

Recommended Sex Books

Becoming Orgasmic : A Sexual and Personal Growth Program for Women

by Julia Heiman, Joseph, Ph.D. LoPiccolo, and David Palladini

This book is good for getting to know your body and finding out what pleases you even if you already have orgasms on a regular basis.

The Multi-Orgasmic Woman : Discover Your Full Desire, Pleasure, and Vitality

by Mantak Chia and Rachel Carlton Abrams

The emphasis is on pleasure not on performance. Very well rounded thinking with good exercises.

The Multi-Orgasmic Man : Sexual Secrets That Every Man Should Know

by Mantak Chia, Douglas Abrams Arava

Excellent book for men on becoming more sensitive to their own arousal thresholds and developing sensitivity and pleasure for themselves and their partners.

Beyond Orgasm: Dare To Be Honest About The Sex You Really Want

By Marty Klein, PhD, available from www.SexEd.org

Challenges the fear, guilt, shame and self-criticism we all have about sex. Excellent book about how we think about sex. Great book about couple relationship processes.

Great Sex: A Man's Guide to the Secret Principles of Total Body Sex

By Michael Castleman

This book outlines the different needs that most men and women have during sexual relations and in relationships. It is very helpful for men to understand women more deeply. Good for women to read too.

The Art of Sexual Ecstasy, By Margo Anand

This classic book is chock full of exercises to enhance intimacy for couples and individuals. She discusses sexual arousal as interactive energy in a relationship.

Guide to Getting It On, By Paul Joannides

This comprehensive guidebook to sexual matters has been translated into several languages. The author's European perspective is refreshing.

Intimate Kisses: The Poetry of Sexual Pleasure, Edited by Wendy Maltz

Rather than being a how to book about sex, this sensual book is included on the list purely for the pleasure of its words.

Nice Couples Do

Come Play With Me: Games and Toys for Creative Lovers

By Joan Lloyd

These two books are written for couples who may be shy in discussing sexual topics or their individual desires. Lloyd introduces the technique of bookmarking and has several short stories with different erotic themes that couples might want to introduce to one another.