
Appendix VI

Selected Self-Help Books For Patients/Clients

The selected titles below are mentioned in various chapters in this book. They have been assembled here also so that the reader may easily see them at a glance. A more thorough list of self-help books is found in: Althof SE, Kingsberg SA: Books helpful to patients with sexual and marital problems: a bibliography, *J Sex Marital Ther* 18(1):70-79, 1992.

Aging

Brecher EM: *Love, sex, and aging*, Boston, 1984, Little, Brown, and Company.

Child Sexual Abuse

Danica E: *Don't: a woman's word*. Charlottetown, 1988, Gynergy Books.

Maltz W: *The sexual healing journey*, New York, 1991, HarperCollins Publisher, Inc.

Compulsive Sexual Behavior

Carnes P: *Out of the shadows*, Minneapolis, 1983, CompCare Publishers.

General

Michael RT et al: *Sex in America: a definitive survey*, Boston, 1994, Little, Brown and Company.

Chernick BA, Chernick AB: *In touch: the ladder to sexual satisfaction*, Huron Street, London, Ontario, 1992, Sound Feelings Limited.

Medical Illness

Schover LR: *Sexuality and fertility after cancer*, New York, 1997, John Wiley & Sons.

Men and Sexual Issues

Zilbergeld B: *Male sexuality*. Toronto, New York, 1978, Bantam Books.

Zilbergeld B: *The New Male Sexuality*, New York, 1992, Bantam Books.

Orgasm in Women

Heiman JR, LoPiccolo J: *Becoming orgasmic: a sexual and personal growth program for women*, revised and expanded edition, New York, 1976, 1988, Prentice Hall Press.

Barbach LG: *For yourself: the fulfillment of female sexuality*, New York, 1975, Anchor Books.

Blank J: *Good vibrations: the complete guide to vibrators*, San Francisco, 1989, Down There Press.

Premature Ejaculation

Kaplan HS: *PE: how to overcome premature ejaculation*, New York, 1989, Brunner/Mazel, Inc.

Safer Sex

McIlvenna T (ed): *The complete guide to safer sex*, Fort Lee, 1992, Barricade Books Inc.

Sexual Desire

Williams W: *Rekindling desire: bringing your sexual relationship back to life*, Oakland, 1988, New Harbinger Publications Inc.

Sexual Orientation

Isay R: *Becoming gay: the journey to self-acceptance*, New York, 1996, Pantheon Books.

Mondimore FM: *A natural history of homosexuality*, Baltimore and London, 1996, The Johns Hopkins University Press.

Women and Sexual Issues

Hite S: *The Hite report: a nationwide study on female sexuality*, New York, 1976, Macmillan Publishing.

Blank J: *Femalia*, San Francisco, 1993, Down There Press.

Bright S, Blank J: *Herotica 2: a collection of women's*

erotic fiction, 1991, Down There Press.

Vaginismus

Valins L: *When a woman's body says no to sex: understanding and overcoming vaginismus*, New York, 1992, Viking Penguin.