

A Resource Guide for Women's Sexual Health

The books listed are helpful in gaining a better understanding of sex therapy, sexual health, and or couples. Listed with asterisk (*) are books that may be helpful to your clients. *Note: This is not a complete list of all the books and resources, but rather a good starting point.*

- Burns, A., Lovich, R., Maxwell, J., & Shapiro, K. 1997. Where women have no doctor: A health guide for women. Berkeley, CA: Hesperian Foundation.*
- Dodsworth. 2015. Bare Reality: 100 Women, Their Breasts, Their Stories*
- Foley, S., Kope, S., & Sugrue, D. 2012. Sex matters for women: a complete guide to taking care of your sexual self. 2nd Ed., NY: Guilford Press.
- Goldstein & Pukall, 2011 When Sex Hurts: A Woman's Guide to Banishing Sexual Pain.*
- Heiman, J. Becoming Orgasmic: A Sexual and Personal Growth Program for Women*
- McCarthy & McCarthy. 2018. Finding Your Sexual Voice
- Olson. 2008. This Is Who I Am: Our Beauty in All Shapes and Sizes*
- Karass, N. 2003. Petals
- Brotto, L. 2018. Better Sex Through Mindfulness: How Women Can Cultivate Desire
- Brotto, L. A., Basson, R., & Luria, M. (2008). A mindfulness-based group psychoeducational intervention targeting sexual arousal disorder in women. J Sex Med, 5, 1646–1659.
- Kerner. 2006. He Comes Next: The Thinking Woman's Guide to Pleasuring a Man
- Diamond, L. (2009). Sexual fluidity: Understanding women's love and desire. Cambridge: Harvard University Press.
- Lindau, S. T., et al. (2015). A manifesto on the preservation of sexual function in women and girls with cancer. Am J Obstetric and Gynecology, 213(2), 166-74.
- Buehler, S., & Seeberger, C. (2004). Sex therapy and the treatment of vulvodynia. National Vulvodynia Association Newsletter.
- Desrochers, G., Bergeron, S., Khalife, S., Dupuis, M. J., & Jodoin, M., (2009). Fear avoidance and self-efficacy in relation to pain and sexual impairment in women with provoked vestibulodynia. Clin J Pain, 25, 520–527.
- Payne, K. A., Binik, Y. M., Amsel, R., Khalife, S. (2005). When sex hurts, anxiety and fear orient attention towards pain. European Journal of Pain, 9, 427–436.
- Bober, S. L., et al. (2015). How to ask and what to do: A guide for clinical inquiry and intervention regarding female sexual health after cancer. Curr Opin Support Palliat Care, 9, 1-11.
- Hendrix, H. 2007. Getting the Love You Want: A Guide for Couples

