



Sexual Health Resources:

For expert help with sexual health issues:

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Intimacyhealth.com- Click on "What's on your mind?" at the lower right-hand corner of the website for a free chat.

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Erotic Novels:

You may want to start by looking at your local independent book store. Also on Amazon, just go the book section and search for topics such as "erotica," or "sex," or any other particular topic that you are interested in. Some examples include:

- Trilogy by E.L. James
 - Fifty Shades of Grey
 - Fifty Shades of Darker
 - Fifty Shades Freed
- Sleeping Beauty Trilogy by Anne Rice
- Crossfire Novel Series by Sylvia Day
- Boys and Girls Together by William Goldman
- Candy by Maxwell Kenton
- Couples by John Updike
- Diary of Anais Nin by Anais Nin
- Fanny Hill by John Cleland
- Flowers of Evil by Charles Baudelaire
- Forbidden Flowers by Nancy Friday
- The Four Gated City by Doris Lessing
- The French Lieutenant's Woman by John Fowles.
- The Group by Mary McCarthy
- The Happy Hooker by Xavier Hollander
- The Joy of Sex by Alex Comfort
- The Kama Sutra by Vatsayana
- Little Birds, by Anais Nin
- Love Poems by Anne Sexton
- More Joy by Alex Comfort
- More life and Loves by Frank Harris
- My secret Garden by Nancy Friday
- Myra Breckinridge by Gore Vidal
- The Pearl by Anonymous,
- The Sensuous Couple by Robert Chartham
- The Sensuous Woman, "J"
- The Story of O by Pauline Reage
- Valley of the Dolls by Jacqueline Susann

- All Nora Roberts Novels
- The Delta of Venus by Anais Nin
- Flesh tones: A novel by M.J. Rose
- Henry and June by Anais Nin

-Nancy Friday's compilations of women's erotic fantasies, such as My Secret Garden, Forbidden Flowers and Beyond My Control. Mostly, but not entirely all hetero centric. Also includes variant arousal scenarios. Friday's Men In Love (mostly male fantasies- not entirely hetero centric) may also be appealing.

Other Fiction (short stories, etc.)

- The Hot Spots: The Best Erotic Writing in Modern Fiction (edited by J.H. Blair).
- The Naughty Bits- edited by Jack Nurningham
- Any 2 People Kissing by Kate Dominic
- Best American Erotica – edited by Susie Bright.
- Oysters Among Us: Erotic Tales of Wonder by Susannah Indigo.
- Orgasmic Erotica for Women- edited by Rachel Kramer Bussel
- Erotic Travel Tales-edited by Mitzi Szereto
- From Porn to Poetry: Clean Sheets Celebrates the Erotic Mind by Sam L. Garcia
- Blue Angel by Francine Prose
- Literotica, edited by Lori Selke
- Dirty Words edited by M. Christian
- Erotic Fairy Tales by Mitzi Szereto
- California Screaming by Charles-Gene McDaniel
- Erotic Anthologies by Ellen Barnard
- Bar Stories by Charles-Gene McDaniel
- Noirotica 3 by Adrienne Benedicks
- Sex Spoken Here: Good Vibrations Erotic Reading Circle Selections
- Women on Top by Nancy Friday
- Best Women's Erotica edited by Rachel Kramer Bussel

Website for Erotic Short Stories- mostly FREE

- www.lushstories.com
- www.literotica.com
- www.lelo.com
- www.frolicme.com
- www.myerotica.com
- www.dreame.com/story
- www.spreaker.com
- You can also find erotic fiction on Reddit at r/writing

Nonfiction Books about Sexuality:

- The Elusive Orgasm by Vivienne Cass
- Five Minutes to Orgasm every Time You Make Love by D. Claire Hutchins
- Becoming Orgasmic by Julia Heiman, PhD
- I Love Female Orgasm by Doriain Solot
- For Yourself: The Fulfillment of Female Sexuality by Lonnie Barbach
- ESO" by Alan Brauer, M.D.
- The Sex Starved Marriage by Michele Weiner-Davis
- Sex for the Clueless by Marcy Sheiner
- Male Erotic Massage: a Guide to Sex and Spirit by Kenneth Ray Stubbs
- Her Way: Young Women Remake the Sexual Revolution by Paula Kamen

- The Art of Sensual Loving: an Illustrated Guide by Dr. Andrew Stanway
- Satisfaction: The Art of Female Orgasm by Kim Cattrall
- Beyond the Closet: The Transformation of Gay and Lesbian Life by Steven Seidman
- The Sexual Life of Catherine M. By Catherine Millet
- The Clitourist: A Guide to One of the Hottest Spots on Earth by Karen Salmansohn
- Good Vibrations Guide to Sex by Anne Semans
- Sex Matters for Women: A Complete Guide to Taking Care of Your Sexual Self, by Sallie Foley
- Love Yourself: the fulfillment of Female Sexuality, by Lonnie Barbach
- Reclaiming Your Sexuality, by Kathryn Hall
- Our Bodies, Ourselves, by Boston Women's Health Book Collective and Judy Norsigian
- The Better Sex Guide to Extraordinary Lovemaking, by Yvonne Fulbright
- The Art of Sex Coaching, by Elena Aguilar, and Emily Ellet.
- Anatomy of Love, by Helen Fisher
- The Kinsey Male and Female volumes, by Alfred Kinsey
- The Behavioral Treatment of Sexual Problems, by Jack Annon,
- For Yourself by Lonnie Barbach
- The Sex Researchers, by Ed Brecher,
- Sexual Variance, by Vern Bullough
- The Sex Atlas, by Erwin Haeberle,
- Liberating Masturbation by Betty Dodson,
- New Male Sexuality, by Bernie Zilbergeld,
- The Erotic Mind, by Jack Morin, PhD
- The Joy of Sex, By Alex Comfort
- S&M: The Last Taboo, by Greene and Green
- Constructing the Sexual Crucible, by D. Schnarch
- Sexual Pharmacology, by Crenshaw and Goldberg
- The History of Sex: vol1, by M. Foucault
- The Orgasm Loop, by Susan Crain Bakos
- You Just Don't Understand, by Deborah Tannen
- Super Marital Sex, by Paul Pearsall
- The Five Love Languages, by Gary Chapman
- Men are From Mars, Women are From Venus, by John Gray
- My Secret Garden, by Nancy Friday
- Bad Sex, by Nona Willis Aronowitz

Audio

Download the "Audible.com" App, or you can go to Audible.com on your computer. Search for Erotica, sex, or whatever you want to look for.

Erotic Films:

A Google search for "list of erotic films" will uncover many such title for your viewing pleasure. You may also find an interesting list at www.estherperel.com.

Erotic Videos:

There are many search engines specifically for erotic material: PornMD.com, Pornhub.com, XNXX.COM, XVIDEOS.COM, XHamster.com, etc. Be careful, some less known sites may contain computer viruses.

Instructional Videos (how to have better sex, or deal with specific sexual health problems):

www.sinclairinstitute.com

Podcasts- Go to the “podcasts” app on your iPhone, or use some other podcast search engine. Then do a Search for “erotica,” or “sex,” or some other similar topic. You’ll find all kinds of great FREE podcasts. Some examples include:

- Expanded Lovemaking
- I Want Your Sex- sexy short stories
- Juicy Talk for Women- Women talking about sex topics
- Laura Berman Better Sex Podcast
- Life on the Swingset
- A Woman’s Perspective
- Sex with Emily
- Hot Sex- sex Information
- The Kiss Me Quick’s: Erotic Stories
- Silken on Sex
- Violet Blue’s Open Source Sex
- And many others- just search your podcast search engine, with search words such as “sexual health,” “erotica,” “sex stories,” or whatever else interests you.

Kegel (pelvic floor) Training

- Kegelmaster may be helpful for improving pelvic floor tone, which may help with orgasm. -
- The Elvie Pelvic Floor Trainer actually comes with an App for your phone to give you feedback.
- You can easily purchase weighted Kegel balls of different sizes that may also be helpful.

Vibrators types for women: Take into account do you want a cord or cordless? Also, do you want it waterproof for tub or shower fun? There are many types of vibrators. Go to McMinnMD.com, and scroll down to the documents section. There download the document “vibrator types.” This document will tell you about the different types of vibrators and will show you an illustration. The 4 basic types of vibrators are as follows:

- Eroscillator- Endorsed by Dr. Ruth. It oscillates instead of vibrating. Must be plugged in.
- Hitachi Magic Wand- Best rated by women for achieving orgasm.
- Bullet vibrators (also known as Egg vibrators)- Compact, and quite. Excellent for travel.
- Classic penetrating vibrators- including the popular “rabbit” vibrators that include an appendage to stimulate the clitoris.

Vibrators and sex toys for men:

- Pulse
- Verspanken
- Hummingbird attachment for magic wand.
- Prostate stimulators

Warming Gel for Women

Promescent Female Arousal Gel

Web Sites for toys: There are many options, for example:

www.adameve.com

www.babeland.com

<https://medamour.com>

<https://usstore.tenga.co/collections/egg-series>

<https://www.jejoue.com>

<https://www.hotoctopuss.com>

<https://uberlube.com>

<https://magicwandoriginal.com>

www.sinclairinstitute.com

www.amazon.com actually carries many sex toys.

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