



## Resources for Female Libido



### Our Website: [IntimateArtsCenter.com](http://IntimateArtsCenter.com)

Sign up for our newsletter, read blogs & articles, watch videos, take quizzes and more. There are a number of blogs about female ejaculation and the relevant anatomy.

### Our Books

*Women's Anatomy of Arousal – Secret Maps to Buried Pleasure*, Sheri Winston, Mango Garden Press, NY, 2010

*Succulent SexCraft: Your Hands-On Guide to Erotic Play & Practice*, Sheri Winston, Mango Garden Press, NY, 2014

*Secrets of the Sex Masters*, compiled & co-written by Carl Frankel, 2015

## Books

### Herbs & Sex

- ❖ *The Sexual Herbal: Prescriptions for Enhancing Love and Passion* by Brigitte Mars A.H.G
- ❖ *Botanica Erotica: Arousing Body, Mind, and Spirit* by Diana De Luca

### Women's & General Herbals

- ❖ *Herbal Healing for Women* by Rosemary Gladstar
- ❖ *Botanical Medicine for Women's Health*, by Aviva Jill Romm
- ❖ *Herbal Remedies for Women: Discover Nature's Wonderful Secrets Just for Women* by Amanda McQuade Crawford
- ❖ *The Woman's Handbook of Healing Herbs: A Guide to Natural Remedies* by Deb Soule
- ❖ *Adaptogens: Herbs for Strength, Stamina, and Stress Relief* by David Winston
- ❖ *Down There: Sexual and Reproductive Health the Wise Woman Way* by Susun S. Weed

### Post-Partum

- ❖ *After the Baby's Birth: A Complete Guide for Postpartum Women* by Robin Lim
- ❖ *Natural Health after Birth: The Complete Guide to Postpartum Wellness* by Aviva Jill Romm

### Post-Menopause

- ❖ *New Menopausal Years: The Wise Woman Way, Alternative Approaches for Women 30-90* by Susun Weed
- ❖ *Naked At Our Age: Talking Out Loud About Senior Sex* by Joan Price
- ❖ *Better Than I Ever Expected: Straight Talk On Sex After Sixty* by Joan Price

- ❖ *The Wisdom of Menopause* by Christiane Northrup
- ❖ *Goddesses Never Age: The Secret Prescription for Radiance, Vitality & Well-Being* by Dr. Christiane Northrup
- ❖ *The Secret Pleasures of Menopause* by Christiane Northrup

### Articles:

- *The Goddess Speaks ... SEXUAL VITALITY* by Brigitte Mars  
[http://www.susunweed.com/herbal\\_ezine/March06/goddess.htm](http://www.susunweed.com/herbal_ezine/March06/goddess.htm)
- *Empower Yourself: Sexuality and Herbal Aphrodisiacs* by Gail Faith Edwards Excerpted from *Traversing the Wild Terrain of Menopause; Herbal Allies for Midlife Women and Men* by Gail Faith Edwards. [http://susunweed.com/herbal\\_ezine/June04/empower.htm](http://susunweed.com/herbal_ezine/June04/empower.htm)
- *Sexy Herbs* by Susun Weed <http://wisdom-magazine.com/Article.aspx/2431/>
- *Healing Wise ... Lusty Herbs for Valentines* by Susun S Weed  
[http://www.susunweed.com/herbal\\_ezine/February09/healingwise.htm](http://www.susunweed.com/herbal_ezine/February09/healingwise.htm)
- *Top Aphrodisiacs For Him & Her: Part 3* by Susun Weed  
<http://www.yourtango.com/experts/susun-weed/top-aphrodisiacs-him-and-her-part-3>

### My Virtual Recorded Online Classes

Online classes are lavishly illustrated lectures by Sheri that you can “attend” online anywhere, anytime, as many times as you like. Check them out at: [IntimateArtsCenter.com/on-line-classes](http://IntimateArtsCenter.com/on-line-classes)

- *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*
- *Hot Wholistic Sexuality™: A New Vision of Sexual Integration and Empowerment*
- *The Pussies and Puppies School of Love: Mastering the Dance of Feminine & Masculine*

Live Online Courses: Check our calendar for currently scheduled classes!

Go Here: [IntimateArtsCenter.com/the-fine-art-of-female-orgasm](http://IntimateArtsCenter.com/the-fine-art-of-female-orgasm)

- ❖ *The Fine Art of Female Orgasm: Going (and Coming) Beyond Your Wildest Dreams*  
Four Wednesdays, Oct 7, 14, 21 & 28, 2015. For all genders. Attend LIVE or get the recordings after.

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