

Sexual wellness resources

Book recommendations:

How to Give Her Absolute Pleasure by Lou Paget
Mating in Captivity by Esther Perel
Orgasms by Lou Paget
The Passion Prescription by Laura Berman
For Women Only by Jennifer and Laura Berman

Video recommendations:

Being orgasmic by Julia Heiman,
Celebrating Orgasm by Betty Dodson
Better Sex Video Series

Websites:

www.grandopening.com
www.adameve.com
www.goodvibes.com

To locate a certified sexuality therapist near you:

www.aasect.org

Some fun sex tips:

- The fantasy sex box: you and your partner put fantasy requests in a box and you pick one fantasy (or more) during your next intimate moment and make it come true.
- Keep lingerie on!
- Delay orgasm as long as you can.
- Use blindfolds.
- Shop for sex toys together.
- Try Altoids or other mints during oral sex.
- Make eye contact during orgasm.
- Incorporate a small vibrator (such as the Pocket Rocket) into lovemaking.
- Leave a naked picture in your partner's briefcase.
- Use lubricant during sexual activity, even if you don't think you have vaginal dryness (increases sensation). Zestra oil for clitoral stimulation

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