



## Wholistic Sexuality Resources

### JUICY WEBSITES

#### General Sexuality Information

Ask Isadora: [AskIsadora.com](http://AskIsadora.com) - articles, resources, counseling, forum

How to Have Good Sex [www.howtohavegoodsex.com](http://www.howtohavegoodsex.com) sex education, emphasizing pleasure

Society For Human Sexuality. Announcement List & Discussion List: [www.sexuality.org/subs.html](http://www.sexuality.org/subs.html)

[www.sexuality.org](http://www.sexuality.org) : Extensive resources for virtually every sexuality issue imaginable!

[www.positive.org](http://www.positive.org) : A sex positive educational organization.

[www.susiebright.com](http://www.susiebright.com) : Susie Sexpert's columns plus interviews and essays

[Anniesprinkle.org](http://Anniesprinkle.org) : Annie's wonderful site full of goodies!

sexuality.[www.bettydodson.com](http://www.bettydodson.com) : The grandmother of masturbation!

[www.sfsi.org](http://www.sfsi.org) : Online sex advice, therapy referrals, classes, and links to support groups.

#### Classes, Workshops and Retreats

[www.bodyelectric.org](http://www.bodyelectric.org) : Workshop schedule, home study videos and massage products.

Human Awareness Institute - Sex, love and intimacy workshops. [HAL.org](http://HAL.org)

The Body Sacred – Sacred Sexuality Retreats [TheBodySacred.org](http://TheBodySacred.org)

See My Website for Retreats that I lead. [IntimateArtsCenter.com](http://IntimateArtsCenter.com)

#### Sacred Sexuality

[www.tantra.com](http://www.tantra.com) : Tantra information products and discussion forums.

[SexySpirits.com](http://SexySpirits.com): NYC classes

[www.tantra-sex.com/tantra-articles.html](http://www.tantra-sex.com/tantra-articles.html) Writings about sex, tantra and relationships

#### Products

[www.blowfish.com](http://www.blowfish.com) : "Good Products for Great Sex." Great section on videos with useful categories and reviews

[www.evesgarden.com](http://www.evesgarden.com) : Women-owned sex toy shop.

[www.goodvibes.com](http://www.goodvibes.com) : Women-owned sex toy shop plus workshops and sexuality info.

[www.grandopening.com](http://www.grandopening.com) : Another great sex toy shop for women by women!

[www.babeland.com](http://www.babeland.com) : Toys in Babeland's NYC sex toy shop.

[www.goodforher.com](http://www.goodforher.com) Good For Her. 175 Harbord Street, Toronto ON M5S1H3.

[www.condomania.com](http://www.condomania.com) : Provides a condom guide to figure out what condom is right for you! Products, safe sex/AIDS education.

[www.royalle.com](http://www.royalle.com) : Former porn star Candida Royalle presents women-oriented erotic movies.

#### Women's Sexuality

[www.yoni.com](http://www.yoni.com) : Web~zine that is a celebration and exploration of the many faces of the Feminine.

[www.fwhc.org](http://www.fwhc.org) : Federation of Feminist Women's Health Centers.

House O'Chicks, Sex Through the Eyes of Women at: <http://www.houseochicks.com/>

#### Health

[www.freestone.org](http://www.freestone.org) : Jeannine Parvati Baker's fabulous health site.

Susun Weed's a wonderful, wise woman healer, herbalist, teacher and author. [www.susunweed.com](http://www.susunweed.com). E-zine, forum.

[www.plannedparenthood.org](http://www.plannedparenthood.org) : Provides extensive information on women's health, birth control, teen issues, plus lots more.

[www.sexualhealth.com](http://www.sexualhealth.com) : Info on disability, sex over forty, transgender issues, and parenting options. Also provides continuing education and training for health professionals.

## YUMMY BOOKS

### **General Sexuality**

- The Ultimate Sex Book, by Anne Hooper
- The New Good Vibrations Guide to Sex, by Cathy Winks & Anne Semans, Cleis Press
- The Guide to Getting It On, by Paul Joannides
- Sexual Secrets: the Alchemy of Ecstasy by Nik Douglass & Penny Slinger

### **Technique: Improving Sexual Response, Female Ejaculation, Expanding Orgasm**

- Red Hot Touch: A head-to-toe handbook for mind-blowing orgasms by Jaiya (Also check out her explicit and hot DVD series!)
- The Goddess In The Bedroom, by Z. Budapest
- Becoming Orgasmic, by Julia Heiman & Joseph LoPiccolo
- Ordinary Women, Extraordinary Sex, by Sandra Scantling & Sue Browder, Dutton, 1993
- Extraordinary Sex Now, by Sandra Scantling, Pub Doubleday, 1998
- Expanded Orgasm, by Patricia Taylor, Pub Sourcebooks, Inc. 2002
- Female Ejaculation & The G-Spot, by Deorah Sundahl, Hunter House, Inc, 2003
- Reclaiming Goddess Sexuality, Linda Savage, Pub by Hay House, Inc. 1999
- The Multi-Orgasmic Man by Montak Chia (Also The Multi-Orgasmic Couple)
- The Ultimate Guide to Anal Sex for Women, 2nd Edition, Tristan Taormino

### **Improving Sexual Relationships**

- For Each Other: Sharing Sexual Intimacy, by Lonnie Barbach
- The Way of the Superior Man (or any of his other books), by David Deida
- Passionate Marriage by David Snarch

### **Women's Health**

- Our Bodies, Ourselves for the New Century, Boston Women's Health Book Collective
- Women's Bodies, Women's Wisdom, Christiane Northrup, MD
- Woman: An Intimate Geography, by Natalie Angier, Anchor Books

### **Female Anatomy**

- New View of A Woman's Body, Federation of Feminist Women's Health Centers, Feminist Press
- The Clitoral Truth, Rebecca Chalker, Seven Stories Press, NY, 2000

### **Self-Loving Solo-Sex**

- Getting Off: A Woman's Guide to Masturbation, Jamye Waxman
- For Yourself, Lonnie Barbach
- Sex for One: The Joy of Self-Loving (Previously called Liberating Masturbation), by Betty Dodson

### **Introduction and Integration of Tantric & Taoist Sexuality**

- Sexual Energy Ecstasy, by David and Ellen Ramsdale, Pub Bantam Books, 1991
- The Art of Sexual Ecstasy, by Margo Anand, Tarcher/Putnam Books, 1989
- Sacred Sex by Jawala
- Passion Play, by Felice Dumas
- Healing Love Through The Tao – Cultivating Female Sexual Energy, by Mantak Chia & Maneewan Chia. Healing Tao Books. 1986. Also Mantak Chia's other books.

### **History of Changing Attitudes Towards Sacred Sexuality**

- Sacred Pleasure, Riane Eisler, Pub Harper San Francis, 1995

### **Erotica**

- Herotica, The first 3 of the series ed. by Susie Bright, the next edited by Marcy Sheiner
- My Secret Garden & Forbidden Flowers, both edited by Nancy Friday



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