



## Wholistic Sexuality Resources

### JUICY WEBSITES

#### OUR WEBSITE: [IntimateArtsCenter.com](http://IntimateArtsCenter.com)

Sign up for our newsletter, read blogs & articles, watch videos, takes quizzes and more.

#### OTHER WEBSITES

##### General Sexuality Information

[AskIsadora.com](http://AskIsadora.com) - articles, resources, counseling, forum  
[howtohavegoodsex.com](http://howtohavegoodsex.com) sex education, emphasizing pleasure  
[sexuality.org/subs.html](http://sexuality.org/subs.html) Society For Human Sexuality. Announcement List & Discussion List  
[sexuality.org](http://sexuality.org) : Extensive resources for virtually every sexuality issue imaginable!  
[positive.org](http://positive.org) : A sex positive educational organization.  
[susiebright.com](http://susiebright.com) : Susie Sexpert's columns plus interviews and essays  
[Anniesprinkle.org](http://Anniesprinkle.org) : Annie's wonderful site full of goodies!  
[dodsonandross.com](http://dodsonandross.com) Betty Dodson & Carlin Ross: Betty - the grandmother of masturbation!  
[sfsi.org](http://sfsi.org) : Online sex advice, therapy referrals, classes, and links to support groups.  
[scarleteen.com](http://scarleteen.com): Especially great for teens but really great for anyone.

##### Sacred Sexuality

[tantra.com](http://tantra.com) : Tantra information products and discussion forums.  
[tantra-sex.com/tantra-articles.html](http://tantra-sex.com/tantra-articles.html) Writings about sex, tantra and relationships

##### Products

[blowfish.com](http://blowfish.com) : "Good Products for Great Sex." Great section on videos with useful categories and reviews  
[goodvibes.com](http://goodvibes.com) : Women-owned sex toy shop plus workshops and sexuality info.  
[grandopening.com](http://grandopening.com) : Another great sex toy shop for women by women!  
[babeland.com](http://babeland.com) : Toys in Babeland's NYC sex toy shop.  
[goodforher.com](http://goodforher.com) Good For Her. 175 Harbord Street, Toronto ON M5S1H3.  
[comeasyouare.com](http://comeasyouare.com) Come As You Are. worker-owned co-operative  
[condomania.com](http://condomania.com) : Provides a condom guide! Products, safe sex/AIDS education.  
[royalle.com](http://royalle.com) : Former porn star Candida Royalle presents women-oriented erotic movies.

##### Women's Sexuality

[yoni.com](http://yoni.com) : Web~zine that is a celebration and exploration of the many faces of the Feminine.  
[fwhc.org](http://fwhc.org) : Federation of Feminist Women's Health Centers.  
<http://houseo chicks.com> House O'Chicks, Sex Through the Eyes of Women

##### Health

[freestone.org/hygieia](http://freestone.org/hygieia): The late, great Jeannine Parvati Baker's fabulous health site.  
[susunweed.com](http://susunweed.com): Susun Weed's a wonderful, wise woman healer, herbalist, teacher and author. E-zine, forum.  
[plannedparenthood.org](http://plannedparenthood.org) : Provides extensive information on women's health, birth control, teen issues & more.  
[sexualhealth.com](http://sexualhealth.com) : Info on disability, sex over forty, transgender issues, and parenting options. Also provides continuing education and training for health professionals.

## **YUMMY BOOKS**

### **Our Books (Mango Garden Press)**

- Women's Anatomy of Arousal – Secret Maps to Buried Pleasure, Sheri Winston, 2010
- Succulent SexCraft: Your Hands-On Guide to Erotic Play & Practice, Sheri Winston, 2014
- Secrets of the Sex masters, Revised Ed, compiled & co-written by Carl Frankel, 2015

### **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
- Becoming Orgasmic, by Julia Heiman & Joseph LoPiccolo
- 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 Schnarch

### **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

## MORE YUMMY BOOKS

### 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 Dunas
- 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

## My Virtual Online Classes

Online classes are lavishly illustrated lectures by Sheri that you can “attend” online anywhere, anytime, as many times as you like.

- *Hot Wholistic Sexuality™: A New Vision of Sexual Integration and Empowerment*
- *Secrets of Female Pleasure: Women's Anatomy of Arousal*
- *The Fountain of the Goddess – The Learnable Art of Female Ejaculation*
- *The Ecstatic Journey of Birth & Sex: The Integral Trances of Pleasure & Procreation*
- *“Her-gasmic” Abundance: the Art of Female Orgasm*
- *The Pussies and Puppies School of Love: Mastering the Dance of Feminine & Masculine*

Please visit: [IntimateArtsCenter.com/on-line-classes](http://IntimateArtsCenter.com/on-line-classes)

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