



Resources

Here are a few of the resources I often use with my clients. I will continue to update this.

Books

I am a bookworm, and will often recommend books to clients.

[Follow me on Goodreads](#), and feel free to send me books you love too - always happy to expand my own collection!

Pleasure & sexuality

[Boys & Sex](#) by Peggy Orenstein

[Come as you Are](#) by Emily Nagoski

[Contemporary Male Sexuality](#) by Barry & Emily McCarthy

[Ejaculate Responsibly](#) by Gabrielle Stanley Blair

[Girls & Sex](#) by Peggy Orenstein

[How to have Feminist Sex](#) by Flo Perry

[How to Think more About Sex](#) by Alain de Bottom

[Mind the Gap](#) by Karen Gurney

[Not Always in the Mood: The New Science of Men, Sex, and Relationships](#) by Sarah Hunter Murray

[Pleasure Activism: The Politics of Feeling Good](#) by Adrienne Marie Brown

[Radical Intimacy](#) by Sophie K. Rosa

[Rewriting the Rules](#) by Meg-John Barker

[Rough](#) by Rachel Thompson

[Sex](#) by The School of Life

[Sexuality: a graphic Guide](#) by Meg-John Barker and Jules Scheele

[The Boudoir Bible](#) by Betony Vernon

[The Sex Lives of African Women](#) by Nana Darkoa Sekyiamah

[Untrue](#) by Wednesday Martin

[Will I Ever have Sex Again?](#) By Sophie Hagan

Queer/ LGBTQIA+

[A Journey of Gender in Health](#) (.pdf) by Phillip Joy, Alina Cosma, Samantha Goodliffe, Sarah Hiltner, Tessa Magnée, and Ilona Plug

[Detransition, Baby](#) by Torrey Peters

[Feel it All](#) by Casey Tanner

[Hijab Butch Blues](#) by Lamya H.

[Queer: a graphic history](#) by Meg-John Barker and Jules Scheele

[The Queer Mental Health Workbook](#) by Brendan J. Dunlop

[Gender: a graphic guide](#) by Meg-John Barker and Jules Scheele

[Rainbow Reflections](#) by Stephanie Gauvin, Phillip Joy, and Matthew Lee

[The Book of Nonbinary Joy](#) by Ben Pechey

[Trans Sex](#) by Lucie Fielding

[The Transgender Issue](#) by Shon Faye

Kink/ BDSM

[The Mistress Manual](#) by Mistress Lorelei

[Transland](#) by Mx. Sly

[Women and Kink](#) by Jennifer Rehor & Julia Schiffman

[Better Bondage for Every Body](#) by Evie Vane

[The Boudoir Bible: The Uninhibited Sex Guide for Today](#) by Betony Vernon

[Enough To Make You Blush: Exploring erotic humiliation](#) by Princess Kali

[Erotic Bondage Handbook](#) by Jay Wiseman

[Hurts so Good](#) by Leigh Cowart

[The Mistress Manual](#) by Mistress Lorelai

[The New Bottoming Book](#) by [Dossie Easton](#)

[The New Topping Book](#) by [Janet W. Hardy](#) and [Dossie Easton](#)

[Playing Well with Others](#) by Lee Harrington and Mollena Williams

[Rough: How violence has found its way into the bedroom and what we can do about it](#) by Rachel Thompson

[Safe, Sane, and Consensual: Contemporary Perspectives on Sadomasochism](#) by Darren Langdridge and Meg John Barker

[Sensational Flesh: Race, Power and Masochism](#) by Amber Jamilla Musser

[Sexual Outsiders: Understanding BDSM Sexualities and Communities](#) by David M. Ortmann and Richard A. Sprott

[SM 101](#) by Jay Wiseman

[Screw the Roses, Send Me the Thorns: The Romance and Sexual Sorcery of Sadomasochism](#) by Molly Devon and Philip Miller
[Women and Kink](#) by Jennifer Rehor and Julia Schiffman
[Wild Side Sex](#) by Midori
[The Ultimate Guide to Kink](#) by Tristan Taormino

Consent

[Sexuality Beyond Consent: Race, Risk, and Traumatophilia](#) by Avgi Saketopoulou
[The Art of Giving and Receiving](#) by Betty Martin
[The Consent Primer](#) by The Consent Academy

Nonmonogamy

[Polysecure](#) by Jessica Fern
[Polywise](#) by Jessica Fern
[The Anxious Person's Guide to Nonmonogamy](#) by Lola Phoenix

Relationships

[Attached](#) by Amir Levine and Rachel Heller
[Come Together: The Science \(and Art!\) of Creating Lasting Sexual Connections](#)
by Emily Nagoski
[The Course of Love](#) by Alain de Botton
[Mating in Captivity](#) by Esther Perel
[On Love](#) by Alain de Botton
[Rewriting the Rules](#) by Meg John Barker
[The State of Affairs](#) by Esther Perel

Neurodivergence

[Unmasking Autism](#) by Devon Price

Parenting

[How Not to let Having Kids Ruin Your Sex Life](#) by Karen Gurney

General Mental Health

[Burnout](#) by Emily & Ameila Nagoski

[Crying in H Mart](#) by Michele Zauner
[Furiously Happy](#) by Jenny Lawson
[Your Mental Health Workout](#) by Zoë Aston
[What Happened to You?](#) By Bruce D. Perry & Oprah Winfrey
[What my Bones Know](#) by Stephanie Foo
[Why Love Matters](#) by Sue Gerhardt

For Fun

[New Erotica for Feminists](#) by Caitlin Kunkel, Brooke Preston, Fiona Taylore & Carrie Wittmer

Other Resources

[Enhance The UK](#) - a website centred around disability and sex
[The Aron's 36 Questions](#)
[The Consent Checklist](#)
[The Feelings Wheel](#)
[The Imago Dialogue](#)
[The Johari Window](#)
[Sexual Scripts Questionnaire](#)
[The Wheel of Consent](#)

Resources for Kink & BDSM

[Ask a Sub](#) podcast by Lina Dune
[BDSM Limits quiz](#)
[BDSM Test](#)
[Drop](#)
[Jay Wiseman on breathplay](#)
[Kink Frenzy](#)
[Kinks and Fetishes: An A to Z Guide](#)
[Kynklopedia](#)
[Rope Bottom Guide](#) by Clover
[Shibari Study](#)
[TASHRA](#)
[The Kinsey Institute Research](#)

Events

[A nonexhaustive list of kink- and sex-positive events and venues in and around London](#)

Zines

All of the following are created by Meg John Barker. You can find their whole range [here](#).

[Queer relationships](#) (free)

[Make your own relationship user guide](#)

[Make your own sex manual](#)

[Mapping your sexuality](#) (free)

[Understanding ourselves through erotic fantasies](#)