforce.org/values>

Sabotage Christian Supremacy

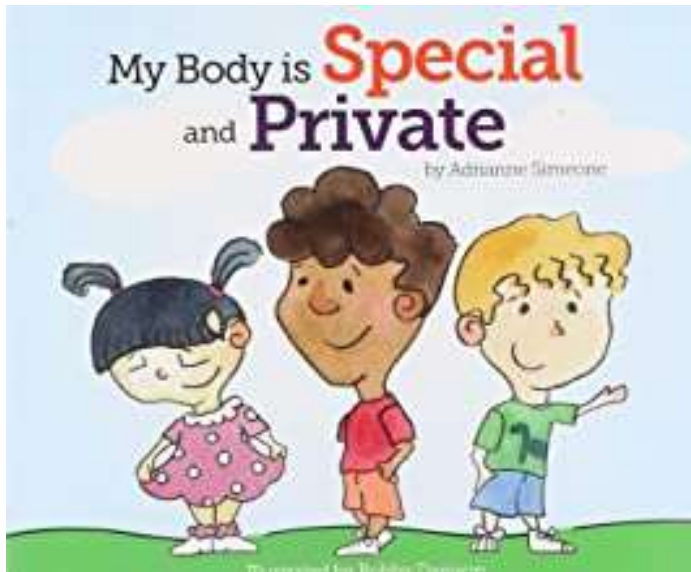
Trans:

<https://www.allure.com/story/transgender-body-dysmorphia-gender-dysphoria-effects>

<https://roygbiv.jezebel.com/stop-confusing-gender-dysphoria-with-body-dysmorphia-al-1583049920>

"Trans Bodies, Trans Selves"—Laura Erickson-Schroth

Teaching kids about their bodies and consent



My Body is Special and Private

by Adrienne Simeone and Bobby Davison