

BOOK LIST

Different Me, Different Us: the readable part of couples therapy by: Maddie Hundley, LMFT


Drawing on her experience as a marriage and family therapist and sex therapist, Maddie Hundley, LMFT, presents therapeutic insights in an accessible and relatable manner. This book delivers gatekept psychoeducation, typically reserved for couples therapy, without the high cost, enabling couples to maximize their therapy sessions and use the knowledge they've gained.


Mating in Captivity by: Esther Perel

Within this book, Esther Perel takes you on a journey through the paradoxical union of domesticity and sexual desire while explaining the steps to bring lust home. Mating in Captivity discusses how our cultural inclination for equality, togetherness, and absolute honesty contrasts with erotic desire. In the knowledge shared, Esther Perel shares her take on bedroom dynamics, which promises to liberate, provoke, and enchant. Perel writes to invite all to reignite the passion in sex, putting the "X" back in sex.

State of Affairs by: Esther Perel

In this book, Esther Perel studies the phenomenon of affairs to write and show readers that coming back from infidelity is possible. While it can be challenging, the right recipe shows couples how to grow and learn from the experience. Esther Perel dives into a phenomenon that, while common, is often avoided in conversations to show readers that, while messy, it can create a new relationship with the same person.





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She Comes First by Ian Kerner


Ian Kerner offers a radical new philosophy for pleasuring women in *She Comes First*—an essential guidebook to oral sex. An indispensable aid to a healthier, more fulfilling sex life for her and him, *She Comes First* offers techniques and philosophy that have already earned raves.


Come As You Are by Emily Nagoski

An essential exploration of why and how women's sexuality works—based on groundbreaking research and brain science—that will radically transform your sex life into one filled with confidence and joy. The first lesson in this transformative book is that every woman has her own unique sexuality, like a fingerprint, and that women vary more than men in our anatomy, our sexual response mechanisms, and the way our bodies respond to the sexual world. Once you understand these factors, and how to influence them, you can create for yourself better sex and more profound pleasure than you ever thought possible.

Sex Outside the Lines by Chris Donaghue

Dr. Chris Donaghue examines the many ways in which accepting society's "truths" has led to the end of long-term relationships and sexual pleasure. The spread of misinformation is trickling into the bedroom and preventing people from having the sex life they're entitled to. Within the pages of this book, Donaghue uses "sex-positive" therapy practices to pull apart cultural phobias, a kind of sexual deprogramming that helps people see and accept the desires they have — even if they don't align with societal expectations — are natural, healthy, and part of having a great sex life.





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The New Topping Book

by Dossie Easton & Janet W. Hardy


Dossie Easton and Janet W. Hardy tackle some of the issues that have come up for tops in the last six years: on-line domination, the challenges and rewards of 'lifestyle' relationships, ensuring our own and our partners' safety and more.

Come Together by Emily Nagoski

Within the pages of this book, Emily Nagoski takes on a fundamentally misunderstood subject: sex in long-term relationships. Nagoski breaks down the myths many of us have been taught about sex - for instance, the belief that sexual satisfaction and desire are highest at the beginning of a relationship and that they will inevitably decline the longer that relationship lasts. She breaks down the obstacles that impede us from enjoying sex - from stress and body image, to relationship difficulties and gendered beliefs about how sex "should" be - and presents the best ways to overcome them.

The New Bottoming Book by Dossie Easton & Janet W. Hardy

In the early 1990s, the first Bottoming Book taught tens of thousands of people that bottoming -- being a submissive or other BDSM recipient -- is as much an art as topping. Since then, the growing popularity of BDSM, and the blossoming of the Internet as a source of information and connection, have created a whole new universe of possibilities for players. Now, the completely updated revised New Bottoming Book gives even more insights and ideas about how to be a successful, popular bottom!



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Playing Well With Others

by Mollena Williams & Lee Harrington

While there are plenty of other books out there that explain how to give a spanking or tie a half-hitch, Playing Well With Others is the first book that explains kink *culture* -- the munches, parties, leather bars, conferences, workshops, fetish nights, exploratoriums and all the other gatherings of kinksters that turn BDSM and leather from a bedroom predilection to a lifestyle and a community.

The Heart of Dominance by Anton Fulmen

This book is a how-to guide to the concepts and skills at the heart of consensual dominance. If you are new to dominance, still figuring out just what it's all about or what you want it to mean to you, then this book will provide you with a solid foundation from which to start. If you already practice dominance and are interested in improving your ability to create deep and lasting power dynamics then you'll find many advanced concepts and concrete techniques to integrate into your own personal style.

When Someone You Love is Kinky

by Dossie Easton & Catherine A. Liszt

Now, for anyone who's ever overheard a conversation, glimpsed a toy, or been startled by a tattoo, there's When Someone You Love Is Kinky, a sympathetic and comprehensive handbook for helping you understand the behaviors and lifestyles of the people you care about. Therapist Dossie Easton and writer/sex educator Catherine A. Liszt team up once again to help allay your fears and uncertainties and build bridges of communication that will last a lifetime.

