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Cancer and sexuality – A resource list

Physical and mental health professionals who can help:

<http://www.vaginalpainhelp.com/physician-finder>

<https://www.vuvatech.com/pages/vuva-recommended-pelvic-pain-specialists-doctors>

www.aasect.org **AASECT (American Association of Sex Educators, Counselors and Therapists) is a not-for-profit, interdisciplinary professional organization. The AASECT website has a directory of certified sex therapists and sex educators**

Books on relationship and sexuality

Barbach, L. (2001). *For each other – Sharing sexual intimacy*. New York: Signet.

Berman, J. & Berman, L. (2001). *For women only – A revolutionary guide to reclaiming your sex life*. New York: Henry Holt.

Katz, Anne. (2009). *Sex when you're sick: Reclaiming sexual health after illness or injury*. Westport, Connecticut: Praeger

Krychman, M., Kellogg-Spadt, S., & Finestone, S (2011) *100 questions & answers about breast cancer, sensuality, sexuality, and intimacy*. Sudbury, MA: Jones & Bartlett learning.

Maisano, G. M. (2010). *Intimacy after breast cancer: Dealing with your body, relationships and sex*. Garden city Park, NJ: SquareOne.

McCarthy, B. & McCarthy E. (2003). *Rekindling desire – a step-by-step program to help low-sex and no-sex marriages*. New York: Brunner-Routledge.

McCarthy, B. & McCarthy E. (2009). *Discovering your couple style*. New York: Routledge.

Perel, E. (2007). *Mating in captivity: Unlocking erotic intelligence*. New York, New York: Harper.

Schover, L. R. (1997). *Sexuality and fertility after cancer*. New York, New York: John Wiley.

Silver, M. (2004). *Breast cancer husband: How to help your wife (and yourself) through diagnosis, treatment and beyond*. New York, New York: Rodale.

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Fantasy books and resources:

The erotic edge: 22 erotic stories for couples by Lonnie Barbach

Erotic fantasies for romantic couples by Bella Beaudoin

Erotica: women's writing from Sappho to Margaret Atwood – Edited by Margaret Reynolds

Five minute erotica: 35 passionate tales of sex and seduction - Edited by Carol Queen

Look Homeward erotica by Kensington Ladies' Erotica Society

Ladies' own erotica by Kensington Ladies' Erotica Society

Lesbian erotica - <https://www.amazon.com/Best-Sellers-Books-Lesbian-Erotica/zgbs/books/10150>

Herotica: A Collection of Women's Erotic Fiction by Susie Bright

The black lace book of women's sexual fantasies – Edited by Kerri Sharp

The new black lace book of women's sexual fantasies - Edited by Mitzi Szereto

All books by Nancy Friday – My secret garden, etc...

Fifty shades of grey series – books and films

Harlequin novels

Videos by Candida Royale (Femme Productions)

www.sexsmartfilms.com – A website with useful videos related to sexuality

Useful websites for information and products:

<http://www.cancer.org/>

<http://www.lbbc.org/learn/living-breast-cancer/sex-and-intimacy>

<http://www.lbbc.org/metastatic-breast-cancer-sex-intimacy> - **Thriving Together: 2016 Conference on Metastatic Breast Cancer** – Keynote by Sage Bolte, PhD, LCSW, CST, OSW-C

<https://sexualityresources.com> – A website with a lot of information and products for sexual health. I highly recommend their manual titled *Vaginal Renewal*. There is a dedicated section on sexuality and cancer. Good customer service.

www.anaona.com – A lingerie line exclusively for women who've had breast cancer

<http://sexploratoriumstore.com> - Philadelphia-based sexuality products store. Sex educators are on the staff and can offer guidance.

www.goodvibrations.com – books and products for sexual health

www.sinclairinstitute.com – books and products for sexual health

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www.nottiwear.com – lingerie, sexy clothing and other products

www.liberator.com - supportive wedges and ramps for use during sexual activity