

# Books & Videos: Resolving Sexual Concerns

*compiled by*

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Some sexual concerns are partly caused by lack of information. Very often a book or video can help resolve these problems. Should the problem persist, contact a sex therapist for specialized help.

## Female Sexuality

*Becoming Orgasmic: A Sexual and Personal Growth Program for Women*, Julia Heiman & Joseph Lopiccolo, Simon & Schuster, 1992

*Great Sex for Moms*, Valerie Raskin, M.D., Simon & Schuster, 2002.

## Male Sexuality

*Coping With Premature Ejaculation: How to Overcome PE, Please Your Partner & Have Great Sex* - Michael E. Metz and Barry W. McCarthy, 2004.

*Coping With Erectile Dysfunction: How to Regain Confidence and Enjoy Great Sex* - Michael E., Ph.D. Metz and Barry W., Ph.D. McCarthy, 2004.

## Sexual Recovery After Sexual Trauma

*The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse* (Revised Edition) - Wendy Maltz, 2001.

## Desire / Couples Sexuality

*Reclaiming Desire: 4 Keys to Finding Your Lost Libido* - Paperback by Andrew Goldstein M.D. and Marianne Brandon Ph.D., 2009.

*Rekindling Desire: A Step by Step Program to Help Low-Sex and No-Sex Marriages* - Barry W. McCarthy and Emily J. McCarthy, 2003. *Sexual Healing Journey: A Guide for Survivors of Sexual Abuse* (Revised Edition) - Wendy Maltz, 2001.

## Relationship and Communication

*The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert* by John M. Gottman and Nan Silver, 2000.

## Erotica

*Erotic Interludes: Tales Told by Women*, Lonnie Barbach, Penguin USA, 1995 .

*The Erotic Edge: Erotica For Couples*, Lonnie Barbach, Plume, 1996 and look for other erotica collections by this author / editor.

Lady porn: [www.deborahfilms.com](http://www.deborahfilms.com), [www.femmeproductions.com](http://www.femmeproductions.com)

## **Gay, Lesbian, & Bisexual**

*Lesbian Sex*, Joann Loulan, Spinsters Ink, 1999.

*Permanent Partners: Building Gay and Lesbian Relationships That Last*, Betty Berzon, Plume, 1990.

*The Bisexual Option*, Fritz Klein, MD, Haworth, 1993.

## **Sexual Compulsivity**

*The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography* by Wendy Maltz and Larry Maltz, 2009.

*Facing the Shadow: Starting Sexual and Relationship Recovery*, Patrick Carnes, Hazeldon, 2001.

## **Sex Without Pain**

*Sex and Back Pain*, Lauren Andrew, Pt., Herbert, IMPAAC USA, 1997.

*Secret Suffering: How Women's Sexual and Pelvic Pain Affects Their Relationships (Sex, Love, and Psychology)* by Susan Bilheimer and Robert J. Echenberg M.D., 2009.

*A Headache in the Pelvis: A New Understanding and Treatment for Chronic Pelvic Pain Syndromes - Perfect Paperback* - David Wise and Rodney Anderson, 2010.

*A Woman's Guide to Overcoming Sexual Fear & Pain* by Aurelie Jones Goodwin and Marc E., M.D. Agronin, 1997.

National Vulvodynia Association: [www.nva.org](http://www.nva.org)

[www.vaginismus.com](http://www.vaginismus.com) - treatment kit.

Order catalogs and videos from:

- [www.goodvibes.com](http://www.goodvibes.com)
- [www.sinclairinstitute.com](http://www.sinclairinstitute.com)
- [www.lovingsex.com](http://www.lovingsex.com) or Alexander Institute