

Additional Resources to Learn More about Topics Discussed in Psychology of Human Sexual Behavior

General

Books

- *Pleasure Activism: The Politics of Feeling Good* - adrienne maree brown
- *The Right to Sex* - Amia Srinivasan
- [Good Sex](#) - Dr. Candice Hargons
- *How Do You Like It?* - Dr. Tara Suwinyattichai
- *You Could Be Having Better Sex* - Dr. Nicole McNichols
- *The Intimate Animal* - Dr. Justin Garcia

History, methods, and ethics in sex research

Books

- *Bonk: The Curious Coupling of Sex and Science* - Mary Roach
- *A Curious History of Sex* – Kate Lister

Sexual anatomy

Books

- *The Vagina Bible* – Dr. Jennifer Gunter
- *Menopause Manifesto* - Dr. Jennifer Gunter
- *Our Bodies, Ourselves* - Boston Women's Health Book Collective
- *Middlesex (Novel)* - Jeffrey Eugenides
- *Period: The Real Story of Menstruation* - Dr. Kate Clancy
- *Why Good Sex Matters* - Nan Wise
- *It's Not Hysteria* - Karen Tang
- *Guynecology: The Missing Science of Men's Reproductive Health* - Rene Almeling
- *Seminal: On Sperm, Sex, and Politics* - Rene Almeling

Ted Talks

- [What it Means to Be Intersex](#) - Susannah Temko

Recent Articles

- *How menopause affects women of color:*
<https://www.nytimes.com/2023/08/23/well/live/menopause-symptoms-women-of-color.html>
- Women have been misled about menopause:
<https://www.nytimes.com/2023/02/01/magazine/menopause-hot-flashes-hormone-therapy.html>
- How menopause changes the brain:
<https://www.nytimes.com/2023/11/21/well/mind/menopause-dementia-risk-estrogen.html>

Popular Articles

- [How PCOS Affects Sexual Functioning](#) - Sex and Psychology Blog

Human sexual response/Orgasm gap

Books

- *Come As You Are: The Surprising New Science that will Transform your Sex Life* – Dr. Emily Nagoski
- *Mind The Gap: The Truth about Desire and How to Futureproof Your Sex* - Karen Gurney
- *She Comes First* - Dr. Ian Kerner
- *Becoming Cliterate* – Dr. Laurie Mintz
- *Tell Me What You Want: The Science of Sexual Desire* – Dr. Justin Lehmiller
- *Want* - Gillian Anderson (Essay collection)
- *Better Sex Through Mindfulness* - Dr. Laurie Brotto
- *From Madness to Mindfulness* - Dr. Jennifer Gunsaulles

Ted Talks

- [The Truth about Unwanted Arousal](#) - Dr. Emily Nagoski
- [What Young Women Believe About Their Own Sexual Pleasure](#) - Dr. Peggy Orenstein
- [10 Things You Didn't Know About Orgasm](#) - Mary Roach
- [The Truth About Faking Orgasms](#) - Karen Gurney

Body image

Books

- *Beauty Sick* – Dr. Renee Engeln

- *Fat Talk* – Virginia Sole Smith
- *The Body is Not an Apology* - Sonya Renee Taylor
- *Body Kindness* – Rebecca Scritchfield
- *You Have the Right to Remain Fat* – Virgie Tovar
- *The Adonis Complex* - Harrison Pope, Katharine Phillips, & Roberto Olivardia

Additional resources

- <https://www.expandyourhorizon.org/>

Gender

Books

- *This Is How It Always Is* – Laurie Frankel (novel)
- *For the Love of Men: A New Vision of Mindful Masculinity* – Elizabeth Plank
- *Gender Trouble* – Judith Butler
- *The Will to Change* - bell hooks
- *Delusions of Gender* - Dr. Cornelia Fine
- *Sex is a Spectrum: The Biological Limits of the Binary* - Dr. Agustin Fuentes

Ted Talks

- [Trans-forming Our Thoughts on Gender](#) - Dr. Katina Sawyer

Sexual Orientation

Books

- *Sexual Fluidity* – Dr. Lisa Diamond
- *Bi: The Hidden Culture, History, and Science of Bisexuality* - Dr. Julia Shaw
- *Boyslut* - Zachary Zane
- *Ace* - Dr. Angela Chen

Ted Talks

- [Why the Born This Way Argument Doesn't Advance LGBT Equality](#) - Dr. Lisa Diamond
- [The Myth of the Gay Agenda](#) - LZ Granderson

Sexual behaviors

Books

- *Yes Means Yes!: Visions of Female Sexual Power and a World Without Rape* – Jaclyn Friedman & Jessica Valenti
- *Ask! Building Consent Culture* – Kitty Stryker
- *Sex at Dawn: How we Mate, Why we Stray, and What it Means for Modern Relationships* – Christopher Ryan and Cacilda Jethá
- *DIY: The Wonderfully Weird History and Science of Masturbation* - Dr. Eric Sprankle

Ted Talks

- [We Need to Rethink Casual Sex](#) - Dr. Terri Conley
- [Abstinence Pledges](#) = The Sex and Psychology Podcast

Kinks, fetishes, and paraphilias

Ted Talks

- [Writing Kinky Sex Back into the History Pages](#) - Dr. Esmé Louise James
- [What BDSM Can Teach Us About Affirmative Consent](#) - Candace Liger

Attraction & intimate relationships

Books

- *Mating in Captivity: Unlocking Erotic Intelligence* – Esther Perel
- *The State of Affairs: Rethinking Infidelity* – Esther Perel
- *Stronger than You Think: The 10 Blind Spots that Undermine Your Relationship... and How to See Past Them* – Dr. Gary Lewandowski
- *All About Love – bell hooks*
- *What Makes Love Last? How to Build Trust and Avoid Betrayal* - Dr. John Gottman and Nan Silver
- *All the Single Ladies: Unmarried Women and the Rise of an Independent Nation* – Rebecca Traister
- *Conscious Uncoupling* - Katherine Woodward Thomas
- *How to Not Die Alone* - Logan Ury
- *Come Together* - Emily Nagoski

Ted Talks

- [The Secret to Desire in a Long-Term Relationship](#) - Esther Perel

Consensual non-monogamy

Books

- *The Ethical Slut: A Practical Guide to Polyamory, Open Relationships, and Other Freedoms in Sex and Love* – Janet W. Hardy
- *Polysecure: Attachment, Trauma, and Consensual Nonmonogamy* - Jessica Fern

Pregnancy and loss

Books

- *Like a Mother: A Feminist Journey through the Science and Culture of Pregnancy* - Angela Gabres
- *I Had a Miscarriage* - Jessica Zucker
- *Birth Control: The Insidious Power of Men over Motherhood* - Allison Yarrow

Contraception and abortion

Books

- *The Turnaway Study* - Dr. Diana Green Foster
- *The Scarlet A: The Ethics, Law, and Politics of Ordinary Abortion* - Katie Watson
- *Just Get On The Pill* – Dr. Krystale Littlejohn
- *Ejaculate Responsibly* - Gabrielle Blair
- *The Story of Jane* - Laura Kaplan (History & activism)
- *Deep Care* - Angela Hume (History & activism)
- *The Abortion Companion* - Becca Rae Tucker
- *Beyond Limits: Stories of Third Trimester Abortion* - Shelley Sella

Sexual development

Books

- *Girls and Sex* – Dr. Peggy Orenstein
- *Boys and Sex* – Dr. Peggy Orenstein
- *Yes, Your Kid* - Debby Herbenick

Sexual health

- *How to Survive a Plague* - David France

Sexual dysfunction/sex therapy

Books

- *Desire: An Inclusive Guide to Navigating Libido Differences in Relationships* - Lauren Fogel Mersy & Jennifer A. Vencill

Sexual violence and objectification

Books

- *Sex Object* – Jessica Valenti
- *Know My Name* – Chanel Miller (biography)
- *Not That Bad: Dispatches from Rape Culture* – Dr. Roxane Gay
- *Asking for It: The Alarming Rise of Rape Culture, and What We Can Do about It* – Kate Harding
- *She Said* - Jodi Kantor and Megan Twohey
- *Sexual Citizens: Sex, Power, and Assault on Campus* - Jennifer S. Hirsch & Shamus Khan
- *Tell Me What You Like: An Honest Discussion of Sex and Intimacy After Sexual Assault* - Katie Simon

Recent articles

- <https://www.cnn.com/2023/08/21/politics/army-women-special-operations-study/index.html>

Sex work

Books

- *We Too: Essays on Sex Work and Survival* - Natalie West

Ted Talks

- [Why We Need to Stop Stigmatizing Mothers who do Sex Work](#) - Juniper Fitzgerald
- [The Laws that Sex Workers Really Want](#) - Juno Mac

Pornography

Books

- *Ethical Porn for Dicks: A Man's Guide to Responsible Viewing Pleasure* - Dr. David J. Ley

Ted Talks

- [How Porn Changes the Way Teens Think About Sex](#) - Emily F. Rothman

The future of sex and relationships

Books

- *Sex Positive: Redefining our Attitudes toward Love and Sex* - Dr. Kelly Neff

Ted Talks

- [Sex Robots: The Truth behind the Headlines](#) - Kate Devlin