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a different way through divorce

Sex Ed 101: A Therapist's Reading List

Looking for some inspiration and motivation to reboot your sexuality? Look no further. This reading checklist has you covered.

Registered psychotherapist, marriage and family therapist, and certified sex therapist Michelle McKittrick, gave us her list of favourite books on the topic. This is a reading list for everyone, whether you're single or in a relationship, and whether you want better sex with a partner or to explore desire on your own.

Books about sex, our bodies and the real questions women want to ask

- [The Vagina Bible](#) by Dr. Jen Gunter
- [Sexuality & Ageing](#) by Kleinplatz, Bouman, & Pierre.
- [Come As You Are](#) by Emily Nagoski
- [The elusive orgasm: A woman's guide to why she can't and how she can orgasm](#) by V. Cass
- [When Sex Hurts](#) by Goldstein, Pukall & Caroline
- [The ultimate guide to sex and disability: For all of us who live with disabilities, chronic pain and illness](#) by Kaufman, Silverberg & Odette

Books on reclaiming desire

- [Reclaiming desire: 4 keys to finding your lost libido](#) by Goldstein & Brandon
- [Reclaiming your sexual self: How you can bring desire back into your life](#) by K. Hall
- [Rekindling Desire](#) by McCarthy & McCarthy

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Books on solo sex

- [The ultimate guide to solo sex](#) by J. Block
- [Sex Yourself](#) by Carlyle Jansen

Books on better sex

- [Magnificent sex: lessons from extraordinary lovers](#) by Kleinplatz, Menard & Dana
- [Curvy girl Sex: 101 body-positive positions to empower your sex life](#) by Elle Chase
- [Sexual Awareness](#) by McCarthy & McCarthy

Looking for more of an escape? We rounded up some acclaimed fiction books guaranteed to expand your ideas and imagination about sex and sexuality.

- [Break.up](#) by Joanna Walsh
- [Bear](#) by Marian Engel
- [Abandon Me: Memoirs](#) by Melissa Febos
- [The Course of Love](#) by Alain de Botton
- [I Love Dick](#) by Chris Kraus

Other books on sex and love you want to explore:

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