

**Beth Apfelbaum, MFT, CA License # MFC 43095**

543 Castro Street • San Francisco, CA 94114 • (415) 863-2222

830 Bancroft Way, Suite #110 • Berkeley, CA 94710



## RECOMMENDED READS: Sexual Healing, Exploration & Transformation

*All of these reads are highly recommended. My go-to books, however, are the ones listed in bold. They're my personal favorites, as well as the books I've found most useful in my work.*

### AGING

Boston Women's Health Book Collective and Judy Norsigian, *Our Bodies, Ourselves: Menopause*

**Chopra, Deepak, *Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old***

Doress-Worters, Paula B., Diana Laskin Siegal and Roselaine Perkis, *The New Ourselves, Growing Older: Women Aging with Knowledge and Power*

Ellison, Carol, *Women's Sexualities: Generations of Women Share Intimate Secrets of Sexual Self-Acceptance*

Kliger, Leah and Deborah Nedelman, *Still Sexy After All These Years? The 9 Unspoken Truths about Women's Desire Beyond 50*

Northrup, Christiane, *The Wisdom of Menopause: Creating Physical and Emotional Health During The Change*

### ANATOMY/SEXUAL FUNCTION, HEALTH AND SELF-CARE

Angier, Natalie, *Woman: An Intimate Geography*

**Blank, Joani, *Femalia***

**Boston Women's Health Collective, *The New Our Bodies, Ourselves***

Foley, Sallie, Sally A. Kope and Dennis P. Sugrue, *Sex Matters for Women, Second Edition: A Complete Guide to Taking Care of Your Sexual Self*

Northrup, Christiane, *Women's Bodies, Women's Wisdom: Creating Physical & Emotional Health & Healing*

**Winston, Sheri, *Women's Anatomy of Arousal: Secret Maps to Buried Pleasure***

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### **BDSM (Bondage and Discipline, Dominance and Submission, Sadism and Masochism)**

**Brame, Gloria G., William D. Brame and Jon Jacobs, *Different Loving: The World of Sexual Dominance and Submission***

Easton, Dossie and Hardy, Janet W., *The New Topping Book*

Hardy, Janet W. and Dossie Easton, *The New Bottoming Book*

Moore, Thomas, *Dark Eros: The Imagination of Sadism*

### **BISEXUALITY**

Hutchins, Loraine and Lani Ka'ahumanu, eds., *Bi Any Other Name: Bisexual People Speak Out*

Ochs, Robyn and Sarah Rowley, *Getting Bi: Voices of Bisexuals Around the World*, Second Edition

Weise, Elizabeth Reba, *Closer to Home: Bisexuality and Feminism*

### **FANTASIES/DESIRE**

#### **Background**

Bergner, Daniel, *What Do Women Want? Adventures in the Science of Female Desire*

Buss, David, *The Evolution of Desire: Strategies of Human Mating*

**Morin, Jack, *The Erotic Mind: Unlocking the Inner Sources of Passion and Fulfillment***

#### **Experiential/Practical**

Hall, Kathryn, *Reclaiming Your Sexual Self: How You Can Bring Desire Back into Your Life*

**Friday, Nancy, *My Secret Garden: Women's Sexual Fantasies***

Friday, Nancy, *Forbidden Flowers: More Women's Sexual Fantasies*

Maltz, Wendy and Suzie Boss, *Private Thoughts: Exploring the Power of Women's Sexual Fantasies*

**Morin, Jack, *The Erotic Mind: Unlocking the Inner Sources of Passion and Fulfillment***

### **FINDING A PARTNER**

**Hendrix, Harville, *Keeping The Love You Find: A Personal Guide***

**Thomas, Katherine Woodward, *Calling In "The One": 7 Weeks to Attract the Love of Your Life***

### **GREAT SEX**

Joannides, Paul, and Daerick Gröss Sr., *Guide to Getting It On! A Book About the Wonders of Sex*

**Kerner, Ian, *She Comes First: The Thinking Man's Guide to Pleasuring a Woman***

Resnick, Stella and Riane Eisler, *The Pleasure Zone: Why We Resist Good Feelings & How to Let Go and Be Happy*

Sprinkle, Annie, *Dr. Sprinkle's Spectacular Sex: Make Over Your Love Life with One of the World's Great Sex Experts*

Taormino, Tristan, *The Ultimate Guide to Anal Sex for Women*

**Winks, Cathy and Anne Semans, *The Good Vibrations Guide to Sex: The Most Complete Sex Manual Ever Written***

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### **LESBIAN**

#### **Sex**

Newman, Felice, *The Whole Lesbian Sex Book: A Passionate Guide for All of Us*

Caster, Wendy, *The Lesbian Sex Book, 2<sup>nd</sup> Edition: A Guide for Women Who Love Women*

#### **Relationships**

Clunis, Merilee and G. Dorsey Green, *Couples: A Guide to Creating Healthy Lesbian Relationships*

Corwin, Glenda, *Sexual Intimacy for Women: A Guide for Same-Sex Couples*

Lovebook and Robyn Durst, *I Love You: The Activity Book for Lesbian Couples*

### **POLYAMORY/NON-MONOGRAMMY**

Anapol, Deborah, *Polyamory: The New Love Without Limits, Secrets of Sustainable Intimate Relationships*

Easton, Dossie and Catherine Liszt, *The Ethical Slut: A Practical Guide to Polyamory, Open Relationships & Other Adventures*

**Ryan, Christopher and Cacilda Jetha, *Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships***

Taormino, Tristan, *Opening Up: A Guide to Creating and Sustaining Open Relationships*

**Veaux, Franklin, *More Than Two: A Practical Guide to Ethical Polyamory***

West, Celeste, *Lesbian Polyfidelity: A Pleasure Guide for All Women Whose Hearts Are Open to Multiple Sexualloves, or, How to Keep Nonmonogamy Safe, Sane, Honest & Laughing, You Rogue!*

### **PORNOGRAPHY/SEX WORK**

Cambridge Women's Pornography Cooperative, *Porn for Women*

Nagle, Jill, *Whores and Other Feminists*

Taormino, Tristan, *The Feminist Porn Book: The Politics of Producing Pleasure*

### **PSYCHOSPIRITUAL GUIDANCE**

Adyashanti, *Falling Into Grace: Insights on the End of Suffering*

Adyashanti, *True Meditation: Discover the Freedom of Pure Awareness*

**Hanson, Rick, and Richard Mendius, *Buddha's Brain: The Practical Neuroscience of Happiness, Love & Wisdom***

Hanson, Rick, *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*

**Katie, Byron, *Loving What Is: Four Questions That Can Change Your Life***

Katie, Byron, *I Need Your Love – Is That True?: How to Stop Seeking Love, Approval, and Appreciation and Start Finding Them Instead*

Kahn, Matt, *Whatever Arises, Love That: A Love Revolution That Begins with You*

**Prendergast, John J., *In Touch: How to Tune In to the Inner Guidance of Your Body and Trust Yourself***

**Tolle, Eckhart, *The Power of Now: A Guide to Spiritual Enlightenment***

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### **SACRED SEXUALITY**

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Bonheim, Jalaja, *Aphrodite's Daughters: Women's Sexual Stories and the Journey of the Soul*

Eisler, Riane, *Sacred Pleasure: Sex, Myth, and the Politics of the Body*

**Gendreau, GERALYN, ed., *The Marriage of Sex and Spirit: Relationships at the Heart of Conscious Evolution***

Guy, David, *The Red Thread of Passion: Spirituality and the Paradox of Sex*

Heyward, Carter, *Touching Our Strength*

Ogden, Gina, *The Heart and Soul of Sex: Making the ISIS Connection*

Somé, Sobonfu E., *The Spirit of Intimacy: Ancient Teaching in the Ways of Relationships*

Timmerman, Joan H., *Sexuality and Spiritual Growth*

**Wade, Jenny, *Transcendent Sex: When Lovemaking Opens the Veil***

#### **Practice**

**Anand, Margot, *The Art of Sexual Ecstasy: The Path of Sacred Sexuality for Western Lovers***

**Carrellas, Barbara, *Urban Tantra: Sacred Sex for the Twenty-First Century***

Hendricks, Gay, *Ecstatic Sex*

Moore, Thomas, *The Soul of Sex: Cultivating Life as an Act of Love*

Stubbs, Kenneth Ray, *The Essential Tantra: A Modern Guide to Sacred Sexuality*

### **SELF-PLEASURING**

Barbach, Lonnie, *For Yourself: The Fulfillment of Female Sexuality*

Blank, Joani, *Good Vibrations: The Complete Guide to Vibrators*

Blank, Joani, ed., *I Am My Lover: Women Pleasure Themselves*

Cornog, Martha, *The Big Book of Masturbation: From Angst to Zeal*

**Dodson, Betsy, *Sex for One: The Joy of Self-Loving***

### **SEX IN RELATIONSHIP**

Barbach, Lonnie, *For Each Other: Sharing Sexual Intimacy*

Love, Patricia and Jo Robinson, *Hot Monogamy: Essential Steps to More Passionate, Intimate Lovemaking*

**Perel, Esther, *Mating in Captivity: Unlocking Erotic Intelligence***

**Schnarch, David, *Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships***

### **SEXUAL EXPRESSION/EXPLORATION/TIPS/FUN**

Ogden, Gina, *Women Who Love Sex: Ordinary Women Describe Their Paths to Pleasure*

Queen, Carol, *Exhibitionism for the Shy: Show Off, Dress Up and Talk Hot!*

Semans, Anne and Cathy Winks, *The Women's Guide to Sex on the Web*

Tisdale, Sallie, *Talk Dirty to Me: An Intimate Philosophy of Sex*

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### **SEXUAL & GENDER DIVERSITY**

Hillman, Thea, *Intersex (For Lack of a Better Word)*

Queen, Carol, ed., *Pomosexuals: Challenging Assumptions about Gender and Sexuality*

### **SEXUAL HEALING**

Bass, Ellen and Laura Davis, *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse*

Enslar, Eve, *The Vagina Monologues: The V-Day Edition*

Goodwin, Aurelie Jones and Marc E. Agronin, *A Woman's Guide to Overcoming Sexual Fear and Pain*

**Haines, Staci, *The Survivor's Guide to Sex: How to Create Your Own Empowered Sexuality After Childhood Sexual Abuse***

Heiman, Julia, and Joseph LoPiccolo, *Becoming Orgasmic: A Sexual & Personal Growth Program for Women*

Kasl, Charlotte, *Women, Sex and Addiction: A Search for Love and Power*

**Nagoski, Emily, *Come as You Are: The Surprising New Science that Will Transform Your Sex Life***

Ogden, Gina, *The Return of Desire: A Guide to Rediscovering Your Sexual Passion*

**Parnell, Laura, *Tapping In: A Step-By-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation***

Zoldbrod, Aline, *Sex Smart: How Your Childhood Shaped Your Sexual Life and What to Do With It—Transform Your Sex Life*

### **SIZE**

Blank, Hanne, *Big Big Love, Revised: A Sex and Relationships Guide for People of Size (and Those Who Love Them)*

Weinstein, Rebecca Jane, *Fat Sex: The Naked Truth*

### **SKILLS FOR SUCCESSFUL RELATIONSHIPS**

**Chapman, Gary, D., *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate***

Gottman, John, M., *The Seven Principles for Making Marriage Work*

**Hendricks, Gay, and Cathlyn Hendricks, *Conscious Loving: The Journey to Co-Commitment***

**Hendrix, Harville, *Getting the Love You Want: A Guide for Couples, 20th Anniversary Edition***

Lerner, Harriet, *The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships*

**Psaris, Jett & Marlena S. Lyons, *Undefended Love***

Real, Terrence, *The New Rules of Marriage: What You Need to Know to Make Love Work*

Richo, David, *How to Be an Adult in Relationships: The Five Keys to Mindful Loving*

Rosenberg, Marshall, *Nonviolent Communication: A Language of Life*

### **WOMEN OF COLOR**

Herrera Mulligan, Michelle, and Robyn Moreno, *Border-Line Personalities: A New Generation of Latinas Dish on Sex, Sass, and Cultural Shifting*

Rose, Tricia, *Longing to Tell: Black Women Talk About Sexuality and Intimacy*