

Mature Women's Centre - Sexual Health Reading List



The Mature Women's Centre strives to empower women to make informed decisions about their health. We have compiled a listing below of some titles related to sexual health. Please note that inclusion on this list does not imply that the Mature Women's Centre endorses all of the information within these books.

Female Sexuality

- Becoming Orgasmic: A Sexual and Personal Growth Program for Women; Heiman, J. and LoPiccolo, J.
- Erotic Interludes; Barbach, L.
- For Each Other: Sharing Sexual Intimacy; Barbach, L.
- For Yourself: The Fulfillment of Female Sexuality; Barbach, L.
- Forbidden Flowers; Friday, N.
- My Secret Garden; Friday, N.
- Pleasures; Barbach, L.
- Sex for One: The Joy of Self Loving; Dodson, B.
- Women Discover Orgasm; Barbach, L.
- Women's Experience of Sex; Kitzinger, S.

Aging and Sexuality

- Love and Sex After Sixty; Butler, R.N., Lewis, M
- Sexual Health In Later Life; Walz, T.H., Blum N.S.
- The New Sex Over 40; Rosenthal, S.H.

Making Sex Exciting Again

- 101 Nights of Great Sex; Corn, L.
- Great Sex for Life; Sonntag, L.
- How to Make Love to the Same Person for the Rest of Your Life *and Still Love it; O'Connor, D.
- Massage for Lovers; Lacroix, N.
- Secrets for Lovers; Stanway, A.
- The New Joy of Sex; Comfort, A.
- The Ultimate Sex Book; Hooper, A.

Relationships

- Getting the Love You Want; Hendrix, H.
- How to Make Love to the Same Person for the Rest of Your Life *and Still Love it; O'Connor, D.
- Rekindling Desire: A Step by Step Program to Help Low-Sex and No-Sex Marriages; McCarthy, B., McCarthy, E.
- The Dance Of Anger; Lerner, H.
- The Seven Principles for Making Marriage Work; Gottman, J.M., Silver N.

Sexual Pain

- A Woman's Guide to Overcoming Sexual Fear & Pain; Jones Goodwin, A., Agronin, M E
- I Laughed So Hard (I Peed My Pants!); Berzuk K
- Private Pain: It's About Life, Not Just Sex...Understanding Vaginismus & Dysparunia; Katz, D.
- The V Book: A Doctor's Guide to Complete Vulvovaginal Health; Stewart, E.
- The Vulvodynia Survival Guide: How to Overcome Painful Vaginal Symptoms and Enjoy an Active Lifestyle; Howard I., Rodke
- When a Woman's Body Says No to Sex: Understanding and Overcoming Vaginismus; Vallins, L.

Male Sexuality

- PE: How to Overcome Premature Ejaculation; Kaplan, H.
- Sex for One; Dodson, B.
- The New Male Sexuality; Zilbergeld, B.
- Understanding the American Male: Men with Sexual Problems and What Women Can Do to Help Them; Margolies, E.

Sexual Counselling

- Couple Sexual Awareness: Building Sexual Happiness; McCarthy B., McCarthy E.
- In Touch: Putting Sex Back into Love and Marriage; Chernick, B., Chernick N.
- Heterosexuality; Masters, Johnson & Kolodny
- The Magic of Sex; Stoppard, M.